

Parents' Place News

Volume XII Issue 8

Fall 2010

Parents' Place
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Office Hours:
Tues -Weds-Thurs 9:00 am to 3:00pm
Closed 12 noon to 1:00 pm for lunch

STAFF DIRECTORY

Director

Kathie Griffin

Ext. 11

Hispanic Interpreter

Edith Bautista

Ext. 17

Social Worker

Vickie Reif

Ext. 16

Parents' Place Happenings

Parents' Place staff and volunteers participated in two community wide events in April and August that netted well over \$1600. In April the Parents' Place team headed up by volunteer, Courtney Walker raised over \$1000 to benefit the annual March of Dimes Walk for Babies. Parents' Place board member Laura Collette has been a long time volunteer and advocate for this annual event. In August staff and volunteers once again put on their walking shoes for the annual Relay for Life. The team leader for this event was Americorps volunteer, Gary Gray. At present count the team has well over \$600 pledged for their efforts. The "Parents' Place Pulverizers" have vowed to make this very worthy cause an annual event.

Upcoming events for fall include a night at Burgerville on September 16th from 5:00 p.m. to 8:00 p.m. with a portion of the proceeds to benefit programs at Parents' Place. On September 29th from 5:00 p.m. to 7:00 p.m. Parent's Place will host a Welcome Back Barbeque at our facility located at 928 23rd Avenue in Longview. Members of our Dad's Group will don their chef hats to do the grilling. Please come and join us for food and a fun filled evening where you can learn more about classes, groups and services at Parents' Place. We would also like to give a big thank you to Burgerville, Foster Farms, Fred Meyer and Opsahl Dawson and Company for their valuable support to our agency.

Home Visiting Project

Parents' Place is pleased to be partnering with Children's Community Resources on a pilot project entitled Cowlitz Healthy Baby Home Visiting Project. Approximately 60 visits have

been made available through this project. Staff at Parents' Place and Progress Center will share the home visiting duties. Based upon referrals an initial brief hospital visit with the new mother will hopefully lead to a home visit. This home visit will in turn link mother and baby to available community services based on needs assessment conducted at the home visit. Shannon Gourley, grant administrator will collect the necessary data that will enable Children's Community Resources to hopefully access additional funds to sustain this much needed Cowlitz County project.



READY for Kindergarten

Did you know that there are 2000 days from the time your child is born until they enter kindergarten? Are you aware that a child learns more from birth to age two than at any other time in their life? In order to ensure that your child enters kindergarten well prepared and ready to learn Parents' Place in partnership with ESD 112 and the Safe Schools Healthy Schools grant will once again offer READY classes this fall. Please mark your calendars for Friday, October 29, 2010 10:00 a.m. to 12:00 noon for the birth to one year class. The one to two year old class will be held on Friday, November 5, 2010 10:00 a.m. to 12:00 noon. These classes will be held at Emmanuel Lutheran Church 2218 E. Kessler Blvd. Longview, WA. 98632. Please contact Parents' Place for further information regarding registration.

Separation Anxiety, or Stranger Anxiety

By Sue Abell, M.D

Separation Anxiety is an issue that often causes anxiety in the **parents** of infants and toddlers, and there is no doubt that it causes true distress to the babies, as well. Nevertheless, it is a normal and even necessary part of development.

You may begin to see that your baby reacts differently to strangers as early as four or five months of age, though most often stranger anxiety begins at around eight or nine months. Your baby may scream hysterically when a stranger even looks at him, or he may simply look away promptly and look back off and on until he is finally willing to engage in a little social interaction. Any baby may react more strongly to someone that seems different; for example someone with glasses, a beard, or a loud or deep voice (babies prefer high-pitched voices, which is why we instinctively use higher tones for baby talk).

So what exactly is going on in your baby's mind? Why can't you hand the baby off to Grandma anymore, or even (with some babies) to Dad? Your baby is demonstrating once again that he is becoming more sophisticated and understands things around him more clearly. He is aware now that he and you are two individual beings, rather than you being part of his own personal universe that is unchanging. He is beginning to understand that people can move in and out of his surroundings by their own choice, not by his choice. And he is very aware that he feels most safe and secure when he is in his mother's arms, and he can remember and desire that feeling when he isn't actually experiencing it.

The best way for parents to react to their baby's stranger anxiety is to stay low key about it, but not to ignore it. Your baby is truly feeling discomfort, which can range from mild to severe, so it is appropriate to comfort him in a way that does not make him even more afraid (you certainly wouldn't clutch him more tightly and say, in a dramatic voice, "of course you don't have to let Grandma hold you, honey!") Be calmly reassuring ("it's o.k., Grandma came over

to our house to visit.") Don't force him to go to anyone, unless it is unavoidable. Let family members know that he is currently not tolerant of being approached, and ask them to ignore him at first, while talking to you. They can then offer him a favorite toy and maybe talk directly to him. Ideally, before actually holding him, they could sit nearby with him staying on your lap, and then the baby could play independently on the floor for awhile. Finally, the "stranger," (even if it's Grandma), could hold a toy or book on her lap and see if the baby will tolerate sitting there to look at it.

This would also be a perfect way for your child to get to know a new child care provider, if possible. It would be nice to have several similar sessions before leaving your child alone with the new caregiver. If your baby will be attending a daycare center, plan a few visits in which you stay with him, and then take him with you when you leave, if possible. He will still probably cry the first time you leave him there alone, but he will adapt more quickly if the setting and people seem familiar to him.

