

# 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: [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 Crystal Rowell.

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## The Balance Between Hovering and Caring

The textbook rests on the dog crate, forgotten. While I wouldn't drive it all the way to school, my kids are only outside waiting for the bus. Five minutes to remember the forgotten book. That's not enough time, I think. What if they need it today? What if they lose points for being unprepared? I take a deep breath and remind myself they're the ones who set it there. It's their responsibility. Do I want to be doing the same thing when they are an adult? And then I set the book on the table because even though I know taking it to them is hovering, a little bit of the helicopter parent remains.

This is the hardest dance I do these days as my kids get older (all are in high school now): balance between caring and hovering. When they were younger, hovering looked like: "Don't climb that tree; you might get hurt." Picking up their toys after they went to bed. Telling them to put on shoes before going outside. (My husband tells me I still say this sometimes.) Today, hovering looks like: "Have you finished your chores?" Asking them if they've put their dishes in the sink. Playing peace-keeper

between them and their siblings.

I'm sure it happens in smaller ways I can't even recognize yet. My kids are so used to my parenting, when I ask them how I hover, they can only come up with the chores example. What I know is that it's okay for me to care about

whether they get hurt, get low grades, or have relationships, they also have to be allowed to find their own path. I need to let them experience bumps and being uncomfortable now, so when they're

adults, they know how to handle those experiences and create healthy relationships. And, I can't save them from everything. But I think the biggest question I ask myself is whether I want to. How will they get along in the world if I do these things for them? I don't want to be taking their textbooks to them when they're 19 in college.

Caring looks like letting them experience the consequences of forgetting the book because this will help them learn to do differently in the future. Caring looks like letting them climb the tree, so they can have the fun and



## Upcoming Fall Class Schedule

**Albany**—Thursdays, 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning September 13<sup>th</sup>.

**Lebanon**—Tuesdays, 12:15-2:15. Church of the Nazarene 600 W. D Street, beginning September 11<sup>th</sup>.

**Sweet Home**— Tuesdays, 9:15-10:45, Freedom Hill Church 2470 Main St., beginning September 11<sup>th</sup> \*Facilitated by consumer April Wheeler

**Harrisburg**—Tuesdays 3:30-5:00, United Methodist Church 710 Smith St. beginning September 11<sup>th</sup>\*Facilitated by consumer 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 visit: [www.parentingtogether.us](http://www.parentingtogether.us)



## The Balance Between Hovering and Caring (continued)

feelings. Caring looks like letting them pick up their toys, even if it takes them all day to decide that's what they're going to do. It looks like letting them fight with one another to learn who they are and who they are to one another.

I care about their safety and their success, so when they haven't done their chores, there can be consequences later. When

there's a possible safety concern, we can talk about it, and they can decide. And they get to decide their relationship with their siblings, their friends, their parents. I don't hover as much as I used to, and I find every day it gets easier to recognize when I start to spin those helicopter blades. Change is not easy, especially when we're talking about behaviors we've practiced for years...but it's worth it.

## Berry White Ice Pops

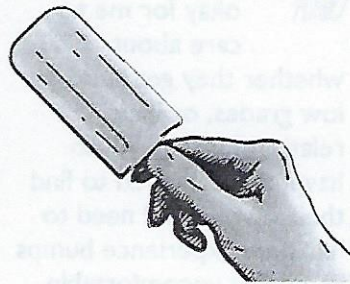
### Ingredients:

- 1-3/4 cups whole milk, divided
- 1 to 2 tablespoons honey
- 1/4 teaspoon vanilla extract
- 1-1/2 cups fresh raspberries
- 1 cup fresh blueberries
- 10 freezer pop molds or 10 paper cups (3 ounces each) and wooden pop sticks

### Directions:

In a microwave, warm 1/4 cup milk; stir in honey until blended. Stir in remaining 1-1/2 cups milk and vanilla.

Divide berries among molds; cover with milk mixture. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm.



## Back to School

By Katii Irion

First day of school, I'm nervous, I can't do it.

What if things go wrong, who will be here to talk me through it?

I feel scared, I feel alone, can't I please just stay home?

What if me and other kids can't get along, what if EVERYTHING goes wrong?

To my darling child:

Your years of school will never be perfect.

They're long and they are tough, but they're definitely worth it..

Be brave and be strong, the nerves won't last long.

Try something new, other kids will love you.

Giving up is not an option,

## Our 2<sup>nd</sup> Annual One || Another BBQ

On August 16th this year, our parenting groups from past and present got together to enjoy a lovely evening of good food and good company. We had over 200 people in attendance with 85 kids.

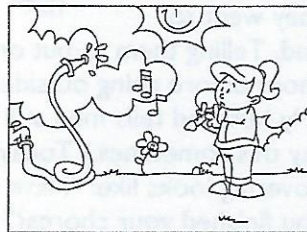
The weather was wonderful as we shared a meal

and enjoyed seeing faces that haven't been to groups for a while.

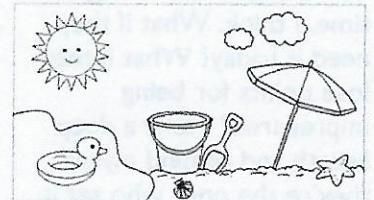
Our annual BBQ has become very important to both the kids that attend our groups, and their parents as well.



It was wonderful seeing everyone there and I look forward to seeing everyone again next year.



Find the 6 differences



Find the 5 differences

