

Welcome to our Parent Newsletter! Each month we'll send you some tips and ideas to help you add more tools to your parenting toolkits! To make it a little easier to find information that's important to you, we've color-coded the text. Anything in **ORANGE** is for **ALL Families**. Anything in **BLACK** is for elementary school parents. **Blue** is for intermediate and middle school families. **Green** is for parents of teens.

Breakfast of...

Our moms all told us that breakfast is the most important meal of the day. Even in today's new world of nutrition, that advice is still true! We know kids are ready to learn when they come to school with a good breakfast. If you're looking for some ideas for fast, nutritious breakfasts, try these links:

<http://www.bhg.com/recipes/healthy-eating/healthy-recipes/healthy-breakfasts-for-kids/?page=10>

http://kidshealth.levinechildrenshospital.org/kid/stay_healthy/food/breakfast.html

<http://life.familyeducation.com/breakfast/recipes/36176.html>

We also have some families that simply can't afford a nutritious breakfast. Would you help us? A donation of a few dollars would help us provide a safety net for kids who come to school hungry. If you'd like, you can choose to donate non-perishable healthy breakfast foods instead. Please drop off your donation at the district office and we'll get it to kids who need it. Thanks for anything you can do to help!

Coming Home

Every kid may come home from school to an empty house. For some kids it's an everyday occurrence, and for others it happens only once in a while. Does your family have a plan for those times?

Here are some things to have your child think about:

- As you walk up to the house, do you notice anything unusual? Is there a door or window open that's not usually left open? Where should you go?
- When you open the door, do you see, smell or hear something that you don't expect? What should you do?
- Which neighbors are usually home so your can get help?
- What phone numbers should have with you?

Looking for more information about keeping kids safe at home? Here are some resources:

<http://www.ci.phoenix.az.us/FIRE/keykids.html>

<http://learningstore.uwex.edu/pdf/NCR59701.pdf>

<http://www.teachersandfamilies.com/open/parent/selfcare4.cfm>

An Ounce of Prevention

When our kids start school, we make sure they're immunized against diseases that could harm them. You can immunize your children against alcohol, drug and tobacco use, too – but with words and actions instead of a vaccination. For example, you might use TV commercials or movie scenes as a starting point for conversation about the dangers of using alcohol or tobacco in an unforced way. And remember, discussion about these issues should start early. Just as you vaccinate before your child gets chicken pox, you can "vaccinate" long before children have even considered trying substances.

Love and Logic Classes are Starting SOON!

Love and Logic – America's most practical and entertaining parent training! Classes for parents of preschoolers meet on Tuesdays from 6:30 to 8:00 pm starting October 14. Classes for parents of elementary students (K- 6) meet on Mondays 6:30 to 8:00 pm starting October 8. All classes meet at Brooklyn Elementary School. LIMITED CHILDCARE is available! For more information or to register, call Community

Education at 835-4097 or visit

http://www.oregonsd.org/site_uploads/news/newsfile2407_1.pdf

Bouncing Back

"I'll never get this project done!" "I didn't make the team!" It seems like there are a lot of hard times in the life of your teen, but difficult times come into everyone's life. What can you do as a parent to help? Teens and adults who are resilient bounce back from life's difficulties faster. What can you do to help your teen become a resilient adult? Try this:

Give your teen unconditional love - not affection based on athletic or academic prowess.

- Be a good role model when it comes to handling stress -eat well, get enough sleep and try to remain calm.
- Help your teen get on the right track - break the overwhelming task down into manageable steps.
- Give your teen perspective- help them look outside themselves. Encourage your teen to volunteer, help a neighbor or discuss a national or global issue with you.

For some more ideas, check out Parenting Teens Online: http://www.parentingteensonline.com/article/show/title/Teen_Resilience/page/1

Quirky Link of the Month

Did you know that the CIA has a portion of their web page devoted to information for children, parents and teachers? Check it out!

<https://www.cia.gov/kids-page/index.html>

Watch for more information for parents every month! If you've got a topic you'd like me to include, please let me know!

Need more resources, parenting help or just don't know who to ask? Call or email

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