



# Futures

Working together to build a better future for young parents and their children.

April 2005

## Getting to Know You..

*"We are all many persons. Some of these people we know and others we don't-only someone else knows them. Some of these people we like and some of them we don't like."*

- Norman Fischer



Lisa, Rachel, and Daisy are ready to read some stories at the March Family Fun

It may be an understatement to say that life can become a bit hectic. As you at-

tempt to juggle appointments, work, school, and caring for children, it is easy to forget about you. This month, Futures invites you to look inward. Join us in activities that help to reintroduce yourself to you!



Tiffany looks at a Big Book at the Storytelling Family Fun!

Activities this month include:

(Don't Forget- Free Childcare!)

- \* **Personality Assessments-** Discover some of your hidden talents through activities Meet at Futures **Monday, April 4, 3:30-5:30.**
- \* **What is your Parenting Style?** - Explore your temperaments and how if differ from your child's. Meet at Futures **Monday, April 11, 3:30-5:30.**
- \* **Non-Traditional Jobs-** Women on the construction sight? Men in a nurses uniform? Meet at Futures and discuss non-traditional jobs and discover what type of work you would excel in and enjoy. Meet at Futures **Monday, April 18, 3:30-5:30.**
- \* **Earth Day Family Fun-** Celebrate Earth Day and show some love for Mother Nature! Join us and plant flowers around town. Location TBA **Monday, April 25, 3:30-5:30**

## Thank You!

- ◆ Jeff, Tara, Kerri, and Chere for helping with WORDs strategic planning. Your input and ideas were awesome!
- ◆ James and Serina for promoting Futures on KPAX! We love your support
- ◆ And...Introducing the new PANEL: Raeleen, Whitney, Michelle, Patty, Chere, and Savannah! Thank you for your time and energy. We already have two dates booked!

Futures Teen Family Resource Center is located at 1861 S. 12th St. (At the corner of 12th and Grant)

For More Information Call:  
542-4900



Jamie and Tenley at the Children's Museum

### Let Your Voice Be Heard!

Do you want to have a column or artwork in the Futures' Newsletter? Would you like to enhance your computer skills? Give us your input and earn an extra gas voucher! Stop by the TFRC or call 542-4900.



Meadow checks out her cute face at the Children's Museum

By the time children are two years old, they understand 300 to 500 words. Amazingly, most children start school knowing between 3,000 and 5,000 words! Children who have larger vocabularies become better readers. Reading books to your children that have pictures of things you may not see often introduces unfamiliar words like "skyscraper", "desert" or "hippopotamus". When out walking, expand on the names of common sights. Instead of "flower", say "daisy" or "tulip". Rather than "tree", point out a "cottonwood" or a "ponderosa pine".

While making faces, use words to describe different feelings: happy, sad, scared, hurt or surprised. Then ask your child to make a face and guess what he's expressing. These are just a few ideas to increase your child's vocabulary, but the most important way is simply to **talk** and **listen**.

*Would you believe if I told you that you really are special, despite your worst days, your worst experiences, or your worst mistakes. Have you ever pondered that no one else is like you- you are one of a kind and full of skills, talents, and gifts!*

*In fact, you have so many gifts you don't even know them all yet. I really believe, through self-reflection and opportunities in life, we get to learn who we are and who we want to be. And the more we know about ourselves, the better choices we'll make for a special one of a kind life- just for you. Let's explore some of who we are this month.*

Heidi

### What to do when you leave your child at daycare...

Dropping your child off at a daycare center, babysitter, or Futures' child-care can be an emotional and somewhat chaotic experience.

While your child may be excited for the playtime, the initial separation can be difficult. If that is the case, say a quick goodbye and in order to maintain trust, do not try to sneak off while they are preoccupied.

You may be excited for the free time as well, but take a few minutes to chat with the provider and make sure he/she knows where your diaper bag is and some other basic info.

