



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.

Getting in Touch with My Inner Teen

By Cyé Larson

In my early twenties, my mom would call me and tell me how my teen sister was making her life so difficult. She would tell me she never knew how lucky she was to have such an agreeable teen like I was. Wow. Perspective is everything. When I was a teen, I was horrible. I got kicked out of school, shoplifted, vandalized property and even stole from my mother's co-worker. Something happened at fifteen and I straightened out enough to go down as "the agreeable one."

During one of these calls, my mom told me about an article she had read saying that children are like dogs; eager to please, always on your heels

and raring to run. But something happens when our kids become teens. They turn into cats; moody animals you only see when they want food, attention or your amusing reaction to their mind games. Having been only a few years out of the "teen experience", I was quick to defend my sister. I pointed out that learning to be an adult is hard. It is really tough when you're too old to be a kid, and too young to be an adult.

Now, here I am seventeen years later with a teenager of my own, and one day, POOF! He turned into a cat. So I ask myself, why is it so hard for me to empathize with his teenage experience? After all, I've been there, and I wasn't exactly very good at

it, so why do I expect my son to be any better at dodging hormone spikes, growing pains and social dilemmas? The other day I caught him doing something that might be a bit embarrassing. We've all done it, but usually when we think no one is watching...He was trying to learn the words to a new song. He played it over and over while reading the lyrics. And then it hit me. There are so many things teens do that are productive, creative and enlightening, but we rarely see these things taking place because they have stopped saying, "look what I can do." They have stopped asking us for help with everything. They are exploring a new world with new independence and we fail to appreciate all the things they discover on their own because they keep forgetting to take out the garbage. While I still struggle to get in touch with my inner teenager, I must remember, even if he's too busy to take out the garbage, to ask myself what might be so important that he can't tear himself away. It might even be something that is building his self-esteem, creating new pathways in his ever-growing mind, or teaching a life lesson. Yes, he probably just prefers watching his fa-

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Activities

- 6/9 Pop-up Art activity at Heritage Mall at 1:00
- 6/15 Daily life living history At the Monteith house museum 518 2nd in Albany
- 6/20-6/23 Columbia River Dog Club Agility Trials at the Linn County Fair Grounds
- 6/21-6/23 Brownsville Pioneer Picnic More info at www.historicbrownsvil.com
- 6/29 Sweet Home Sweet Ride Car Show 880 22nd St Sweet Home
- 7/11-7/14 Philomath Frolic and Rodeo
- 7/18-7/21-Linn County Fair

Financial Reminders

By Mellie Meston

End of school is coming soon. If you are a parent like me, I need to plan my money wisely for the carnivals, t-shirts, and pictures. This is also the time to look for school library books to make sure they get returned with no fees owing. I also usually hold some money aside for taking kids to other parents for summer visits to

with their costs of feeding and activities. Another thing to keep in mind is free summer lunches at local parks. Check in with your local DHS department. They will have a list of locations and dates. Remember you kids will love the play time with other kids an no on checks to see if you are low income. Just come on down and school aged kids eat and play free.

vorite show over doing as he is asked, but the truth is, as he watches his TV shows, he is learning something about himself. And if I try to see though his eyes, I might learn something about him too.



help

Summer Suggestions

Found Item Garden Tiles

Materials:

- Cement mix
- Shoe box lid
- Plastic bag
- Found items
- Hollow pasta (if you want to hang finished tile)

Line the shoe box lid with plastic bag, mix cement as directed on packaging to a fairly thick consistency. Pour cement in lined shoe box and smooth down surface. Press found items into cement. If you want to be able to

hang your finished tile, press pasta into upper corners of tile. Leave the pasta in for about two hours then gently remove and allow tile to finish drying.

Recycled Material Playground

Ever wonder what to do with all the popsicle sticks left over on a hot summer day? Clean them up and gather some other materials such as tape, glue, sticks (tooth picks, lollipop sticks, etc.). Challenge kids to create a playground for their favorite dolls or action figures. Inspira-

tion can be found at <http://nurturerstore.co.uk/lollipop-stick-craft-popsicle-playground>

Practice Camping

Unsure how your child would enjoy camping or want to camp without the bugs or dirt? Set up a practice run. Set up a small tent or make a blanket fort for your kiddo or the whole family. Have them pretend that they are out camping. Help them pack what they will need, and eat camp food with them for a day.

Family Fun!!!

<p>Recipe Quick, Easy Taco Salad Need a quick dinner but don't want to heat up the house? This was one of my favorite parts of summer growing up.</p> <ul style="list-style-type: none"> • Salad (bagged salad works, or chopped lettuce with whatever salad greens or add-ins you like) • Browned and cooled ground beef or canned 	<ul style="list-style-type: none"> • chicken • Drained and rinsed kidney beans • Olives (optional) • Onions (optional) • Mayonnaise • Salsa (sensitive tongues might prefer ketchup) • Sour cream • Nacho cheese Dorito chips <p>Combine and mix salad, chicken or beef, kidney beans, sliced olives, onions and mayonnaise to taste in a large salad bowl. Now there is some debate in my family about the proper way to prepare the salad on the plate, My preferred method is to crush Dorito chips onto plate, spoon salad on bed of crushed chips. Top with salsa (or ketchup or both) and sour cream. My mother contends that the crushed chips belong on top of the salad and under the sour cream and salsa, However you feel like serving this salad, enjoy, and don't be afraid to experiment.</p> 
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Upcoming Class Schedule

Summer Classes!

Albany—Thursdays beginning June 20th from 5:30 to 7:30 at Eastside Community Church at 1910 Grand Prairie St. in Albany

Lebanon—Tuesdays Beginning June 18th 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.

