



December 2008

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

Helping Your Child through Early Adolescence

Early adolescence can be a difficult time for children and parents alike. While adolescents are feeling **insecure** in their identity and abilities, parent often feel **unprepared** for the challenges that arise as their children **mature** and they may view the early adolescent years, ages 10-14, as a time just "to get through."

Rather than becoming less **involved**, parents need to give as much attention and love to adolescents as they did when they were younger.

Here are some tips to help your child through early adolescence:

- Stay involved in your child's life, both inside and outside of school.
- Provide both unconditional love and appropriate limits to help your child thrive and feel safe.
- Talk with your child often about what is most important to him or her.
- Monitor your child's friendships.
- Show that you value education.
- Provide opportunities for your child to succeed.
- Be alert to major problems.
- Hang in there when times are tough.

Data released by U.S. Department of Education

High School Student Directories

The 2008-2009 Northfield High School Directories are available in the NHS Office. This free resource is provided by the Parent Communication Network (PCN). Members of PCN are designated with an asterisk before their name.

If you or someone you know would like to join PCN, visit the HCI website (www.northfieldhci.org) and submit the on-line form.

Please note the many community businesses that show their support of Northfield youth by advertising in the directory. If you are not able to pick up a copy of the directory, contact HCI at 664-3524, and we will be happy to make sure you receive a copy.

Talking Points

This spring, the Mayor's Task Force on Youth Alcohol & Drug Use and Project Sight, launched a **Talking Points** project in Northfield. The goal of the project is to get adults and teens talking via conversation starters that address current issues and concerns. What started as slips of paper stuffed in colorful tin cans at three coffee shops throughout the community has evolved into a handy key ring of topics in both Spanish and English. Some topics are serious, some are whimsical and there are lots in between.

To date, the key rings have been distributed at Emmaus Church, the NMS and NHS parent/teacher conferences, elementary school parent breakfasts and the November community event, "Heroin on the Cannon", sponsored by the Northfield Moravian Church.

Watch for them to appear all over town, or if you can't wait contact the HCI office (664-3524) to get yours!

Upcoming Events

Charles Reznikoff, MD, an Addiction Medicine specialist at Northfield Hospital, will talk about the nature of opiate addictions, addiction therapies and community prevention strategies **Monday, Jan. 12, 7 p.m.** at the Conference Center at Northfield Hospital.

His talk will focus on the signs and symptoms of opiate addictions and the patterns of behavior opiate addictions create. He will also talk about the services available through his clinic and measures individuals can take to deny access to opiates.

This program is being sponsored by Northfield Hospital in cooperation with the Northfield Parents Communication Network (PCN).

The meeting is free and open to the public. For more information, contact Nancy Moe at 507-646-1035 or Julie Bubser at 507-664-3554.

The Northfield Area Parent Communication Network's mission is to foster communication between parents, to help parents develop good parenting skills and to help prevent risky situations for our children