



# 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.

## Back to School With Anxiety

By April Wheeler

Coming at what some of us hope is the tail end of the year's hottest days is what often feels like the most stressful time of the year: school starting. Many kids feel anxiety at this time, given the new teachers, new schedules, new peers and new schools. There may be new after school schedules and activities. With anxiety and changes, we often see a big spike in difficult behaviors.

In order to help our kids, we can often help best by listening to them. Be active in observing their non-verbal's. Do they seem agitated? Are they withdrawn? Do they give one-word responses? Are they seemingly bursting at the seams to go through every detail of school?

## Basic Concepts

By Crystal Rowell.

### *Strengths Based Culture*

Living a strengths based culture means that we choose to focus on positives and what we can do rather than what we are struggling with or what we cannot do. This basic outlook empowers us and those around us to stay positive, avoid feeling like a victim, and to take ownership of what we can do.

Within our strengths based culture we believe that every person has an inherent worth and has some-

thing they can contribute to their community. Asking specific questions about their days can help give you a sense of how things are going. It may be helpful to have proactive conversations on the weekend about their expectations for the school week. Do they have concerns? How do they think they can deal with those? What do they think will be successful?

At my house in the past, we've seen increased anger and difficulty listening to directions at home— they spend all day following directions from adults; it's no wonder they struggle after school. To help my kids wind down and hopefully to feel calmer during the day and reduce overall stress, we have begun meditating for a few minutes be-

fore bed. Meditation for us looks like sitting in the living room, wherever each person feels comfortable, and quietly relaxing. One of my kids prefers to lie down (she falls asleep because she's so calm). Another listens to the ticking of our clock. The last likes to hum. I focus on my breathing.

Meditation is just one way to reduce stress. Other suggestions could be to play a board game as a family, cook dinner together, use modeling compound, create a silly exercise routine, read books together, dance and sing music, or blow bubbles. Model for them ways to calm and express their concerns. Sometimes, the most important thing we can do is spend time with them.

With all the hustle and bustle surrounding the start of the new school year it is easy to get caught up in the chaos of it all. We have school shopping to do, new schedules to get used to, earlier bed times, teachers and fellow classmates to meet, and to top it off we have to add homework in to the mix. Personally, I think it would be much easier to add a few hours into the day, but since we all know how impossible that is, it is impor-

## Stepping Back

By Alanna Warren

tant (for the sanity of you and your children) not to forget to make time for a little bit of fun. So remember to take the time to stop and go to that football game one night, or even order a pizza and have a movie and game night. Not only is this a great way for you and your family to bond, but it is an opportunity to take a step out of the rat race. Stand back, put on a smile, and above all else have a little fun!

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## Activities

- September 19th: International Talk Like a Pirate Day
- October 5th 9am-12pm - Home Depot (Albany or Corvallis) Kids Workshop
- October 12th 9am-6:30pm - Kelley Engineering Center OSU - Beaver Barcamp
- 12 October 13th 1pm - 2pm - Heritage Mall - Pop-up Art Activity
- October 13th 9am - Benton County Fairgrounds - Great Pumpkin Run
- October 19th 9am - Cheadle Lake Park Lebanon - 3rd Runaway Pumpkin Half Marathon
- October 31st - Everywhere - Halloween!
- Every Tuesday 6pm - Corvallis Public Library - Teen (12-18) Writers Group led by Bryan Bliss

## Kids say the darndest things

"When asked to finish a series of common sayings, this group of elementary students came up with this"...

- Better to be safe than ... punch a 5th grader.
- Strike while the ... bug is close
- Never underestimate the power of ... termites.
- A bird in the hand is ... a real mess.
- If you can't stand the heat ... don't start the fireplace.
- To err is human ... to eat a muskrat is not.
- The grass is always greener ... when you

- leave the sprinkler on.
- Don't bite the hand that ... looks dirty.
- A miss is as good as a ... Mr.
- Two's company, three's ... the Musketeers.
- A penny saved is ... not much.

For more cute kids moments visit <http://kidisms.com>

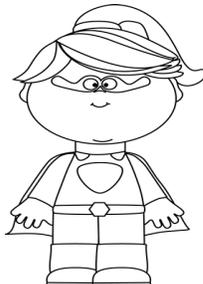
## Inspirational Quotes

- "Everyone is trying to accomplish something big, not realizing that life is made up of little things."
- Frank A. Clark

Despite having to move the festivities inside because of the rainy weather, our 5th annual CPS Family and Friends Barbeque was a big success. We were joined at the Eastside Community Church by 219 family and friends. With tons of food, face painting, and temporary tattoos there was fun to be had by everyone. A big heartfelt thank you goes out to Eastside Community Church for hosting our event, all the volunteers who helped put it together, and to all of you, our family and friends for joining us for a wonderful evening. Thank you for coming and we hope to see you again next year.



## Family Fun!!!

<p><b>Bacon Stuffed Pancake Dippers</b></p> <p><i>Ingredients:</i>          1 cup Bisquick mix          1/2 cup whole milk          1 egg          6 strips extra-thick bacon          1 cup warmed maple syrup</p> <p><i>Directions:</i>          In a large mixing bowl, add Bisquick mix, milk and egg. Stir until smooth and set aside.          Heat a flat griddle over medium heat. Add bacon and cook till slightly crispy. Remove from the griddle; cut in half.</p> <p>Wipe excess grease off the griddle and add bacon strips back to the griddle. Pour about 2 tablespoons batter over each half bacon strip and let cook till browned on the bottom, flip and let the other side brown. Continue until all dippers have been made.          Serve with warmed maple syrup.          Yields 12 dippers</p> <p>Source <a href="http://www.sheknows.com/food-and-recipes/articles/1008707/bacon-stuffed-pancake-dippers-recipe">http://www.sheknows.com/food-and-recipes/articles/1008707/bacon-stuffed-pancake-dippers-recipe</a></p>	<p><b>Superhero Masks</b></p> <p>Everyone loves superheroes, so kids will flip over the idea of making their own superhero mask, and all it takes is markers or crayons, scissors, two lengths of yarn, and a paper plate. Simply cut the paper plate in the desired shape, let your kids decorate it, attach a length of yarn to each side so the mask can be tied on, then let your little ones imagination take flight. You can have hours of fun coming up with hero names, discovering</p> <p>super powers, and maybe even going through old clothes to come up with a costume. Remember the sky is the limit when you use your imagination!</p> 
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## 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: 541-971-0246 or e-mail: [parentingquestions@hotmail.com](mailto:parentingquestions@hotmail.com). To submit an article or feedback, or to sign up to receive this newsletter via email, write to [pneditors@gmail.com](mailto:pneditors@gmail.com) or talk to Crystal Rowell.

