

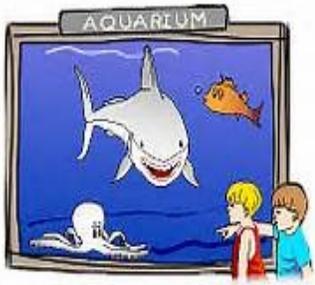


65 Positive Things To Say To Your Child

1. I am grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe in you.
11. This family wouldn't be the same without you.
12. You are valuable.
13. You can say no.
14. You can say yes.
15. I know you did your best.
16. You were right.
17. I accept who you are.
18. We can try your way.
19. You are helpful.
20. You are worth it.
21. You make me happy.
22. I love your creativity.
23. Being around you is fun.
24. I can't wait to hear about it.
25. Don't be afraid to be you.
26. You're making a difference.
27. I'm excited to spend time with you.
28. You are interesting.
29. You did so well.
29. I love seeing the world your way.
30. It's good to be curious.
31. I love the way you tell stories.
32. What you did was awesome.
33. I admire you.
34. That's a great question.
35. Your friends are lucky to have you.
36. I trust you.
37. That was a really good choice.
38. Seeing you happy makes me happy.
39. Being your parent is my favorite job.
40. I learn new things from you every day.
41. You make me better.
42. You are a good boy/girl.
43. Thank you for being you.
44. I'm so glad you're here.
45. You look great.
46. I understand you.
47. Watching you grow up is the best.
48. That was really brave.
49. I forgive you.
50. I appreciate you.
51. We all make mistakes.
52. Yes, me too.
53. You are very good at that.
54. You can try again tomorrow.
55. Nobody is perfect.
56. I love how you said that.
57. Not everyone will like you, and that's OK.

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DID YOU KNOW...?



...the College Bound Scholarship Program

will *guarantee* college tuition to any student on the federal free and reduced lunch program if the child maintains a 2.0 GPA and does not commit a felony during high school.

You must enroll by 8th grade and by 6/01/2017. Log on to hecb.wa.gov/collegebound to apply today!

Did you know any child in your household ages 18 and under can get free breakfasts and lunches over the summer?

Take advantage of this amazing opportunity from the USDA. Anyone in your household under the age of 18 qualifies for free breakfast and lunch at local schools and parks.

Go to

<http://www.fns.usda.gov/summerfoodrocks> for a list of locations and times near you.

Heading to Seattle?

If you are a kinship caregiver, The Seattle Aquarium is offering free entrance to enjoy the sights and sounds of marine life. Free entrance is given to two adults and up to five children. For more information you can contact the kinship navigators, Mary Pleger or Lorena Ortega at **1 (800)-246-2962.**

2017 Senior Farmers Market Voucher!

Each qualifying individual over 60 has the opportunity to receive \$40. in vouchers. The vouchers may be used at any participating Farmers Market in Washington to purchase fresh fruit, vegetables and honey. Vouchers for Senior Farmers Market Nutrition Program are not sent or given out until 6/1/17. Yakima County contact Lorena Fernandez at **509-426-2602.** Kittitas County Contact **509-925-6124.**

Make It Happen! 2017

Make It Happen! is a three-day, two-night college campus experience for youth in and alumni of the Washington state foster care system. The free summer program includes college readiness workshops, resource connection events, and opportunities for strengthening supportive networks. As a result of attending MIH, students will feel more equipped to develop and initiate their post-secondary education plans. Make It Happen! 2017 will be on June 27-29, 2017 at the University of Puget Sound. For youth and alumni of the Washington State foster care system and kinship care.

Registration will close on May 19, 2017.

To Register a Kinship youth contact College Success Foundation at 425-213-5888.

Alliance Caregiver Trainings, for Region 1 May, 2017

- ◆ Caregiving for Children Who Have Experienced Trauma: May 1, 3, 8, 10, (5:30-8:30) Yakima.
- ◆ Identifying and Supporting Commercially Sexually Exploited Children for Caregivers. May 9 (5:30-8:30) Yakima.
- ◆ Emotion Coaching: May 30 (5:30-7:30) Ellensburg.
- ◆ Youth Missing From Care: June 1 (5:30-8:30) Yakima.
- ◆ Infant Safety and Care: June 13 (10-3) Yakima.
- ◆ How to Become an Effective Educational Advocate for your Child: June 15 (5:30-8:30) Ellensburg.
- ◆ Emotion Coaching: June 20 (5:30-7:30) Yakima. **Need help? Call 1-866-577-1915 or email help@acwe.on.spiceworks.com**

Kinship Caregiver Support Group 2nd Wed. each month, 6-8 p.m.

Location: *Catholic Family & Child Service, at 5301 Tieton Dr., Yakima*

Support group for caregivers interested in relating to other kinship caregivers. FREE dinner and child care provided.

Call Mary at 965-7100 to reserve a place.

