



## MARCH IS NATIONAL NUTRITION MONTH

- Try enjoying more plant based meals and snacks.
- Eat a meal mindfully. Make healthy choices.
- Pack a healthy snack.
- Keep a bowl of fruit on the table.
- Make family dinners a priority.
- Try a fruit and veggie challenge with your family.

## MARCH SPECIAL DAYS

- 3rd) I Want You to be Happy Day
- 16th) Absolutely Incredible Kid Day
- 17th) St. Patrick's Day
- 19th) Let's Laugh Day
- 20th) First Day of Spring
- 26th) Live Long and Prosper Day
- 30th) Take a Walk in the Park Day

## SELF-CARE CHALLENGE

As we expand the use of Facebook and our website, we would like you to participate in our self-care challenge. It is really easy to earn points. You only have to check us out and make comments. Points will accumulate each month. At the end of the month, if you have accumulated 50 points, you will receive a \$10.00 gift card to Walmart. Points are as follows:

- 1) Refer someone to Parent to Parent—20 points
- 2) Attend a Parent Support Group—10 points
- 3) Respond with a message from Facebook—5 points
- 4) Respond to an email—5 points
- 5) Respond to a phone call—5 points

Please consider participating in this challenge. It's a great way to get to know one another and get a chance at a \$10.00 gift card! **Good Luck!**

## NEW STAFF MEMBER

Melanie Ludemann joined the staff to take over Cindy Holton's position in January as administrative assistant. She looks forward to meeting each of you.

Office Hours: M-F 9:00—4:30

(after 4:30 by appointment)

(Sat. & Sun. by appointment)

Located at: 1502 North 13th St. Suite 300

Phone No. (402) 379-2268



Scott Lambrecht—Executive Director,  
CFPS, CPSS

Clifton Hogancamp—Business Manager,  
CPSP, CPSS

## UPCOMING EVENTS

Local upcoming Events in Norfolk

Home and Garden Show at NECC Agriculture Complex on Fri., March 17th-Sun. March 19th  
Storytime at Norfolk Public Library on March 17th, 10-10:30a.m. for Infants through age 8  
Creative Coloring for Adults at Norfolk Public Library on March 20th at 2-3:00p.m.  
Coloring for kids at Norfolk Public Library on March 22nd at 2:15p.m. for ages 6-15  
Storytime at the Norfolk Public Library on March 23rd at 1:30-2:00p.m. for Infants –age 8



## Active Parenting Class

Parent to Parent Network Inc. offers the Active Parenting Publishers curriculum to help parents improve their parenting skills. Here is a list of curriculums offered through Parent to Parent Network Inc .

**Active Parenting: First Five Years**—Your child's first few years are so important! Learn how to make the most of them with **Active Parenting: First Five Years**, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Millions of parents have achieved success with Active Parenting—and you can, too!

**Active Parenting 4th Edition**—Millions of parents have achieved success with Active Parenting—and you can, too! Written by parenting expert (and father) Dr. Michael Popkin, this class is designed for parents of children ages 5 to 12. It will help you learn ways to raise responsible children who are able to resist negative peer pressure. Over the course of six sessions, you'll learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years.

**Families in Action—Parent Class: Active Parenting of Teens** is a comprehensive parenting program for parents of preteens and teens. The skills you learn in this class will give you confidence and courage to meet the challenges—and savor the joys—of your children's teen years. **Teen Class:** Teens in Action is a six-session program that will help you make the most of being a teenager and figure out where to go from here. Each session is packed with not-boring activities, not-lame discussion, and not-stupid videos on topics that actually matter. Even better...you'll learn skills you can start using now to make positive changes in your life. **Parent & Teen Class:** is a lively program that gives families critical tools for the challenging teen years: communication, conflict resolution, encouragement, and more. Plus powerful information about preventing problems with drugs, alcohol, sex, and violence.

**Cooperative Parenting and Divorce**—Learn to make a peaceful transition from parents to co-parents with this helpful course. *Cooperative Parenting and Divorce* uses helpful video scenes to demonstrate common co-parenting challenges and solutions. Each workshop allows plenty of time for group discussion and activities.

**Crossroads of Parenting & Divorce**— is a seminar lasting 4-6 hours that uses enlightening video scenes to demonstrate common co-parenting challenges and solutions.

Please Call (402) 379-2268 or Email [chogancamp@parent-parent.org](mailto:chogancamp@parent-parent.org) for more details.

## Parent to Parent Support Group

**We have a great group of parents attending our Parent Support Group. We have great socialization, informational activities and great food. If you would like to attend, please RSVP to Parent to Parent (402)379-2268. We meet this month on March 18th from 5:30—7p.m. at Westridge United Methodist Church, 2000 W. Norfolk Ave. Please consider this as part of your calendar.**

All of the above services are offered for the following counties: Antelope, Boone, Boyd, Brown, Burt, Butler, Cedar, Cherry, Colfax, Cuming, Dakota, Dixon, Dodge, Hamilton, Holt, Keya Paha, Knox, Madison, Merrick, Nance, Pierce, Platte, Polk, Rock, Saunders, Seward, Stanton, Thurston, Washington, Wayne and York.

We are a non-profit organization created for families in Northeast Nebraska and who are raising, or are primary caregivers for, children with behavioral/emotional challenges including social, emotional, mental, substance use and gambling.

Our goal is to help these families with their challenges navigate through the system to find the help that they need. We have trained Certified Peer Support Specialists that provide lived in experiences raising children with these behavioral health challenges.

**CHECK OUT OUR WEBSITE**

[www.parent-parent.org](http://www.parent-parent.org)

Find us

