



# 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.

## Giving Back

By Cyé Larson

A few months ago, I was on the way to the bank with my two oldest kids to pull out some of their savings to buy holiday gifts. As we pulled into the drive-thru my daughter Oona said to me, "Mom, can you ask the lady to be sure to give me five dollar bill, because I want to give it to that homeless man over there." She gestured to the man on the corner holding a sign that read "Anything Helps." Her thoughtfulness warmed my heart and I became embarrassed that my first instinct was to tell her no. Her brother Aidan asked her why she wanted to give her money away. "Because I want him to have it" was Oona's matter-of-fact reply. Aidan said, "What if he just buys beer with it?" Oona replied, "Well at least he will have something to drink."

That day, my pride for Oona made me see her in a whole new light. She showed me that her capacity for kindness grows beyond holding doors for others and sharing with her brothers. After her good deed for the day, I told her how proud I was and that she can always help others even when she doesn't have money to give. Giving time is also a valuable way to serve the community. Since then we have been looking into ways for the kids to get that warm and fuzzy feeling from helping others.

There are some very important questions to ask yourself and those wanting to help. Start by asking yourself: What is your hope for your community? What personal gifts, talents or resources to you have to offer? What is your availability and level of commitment? Com-

munity service doesn't have to mean a contractual undertaking.

### Some ideas that cost little or no money that kids can help with:

- Playground cleanup
- Help out at a local shelter
- Community gardening
- Visit a senior center
- Visit Dosomething.org
- Spend some time with animals in a shelter
- Ask an infirm friend or neighbor if your family can bring them food or mow their lawn
- Donate your unwanted household items to Habitat for Humanity, Teen Challenge, Safe Haven or CARDV
- Donate sleeping bags, blankets, coats, bottled water, sunscreen to the local shelter

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## Activities

- National Poetry Month
- Apr 14th (10a-4p) Marine Science Day; Marine Science Center, Newport
- Apr 22nd Earth Day
- Apr 27th National Take Our Daughters and Sons to Work Day
- Wed & Thurs (10:30a), Mon (7p), Storytime with a puppet show, Albany Public Library
- 3rd Mon every month, Lebanon Gardening Club, First Christian Church
- 1st Mon of month (6-8p), chess with pizza (free), Albany Main Library
- Anime Club (ages 11+), Albany Main Library; Call Doris Hicks 541-791-0015

## Self-Care (or: Taking Care of You)

By April Wheeler

Self-care is an important piece of parenting. It may seem selfish in a society emphasizing Super-Moms and Dads as being the epitome of parenthood, but in actuality, it's allowing yourself (or your partner) time to de-stress, calm, and make sure your needs are met. Self-care is also creating a balance between the various

parts of your life, emotionally and physically. When parenting children with behavioral issues, self-care can be even more important to help keep parents on even keels.

### Some possibilities:

- Exercise
- Meditation
- Read a book
- Take a warm bath

### Create a Bucket List

- Listen to music
- Engage in a hobby
- Stroll in the park
- Star-gaze
- Write down 25 things that make you happy
- Get enough sleep
- Stretch throughout the day
- Give yourself extra travel time
- Eat healthy foods
- Talk to friends
- Make a list of goals



# Outdoor Corner

By Joel Wheeler

Spring is just about here, and with it comes greater opportunity to enjoy the wonderful outdoors of Oregon. April tends to herald the end of skiing and snowboarding season in Oregon, so get in your last runs while you can. April is also still the "off" season at the coast, so take advantage of that also. Fishing for Chinook salmon peaks this month as well on the Columbia. Deadlines for controlled hunt tags is next month, so start planning now and get your applications in.



# Did You Know...

- Diamond is the birthstone for April
- The daisy and sweet pea are the flowers of April
- William Shakespeare was born on April 23, 1564
- April used to be the second month of the Roman calendar
- The word "April" may have come from a Latin word meaning "to open"



## Family Fun!!!

### 3-2-1 Microwave Cake

By Crystal Rowell

- 1 pkg. Angel food cake
- 1 pkg. any flavored cake

Mix the angel food cake mix with your favorite flavor of regular cake mix and store in an air tight container. This will yield 46 servings so you may want to partner with someone and split batches so you don't get bored of one flavor. When you want cake, put 3 Tbsp of the cake mix in a mug with 2 Tbsp of water and microwave for about a minute.



### Mad Gab!

1. Spar cling what her
2. Thirst hay even ink
3. Silly cohen imp lance
4. Purse hun el lads
5. Knee says sand nay fuse
6. Swede boat eight dope eye
7. Mount hen lie inn
8. Huh fugue hood aim
9. Donut hawk twos train jazz
10. Pa pie these hail Herman
11. Mower thin nuke inch who
12. Wad Abe hunch off nuns hence

[www.playmadgabonline.com](http://www.playmadgabonline.com)

- Answers:
1. Sparkling water
  2. Thursday evening
  3. Silicone implants
  4. Personal ads
  5. Nieces and nephews
  6. Sweet potato pie
  7. Mountain lion
  8. A Few Good Men
  9. Do not talk to strangers
  10. Popeye the Sailor Man
  11. More than you can chew
  12. What a bunch of nonsense

## Upcoming Group Schedule

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

CPS Phase 2: Thursdays 11:00-12:00.

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](mailto:fsveditors@gmail.com) or talk to Crystal Rowell.