Calendar of Events

Yakima County:

- ◆ **Yakima's Cinco de Mayo-Fiesta Grande. May 5-7th 2017: Sunnyside Washington.** Join the fun at the 13th Annual Cinco de Mayo Fiesta Grande in downtown Yakima celebrating the 155th Anniversary of Batalla de Puebla. One of the largest Cinco de Mayo celebrations in the state of Washington, this event includes diverse entertainment, food and surprises for the whole family. Info: 509-497-2504.
- ◆ **Yakima's Biggest Yard Sale 5/13/2017. Time: 8 am—2 pm. Cost: Admission is \$3 or \$2 with a food donation.** Location: Perry Technical Institute. It's time to let go at the 2016 "Yakima's Biggest Yard Sale" at the Perry Tech Parking lot. 2011 W. Washington Ave. Yakima. Info: 509-972-3461.
- ◆ **American Reflections 17th Annual Open Car Show 5/21/2017: Moxee Park, Moxee. 9 a.m. – 3 p.m.** Possibly the best single-day car show in the Pacific Northwest. Open to everyone. Vendors on site with games, food, prizes, Give-A-Ways, music and fun. Proceeds help veterans and other local charities. Spectators are always admitted free of charge! Info: Don Pickard (509) 965-2547.
- ◆ **Zillah's Community Days May 12-14, 2017.** Location: City Wide, Zillah. Family activities at the park including a parade, breakfast in the park, vendors and activities in Stewart Park. Info: 509-740-7451, or 509-829-5151.
- ◆ **Selah Community Days: May 18-21, 2017.** Enjoy Hobo Feed and Carnival on Thursday. Potato Feed and Carnival on Friday. Kiwanis Pancake Breakfast, Parade, Cruz Nite Carnival, Fireworks and Live Entertainment on Saturday. Armed Forces day and Carnival on Sunday. Info: 509-930-0432.
- ◆ **Play the Gap- Fiddle Contest May 19-21st 2017.** Location: Fullbright Park, 4508 Main St.; Union Gap, WA. All Acoustic Traditional Music Country-Bluegrass-Swing-Old Time-Folk & More! Appalachia Northwest & Regional Styles Encouraged. Informal jamming all weekend. Community Dance, Dutch oven Cooking, Vintage Trailers, Clogging, Evening Concert and **FREE CAMPING!** Info: 509-949-2100. playthegapcoordinator@gmail.com. <http://www.playthegap.com/>
- ◆ **Downtown Summer Nights: Every Thursday beginning 6/22/2017. Time: 5-9 p.m. Cost: FREE!** Location: Downtown Yakima on 4th Street. Featuring weekly vendor displaying their products and services, kids area, live music and food vendors.

Kittitas County:

- ◆ **Ellensburg Farmers Market. The market starts on 5/6/17 Saturdays from 9am-1pm.** Location: Downtown Ellensburg! Located in downtown Ellensburg. The market is known for its farm fresh local products, baked goods and crafted products.
- ◆ **Yakima River Canyon Bird Fest 2017. May 12-14, 2017. Time: Friday 4 p.m.—Sunday 12 p.m. Cost: FREE to \$75 depending on tickets purchased.** Location: Helen McCabe State Park, 24398 Canyon Road, Ellensburg, WA 98926. Info: kittitasee@gmail.com or 509-551-8807.
- ◆ **Dachshunds on Parade 6/17/17. 9:00 a.m. Registration & parade starts at 11am. Location:** Downtown Ellensburg. Downtown will be a Dachshund paradise as Dachshunds and their owners come together to celebrate. There will be a "short" parade, dachshund races, pet tricks, and costume contest. Come early & enjoy Breakfast with the Dogs Pancakes Feed. For more information contact: Jan Callahan (509) 929-1291.

Lower Valley:

- ◆ **Strawberry Jamboree: Bill's Berry Farm, May 20, 27, and June 3 & 10 (9 am – 5 pm) and Memorial Day, Monday May 29, (11 am to 5 pm). Location: 3674 N. County Line Rd., Grandview.** After picking berries, relax in our shady park with a cool lemonade and our famous Strawberry Donuts straight from the fryer! Younger kids will enjoy our two farm Playgrounds, visiting our Animal Farm and a Barnyard Train ride. Older kids and parents will get a kick out of our Apple Slingshots. Info: 509-882-3200.
- ◆ **Like cherries? Join Bill's Berry Farm for Cherry Festival June 23rd and 24th.** Take the wagon out to the field and pick your own bucket of fresh cherries or purchase pre-picked fruit at the outdoor store. Enjoy the entertainment of Big Top the Clown while enjoying a fresh cherry donut. Don't miss out on the gunny sack, three-legged race and cherry seed spitting contests that starts at 2:00 pm. Admission is free. Parking on Saturday costs \$5. The farm is located at 3674 N. County Line Rd in Grandview.
- ◆ **Yakima Farmers Market. The markets start on 5/6/17 Sunday from 9 a.m.-2 p.m. Downtown Yakima!** Take advantage of the beautiful weather and the rich produce of the Yakima Valley by going to your local Farmers' Markets. 6 S 2nd St Yakima, WA 98901

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- 58. You did that so well.
- 59. I'm listening.
- 60. That's a very fair point.
- 61. You are beautiful inside and out.
- 62. I love you.
- 63. I could never stop loving you.
- 64. You are enough.
- 65. You make my heart full.

We hope you enjoy this list as much as we enjoyed sharing it with you. Kids do better when they feel better. The behavior you notice and comment on whether a praise or a nag is the behavior you are more likely to see. Encourage your children and watch them blossom into fine young men and women.



Catholic Family & Child Service does not discriminate against any person on the grounds of race, creed, color, religion, national origin, sex, sexual orientation, age, marital status, political affiliation or belief, or the presence of any sensory, mental or physical handicap.

Yakima/Ellensburg/Toppenish



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