



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.

A Valentine to Myself

By Crystal Rowell

Valentines day is coming and it's usually a time that we focus on showing the people around us that we care and love them. When is the last time you gave yourself a valentine? When we tell people that they are loved, it tells them that they have worth, that someone cares, and that they matter. These are important messages to give to ourselves as well. Taking time to take care of yourself may feel selfish, but it is true that if you are not taken care of, you won't have anything left to take care of others.

I personally struggle with figuring out how to take care of myself. There's the stuff that you do for your health, like showering, grooming, eating, but when it comes

to special "me" time, I often wonder what that looks like. For some, it's taking a long bubble bath. Some people might enjoy a special play list



of songs they love. Maybe it's giving yourself permission to get lost in the book that you have been wanting to read forever. The important thing is

to allow yourself some time and some space.

This can be difficult with children with behavior difficulties. That's why it's important to remember that it's not selfishness. You are recharging in order to be able to give back. So asking someone to babysit while you recharge is not a selfish thing. It's an important thing. Not only is it important for you, but it is an important thing to model for our children. My brother has Aspergers and part of that disability is that he is very hard on himself and finds ways to punish himself for being bad. It is very important for him, and for all children, to not only hear the words that they are not a bad person, but to see the behavior in the people they love that it's ok, even good, to be kind to yourself.

The New Year Begins

By anonymous "behavior teen"

Holidays are over. The new year begins. Cold days ahead as winter sets in. Always a time of year that's hard to get thru. No where to go and not much to do. Even at school the days seem so long. I find myself doing everything wrong. Sit still. Pay attention. What's wrong with you. The voices of parents and teachers ring thru. Already know my brain is broke. To other kids at school I'm just a big joke. Or someone to pick on and push around. I try not to care as I stare at the ground. Maybe if they don't see me they'll forget? Or leave me alone and ignore my fit? Maybe

winter will be short this year. Will spring be much better my brain starts to fear. Probably not since it's really just me. The seasons don't change it, I am what you see. Seventeen and still messed up. I try to hide and sometimes I cut. I like to pretend with a change or two, my life will be different, I might be like you. But winter sets in with long cold days ahead. Not much different really something wrong in my head. It'll all be the same be it summer or spring. The new year stuff just gives hopes to my dreams. Perhaps this year I'll be.....?

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Funnies

Dear School:
Please excuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.

Please excuse Gloria from Jim today. She is administrating.

Please excuse Roland from P.E. for a few day. Yesterday he fell out of a tree and misplaced his hip.

John has been absent because he had two teeth taken off his face.

Carlos was absent yesterday because he was playing football. He was hurt in the growing part.

Mary could not come to school because she has been bothered by very close veins.

Chris will not be in school cus he has an acre in his side.

Please excuse Ray Friday from school. He has very loose vowels.

Please excuse pedro from being absent yesterday. He had (several misspellings of diarrhea crossed out) the shits.

Please excuse Tom for being absent yesterday. He had diarrhea and his boots leak.

Irving was absent this morning because he missed his bust.

Please excuse Jimmy for being. It was his father's fault.

I kept Billie home because she had to go Christmas shopping because I don't know what size she wear.

Please excuse Harriet for missing school yesterday. We forget to get the Sunday paper off the porch. and when we found it Monday, we thought it was Sunday.

Please excuse my son's tardiness. I forgot to wake him up and I did not find him till I started making the beds.

Sally won't be in school a week from Friday. We have to attend a funeral.

My daughter was absent yesterday because she was tired. She spent the weekend with the Marine's.

An Insiders Perspective

By Josi Winkler

Lost and confused in her own little world,
started growing up daddy's little girl
Things changed as she got older,
the only time daddy was around was to scold her
No more hugs or kisses,
no more telling her he loved or missed her

I wrote that poem, a long time ago, when I was 14- that is all I remember of it- but I remember it like it was yesterday...

I have lagging skills. I have behaviors when my needs aren't met. I feel like I've tried using my words and no one is listening to what I'm really trying to say and the louder I scream the more they pull away- ding ding ding- light bulb moment- that is exactly what my kids are saying- I feel like I listen because they are important to me and I don't want them to feel as I did, for as long as I have, so, maybe I'm just not understanding them...maybe, I need to ask more

questions...make it more about them...keep hugging them and reminding them how much I love them... maybe, I shouldn't get so angry when someone says my kids act just like me...after all, I can only teach my kids what I know and I have lagging skills. I accept me and my children, unconditionally...why is it so hard for the rest of the world to understand that we are doing the best we can, each day, and some days are better than others...why can't the world understand we need patience to be taught new things...why can't the world understand that we aren't trying to make you afraid of us- we are just trying to be heard. Our world is different than yours...we see and feel things differently...we get stuck when we can't understand your world. We need to be embraced and reminded that it's gonna be okay because something in our world just collapsed and we are scared, we feel unsafe and insecure...we have lagging skills. We need you...especially, when our words and actions say differently. We need you to remain calm and in control because, at that moment, we can't...we learn from you- not over night - it takes time and consistency...it takes patience and acceptance...it takes you reminding yourself that "it's not about

