



# The Parent Network

Skamania Klickitat Community Network

PO Box 2306

White Salmon, WA 98672

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

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Come Join In!

## Mom's Support Group

Confidential  
Informative  
Supportive

Begins

Wednesday, October 28

Church of the Nazarene  
225 NE Rhine Village Dr.  
White Salmon, Washington  
2:00-3:00 pm

Children welcome!  
Call 509-493-1558 or  
509-493-6153 for more  
information or to arrange a  
ride if needed.



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.

By the time a child is 18 years old, they will have eaten approximately 1,500 peanut butter and jelly sandwiches.

### Welcome to all parents, grandparents and caregivers.

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.

## Happy Halloween

Keep your kids safe and happy this Halloween with these practical tips and ideas from the National Fatherhood Initiative.

- **Get In On The Fun.** Dress up with your kids! Or, you can even choose a costume that your whole family can do together (everyone goes as characters from Harry Potter, dress up as a famous family - like the Adams family or the Flintstones).
- **Find Fun Local Activities.** Keep your eye out for fun fall festivals and activities for your family. Not comfortable with trick-or-treating? Many communities and/or churches host trunk-or-treat events where kids can collect candy in a safe environment.
- **Go Beyond Trick-or-Treat.** Extend the festivities by decorating or carving pumpkins, letting your kids decorate your porch or yard, or going to a haunted house together. Make sure you know what level of fright your kids can withstand - save haunted houses and forests for the older kids and make sure you know what kind of ghouls await your family.
- **Make It A Family Affair.** Going out together will ensure your kids' safety. Never let young children trick-or-treat alone.
- **Be Reflective.** Choose bright (flame-retardant) costumes for your kids and add reflective tape to their bags.
- **Monitor Candy Intake.** Dispose of any loose, unwrapped candy or any candy that has broken wrappers. Let your kids indulge for a bit, but then put the candy out of their sight and give it to them in healthy (small) portions.
- **Know the Neighborhood.** Pick a safe neighborhood for the festivities. If your kids are older and going out without your supervision, be very specific about what areas and neighborhoods they are allowed to trick-or-treat in.

Happy Halloween!

**Be Proud To Be A "Good Enough" Parent!** Particularly in today's world, parents receive hundreds of messages about spending "quality time" with their children, saying all the right things at the right time so that their children won't be damaged for life. Here's the good news – there is no such thing as a "perfect parent" who always says and does the right thing – and children survive just fine.

Be proud: Write down a situation where you weren't a "perfect parent" but a "good enough parent."

## Parenting Tips & Toll Free Hotlines

<http://www.parentingpress>

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

## 2-1-1

The toll-free number to call when you are looking for community resources and support for you and your family.

FREE

## Learn & Play Nights

Held in Stevenson and White Salmon, these delightful programs for toddlers, pre-schoolers and parents are now up and running. Come laugh and play while hearing a wonderful story, enjoy some crafts and activities and see how playing is really learning wrapped up in fun!

White Salmon at Whitson Elementary School Library

November 12

5:30 pm to 7:00 pm

Stevenson at Stevenson Elementary Library

November 19

6:00 pm to 7:30 pm



Are you a grandparent or other relative raising children? Receive the support you need with the Kinship Navigator Program through the Children's Home Society. Legal, financial and other support available.

Call Lauren Head  
at 360-695-1325 X 4224  
for more information

## What's in the bag?

**This is a fun game you can put together quickly on one of those rainy days when the kids are bored and wiggly.**

Items needed: One small or medium sized bag that you can't see into. It can be paper, cloth or plastic. (Note-keep plastic bags away from babies!)

Other items: Common items you have in the house that will fit into the bag. Use items that aren't sharp. The object is to hide things in the bag, and ask children to reach in with their eyes closed and identify the objects by feel alone. No peeking! For example, try this- one mitten, a spoon, one clothespin, an old key or two, and a small toy car. Let them feel the object and try to guess what it is. Ask them to describe the item. Is it rough or smooth? Does it have wheels? Is it metal or cloth?

This is a great way to help them learn new words. The use of tactile, or touching games gives children opportunities to make choices and sense what is different about the objects. By doing that it helps prepare their brains for reading!

## Setting Limits

**Rules are a part of life for all of us—children and adults.**

We need rules in order for society to function. Rules of safety and values are embedded into our daily lives.

**Rules that set limits can help make children safe.**

Of course, this is only true if there are responsible, caring adults who follow through and enforce those limits in a loving way. Children usually know when they are doing something that is dangerous or ethically questionable. When an adult intervenes, the child learns that their immediate world is truly a place that can be trusted. This works with teenagers as well as young children.

**Through this process of:**

- Adults setting limits and expectations in kind and firm ways
- Children testing those limits
- Adults reminding children about limits, and then following through with realistic consequences...

...children get to practice and master development stages like impulse control and self-esteem. The process of setting limits also helps children become contributing members of society. Because limits have to do with both safety *and* values, setting limits and expectations can help develop a conscience in young children.

Social networking sites on the Internet are not going away. The more you know about this technology, the better prepared you'll be to teach your tween or teen about potential dangers and to help your child take advantage of what these sites have to offer.

Get savvy. Many parents have heard of Facebook, but they have no idea what it is. Ask someone to help, or go online and set up profiles on Facebook, Friendster, and MySpace. Learn how the different sites operate. Familiarize yourself with the language and culture on each site. Try the [Internet Keep Safe Coalition's tutorial on social networking](#). Just like video games or television, social networking sites can be a drain on a child's free time and a serious distraction. Limit the time your child spends on the computer, and only allow recreational use after homework is done.

1. Sites allow users to post a photo or personalized graphic (known as an avatar). Encourage your child to find an avatar that he feels reflects his personality. If he really wants to use a photo, choose one taken at a distance and make sure he's not wearing a team jersey or anything else that could reveal his location.
2. Warn your child of the real dangers of ignoring safety precautions on Facebook and other sites—for example, someone finding out which school they go to or posting information about them in other places, such as pornography sites. "Parents shouldn't be afraid to broach the subject," Ellis says. "Children need to learn the consequences of their actions."
3. As further motivation for keeping children from posting photos on public sites, let them know that others may be able to download the photo, doctor it, and repost it elsewhere. Cyber bullying is growing in intensity with teens.
4. Tell your child to always ask someone in person whether they sent a "friend" invitation before they accept it.