



February 2024 Promoting Positive Parenting

M*Parenting Awareness*
MICHIGAN

PAM hopes to provide you with education and resource materials for those doing important work with parents and families in your community on various topics to raise awareness around parenting issues.

Mark Your Calendar

2024 Upcoming Events

- February - Black History Month, Cancer Prevention Month
- Feb 11-17: [Children of Addiction Awareness Week](#) (Click on the link for a week long webinar series)
- March - Parenting Awareness Month
- March 2nd - CARE of Southeastern MI Parenting Conference
- March 23rd - Berrien RESA Parenting Matters Conference
- MCRUD Shoalition - April 23rd, 2024
- MIHEN Conference - June 13, 2024
- Michigan SUD Prevention Coalition Conference - July 25th, 2024
- PAM Conference - November 8th, 2024

Have an event to add to this calendar? Email Sara (sarak@preventionnetwork.org) and we will make sure it is added.

Have an event coming up? Want to celebrate your amazing achievements or recognize someone doing great work with parents and families? Email sarak@preventionnetwork.org to be included in the next edition of "PAM Spotlights" or follow this link ["PAM Spotlights"](#) to fill out the form.

"PAM Spotlights"

Featuring:

Possibilities for Change (P4C)

Children's Trust Michigan (CTM)

Child and Family Charities

"PAM Spotlights"



Possibilities for Change

[Possibilities for Change](#) works to support youth at every level, delivering practical, evidence-based tools and workshops to help professionals and parents effectively identify and reduce youth risks and save lives. At P4C we know how important it is to provide parents and caregivers with a variety of tools to fit their needs, and lifestyle.

That's why we developed a suite of Teen Speak [parent skill-building resources](#) to meet your needs.

We have highlighted 2 of our resources below:

1. Teen Speak [micro-learning](#), a shortened version of our full parent course, was designed to help parents understand the unique language and communication style of teens and provide strategies to connect with them.

After completing the course, one parent shared: *"This changed my parenting approach, allowing me to learn another way to talk to my teen! I highly recommend this course if you are struggling with talking with your teenager or wondering what are those next steps to be able to engage with them more."*

The micro-learning is the **perfect** tool for busy parents, with

easy-to-follow strategies that can be completed in one week, with just 5 minutes a day.

2. Teen Speak [parent-teen workshop](#), an interactive, live 2 hour workshop, provides an opportunity for parents and their tweens/teens to come together to laugh, connect and learn new strategies that will set their family on a powerful trajectory they can build on for years to come. This is a great workshop for schools and community-based organizations to offer to the parents and caregivers in their community.

Teen Speak resources translate the communication and behavior change strategies employed daily by professionals into accessible, practical skills for parents – Teen Speak helps parents strengthen their protective factor against youth risk and build lasting relationships with their teens.

Sign up [HERE](#) to get our latest parent support resources and blog posts or reach out to info@pos4chg.org for more information.

[Connect with us today](#) to find the right resources for the parents and caregivers you serve.

"PAM Spotlights"



Children Trust
MICHIGAN
Strength Through Abuse Prevention

Children Trust Michigan provides financial support, education, and resources to our network of partners throughout Michigan that work to prevent child abuse and neglect by strengthening families.

In October 2023, Children Trust Michigan (CTM) set out across Michigan to hold three community cafes in three separate regions. This was a marked occasion as it was one of the first large-scale events where parents or caregivers were co-designers in the process. Parents, caregivers, and local prevention partners designed unique community cafes

in the (with support from FRIENDS and CTM staff) cities of Marquette, Clare, and Marshall. At these cafes, regional-specific questions were discussed among parents, caregivers, community members, and practitioners alike to identify needs in the community and surrounding areas. This allowed all who were in attendance to have an equal opportunity to talk, listen, share, and plan together. CTM is proud that for this first-time set of events there were six co-design parents/caregivers, 44 parents/caregivers attended one of the events, and 11 of them were fathers or grandfathers. This was made possible by the co-design parents/caregivers identifying the major barriers for their fellow parents/caregivers and planning ways to overcome them. Some examples include stipends, on-site family coaches to help with children or childcare stipends, as well as offering a meal.

