



# One||Another Community News:

## Living Today Forward

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: [office@o2aprograms.com](mailto:office@o2aprograms.com). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [crowell@o2aprograms.com](mailto:crowell@o2aprograms.com) or talk to Crystal Rowell.

### “I’m Bored” Routine

By Linn County Commission on Children and Families

Bored children put dread in the first day of summer vacation. Continual cries of “Daddy, what can I do?” make us long for the day when the big yellow busses resume their daily rounds.

Despite what our children say, they probably aren't bored. When children say they are bored, it usually means “I want you to spend more time with me.”

Playing with our children is one of the great joys of parenting. But when we agree to do so, we should make it plain to them that their boredom is their problem. The parent ins the following discussion handled the problem well:

**Child:** I’m bored. There’s nothing going on around here.

**Parent:** Are you really bored? That’s too bad. What are you plans?

**C:** Well, what can I do

**P:** That’s a really good question. What kind of things are in your room?

**C:** Aw, there’s nothing in there that I like. I’m tired of it al.

**P:** Well, are there things that

you like anywhere else in the house?

**C:** I don’t think so.

**P:** A lot of people get involved with things that they like so that they won’t be bored. You’re saying, when you’re bored, there’s nothing you really like?

**C:** Right

**P:** So, it looks to me like there may not

be any other option than to sit and be bored. Would you say that was a possibility?

**C:** I guess I could play with

Volume 8, Issue 2

March 2019

my video game.

**P:** Would you like me to play one game with you?

**C:** Yeah!

**P:** I guess I could play one game. But if I do, do you think you’ll say ‘Oh thank you;, or will you whine and say ‘Oh plea, play one more?’ How will you handle it if I play one game with you?

**C:** I promise not to ask for another game.

We want our children to develop the ability to motivate, interest and entertain themselves. Allow them to poke their way out of their self-imposed shell of boredom, rather than providing them with an entertainment service.



### Upcoming Spring Class Schedule

**Albany**—Thursdays, daytime group TBD, and 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning April 4<sup>th</sup>.

**Lebanon**—Tuesdays, 9:30-11:30. Crowfoot Baptist Church, 699 Cascade Dr., beginning April 2<sup>nd</sup>.

**Sweet Home**— Tuesdays, 9:30-11:00, Freedom Hill Church 2470 Main St., beginning April 2<sup>nd</sup>. \*Facilitated by consumer April Wheeler

**Harrisburg**—TBD. Please call the office (541-704-0221) for more information.



Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras—[dbarreras@o2aprograms.com](mailto:dbarreras@o2aprograms.com)

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

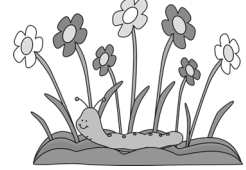
## Spring Break Staycation Ideas

Spring break isn't always much of a break for parents of school age kids. Not everyone can take spring break vacations, but I found a web site that had STAYcation ideas.

1. Connect with nature - Visit a nearby state park, or just go for a drive in the mountains to appreciate the nature around us
2. Play all day - Spend all day at a kid oriented museum or activity center. Don't forget a picnic lunch.
3. Take a ride - Take the family on a bike ride over some of the local bike paths.
4. Enjoy the river - Whether it's watching the river flow by, or going out on a boat, hanging out at the river can be a fun, easy staycation activity.
5. Explore your creativity - Local community colleges, and organizations may have a pay as you go art class that could be fun for the family. (Here in Albany,

- Surefire is a fun place for family creativity)
6. Plan a movie-a-thon - Turn your living room into a movie theater complete with popcorn and theater snacks and enjoy some family movies together.
  7. Make some crafts - Gather some paper, markers, glue and other craft supplies and unleash the inner artist.
  8. Take a tour - check with local businesses and see if you can tour their facilities.
  9. Try new food - Maybe a new restaurant, or even just a new recipe at home. Give your taste buds an adventure.
  10. Make a splash - If the river is too cold, check with a local hotel and see if you can book pool time.
  11. Do a park hop - Visit as many playgrounds as you can in one day. To add extra fun, bring a scavenger hunt along.

For more info, go to <https://www.parenting.com/family-time/travel/1-spring-break-staycation-ideas-to-enjoy-kids>



## Chili Cheese Dog Cups

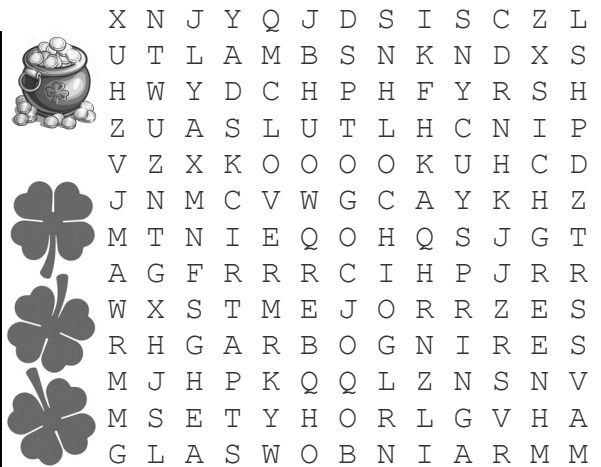
### INGREDIENTS;

- 1 can refrigerated biscuit dough
- 1 can chili, such as Hormel
- 8 hot dogs, sliced
- 1 c. Cheddar cheese
- 1 egg, whisked
- 1/2 Onion, finely chopped
- 1 tsp. chives, for garnish

### DIRECTIONS;

- Preheat oven to 325° F.
- Grease 2 muffin trays with nonstick cooking spray.
- Slice biscuits in half and

press into the muffin cups. Spoon heaping tablespoons of chili into the biscuit cups and top with 4-5 slices hot dog and a sprinkling of cheddar cheese. Brush overhanging biscuit dough with egg wash and bake until golden, 20-25 minutes. Top with onion and chives and serve.



- |               |            |                 |
|---------------|------------|-----------------|
| CLOVER        | IRISH      | SHAMROCK        |
| ERIN GO BRAGH | LAMBS      | SPRING          |
| FLOWERS       | LEPRECHAUN | ST PATRICKS DAY |
| GOLD          | PINCH      |                 |
| GREEN         | RAINBOWS   |                 |

## Parenting Today Forward

By Crystal Rowell

Spring is a season of newness, renewal, births and beginnings. It brings to mind one of my favorite quotes from "Anne of Green Gables" by L.M. Montgomery; "Tomorrow is a new day with no mistakes in it... Yet." That is a concept that Parenting Today Forward teaches. Parenting Today Forward

means committing to move forward toward the future instead of getting stuck in the past. It means looking for and doing the next best thing, taking the next best step. It is also the choice to be open to learning new things and seeing new possibilities. Many of us can get caught up in guilt and shame around decisions that we've made

in the past. While it is important to acknowledge them as part of what has brought us to where we are, it is not helpful to get stuck there. It isn't helpful to us, and it's not helpful to those that we relate to or parent. We haven't invented a time machine to go back and fix those yet, so for now, choosing to focus on where I can go rather than where I've

"screwed up" is a better use of my time.

