



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.

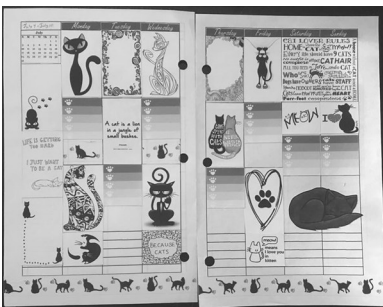
Comments, questions? Contact us by phone: 541-730-8716 or 541-971-0246 or e-mail: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Planning For Less Stress

Volume 5, Issue 19

July/August 2016

This summer has been busy. Appointments, kiddos, meetings, work, chores, etc. I tried to track it all on my phone, but several weeks ago, I got to go to a class about using planners. At first I figured "I use my phone and track my appointments pretty well without a planner." I am very glad that I went. I learned a lot about planning and tracking my life. Did you know that research shows that putting an appointment in your phone is not nearly as effective for long term memory storage as writing it down? As I have been using my planner, I have found that to be true. My favorite part of my planner, is that I get to decorate and customize it however I want. There are tons of YouTube videos out there titled "Plan With Me" where people show you how they decorate their planner pages. Some of them have decorations all over the place, and some have just minimal decorations. There is no right or wrong way, as long as it works to help me remember what I need to do, that's what it's for.

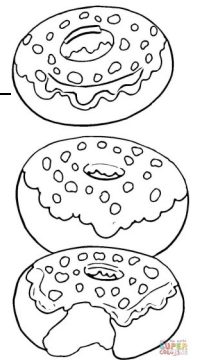


It may seem daunting and there are a lot of expensive planners out there, but there are less expensive alternatives. There are calendars and planners at the Dollar Tree that you can decorate and customize to be exactly what you need. (They also have awesome stickers and other goodies there too.) There are free printables online as well so if you have an empty binder, you can print off calendar pages and other inserts to make your own planner.

If planning is something you want to try, I would recommend jumping right in. I think it's fun and it has relieved some of the of remembering everything I'm supposed to do in a day.

Sweet Vibes Donut Company

The grandparent of one of our Collaborative Problem Solving (CPS) kiddos has been helping "sweeten up" Lebanon. Mr. Springer, Eldon's Grandpa, and Brad's Dad, has been sharing his recipes, knowledge, and experience with Sweet Vibes, the new donut shop on Main Street. Some of the old timers grew up on Mr. Springer's donuts, the lightest and fluffiest donuts you have ever tasted. Be sure and say hi to Eldon's grandpa when you go in!



Summer 2016 Groups

Albany—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning June 23rd, 2016.

Lebanon—Tuesdays, 12:30pm-2:30pm at the Free Methodist Church located at 580 F St., starting June 21st.

Sweet Home—Tuesdays mornings from 9:30 to 11:30am at First Baptist Church, 2470 Main St., starting on June 21st. *This group facilitated by consumer April Wheeler

Children Activities available at all locations. Lebanon and Albany groups are facilitated by Debbi Barreras. If you have questions, please call 541-730-8716 or 541-971-0246, or visit: parentingtogether.us

**Mistakes are proof
that you are
TRYING**



WORD SEARCH

SOME FEELINGS YOU MIGHT HAVE

H T S U R P R I S E D H D S R
 X B S Q M E D T K E Q O E I H
 Q H T O R A O L M U R P R L O
 Q C K U L D J L I U L E A L J
 I X S U A N E P I E T F C Y C
 C N Q M C H N D J I T U S A L
 U U L T W N W O E Q K L S K C
 Y Y R R W B D E S U O I X N A
 S T E I W G X F X A H F D A R
 T V D S O C V L A N N Z A Q U
 O D K I I U P D A L G G S H A
 X W P T G Q S H A P P Y R L C
 V I E V Q I E O R U U X O Y I
 B D N C Q R F L J C X N F Y X
 Y V D I V Q I G X K E L X B W

- | | |
|---------|-------------|
| ALONE | MAD |
| ANGRY | OVERWHELMED |
| ANXIOUS | SAD |
| CURIOUS | SCARED |
| EXCITED | SILLY |
| FIGIDTY | SURPRISED |
| GLAD | UNSURE |
| HAPPY | HOPEFUL |
| LOST | |

FSV Spotlight:

The Pet Spotlight this month is on Chana who belongs to the Wheeler family. As Paige said she "Is a Wheeler, one of the family".

Chana is a 4 year old Husky/Samoyed who has lived with Paige, and her family, for 3 years. She was a rescue dog, and has had one litter of puppies. Paige said her best "feature" was she is extremely cute AND highly comforting to Paige in time of need.



Paige makes a toy for Chana out of cotton balls and duck tape. Chana knows the commands of sit, lie down, speak, and out. She loves to run and likes her walks. One of her favorite things is a long belly rub. Chana can jump 6 feet high and spends a lot of time inside. Basically she is the perfect pet for Paige and the Wheelers.

Kiddo Art!



Recipe: Creamy Shrimp Rolls

Ingredients

1/4cup mayonnaise
1 tablespoon fresh lemon juice
salt and pepper
1 1/2pounds cooked medium shrimp, cut in half crosswise
2stalks celery, chopped
1/4cup sliced chives (optional)
4hot dog buns
1 small head butter lettuce, torn into pieces
5-ounce bag potato chips



Directions

In a medium bowl, whisk the mayonnaise, lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
Fold in the shrimp, celery, and chives, if desired.
Line the buns with the lettuce and fill with the shrimp mixture. Serve with the potato chips.

Extras

Children Heart

Looking thru the window
You watch me as I play
I wonder if you see
Beyond my silly ways?

Do you see my smile
Hear my giggles and my joys
To be just like the rest?
See me as I try
To be just like the rest

Not sure you ever see
As I smile and try to play
'Cuz I've never seen you watch then
And I've never heard you say.

I'm looking thru the window
Are you looking back at me?
Can you watch from start to finish
And catch a glimpse of all of me?



Back To School Resources

School is coming and that means back to school supplies. Here is a list of places to go if you need help getting them.

FISH of Albany
1880 SE Hill Street Albany, OR 97322
(541) 928-4460

FISH of Lebanon
553 Park St, Lebanon, OR 97355
(541) 259-3200

Salvation Army
345 SE Columbus St, Albany, OR 97321
(541) 928-4774

Pay it Forward
525 S Main St Lebanon, OR 97355
(541) 666-9863

SHEM (Sweet Home Emergency Ministries)
1115 Long Street
(541) 367-6504

