



# 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](mailto:questions@parentingtogether.us). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Robin Veek.

## Pro-Active Holidays

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I wonder if I am all alone with my feelings about the holidays? I usually dread them. Holidays usually mean extra stress , especially for my own behavior child. Past holidays have ended up with tears, tantrums, and many times having to leave “the party”, and just go home. Well, my holidays took a big turn for the better when I learned about being proac-

tive. I never had a plan before, never even thought about it. A plan for my child and I, a plan on what to do differently this time around. I sat down with my kid and started asking questions, what do you think when you hear we are going to grammas for the holidays, what are you feeling? Just hearing my kid’s thoughts and feelings helped us prepare for a better visit. Grammas' house smelled funny, my kid didn’t like having to “hug” everyone, it was always so “loud”. I had no idea, because I had never thought to

ask. Being proactive is a great tool to use. Try asking the questions, and really listen to your kid, you probably will be surprised by some of the answers you get from them. You might even be feeling and thinking the same things! I encourage you to make a plan with your family, ask the questions, being proactive can really change you and your kids life, for the good!.



## Winter Class Schedule

**Albany**—Thursdays, 12:30-2:30 and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning January 18th.

**Lebanon**—Tuesdays, 9:30-11:30 and 12:15-2:15pm at the Lebanon First Church of the Nazarene located at 600 W. D Street, beginning January 16th.

**Sweet Home**—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning January 30th \*Co-facilitated by consumers April Wheeler and Scott Jondahl

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

Questions? Please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)



ZingerBug.com

# A Holiday Dinner

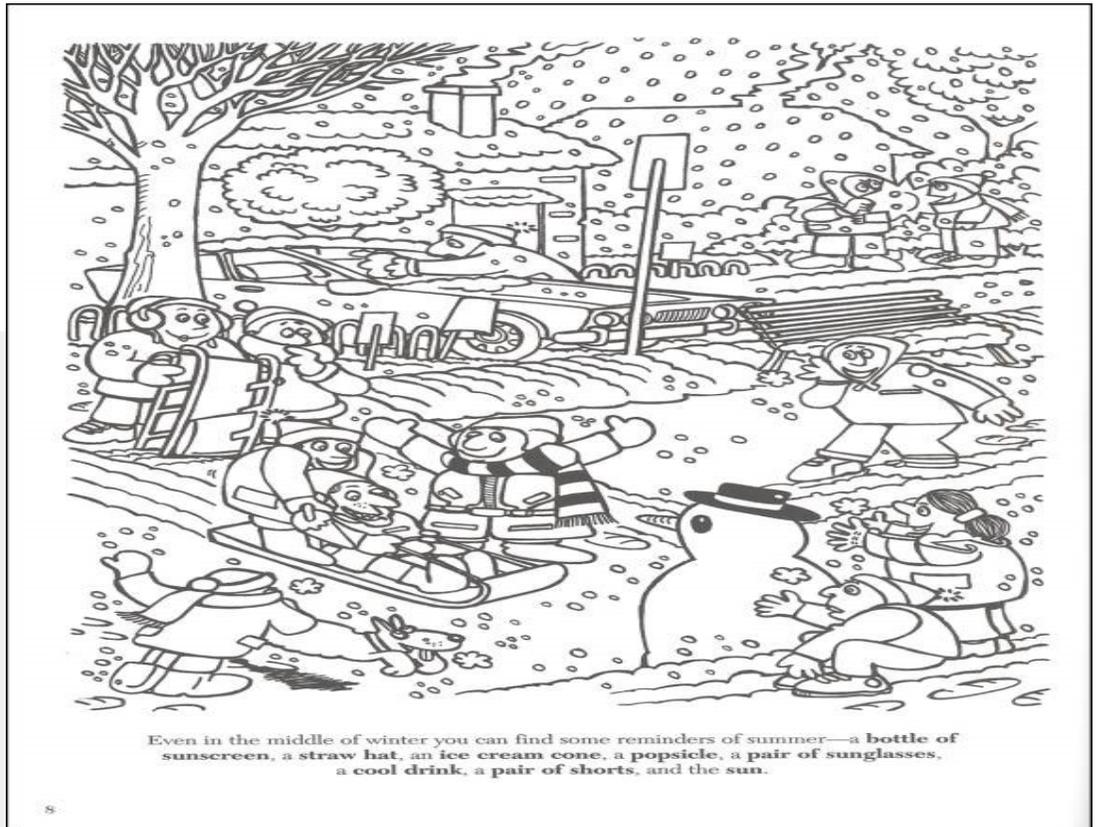
On Thursday, December 7<sup>th</sup>, the collaborative problems solving group in our community got together for a holiday turkey dinner. About 150 people showed up and shared food and friendship around several tables. The evening started with preparations and those not pitching in, were playing board games. Many of our youth got involved and had great fun playing games together. There was so much food including turkey, ham, stuffing, potatoes, gravy, scalloped potatoes, salads, veggies, various casseroles, and more (and I almost forgot to mention the deserts!). I know my tummy was very full and satisfied by the end of the night. Thank you to the volunteers that helped make it happen. And thank you to everyone who came and ate with us. This is an annual event, so if you missed it this year, I hope you will be able to make it to our next one.

Interesting Quotes:

Nothing will work,

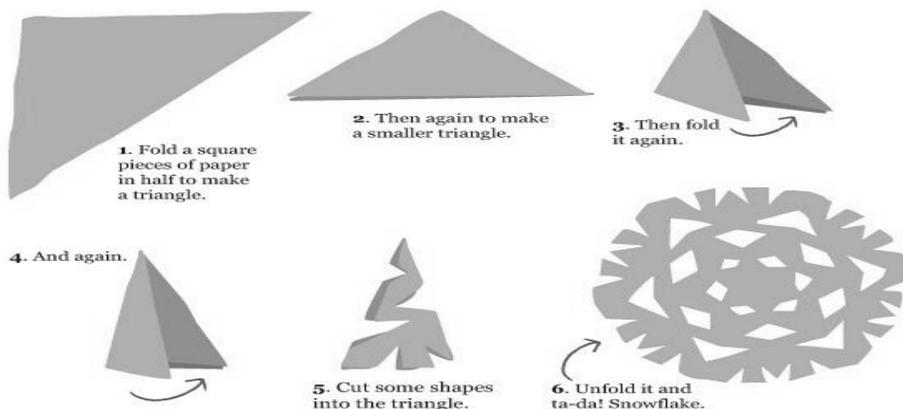
Unless you do.

-Maya Angelou



Can you find a-bottle of sunscreen, a straw-hat, an ice-cream cone, a popsicle, pair of sunglasses, a cool drink, a pair of shorts, and the Sun.

## How to make... ...a paper snowflake decoration



There are so many ways to make snowflakes, and many places on the web to show you how to make them.

Don't worry about making a mistake, just fold up a piece of paper, and start cutting, with your parents permission of course. Here are some web sites to go to for more info on making snowflakes. [highhopes.com/snowflakes.html](http://highhopes.com/snowflakes.html)

<https://www.wikihow.com/Make-a-Paper-Snowflake>