



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. To submit an article or feedback, or to sign up to receive this newsletter via email, write to preditors@gmail.com or talk to Alanna Warren.

Shared Success

By Alanna Warren

So, one of the things that we learn through CPS is not to take it personal. Let me be the first to tell you it sounds a lot easier than it is, and well, it doesn't really sound too easy.

My entire world is about my nine year old boy. So when he gets mad and yells at me that he doesn't want to be here any more, or is polite and well behaved all the way until we get home, it is quite easy to go to that place of "What did I do to deserve this!?" or even "I'm your mom! Why can't you do that for me!?"

Not only has this brought a ton of stress to my life, but it has also brought a lot of confusion to his. I would want to pull my hair out, and he would get especially confused when he would come home and I was at a loss because he behaved so well. Thankfully (for my hairs sake), I have been practicing not taking it personal. Little by little it has been getting easier.

A couple of weeks ago we had a huge success for the both of us. He had gone to stay the night with some friends of ours. He has a habit of being rowdy in the store. He would

always grab things off the shelves, continually try and run off in the store, and be very boisterous through the entire store. I have left more than one store in the mist of a melt down.

Our friend had the same talk with him that I have every time we go to the store. She set down the rules and let him know that she expected him to behave by following those rules. This same talk never got me anywhere. Sure enough he went through the store and behaved wonderfully. When he came home he was beaming with pride. I immediately thought to myself "Don't make this about your pride. Let him have his moment. He did great." I gave him a high five and told him how proud I was of him. I could tell that made him feel even better.

Wouldn't you know, I haven't had a problem in a store since that day. He was given a compliment a few days ago at the store. The cashier told him he was a very polite boy. He looked at her and said "Thank you. It's cause it makes my momma proud and I love her." But, I know that if I had taken it personal when he came home from our friends, this story would have a different ending.

A Few Days Without Kids

By April Wheeler

Last week, my dad picked up my kids for a 5-day trip. I felt happiness—FREEDOM!—and then guilt—I'm their mother; I shouldn't be so happy. If I'm honest, I'll tell you that the guilt *quickly* disappeared to a dark recess during my happy-dance after they left: FREEDOM! I thought. Five days of no kids. Five days without, "S/he did <insert violation of personal space>!" and five glorious days of sleeping past 6:30am. FREEDOM!

But something happened that night as I sat alone: that guilt came back. But it didn't come in a form I knew. That guilt sneaked into my brain as I-MUST-DO-SOMETHING-NOW! Nevermind that I'd had appointments. Nevermind that I had business all the following day. I had to do something right then because I didn't have those three (loveable) responsibilities. The hours I put into moving my craft room upstairs were needed to fill the gap.

In down-times, I worried about whether my kids would listen to Papa, or if they'd argue. Would they come home early, or would they have a wonderful time? I couldn't check-in often: no cell service where they went. The organizing helped me cope with worry and the unknown, but for the first two days, that came as avoiding. Once I realized this, I decided I needed real self-care. I focused on my pride of my organizing progress. I journaled—they've never all been gone that long or far; my oldest is 13. We adults walked on the coast and watched the sunset.

When the kids came home, excited and tired, I felt refreshed. When they had transition struggles, I could help. A year ago, I don't think I'd have realized what happened for me. I'm learning it's important to step back and think about what's driving my bus, and to make sure to take care of myself through emotional situations, even when those emotions scream positively (FREEDOM!).

Volume 5, Issue 1

October 2014

Activities

- Oct 4th (9a-12p) Harvest Festival; Sankey Park, Sweet Home.
- Oct 10th (4p-5p) Lego Club; Lebanon Public Library. Free.
- Oct 12th (1p) Albany 150th Birthday Party; 333 Broadalbin St. SW.
- Oct 17th (4p-6p) International Food Day Celebration; Samaritan Center, 605 Mullins Dr., Lebanon. Free.
- Oct 23rd (4:30p-5:30p) Lego Brick Builders; Albany Main. Free.
- Oct 25th (10a-2p) Friends of the Library Book Sale; Lebanon Public Library.
- (6:30p-9p) Art Tuesdays: Open Studio; Brownsville Art Center, City Hall, 255 N Main. Bring project to work on. Free.
- Wed (10a-12p), Sat (10a-1p) Fun-with-the-Animals Work Party; Lighthouse Farm Sanctuary, 36831 Richardson Gap Rd., Scio. Wear farm clothes/boots. Help care for rescue farm animals. Free.

Stuffed Bell Peppers

Ingredients

One large bell pepper (any color) per person
About 1/3 lb hamburger per bell pepper
About 1/2 cup cooked rice per bell pepper
1 can crushed tomatoes
Taco seasoning
Shredded cheddar cheese
One can of corn

Directions

Pre-heat oven to 350.
De-seed bell peppers and cut them in half, forming two bell pepper boats. Place bell peppers on a cookie sheet.
Prepare rice. For extra flavor use garlic (powder or clove), chili powder, or extra taco seasoning in the water while cooking the rice. Once rice is done, mix in crushed tomatoes and corn.
Brown and drain hamburger. Mix in taco seasoning. Mix in rice mixture. Fill each bell pepper boat with the meat and rice mixture.
Cover them with tin foil and place them in the oven for 30 minutes. Remove foil and sprinkle with shredded cheddar cheese and place back in the oven for 10 minutes. Cheese should be fully melted and slightly browned. Enjoy!

ABC's for CPS

By Monica Potter

A different way of thinking
Being strengths based
CPS changes lives
Don't give up
Empathy
F.S.V.'s
Growing up
Happier families
Inclusion
Joining together
Know your self
Lagging or lacking skills
My toolbox
Not alone anymore
Open mind
Problem solving

Questions

Rules and expectations
Stevie likes waffles
Tie your shoes
Uncovering strengths
Vulnerable
Write your name on the board
Xpress yourself
Youth activities
Zero bad kids

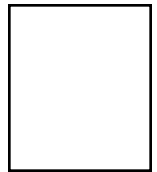


FSV Spotlight

By Robin Veek

Lisa Marie Baker is the proud mother of two awesome kiddos.
Destiny, age 11 and Patrick, who is 9. Her and her partner Patrick will be celebrating their 13th anniversary on October 11th. Lisa found out about Collaborative Problem Solving parenting classes from a flyer that one of her kids brought home from school. She decided to see what this CPS was all about. Lisa said CPS was something new and “it works for me and I love it!” She wanted to become an FSV because “she wanted to give back” without asking anything in return. She and Patrick have been FSVs for about a year now. She loves meeting new people, and says, “I love everybody that goes.” Lisa loves to cook, bake, and dance. We all love that she loves to bake! Lisa also shared that she was probably named Lisa Marie, the same name as Elvis Presley’s daughter, because “my mom loved Elvis Presley.” When asked what she would say to a new person coming to a CPS group she stated, “Give it a try. Keep your head held high, because there is no other place like CPS.” One more thing she wanted to say is that she loves the CPS facilitator.

Parenting News



Volume 5, Issue 1

