

A Timeless Education for Parents

As a Parenting Educator for 22 years, Pam Bailey has strong roots in the communities Families First serves. She has quite literally helped generations of parents. A testament to this effect came about at a recent *Power of Parenting* graduation, when Pam and Anisha saw each other.



PHOTO: KARA DELAHUNT

Anisha was attending the graduation to celebrate her daughter, who had just completed a Families First parenting program.

Anisha immediately recognized Pam as the instructor from her own parenting classes, back when she was raising her daughter as a young mother. She still remembered “Get curious, not furious” and other timeless strategies that Pam has passed on to so many parents like her—and her daughter.

As the realization dawned on Pam, she said, “I feel blessed that I am able to help. The beauty is that these classes never go out of style, no matter who, no matter when. There isn’t any space like this one in our society where parents can come together and not feel judged, where they can learn about how children develop and use the information to strengthen relationships. I take pride in providing that kind of space and facilitating those discussions.”

The Families First staff and Board extend their gratitude and thanks to Pam for her long and exemplary service to the organization, as well as to the parents throughout our community. ■

Parents gain ideas for dealing with preteen attitude and rebellion

Families First
Gatherings
so no one has to parent alone

The Gathering Speaker Series offers opportunities for parents from

Families First’s community of supporters to access resources for their own parenting, while learning about the vital work the organization does for under-resourced families. At Families First’s Gathering in March, parents from the Metrowest community came together to learn strategies for guiding preteens through rebellion. Michelle Padden-Dragone, a Families First board member and long-time Parenting Educator, led the session with humor and real-life examples that were well-appreciated by the 20 parents in attendance. Parents left with new knowledge and skills to keep their kids safe, while also allowing for independence and reasonable risk-taking.

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SAVE THE DATE

**Families First Power Breakfast:
Fueling the Future**

October 20th, 2017

7:00-9:00 am

Mandarin Oriental, Boston

Come together with friends, colleagues, and your community while changing parent’s and children’s lives for the better. The Power Breakfast is an opportunity to meet parents from our programs, and hear from our experts. Take home skills for your own parenting! **Tickets are available at www.families-first.org**

OUR COMMUNITY OF DONORS

Meet Judi Remondi



Families First: Tell us a little about yourself.

JR: My husband Jack and I live in Needham with our two children, Adam and Lilly. We are a far-flung family, with a hectic schedule! My

husband works full time in Delaware, and my children commute daily to their school in Providence, RI.

FF: As a mother, what is most challenging for you?

JR: Being a single mom all week definitely has its challenges. Having done it for the last 8 years, I now have huge respect for single parents.

FF: How did you become involved with Families First?

JR: I didn't know much about the organization before I went to a Gathering, but I was extremely impressed with the content and the information that was shared. I have also been very impressed with the leadership at the organization. My husband and I really look at that when we're deciding whether to get involved.

FF: What would you tell someone who was just finding out about Families First?

JR: Although it brings much joy, raising a family is very stressful, no matter how many or how few resources you have. Families First is providing a vital service in trying to help parents navigate this journey of parenthood. It's important to have support, information, and a network of peers who understand. Anything you can do as a parent to help your children grow into happy, well-adjusted, productive adults is worth exploring! ■

Continued, Parents gain ideas for dealing with preteens

Kristen Collins, a mother at the Gathering, commented, "I love that Families First comes into our community to make connections that help advance the mission. I always enjoy the speaker, and Michelle was lovely. I could have listened to her for another hour."

If you'd like to learn more about how you can get involved with Families First and participate in the Gatherings, contact Jill Brevik at jbrevik@families-first.org. ■

The Power of Parenting



PHOTO: KARA DELAHUNT

Families First launched the new Power of Parenting program last fall, and the results are in!

Parents gained skills including:

- ☑ Giving choices
- ☑ Understanding the "why" behind behaviors
- ☑ Staying calm, yelling less
- ☑ Taking time for themselves

By the end of the program, 100% of participants said they would recommend it to other parents.

Ultimately, these changes positively affect the lives of their children and set them on a path to success in school and life. That is the power of parenting! ■

"It's very present in my everyday life.

You know, it's like brushing your teeth, taking a shower... every day I use something out of what Families First taught me."

—Celeste, program participant

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