

TAKE FLIGHT

*Two of the greatest things
we can give our children are
roots & wings*

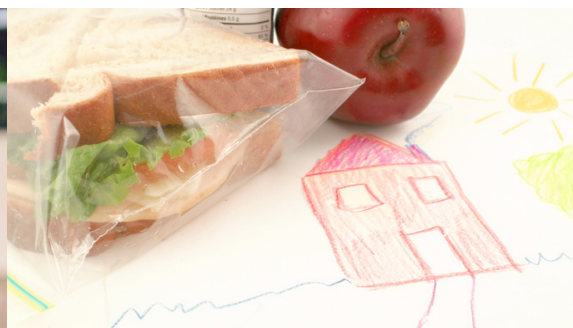
Clackamas Parenting Together

NEW CLASSES HAPPENING THIS MONTH



EMOTIONS MATTER

Join other parents for our virtual parenting session focused on supporting and understanding our young child's emotions. [Click Here To Learn More.](#)



READY, SET, KINDERGARTEN!

Do you miss our virtual workshop last week? Click below to access the class slides which cover social, emotional & academic skills for modern kindergarten. [Click Here To View The Class Slides](#)



THE MAGIC OF MINDSETS

Join other parents for our virtual parenting session focused on fostering a growth mindset for ourselves and our children. [Click Here To Learn More.](#)

JUNE IS LGBTQIA+ PRIDE MONTH



The Living Room works with youth to support belonging, leadership, and engagement through Peer Support Services, drop ins, access to resources, and community events. They create a community where LGBTQIA2S+ youth thrive. Click the logo above to learn more!



We are honored to be celebrating with all our LGBTQ parents and children this month!!

SUMMER FUN IS STARTING UP IN CLACKAMAS COUNTY!

We are excited to highlight a few upcoming playgroups, story times and community events. Looking for more fun? Check our [CALENDAR](#) of events! We are excited to see families get out and enjoy learning and playing together this summer!

We Play Wednesdays Start in July
[CLICK HERE TO LEARN MORE](#)

Estacada Summer Story Times start in July
[CLICK HERE TO LEARN MORE](#)

Summer Reading is Back at Local Libraries. Find more information for your local library below.
[CLICK HERE TO LEARN MORE](#)



SUMMER SCHEDULE WOES? YOU'RE NOT ALONE!

Summer often means new schedules for children and families. And this change can sometimes be tricky on kids! Follow the links below for some timely advice of making smoother transitions for your family this month!

Here are some great idea and suggestions for [Toddler](#), [Preschool](#), [School Aged Transitions Between Activities](#)

Raising Real Readers shares an interesting take on summer schedules, incorporating family meetings and values:
<https://raisingrealreaders.com/how-to-structure-a-simple-summer-schedule-for-you-and-your-kids/>

This [blog by The Military Wife & Mom](#), discusses her success using a printed visual card system for helping her preschooler learn a new routine

[Worried about keeping your teen motivated this summer? Here's some tips!](#)

Meet The Hughes Family!



Beth and her two children started coming to parenting classes in Gladstone almost 10 years ago! DJ and Alli were curious, fun loving preschoolers who kept Beth on her toes! Coming to classes on weekday nights was a great break for Beth, fun for the kids and a perfect place to learn more about being an amazing mom. As her kids have grown (they are now in middle school), Beth has continued to stay involved in parenting classes. She and her children love the Strengthening Families Class that is currently happening in person, having time to learn separately and then come together to share their class topics has really been helping them grow closer as a family.

Beth says, "being in a classroom full of parents with children the same age as yours is so helpful. We can lean on each other, and learn that we aren't alone!" She also has always loved parenting groups because "the advice that is shared helps me look at my own situation with a completely new lens." Beth recommends that all parents should go to a class, even though it might be hard to find the time to attend, it's always worth it.

FROM MY NEST



My family of three school aged kids, one being a high school senior, has been living a crazy chaotic last couple of months.

