



The Parent Network

Skamania Klickitat Community Network

PO Box 2306

White Salmon, WA 98672

<http://community.gorge.net/skcnparentsupport>

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Local Playgroups

In White Salmon every Friday morning from 10:30-12 at the Early Childhood Center in White Salmon near Henkle Middle School. It is open for parents with children birth to three.

Mill A offers a playday for local parents, too. Held Friday mornings at 10:30 am at the Evergreen Community Church on Jessup Road, little ones ages birth to six are welcome to come with a parent and enjoy time together with other children.

Upcoming Parenting Programs

Positive Discipline for Toddlers & Preschoolers

For parents & caregivers of children 1-5 years old.

Facilitator: DeeAnn Bohn
Dates: Feb. 19 & 26, March 5 & 12

Time: 6:00-7:30 pm Light snack for adults and children Place: Bambino's (west of Safeway-Hood River) FREE childcare for ages 6 mos- 9 yrs. (Must register!)

Limit: 20 Adults
Fee: \$10 per family
Registration due by February 17th.

Strengthening Families

Place: Cascade Locks School
300 SW Wa-Na-Pa (downtown)
Dates: Tuesdays, March 3-April 21, 2009 (not 3/24)

Time: 5:30-8:00pm.

Free Food: Light dinner for the family

Free Childcare: For children 6 mo. to 8 years (must register!)
Limit: 20 Adults (minimum 10 to start the class)

Fee: \$25 registration per family.

(scholarships available)
\$20 Gift Card for each adult who attends at least 5 out of the 7 sessions.

For info/ to register call:
Kimberly Berry at 541 387 6890
----Register by February 27

Parenting Tips & Toll Free Hotlines

Welcome to all families

We hope you find the following information useful. We know parenting is a 24-hour a day, 7 day a week job. This newsletter offers a collection of ideas, stories and tips designed to help you learn what to expect-and how to handle the unexpected.

\$\$ Piggybanks 101: Help Your Kids Understand the Value of Money

The need for children to receive a sound education in money matters is all too apparent now that the nation is facing what some experts are calling the most serious economic meltdown since the Great Depression. Money worries are a big cause of family unhappiness and strife. Keeping your bills and costs manageable can help keep your family strong and together.

- **Encourage a work ethic.**

Even with little ones, having regular household chores helps them understand the link between work and rewards. Chores give children the important message that they are a needed and valuable part of the family. Older children may receive an allowance if you choose-younger children can earn stickers, books or special time with Mom or Dad. Make sure the chores you assign match the child's ability! Toddlers can pick up toys, put plastic dishes away or sort socks; older children can feed pets, wash cars or vacuum rugs.

- **Can we afford this? Demonstrate good money management skills.**

Show your children how you shop carefully for items. Make a grocery list and stick with it. Use saving cards or coupons (they can cut them out of the newspaper for you!) Let them see you save up for big purchases, or shop for bargains through the classifieds or second hand stores. Show teens your paycheck and household bills so they see where the money goes, and why something isn't always affordable. Use your credit card only when necessary, and pay all your bills in full to avoid late charges and finance fees.

- **Be a charitable family.**

No matter the cause, when you donate time, items or money, your children will learn about the importance of helping and supporting others. Let them drop coins in cans on storefront counters, or put a few extra cans of food in a local food bank collection site.

- **Explain how budgets and finances work.**

Show them a checkbook and explain how it works. Let teens see credit card offers and bills, and talk about how expensive it gets to only pay the minimum. Talk about taxes-what they are and what they provide in services and programs. Give children a coin bank and encourage them to save towards something they would like to purchase, like a special toy or game.

- **Be an excellent role model.**

If you can, bring your child to work someday and show them what you and others do. If possible, take some classes to improve your work skills so you can advance, and talk with them about why school is important!

Step-Parenting: Should I Discipline the Kids or Not?

To get a handle on what successful step-parents do, it's helpful to first get a glimpse at what less successful ones try. I call the first well-intentioned yet doomed approach the "Wrecking Ball" step-parenting style. These folks take on the role of demolition expert in the family. They storm in with a crash, trying to rebuild every aspect of the kids' behavior. Like drill sergeants, their favorite tools include lectures, threats, lots of new rules and plenty of micro-managing.

