



## March 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

- **March - Parenting Awareness Month**
- March - Reading 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](mailto:sarak@preventionnetwork.org)) and we will make sure it is added.

STATE OF MICHIGAN



CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN,  
I, Gretchen Whitmer, governor of Michigan, do hereby proclaim

March 2024  
as  
PARENTING AWARENESS MONTH

WHEREAS, Michigan relies on parents to protect their children and teach them the importance of honesty, respect, education, empathy, service, and determination; and,

WHEREAS, parents who nurture, love, and guide their children help them develop into healthy, loving, responsible, and contributing citizens; and,

WHEREAS, effective parenting adds stability to the lives of children and helps improve academic performance while reducing substance use disorder, teenage pregnancy, violence, and crime; and,

WHEREAS, providing and promoting education and resources for the development of parenting skills can contribute to an improved quality of life for families; and,

WHEREAS, during this month, we join with the Michigan Department of Health and Human Services to encourage parents to join parent networks and become more involved in the lives of their children;

NOW, THEREFORE, I, Gretchen Whitmer, governor of Michigan, do hereby proclaim March 2024 as Parenting Awareness Month in Michigan.

*Gretchen Whitmer*

Gretchen Whitmer  
Governor





# MARCH

Parenting Awareness Month 2024

SUN	MON	TUE	WED	THU	FRI	SAT							
Make a plan that creates time for daily activities. Commit to spending quality time together and having quality conversations. Take pictures throughout the month to look through and celebrate your time together.				Family movie and popcorn night	1	Head outdoors for a bike ride or walk	2						
Take a family picture, print it and display it in your home	3	Show interest in your child's school day, tell them about your day	4	Make a list of all the reasons your child is special, display it for everyone to see	5	Read together as a family, let each child pick a book	6	Let your child plan dinner, have them help you cook	7	Create a routine or chore chart	8	Outdoor Scavenger Hunt	9
Take a break from screens, play together	10	Talk about family values and strengths, listen to your child's ideas about these	11	Play with slime or playdough, make your own or use what you already have	12	Create a time capsule, open it in 1 year	13	Think of 5 things your child is good at, praise them and tell them how proud you are	14	Family game night	15	Visit your local library, read together	16
Create an obstacle course inside or outside	17	Kids choice! Let your children decide what to do together as a family	18	Discuss safety plans, such as what to do if there is a fire or other emergencies	19	Do a puzzle or play games like I spy, tic tac toe, or 20 questions	20	Go for a walk, look for signs of spring	21	Create a family vision board or family bucket list	22	Make a card for a neighbor or friend, mail or deliver it to them	23
Visit a park or plan a picnic at home	24	Draw or color together, display your art in your home	25	Slip a note of praise in your child's coat, lunchbox, or under their pillow	26	Have each family member share something unique about their day or something new they learned	27	Play charades together as a family	28	Sort through toys, books, and clothes, give back and donate items	29	Talk about the fun you had together this month	30
Happy Easter! Celebrate together	31	"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents"					- Jane D. Hull.						

## Parent Internet Safety Training

Do you know what apps your kids are using online and why?

Do you know where to find the parental controls on your child's device to keep them safe?

Did you know that sexting can be illegal in Michigan?



Join Alisha Meneely from the Michigan Child Protection Registry and learn about what our kids are doing online and how to keep them safe.

**When: Tuesday, March 5th at 10:00 AM**

**Where: Zoom Webinar**

[Register Here](#)

Register you and your family's email, text messages, Instagram, Snapchat, Twitter, Twitch and Discord at [www.ProtectMIChild.com](http://www.ProtectMIChild.com) to STOP receiving advertisements from alcohol, tobacco, pornography, illegal drugs and gambling marketers



## Substance Trends and Drug Safety Webinar

WITH Denise Kolakowski  
Poison Center Educator  
Michigan Poison & Drug Information Center  
MiPDC Coalition for Poison Prevention

Thursday  
March 14th, 2024

Time  
10:00 am - 11:30 am

[REGISTER NOW](#)

Denise Kolakowski is the Poison Center Educator with the Michigan Poison & Drug Information Center (MiPDC) at the Wayne State University School of Medicine. Denise authors the Poison Periodical, the MiPDC quarterly newsletter, creates and manages content for the Michigan Poison & Drug Information Center's website and social media platforms, and carries out all community education outreach activities. Denise holds a B.B.A. in Healthcare Services Administration and continues her studies toward a M.S. in Community Health Education. By providing tools and educational content to the public and private sector she hopes to reduce injuries related to poisonings and help prevent poison-related exposures wherever Michiganders live and work.