The good news is that the period of strongest stranger anxiety will soon be over. It frequently reaches its maximum intensity around 12 to 15 months of age, and gradually decreases after that. Of course, every child's temperament is different, and each child follows their own developmental pathway. Watch and enjoy the changes as they occur, and reassure your friends and family. If you have specific concerns, be sure to mention them to your doctor.

Parents' Place Board of Directors

Beth Fellows- President
Tarassa Wiper-Vice President
Laura Collette-Secretary
Marilyn Duvall-Treasurer
Lynn Frost
Michelle Murphy
Audrey Schauer
Sandra Zingelmann

Our mission is to promote a community commitment to healthy parenting and to strengthen and enhance families to ensure the well-being of children.

PARENTS' PLACE CALENDAR

PARENT GROUPS: (No child care provided; parents and children bonding together)

Toddler Tuesdays: 10-11:30AM-- Parents with children 2-4 year old—parent group located at **Parents Place** 928 23rd Ave, LV

Baby Beginnings: 11AM-12PM--Focuses on the needs of new and/or expectant parents-- **Parents Place**

Welcome Home Baby-a 4 week class filled with information about your amazing newborn—**available upon request**

Union Familiar: 12-2pm—A Hispanic playgroup located at **133 S. Pekin RD—Woodland, WA**

DADS GROUP: Second and fourth Wednesday from 6:30-7:30 at **Parent Place**

Classes: **Families 4 Families:** Support for families with special needs children.
Love & Logic-5 wks-An approach to raising children that provides loving support from parents while at the same time expecting kids to be respectful
Children in the Middle: For divorced and divorcing parents. It is held twice a month: Tuesday and Saturday
1234 Parents: Teaches the importance of bonding and consistency between parent & child.
Battles Hassles Tears & Tantrums: A class for coping with conflict and making peace at home.
Ready! for Kindergarten: Fall Sessions- A class that lays the foundation for success in school.

OCTOBER 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|--|
| | | | | 1 | 2 |
| 4 | 5 <u>Toddler Tuesday</u> | 6 <u>Union Familiar</u> Love & Logic 1 of 5 (6:30pm) | 7 <u>Baby Beginnings</u> BHTT 1 of 5 (6:30pm) | 10 | |
| 11 | 12 <u>Toddler Tuesday</u> Children in the Middle(6pm) | 13 <u>Union Familiar</u> <u>DADS GROUP</u> Love & Logic 2 of 5 (6:30pm) | 14 <u>Baby Beginnings</u> BHTT 2 of 5 (6:30pm) | 15 | 16 |
| 18 | 19 <u>Toddler Tuesday</u> | 20 <u>Union Familiar</u> Love & Logic 3 of 5 (6:30pm) | 21 <u>Baby Beginnings</u> BHTT 3 of 5 (6:30pm) | 22 | 23 Children in the Middle (9am) |
| 25 | 26 <u>Toddler Tuesday</u> Ready! 6pm (Beacon Hill School ages 2,3,4) | 27 <u>Union Familiar</u> <u>DADS GROUP</u> Love & Logic 4 of 5 (6:30pm) | 28 <u>Baby Beginnings</u> Families 4 Families (5:30pm) BHTT 4 of 5 (6:30pm) | 29 Ready! 10am (Parents Place ages 0-1) | 30 |

NOVEMBER 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|--|--|
| 1 | 2 | 3 <u>Union Familiar</u> Love & Logic 5 of 5 (6:30pm) | 4 <u>Baby Beginnings</u> BHTT 5 of 5 (6:30pm) | 5 Ready! 10am (Parents Place ages 1-2) | 6 |
| 8 | 9 <u>Toddler Tuesday</u> Children in the Middle(6pm) | 10 <u>Union Familiar</u> <u>DADS GROUP</u> Love & Logic 1 of 5 (6:30pm) | 11 <u>Baby Beginnings</u> 1234 Parents 1 of 4 (6:30pm) | 12 | 13 |
| 15 | 16 <u>Toddler Tuesday</u> | 17 <u>Union Familiar</u> Love & Logic 2 of 5 (6:30pm) | 18 <u>Baby Beginnings</u> 1234 Parents 2 of 4 (6:30pm) | 19 | 20 Children in the Middle (9am) |
| 22 | 23 <u>Toddler Tuesday</u> | 24 <u>Union Familiar</u> <u>DADS GROUP</u> | 25 <i>Happy Holidays</i> | 26 | 27 |
| 29 | 30 <u>Toddler Tuesday</u> | | | | |

DECEMBER 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--------|----------|
| | | 1 <u>Union Familiar</u> Love & Logic 3 of 5 (6:30pm) | 2 <u>Baby Beginnings</u> 1234 Parents 3 of 4 (6:30pm) | 3 | 4 |
| 6 | 7 <u>Toddler Tuesday</u> | 8 <u>Union Familiar</u> <u>DADS GROUP</u> Love & Logic 4 of 5 (6:30pm) | 9 <u>Baby Beginnings</u> 1234 Parents 4 of 4 (6:30pm) | 10 | 11 |
| 13 | 14 <u>Toddler Tuesday</u> Children in the Middle(6pm) | 15 <u>Union Familiar</u> Love & Logic 5 of 5 (6:30pm) | 16 <u>Baby Beginnings</u> | 17 | 18 |
| 20 | 21 ← | 22 Happy Holidays | 23 → | 24 | 25 |
| 27 | 28 ← | 29 See You Next Year!!! | 30 → | 31 | |

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