



The Parent Network

Skamania Klickitat Community Network

PO Box 2306

White Salmon, WA 98672

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

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Holiday Fun



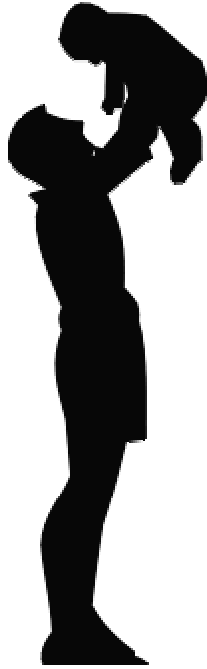
Saturday, December 12
Candy Cane Lane
Parade
www.cityofgoldendale.com

Paint and decorate
hand-made ornaments
as gifts or
decorations. All
materials provided.
Enjoy holiday
refreshments courtesy
of Friends of the
Library. Fun for the
whole family. FREE!
Saturday, December
12 2:00 pm
Stevenson Community
Library

Gorge Heroes Club
Supporting
Military
Personnel

Donations of snacks and
hygiene items are most
welcome! These will be
boxed and shipped to
soldiers, sailors, airmen
and Marines serving in
Iraq and Afghanistan.
Popular snacks include
small packages of
peanuts, gum, dried fruit,
granola bars, beef jerky,
powdered drink mixes
(single servings), coffee
and tea singles.

Travel size packets of wet
wipes, lip balm, hand
sanitizer, foot powder,
cotton swabs, disposable
razors and bar soap are
appreciated, too. For
more information, email
gorgeheroesclub@yahoo.com



Each year, more than 3 billion toys and games are sold in the United States, with 65 % of sales occurring between the day after Thanksgiving and December 25th. Shop safe this season by following these top 5 tips:

- Before shopping for toys, consider the child's age, interest and skill level. A fun, but inappropriate toy for a particular child can be dangerous.
- Keep toys with small parts away from children under age 3. They can choke on small toys and toy parts.
- Shopping at a second hand shop this holiday season? Check recalls.gov to make sure kids' products and toys are safe and haven't been recalled.
- Bikes or scooters make great holiday gifts. But remember that a helmet is a necessity, not an accessory when it comes to wheeled sports.
- Consider alternatives to putting children in shopping carts including strollers and carts that have plastic mini-cars or trucks attached to the front or back. If you must use a cart, make sure your child stays seated and is secured by a seat belt.

[Learn more about toy safety at Safe Kids USA](http://www.safekidsusa.org)

Family Gifts That REALLY Keep on Giving!

Remember that effort builds self-esteem.

Requiring our kids to earn some of the things they want is one of the greatest gifts we can give them. Working shows they are capable people with desirable abilities and skills.

Set limits by saying, "yes" instead of "no."

Saying, "Yes, you may have those sneakers or jeans if you pay for half of them" is far more effective than, "I am not buying those for you! Do you think that money grows on trees?"

Show them that arguing and manipulation don't work.

Calmly repeat, "I love you too much to argue" regardless of what they say. They'll be madder in the short-term yet happier in the long-term.

Expect them to do chores without being paid. It's part of sharing responsibility in the home.

Experiment with saying, "I'll be happy to _____ when your chores are done."

Let them see you say "no" to yourself.

When our kids see us resisting the urge to buy everything we want, or the newest and coolest gadget, they are far more likely to develop humility and responsibility. Help them recognize and overcome media messages that stress buy, buy, buy.

Love & Logic Institute

A one-ounce serving of Cheerio's contains 400 O's. Count them and see!

Items may also be dropped at the Hood River Armory at 1520 12th Street, or at the Hood River News, 419 State Street.

Share the Warmth

Through December 18, Windermere Real Estate Offices in the Gorge are holding their annual blanket and winter coat drive. Please bring your donations of clean, new or gently used coats and blankets to any Windermere office. They are located in Bingen, Stevenson, Goldendale, Hood River and The Dalles.

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 the newsletter

Parenting Tips & Toll Free Hotlines

<http://www.parentingpress.com>

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

Top 10 Food Items

Washington Gorge Action Programs Food Bank

- Canned meats: Tuna, chicken, salmon, corned beef, etc.
- Canned fruits or vegetables.
- Canned stew with meat
- Rice/Pasta
- Dried Beans
- Vegetable cooking oil
- Chili or refried beans
- Canned spaghetti with meat
- Canned beans: Pinto, navy, kidney, red, etc.
- Personal care products, including: Bath soap, shampoo, conditioner, deodorant, toilet paper, toothpaste, disposable diapers.

If you or a group you know of are planning to hold a food drive, here are some of the most requested and needed non-perishable items. Thank you for being compassionate towards families who need some extra support this year. It's tough right now- even for people working full time it's not easy to make ends meet.

Cash donations are also needed-they may be sent to WGAP at 1250 E. Steuben Street, Bingen, WA 98605. Thank you.

Step-families & Holidays

Try some of these ideas to help reduce stress and make your holiday enjoyable.

- Simplify. Forget the Martha Stewart Syndrome. She has lots of paid staff to do her work!
- Start new traditions. Come up with a new holiday menu with the help of everyone, or make homemade ornaments together for the tree.
- Avoid trying to buy a step-child's love with lots of gifts. It's phony and they will see through it.
- Plan ahead, and communicate with your ex-spouse so there are no unpleasant surprises about who is to go where when. Do your kids really need to see you fight again?
- Understand your children's mixed feelings, and help them express their emotions. Encourage them to talk about their concerns. Resist the opportunity to trash your ex. Be gentle on your kids and yourself.

Pancake Zoo or Alphabet

Basic batter recipe *

Use two bowls. Mix dry ingredients in one, and wet ingredients in the second.

DRY: 1 cup whole-wheat flour, 1 teaspoon cinnamon & two teaspoons baking powder. Stir together with a fork.

WET: 2 eggs, 1½ cups milk (soy milk or apple juice are good, too!), 3 tablespoons oil, 2 tablespoons honey or molasses. Whisk together.

Add the wet to the dry, and mix.

*Applesauce and/or yogurt can be added to this recipe-try adding ½ cup or so to batter.

Be sure it is liquid enough so it can be poured. (Small lumps are OK-too much mixing can make the pancakes tough.)

Scoop up the batter and pour it onto the hot frying pan or griddle in the shape you want. Don't expect it to be perfect! You can pour out the shape and wait a minute for it to brown, then pour more batter over it and cook to make it easier to flip. When brown on both sides, serve and enjoy. Even if they don't turn out to be quite the shape you want, see if your kids can guess what it should have been, or what it looks like!

Based on *What To Do After You Turn Off The TV* by Frances Moore Lappe

