



# Family to Family



September 2009 Newsletter

Provided by: The Family Information and Resource Center – 50 S 400 E, Logan, UT 84321 – (435) 755-5171

## Around the World goes global

We completed our free summer program August 28. We visited 40 countries and made a little less than 100 different crafts. We had around 500 visitors and 30 guest presenters. Many children came back again and again and filled up their passports with stickers.



## We will be closed...

For Labor Day  
Monday September 7th



## Ready! Set! School!

Enrollment is now open for the  
**English Ready! Set! School! Children ages 3-5**  
Class are: Wednesdays or Thursdays  
10:30am-11:30am  
**Enrollment is also Open for the new**  
**Bilingual Ready Set School! Children ages 3-5**  
Class is on Friday at 10:30-11:30  
**The new Class begins Friday Sept 4**

## SCHOLASTIC Book Orders!

**We will place orders on September 15th and October 1. Online ordering is now available . Just go to [www.scholastic.com](http://www.scholastic.com) and click on parents online book clubs. Our user name is [loganfamilycenter](mailto:loganfamilycenter) and the password is **FIRC**. You may pay by debit or credit card and pick up your books the following week. We will call you if you are a registered patron of the center. Be sure we have your phone number.**



Love and Logic all ages. Free parenting classes will be held on  
**Sept. 9, 16, 23** from 7:00pm-9:00pm at the  
The Family Information and Resource Center  
50 South 400 East Logan UT. 84321  
Small white building on the west side of Wilson Elementary  
Work books available for \$10  
Register now! 755-5171

## USU Student Parents Study Night

FREE Child Care is available for parents who would like to study during times available. The Child Care is on Tuesday, Wednesday and Thursday nights from 7-9 at the Emma Eccles Jones Center for Early Childhood Education, which is connected to Edith Bowen. Child care is limited!!!!  
Call or Email to register!  
797-1552, [usuchild@cc.usu.edu](mailto:usuchild@cc.usu.edu)

**Bear River Health Department Women Infant and Child Division**  
WIC offers various lactation resources, such as  
◆ Breastfeeding classes open to public  
◆ Pumps and other breastfeeding aids  
◆ One-on-one counseling for mothers with lactation concerns  
WIC also provides nutrition education and supplemental food vouchers  
To find out more about WIC program visit [www.brhd.org](http://www.brhd.org) or call  
435-792-6451 (Logan)  
435-734-0845 (Brigham City)

**4-H YFP Mentoring**  
The 4-H YFP Mentoring program is currently recruiting families to serve. They have secured funding to serve 55 youth this year. If you know of families that have youth between the ages of 10-14 who might be in situations such as single parent or blended homes, struggling socially or academically, medical issues in the family, please feel free to refer to the program. This program is much like a Big Brother Big Sister program except that they work with the full family in helping the family to develop the life skills and the team skills needed to create a successful home environment for all.  
**Contact 4-H YEP Mentoring 753-1745 or 770-0748.**  
The program is expected fill up by the end of the month and possibly within the next couple of weeks, so **Call ASAP** if you want the help.



Love and Logic Grand parenting  
How would you like to have better relationship with your adult children? How would you like better behavior from your grandkids with less stress for you?  
**Ten Quick Tips on Parenting from Love and Logic.**  
A one hour class that gives you some strategies you can use right away to end the hickering, arguing and whining is free  
Call or contact director to make arrangement for us to come to your group.  
[director@loganfamilycenter.org](mailto:director@loganfamilycenter.org)

LOOK ON BACK FOR MORE INFORMATION!

## Top Parenting Websites

- ◆ **www.flylady.net:** This website gives you tips on how gain control of your life and schedule and keep your house organized.
- ◆ **www.accountablekids.com:** The Accountable positive parenting program provides everything busy parents need to start teaching accountability and responsibility.
- ◆ **www.childrenmiraclemusic.com:** A fun musical game that trains family members of all ages to become self-governed in getting ready for the day on time in the morning, cleaning their home and getting ready for bed on time at night. The game also trains them to love and serve others – especially their own family.

## Books and Buddies

Come join us at **Borders Bookstore**. What better place to have Books and Buddies then at a bookstore



**When:** Tuesday Sept, 15 2009  
**Where:** 1050 N Main Logan  
**Time:** 10:00am to 12:00 pm

Books & Buddies are events in Box Elder and Cache counties for children, parents, and child-care providers to help enhance early literacy skills in children before they start school. At each event, a free book will be given to every child, while supplies last.

## PAT

Parents as Teachers program is having a group meeting on Early Literacy: What parents can do. We will do a make and take. New families are welcome.

**Come to the Wilson Elementary gym on Thursday Sept 24 at 6:30 pm**

## Ice Cream Social

Come enjoy free ice cream and cookie  
 Where: Tabernacle Grounds  
 When: Sept 12, 2009 from 5pm to 8pm  
 Sponsored by the United Way of Cache Valley  
 Come find out about their Partner Agencies

American Red Cross  
 Bear River Senior Companions  
 Cache Community Food Pantry  
 Centro De la Familia de Utah  
 Cache Employment & Training Center  
 Child and Family Support Center  
 Community Nursing Center  
 Options for Independence  
 Sunshine Terrace Home Health Center

Bear River Head Start  
 Bridgerland Literacy  
 Common Ground  
 Multicultural Center  
 CAPSA  
 Children's Justice Center  
 English Language Center  
 Project Pals (USU)  
 Senior Citizen's Center

## Adventure Playground

2, 400 Volunteers needed to help build the park Monday Sept 14-Saturday Sept 19  
 The time slots available are  
 8:00 am-12:00 pm  
 12:30pm- 5:00 pm  
 5:30 pm-Close

Volunteers will be assigned to a team, led by a construction captain, and will work to build the playground. Volunteers do not need any construction experience. Women, men, and youth of any skill level are needed. Free Child care will be provided.

To sign up contact the Whittier Community Center  
 290 North 400 East Logan  
 435-753-9008

## More Recipes from Around the World

### ANZAC Biscuits from Australia

These cookies are named after the Australian and New Zealand troops that fought in WWI. Australians serve them on national holidays honoring veterans.  
 Makes 12 -15 cookies



2 cups rolled oats  
 1 cup flour  
 2 tablespoons boiling water

1/3 cup shredded coconut  
 1/2 cup plus 1 teaspoon melted butter  
 1 teaspoon baking soda

1/2 cup brown sugar  
 1 tablespoon golden syrup  
 1 tablespoon ground ginger

Combine oats, coconut, brown sugar, flour and melted butter in a large bowl. Add golden syrup. Dissolve baking soda in boiling water and add to mix. Lastly, add ground ginger to mix. Using a tablespoon, break mix into 12-15 small balls and place on greased cookie sheet. Place in oven and bake at 350 degrees for 15-20 minutes or until golden brown and crispy.