



## OREGON'S CHILD CARE SEARCH ENGINE

Connect.Educate.Navigate

# Family Matters

## Family Connections

Child Care Resource and Referral of Linn and Benton

Vol. 21, Issue 4: Fall 2012

### Learn the career lessons they don't teach in school

Education is a stepping stone to success, but some of the most important lessons aren't taught in school. Here's what you need to learn in order to grow in your career (and in your personal life):

- ❖ *You can't do everything yourself.* Don't be a control freak. Learn your limits so you can concentrate on what you do best and delegate the rest to people (or tools) capable of doing as good a job, or better.
- ❖ *You need to understand finance.* No matter what field you're in, a basic understanding of how money flows in and out of your organization will help you stand out from your peers and make better professional and personal decisions.
- ❖ *You don't always get a second chance.* Failure isn't necessarily fatal, but that doesn't mean you'll get unlimited opportunities to try, try again. Learn to distinguish between foolhardy gambles and reasonable risks, and show that you're willing to do your best—but be ready to move on if things don't work out.
- ❖ *Your attitude is paramount.* Stay upbeat, no matter what happens. Not only will employers and co-workers respond to your energy and positive outlook, but you'll be more motivated and productive if you approach your work with optimism and a can-do spirit.
- ❖ *Your boss doesn't have all the answers.* Listen to your managers, but remember that they're human, too. They don't always know what to do. Your job is to help them get things done, not dump problems in their laps. Offer solutions and support wherever and whenever you can.
- ❖ *You've got to market yourself.* You're responsible for your own success. Most of your managers and colleagues are too busy with their own issues to look out for your career. Look for opportunities to shine, let people know what you're capable of, and be ready to prove yourself.



## 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.

541-917-4896

800-845-1363

[connect@linnbenton.edu](mailto:connect@linnbenton.edu)

Visit us in LM-132

Albany Campus

## Supporting Healthy Families

- ❖ Personalized Child Care Referrals / Information
- ❖ Parenting Support & Information/Advice Line
- ❖ Elder Care Referrals

## Keep your creative juices flowing

You don't have to give up on your creativity as you age. You just need to take better care of your brain.

Here are some tips for staying mentally fit:

- ❖ **Limit exposure to stress.** You may not be able to eliminate stress from your life entirely, but do what you can to keep it in perspective. Stress can narrow your mental vision and decrease your ability to think differently. Learning how to relax and remain calm as you confront problems will help you find solutions more efficiently.
- ❖ **Don't multitask.** Distractions and lack of focus are the enemy of creative thought. Train yourself to work on one task or problem at a time so you can think deeply about what you're doing and use your whole brain.
- ❖ **Rest your brain.** By the same token, don't try to focus your mind like a laser all the time. You need to give it some rest so it can refresh and recharge. Often, you'll find the solution to a puzzle when you step back and allow your mind to work on it without the pressure of conscious thought.

## Tantrum alert: How to cope with a toddler's meltdown

Temper tantrums are a part of life for any small child—and for every parent as well. They can be embarrassing, and even frightening, but for your child's sake, and your own sanity, you need to understand them so you can deal with them constructively.

Meltdowns can be very common in children from 1-4 years old. Kids that age are struggling for control of their environment, and their inability to express themselves with language, or physically get what they want, can lead to frustration that they're not equipped to handle, especially if they're tired, hungry, uncomfortable, or feeling stressed for any reason.

Parents may not be able to head tantrums off completely, but you can keep them from turning into a pitched battle with these strategies:

- ❖ **Ignore the tantrum.** If at all possible, let the child's temper run its course without interference from you, unless there's any danger of damage or injury to objects or to your child. The idea is to avoid feeding the tantrum with too much attention.
- ❖ **Distract the child.** Try to direct the child's attention away from whatever is contributing to the problem. Offering to read a story or play with a different toy may help your child forget about whatever's upsetting him or her.
- ❖ **Try a time-out.** Remove your child from the situation and give him or her a chance to calm down in a safe environment. Without the stimulus, the child will usually be able to settle down quickly.
- ❖ **Teach coping strategies.** Talk to your child about how to deal with frustration. You might emphasize using words to explain what they want, or finding some alternative way to get what they need (by making a trade, for example).
- ❖ **Reinforce positive behavior.** Take every chance you can to praise children for dealing with problems calmly and constructively. Let them know that anger is perfectly natural, and it's something they can control.
- ❖ **Follow a routine.** When children know what's going on, they're less likely to become confused or upset. Take kids on errands early in the day before they get too tired, for example. A regular routine is soothing for kids; constant change can be stressful.
- ❖ **Know what triggers to look for.** Pay attention to what seems to cause a tantrum to erupt. If a certain place or activity seems to set your child off, try to avoid it, or talk about appropriate actions ahead of time.
- ❖ **Stay calm.** Don't throw your own tantrum in response to your child's. This can make the entire experience more frightening and can extend the trauma. Be a good role model for handling anger and frustration.

**Linn-Benton**  
COMMUNITY COLLEGE

FAMILY CONNECTIONS

6500 Pacific Blvd. SW, Albany, Oregon 97321 • 541-917-4896 • 1-800-845-1363  
[www.linnbenton.edu/go/family-connections](http://www.linnbenton.edu/go/family-connections) • [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

LBCC is an equal opportunity educator and employer.