



The Parent Talk System

The Parent Talk System is a style of communicating with children that creates emotionally healthy family relationships. It is a skill-based program that teaches parents a series of verbal skills and language patterns to help them achieve their desired objective of raising responsible, respectful children while reducing stress, strain, and family conflict.

There is an undeniable link between the words parents speak and the attitudes and outcomes that children create in their lives. Your choice of words, and your communication style, are critical to the self-esteem, emotional health, and personal empowerment of your children. By intentionally selecting words and language patterns that build autonomy and responsibility, you can empower your children and enhance their effectiveness as capable, caring human beings.

- Learn how to speak in words that nurture, uplift, and inspire.
- Learn how to hold children accountable for their actions without attacking their spirit or personality.
- Learn how to set appropriate limits and make controlled choice work for you.
- Learn to praise in ways that help children develop a strong internal sense of self-esteem.
- Learn language that promotes independence while reducing learned helplessness.
- Add to your tool box of parenting skills so that you and your child can become more Response-Able.

Next Session: Educare Child Care Center at Butler Community College
901 S Haverhill
El Dorado, Kansas

Dates: July 11,18,25 August 1,8,15,

Time: 6:30-8:30 P.M.

Cost: Free to parents from Butler County through a grant provided by Smart Start
Parents from other counties contact Marion Nichols for fee schedule

Contact: Mid Kansas Community Action Program Inc.
316-775-3000 Ext 103

Certified Trainer: Marion Nichols
Child Care Provided by Butler Community College





UNTIL AGE 6 YEARS

use **LESS** than a pea-sized amount

- Always supervise the amount of toothpaste your children are using
- Children under age 4 swallow 40% or more of the toothpaste they use
- Swallowing too much fluoride toothpaste may cause the adult front teeth to have white marks (or discoloration)
- Help your children brush until they are 8 years old
- Best to spit but not rinse after brushing



Age 1-2
(slight smear)



Age 3-5
(1/2 of pea-size)



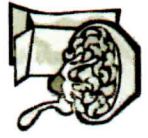
Age 6+
(pea-size amount)

■ Use fluoride toothpaste recognized by the American Dental Association

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IDEAS FOR HEALTHY EATING

Serve age-appropriate healthy foods during planned mealtimes and snack times.



BREAKFAST — cereal, fruit, waffle topped with applesauce, yogurt, whole grain toast, milk



MID-MORNING SNACK — fruit, cheese/whole grain crackers, carrot sticks



LUNCH — whole grain bread sandwich, tuna fish and crackers, cottage cheese and fruit, quesadilla with bits of chicken and tomato, 1/2 cup of 100% fruit juice



MID-AFTERNOON SNACK — whole wheat bagel with cream cheese, banana and yogurt, fruit smoothie



DINNER — baked chicken legs, macaroni and cheese, hamburger casserole, peas, green beans, baked potato, pudding

Parents — You can keep your child cavity free.

- Brush morning and night with fluoride toothpaste
- Limit sweet and sticky foods to meal times
- Have regular dental check ups
- Offer fluoridated water to drink between meals
- Offer snacks of fruit, vegetables, whole grain products and dairy products
- Serve foods containing sugar only at a few mealtimes each week

Butler Dads Present

Our Time: Dad & Me



June 4 - Augusta Public Library
1609 State - Augusta, KS

June 4 - Swiss Church Annex
125 S. Oak - Whitewater, KS

June 11 - Bradford Memorial Library
611 S. Washington - El Dorado, KS

June 18 - Andover Public Library
1511 E. Central Ave. - Andover, KS

June 25 - Rose Hill Public Library
306 N. Rose Hill Road - Rose Hill, KS
For children ages 2 - 11, but all ages are welcome.

Events are from
10 - 11 a.m.

Bring that special man in your
life to our ^{third} second annual
Our Time: Dad & Me event!

Crafts

Snacks

Story Time

Limited capacity. Reservations required.
Audra Kenneson, Smart Start Coordinator
(316) 320-1342 or akenneson@rui.org



Bradford
Memorial Library



Rose Hill
Public Library

