



OREGON'S CHILD CARE SEARCH ENGINE

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Family Matters

Family Connections

Child Care Resource and Referral of Linn and Benton

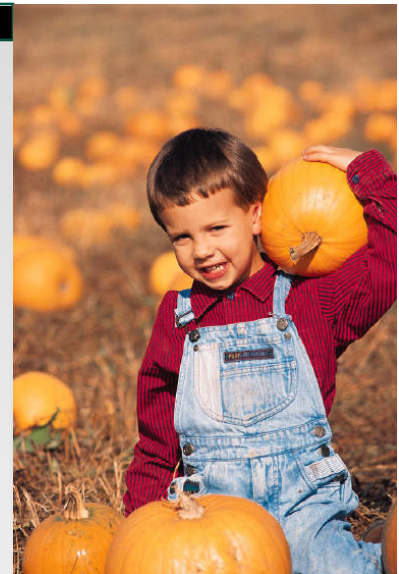
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Meeting with the teacher: Do your homework ahead of time

Now that you're an adult with kids of your own, teachers take on a new role in your life.

Your children see them every day, but you might meet with them only a few times during the school year. Here's how to make the most of every conference:

- ❖ *Prepare well in advance.* Start collecting copies of homework assignments and tests in the fall so you can see what kind of work your child is doing.
- ❖ *Talk to your children.* Find out what they like about school and their teachers, as well as what they don't like and what subjects they're struggling with.
- ❖ *Bring another adult to the meeting.* You and the teacher will get more perspective from someone else who knows your child well. If both parents can't attend, invite the child's grandparent or aunt to come along.
- ❖ *Have some questions ready.* The teacher will have a lot of information for you, but come in with a list of questions to ask so you don't forget anything important. Questions can address whether your child is performing at grade level, how he or she is evaluated, and how you can stay involved in his or her education.
- ❖ *Show up early.* Be punctual. Even if you've made a special appointment, arriving promptly says you take their time, as well as your child's education, seriously.
- ❖ *Follow up with your child.* Tell your child what you talked about. If you and the teacher have developed an action plan to address specific issues, explain that to your child so he or she knows what's going on.



Winter Break

Need child care for school age children during their winter break?

It's not too soon to start planning.

Family Connections can help. Call, e-mail, or stop by:

541-917-4896
800-845-1363

connect@linnbenton.edu

Visit us in LM-132
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Supporting Healthy Families

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Family Matters is a quarterly publication of Family Connections; Pam Dunn, Editor.

Keep your desk—and career—well organized for success

A messy desk doesn't just slow down your ability to find things—it can impede your career development. A survey of HR executives by Office-Team found that more than eight in 10 said an untidy workspace influences their view of that employee's professionalism. Peter Walsh, of Peter Walsh Design in Sherman Oaks, Calif., says that almost 49 percent of your co-workers wonder about your abilities if you're not capable of keeping your desk clean.

With that in mind, try these tips for keeping your working area neat and efficient:

- ❖ **Create "zones."** Don't just toss documents, books, supplies, etc., across your desk. Designate specific areas for particular items: progress reports in one corner, mail in another, staplers and paperclips in your top drawer, and so forth. This will make finding things quicker and easier.
- ❖ **Clean up regularly.** Before lunch, and right before you go home, spend a few minutes sorting your desk. File what you need, discard what you don't, and straighten everything up so it's waiting in the right location when you return.
- ❖ **Respond promptly.** Resist the urge to set stuff aside for an indeterminate "later." Make a point of filing, discarding, or acting on items right away so they don't pile up and become overwhelming to contemplate.

Getting kids to eat veggies

Veggies are not always the favorite, but remember that fruit can be a great substitute until your child's taste tolerance widens. Here are a few tips and resources for sneaking in nutritious vegetable choices:

- ❖ If you have leftover yellow or white vegetables, mash them and add an egg, cook like a pancake
- ❖ Use cheese as a garnish on cooked veggies
- ❖ Puree steamed vegetables and add to soup; it will make the soup creamy
- ❖ Spaghetti squash can be cooked while in the microwave, cut in half, remove the seeds and use a fork to remove the "spaghetti" strands. Serve with butter or olive oil or red sauce
- ❖ Mash canned black beans into meat used for hamburger or meatballs
- ❖ Make sweet-potato chips with thinly sliced circles, cooked in microwave and sprinkled with cinnamon and sugar
- ❖ Serve raw vegetables with dip: try carrot, cucumber, zucchini, peppers
- ❖ Frozen peas or sugar snap peas are a favorite as well

For more ideas, see *Feed Me I'm Yours* by Vicki Lansky or *The Sneaky Chef* by Missy Chase Lapine

One rule for living—don't over-specialize

Science fiction writer Robert A. Heinlein once wrote: "A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects." If that's not enough, here's a short list of skills that everyone should master to survive and prosper in today's world:

- ❖ **Operate a computer.** You should be able to go beyond locating the "on" switch.
- ❖ **Search the Internet.** Understand how to use Google and other search functions to gather and confirm information.
- ❖ **Perform CPR** (and the Heimlich maneuver). You can always be prepared to save a life.
- ❖ **Cook.** Everyone should know the basics of preparing a meal that isn't just microwaved.
- ❖ **Tell a story.** You can persuade and inspire people by telling stories that move them.
- ❖ **Change a tire.** Because you can't always wait for AAA.
- ❖ **Take good notes.** You can't remember everything. Develop a reliable system for documenting what you need to know in the future.

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