



THE PARENT PRESS

ELECTRONIC NEWSLETTER

Programs for Parents, Inc. monthly newsletter features family focused articles and resources on parenting, health, policy, and community information

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12 SIGNS YOU'RE A TYPE B MOM

If you're a parent scrolling through TikTok or Instagram reels, you've likely come across some of the most relatable moms out there—known as “type B” moms. They're the ones scrambling to leave the house with both their purse and the diaper bag, almost forgetting to put their kids' lunchboxes in their backpacks, and sorting through clutter on the coffee table in search of their keys.

Honestly? They make you feel seen. It's always comforting to know there are plenty of other moms out there riding the same struggle bus. And while some type A moms might see type B parenting as chaotic, there are still plenty of benefits to a more flexible routine and a less rigid approach to everything from chores to playdates. Here, we explain what defines a type B mom, the signs you might be one, and the benefits that come with a more go-with-the-flow parenting style.





WHAT IS A TYPE B MOM?

A type B mom is defined as someone with a relaxed, easy-going personality who doesn't follow a strict schedule or routine. They may seem unorganized or messy, but to be fair—most moms are at times, and that's nothing to feel guilty about. She's probably a proponent of second best parenting, too.

"In general, [type B] is someone who's a little more relaxed," says Elisabeth Conradt, PhD, a clinical and developmental psychologist with the Duke Center for Child and Family Policy. "They might be feeling a little less conscientious about things, which isn't necessarily a bad thing, and they just feel like things will [always] work out."

WHAT'S THE DIFFERENCE BETWEEN TYPE A AND TYPE B MOMS?

A type A mom is considered to be more punctual and organized—someone who appreciates preparedness, control, and a more rigorous routine.

BENEFITS OF TYPE B PARENTING

Although many parents like to categorize themselves into "type A" or "type B", Dr. Conradt points out that it's normal to be a combination of all the above—and each has their benefits—so don't worry about labeling yourself or feeling any kind of shame if you check all or most of these boxes.

"I think that, honestly, all parents are all letters of the alphabet at one time," she says. For example, "Some people might feel more type A if they're really worried about their kids' grades in school or feeling anxious about how their child is playing on the playground. And then other times, they may feel more like type B if they're stressed and overwhelmed and just need a break."

When it comes to type B in particular, there are plenty of benefits to feel good about. Here are just a few.

IT CREATES A LESS STRESSFUL ATMOSPHERE

Without strict schedules and a more roll-with-the-punches approach that lets you deal with problems as they come up, you end up easing the overall stress in your household. There's no need to fret about sticking to a rigid routine (which is probably more practical with older kids), and your kids aren't afraid to come up with new plans and ideas at the last minute.

CHECK OUT THIS FREE UPCOMING COMMUNITY EVENT

**ESSEX COUNTY
HOLIDAY LIGHTS**
AT ESSEX COUNTY TURTLE BACK ZOO • 5pm TO 9pm

Friday to Sunday, November 22-24
Friday, November 29 to
Wednesday, December 4

Friday, December 6 to
Tuesday, December 31
Closed December 24 & 25

FREE ADMISSION turtlebackzoo.com

Donations of non-perishable food, new, unwrapped toys, and new or gently-used winter coats for the needy are appreciated.

OTHER EVENTS

Essex County Historic Holiday House Tour
Saturday, December 7 & Sunday, December 8, 10am-5pm. Visit essexcountyparks.org for participating locations. Times may vary by location.

Story Time at Turtle Back Zoo
Saturday and Sunday, December 14 and 15 at 2pm, 3pm, and 4pm.
Thursday and Friday, December 19 and 20 at 4pm.
Saturday, December 21 at 2pm, 3pm, and 4pm.
This is a family-friendly event for families with children ages 8 and younger. \$10/participant; zoo admission not included. Visit turtlebackzoo.com for more information.

**ESSEX COUNTY
TURTLE BACK
ZOO**
turtlebackzoo.com
560 Northfield Avenue
West Orange, NJ 07052
973.731.5800

Joseph N. DiVincenzo, Jr.
Essex County Executive,
and the Board of
County Commissioners

**ESSEX COUNTY
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PROGRAM SPOTLIGHT

Consumer Education and Support



Twana Thompson is responsible for building the capacity of early childhood programs to engage families to support their children's learning. She does this by providing resources and tools to families on effective parenting practices that promote healthy child development, and by disseminating relevant resources, tools, and information to early childhood programs, family-serving nonprofits, community-based organizations, schools, and parent groups. She offers a flexible approach to parent education by rendering online and in-person customized classes tailored to enhance the overall effectiveness of parent education programs to build a stronger and supportive network for families.

