



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.

Back to School With Anxiety

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By April Wheeler

Coming at what some of us hope is the tail end of the year's hottest days is what often feels like the most stressful time of the year: school starting. Many kids feel anxiety at this time, given the new teachers, new schedules, new peers and new schools. There may be new after school schedules and activities. With anxiety and changes, we often see a big spike in difficult behaviors.

In order to help our kids, we can often help best by listening to them. Be active in observing their non-verbal's. Do they seem agitated? Are

they withdrawn? Do they give one-word responses? Are they seemingly bursting at the seams to go through every detail of school? Asking specific questions about their days can help give you a sense of how things are going. It may be helpful to have proactive conversations on the weekend about their expectations for the school week. Do they have concerns? How do they think they can deal with those? What do they think will be successful?



At my house in the past, we've seen increased anger and difficulty listening to directions at home— they spend all day following directions from adults; it's no wonder they struggle after school. To help my kids wind down and hopefully to feel calmer during the day and reduce overall stress, we have begun meditating for a few minutes before bed. Meditation for us looks like sitting in the living room, wherever each person feels comfortable, and quietly re-

laxing. One of my kids prefers to lie down (she falls asleep because she's so calm). Another listens to the ticking of our clock. The last likes to hum. I focus on my breathing.

Meditation is just one way to reduce stress. Other suggestions could be to play a board game as a family, cook dinner together, use modeling compound, create a silly exercise routine, read books together, dance and sing music, or blow bubbles. Model for them ways to calm and express their concerns. Sometimes, the most important thing we can do is spend time with them.

Fall Class Schedule

Albany—Thursdays, 12:30-2:30 and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning September 14th.

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

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning September 12th *Co-facilitated by consumer 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

Stepping Back

By Alanna Warren

With all the hustle and bustle surrounding the start of the new school year it is easy to get caught up in the chaos of it all. We have school shopping to do, new schedules to get used to, earlier bed times, teachers and fellow class mates to meet, and to top it off we have

to add homework in to the mix.

Personally, I think it would



be much easier to add a few hours into the day, but since we all know how impossible that is, it is im-

portant (for the sanity of you and your children) not to forget to make time for a little bit of fun. So remember to take the time to stop and go to that football game one night, or even order a

pizza and have a movie and game night. Not only is this a great way for you and your family to bond, but it is an opportunity to take a step out of the rat race. Stand back, put on a smile, and above all else have a little fun!

Interesting Quote

If you've told a child
A thousand times
And he still does
not understand,
Then it is not the
child
Who is the slow
learner.

Fun Fall Art with Leaves



You just need a piece of paper, crayons or pens, and some leaves. Lay the leaves down on the paper and color over them. Lift the leaves off the paper, and you have a great picture to hang on the frig or the wall.

Quote corner

Kids say the darndest things

"When asked to finish a series of common sayings, this group of elementary students came up with this"...

-Better to be safe than ... punch a 5th grader.

-Strike while the ... bug is close

-Never underestimate the power of ... termites.

-A bird in the hand is ... a real mess.

-If you can't stand the heat ... don't start the fireplace.

-To err is human ... to eat a muskrat is not.

-The grass is always greener ... when you

leave the sprinkler on.

-Don't bite the hand that ... looks dirty.

-A miss is as good as a ... Mr.

-Two's company, three's ... the Musketeers.

-A penny saved is ... not much.

For more cute kids moments visit <http://kidisms.com>

Inspirational Quote

"Everyone is trying to accomplish something big, not realizing that life is made up of little things."

-- Frank A. Clark