I call the second well-intentioned yet ineffective approach the "Refugee" style. Because they don't want to step on any toes, these folks never really live in the home. Instead, they set up camp in the backyard. Peeking out of their tent screen, they watch the kids throw their daily refuse onto the lawn in front of them. Because they don't want to insult the kids by trying to

replace their "real" parent, these step-parents use no tools. They simply walk on eggshells, adopting an outsider, doormat role.

Successful step-parents obsessively follow the first rule of Love and Logic:

Take great care of yourself by setting limits without anger, lectures, threats, or repeated warnings.

Instead of trying to reconstruct through strict discipline...or walk on eggshells by remaining an outsider, they use Enforceable Statements to assertively describe how they will operate.

Examples include:

Each Saturday
Parenting Press
posts a new helpful tip
on a variety of parent
friendly topics.

Parent Trust
Family Help Line:
1-800-932-HOPE
(4673)

Washington State
Teenline:
1-800-562-1240

Keep in touch!
1-866-631-1997
Our toll free information
line is there to help find
information on classes,
workshops and other
parent centered
activities in and around
Skamania and Klickitat
County. Check our
website, too! The
address is at the top of
this page.

2-1-1

The toll-free number to
call when you need
resources and support
for you or your family.

**Annual H.U.G.S.
(Help Us Grow
Safely) Fair is
scheduled for
March 7th in
White Salmon
at Henkle Middle
School. Doors
open at 10 am!**

- ♥ I'll listen when your voice is calm.
- ♥ I'll be happy to do the extra things I do for you when I feel respected.
- ♥ I'll get that for you when I see that you've finished your chores.
- ♥ I argue only at six o'clock on Saturday mornings.
- ♥ I'll let you know about that after I talk with your dad (or mom).
- ♥ I'm fine with you having that as long as you have the money to pay for it.

By Dr. Charles Fay, Love and Logic Institute

Gorge Early Learning Coalition Update

Great things are happening with the coalition. A **Play and Learn** program starts in February in both White Salmon and Stevenson. This **FREE and FUN** monthly event is for families with babies and preschoolers. Stories, games, wiggly dances, songs, simple crafts and playtime will be provided. Parenting and family support resources will be available for parents on a variety of topics. **Free dinner and transportation to and from the site makes it even better. The first night will be all about Dinosaurs!**

The Play and Learn program also offers take home kits that can be borrowed and checked out by families to use at home, then returned the next month. Filled with games, toys, puppets and easy at-home activities, the idea is to keep your little one learning.

Stevenson's first Play & Learn is February 19th, 6:00 to 8:00 pm at Stevenson Elementary School Library. Sandwiches from Subway will be served at 6:00, and activities begin at 6:30. A bus will stop at Jiffy Mart in Carson at 5:40, and at Carson Elementary School at 5:45. Hop on board for a great evening with your family. **The next Play and Learn will be held on March 19th.**

The White Salmon event is Feb 26th at Whitson Elementary School Library from 5:00 – 6:30 p.m. Call Whitson Elementary School office at 493-1560 to arrange transportation or ask other questions. Plan now for these other evenings, each with a different theme and fun times. **Mark your calendar for April 23rd, March 26th, and May 21st.**

SAVE THE DATE! The Coalition's next **Early Learning Summit** will be held on **Thursday, April 23** from 8:30 am to 1 pm (lunch provided) at the Pioneer Center in White Salmon. The program will include training for childcare providers and teachers, and speakers leading statewide efforts in early childhood learning programs.

You don't want to miss this exciting event - more details and registration information to come!

Ways to Be a Media Savvy Parent

by Liz Perle, *Common Sense Media*

1. **Visit an online social networking site.** If you have young kids, check out Club Penguin. See what the fuss is all about. Embrace their enthusiasm, but educate yourself about what goes on. For older kids, visit Facebook or MySpace. Ask them to show you their pages.
2. **Play a video game with your kid.** Not one of the really gross ones- try one of the Guitar Hero Games. Or play a sports game on the Wii or pass a football with Madden. The best way to keep kids away from violent games is to help them enjoy time with you without having to maim a living soul.
3. **Check out YouTube.** Your kids have -- probably when they were looking for something funny. So go to the comedy section, find something you like, and surprise them.
4. **Learn how to manage your kids' online lives.** Check site histories, set appropriate age filters, and teach your kids the basics of safe searching (Google has a safe-search setting) Don't let them figure it out alone.