Additionally, Ms. Thompson provides professional development and training to Family Workers to enhance their skills, knowledge, and effectiveness in supporting families. As a certified instructor and portfolio advisor for Programs for Parents, Inc. Family Development Credential (FDC) program, she combines her expertise in family development practices, teaching, interactive classroom instruction based on the Empowerment Skills for Family Workers curriculum, and portfolio advisement to support the professional growth of participants and help them accomplish the goal of obtaining their FDC credential.

For additional information or to schedule a customized parent education workshop, contact our Parent Consumer and Education Coordinator. Please see her contact information below:

CONTACT

Twana Thompson

**Parent Consumer and Education
Coordinator**

(973) 297-1114 Ext. 4050

tthompson@programsforparents.org



YOU (AND YOUR KIDS) LEARN TO EMBRACE MISTAKES

Taking a more flexible, spontaneous approach to parenting is bound to lead to a few mishaps—but that shouldn't be cause for anxiety. If you forget to bring a favorite toy to a sleepover or accidentally snap at dinner time if you're feeling overstimulated, take responsibility, make amends, and move on.

"People make mistakes as parents all the time," says Dr. Conradt. "Kids are so resilient and understanding of those mistakes, especially if you talk to your child and try to repair what happened. There's a lot of research showing that those repair moments are actually what builds kids' resilience and emotional well-being."¹

YOU'RE A MASTER OF ADAPTABILITY

Need to clean a mess on the go? You have baby wipes around here somewhere! Kids are hungry in the car? There's a granola bar half a peanut and jelly sandwich in your purse! It may not always be pretty, but without a lot of routine, type B moms are used to thinking on the fly—and if anything, your kids will learn the value of thinking on their feet and adapting to challenges in the moment, a valuable life skill that might come up when they are adults

YOU HELP FOSTER INDEPENDENCE

A lack of rigid schedules and routine might mean that everyone in the family isn't always sure where they need to be, which obviously can have its downsides—but at the same time, free time and allowing kids to entertain themselves encourages your kids to take responsibility for themselves. They might even learn to take on daily tasks, chores, and even find hobbies they enjoy, on their own. If this parenting style is particularly appealing to you, you might even be a panda parent—someone who prioritizes their child's independence.

Dr. Conradt uses the example of a middle-schooler reminding their parents what days they have school activities, adding, "I think that's great skill, and you are giving your child a sense of independence and leadership."

Of course, you don't want your kids running the household—but having them pitch in and take initiative helps develop coping skills they'll need later on in life.

KEY TAKEAWAY

Whether you consider yourself a type A or type B mom, there's really only one aspect of parenting that truly matters: your child's happiness.

"If you're worried that you don't have a calendar, don't have a color-coded this and that, [or] don't have a schedule for your kids, that's not a bad thing," says Dr. Conradt. "I would pay attention to your child's well-being—are they happy? Are they doing okay? Are they sleeping enough? And if that's true, then [you're doing] great."

Most importantly, comparing yourself with other parents—especially online—can lead to a lot of unrealistic expectations for yourself. "Naturally, we want to seek out information, but in the parenting space there's just too much, and it's overwhelming," notes Dr. Conradt. "I think we need to go back to just following our intuition. Parents are amazing and have great instincts, and they know their kids best."



Winter Wonderland Books, Balls, & Blocks!



Essex County Families are invited to take part in
a **FREE** and **CONFIDENTIAL** developmental screening for your child!

Thursday, January 2, 2025

11:00 AM to 1:00 PM

Programs for Parents

570 Broad Street, 8th Floor, Newark NJ 07102

Children: Ages 0-5 years old

Link to Register: <https://tinyurl.com/3cwa557c>

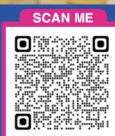


Susana Melo

Family Engagement Specialist

973-297-1114 x 4176

smelo@programsforparents.org



Register to attend



Tips for **Healthy Holiday Eating** for Kids (And Adults!):

- Start the day with a healthy breakfast. An old adage “Breakfast is the most important meal of the day” remains true. Eating a protein-rich breakfast will greatly reduce unhealthy snacking in the evening.
- Offer fruits to children whenever sugar cravings arise. Keep the kitchen stocked with fruits. Eating fruits decreases sugar cravings and the fruits are a great source of fiber
- Limit intake of sugary beverages, which add empty calories to diet and produces a breeding ground for cavities.
- Eat 4-5 small meals all day long, and avoid grazing on processed sugary treats or fried foods.
- Ensure children physically exert themselves more than usual during the Winter break in order to counter extra calories from increased sugar consumption.