Community cafes are fantastic ways to bring parents, caregivers, community members, and practitioners together as equals to discuss the needs of the community. By formulating community-specific questions there are rich discussions that can address the barriers for families to access resources, the resources that are missing in the community, and for everyone to build social connections. This empowers parents and caregivers as well as offers opportunities to discuss the Strengthening Family Protective Factors in conversational language that is specific to the community.

For more information, please reach out to
Katherine Logan-Dinco, M.S.
Parent Partner Coordinator
Children Trust Michigan at
logandincok@michigan.gov

"PAM Spotlights"

Our Mission

To strengthen and support



children, families, and individuals as they evolve and grow in a changing community

THE NURTURING

FATHER'S PROGRAM



This 8-week group-based program is designed to develop attitudes and skills for male nurturance. Fathers meet weekly for approximately 2 hours.

Participants will learn

- The secrets for creating safe, loving, stable, and nurtured families.
- Positive discipline tools taught through a uniquely father-friendly method for successful child behavior management.
- Effective family communication techniques to strengthen the father-child and father-mother relationships.
- How to stop fighting and arguing by using proven-effective strategies for conflict resolution and problem solving.
- How to achieve cooperation and teamwork in family life.

Program activities address

- | | |
|--------------------------------------|-------------------------------------|
| • The Roots of Fathering | • Teamwork with Spouse/Partner |
| • Nurturing Ourselves/Our Children | • Balancing Work and Fathering |
| • Fathering Sons/Fathering Daughters | • Communication and Problem Solving |
| • Discipline Without Violence | • Cultural Influences |
| • Playing with Children | • Dealing with Feelings |
| • Managing Anger /Resolving Conflict | • The Father I Choose To Be |

- | | |
|----------------|--|
| Week #1 | The Roots of Fathering |
| Week #2 | Self-Nurturing Skills II: The Power To Meet My Own Needs/
The World of Feelings and Male Nurturance |
| Week #3 | The Power To Nurture: Fathering without Violence or Fear |
| Week #4 | Overcoming Barriers to Nurturing Fathering: Anger, Substances,
and Stress/ Discipline and Fun & Games |
| Week #5 | Self-Nurturing Skills I: Fathering "The little Boy Within"
Fun & Games for Fathers and Their Children |
| Week #6 | Nurturing Relationships I: Fathering Sons/ Fathering Daughters |
| Week #7 | Nurturing Relationships II: Teamwork between Father and Spouse/
Co-parent |
| Week #8 | A Time and Place for Fathering I Healing the Father Wound |
| Week #9 | Graduation Ceremony and Closing Activities |

**Location: Family Growth Center,
Thursdays, 4:00pm-5:30pm, 549 E Mt**

Hope Ave, Lansing, MI 48910

For more information or to sign up contact
Quenton Lerma, Director of Intervention
and Prevention Services
at quenton@childandfamily.org

Parent Education

Helping Picky Eaters

Join us via Zoom to talk about how we can help our
picky eaters get a wide variety of healthy foods to
make sure their nutritional needs are met!

Tuesday, February 27 at 7:00 pm



A Zoom link will be provided by your Family Engagement
Specialist or Home Based Educator.

For questions, call or text 269-512-2011



Conscious
Discipline®



RAISING CHILDREN CAN BE CHALLENGING.



Parenting Conference

CARE
SOUTHEASTERN MICHIGAN

JOIN US!



**Saturday
March 2, 2024**
8:30 a.m. - 3:30 p.m.



**Macomb Intermediate
School District**
44001 Garfield Rd
Clinton Twp, MI 48038



Keynote Speaker
AMY MCCREEDY

This year's conference features keynote speaker, **Amy McCreedy**, bestselling author of *The Me, Me, Me Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World*.

