



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.

Spring Break, or Spring Split?

By Mellie Meston

This is a question I have asked myself so many times over the years. It's the ever so anticipated yet dreaded week that comes each year.

You see, we are a "yours, mine and ours" family, so I have looked at it more as the big split. With five children, three his, one mine, and one ours, the kids' spring break was now three different families, three different places, and all are having dreams and hoping for great times.



Now if you happen to be able to relate, I'm sorry, and there are more of us than I ever thought. So please don't feel alone.

Some have wondered how does it work. Well, let me tell you the first

few years I lived in a dream of why can't we just all get along. It's for the kids, right? Then reality comes in slowly and not all so softly with regrets and understanding why DHS has helped

Volume 6, Issue 4
April 2017

with parenting guidelines that include dates and times. It's to help us. No really. The boundaries are needed. It's better for our kids and us parents. Having a proactive talk with our kids is easier because we have set times and dates to work with. Yet if they don't happen (and let's be real, not often does it go smoothly). We now have a plan to work with, to be a little flexible helps in emergencies.

Spring Class Schedule

Albany—Thursdays, 12:30-2:30pm and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 6th.

Lebanon—Tuesdays, 9:45-11:45am and 12:30-2:30pm at the Free Methodist Church located at 580 F St., beginning April 4th.

Sweet Home—Tuesdays, 9:30-11:00am at Freedom Hill Church, 2470 Main St., beginning April 4th. *This group facilitated by consumer April Wheeler and Scott Jondahl

Brownsville—Tuesdays 9:30-11:00am at The American Legion, 339 N Main St. beginning April 4th. *This group facilitated by consumers Alanna Warren and Connie Kay

Children Activities available at some 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



Gardening Corner

Spring is officially here and the weather is finally getting warm enough to start planting some seeds! With all the rain we get here in the Willamette Valley, raised beds are an option to help with soil temperature control and drainage. Some flowers that do well when planted in April are gladioli, hardy



transplants of alyssum, phlox, and marigolds.

It is also time to start some hardy vegetables such as broccoli, brussels sprouts, cabbage, carrots, cauliflower, chard, chives, endive, leeks, lettuce, peas, radishes, rhubarb, rutabagas, spinach, and turnips.

April is also the time that lawns start to grow again. If you have patchy areas, this is a good time to seed those areas or to place sod.



Family Fun!!!

Fruit Salad in Seconds

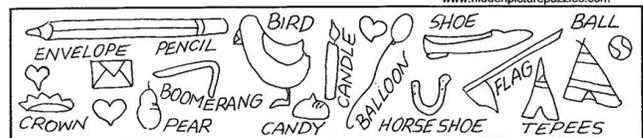
Ingredients:

- 1 pint fresh strawberries sliced
- 3 bananas, peeled and sliced
- 1 lb. seedless grapes halved
- 8 oz. vanilla yogurt



Instructions

1. In a large bowl, toss together strawberries, grapes, bananas and yogurt. Serve immediately



Fun April Holidays

April has some big important holidays in it, but have you heard of these lesser known holidays?

April 10—National Siblings Day. A day to recognize your brothers and/or sisters

April 14—National Dolphin Day. Let's celebrate dolphins



April 17—Pet Owners Independence day. Stay at home and play and let your pet go to work for you today.

April 20—National High Five Day. Time to high-five like it's going out of style



April 20—Volunteer Recognition Day. Thanking people who volunteer their time for other people.

April 28—Arbor day. Help support a greener earth by planting a tree today

April 30—National Honesty Day. Could you go a whole day being completely honest? Today is the day to try.

