

# Parents' Place News

Volume XII Issue 1

January/February 2009

Parents' Place  
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[www.parentsplacelongview.org](http://www.parentsplacelongview.org)

## WORDS FROM WOODLAND



Union Familiar is located at La Casa de San Juan Diego in Woodland. Leaders Vickie and Edith helped them celebrate Thanksgiving in style with 23 moms and 55 children joining our feast, along with Squanto, our Indian brave, to help illustrate the story of Thanksgiving. We also celebrated the election of a new U.S. president on Nov 5th and had child screenings done by Irene of Progress Center. Their Christmas party featured Santa, his elf, Mrs. Claus, their reindeer and traditional Mexican Christmas foods. Feliz Navidad!!

A second Woodland group has started a coupon exchange and will be learning sign language and 'Nifty Knitting' techniques. The year ended with a "chocolate exchange."

If you are in the Woodland area, join us at 10:30 Tuesdays at the Woodland Presbyterian Church. For more information, call Laura at 360-225-3612.



## COME IN FOR A MASSAGE — INFANT MASSAGE, THAT IS!

Starting in January, join us on Thursdays from 1:30 –2:30 for Infant Massage. This is a video-based class that will introduce the basics of massage, one section of the body at a time. This series of 4 sessions is taught by Ms. Vickie.

Massage is a wonderful way for moms and dads to interact with their baby, to enhance bonding and communicate through touch. Come learn in a relaxed atmosphere and meet other new parents. Call to register or to get more information. A donation of \$2 per session is suggested.

## RING IN THE NEW YEAR WITH FEWER BATTLES

Happy New Year! Now that the holidays are over it is time to get back into a routine. If the old household routine has been filled with stress and the urge to yell, then take advantage of the new year and get a new start on 2009. Here are some tips on making changes from the class "Battles, Hassles, Tantrums, and Tears" by Susan Beekman and Jeanne Holmes.

- Choose one thing you would like to change, for example yelling. You will be more successful if you take small steps instead of giant leaps.
- Make it a priority. Be prepared to focus time and attention on your new behavior.
- Inform your family of the changes you are trying to make. This way they will know why you are acting differently and they can support the new changes.
- Be patient with yourself and your family. It takes over 2 weeks to notice any differences and it takes 2 months to make the changes stick. Also, expect your family to forget that there is a new routine. Many times a gentle reminder is all that is

needed to get the family back on track.

- Be firm. Whether you are trying to stop yelling, lose weight, quit smoking, or anything else stick to your plan. Every time you give in to old ways you have to start over.

We have many more helpful tips on discipline, routines, child development, and more. Join us for groups or classes!

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## BAKE SALE

Thank you to Kelli Greenwood and all the wonderful people who volunteered to help make our parent group bake sale a success. We would like to say a very special thank you to our AmeriCorps Volunteers Tammy Tran and Pam Hite as well as our CAPWorks Volunteer, Keisha Ramirez.

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## BACKPACK BUDDIES

As the Holidays come to a close, we are grateful for the blessings and gifts we have received.

Many of our community's children go home on Friday after school and don't eat again until Monday morning. This is a problem that is faced by more than 200 children in the Longview school district alone!

With that in mind, the PTO of Kessler Elementary created the Backpack Buddies Program. What they do is provide the children with non-perishable, easy-open food items in an unmarked backpack on Friday to be returned Monday and refilled for the next week.

Parents' Place has teamed up with Kessler's PTO to help raise awareness as well as to be a drop point for the food.

As you look toward the New Year, give thanks for the healthy children in your life, and help us by stopping by with a small donation of non-perishable, easy-open food items for these youngsters.

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## WINDOW DISPLAY

When you arrive at Parents' Place, you may have noticed our decorated window. We wish to say thank you to our resident artist Aaron Weatherly for giving of her time and talent to provide us such beautiful paintings for autumn and winter. Soon she will begin

working on painting a new scene for spring. Come by to view our window art work and stay for a cup of coffee/tea/cocoa and company.

## PEDIATRIC CLINIC ADOLESCENT AND YOUNG ADULT CLINIC

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*All Pediatricians are certified by  
the American Board of Pediatrics*

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## COMING SOON: GET READY FOR MENTORS OF MOMS (aka MOMs)

We are currently accepting volunteer applications for the Mentors of Moms program. With MOMs we take more experienced moms (the mentors) and match them up with newer/inexperienced moms. All of our mentors receive training here at Parents' Place. Once matched the mentors & moms get together to determine how often they would like to meet, which is usually once per week. This is a very rewarding program! If you are interested in becoming a mentor or having a mentor, please call Vickie for more information.

