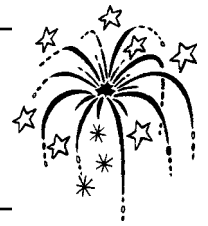




# Parenting News



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 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](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 Alanna Warren.

## Fear of Fireworks

By April Wheeler

Fireworks. The word brings bursts of bright, colorful images to mind. Unfortunately, almost deafening booms and pops also come forth. Often, when we think of firework fear, we think of pets, and perhaps young children, but even older children and adults can experience discomfort during these festivities.

There are many potential fears during fireworks events. A person may feel anxiety in large crowds or with strangers. The loud sounds may spawn startled responses. Fear of darkness or the unknown could generate concern. Or perhaps the child may be frightened by fire or sparks. (A past Lebanon 4<sup>th</sup> of July celebration included a very large, very warm wall of fire. Impressive, but unnerving!)

Be certain you know the venue. If the display will be at home, plan a safe place for the child. If you will attend a public display, know where the fireworks will be set, take note of exits and paths to those exits, and see if you can find out how many people will likely be present for the show.

Consider the child's safety and

comfort. If sound or brightness is an issue, consider ear plugs (or noise-cancelling headphones) and sunglasses. Watching a video prior to the event could help by engaging discussion, as well as desensitizing. Bringing a comfort item, such as a favored toy or blanket, may calm the child, and slow, consistent breathing is often a boon. Offer supportive comments or praise (making fun, insisting a child "get over it", or forcing participation can create more negative feelings about the event). Sitting farther away from the display's origin could help, as could sitting in the car for viewing; at a public event, sitting back and near an exit could also be helpful. As a last resort, be prepared to leave or let a child sit out.

Perhaps the most effective way to help a child (or adult) overcome and prepare for fireworks is to have proactive conversations about the event. Ask—and listen to!—what the person says about the fear. Since we aren't them, we can only know what they're thinking if they tell us. Hearing their concerns and finding out from them what tactics can help will be the best way to assist them in processing their fear—and hopefully conquering those worries.

Volume 4, Issue 8

July 2014

### Activities

- July 11th (3p-7p) Collector Car Appreciation Day Cruise-In; The Filling Station, 990 2nd St.; Lebanon. Free.
- July 12th (8a-8p) LebanAir Day; Lebanon Airport, 1600 Airway Rd. Free.
- July 19th (9a-4p) Brownsville Citywide Garage Sale.
- Tuesdays, Jul 8-Aug 5 (6-8p) Concerts in the Park; Ralston Park, Lebanon. Free.
- Fridays, July 11-Aug 15 (8p) Movies at Monteith; Albany. Free.
- Daily (9a-4p) Thompson's Mills State Heritage Site. 725 Summer NE St., Shedd. Tours @ 10a, 12p, and 2p. Free.
- Mon-Sat (10a-4p) Albany's Historic Carousel; 503 1st Ave SW, Albany. Free.
- Saturdays (6:30p) Karaoke; Lebanon Moose Lodge, 4070 S. Santiam Hwy.

### JULY 4th CELEBRATIONS

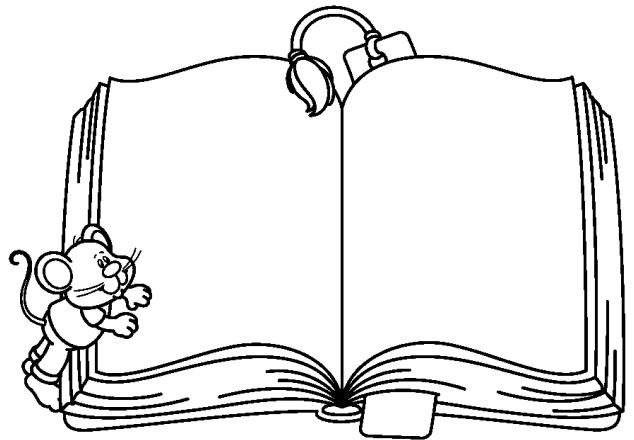
- 2nd (10a-2p) Timberview Community Barbecue; Timberview Care Center, 1023 SW 6th Ave. (Free.)
- 3rd (11a-5p) Fourth of July at Foster Lake; Edgewater Marina, 1400 60th Ave., Sweet Home. (Free.)
- 4th (8a-dusk) Pioneer Park, Brownsville. (\$5 car donation.)
- 4th (6a-10:30p) Harrisburg July 4th Celebration; in town, fireworks on riverfront (no dogs).
- 4th (4p-10p) Lebanon's Star Spangled Celebration; Cheadle Lake Park, Weirich Dr. (\$10/ car.)

# Summer Exploration

# Did You Know?

## Famous People with Learning Difficulties

- Leonardo DaVinci—Used mirror writing in his notes. Some people believe it was a symptom of dyslexia.
- Woodrow Wilson—A former president of the USA who couldn't read until he was 11 -years-old.
- Auguste Rodin—Famous for the statue named "The Thinker" who did poorly in spelling and math.
- Albert Einstein—Did not talk until he was 4 and did not read until he was 9.



If you and your kids want to get out and enjoy the beautiful outdoors then you are going to love the information provided in this Summer Fun activities article. There are many different trails in and around Albany, Lebanon and Sweet Home. I have picked a couple from each city, and provided a website so you can check out which trail best suits you and your family. The Oregon parks website will probably be the most useful as it provides information on trails, hiking, camping, fishing all over Oregon. You can walk in the city, or hike to a beautiful waterfall, our lovely state has it all. There are many different kinds of plants, flowers, trees, bushes, and birds that you may encounter on some of your walks. A trip to the library may be able to provide a guide to some of the things you may see. Walking and exploring as a family is nice way to spend some of your time this summer. You can plan a picnic, or maybe even barbeque at a park, whatever you decide I hope you have a safe and "active" summer.

