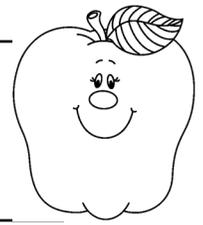




Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have kids with difficult behaviors and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between.

Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-971-0246 or e-mail: 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 Alanna Warren.

Back to School Tips

By Caroline Schmidt

It seems just when we get back in the swing of Summer it too starts coming to an end. With school just around the corner we parents scramble to register our children in school, get school supplies collected together, and start managing our schedules around school time and after school activities. It sometimes feels overwhelming for us parents and also for our children to readjust to getting back into the swing of things. Stay calm, relax and hopefully some of these helpful tips will take some tension off your shoulders.

A friendly reminder that if you already have children in school a lot of information is being mailed out to parents already with basic information on how and when to register your children, fees that you will need, important dates like half days and no school or special programs that you would like to attend and can write in your own personal planner or calendar at the beginning of the school year. This helps with planning ahead of time to schedule other appointments, classes, meetings, or to give you enough time to schedule time off or even to find child care. If you don't get this packet in the mail or you lose information you can find most of it on your town's school district website.

I know with having three children and all three in different levels of school about stressing over having enough money to pay for school fees, supplies, school clothing and lunches can be a pain in the buttocks as well. Here are some resources that can possibly help out and at least make our lists smaller.

- Lunches— Always take advantage of reduced or free meals. These applications are always available during registration or always in the school offices.
- School Clothing— Fish of Albany 541-928-4460 They have a free clothes closet. Don't forget second hand stores and discount stores. You can usually find sometimes new clothes or barely been used clothing.
- Supplies— check with your child's school, they usually have backpacks with some supplies to start with. I know Calapooia's PTSA is offering at registration for \$25.00 almost the whole school supplies list with exception of a couple of things you will have to purchase yourself.

A good tip to get back into the swing of things is to start a routine schedule two weeks before school starts. This means getting kids ready and in bed when you expect them to be doing when school starts. Start waking the kiddos up earlier. If you start as early as two weeks that gives you and the children time to slowly wean into getting back into schedules.



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Aug/Sept 2014

Activities

- Aug 1 (11a-4p) History Inspectors: Exhibit-Based Scavenger Hunt; Albany Regional Museum, 136 S. Lyon St.
- Aug 2 (10a-1p) Fun-With-The-Animals-Work-Party; Lighthouse Farm Sanctuary, 36831 Richardson Gap Rd., Scio.
- Aug 2 (10a-8p) Midsummer Arts in the Park; Monteith Park and Downtown Albany.
- Aug 4 (7-9p) Mondays at Monteith "Willamette Master Chorus".
- Aug 5 (5-8p) National Night Out; Ralston Park
- Aug 9 (10a-12p) Community Healing Gardens Walk; meet at Samaritan Conference Center, 605 Mullins Dr., Lebanon.
- Aug 9 (11a-5p) Safe Haven Grand Opening; 32220 Old Hwy 34, Tangent.
- Sept 20 (9a-3p) Rollin Oldies 50s in the Fall Car Show; River Park, Lebanon.
- Mon-Sat (10a-4p) Albany's Historic Carousel; 503 1st Ave SW, Albany. Free.
- Wednesdays (10:30a) Preschool Storytime with Puppets; Main Albany Library.
- Every 3rd Thurs. (4:30-5:30p) Anime Club; Albany Public Library; FREE: 11yrs to adult.
- Every 3rd Sat. (11a-12:30p) Kids Adventure Club; Heritage Mall; register at the mall or online: heritagemall.com/info/kidsClub.
- Saturdays (6:30p) Karaoke; Lebanon Moose Lodge; all ages.

By: The Trish

“Okay kids! Now we’re late and I’m walking out the door with or without you. Lets goooo!”

Does that sound familiar? It does to me and my family. Hi, my name is Trish. My wife Michelle and I have 3 school age boys, Eli 9, Brian 9, and Rickey 6, going into grades 4, 3, and 1. We also have a 3 year old girl who is going to be starting preschool.

So how do we get them up and off to school on time?