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## PARENTING CLASSES REGISTRATION INFORMATION

Want to start the new year with renewed information? Sign up for "Positive Discipline," "Battles, Hassles, Tantrums & Tears," "Growing Up Again," "Parenting 1-2-3-4," "Active Parenting Today" & more!

- Cost: \$20 a week per person and \$15.00 for the book (scholarships may be available).
- Free onsite childcare is available for children ages 9 and younger.
- Call for calendar, information and registration:

NANCY at 414-9212

## Parents' Corner:

In this and the next issue of the newsletter, we will be sharing an article from Parents.com about how and when to teach your child the importance of:

### LEARNING TO SAY "I'M SORRY", Part I

By Vicky Mlyniec, Taken from Parents.com

Kids aren't always sorry for the things we think are worth an apology. And even when they are, many have a hard time uttering those two little words. Some kids may actually blurt out "I'm sorry" too easily—and consider it a quick way to satisfy adults and get back to play.

#### *Lessons for Little Kids*

Before a child can apologize, she has to realize she's done something wrong—a concept preschoolers and even 5-year-olds don't always grasp: parents and teachers often need to step in and point out when an apology is in order. With kids 2 and under, just focus on enforcing the rules. By learning them, your child will have less to apologize for later—and don't worry about coaxing a "Sorry."

However, 3-to 5-year olds need to understand why it's important to say they're sorry, says Parents adviser Sal Severe, Ph.D., author of *How to Behave So Your Preschooler Will, Too!* Keep your explanation simple: "We say sorry when we do something that hurts or bothers someone." Since kids this age aren't yet able to mentally put themselves in another's place, help encourage empathy by pointing out how the other child feels ("Sara is crying. How do you think she feels? How'd you feel if your picture had been ruined?").

Giving your child a concrete way to make amends is an important part of any apology. Laurie Galdes, of Campbell, California, finds this makes more of an impact on her 4-year-old son, Andrew, than simply saying sorry. "I have him share a toy if he's just grabbed one or ask his friend if he's okay if he's just pushed him," she says. Don't get so wrapped up in the apology lesson, though, that you forget to deal with the original misbehavior. "Apologies don't mean much if the behavior doesn't change," points out Maliken. So restate the rules and enforce any consequences.

#### *How to Help*

Apologies are tough at any age. Some kids refuse to admit guilt ("I'm not sorry, so why should I apologize?"), or they may be scared, embarrassed, or shy about actually apologizing. Here are some options for kids who balk.

- Stay neutral. If kids have a conflict, it can be hard to know who's owed an apology. When you hear "He did it!" and "She started it!" explain to both children that they don't have to be at fault in order to apologize. Each child can say, "I'm sorry that happened." This helps kids calm down, repair hurt feelings and move on.
- Do it together. Tell your child that you know it's hard to apologize, and offer to help. "If he's little, you can even pick him up and say, 'Come on, I'll say it with you,'" suggests Dr. Severe. Some kids need time to cool down, so it's okay to give them some breathing room. It's easier for some young kids to convey their apology by drawing a picture or dictating a note. A kind gesture, like bringing a flower or giving the injured party a hug serves the same purpose.

In the next issue, we will continue the article with a few more ways to help and the importance of saying "I'm sorry" to children.

### **CHILD AND ADOLESCENT CLINIC SPECIALIST CARE FOR EVERY CHILD**

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Accepting new patients with all types of  
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*Our mission is to promote a community commitment to healthy parenting and to strengthen and enhance families to ensure the well-being of children.*

## PARENTS' PLACE STAFF DIRECTORY

<b>Main Desk</b>	<b>414-9212</b>
Director, Judy B	Ext. 11
Parenting Groups, Lekechia	Ext 13
Parenting Classes, Judy P	Ext 15
Social Worker, Vickie	Ext. 16
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Hispanic Interpreter, Edith	Ext 17

### *Office Hours:*

Monday – Thursday	9:00 am to 4:00 pm
Fridays	9:00 am to 3:00 pm

**Visit our new website:**  
**[www.parentsplacelongview.org](http://www.parentsplacelongview.org)**

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