



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: 541-730-8716 or 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 fsveditors@gmail.com or talk to Robin Veek.

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Respite

From a parent's view

By Michelle Presley

I was nervous at first at the thought of receiving respite for our 5 girls. Not knowing how they would react or if there would be melt downs. I received encouragement from friends to just do it.

We took our girls to the bowling event and my husband and I were able to go have dinner alone for the 1st time in I am not sure how long.

It was so nice to just sit and relax and not have to worry about making sure the girls were ok. Getting food, taking them to the bathroom, not fighting etc. I was able to just sit and relax and enjoy some adult conversation with my husband. We came back to get the girls and felt refreshed and ready to take on the rest of the day.

The girls had too much fun. They keep asking when they get to go back bowling again. They had fun away from us. The hardest part was just taking that first step and making the plan and contacting people to watch the kids. I am looking forward to future respite times. Even times when not all of the girls are gone and I get to spend some one on one with my older girls.

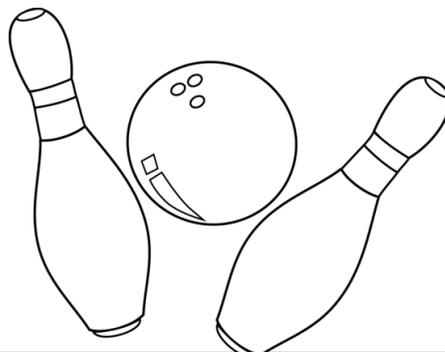
From a caregiver's view

By Robin Veek

I was one of many who provided respite to what I affectionately called "The Presley Team." Some of the girls where a little shy at first, but once the bowling starting the girls just relaxed and had fun.

Respite care is not only for the parents, but for the children too. Giving respite allows a safe and CPS based experience for the children. It's okay if there are blow outs because there is no judgment or shaming: we are meeting kids where they are at.

Here is a really awesome thing to note, we had at least *nineteen* kids at the bowling alley, and **NOT ONE BLOW OUT**. What's even more wonderful is that if there had been a blowout that would have been okay too, really, if you don't believe me I invite you to come to a CPS class to see what we're all about.



Community Easter Hunts

- Apr 4th (10a-12p) Jefferson, Jefferson Elem. School, 615 N 2nd St.
- Apr 4th (11a-2p) Sweet Home, Sankey Park
- Apr 4th (1p-2p) Brownsville, Pioneer Park
- Apr 4th (11:30a-1:30p) Timberview Care Center, 1023 6th Ave. SW

Events

- Apr 10th (7p-11:30p) YMCA Teen Night, 6th-8th graders; \$8 Y members/\$10 non-members
- Apr 11th (9a) Oregon Scottish Heritage Festival, Albany Expo Center
- Monday Night English and Spanish Storytime (6:30p); main Albany library. Free.

Special Days in April

- Apr 1 = World Compliment Day
- Apr 9 = Name Yourself Day
- Apr 14 = Reach as High as You Can Day
- Apr 18 = National High Five Day
- Apr 22 = Earth Day
- Apr 23 = Take Our Daughters and Sons to Work Day
- Apr 28 = International Astronomy Day

April is National Humor Month, International Guitar Month, National Poetry Month, Jazz Appreciation Month, and Stress Awareness Month.

by Monica Potter

My understanding of that statement means to be patient and even though I don't really like the rain, if I wait, then I will get to enjoy the flowers. Sometimes that waiting can prove to be a very difficult time. For me, not being able to go outside and enjoy sunshine and fresh air is like being locked in a dungeon... or maybe not that extreme, but close. I feel sad and lonely and bored. When I start to feel like this, I noticed it and don't like it, so I purposely go outside and do something, even as small as taking the dogs for a walk around the block. Yes—even in the rain. I have a big umbrella, rain boots, and the dogs have coats. As I'm walking, I make it a point to notice things growing and I listen for baby birds or other things that remind me the rain won't last forever and that if I'm patient, soon I will be surrounded by flowers and sunshine.

Getting the Garden Ready

It's that time of year to start preparing for the garden. If you use a store-bought pesticide or weed killer, make sure to read and follow the directions. In a more organic way, you can use old newspaper in layers to cover the ground; then you can just till it into the soil. It's a good time to prune roses and other outdoor flowers. Also, plants called hardy annuals prefer to be planted now where you want them to flower. If you have a greenhouse, then now is the time to get the seeds started for your vegetables. Fend off bugs from your garden seedlings by cutting off the top and bottom of an aluminum can and pushing it into the ground so it surrounds the plant.

Have fun in the garden!

Spring Groups

Albany—Thursday mornings from 9:30am to 11:30am at Oak Creek Christian Center, 5775 SE Columbus Street. Thursday evenings, 5:30pm-7:30pm, First United Methodist Church, 1115 28th Ave. SW.

Lebanon—Tuesdays from 12:30pm to 2:30pm at the Free Methodist Church located at the corner of F and 7th, starting April 7th.

Sweet Home—Tuesdays mornings from 10:00am to 12:00pm at First Baptist Church, 2470 Main St., starting April 7th.

Youth Activities available at Albany and Lebanon locations.

