
Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between.

Support with other parents has been a lifeline, and reminded us that we do not have to be alone.

Facing the Holidays with Explosive Kids

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By Cyé Larson

In my household, boredom breeds behavior problems, but chaos breeds anxieties. Aidan (11) has no trouble beating boredom during the holidays, but with all the craziness that comes with November and December we often face a lot of challenges. Between visits from family, the trips to see their biological dad and the breaks from school, both of our older kids tend to make the holidays a bit more strenuous. Every year we become a little bit more prepared for the unexpected.

Our precautionary measures begin with staving off uncertainty by keeping to a set of guidelines:

Aidan and Oona (9) often stay around outside.

up until just before bedtime and race into bed. But during the holidays they are given "room time" shortly before bedtime in order to allow them a chance to play alone and have some private time to reflect on their day before being tucked in. The ritual of tucking them in gives them personal and positive attention which is vital during this time.

And then there is exercise. Between the darker skies and cold air, my kids become feral creatures running wild by November. To counteract the lack of outdoor time we have dance contests in the living room and on nice days the kids are encouraged to run

Nick and I try to keep ourselves a priority as well. Babysitters, family, and friends are a blessing and make hectic times much easier by allowing the two of us to take some time together. Even if it's a trip to the grocery store or a coffee shop, it gives us a chance to connect and gather our priorities when chaos seems to be a mainstay.

We do try our best to follow these strategies, but we know that things may not always go as planned. This is why we are so thankful for Plan B parenting! We are learning to avoid copying the kids' volume and emotion which only leads to confrontation.

Activities

- Dec 1-31: Night Time Magic; Albany Historic District homes; 5p and later
 - Dec 2-16: Storybook Land; 3700 Knox Butte Rd.; 6:30-8:30
 - Dec 1 (7:30p) - 3 (10p); "A Christmas Carol"; LBCC theater
 - Dec 2-4: Town and Country Christmas Bazaar; Albany Fairgrounds; 12-8pm
 - Dec 3: Holidays in the Park; Ralston Park; Lebanon; 3-7p
 - Dec 4: Timber Twirlers square dancing; Albany Senior Center; 1:30-4p
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Getting Ready for the Holidays

By Deloris Larson

I love the holiday season! As soon as the leaves begin to fall and the morning fog begins to roll in, my baking begins. There is nothing that compares to the aroma of freshly baked goodies. I make many batches of cookies, bars and candies. Being Swedish,

I make spritz cookies, using lots of almond flavoring and a cookie gun. *Lefsa* is another Swedish "must make" for the holidays. It is like a tortilla



but it is made from mashed potatoes. Divinity and mint fudge are also "must makes" along with holiday pies and freshly baked rolls.

Through the years, the holidays have changed, as my children have grown up and their children have become adults, but my baking is a tradition that I

continue. It is a form of love that I enjoy giving to others. I decorate half-heartedly. I shop haphazardly. But I bake with heartfelt joy.

May your holiday season be filled with peace and hope.

By Robert Meston

Family Support Volunteers and Collaborative Problem Solving are programs designed to work with and help parents and children. As a writer of the Sportsman's Corner, I have taken this opportunity to reach out to the fathers that are so often forgot. I am a father of explosive children and think it is a wonderful thing to take my children to the outdoors and hunt, fish, or go camping. Not to say that sometimes special provisions don't have to be made, but isn't that

what we do as parents all the time? The outdoors is a great place to enjoy the wonders of nature. Everyone these days seem to stay locked up inside, never knowing the true understanding of what nature really is all about. So please, even if you don't hunt, fish, or camp, remember that your children might like to experience life outside city limits. There are hundreds of state parks that offer great trails where you can go to get out of town and see all the rest nature has to offer. Thank you to all who read the Corner.

By Crystal Rowell

Last month, one of our families experienced the loss of a family member. Our hearts go out to them in this difficult time. The Family Support Volunteers have been working to support the family and make sure they have everything they need as well as the emotional support that is so important at a time like this.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~Maya Angelou~

Family Fun!!!

Holiday Cake Fun Pops

By Mellie Meston

Ingredients:
Chocolate melts
Lollipop sticks

Directions:
Make a cake of your choice.
(My favorite is spice cake with cream cheese frosting.)
Chill a cake for about 3hrs, and keep a tub of frosting (your choice) at room temp.

Crumble cake in a bowl, and mix in the frosting.
Take small amounts of the mixture and roll into balls of large lollipop size. Set each on a cookie sheet, and add lollipop sticks. Chill.
Melt melts as directed.
Dip cake pops into melted melts and place on a covered cookie sheet or waxed paper.
Cool 1-2hrs. Serve.

For a gift, use plastic lollipop covers and ribbon!

Thanksgiving Jokes

Q: Why don't you let a turkey get near corn?

A: Because they will gobble, gobble, gobble it.

Q: What's the best way to stuff a turkey?

A: Serve him lots of pizza and ice cream!

Q: Why did the Pilgrims eat turkey at Thanksgiving?

A: Because they couldn't get the moose in the oven!

Q: What did the turkey say to the turkey hunter?

A: "Quack! Quack! Quack!"

Q: What sound does a space turkey make?

A: Hubble, hubble, hubble!

For more laughs, go to:
www.theholidayspot.com/thanksgiving/jokes.htm

Upcoming Group Schedule

Albany groups at Eastside Christian Church, 1910 Grand Prairie Rd.

CPS Phase 2: Mondays 10:30-12:30.

CPS: Thursdays 5:45-7:45.

Lebanon/Sweet Home group at the Free Methodist Church, 580 F St.

In Lebanon. CPS: Tuesdays 12:30-2:30

Comments, questions? Contact us by phone or through e-mail:
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To submit an article or feedback, write to fsveditors@gmail.com or talk to Crystal Rowell.

