



# 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)704-0221 or (541) 730-8716 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.

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## Screen time solutions coming in April!

How do we control screen time? We have learned that screen time (TV, I-pads and tablets, phones, computers, etc.) is the second leading cause of maladaptive behavior in our kiddos. Screen time changes the pathways in our brains – and in our kids' brains! It has social impacts, too. It is a part of our lives. Finding the healthy balance isn't easy. Children under two years of age may have up to 30 minutes of screen time but with a participatory parent interacting with the kiddo. If parents approve what they watch, elementary school age kids may enjoy up to an hour. Two hours per day is the most leisure screen time any of us should have, even as adults.

Where do we start? There will be a free screen time seminar on April 18 held at the River Center in Lebanon. They will be showing the movie "Screenagers." Experts will talk about how we can set healthy boundaries related to screen time. The event is free, but you need to register. You can call the office to sign up at 541-704-0221.

## Winter Class Schedule

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

**Lebanon**—Tuesdays, 9:15-11:15 and 12:15-2:15pm., beginning January 16<sup>th</sup>. Lebanon Four Square Church 600 W. D Street

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

**Harrisburg**— Tuesdays 12:30-2:00 at the Senior Center 354 Smith Street. Co-facilitated by Alanna Warren and Monica Potter.



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

Questions? Please call (541)704-0221 or (541)730-8716 or, or visit: [parentingtogether.us](http://parentingtogether.us)



