



# Dickinson-Iron District Health Department

## Dickinson County

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### FOR IMMEDIATE RELEASE

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## Dickinson-Iron District Health Department Kicks Off March Parenting Awareness Month

Kingsford and Iron River, Michigan, March 2, 2009 - Parenting Awareness in Michigan is a year-round statewide campaign to promote awareness, education, and resources - through state outreach and local efforts - emphasizing the importance of effective parenting in nurturing children to become healthy, caring and contributing citizens. Parenting Awareness Month is celebrated in March of each year.

Many communities have formed Parenting Awareness coalitions in an effort to bring diverse people and resources together, for a focused and systematic approach to increasing parenting education and involvement in the community.

Parenting Awareness packets, posters, matching bookmarks and technical assistance are provided at no charge to involve communities in the campaign. Information, assistance and opportunities to get connected with local efforts are provided through Prevention Network at 1-800-968-4968 or visit [www.preventionnetwork.org](http://www.preventionnetwork.org). Additional Parenting Awareness Materials can be ordered at no charge through the Michigan Resource Center at 1-800-626-4636.

#### Purposes:

- To celebrate people who are raising children.
- To draw public attention to the critical importance of effective parenting to create children who grow up to be happy, healthy, independent adults.
- To promote education and resources for developing parenting skills throughout the year.
- To encourage and assist in the development of parent networks throughout Michigan.
- To promote local parenting events in March.

#### Good parenting includes . . .

1. Showing children love, concern, and respect at all times.
2. Giving children a safe place to live and play.
3. Helping children express all their feelings appropriately and listening to what they say.
4. Giving children appropriate choices whenever possible.
5. Having reasonable rules that are understood by all.
6. Being responsible and teaching children to be responsible.
7. Spending time with children.
8. Setting an example by what we say and do.
9. Working with our schools and communities to make them better for children.
10. Asking for help when we need it.

**There will be an Iron County Parenting Fair, the 11<sup>th</sup> annual one, at the West Iron County District Library in Iron River on March 20, 2009 from 10-4pm.** For more information contact the health department or visit [www.didhd.org](http://www.didhd.org).

The Dickinson-Iron District Health Department is committed to promoting wellness, preventing disease, providing health care, and protecting the environment.

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