If you have questions, please call 541-730-8716 or 541-971-0246, or visit: parentingtogether.us

LaNette Johnson is a mother of one son and step-mother of 3 beautiful girls. She heard about Collaborative Problem Solving groups through New Solutions when her son was seven years old. She is very active in the many roles such as: mentoring, consumer voice, and school support. Her passion though is school support, and she is currently in college finishing her Master's in Education. The fact that she has dyslexia has not stopped her from continuing her education. She says it has been a challenge but one she has learned to turn into strength, a great role model for her son and others who might have a learning disorder. One of the things C.P.S. has given her is a continual drive to grow and give back in appropriate and meaningful ways.



Kiddo of the Month



★
★ We would like to spotlight all the ★
★ kiddos who showed up at the ★
★ bowling alley on Sunday, March ★
★ 8th. There were nineteen kids, ★
★ some with parents and some ★
★ being cared for by other Family ★
★ Support Volunteers. The grand ★
★ total, adults and kiddos, was ★
★ forty-three!! The ages of every- ★
★ one spanned from 2 years old to ★
★ seventy four years old. Everyone ★
★ enjoyed themselves, so again: ★
★ THANK YOU TO ALL THE KIDS! ★
★

Recipe: Cheesy Beefy Fries with Broccoli

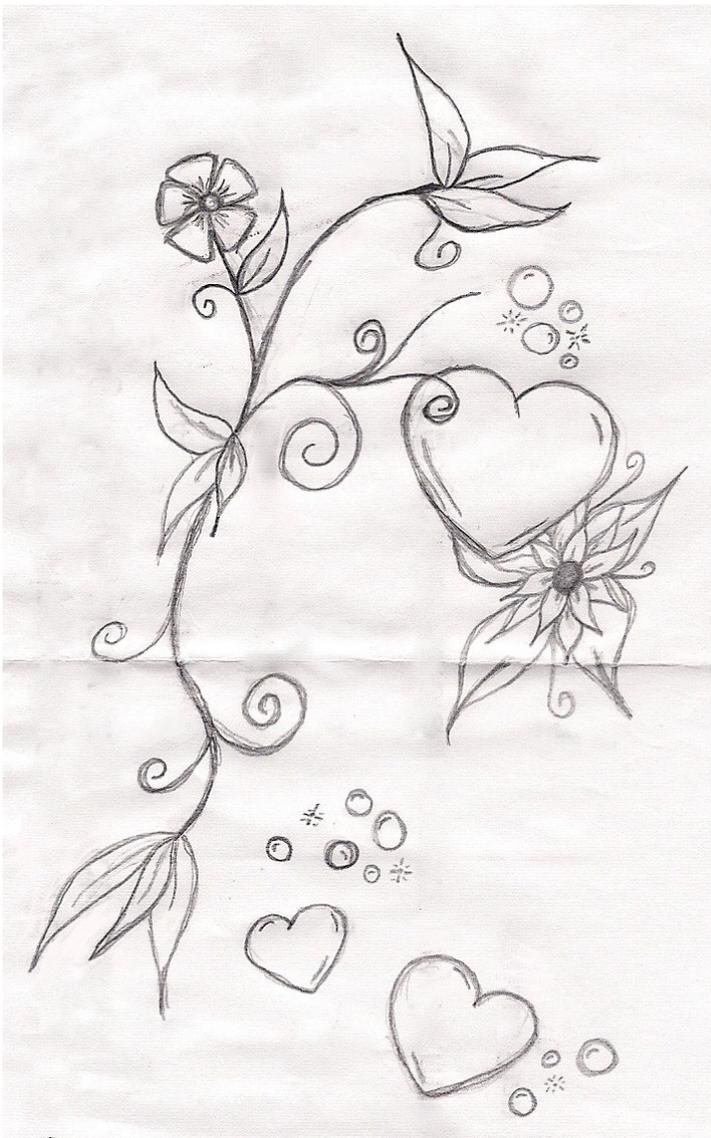
Ingredients:

Red potatoes
Broccoli
Mushrooms
Ground beef or turkey
Shredded cheese
Garlic, if desired
Olive oil
Aluminum foil

Directions:

*Pre-heat oven to 350°.
*Cut or chop broccoli into small pieces.
*Dice mushrooms into desired size.
*Brown beef/turkey thoroughly. Add garlic (powdered, minced, or fresh diced) and mushrooms and cook.
*Place aluminum foil across the bottom of a cookie sheet and sprinkle olive oil.
*Slice potatoes into fries (steak cut or shoestring—whichever you prefer) and line the cookie sheet with them.
*Spread meat on top of the potatoes, followed by the broccoli and cheese.
*Bake until the cheese melts and potatoes are cooked through.

Art by Stephanie Ivie



Art by Paige Wheeler

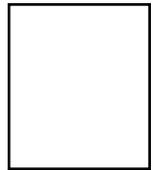


Art Corner: Toilet Paper crafts

This craft is simple and re-uses; perfect for Earth Day:

- save a toilet paper roll
- gather some decorative papers (or construction paper)
- grab a bottle of glue
- carefully bring scissors to the table
- add other decoration you like, such as glitter, stickers, chenille, string, buttons, confetti—let your imagination guide you.
- Design, cut, and glue to make your own earthy creation.

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