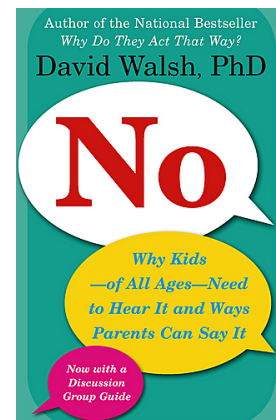


Say **Yes** to **No** **Parenting Program**

Parents in earlier generations had an easier time saying No because they were supported by a culture that reinforced the messages of No. Today's constant barrage of Yes messages undermines crucial character traits for success, including self-reliance, respect, integrity and the ability to delay gratification. Research shows that self-discipline is twice as strong a predictor of school success as intelligence. Our kids may be as smart as ever, but a culture of "More, Easy, Fast and Fun" is undermining what really counts in the classroom and what will carry our children into thriving adult lives.



No is not just a one-word answer, it's a parenting strategy. By saying No when you need to, you help put your children on the path to success. Attend and learn practical strategies of No that will help you reinforce character building messages, starting today.

Say Yes to No is a newly released parenting curriculum, based on the book by Dr. David Walsh, No, Why Kids of All Ages Need to Hear It and Ways Parents Can Say It.

This class is a series. Plan to attend all sessions.

Certificates will be provided at the conclusion of the series.

Session 1: Who's in charge at your house? Getting from here to there.

Session 2: Setting and enforcing limits – saying No when you should

Session 3: Balancing your parenting styles

Session 4: Tools for real self-esteem – good and bad praise

Session 5: Encouraging kids through connecting – putting it all together to prevent DDD (discipline deficit disorder)

Dates:	Mondays, Nov. 16, 23, 30, Dec 7 & 14
Time:	6:00 – 7:30 p.m.
Location:	West Fargo High School Library 801 9th Street East
Cost:	\$25 per individual, \$30 per family includes Dr. Walsh's book

Sponsors: NDSU Extension – Cass County, Region V Parenting Resource Center and West Fargo Public Schools

Register: Call Cass County Extension @ 701-241-5700
or email diane.langer@ndsu.edu

NDSU
Extension Service

Requests for accommodations related to disability should be made by calling Angela Berge at 241-5700, one week before the class.

NDSU is an equal opportunity institution