

Our Centers:

Basalt Center

Basalt Elementary School
Phone: 970.384.5855

Glenwood Center

Glenwood Springs Elementary School
Phone: 970.384.6055

Carbondale Center

Bridges Center
Phone: 970.384.5796

All Centers' Hours:

8:00—4:00 M-F

www.rffrc.org

"The RFFRC is an official application assistance site for CHP+, a low cost insurance plan for Colorado Children. Your child may qualify. Call us to apply!"

Transition to Kindergarten Meetings

Questions? Please call:
Garfield County DHS
945-9191 ext 3067
or Kids First 309-4393

February 4th 6:30-8:30 pm

**Carbondale Town Hall
511 Colorado Avenue,
Carbondale

Glenwood Springs

**February 8th 6:30-8:30 pm
Board of County Commissioners
108 8th Street, GWS**

Coming in March...

Love and Logic Parenting
Classes in Basalt

Wednesdays March 17—April 28
6:00—8:00 PM

Classes in both English & Spanish
Call 384-5689 or email
kjmarshall@rfsd.k12.co.us

Honor a Teacher

A donation has been made to the Roaring Fork Family Resource Centers in the names of the following teachers:

Allyson Bella-Dodds

Ben Blaeser

Ryan Bradley

Cora Carballeira

Quinn Dailey

Jerry Gasau

Mark Howard

Jason Kreiling

Tish McFee

Denise Reynolds

Mary Russell

Carrey Sims

Amber Bate

Sara Boyd

Elizabeth Cammack

Rae Christian

Avis Filby

Mark Gray

Rachel Korber

Craig Macek

Karen Passchier

Melissa Reynolds

Amy Shubitz

Andrew Streeb

Jennifer Berry

Nancy Boyer

Adam Carballiera

Lorie Courier

Scott Gascon

Wendy Hayden

Sarah Leidner

Joe Markham

Jeri Polowchena

Angelia Rosende

Ms. Sinclair

Megan Talbott

Congratulations! And thanks to our generous donors!

Provide Wise Choices

If you have a strong-willed child, you know how much some folks love control. In fact, the control needs of these kids are so strong that many are willing to perform all sorts of self-defeating-even self-destructive-behaviors just to show that they're the boss. When we try to take control from these kids, we end up losing it. You've probably met parents who constantly boss their kids around. Parents who do this often feel some small sense of control in the short-term yet quickly lose it all as their kids become passive aggressive or downright rebellious. Wiser parents give away all of the control they don't need so that they can maintain the control they do need. **One way they do this is by giving lots and lots of small choices when everything is going well.**

Sadly, some folks sabotage their use of choices by turning them into threats. Here are some examples: *"You're either going to pick up your toys or lose them!"*

"You may either get home on time or lose your car keys!"

"Either stop arguing with each other or get out of the car!"

What turns a choice into a threat largely involves **how it's said and when it's said.**

Wise parents provide choices when they are calm and everything is going well.

When we do this, our choices are far more likely to remain choices-not threats.

-Dr. Charles Fay, author of Love & Logic

**Buy Children's Books and Support RFFRC
at the same time**

Looking for some high quality childrens' books? Check out www.BetsysBarefootBooks.com Scroll down and click on the *support this event* button for RFFRC before you shop. The books are in English or Spanish There is a big sale right now! RFFRC will get a portion on any books purchased if you use our link! Check it out!

