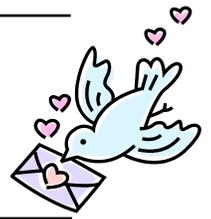




Parenting News



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.

Empathy

By Robin Veek

This article is supposed to be about Empathy, however, I am having a hard time with it. Why? Well, maybe because I have a hard time using empathy toward my teen. Empathy, according to Merriam-Webster is: "the feeling that you understand and share another person's experiences and emotions." My kid would be the first one to tell you that her mother has no idea how 'she feels or what she is going through.' But, that would not be entirely true. I was a teenager once. I could not stand my mom; it seemed life was not fair, and I would never get to do what I wanted. My kid does not want to hear that. So, I have a hard time showing my kid some empathy. Empathy is for the other person, not for ourselves. Empathy for my daughter, is not what I want, not how I

want her to act, not what I want her to feel. CPS has taught me that, and I constantly remind myself. I want to show empathy to my kid, and mean it. I want it to feel, sound, and be sincere. Empathy is about validating the other persons pain, loss, or concern. And it is about Action. Backing up what your words said to that person. Action is showing them you meant what you said, that those words have meaning and purpose. The action of empathy shows them that you heard them, you are there for them, and you are willing to do something about it. The action might be getting together later for a cup of coffee. It might be a simple text that says, 'hello. thinking of you.' Before coming to CPS I had never really sat down and thought what it feels like to be my kid. How hard one day of school might be. How it feels to be told "no", over and over,

never quite understanding what she had did wrong. How it must be to live in a world were parents, teachers and family, just want you to "fit in, to be quiet, to get along, to pay attention, to stop interrupting." By practicing empathy with her, I feel I am able to get a little closer to her. Our conversations use to be like this: Me-how was your day? Her-fine. Me- how was school? Her- fine. By using empathy I am able to get a glimpse of what her day looked like. Remember, she is a teenager, so I don't get too much insight, but more than I used to. Empathy has taught me not to settle for "fine" as an answer. Everyone deserves to be heard, validated, to know they are not alone. I have been told that teenage years are the hardest, not to give up, and if I would like to talk about it over coffee, I have 2 or 3 people willing to do that. Empathy is a wonderful thing.

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February 2012

Activities

- Feb 18 (10a-12p) Children's Performing Art "The Alphabeticians"
- Feb 23 (11a) Dragon Theater Puppets show, Lebanon Public Library
- Feb 24-27 Kennel Club Covered Bridge Cluster Dog Show, Albany Fairgrounds
- Feb 25 Super Science Saturday, Calapooia Middle School, pre-registration required, contact Debbi Richards 541-917-7755
- Wed & Thurs (10:30a), Mon (7p), Storytime with a puppet show, Albany Public Library
- Tues (4-5:15p) Middle School Book Club, Lebanon Public Library

From Couples Day to Kindness Day

By Crystal Rowell

As a single person who is not looking, Valentine's Day can seem kind of ~~depressing~~ ~~annoying~~ pointless. The day when everything screams that true love is out there and you're really missing out if you haven't found it. Being single though does have its

advantages on V-day though. I don't have to stress out over what to give someone and if that gift shows the appropriate level of love for the relationship that I'm in. It's also a good day to practice random acts of kindness. It always surprises me when someone shows that they care,

and V-day is a good excuse to share that caring with people I know, and maybe even brighten the day of some people I don't know. Little things can mean a lot. A note to someone you see often telling them that they are special, or how they help you. A compliment to a stranger in the store can

make their day. This year, I think I'll spread some kindness on Valentine's day.



Outdoor Corner

By Joel Wheeler

With the cold wet winds of February all around, outdoor activities are likely the last thing on anyone's mind, but getting out of the house is important too. This is the height of the ski and snowboard season, so if you have a chance to go, now is the time to do it. Trout fishing should pick up as we move closer to March, and the steelhead fishing approaches its peak. Now might be a great time to head up to Belknap Hot Springs for a day trip., or spend a day wandering the beaches at the coast to see just what the winter storms bring in. There are plenty of things to see and do here in Oregon, even in the cold winter months.

Roses are red, Violets are stinky...

By April Wheeler

Most of us know this poem:
Roses are red,
Violets are blue,
Sugar is sweet,
And so are you.

According to Wikipedia, the first use can be seen in Sir Edmund Spenser's *The Faerie Queene* (1590):
She bath'd with roses red, and violets blew,
And all the sweetest flowres, that in the forrest grew.

In 1784, it became a nursery rhyme
The rose is red, the violet's blue,
Thou are my love and I am thine;

Thou are my love and I am thine;
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you.

Some funnier versions:
Roses are red
Violets are blue
Some poems rhyme
But this one doesn't.

Roses are red,
Violets are blue,
All of my base,
Are belong to you.

Have some fun with this poem, and try creating your own versions!

Family Fun!!!

Mexican Fiesta Casserole

By Alicia Roberts

Preheat oven to 375°.

Ingredients:

- 1lb lean ground beef
- 4oz (1c) shredded cheddar
- 1C sour cream
- 2/3C mayonnaise
- 2TBSP finely chopped onion
- 2C Bisquick
- 1/2C water
- 3 thinly sliced tomatoes
- 3/4C chopped bell pepper

Directions:

- Cook meat until browned. Drain, season with salt and pepper, and set aside.
- Mix cheese, sour cream, mayo, and onion in a small bowl, and set aside.
- Mix baking mix and water to form a soft dough.
- Pat dough into 13x9 pan, pressing it up side 1/2".
- Layer meat, tomato, bell pepper onto dough.
- Spread sour cream mix over top. (Sprinkle with paprika.)
- Bake uncovered, 25-30min.
- Cool 5 min. Cut in squares.
- Serve.

Tie Die Fun

By Mellie Meston

Supplies:

- Colored permanent markers
- Rubbing alcohol (70% or 90%)
- White clothing/cloth
- Pencil/eye dropper
- Rubber bands (optional)

- *If you want to use rubber bands to bunch the cloth, do so.
- *Dot or draw on the cloth in whatever pattern you'd like.

- *Use a pencil or eye dropper to drip the alcohol onto the ink on the cloth.
- *After a few drops, the alcohol will begin spreading the ink. Continue as you like.
- *Before moving to a white part of the cloth, let the alcohol evaporate.
- *Once the cloth is dry, put the cloth into a hot dryer for about 15min to set the colors and you're done!

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:
541-971-0246 or parentingquestions@hotmail.com.

To submit an article or feedback, write to fsveditors@gmail.com or talk to Crystal Rowell.