REGISTRATION IS OPEN!

www.careofsem.com

Continuing Education Credits (CEUs) are available!



11 Breakout Sessions for parents and caregivers of kids of all ages covering today's biggest challenges.

- » Co-parenting Together
- » How to Help & How NOT to Help Our Anxious Children in the Aftermath of COVID-19
- » Preventing Parent Burnout Through Self-care and Self-compassion
- » Surviving the Teen Years
- » What are Eating Disorders: Information and Resources for Parents
- » The Effects of Cell Phone Use on Youth Development
- » Current Drug Trends
- » How to Raise a Drug-free Child
- » Breaking Down Behavior: Behavior Principles and Functions of Autism Spectrum Disorder
- » Social Media and the Impact on Youth Mental Health
- » Strategies for Sleeping Through the Night

**CARE COMMUNITY
PARTNERS**



MACOMB COUNTY
COMMUNITY MENTAL HEALTH

Federal, state and local funding has been provided through Macomb Community Mental Health Substance Use Services and other funding sources to support project costs. Recipients of substance use services have rights protected by state and federal law and promulgated rules. For information, contact CARE of Southeastern Michigan Recipient Rights Advisor, 31900 Utica Road, Fraser, MI 48036, 586.541.2275 or State Recipient Rights Coordinator, P.O. Box 30654, Lansing, MI 48909.

REGISTER HERE

PARENTING *Matters* IN BERRIEN COUNTY

Save the Date!

Saturday, March 23, 2024

Berrien RESA Conference Center
711 St. Joseph Ave., Berrien Springs, MI 49103

Plan now to come together with parents and caregivers of young children for a conference designed to connect, inform, and inspire anyone who cares for a child age birth - 8 years!

Conference Registration Opens February 2024

Quotes from 2023 Conference participants:

"I enjoyed the workshops and look forward to next year's conference."

"It was nice to meet other parents with the same interests."

"Berrien RESA always does a great job with their programs."

Find out more at: <https://www.berrienresa.org/programs/parents-as-teachers/parenting-matters-conference>

REGISTER HERE

SAVE THE DATE

04

MONTH

23

DAY

24

YEAR

SHOALITION

8:30 AM - 4:30 PM

PECKHAM INC.

3510 CAPITOL CITY BLVD

LANSING, MI 48906

AN EVENT TO SHOWCASE LOCAL PREVENTION
COALITIONS IN MICHIGAN AND PROVIDE COALITIONS
AND PREVENTION PROFESSIONALS WITH THE TOOLS
NEEDED TO REDUCE UNDERAGE DRINKING.

REGISTRATION FORTHCOMING



CONTINUING EDUCATION CREDITS PENDING
HOSTED BY MICHIGAN COALITION TO REDUCE UNDERAGE DRINKING (MCRUD)

Prevention Training Services



A Charitable 501(c)(3) Training Organization

**We are giving away
2,024 hours of free training!**

Scan and register

for a chance to win

one of 134 training scholarships

***for your coalition, community,
agency or youth group.***



More information can be found at www.preventiontrainingservices.com



Prevention Training Services

is giving away 2,024 hours of free training !



Ask others to **scan this link** and register before February 12, 2024

for a chance to win one of the following 134 training scholarships:

Customized Training for your Coalition, Community, Agency or Youth Group	4
International Prevention Conferences – March 26-28 or October 15-17	20
Facilitation & Presentation Skills Training – April 11 or August 2	20
CPS Preparation Training – April 12, August 1, November 12 or December 10	20
ATOD Specific Series – June 11, 12, 13	10
Prevention Ethics Refresher (3 hrs.) August 27 or December 11	20
Prevention Ethics Course (6 hrs.) August 27 or December 11	20
Advanced Prevention Ethics Course (6 hrs.) November 5	10

More information can be found at www.preventiontrainingservices.com

MICHIGAN STATE UNIVERSITY | Extension

Michigan State University Extension Child and Family Development January Offerings

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

- Class dates:
 - 2/06/2024: Birds and the Bees: Talking with kids about sex
 - 2/13/2024: Purpose of Play
 - 2/20/2024: Setting the Stage: Promoting social emotional health in young children
 - 2/27/2024: Together We Can: Co-parenting
- Class Times: 8:00PM to 9:30PM

[Register Here](#)

Parenting Series

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent.