### Albany:

Periwinkle Creek Trail  
 Takena Landing  
<http://www.cityofalbany.net/departments/parks-and-recreation>

### Lebanon:

Cheadle Lake Trail  
 McDowell Creek Falls Trail  
<http://alltrails.com/trail/us/oregon/mcdowell-creek-falls-trail>

### Sweet Home:

Cascadia State Park includes two primary hiking trails. The one-mile Soda Creek Falls Trail follows Soda Creek to Lower Soda Creek Falls. The 3/4-mile loop River Trail descends to the South Santiam River.  
[www.oregon.gov/oprd/parks/](http://www.oregon.gov/oprd/parks/)

# Summer Groups

**Albany**—Thursday mornings begin June 26th from 9:00 am to 11:30 am.

Thursdays evenings begin June 26th from 5:15 pm to 7:45 pm.

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

**Lebanon**—Tuesdays begin June 24th from 12:30 pm to 3:00 pm at the Free Methodist Church located at the corner of F and 7th.

*If you have questions, please contact Debbi Barreras at 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)*

## All CPS Barbecue

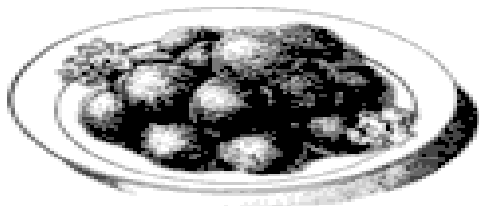
Family Support Volunteers welcome all CPS families to enjoy a barbecue on the 31st of July. Burgers, hot dogs, and drinks are provided; we ask that families bring a side to make sure there's enough food for all.

Questions? Call Debbi at 541.971.0246.

# Recipe: Sausage Balls

## Ingredients

- 1/2 lb sausage (any flavor you choose)
- 2 cups shredded cheese (any flavor you choose)
- 1 1/2 cups baking mix (Jiffy or Bisquick)



## Directions

- Preheat oven to 350°.
- (Do not cook sausage before putting in the oven.)
- Combine all the ingredients and form into balls.
- Place on baking sheet and bake for 15-18 minutes.
- You can incorporate other ingredients if you want.
- You can adjust the ingredients to your taste.

*Submitted by Monica Potter.*

## Quotes

"Rest is not idleness, and to lie sometimes on the grass on a summer day, listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."

—John Lubbock

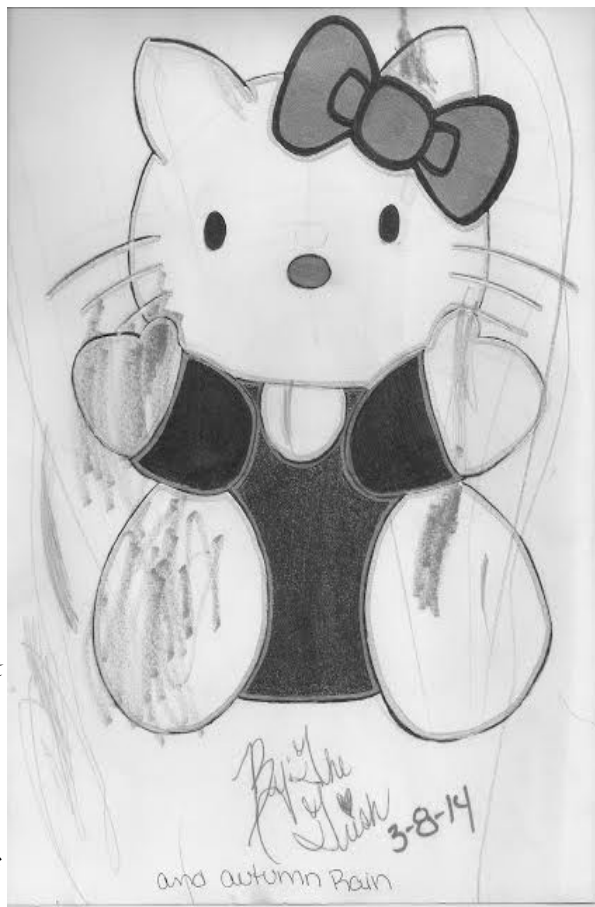
"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

—James Dent

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where

## Artists in the Making

By The Trish and her 4-year-old daughter Autumn Rain



## FSV Spotlight

This month, Katie Bateman gets to bask in the light. She has volunteered in Youth Activities for nearly 3 years! When asked why she's been with us so long, she replied that she loves working with kids, and wants to be a stable point in their lives, being there for them when they want to talk. Katie has definitely accomplished this! Some may call her The Kid Whisperer. (Having studied Behavioral Psychology in college may help.)

Not only does this amazing woman look after our children, but she runs kids' programs at Safe Haven as the Humane Educational Coordinator.

Favorite color: Green

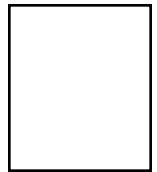
Favorite hobby: Reading science fiction

Favorite vacation: Going to the coast

Least favorite food: Cabbage

*Quote: "There's no one like a kid to bring up your day."*

# Parenting News



Volume 4, Issue 8