JOIN THE FESTIVITIES

Experience the beauty of Newark during our winter village. A stylish open-air festival overlooking beautiful downtown Newark with curbside eats, ice skating, and marketplace. Enjoy food and hot beverages from selective local businesses inside one of our cozy heated private pods or igloos.

- Ice Skating -Experience ice skating right in the heart of downtown. Perfect for the family or a group of friends!
- Go Karts -Enjoy the thrill of driving on an exhilarating icy rink, the perfect way to have some unique and competitive fun with your friends and family!
- Private Igloo-Revel with friends and family inside your own private igloo. Enjoy food and drinks in these cozy domes!

The Newark Winter Village
Mulberry Commons Park
Prudential Center
25 Layette St., Newark NJ 07102

December 4, 2024 – January 5, 2025
Wednesdays through Fridays from 3-8 pm
Saturdays and Sundays from 12-8 pm



MURPHY ADMINISTRATION AWARDS \$800,000 IN GRANTS FOR NEW JERSEY TEACHER APPRENTICESHIP PROGRAM

The New Jersey Department of Education (NJDOE) announced the award of \$800,000 to launch the New Jersey Teacher Apprenticeship Program, an initiative to support the pipeline of classroom aides and paraprofessionals who want to become certificated teachers. Through the program, Ramapo College and Rutgers University in New Brunswick each will receive \$400,000 in grant funding to collectively partner with eight school districts, jointure commissions, and special services school districts.

Staff from the New Jersey Departments of Education and Labor & Workforce Development will regularly work with Ramapo and Rutgers to visit the school districts to provide needed support for the apprenticeship programs.

"In New Jersey, we have committed to bolstering our teacher workforce and ensuring our classrooms are staffed by the very best professionals because our students deserve nothing less," said Governor Phil Murphy. "The Teacher Apprenticeship Program will be a game changer, helping to break down barriers to entry for paraprofessionals and classroom aides who want to become certified teachers and have already proven their passion for teaching the next generation."

Supported by funding appropriated in the Fiscal Year 2024 state budget, the grants will fund programs designed to streamline a pathway for full-time educational support professionals – i.e., paraprofessionals and instructional aides working in the classroom – to earn their teaching certificate. Funding will be used to offset the costs associated with tuition, books and materials, mentorships, and structured on-the-job training.

"It's vital that we support the paraprofessionals and classroom aides in our educational system. Many of these professionals have worked tirelessly in classrooms for years and aspire to earn their teacher certification – but they face obstacles such as the cost of tuition and availability of programming," said Kevin Dehmer, Acting Commissioner of Education. "This apprenticeship program will help clear the hurdles they face so they can achieve their goal of becoming a licensed New Jersey teacher, while also helping to meet the need for teachers in our school districts."

"The Teacher Apprenticeship Program will provide critical support to paraprofessionals as they become certified teachers by covering the costs of their tuition, learning materials, and integrated on-the-job training," said Robert Asaro-Angelo, Commissioner of Labor and Workforce Development. "This apprenticeship program carves out a career pathway for the next generation of professional educators who will lead New Jersey classrooms and deliver quality education to our students."

Paraprofessionals taking part in the program can typically earn their state teaching certification in two to four years, depending on their level of experience and education when beginning the program. The program targets fields that have been disproportionately impacted by staff shortages, such as special education, science, math, English as a second language, and bilingual education.

The New Jersey Teacher Apprenticeship Program was established based on the initial recommendations of Governor Murphy's Task Force on Public School Staff Shortages in New Jersey, created in November 2022 to recommend innovative approaches to increase the number of K-12 teachers and support staff in the state.

The New Jersey Teacher Apprenticeship Program dovetails with other Murphy Administration initiatives to support paraprofessionals. This includes legislation signed in January 2024 to authorize an alternate route to expedite teacher certification of people working as paraprofessionals in school districts. A key component allows a paraprofessional's relevant time in the classroom to count toward teacher certification requirements – which was also a recommendation of the Task Force on Public School Staff Shortages. [New Jersey Department of Education Announces 2019-2020 County Teachers of the Year](#)

PROGRAMS FOR PARENTS, INC.

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Newark, NJ 07102

(973) 297-1114 Ext. 4100

<https://programsforparents.org>

Programs for Parents is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and child care providers in Essex County through advocacy and action, providing education and referrals, sharing best practices and helping families access available financial resources.

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