

January 2012



1-866-631-1997

Our toll free information line is there to help find information on classes, workshops and other family centered activities in and around Skamania & Klickitat County. Remember to use our website, too!

Dad's Corner

Power Words

Words can be powerful for children. Many can be positive, reminding them to try their hardest and aim to be the best possible person — in school and in life. These power words are not meant to frighten or intimidate anyone.

Let your child know that he or she can be someone who follows these **four power words**:

- Cooperation
- Compassion
- Persistence
- Self-control

At first, it might feel strange to use them and for your child to hear them. But if you work them into your conversations, over time your child will get the message that these words — and the specific behaviors they describe — are important. For example:

- Use these words to point out when your child has done something positive:
 - “You really **cooperated** with me today by helping to fold the laundry.”
 - “You had so much **compassion** when you helped your friend who was sad.”
 - “You showed **persistence** by working hard on your homework until it was done.”
 - “I know you were unhappy about not being able to watch more TV. But you showed real **self-control** by turning it off when I asked.” ♥

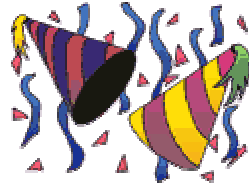
The Parent Network

Skamania Klickitat Community Network

PO Box 2306

White Salmon, WA 98672

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



Happy New Year

Go easy on yourself.

Research shows that people who act kindly towards themselves by acknowledging and accepting their faults and imperfections are better able to meet health goals, such as sticking to a diet or quitting smoking than those who beat themselves up for mistakes and problems.
Nobuddy's perfect!

Children's Dental Health Day

Free Dental Care

Saturday, February 4

7:30-4:00

Clark College

Dental Hygiene Clinic

1933 Fort Vancouver Way,

Vancouver, Washington

Free care for Clark and Skamania County children up to age 19 with dental problems. Serving families who have limited income and no dental insurance.

Services Provided:

- X-rays
- Sealants
- Fillings
- Fluoride treatment
- Extractions

Call for an appointment:

360-397-8000 Ext. 7371

or 360-397-8020

Internet Safety Tips

- Social networking sites (Facebook, etc.) provide cool tools for adults and kids to connect and communicate. They allow you to create a profile, chat with friends, post photos, and share with the world what you had for breakfast and your philosophies on life.
- These sites give kids a way to connect with people they know, but also with people they don't know. Strangers can use a student's profile to figure out where she goes to school, where she lives and other personal information. Predators can use fake identities to lure them into meeting in person.
- Yet networking sites, if used responsibly, can provide an outlet for kids to do what comes naturally to them: socialize. They serve as a creative outlet and can even improve written communication skills, says Ross Ellis, founder and CEO of Love Our Children USA, an organization to prevent child violence. Such sites also make it possible for kids to reconnect with friends they met at summer camp or classmates who have moved away.
- Get your own site on the same social network—that way you can keep an eye on what's going on.
- Tell your child that people who introduce themselves on the Internet are often not who they say they are. Show your child how easy it is to assume another identity online. Don't assume your child knows everything about the Internet. They have grown up with it and tend to feel it is something they can trust.
- Instruct your child to never give out personal information online, including their full name, gender, age, school, address, or teams. Teach your child to be generic and anonymous on the Internet. Their safety is your number one concern! ♥

Parenting Counts! Free Resources for Families

Talaris is proud to offer the Parenting Counts Center as a free service, available at ParentingCounts.org

After a tremendous reception from parents, Talaris has enhanced the Parenting Counts Center and is offering it as a free service. Furthermore, Talaris is pleased to introduce the Center without any commercial advertisements or sponsors in order to maintain its objectivity. To access the Parenting Counts Center and learn more about this free resource, visit their website www.ParentingCounts.org ♥

It's Winter

Want an easy way to help avoid colds and flu?

Wash your hands

Wash your hands

Wash your hands

Natural Cleaner Helps You Go Greener

Use 1 cup of white distilled vinegar in the rinse cycle when washing clothes. For baby clothes, it helps break down uric acid (that's what makes the yucky ammonia smell) and soap residue, leaving clothes soft and fresh.

Vinegar can also be used to clean and disinfect wood cutting boards. Wipe with a clean cloth with full strength white distilled vinegar. ♥

Bathtime Can Be Math Time

One rubber ducky, two rubber ducky, three...
Bathtime can also be science and art time, too! **As always, never, ever, ever leave a child unsupervised in the bath. Let the phone ring- and ignore the text. They'll be back in touch.** Addition or subtraction can be introduced by tossing in more toys, or taking them out. The concept of volume is also easy- just pour water from one sized plastic bottle to another to see if it all fits or overflows. There are special bathtub crayons or paints available. These can be used to learn colors, letters and numbers. Use them on the side of the tub. **Be aware that some ingredients, especially in bubble bath may lead to irritation or a urinary tract infection.** Use empty bottles and toys to explore concepts like sinking and floating, or how much something weighs. Under your supervision, test the temperature of water (warm and cold, **NOT hot**), as it comes from the faucet. After the bath leave a bit of water in the tub for a few minutes and toss in some ice cubes to show how solids become liquids. ♥

Baby Clothes Needed for Teen Parents in Stevenson

Do you have any gently used infant or toddler clothes needing a new home? Here's a chance to clean out your dressers and donate baby clothes you no longer need. Think of it as recycling! Young mothers and fathers attending Stevenson High School will make good use of them. Call Stevenson High School at 509-427-5631. ♥



How To Fight Right

Getting angry happens. It is a strong emotion and it can be really hard on a person, unless they get it out in the open. It doesn't help to shout or call names, nor does refusing to talk about it. Talking it out always helps, but when you do it, do it right. You can still show strong feelings, just express them in a calm, responsible and firm manner.

Stick with your feelings-you own them. Use "**I statements**" to get your point across. For example, "**I feel angry when you come home late and don't call**", or "**I feel frustrated when you don't help me clean up after dinner.**" Stay away from, "**YOU made me mad**," or "**YOU are a bad person.**" People typically turn off and become defensive when accused.

Say what you feel, then explain why. "**I spent two hours cooking dinner and it was dried out when you came home. Food is too expensive to waste.**" Then let the person know what you want them to do. "**From now on, please call me when you are going to be late.**"

You can use this style of communication with anyone from your 5-year old to a store clerk to a co-worker. It really works!

1. I feel....
2. When you (name the problem)....
3. I expect you to (clearly describe a way to solve the problem.)♥

WGAP Washington Gorge Action Programs

Serving Skamania and Klickitat County, WGAP is dedicated to helping individuals, families, and communities address basic human needs. WGAP provides a wide variety of services, including emergency shelters, energy assistance, Crime Victims Assistance, food banks, Independent Living Skills Training for youth in foster care, domestic violence and sexual assault services and many others.

509-493-2662 or www.wgap.ws ♥