For questions or help with registration contact [sarak@preventionnetwork.org](mailto:sarak@preventionnetwork.org)



Click on either flier to register!

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](mailto: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"



American Society for the Positive Care of Children

**American Society for the Positive Care of Children (ASPCC)** is a pioneering organization committed to fostering healthy, nurturing environments for children and families across the USA and globe. **As an esteemed partner of Parenting Awareness Michigan**, American SPCC offers a comprehensive array of resources and programs, such as the always-free, always-accessible, Parenting Resource Center, The Trusted Parenting Network and Parenting Coaching Programs and workshops. All designed to empower caregivers in their journey towards positive parenting practices. Please find us at [americanspcc.org](http://americanspcc.org).

#### **Trusted Parenting Network:**

ASPCC takes pride in its extensive Trusted Parenting Network, comprising a coalition of seasoned professionals, educators, and community leaders dedicated to promoting positive parenting practices nationwide. Through this network, parents gain access to a vetted pool of resources and support systems, ranging from local parenting groups and online forums to counseling services and mentorship programs. By fostering a sense of community and collaboration, the Trusted Parenting Network empowers parents to connect, learn, and grow together, strengthening family bonds and nurturing healthy child development.

#### **Parent Coaching Programs:**

Recognizing that every parent faces unique challenges and aspirations, ASPCC offers personalized Parent Coaching Programs designed to provide individualized support and guidance. Experienced coaches work closely with parents to identify goals, overcome obstacles, and implement effective strategies for enhancing parent-child relationships and promoting positive behavior. Whether navigating the complexities of co-parenting, managing stress, or addressing behavioral concerns, ASPCC's Parent Coaching Programs offer a compassionate, non-judgmental space for parents to gain insights, build confidence, and thrive in their role as caregivers.

#### **Workshops and Training:**

In addition to its online resources and coaching services, ASPCC hosts a diverse array of workshops and training sessions designed to equip parents and professionals alike with the knowledge and skills needed to nurture thriving families and communities. From interactive parenting seminars and developmental workshops to specialized training programs for educators, childcare providers, and social service professionals, ASPCC's offerings

cater to a wide range of audiences and interests. Through engaging, evidence-based curricula and hands-on learning experiences, participants gain practical tools, strategies, and insights to support positive child-rearing practices and promote the well-being of children and families.

In summary, the American Society for the Positive Care of Children stands as a beacon of hope and support for parents and caregivers seeking to cultivate nurturing, loving environments where children can flourish and thrive. Through its comprehensive suite of resources, networks, and programs, ASPCC remains steadfast in its commitment to empowering families, strengthening communities, and championing the transformative power of positive parenting.

<https://americanspcc.org/>

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Save the Date

Registration:  
**COMING SOON**

# 32ND ANNUAL PARENTING AWARENESS MICHIGAN CONFERENCE



#### WHO SHOULD ATTEND:

Individuals who work with parents and families, educators, service providers, school personnel, parent networks, coalition members, parent leaders, volunteers and anyone interested in parenting.

#### WHAT TO EXPECT:

Provides attendees with learning opportunities about relevant issues, programs, and resources related to parents and families.

#### CONTINUING EDUCATION UNITS AVAILABLE:

Pending approval CEUs from  
Social Work  
MCBAP  
CFLE

The James B. Henry Center for Executive Development  
3435 Forest Rd, Lansing, MI 48910 (parking address)

**NOV**

**8<sup>th</sup>**

**2024**

For questions contact PAM Coordinator Sara Kirkpatrick  
[sarak@preventionnetwork.org](mailto:sarak@preventionnetwork.org)

RAISING CHILDREN CAN BE CHALLENGING.