We have had final performances of dance, awards banquets, soccer tournaments, choir concerts, birthday parties and more! A loving friend said to me recently, "Geez Chelsea I hope you are taking time for yourself too!" and as impossible as it might seem, I really have been and it has been really key! There are lots of ways to practice self-care and not all of them are bubble baths, manicures and kid free date nights. Don't get me wrong, all those things sound lovely and certainly have their time and place but sometimes you are just going through a season of life that doesn't allow those luxurious forms of self-care. So here are my 2 best suggestions, tried and true, for ways to keep your own personal cup full while supporting a busy family:

READ: I never made time to read when my kids were younger. I likely went 16 years without reading a book that wasn't by Mo Willems or Sandra Boynton, but thanks to the pandemic I finally brought reading back into my life. Once I was no longer allowed to watch soccer or dance practices, I just found myself sitting in my car. So, I started bringing a book with me to every kid event I went to. A fairly easy read, like teen fantasy fiction, nothing difficult or stressful. I found spending my hour of sitting in my car with a book instead of on my phone made me so much happier! I have kept reading during those awkward activity downtimes and I even enjoy it so much that I make time between 11pm and midnight to finish reading any unfinished chapters from earlier that day!

Wake Up Early: I wake up at the same time every day of the week. During the weekdays this only give me enough time to pull kids out of bed and make breakfast and pack lunches and head to work. But on the weekends this same 6am wake up gives me an hour (or 2!) before the rest of my house wakes and it's lovely to have some time to myself!


I also love this take on Self-Care from Briana Wiest, who reminds us, it is often **UNBEAUTIFUL**

CLACKAMAS PARENTING TOGETHER PRESENTS:



LITTLE HUMANS: BIG FEELINGS

ONLINE SUPPORT FOR
MOMS, DADS AND LOVING
CAREGIVERS OF CHILDREN
1 TO 6 YEARS OLD.



Join On Zoom!

**WEDNESDAY
JUNE 29TH
9:00AM**

This virtual workshop will focus on supporting the big emotions our toddlers and preschoolers feel each day! Our emotions impact our ability to build positive relationships, to pay attention, to learn, to play! From happy to sad, loved to frustrated, excited to discouraged - the many emotions children (and adults) experience throughout the day matter!

REGISTER ONLINE!! Call, Text or Email Chelsea With Questions:

ClackamasParenting@gmail.com | 503.367.9116

CLACKAMAS PARENTING TOGETHER PRESENTS:



THE MAGIC OF MINDSETS

ONLINE SUPPORT FOR MOMS,
DADS AND LOVING CAREGIVERS
OF CHILDREN 3 TO 8 YEARS OLD.



Join On Zoom!

**THURSDAY
JUNE 30TH
7:30PM**

This virtual workshop will focus on understanding growth, change, and intelligence. A growth mindset helps children learn from their mistakes & value hard work. We will discuss ways to encourage effort, persistence & creativity. How can a growth mindset allow our children, and ourselves, to succeed? Join us for a valuable discussion together!

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Summer Storytimes at the Park

WADE CREEK SKATE PARK PAVILION

**All Ages Storytime and Playgroup
with Ms. Deborah and Ms. Ann
FRIDAYS, 11:00 A.M.-12:30 P.M.
July 8-August 12**



All are welcome for stories, songs, games, and more! Outdoor play sponsored by Todos Juntos.



**Toddler Tuesdays with Ms. Deborah
TUESDAYS, 11:00-11:30 A.M.
July 12-August 16
(no session on August 2)**

Stories, songs, and movement for the younger set.
All ages and siblings are welcome, too!

**Summer Meal Program at Wade Creek Skate Park
June 27-August 12, 11:30 a.m.-12:30 p.m.
Lunch is free for kids 0-18, provided by
Estacada School District Nutrition Services.**



CLACKAMAS PARENTING TOGETHER PRESENTS:

WE PLAY WEDNESDAYS!



Join us for three
mornings of fun for you
and your young
children.

Stories, crafts, snacks &
outdoor playtime.

Email to register:
sbutler@clackamas.us

WEDNESDAYS @ 10AM

July 13, 2022
Rivercrest Park
131 Park Drive
Oregon City

July 20, 2022
Hammerle Park
1505 Lewis Stret
West Linn

July 27, 2022
Max Patterson Park
450 E. Exeter
Gladstone

Questions? Email Sophia at SButler@clackamas.us