- With a good daily schedule set in place. Set aside some time right after bath to discuss with your kids what’s expected of them in the morning and considering age, maybe what they would like to wear.
- Be sure to discuss with your younger children what they should have in their backpack to assist them in being prepared at school. (This especially with younger kids to develop a habit)
- CPS has concluded that it takes 21 times of doing the exact same thing at the exact same time to form a habit. It’s August people! School is quickly approaching. Form some early risers to promote focus in the morning. With focused driven kids you have a much happier time and maybe even get a cup of coffee before walking out the door!
- And last but certainly not least, I know that us parents can get grumpy (sad face) in the morning but be sure to praise your kids as some of these positive habits are formed. Positive reinforcement helps to get positive results.

As the schedule works out itself be sure to pick up your supply list and help your kids be prepared for the new school year!

By Katie Irion

First day of school, I’m nervous, I can’t do it.

What if things go wrong, who will be here to talk me through it.

I feel scared, I feel alone, can’t I please just stay home?

What if me and other kids can’t get along, what if EVERYTHING goes wrong?

To My Darling Child:

Your years of school will never be perfect.

They’re long and their tough, but they’re definitely worth it.

Be brave and be strong, the nerves won’t last long.

Try something new, other kids will love you.

Giving up is not an option, your full of potential.

Believe in yourself, your education is essential.

Nothing can stop you, you’re a shining star.

School may be tough, but it will take you so far.

Fall Groups

Albany—Thursday mornings begin Sept 18th from 9am to 11am.

Thursdays evenings begin Sept 18th from 5:30pm to 7:30pm.

Both are at the Eastside Community Church at 1910 Grand Prairie St.

Lebanon—Tuesdays begin Sept 16th from 12:30pm to 2:30pm at the Free Methodist Church located at the corner of F and 7th.

Sweet Home—Tuesdays begin Sept 16th from 9:30pm to 11:30pm at the United Methodist Church located at 845 6th Ave.

If you have questions, please contact Debbi Barreras at 541-971-0246, or visit: parentingtogether.us

Quotes

“The only person who is educated is the one who has learned how to learn and change.”
-Carl Rogers

“The object of education is to prepare the young to educate themselves throughout their lives.”
-Robert M. Hutchins

Recipe: Quick Corn Casserole

Ingredients

- 3 ears of corn (cut off the cob)
- 1/2 onion chopped finely
- A big handful of crushed crackers
- 1 egg
- Salt and pepper to taste



Directions

- *Preheat oven to 350°.
- *Mix all the ingredients together with a small amount of water. The consistency should be fairly thick and appear sticky.
- *Put it in the oven and bake for 45 minutes.

Thrifty Thinking and Positive Possibilities

A Volunteer Opportunity for the Whole Family:

The City of Albany's Eco-Rangers.

This is an education and outreach program to get the word out on natural resources and ways to protect them. There are lots of ways you can help such as workshops, river clean up, native replanting and these are just to name a few. For more information contact Heather Slocum Environmental Services at 541-791-0058.



FSV Spotlight

About eight years Debbi walked into a class with a friend. After that class they looked at each other with the thought that they could do it better... so they did! Who was this friend? I have the pleasure of introducing Crystal Rowell to you. She has been with us from the beginning. Along the way CPS changed her life as well. She was going through a tough time in her life and CPS gave her a reality check. Today CPS has helped Crystal improve her communication and begin re-parenting herself. Outside of CPS she likes to craft, and she is very creative. She also likes to read and play Facebook games. One of the things that shines through about Crystal is her caring heart. She even surprises herself with realizing how far she has come.

We love you Crystal!

Salt Dough

1. Mix together: 1C salt, 1C flour, and 1/2C water.
2. Knead until smooth. If sticky, add more flour; if crumbly, add more water. Knead until smooth. If sticky, add more flour; if crumbly, add more water.
3. Bake 200° F for 1-2 hours.

Before-baking options:

- Add glitter, coloring, or glow-in-the-dark paint.
- Shape with cookie cutters or hands: snakes,

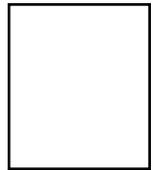
flowers, starfish, hearts, dino bones, letters, cups or bowls.

- Imprint with: hands, feet, fingerprints, leaves, plastic dinosaurs, shells, rubber stamps, beads.
- For ornaments, use a straw to punch a hole near the top for ribbon or string; beads use a straw/pencil to create a hole through.

After-baking options:

- Paint finished object.
- Adhere magnet to the back.
- Glue google eyes or buttons.

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