



# FAMILIES FIRST

January 2025



This publication is not a Pella Community School District publication, nor is it in any way endorsed or sponsored by the district. This publication is being provided only to inform the viewer of other available community activities and opportunities.

## Calendar of Events:

**-Meet and Eat Parenting Class:** First and Second Tuesday of the month, Sept. '24-May '25, 12-1pm

**-Evening Parenting Class:** Winter 2024- Jan. 16, 23, 30, Feb. 6, 13, 20

**-Winter Book Bash:** January 25, 10-11:30am, come and go

**-Family Gingerbread House Making Event 2025:** December 6, 9-11am

**-Father Daughter Dance 2025 (K-5):** March 8

**-Mother Son Fun Night 2025 (K-5):** March 29

**- Thursday in Pella 2025:** June 5

**Save the date!**

For more information and to register, go to [www.familiesfirstofpella.org](http://www.familiesfirstofpella.org)

Facebook: @FamiliesFirstofPella  
Instagram: @familiesfirstpella

## "GOOD INSIDE" ONLINE CLASSES THIS SEMESTER

\*Zoom in from your home and learn about Dr. Becky Kennedy's approach to parenting. Dr. Becky is a psychologist and best-selling author of the parenting book, "Good Inside."

**Tentative Schedule: Sundays, 8pm:**

**January 12- "Reparenting Ourselves: The Unlock to Breaking Cycles and Doing Things Differently"**

**February 16- "Independent Sleep Workshop: Managing Bedtime Protests Delays & Wakeups"**

**April 13- "Deeply Feeling Kids"**

**May 18- "Potty Learning Workshop: A Step-by-Step Guide to Foster Success"**

Contact Allison to register: [familiesfirst94@gmail.com](mailto:familiesfirst94@gmail.com)

## "LOVE AND LOGIC: ADULTS SUPPORTING YOUTH WITH CHALLENGING PASTS"

Join this parenting class on Thursday nights, Jan. 16-Feb. 20, 5:30-7:45pm. The class, a meal, and childcare will be provided at no cost. Go to the Families First website to register. NEW: the class is approved for Foster Care Training Credit through DHS!



**Go to [www.familiesfirstofpella.org](http://www.familiesfirstofpella.org) to register.**

# SAVE THE DATES!

Families First is pleased to offer two fun, family events in March! All K-5 boys and girls in the Pella School (PCSD, PC, Homeschool) will receive a paper invitation (via their school) about a month before the event.

## March 8: Father Daughter Dance

\*NEW\* this year: Instead of sending each girl home with a picture frame, we will be providing a couple of fun new games! Combi Sport and Strike a Light



Combi Sport



Strike a Light

## March 29: Mother Son Fun Night

Unfortunately, the mini golf set that we usually rent was already spoken for. The good news is, along with the other favorites, we will be offering some new games, including 9 Square!



Nine Square

## Book Bash: Saturday, January 25: 10-11:30am (come and go)

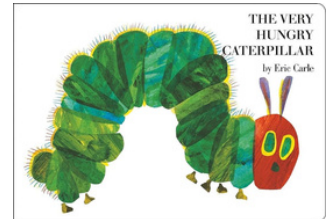
Come to the Pella Public Library for a celebration of literacy! The first 100 families will receive a free copy of the board book, "The Very Hungry Caterpillar." There will be storytime, activities, a craft, and a visit from the Marion County Naturalist. No cost to attend!

## Meet and Eat Parenting Class: February Topic

Join us on **Feb. 4 and 15** at the Pella Public Library Meeting Room for "Good Inside: Working Through Whining, Tantrums and Defiance"

Subway lunch provided (registration required)

12-1pm (flexible and casual)



## ANGER vs. EMPATHY

Check out the attached article "Anger Vs. Empathy" to learn more about how our response to our children affects their learning.



It takes a village!  
Looking for some parenting support?  
"Parents as Teachers" provides home visits and support to families with children ages prenatal to three. Go to [www.shortyears.org](http://www.shortyears.org) to learn more.

Contact Information:

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