

New Year, New Beginnings

January 2020

Upcoming Events

Dancing with the Stars

- Join us on **Saturday, January the 18th** at NFAA for a night filled with fun, dancing, and laughter!
- [Event Information](#)
- [Ticket Information](#)
- [Meet the Stars](#)
- [Make a Pledge](#)

Home Run Derby with Cow Pie Bingo

- Join us on **Friday, April 24th** at Riverside Field
- While we watch the home run derby, our cow Anna Belle will graze and drop a special "something" in a bingo spot making someone a lucky winner!
- [Event Information](#)

Become a part of Operation Innovation

Operation Green Thumb

Assist in the preservation of our outdoor scenery and maintain yard spaces

Operation Squeaky Clean

Assist in making our safe haven cozy and comfortable by keeping it neat and tidy

Operation Moving Forward

Provide reinforcement by being on a call list to aid in moving survivors and their families into their new found sanctuary

Operation Creation

Assist with awareness campaigns, fundraisers, and events

Operation at a Glance

Help capture special moments with photography flair

Operation Clothed in Dignity

Help arrange and organize the clothing racks at our facility utilized by our clients
Click to sign up!

[Sign Up](#)



Christmas at the Center

We had a wonderful holiday season at our Family Connections center this year. With the help of many donations, we were able to provide the kids with Christmas presents. These presents included games, snowballs, coloring books, reading books, crayons, blankets, and little stockings filled with necklaces, bubbles, and animal figures. Each child took a snowflake home to their parent for a Christmas present. Everyone loved looking at the beautiful snowflakes hanging in our hall and it put everyone in the holiday mood. Thank you to everyone that made this possible. The children had a wonderful Christmas with full hearts and big smiles. Thank you for coming together as a community to lift up these little souls.



Thank You!



Giving Hearts

A huge thank you to everyone who has donated goods or their time to our agency over the past year. We couldn't have done it without you. Because of your thoughtfulness, we are able to provide a safe and clean place for children to see their parents.

[River City Family Connections](#)

Family New Year's Resolutions: Commit to Change Together in the New Year

As the hustle and bustle of the holidays come to a close, many parents turn their thoughts from their kids' wish lists to their own goals for the new year. Many resolutions can be set while sitting on the couch on New Year's Eve, trying to stay awake until midnight, but it might not be best for kids to see Mom or Dad set lofty goals that, more often than not, are never reached.

Experts say there may be a better way to focus on self-improvement in the coming year — making New Year's resolutions together as a family. Family resolutions can be both a bonding experience for families and a way for parents to teach their kids that life is about setting goals, recovering from setbacks and celebrating victories along the way.

Paul Tough, author of "How Children Succeed," agrees that these resolutions can be beneficial, since there's strength in numbers. According to Tough, when a family makes a resolution together — such as eating better, limiting screen time, or committing to exercise more — they have automatic reinforcements and are more likely to succeed as a team. While getting kids' buy-in can seem daunting, especially for families with 'twens and teens, Tough says the key is framing the resolution in a positive light. "I think a resolution should involve a shared commitment, and if there's sacrifice involved, that needs to be shared as well. In the planning stage, children should be able to contribute ideas and suggestions, so that they feel as much of a sense of ownership over the resolution as their parents," said Tough.

So how do parents convince their kids to commit and get them excited about it? Tough, along with a handful of bloggers who've experienced success with family New Year's resolutions, share the following tips for a successful run at change in the new year.



Keep it simple



In order to share a positive experience, focus on resolutions that are achievable and simple, says Dr. Laura Jana, an author and pediatrician in Nebraska, who makes yearly family resolutions with her husband and children.

“Picking an unrealistic goal

serves to make you feel bad about yourself, whereas a New Year's resolution that is meant to be life-enhancing and long-lasting can be great for your family,” said Jana.

Tough agrees, adding that the key to a successful resolution is framing it positively, not as a matter of self-sacrifice and denial.

“Instead of a resolution like ‘No desserts this year,’ a family might choose something more attainable like ‘Eat healthier this year,’” said Tough.

Include kids in the process

Another key to successful family goal-setting is to listen to everyone before coming up with a plan, said Sara Tetreault, a frugal-living blogger in Oregon.

Tetreault has been successfully making New Year's resolutions with her family for several years, and says a key to her family's success has been getting everyone to take group ownership of the plan. “Resolutions are about breaking a bad habit or creating a new one,” said Tetreault. “In order to do either successfully, you have to market it to your kids and get their buy-in. Instead of saying, ‘OK, the parents have decided this,’ we say, ‘Let's think about how we can improve ourselves and spend more time together as a family in the process.’”

In addition to a family resolution being something the family decides on together, Tough adds that parents should be cautious of using a resolution as a smokescreen to get their kids to stop doing something — such as playing video games or texting at the table.

Celebrate milestones and achievements

Taking the time out to acknowledge successes throughout the year is an important way to motivate your kids to carry on, says Jennie Lyon, a sustainable living blogger living in Florida with her family. Lyon and her family resolved to spend time outside every day in 2013 — whether visiting the beach, walking the dog, or sipping cocoa on their back porch — and planned to celebrate their successes with an end-of-year camping trip.

“Choose resolutions that you can make fun, and then focus on the fun more than the task itself,” said Lyon. “Resolutions can be a great way to say, ‘Here are some areas of our life we can improve on,’ and to celebrate your family when you do!”

Families should also put strategies in place to help them handle the occasional setback or misstep, Tough suggests. “One of the reasons people break resolutions is that they don't anticipate the moments where sticking with the resolution is going to be especially difficult,” said Tough, “Talking those over in advance as a family will be helpful — and it will help if the family can come up with strategies to get through those tough moments, so that they can celebrate their overall success at the end of the year.”



Common Sense Parenting

New year means new Common Sense Parenting classes. It is time to think about signing up for a session of this years classes. To the right you will find the dates and times of the sessions, how to register, and where classes take place. This is a great opportunity for **ALL** parents.

Common Sense Parenting classes help parents:

- Build strong, healthy relationships
- Correct and change problem behavior
- Minimize problems that disrupt family life
- Raise responsible, caring children
- Communicate effectively
- Avoid power struggles
- Control your emotions
- Balance discipline with affection
- Praise a child's good behavior

[Register](#)



The poster features a yellow background with a decorative border of colorful handprints (white, blue, orange, red). The text is centered and includes the following information:

Common Sense Parenting

2020 Class Schedule

Session 1: January 7– February 11	Session 4: June 23— July 28
Session 2: March 3– April 7	Session 5: August 18– September 22
Session 3: April 28—June 2	Session 6: October 13– November 17

To register, please call 605.665.4811.

Classes will take place each Tuesday from 6PM to 8PM.

Child care is NOT provided during the class, so please make arrangements.

Pre-Registration is REQUIRED!

Classes will take place at Trinity Lutheran Church in Yankton at 403 Broadway Ave.



BOYS & GIRLS TOWN.
Saving Children 100 YEARS Healing Families

[River City Family Connections](#)

