



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.

Guide to Holidays with Introverts

By Joel Wheeler

It's not that I'm shy or really anti-social, but modern society places an inordinate amount of value on being outgoing and social. The real difference is that I find it draining to be around other people, while someone who is more of an extrovert generally finds it energizing to be around others.

This means all those holiday gatherings that excite you are actually sources of anxiety and dread for those of us who tend toward the introverted end of the spectrum.

In my own case, I can enjoy a good evening with a good friend or two, having an in depth discussion of some novels we've read, and come away quite pleased with the world. Stick

me in a crowded dining hall with one side or the other of my family, and I have to get out of there in a couple hours or I'll go insane.

Sure, it might be nice for you to get a high level view of how your uncle has gotten a new job and another cousin went to prom with her high school sweetheart, but I haven't talked to that uncle in three or four years, and that cousin? Yeah, I've never talked to her in my life. However, I'm obliged to greet all these people who are not really parts of my life, and who are only gathered together because we share some genetic material, and listen to them go on about the others who aren't there.

It's not okay for me to say that

I don't care, and I spend the entire time trying to fake caring, while worrying the entire time that someone is going to notice I don't actually care because I'm not asking questions, or I'm asking the wrong questions, or for any other of a million tiny queues of body language. That's really the main reason I find it so draining, I think, because I'm spending the time not thinking about these other people, but about how they perceive and react to me.

I'm hoping that by sharing this about me, it will help some of you understand why someone else might not get all jazzed up because of a family gathering. That maybe these words will help some parent or spouse understand their child or partner a little better, and recognize that it's not because we actively dislike these gatherings, but simply that we don't feel truly connected, and being around so many people, in a setting which is clearly not anonymous, is not pleasant. So maybe it's okay to let your kid hang out with a friend on a holiday eve because they wish to avoid the chaos of having all your brothers and sisters over, or let your spouse hold up in a spare room while your house is invaded by two dozen folks for a Halloween party. It's not that we dislike the people (we don't know them well enough to make that

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Activities

- Oct 31st (5p-6:30p) "All Treats No Tricks"; Heritage Mall October 31st – Everywhere – Halloween!
- Nov 6 (1:30p-2:30p) & Nov 20 (4-5p) Lego Club; Lebanon Public Library
- Nov 8th (9a-7p) & Nov 9 (9a-5p) Friends of Albany Library Annual Book Sale; Linn Co. Fairgrounds
- Nov 11th (11a) Veteran's Day parade; Historic Downtown Albany
- Nov 16th (11a-1p) Kids' Adventure Club; Heritage Mall; 3rd Saturday every month; Free
- Nov 18th (7p-8:30p) 2nd Street Guitars; Lebanon Public Library
- Mondays (7p), Weds & Fridays (10:30a) Story Time; main Albany Public Library

Thankful



By Family Support Volunteers

Recently our FSVs sat down and had a discussion about what "Thankful" means to us. Through our little discussion group we came up with the following poem:

- Thoughtfulness
- Home
- Acceptance
- News letter
- Karma and kids
- Fun
- Unconditional
- Love and laughter

call), but a large gathering is not a comfortable place to try and gain that level of relationship, and leaves us feeling wrung out.



Conversations at the Dinner Table

By Cyé Larson

Lately it has been hard to get the whole family to sit down for dinner. It seems like there is always something getting in the way of this precious tradition. In an attempt to keep conversation in our daily lives, I have been trying to make the most of the time we spend eating together. Of all the tricks, manipulations and bribery I have tried, the most effective way to keep people talking at dinner has been to incorporate everyone into the process. The more invested my kids are with dinner, the more likely they are to remain at the table to not only enjoy their food,

but to also engage with everyone. Things like setting the table, making the salad, cracking the eggs are much more enjoyable for them than they are for me, so I'm finding myself wishing I have started this a long time ago. Outsourcing dinner to the kids not only makes my life easier, but it has made them feel needed and important. Some nights it's almost impossible to micromanage them and I find myself taking over. These are the dinners that don't go as well. If I do all the work, I feel underappreciated, and so do my kids. I'm amazed at how responsive they have become now that dinner is a family

event that can't happen without everyone involved.



Recipe

Family Fun!!!

Homemade Chicken Noodle Soup

By Amy Knight

Ingredients

2-3 cups cooked chicken
32-64 oz chicken broth
1-2 cups pasta
Optional: sliced onions, sliced celery, sliced carrots

Directions

Cook pasta and vegetables in the chicken broth add chicken. Serve and enjoy.



Colorful Milk on the Move

Materials:

- *2% or Whole milk
- *Food coloring
- *Cotton swab
- *Dish soap
- *Bowl or plate

Instructions:

1. Pour enough milk into dish to cover the bottom.
2. Put food coloring into the milk. Choose any pattern, but *do not* mix.

3. Add a small amount of dish soap to the end of a cotton swab.
4. Put the swab into the middle of the dish.
5. Enjoy the swirling colors.

Note: You must use milk with a fatty content because the soap changes the fat and protein molecules and causes them to move, with soap chasing the fats and proteins. (This is the characteristic of dish soap that helps break up grease from dirty dishes.) If the milk fat content is low, there won't be as many molecules to interact with.

Upcoming Class Schedule

Fall Classes!

Albany—Thursdays beginning September 19th from 9:30 am to 11:30 am at Eastside Community Church at 1910 Grand Prairie St. in Albany

Lebanon—Tuesdays beginning September 17th from 12:15 pm to 2:15 pm 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 receive this newsletter via email, write to pneditors@gmail.com or talk to Crystal Rowell.

