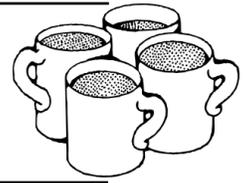


# Parenting News



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 Robin Veek.

## Kindness as Self-Care

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By Connie Kay

In CPS we talk about self-care, the task of making sure we as parents get enough to eat, enough sleep and some relaxing time. For some of us relaxing time is reading a book, going to a movie or even a soak in the tub. It can be defined as being kind to ourselves.

In my recent readings I came across this definition of kindness, "true kindness is a strong genuine, warm way of being" in our interactions with one another. We usually think of being kind to one another.

We truly listen to our children, spouses, and friends. We give them our full attention and provide encouragement, help and support to them when they are tired, frustrated and sad. These actions make them feel good and they make us feel good. However, we

often forget to listen to ourselves. If we are tired we get upset with ourselves for not having more energy to get everything done.

If we are upset we judge ourselves as impatient and are mad at ourselves. If we are sad we decide we are just being too emotional and we need to just get on with our lives.

Few of us are kind to ourselves. Kindness is understanding that we are human. Kindness is accepting ourselves as we are and then looking for more positive ways to act. Kindness is believing in ourselves and our good intentions as we strive to be the best parent/person we can be.

We can only be well when we are able to care for ourselves and to love ourselves. Then we can feel better and do better in our relationships with others.

### Events

- Jan 7th (7-9p) Beginning Ballet for Teens, Tweens, and Adults; Cascade Performing Arts Studio, 800 Harrison St., Lebanon. \$5; every Wednesday.
- Jan 15th (4-5p) Crafternoon, 8-18 years; Lebanon Public Library; free, but sign-up in advance: 541-258-4926 or email [jtibbetts@ci.lebanon.or.us](mailto:jtibbetts@ci.lebanon.or.us)
- Jan 31st (10a) Children's Performing Art Series "The Tangled Threads"; LBCC. Free.
- Monday Night English and Spanish Storytime (6:30p); main Albany library. Free.
- Art Tuesdays (6:30p-9p); Brownsville Art Center, City Hall, 255 N Main. Free. [thesketchbookclub.wordpress.com/2014/04/02/art-tuesdays-at-the-brownsville-art-center/](http://thesketchbookclub.wordpress.com/2014/04/02/art-tuesdays-at-the-brownsville-art-center/)
- 4th Thurs every month (4:30-5:30p) Lego Brick Builders; Albany Public Library. Free.

## A Heartfelt Goodbye and a Grateful New Beginning

Collaborative Problem Solving parenting groups have been held on Thursdays for the last five years at Eastside Christian Church. We have been able to celebrate 4 CPS barbeques, held Family Support Volunteer meetings, trainings, and many other activities. We were able to express our gratitude to the pastors of this church who made this all possible and give them a book full of photos from these events, and letters from appreciative parents and children.

We will now be holding morning classes in Albany at our new location, Oak Creek Christian Center located at 5775 SE Columbus, just south of the Mennonite Village. We look forward to our new partnership with Oak Creek Christian Center and thank them for their hospitality. Winter morning parenting groups will start January 8th at 9 a.m.; youth activities provided.



# Ranch House Cookies

## Ingredients

Butter  
Flour  
Vegetable oil  
Egg  
White and brown sugar  
Vanilla  
Cream of tartar  
Rice Krispies  
Oatmeal  
Nuts  
Chocolate chips

We have been making these cookies in my family for over 50 years! We hope you enjoy them as much as we do.

—Connie Kay

## Positive Possibilities

By Monica Potter

An activity that gets the imagination flowing can also help families feel more connected. This project starts out really easy. Grab some writing utensils and some paper. Now hand one of each to everyone participating. (Even the baby; just don't let them eat it.) Now each person writes down a family activity that they think would be fun. You can write down more than one just make sure there is only one activity per piece of paper. Then put them all in a bowl, hat, or something similar and mix them up good. Some ideas might be to start a family business, build a racecar, go on vacation, go swimming, even go for a picnic; anything that you think would be fun as a family. Now whoever is the youngest (that is able) will draw one piece of paper out. Here's the tricky part- whatever is on the paper the family has to try to do. As I said before use your imagination. If the paper says go to Disneyland you can do that by way of the internet. Set up an itinerary, check for the best prices, do a packing checklist, pretend to fly, then you can take virtual tours of the different things you all chose to do while you're there... so let's see what you came up with. If you and your family try this we would love to hear about it, you can tell us by emailing at: [parentingquestions@hotmail.com](mailto:parentingquestions@hotmail.com). Have some fantastic family fun.

## Directions

Blend together:

1 cup butter or oleo (2 sticks)  
1 cup vegetable oil  
1 egg  
1 cup each of brown and white sugar  
1 tsp vanilla

Sift together:

3 ½ cups of flour  
1 tsp. cream of tartar  
1 tsp. soda  
Add to creamed mixture

Then add:

1 cup each of Rice Krispies, shredded coconut, oatmeal, nuts and chocolate chips

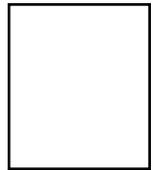
Form dough in small balls. Press flat with damp fork. Bake approximately 11 min at 360 degrees.

## Family Support Volunteer Spotlight

Julie Martin has 1 beautiful daughter and 3 handsome sons. Julie heard about Collaborative Problem Solving parenting groups from a school counselor, and is very glad she went. Her relationship with her kids has improved and also how she sees herself as a parent and a person. She enjoys being a Family Support Volunteer and is happy to give back to others what she has been given. Her hobbies are reading and collecting anything related to panda bears. Julie says, "I encourage everybody to try C.P.S. because I think it works for all relationships, not just parenting. Even if you don't have kids, or if they are babies, or if they are grown and gone."



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