



Happy 2018! With the start of a New Year, many of us are thinking about New Year's resolutions or new beginnings. Involve your family in talking about hopes for the New Year and new activities you would like to try together at home or in the community. In addition, take time to reflect on ways to take care of yourself in the New Year (something we often forget to do as parents!).



Making a plan to take care of yourself in the New Year

Parents and caregivers of young children are notorious for taking great care of others while not taking time to care for themselves. Taking time for yourself helps you be a better caregiver and can reduce stress in your family and improve your family well-being.

- Make a list of the things you can do to take care of yourself: reading, exercising, getting enough sleep, calling a friend, listening to music. **What do you enjoy?**
- Set a goal to **include self-care** into your routine more often whether it is once a day, once a week, or even once a month.
- **Share your goal** with family so that they can help support you.

Taking care of one another in the New Year

Have a family discussion about feelings you would like to have more often in your family in the New Year.

- **What are the feelings that you like to have when you are together as a family?**
- **What are the things that you do to help one another have these feelings?**

Create a family picture or collage of what you talk about. Include a list of the feelings you come up with as well as the things you can do together on a daily basis or on special occasions to have those feelings. Children can get involved too by helping brainstorm ideas, drawing pictures, or scribbling to help decorate the collage. Post your picture on the refrigerator or in a place where you will see it on a regular basis.

For more articles like this see

-- Oregon Parenting Together --



Have you checked out Ready! For Kindergarten?

Ready! for Kindergarten provides take-home materials (toys) and tools, to empower parents and caregivers to help young children develop strong brain connections and kindergarten readiness. There are 3 total workshops; you can attend one or all. Here are upcoming workshops:

Hayesville Elementary

Call to register- (503) 399-3153
February 21, March 20, April 25
5:00-7:00pm

Gervais Elementary

Call to register- (503) 792-3803 ext. 1022
January 23 and March 20
5:00-7:00pm

Scotts Mills Elementary School

Call to register- (503) 873-4394
February 21 and April 25
5:30-7:30pm

Heritage Elementary School

No registration required!
February 5
5:30-7:30pm

To find more Ready! workshops visit our [calendar!](#)

Upcoming Parenting Classes

Nurturing Parenting (*English*)

Mill City Christian Church

233 SW 3rd Ave

Mill City, Oregon

Every Thurs., Jan. 4- Mar. 14

6:00-8:00pm

Call (503) 769-1120 to register

Make Parenting a Pleasure (*Spanish*)

Salem-Keizer Coalition for Equality

3850 Portland Rd NE #100

Salem, Oregon

Every Thurs Jan. 11-Mar. 15, 2018

10:00-12:00pm

Call (971) 239-9662 to register

**To register for these classes and
to find more visit our [calendar!](#)**



Nurturing Parenting (*English & Spanish*)

Hallman Elementary

4000 Deerhaven Dr NE

Salem, Oregon

Every Wed., Jan. 10- Mar. 14

5:30-8:00pm

Call (503) 390-3451 to register

**For Parenting Classes in Polk County
visit [Mid-Valley Parenting](#)**



Blog of the Month

It's a New Year! The calendar has switched over and for many people this feels like a time of change, of new opportunity and perhaps starting over. Many resolutions are made about working out more, eating better, or changing a habit. These resolutions are often well-intentioned and typically self-focused.

-- Read More --

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.



Vroom Tip

While you clean up the dirty dishes, show your child a dirty dish and say "yuck" with a funny face. Your expression should make your child giggle. With each new dish, use a new word, such as "sticky" or "goopy" See what funny words they can come up with too.

[More Vroom Tips](#)