# Parenting Conference

CARE  
SOUTHEASTERN MICHIGAN

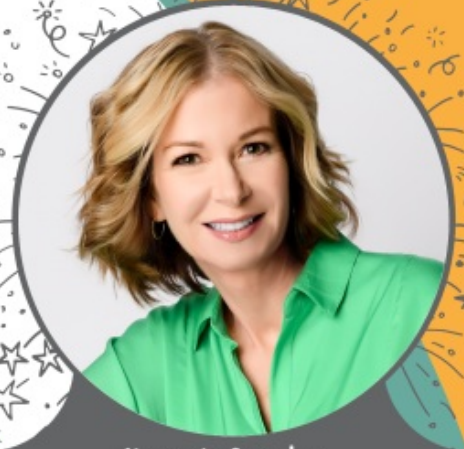
JOIN US!



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](http://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, 33000 Utica Road, Fraser, MI 48060, 980.541.2275 or State Recipient Rights Coordinator, P.O. Box 30664, Lansing, MI 48909.

# REGISTER HERE



## **DANGERS OF YOUTH VAPING:** *What Parents Need to Know in 2024*

**TUESDAY, MARCH 12 | 6PM EST, ZOOM**

This school year, youth vaping is as big an issue as ever, especially given growing mental health challenges for our kids. Behind the bright colors and sweet flavors of e-cigarettes are harmful chemicals and nicotine addiction. Join us for everything parents and adults need to know to help kids avoid or quit vaping.



Scan QR code or click below to register:

**REGISTER HERE**

ParentsAgainstVaping.org

**REGISTER HERE**

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# 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

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**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:
  - 3/05/2024: Reducing Challenging Behaviors in Toddlers
  - 3/12/2024: Talking With Kids About Race
  - 3/19/2024: Screen Time for Children
  - 3/26/2024: Supporting Children Through Grief and Loss (Guest Expert)
- Class Times: 8:00PM to 9:30PM

[Register Here](#)

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## 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: Mondays, March 18, March 25, April 1, 8, 15
- Class Times: 7:30pm-9:00pm 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 29, March 7, 14, 21, 28, April 4
- **Class times:** 11:30am-1:00pm 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](#)

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## Kinship Caregiver Classes

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

### Workshop:

- 3/13/2024: RELAX: Alternative to Anger for Parents and Caregivers
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

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## 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: The Importance of Outdoor Play

- Class Date: March 21<sup>st</sup>, 2024
- Class Time: 7:00PM to 8:30PM

[Register Here](#)

### Title: Essential Skills for Learning and Life

- Class Date: March 22<sup>nd</sup>, 2024
- Class Time: 1:00PM to 2:30PM

[Register Here](#)

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## Additional Resources

Michigan State University Extension has partnered with Cooperative Extension in other states to provide more resources and classes for you!

Check out Fit and Healthy Kids at <https://fitandhealthykids.unl.edu/>, Online Professional Development Workshops for Early Childhood Professionals.

### **The Developmental Stages of Self-Control in Infants and Toddlers** This class is eligible for **MIRegistry Credit!**

Attend the live session or watch a recording up to one week later. Toddlerhood can be a difficult time to navigate. Learn how self-control develops in children so you can better understand where your children are developmentally and how to best support them. Instructor: *Courtney Aldrich, Program Instructor Child and Family Development, Michigan State University 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: March 4, 2024, 7:00-8:00 P.M. CT (8-9 pm ET);

[Register Here](#)

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March 4 Transition: Employment Expectations with Karen Wang from 9:30am-11:00am. [Register Here](#)

March 5 Mental Health is Essential! And Key to Success at School with Terri Henrizi.  
For the 12:00pm-1:30pm webinar, [Register Here](#)  
For the 6:30pm-8:00pm webinar, [Register Here](#)

March 8 Moving On from Early On ® with Stephanie Nicholls from 12:00pm-1:00pm.  
[Register Here](#)

March 12 Positive Behavioral Intervention and Support Overview with Stephanie Nicholls from 12:00pm-1:30pm. Register at [Register Here](#)

March 13 Brighton Understanding IEPs with Kelsey Biswanger at Arc Livingston at 7:00pm. [Register Here by March 6.](#)

March 14 The Power of Notice with Michelle Driscoll from 6:30pm-7:30pm. [Register Here](#)

March 19 Exploring Behavior Supports with Stacie Rulison from 12:00pm-1:30pm. [Register Here](#)

March 19 IEP: A Closer Look with Andrea Beachnau from 1:00pm-2:30pm. [Register Here](#)

March 21 Collaborative Communication in Special Education with Beth Kohler from 12:00pm-1:00pm.  
[Register Here](#)



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

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

