



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.

Love Your Neighbor

By Alanna Warren

February is here and with it, Valentines day. Let's face it, this is one heck of a month for Hallmark and See's Candies! But if you just take a minute and think about it. Valentine's Day has quite a concept; Love! The first place my mind travels to is romance. Com on, what girl doesn't want a little bit of wining and dining in her life right But what if we broaden our horizon just a little bit? Can you imagine what it would be like if instead of romance we turned our attention to neighborly

love? That can be a tall order. Trust me, as far as neighbors go, I have had some doozies. Still. Filling you life with a little extra love is going to have an amazing effect all around you. It doesn't take a whole lot. Realistically. Sometimes it is the smallest things that make the biggest difference. When I am, having a rough time, sometimes just knowing I am not alone, and someone cares can turn the whole day around. That, my friends, can have even more of an



effect than we ever realized. Just a few kind words a little bit of empathy, sometimes something as small as a smile and/or a hug is all it takes. Not only does it make a difference for the person receiving this little bit of love, and each person they interact with, but it makes you feel good too. So really, it's a win-win situation with a kind of ripple effect. Let's face the facts; Love is infections. And quite frankly. I hope it is something everyone is lucky enough to catch!

Fine Four Footed Friends

There has been much research on the subject of animal's influence on their owners and house-mates. As a pet owner myself, I can attest to the calming effect of a warm furry body curled up on my lap. But beyond that, my cat, Shalie and Soot before her, have added accountability to my life. I have someone who depends on me,

someone I don't want harm to come to. In that way, my cats have literally saved my life.

In an article by Claudia M. Gold (that can be found at http://www.boston.com/lifestyle/health/childinmind/2012/04/animal_therapy_for_children_an.html), she speaks about the influence her

dog had in helping her to stay calm while having difficult conversations with her daughter. While a dog or cat may not be possible for all families, having an animal in the house, even a fish or a hamster, may help to bring a calming influence and are a great opportunity to teach empathy and responsibility.



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Activities

- Fridays at the Lebanon Public Library at 11:00 Preschool Storytime. Stories and crafts.
- 2/16 International Brotherhood of Magicians, a social club at Ray's in Albany at 1:00
- 2/22 OSU music students performing at the Albany Public Library at 7:00 P.M. Free
- 2/25 Spanish/English story-time Albany Public Library 7:00 P.M. Free.
- 2/28 Linn Benton Food Share Monthly Repack. Bring the family to volunteer. 33747 Looney Lane, Tangent from 6-8 P.M.
- Lego Club at Lebanon Public Library. 2nd Wednesday of the month, ages 6-8, 4th Wed, ages 9-13. 1:30 to 2:30

Outdoor Corner

By Joel Wheeler



As winter passes, many folks tend to stay indoors in an attempt to remain warm. However, there is quite a lot of beauty to be had in the outside world of Oregon, even in these dark months. Right now is the time to fill up a thermos with hot chocolate and take the kids up into the hills for some play time in the snow - even better, take your driving teens up to an abandoned snow area and

let them learn to drive on the slippery stuff. Plan your trip carefully and you ought to be able to swing past one of the many Oregon hot springs on your way home for a little relaxation and spin down. For the fishers amongst us, Trout fishing is picking up, and should until March, while Steelhead are in their prime right now. Also, while not strictly an outdoor activity, OMSI has a Mythbusters exhibit going on until May.

Kiddo of The Month











I am proud to introduce to you, Cory. He is five years old, loves the color green and is a pro at driving his quad. Some of his recent accomplishments include doing great at school, and giving awesome cuddles. Good job, Cory! Keep it up.










Family Fun!!!

Shepherd's Pie

By Amy Knight

Mashed Potatoes

1 lb Hamburger

Onion

Cheese

Cream of mushroom soup

Turn oven to 300 degrees.

Brown hamburger with cut

up onions. Drain off the

grease. Put a layer of mashed potatoes on the bottom of a casserole dish put hamburger and cream of mushroom soup on top. Add cheese. Top with cheese and another layer of mashed potatoes. I don't do the bottom layer. Bake for 30 minutes

Heart day word find

Find and circle the words in the grid

- | | |
|-----------|--------|
| CANDY | HEARTS |
| CARDS | KIND |
| CARING | LOVE |
| CHOCOLATE | NICE |
| FRIENDS | PINK |
| FUN | RED |



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O C Q E T E R H U S
C H O C O L A T E D
H A E F N E O Y T N
S D R A C E Y V U E
T E N I R D J G E I
D X N I N T Q G G R
H W Y A K G S P I F
R U C H Y N Z P W U
I U Q T Y H I O Y N
S B Z R U M B P O A
    
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Upcoming Class Schedule

Winter Classes!

Albany—Thursdays beginning Jan 17th from 12:30 to 2:30 at Eastside Community Church at 1910 Grand Prairie St. in Albany

Lebanon—Tuesdays Beginning Jan 15th 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.

