



CLOSED:

*September 4 - Holiday
September 7-8 Home Visits
September 15 - Closed for
Professional Development*

Taking Care of Yourself

Taking care of yourself is a huge part of being able to take care of your child, especially when they are behaving in challenging ways. When you are feeling rested and calm, you are able to respond more appropriately. By contrast, when you are feeling stressed, exhausted, or frustrated, you may find it difficult to respond to your child's behaviors in a helpful way. Take steps to practice self-care in your daily routine.

Notice your own feelings and stress level.

Ask yourself these questions, and notice how your body feels:

- **How do I know when my stress level is going up?**
Signs of stress may include muscle soreness, headaches, crying, feeling frustrated, sleeping more or less than normal, eating more or less than normal, and talking more loudly or shouting.
- **What is in my control right now?**
Focus on your reactions, behaviors, thoughts, feelings, and needs.



- **What do I need right now to feel better?**

Consider whether a drink of water, a deep breath, a walk outside, a phone call or visit with a friend or family member, or another activity might help you become calmer.

Take a break when you need it.

Take a deep breath, count to 20, or leave the room for a moment if your child can stay safe.

Don't expect yourself to be perfect.

Everyone has bad moments sometimes, and that's OK.



Try these ideas for taking care of yourself and reducing stress.

- Get enough sleep.
- Drink water.
- Move your body.
- Find time in the day for breaks.
- Listen to music.
- Talk to friends and family.
- Write in a journal.
- Reward yourself for a job well done.
- Practice deep breathing.
- Get outside.
- Notice what you see, hear, feel, smell, and taste.

Strategies to Try

Make self-care a priority.

Instead of: "I don't have time to take care of myself."

Try: "I am important, and I need to put myself first sometimes. Doing this makes me a better parent."

Focus on what is in your control.

Instead of: "He is not cooperating! I know he will throw a tantrum next, and we will be late again."

Try: "I know I am very upset now. I feel the stress climbing up. What do I need?"

Challenge unhelpful thinking.

Instead of: "I should be able to stop this tantrum. I am a horrible parent."

Try: "A deep breath will help. I am doing my best. There is no better parent for my child than me."

Look for support for yourself.

Instead of: "I don't have time to talk with my friends and family."

Try: "I will make time to connect with the people who love and understand me."

Practice gratitude.

Instead of: Focusing on what is not going well.

Try: Noticing what is going well. Each day, write down one thing you are grateful for.

Keep it fresh!

In addition to: Trying the same self-care ideas over and over again.

Try: A new self-care idea. Notice how it makes you feel.

harvest festival



EVENTS

When: Sat, Sep 23, 11 AM - 3 PM

FREE

Where: Dickinson State University
291 Campus Dr, Dickinson, ND

The Dickinson Area Chamber of Commerce is proud to bring the Eighth Annual Harvest Festival to the campus of Dickinson State University on Saturday, September 23. Festivities will get underway at 11 a.m.

Food trucks, marketplace vendors, inflatables, free entertainment, a pumpkin patch, plus other activities will be available that day. Admission is FREE and all ages are invited to attend.

Dickinson Area Public Library

FREE FAMILY MOVIE

SEPT. 1st



Free Popcorn

4:00pm No unattended children under 12 Rated PG

Free Family Movie

- Friday, September 01
4:00pm - 5:30pm
- [Dickinson Area Public Library](#)

Community Room

All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Community Room.

Dickinson Area Public Library's

Storytimes

Storytimes are every week unless stated otherwise!

Tiny Tots

Ages 0-2
Monday at 10:00am

Join us every week for storytelling, finger plays, music and dancing, and activities for babies and toddlers!

Parent/Guardian is required to sit with child/children.

Hosted in the Community Room

Pre-School

Ages 3-5
Tuesday & Wednesday at 10:30am

Join us every week for storytelling, arts & crafts, felt board stories, music, and activities for fun and learning!

The same books, songs, and crafts will be done on Tuesday and Wednesday each week.

*Storytimes are geared towards specific age groups, but younger and

Pre-School Storytime

Tuesday, September 05
10:30am - 11:15am

[Dickinson Area Public Library](#)

Community Room

30 minute length. Stories, arts & crafts, felt board stories, music, and activities for children ages 3 to 5. Guardian is not required to sit with child/children but must stay in the Community Room.

AGE GROUP: | [Pre-School](#) |

EVENT TYPE: | [Story Time](#) |

Little Tykes Drive-In Movie

Thursday, September 14
10:00am - 10:45am

[Dickinson Area Public Library](#)

Community Room

Drive on in and add some wheels to your "car", grab some snacks, and enjoy the show! For ages 0-5.

Please feel free to bring a pillow and/or a blanket. Movies are typically 30 minutes in length.

AGE GROUP: | [Tiny Tots](#) | [Pre-School](#) |

EVENT TYPE: | [Movie](#) |



AFFORDABLE CONNECTIVITY PROGRAM

The Affordable Connectivity Program is an FCC program that helps connect families and households to afford internet service.

See if You Qualify and Apply

Visit: [GetInternet.gov](https://www.getinternet.gov)

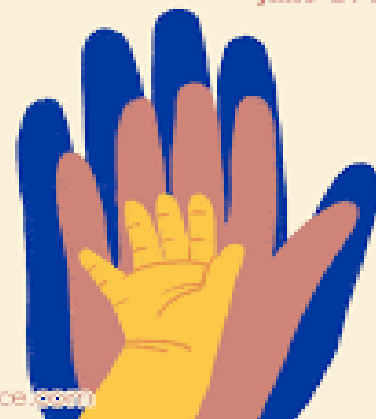
or

Contact Community Action Partnership @701-227-3010



At the end of the day,
the most overwhelming
key to child's success is
the positive involvement
of the parents.

Jane D. Hull



[HealthyPlace.com](https://www.healthyplace.com)