Let your childcare provider know:

- \* Does your child have allergies.
- \* Is the child sick, or been sick recently.
- \* What doctor do you go to.
- \* Special or comforting ways that you hold your child.
- \* Give an Emergency Contact
- \* Provide a copy of your child's immunization record

## Around Town

- Missoula Job Fair at UM's College of Technology (909 South Ave, Health Building) from 3:30-7:00, Thurs. April 28. Register by April 14th. For more info call 728-7060.
- Career Rodeo displays a variety of non-traditional jobs for woman. Friday, April 22, 10:00-2:00. Futures will provide transportation. **Wow!**
- National Youth Service Day is Saturday, April 16. Show

your support for the community in events around town. Call us for more info.

- College Majors Fair introduces and explains all majors available. Wednesday April 6 in the UC Ballroom. Call us for transportation.
- Shots for Tots offers free immunizations for children. Stop by the Missoula Health Department April 2, 9am-2pm.
- The Montana Tobacco Quit Line of-

fers counseling and support. Call 1-866-485-QUIT. FYI: For women, it doubles your chances of quitting if you stop on the 6th day of your cycle.

- Single Parenting Support Group meets at Families First, Tues. noon-1:00, beginning March 29. Call 721-7690 to register.
- Week of the Young Child is April 3-9. Storytelling activities, Children's Art displays, and a Children's Fair will be happening throughout the week. Call us for more info.



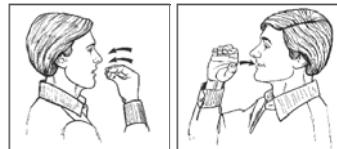
Tenley...the little lion

## P.A.T Corner

Have you ever looked at your baby, when she's crying or fussing, and longed to know what she wanted. Is she hungry, sleepy, or playful?

Baby sign language may be a fun and useful tool for you and your child. Try introducing the motions when your child is around 6 months old and already making signs, like "bye-bye"

Will sign language cause you baby to speak later? No! Babies who sign have been seen to develop language skill at a faster rate than average.



Eat

Drink



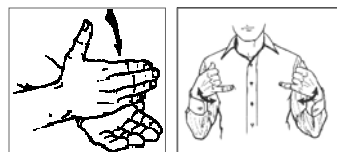
Thank You

Please



Dad

Mom



Stop

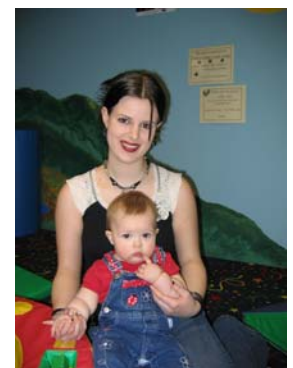
Play

Things to remember:

- \* Begin with a few basic signs that are most useful.
- \* As you make a sign, always say the word that it stands for. Signing should be a bridge to verbal language, not a replacement.
- \* Repetition is key to learning. Repeat a sign several times as you repeat its meaning in different ways.

## Need Hours for WORC?

Group, PAT, Case Management meetings, and helping us with the newsletter count as WORC hours!



Daisy and Ellie

Working together to build a better future for young  
parents and their children.

## Futures

127 N. Higgins Suite 307

Missoula, MT 59802



Futures helps young parents build a secure future for themselves and their children by providing case management, education and career counseling, parent education, housing, counseling and leadership development.

April 2005



## Futures' Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <i>Week of the Young Child</i>	4 <b>Personality Tests</b> 3:30-5:30	5	6 <b>Dad Drop-in</b> 4:30-6:30	7	8	9
10	13 <b>Parenting Styles</b> 3:30-5:30	12	13 <b>Dad Drop-in</b> 4:30-6:30	14	15	16 <i>National Youth Service Day!</i>
17	18 <b>Non-Trad. Jobs</b> 3:30-5:30	19	20 <b>Dad Drop-in</b> 4:30-6:30	21	22 <b>Career Rodeo</b> 10:00-2:00	23
24	25 <b>Earth Day Family Fun</b> 3:30-5:30	26	27 <b>Dad Drop-in</b> 4:30-6:30	28	All Futures Activities are Drug/Alcohol Free	