

January Parent Newsletter

Baby Blues & Rainy Day Activities

Many people look forward to the holiday season. We enjoy spending time with family, decorating gingerbread houses, or having a few days off work to get housework done – or, hopefully, relax and read a book or two with our children. While the holidays are a special time for many people, there are just as many people who feel saddened. Less daylight, cold and rainy weather, and higher stress from customers in a rush to get last minute Christmas shopping done can make the holidays feel like a difficult time instead of a happy one.

As we fall into winter, it is important to remember that Linn, Benton, and Lincoln counties have resources and services for you and your family.



Transitions are Hard

It is not just the weather that changes in January – going back to work, school, and daycare after a holiday can feel stressful.

- It is okay to go slow.
- Try talking with your children about what they look forward to or might be worried about at school or daycare.
- Ease into a daily routine with breakfast, lunch, and nap time that align with your child's school or daycare routine.

Change is hard, but with conversations and patience, the entire family can get back into the swing of things after the holidays.

Not Enough Outside Time

Play and exercise are very important for children of all ages, from a baby kicking to a child playing soccer. During the cold and rainy months, many children stay inside, which can cause anxiety and boredom. What helps children play and exercise inside?

- Mini hockey with a flyswatter and balloon.
- Cut holes in the top of a plastic container to push pom poms through.
- Create hopscotch or a race car track with painter's tape.
- Build a castle out of cardboard.



INDOOR ACTIVITIES FOR TODDLERS

These Indoor Activities For Toddlers are perfect for winter or a rainy spring or summer day and many will help develop fine motor skills. Plus tips to make them harder for preschool aged kids.

Parenting Education Classes at Linn-Benton Community College

The Family Resource & Education Center at LBCC promotes Parenting education: the development of knowledge and skills for strong and healthy families in Linn and Benton counties. Information on classes, cooperative preschools, workshops and more.

Please call Pollywog/Family Connections at 541-917-4884 for details and to sign up.



Parental Resilience

Child and family well-being starts with promoting protective factors. Participants in this workshop will examine how caregivers who can cope with everyday stressors and an occasional crisis are resilient, which is the ability to bounce back after difficulties. Resilient adults are role models for children who can learn self-regulation, problem solving, and learning to seek help when needed.

- Wednesday, February 5, 2020 from 6:30-8:30 PM
- Noah's Ark, Corvallis (2760 SW 53rd Street)
- \$20.00 with free onsite childcare and light snack. Scholarships available for parents.



Social Connections

Child and family well-being starts with promoting protective factors. Participants in this workshop will examine how adults with a network of emotionally supportive friends, family, and neighbors often find it easier to care for their children and themselves.

- Wednesday, March 4, 2020 from 6:30-8:30 PM
- Noah's Ark, Corvallis (2760 SW 53rd Street)
- \$20.00 with free onsite childcare and light snack. Scholarships available for parents.



The Community Health Centers of Benton and Linn Counties provide patient-centered primary medical care that focuses on the whole person. We understand how physical health, mental health and oral health all impact each other. We are committed to helping each person achieve these health goals and lead a happier, healthier life.

Primary Care Locations:

- | | |
|-----------------------------|--------------|
| • Benton Health Center | 541-766-6835 |
| • Lincoln Health Center | 541-766-3546 |
| • Monroe Health Center | 541-847-5143 |
| • Alsea Rural Health Center | 541-487-7116 |
| • East Linn Health Center | 541-451-6920 |
| • Sweet Home Health Center | 541-367-3888 |



[Pollywog Facebook](#)



[Pollywog Website](#)



[Pollywog YouTube](#)

Copyright © Pollywog 2017. All rights reserved.

Our mailing address is:
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884