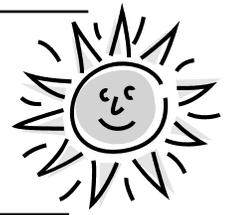


Parenting News



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.

Freedom!

By Cyé Larson

As my kids get older, I am often reminded that being a child is a constant exercise in patience. They anxiously waited until the day they could walk across the street without holding the hand of a grown-up; they have spent endless hours bidding their time for the chance to do something adult, like light a fire-cracker or drive a car.

And as we discuss grown-up responsibilities and all

the expected behavior that must come beforehand, I have come to realize that part of me just doesn't want them to have their freedom. This is not just out of fear for their safety and, let's face it, the liability, but out of my own need to have them need me. Every step they take toward independence is a step away from me. The more they test their autonomy, the less they look to their parents for guidance.

When my oldest was first born and keeping me up at all hours of the night, I called my mom and sobbed. She said to me, "It might seem impossible to you now, but the role of a parent is to work yourself out of a job, when you've become obsolete, you will look back fondly on these days."

My days of full-time parenting are far from over, but I can already see that she was right.

Summer Camp Crises

By Crystal Rowell

I recently read a good article on the Think:Kids blog (<http://www.thinkkids.org/blog/?id=1>) that was posted on June 29th, 2007. It discussed struggles with kids and summer camps. In particular, the article talked about challenges parents of difficult kids face when dropping their kids off, or when the honeymoon period wears off with the camp.

The article did a great job of walking the reader through the whole Collaborative Problem Solving process beginning with an empathetic conversation about the situation then moving through figuring out the concerns of the people involved, and finally making an invitation to solve the problem.

The author made some good points about making

sure the adult knows what their real concern is, as well as mentioning the fact that it is ok if the first solution doesn't work.

The bottom line is that many problems can be dealt with by learning to listen and understand what the root problem is that causes a child to act out and then finding a solution that can work for all parties involved.

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Activities

- Mondays @ Montieth Concert Series Monday evenings at 7:00 beginning July 9th
- Lebanon Concerts in the Park Tuesday evenings at 6:00 beginning July 10th in Ralston Park at 925 Park St.
- Movies by Moonlight - Behind Cappies' Brewhouse (211 First Ave. in Albany) Fridays starting July 13th
- Dare to Cruise Car Show—Sat. 7/14 9am-3pm in downtown Albany
- Lebanon Community Pool, M-F 7-8:30p, Sat. 1-3p, Sun. 2-4p
- Cool! Pool @ Swanson Park Action Center; MWF 1-4p, 5-7p; T/TH 1-4p; Sat-Sun 1-5p



Outdoor Corner

By April Wheeler

With temperatures busting out of thermometers across the nation, our patch of Oregon is certain to join the party before long. During these high temperatures, we need to be extra attentive to the effects of the sun. Apply sunscreen that protects from both UV-A and UV-B, and is no less than SPF 15, 30 minutes before going outside, and re-apply after swimming or sweating, or throughout a long day in the sun.

Also important is the need for sunglasses

or hats with brims or bills to protect your eyes from those same rays. Lip balm with an SPF can be helpful, too.

Since the human body needs lots of fluids to be healthy, it's vital to drink non-alcoholic and reduced sugar liquids, even when you're not thirsty. during the summer. If you're sweating, a sports drink can replenish minerals.

And remember, it's just as important to be safe, as it is to have fun!

Family Fun!!!

July's Kiddo



This month, we would like to introduce Jordan. Jordan is 14 years old. His favorite color is lime green and he's really good at skateboarding. On a recent social visit, he joined a family game night and chose to participate appropriately.

Way to go Jordan!!



Cowboy Salad

By Mellie Meston

Ingredients:

- 30oz black-eye peas or black beans
- 15oz corn
- small bunch cilantro
- 5 green onions
- 3 medium tomatoes
- 1 avocado
- 1TBSP canola or vegetable oil
- 2TBSP vinegar or lime juice
- salt and pepper to taste

Directions:

1. Drain and rinse peas/beans and corn.

2. Finely chop cilantro and green onions.

3. Dice avocado and tomatoes.

4. Combine all ingredients in a large bowl.

5. Mix oil, vinegar/lime juice, salt, and pepper together in a small bowl.

6. Pour oil mixture over salad and toss lightly.

7. Serve with your favorite meal, or as a snack with tortilla chips.

Try adding other vegetables, such as sweet or hot peppers, zucchini or cucumbers.

Pom Pom/Marshmallow Popper

- plastic disposable cups
- balloons
- pom poms or mini marshmallows

1. Cut off the bottom 1/3 of cups.
2. Tie a knot in the open end of the balloons.
3. Cut off a small bit of the bulb end of the balloons.
4. Stretch a balloon over the lip of each cup, with the knot in the center of the opening.

5. Put ammo in the cup, and pull back on the balloon knot. Release to fire.

Balloon Tennis

- Paper plates
- tongue depressors
- a balloon
- glue

1. As handles, glue tongue depressors to plates. Let glue dry.
2. Blow up the balloon.
3. Use the paper plate paddles to hit the balloon back and forth.

Upcoming Group Schedule

Albany group at Eastside Christian Church, 1910 Grand Prairie Rd.
CPS: Thursdays 6:00p-8:00p.

Lebanon/Sweet Home group at Free Methodist Church, 580 F St.,
Lebanon.
CPS: Tuesdays 10:30a-12:30p.

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.

