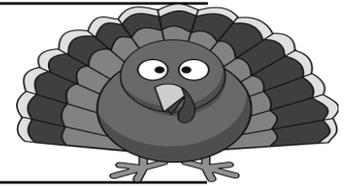


Parenting News



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.

Behavior is Communication

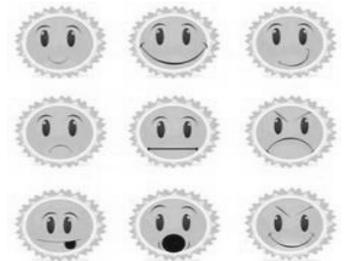
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When my child would throw a “tantrum”, I was not thinking to myself, “What is she trying to tell me?” I was just hoping she would stop it and let me finish whatever it was I was trying to do. Why can’t I just buy my groceries in peace like other parents do? Since going to Collaborative Problem Solving Parenting Group I

have learned to look at my child and myself in a whole different light. I did not know how to communicate with my child about anything. More importantly, I did not understand how to listen to my child. It was like we were talking in two different languages. I have begun a journey of relearning how to listen to myself, and

people all around me. Where before I would jump right into judgment, I pause and ask myself, “I wonder what is going on for them? What struggles or barriers are people going through? This places me in an empathetic state of mind, another tool that the parenting group teaches. Next time you see a child or adult having a

“tantrum” or a struggle, ask yourself, “I wonder what it is that they are trying to say, and how can I be a support?” Behavior is communication, what does your behavior say about You?



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, 9:15-11:15 and 12:00-2:00pm., beginning January 16th.
Location to be announced

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St.
Beginning January 16th*Co-facilitated by consumer April Wheeler

Harrisburg— Tuesdays 12:30-2:00 at the Senior Center 354 Smith Street. Co-facilitated by LaNette Johnston

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



Electronic Free Family Game Night

Looking for something to do as a family that is free, and does not need batteries or a cord? Well here are some fun ideas. Playing a card game like, Fish, Old Maid, or Uno is a great way to spend some time with your family. These days it just seems families are being separated by electronics; phones, computers, iPods, video games, etc.. Why not put the electronics away and get to know your family better? There are so many games that we used to play as kids that we could share with our own families such as: Simon Says, Mother may I, Red Light Green Light, and so on. Spending time playing games is not only fun, but it is so healthy for your family. So maybe this week you and your kids might just have an Electronic Free play night. You might get some groans at first, so be prepared, but I think you might find you all end of having a really good time. Here are some more games you might want to try:

- Jacks Hide and Seek Tag Button button who has the button? Tic Tac Toe
- Hangman Hop Scotch I Spy 20 Questions Red Rover Red Rover

Interesting Quotes

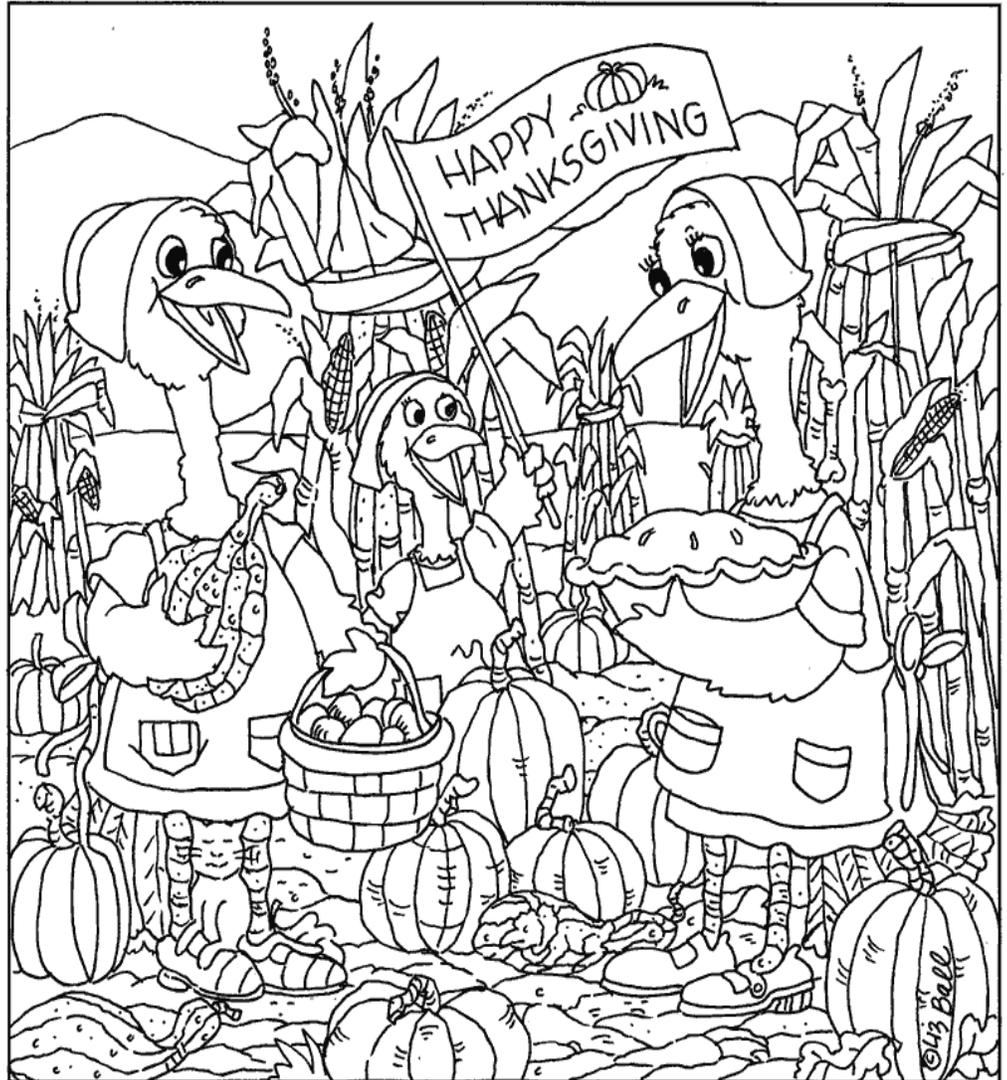
It is not happy people who are Thankful, it is

Thankful

Be kind whenever possible.

It is always possible.

Dalai Lama



www.hiddenpicturepuzzles.com

