



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 fseditors@gmail.com or talk to Robin Veek or Monica Potter.

Coming Back

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By Caroline Papesh-Schmidt

Yes, I was gone and now I am glad to be back. How time sure can fly by in one aspect of your life and go so slow in another.

I had to take a leave for some real Self-Care that was needed. I was sick and needed to make it my priority to get healthier again. I would usually ignore my own health and do for others. Then I remember hearing in class multiple times from various voices "That you can't take care of no one else if you don't take care of yourself to get back to your 80 percent." Your voices and words of encouragement gave me the strength each time I was afraid, nervous, or just wanted to give up. This time went by very slowly.

I took with me so many good and valuable tools learned here with you. My favorite is to have a listening ear and to make sure the other knows I am fully giving them my time to hear and understand them. I learned to talk and not yell and to have more patience than I had when I walked through the CPS doors the first time. I was grateful for the text messages from Erica that helped me change my mood and smile.

So a few weeks before I came back to class time started to speed up again. I could feel that I was feeling more physically, emotionally, and spiritually better. I have to admit, I chickened out coming back a couple of times. Not knowing if I would still have a place to come, feeling that I was so behind with info and learning. I can't believe that I was away for over 5 months.

I came to my senses though and showed up and do you know what? It was like I had always been here. That is the Good that comes from here. You can be your Explosive Self and feel that you finally have the support and comfort of acknowledging it, not hiding your true self in shame, and coming to grasps with it, to do good for yourself, good for your children, and good for other adults. This is why I came back and why I want to be more committed in Collaborative Problem Solving to hopefully use it in ever day life.

Summer Groups

Albany—Thursdays from 9am to 11am at Oak Creek Christian Center, 5775 SE Columbus Street. and 5:45pm to 7:45pm, 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.

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

Events

- Thursdays starting July 2 (5:30p = kid craft; 7p = concert), River Rhythms; Monteith Park, Albany.
- Tuesdays starting July 7 (6-8p), Concerts in the Park; Lebanon's Ralston Park.
- Fridays starting July 10 (7p), Movies at Monteith; Albany.
- Monday Night English and Spanish Storytime (6:30p); main Albany library.

Recipe:

Ingredients:

Blender

Frozen fruit & fruit juice

Mold/Container for freezing popsicles

You can get popsicle molds at The Dollar Tree or you can use ice cube trays or whatever you have handy.

You can use any kind of frozen fruit: strawberry, mango, and pineapple is a great mix.

You can use any kind of juice, but white cranberry is good.

Directions:

1. Morning prep is 15 minutes.
2. Put the frozen fruit into the blender, add about a gallon of juice, put the lid on and blend away.
3. Pour the mixture into the molds and put in the freezer. (You can also use small Dixie cups if you want.)
4. Wait till they're done, and enjoy!

4th of July ~ by Kati | Irion

The Fourth of July is a day that we celebrate our country's independence. In fact, it's called Independence day! We see this day as family, fun and red white & blue, but we ALL celebrate it and experience it in different ways. Some of us spend the day watching movies at home, or at the park to play, maybe near the water to see the fireworks fly up, or with family to have a barbeque. Whatever you do on this day; it's okay! Everything we do, we experience through our five senses like these!

Fourth of July sounds like: Fireworks crackling, and popping and sparkling,

The oohs and ahhs of people looking up at them
 The barbecue's coals sizzling deliciously
 The ripple of excited children in the background

Fourth of July smells like:

Barbecue scent lingering through the air
 The faint burning aroma of the firework smoke
 Summertime flowers below us as we walk

Fourth of July looks like:

Red white and blue, scattered about the town
 Bright colors and faces, celebrating, smiling
 Hungry families enjoying food as they talk and laugh and play
 Flags flying high in celebration of Independence Day

Fourth of July tastes like:

Sweet cool watermelon
 Warm juicy hamburgers
 Icy lemonade, sour but delicious

Fourth of July feels like: Pure excitement, no matter the activity

Anticipation, like butterflies as you wait for the first firework to appear
 Elation, as you awe in the radiant glow of the explosions in the sky
 Joy, as the fireworks end and you still feel their brilliance
 Calmness, as the day ends and it's time for sleep

Word Scramble: Oregon Rivers

1. ay S d n

2. ik z ee M n c

3. na We it l t e m l

4. p U m a q u

5. n a S i t m a

6. o e R g u

7. D s e c u h s t e

8. i a u n T l t a

9. seuolitM

10. ilS e r v

11. ram W s r i p S n g

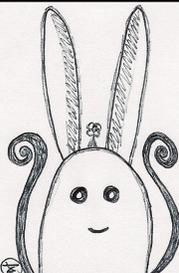
12. a c m l C k s a a

13. o H o d

14. o i a a C l a p o

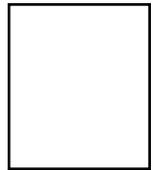
15. o a g R n r i

16. i o a l C b u m

April W's Doodle	Draw your own doodle here!
	

Answers 1. Sandy 2. McKenzie 3. Willamette 4. Umpqua 5. Santiam 6. Rogue 7. Deschutes 8. Tualatin 9. Metolius 10. Silver 11. Warm Springs 12. Clackamas 13. Hood 14. Calapooia 15. Roaring 16. Columbia

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