

LOCAL NEWS

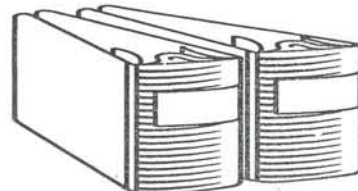
Parenting resources @ your library

Some days they can be pretty challenging! What is more, just when you seem to get the hang of a parenting thing, a new concern pops up, sibling rivalry, adolescent behavior goes on and on. What parent needs a little help? Well, when you've been thumbing through magazines looking for adoption agencies, expensive boarding schools, think about it!

Perhaps it would help to connect with other parents. There is something in knowing that your child is not the only one who has lived on peanut butter Oreos for the past six months. Know that the children's program-

ming room is available on a drop in basis Thursday mornings? Children can play with the toys while parents or caregivers chat. Ring up a friend and plan to meet. This room is also available upon request when there are no scheduled programs.

Another way the library supports parents is by offering workshops and lectures. Plan to attend one or all of the four upcoming parenting lectures that are being presented jointly by the Cobourg Public Library and Kinark Child and Family ser-



@yourlibrary

vices. Topics include Fathering, ADHD, and Parenting Your Teen. These lectures are held on the third Wednesday evening of June, September, October and November.

The library has an extensive collection of parenting resources both in print and video. In the near future, we intend to further develop this collection and pull everything together in one area called the Healthy Families Collection. This will help parents access information more easily, on a wide range of parenting topics and it will be located for your convenience in

the Children's Department.

Potty training? Check out the "Once Upon a Potty" video". Is your child bright yet struggling at school? Trust your instincts and read "No Easy Answers", a book about learning disabilities. Discipline issues? Dealing with divorce? Choosing a baby name? There are so many excellent resources to choose from. Having a teen myself, I am drawn to titles like "Now I Know Why Tigers Eat Their Young"! No matter what stage of parenting you are at, it helps to keep your sense of humour and inform yourself. The Cobourg Public Library has the parenting resources to help you do just that.

SUBMITTED BY VIOLA LYONS

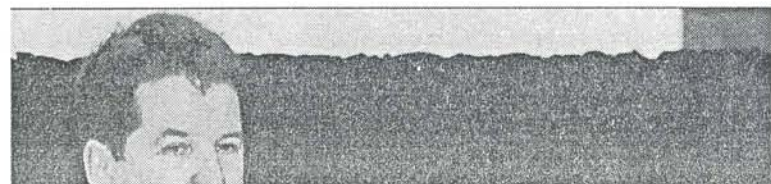


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