



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.

Holiday Perspectives

By Alanna Warren

It's that time of year again. The sights and sounds of the season rising all around us, everywhere we turn there's the hustle and bustle of holiday shoppers. The decorations are going up and everyone's preparing for their festivities. I don't know about you, but all too often I find it easy to get caught up in the chaos of it all. The details seem to pile up and too quickly build to the point of overwhelming, and the temperament of other shoppers can ruin my whole day. What I failed to see was, while I was sitting here, worrying about the little things, like how many presents were going to be under our tree or what

that lady at the supermarket said today, our little one was sitting back feeding off my feelings of inadequacy. Pretty soon we started to move from the usual "I want" of the season to whiney nights, fits of temper, and straight up defiance. Pretty quickly things can build to the point of "the straw that broke the camel's back". Believe it or not Thanksgiving's only just over and we've already hit that point. That is when I decided to take some of my own advice. I sat down with my son to talk about what he does and doesn't like about Christmas. I stopped and looked at the season with his joy and innocence. It always amazes me what sticks with him. He smiled, hugged me and said "You

always say if you see someone without a smile give them one of yours... so you can have one of mine mommy." It reminded me to take a look at the world through his eyes once in a while. We hung ornaments from our ceiling, made superhero masks from paper plates, frosted sugar cookies and made plans to string popcorn for our tree. Just these little things put us both in a better mood. So as you go through all your prep this season my one little piece of advice is not to forget to take the time to enjoy each other. Even the littlest things make a difference, and if you need a smile I have a couple I'd love to share.



Common Items, Uncommon Uses (Part 1)

By Monica Potter

If you like to find ways to use things before throwing them away, like to think of new ideas to use household items, or recycling is your thing then, I have some very common items with some very unconventional ideas on how to use them. Some are funny some are "duh why didn't

I think of that" and some are just plain good ideas.

Greeting cards-

Recipe tag- if you send home baked goodies this gifting season write the recipe on the back of an old greeting card illustration

Picture frame- cut out a rectangle or circle 1/4

inch smaller on all sides of your picture then tape picture inside.

Place mat- use a piece of cardboard to glue old cards onto and cover with clear acrylic.

Christmas ornament- cut picture into a shape of your choosing punch a tiny hole in the

Volume 2, Issue 9

December 2012

Activities

- Parade of Lights – Junction City Dec 7
- Parade of Lights – Harrisburg Dec 8
- Roller Derby – Fairgrounds, Albany Dec 8-9
- The Nutcracker Ballet – LBCC, Albany Dec 13-15
- 36th Storybook Land – Knox Butte Rd, Albany through Dec 14
- Horse Wagon Caroling - First Ave, Albany Dec 14-15
- Cirque de Noel w/ Instrument "petting zoo" – Hult Center, Eugene Dec 16
- Horse Wagon Caroling - First Ave, Albany Dec 21-23
- Pirates of Penzance – Hult Center, Eugene Dec 28-31

top and insert an ornament hanger.

More to come next month.

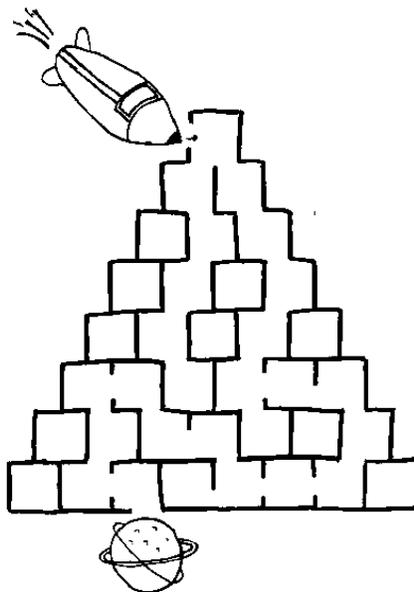


Outdoor Corner

By Joel Wheeler

One might consider December a poor time to experience the outdoors in the Pacific Northwest. However, the snow has flown in the mountains, and a little driving research should lead nearly anyone to a spot for sledding. If you're of a mind, the ski resorts are open as well.

Out on the coast, winter whale watching kicks off later in the month, and in Coos Bay the 26th annual Holiday Lights at Shore Acres may be worth a walk through 7 acres of botanical gardens and a Japanese lily pond (I don't recommend actually walking through the pond in December, though). If Coos Bay is too far, Yachats has a different activity or event daily though-out the month, and decorations are plentiful.



Source: DLTK's Crafts for Kids
<http://www.dltk-kids.com/>

Handprint Wreath

- dark green construction paper
- light green paint
- red ribbon or paper
- adhesive or glue

- *One person, or a combination of people, covers one palm with light green paint.
- *Press the hand or hands onto the dark green paper. Be sure to space the prints to be able to cut around them.
- *Make at least 7 handprints. (The more = the larger the wreath.)
- *Let dry.
- *Cut out handprints and overlap slightly, finger to palm in a circle.
- *Adhere at the places where the prints meet.
- *Create a bow from the ribbon or the red paper.
- *Adhere.

Family Fun!!!

Peppermint Ice Brownies

~Joel Wheeler

A handful of peppermint candies.
A favorite brownie recipe.
A cream cheese or vanilla frosting.
A bottle of peppermint extract.

A favorite of mine growing up, but oh so rich. This recipe starts with any chocolate brownies – I tend to prefer a recipe which is still dense and

slightly gooey when done. Take the peppermint candies and crush them carefully – I use a thick plastic bag and a hammer. Then mix the crushed peppermint and the frosting together in a bowl or food processor, along with about 1/4tsp of peppermint extract. Spread the now peppermint ice frosting on the brownies and cut into bite-sized brownies.



Santa—Oops!

By Paige Wheeler

- *Trace a hand, leaving spaces at the tops of fingers.
- *Top two with fluff and mittens.
- *Top the last two fingers with black boots.
- *On the index finger, make Santa's head and hat.
- *Decorate the rest of the image as you'd like. Paige drew Santa and presents falling from his sleigh!

Upcoming Class Schedule

Winter Classes!

Albany—Thursdays beginning Jan 10th from 12:30 to 2:30 at Eastside Community Church at 1910 Grand Prairie St. in Albany

Lebanon—Tuesdays Beginning Jan 8th from 12:30 to 2:30 at The Free Methodist Church located at the corner of F and 7th in Lebanon

Comments, questions? Contact us by phone or through e-mail: 541-971-0246 or parentingquestions@hotmail.com. To submit an article or feedback, or to sign up to receive this newsletter via email, write to pneditors@gmail.com or talk to Crystal Rowell.