Certificates of attendance are available.

- Class Dates: February 16, 23, March 1, 8, 15
- Class Times: 11:30am-1:00pm ET

[Register Here](#)

The Parent Talk System

Do you feel like your children aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- Class dates: February 5, 12, 19, 26
- Class times: 7:30pm-9:00pm ET

[Register Here](#)

Building Strong Adolescents

Are you wondering how to navigate the teen years with your child? Do you wonder how to set limits while still promoting independence and encouraging positive relationships? Join us for this five-week parenting education series for parents with children between 9-16 and explore the assets children need to succeed. Certificates of attendance are available.

- Class dates: February 29, March 7, 14, 21, 28
- Class times: 7:00PM-9:00PM

[Register Here](#)

Kinship Caregiver Classes

Kinship Caregiver classes are targeted to relatives caring for another relative's children.

- 2/14/2024: Reducing Challenging Behaviors in Toddlers
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Title: How Children Develop

- Class Date: February 15th, 2024
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

Title: Working Together to Develop Early Literacy Skills

- **Class Date:** February 23rd, 2024
- **Class Time:** 1:00PM to 2:30PM

[Register Here](#)

Additional Resources

Eat Healthy, Be Active – Eat Breakfast This class is eligible for MIRegistry Credit!

Attend the live session or watch a recording up to one week later . This program focuses on outlining the importance of eating breakfast for young children and for childcare providers. We will participate in hands-on activities to teach children the importance of breakfast and will help children identify breakfast foods from a variety of cultures. Instructors: *Brad Averill, Family and Consumer Sciences Agent - Georgia Extension*

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.

Date and Time: February 5, 2024, 7:00-8:00 P.M. CT (8-9 pm ET);

[Register Here](#)



February 1-29 Apply for Leaders in Policy Advocacy class of 2024. LIPA is a leadership development program for adults with developmental disabilities and parents of minor children with developmental disabilities. More info [HERE](#). Applications accepted Feb 1-29 [HERE](#)

February 1 Building Parent Leadership in Early Childhood with Stephanie Nicholls. A 4-week series for parents with young children. Thursdays from 10:00am-11:00am. [REGISTER HERE](#)

February 2 and 9 Sensory Processing Disorder with Dr. Sally Burton-Hoyle from 1:00pm-2:30pm. [REGISTER HERE](#)

February 12 IEP: A Closer Look with Stephanie Nicholls from 6:30pm-8:00pm. [REGISTER HERE](#)

February 20 Rethinking Discipline with Amy Wilhelm from 12:00pm-1:00pm. [REGISTER HERE](#)

February 21 Tools for Supported Decision-Making with Mary Shehan and Kaiden Tolbert from 6:30pm-8:00pm. [REGISTER HERE](#)

February 22 Special Education State Complaints with Michelle Driscoll from

6:30pm-7:30pm. [REGISTER HERE](#)

February 23 Collaborating on Transition with Karen Wang from 12:00pm-1:30pm. [REGISTER HERE](#)

February 28 Disability is Not a Bad Word with Stephanie Nicholls from 6:30pm-7:30pm. [REGISTER HERE](#)

February 29 Due Process Complaint with Michelle Driscoll from 6:30pm-7:30pm. [REGISTER HERE](#)



Prevention Network/Parenting Awareness Michigan (PAM)
preventionnetwork.org/pam | 517-393-6890

And feel free to make a donation to help continue providing free resources [click here](#)

