



# 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.

## Struggling over screens? You're not the only one!

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Posted on October 31, 2016 by Jocelyn Meek

Struggling over screens? You're not the only one! Increasing access to technology calls parents to task in communicating with kids and working with them to teach skills needed to manage the media overload. Each child and family may need a different plan. Just like any other activity in a child's life- school, play, hobbies, sports, time with parents, kids need the time to learn, understand, and receive guidance from adults in their lives to strike a

healthy balance. What are we most concerned about when it comes to kids and increasing use of technology to learn, play, and socialize?



Psychology Today author Vanessa LoBue, Ph.D points to a number of recent studies to learn more about the helpful and not so helpful aspects of screens and how

to think about responding to requests from kids for more access. Parent concerns aren't all alike. Is it the content that's aggressive or shows silly behavior or behavior that's too mature? May it take away from time for homework or sleep? Do the screens distract from family time? If so, they may be posing a problem. Do they help keep kids from fights with a sibling or help them unwind with a funny show after dealing with stress at school? That may not cause a problem for parents. Are they connecting with other kids and making plans for play dates? Context matters!

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Curious about what's typical for a child your age? The American Academy of Pediatrics just updated their recommendations. Too much? Too little? Just right? When talking with kids about media consumption, it's important that they work closely with you on a plan that meets their needs and also helps to establish a dosage that's just right. Check out the AAP Media Plan which offers exciting new tools to help parents and kids keep track of expectations around screens and to see what the balance looks like. Take a peek, try the tools, and tell us you think!

## Winter Class Schedule

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

**Lebanon**—Tuesdays, 9:45-11:45am and 12:30-2:30pm at the Free Methodist Church located at 580 F St., starting January 10th.

**Sweet Home**—Tuesdays, 9:30 to 11:00am at Freedom Hill Church, 2470 Main St., starting on January 10th. \*This group facilitated by consumer April Wheeler

**Halsey**—Tuesdays, Time and location to be determined \*This group co-facilitated by Alanna Warren and Crystal Rowell

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](http://parentingtogether.us)



# CPS for the Holidays

On December 22, 2016 people gathered together in hopes of getting some insight on how to handle the holidays for themselves and their families. It was definitely an eye opening experience. People filtered into the room, wincing at the very loud holiday music that was playing. Some asked if the music could be turned down, and were “ignored” by the facilitator as she was setting the tone for what many of our kids might be going

through during the holidays. The room was decorated with bright colors, shiny ornaments, ribbons, bows, twinkling lights, some people enjoyed it, and some found it a little overwhelming. People got to experience different scenarios in order to understand what the holidays might be like for their kids. This was a gath-



ering of volunteers and people who came together to get support from one another, share homemade cookies and other yummys, relieve some stress, laugh, and learn some skills to use to make the holidays less stressful. Skills that are taught in the Collaborative Problem Solving Parenting Support Groups each season!

## Family Fun!!!

### Delicious Bread

*"This bread is wonderful when served with spaghetti or lasagna. It's also easy for kids to prepare."*

#### Ingredients:

- 1/2 cup butter melted and cooled
- 1 egg
- 1 tsp garlic salt
- 1 Tbsp. dried parsley
- 1 lb. loaf frozen bread dough, thawed

#### Directions:

In a bowl, combine cooled butter, egg, garlic salt and dried

parsley. Pull off walnut size pieces of dough. Dip the bread pieces in the butter mixture and place in a lightly greased cake pan. When all of the bread dough has been placed in the pan, pour the remaining butter mixture over the dough. Cover and put in a warm place until bread pieces have doubled in size. Pre-heat oven to 350°F. Bake in preheated oven for 30 to 45 minutes, until browned serve warm.



## How I Ended up at a Collaborative Problem Solving Parenting Group

By Robin Veek

Change is hard. Making a commitment to do something different was one of the best gifts I gave my child and myself. When I first showed up at a CPS parenting group I was done. Done being a parent. I had failed my kid. I was a crappy mother, and I was so hopeless and alone. I re-

member finding a seat at the group, I remember saying, for the first time out loud, to a bunch of strangers, “I don’t want to be her mother anymore.”

I wonder as you read this are you thinking, “how could she say that?” Maybe you are thinking, “I feel the same way.” I am not sure I could tell you what was

said at the first CPS group I went to, but I still remember what I felt. HOPE. I felt hope. I was with other parents who actually nodded their heads when I spoke those words, “I don’t want to be her mother anymore.” I wasn’t asked to leave, or judged for those words. I do remember crying, lots of tears, but I left knowing I was coming back the next

week. I have made a commitment to continue going to this group. I continue to learn from this group and give back what I have been given.