you"...it's about something we can't understand. We don't wake up every morning planning on how to make your life difficult...we'd give anything to be someone else...we'd give anything to wake up planning for something other than our survival in your world...a world we don't understand...we have lagging skills. We have huge hearts and special gifts...you just have to be accepting of our differences in order to see and appreciate our gifts. With acceptance...we have the ability to change your whole world!! (true story smiley face)

Sincerely,
A behavior child turned mom to behavior children



Upcoming Class Schedule

Winter Classes!

Albany—Thursday Mornings beginning January 30th from 9:30 am to 11:00 am at Eastside Community Church at 1910 Grand Prairie St. in Albany

Thursdays beginning January 16th from 5:30 pm to 7:30 pm at Eastside Community Church at 1910 Grand Prairie St. in Albany

Sweet Home—Tuesdays beginning January 14th from 9:30 am to 11:30 am at The Boys and Girls Club 890 18th Ave Sweet Home

Lebanon—Tuesdays beginning January 14th from 12:30 pm to 2:30 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. 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.

Inspiration

There is no such thing as a perfect parent so just be a real one. – Sue Atkins



"Enjoy the little things, for one day you may look back and realize they were the big things."

~Robert Brault

Ice Cream In a Bag

From Monica Potter

2 Tbsp Sugar
1 cup half and half
1/2 tsp vanilla

Put all ingredients into pint size Ziploc and seal tight.

Fill a gallon size Ziploc half way full with ice cubes and 1/2 cup salt (kosher, table, or rock)

Place pint bag into gallon bag and seal gallon bag.

Shake, shake, shake. (about 15 min.)

Enjoy:)



Mom Who

By Josi Winkler and Megan Brown

This is a poem my, now 20 year old, daughter wrote when she was 9- that I, proudly, have hung on my wall...her only real challenges in life have been learning how to live with and deal with a behavioral mother and two brothers...she is currently in college studying psychology and art to become an art therapist for children like her brothers and I.....ps this was written long before I found CPS...lol

MOM WHO
by Megan Brown

Mom who is like a cat that doesn't like water,
but dances in the rain
Who roars like thunder when I don't clean my room
Who has slurped so many noodles she is one herself
Whose personality is as colorful as a rainbow
Who is a room full of laughter
Who is the queen of Rummy
Whose coffee mustache makes me giggle
Who calls me "Freddy" and asks if I'm ready
Who is a cheetah about to run away
Whose smile is as big as the Milky Way
Who went to bed late and woke up later
Who nags me to go to school and get an education
Who drives me to school on the first day
Who is a parrot when she talks on the telephone
Who can hum the words to almost any song but when she sings you should cover your ears!
Who is thankful to have me and my two brothers
Who can say it's going to be okay and it will
Who says to me be strong it's going to be alright before too long
Who is a broken record and tells me that she loves me every day
I Love Her.

Signs to Seek Outside Help

Posted on [November 18, 2013](#) by [Think:Kids](#)

As educated consumers, living in a culture which favors early detection and prevention over delays in one's effort to intervene, it can be hard to determine just when the right time to bring a child in for a professional assessment might be.

A recent article featured in The New York Times tackles just this issue. Lead blogger at Motherlode and author of the column, *New Parent Old Parent*, [Kj Dell'Antonia](#), asked the opinion of parents who've gained first-hand experience on the matter.

"There must have been a moment," Dell'antonia posited, "A point when the ordinary seemed to tip over into the extraordinary and it became clear that reaching out would help."

At the top of their list, sat concerns shared by parents and clinicians, alike. Signs that led parents to seek outside help included the level of distress a child experienced (i.e. mention of harm to self or

others, disruption to the child's ability to function day-to-day (i.e. can their child attend school comfortably and learn, socialize with peers, and feel good about themselves at home amongst both parents and siblings).

Here at Think: Kids, we know a child who struggles requires a lot of parents. If parental stress is high, marital conflict is palpable, and/or sibling relationships are strained and begin to take a toll on the quality of family life, a professional assessment can provide the guide needed to help navigate the family in a different direction.

Whether or not treatment is indicated, it can be a great relief to learn what is (or what is *not*) going on with your child. As one mother suggested, "If you are considering it, you should act on it because that means something is out of whack." Her point is well-taken.

- See more at: http://www.thinkkids.org/five_signs_to_seek_outside_help/



