

WHAT'S  
INSIDE:

FEATURE:  
4 Ways to Raise  
an Empathy-Rich  
Child

by Katie Hurley, LCSW

What's Goin' On?

Things to do  
and see locally  
and nearby.

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BOREDOM  
BUSTERS

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JULY  
2016

RESOURCES, NEWS & INFORMATION FOR ADOPTIVE FAMILIES IN TEHAMA COUNTY

# TOGETHER on purpose

Network &  
Resource  
Group

July 19

August 16

3:30 - 4:30 PM

345 David Avenue, Red Bluff  
(North Valley Baptist Church)

All Adoptive  
Families Welcome

Free Childcare  
Provided On-Site

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by Katie Hurley, LCSW

## WAYS TO RAISE AN Empathy-Rich Child

Six months ago, I took my eight-year-old daughter on a road trip to San Francisco. It was her first trip to the area and she researched the city to find the best spots to visit. The list was long and we didn't stand a chance of completing it in two days, but she was determined to give it a try.

She was mesmerized by the Golden Gate Bridge (although she preferred to view it from a distance) and she enjoyed climbing up the crooked street. She couldn't fathom how people got in and out of their driveways at such difficult

angles. She loved watching the seals play at the Wharf and she certainly ate her fill of sourdough bread. None of those things, however, stuck with her. They were memories we collected during our girl's weekend together, but they didn't leave her with a sense of purpose.

It was confronting homelessness around every corner that altered her soul. Having traveled to New York City several times in her eight years, she has asked what it means to be homeless and how we can help, but something about this trip left her with a renewed sense of responsibility to people in need of help. She no longer wanted to donate bags of coins collected along our walks. She wanted to take action in the form of providing direct help. She's been talking about it ever since.

When tragedies hit the news we talk about change. We discuss the politics that hold us back and where we need to go from here. We debate problems and argue about solutions, but we don't really make many changes. While that might feel hopeless to some, I believe there are grassroots efforts we can make that will impact us for generations to come.

Article Continued on Page 4 ...

It's not too late! You can still get your Starbucks Card!

FREE  
STARBUCKS  
GIFT CARD

We only ask one small favor ...

Visit [www.togetheronpurpose.org](http://www.togetheronpurpose.org) and fill out the survey to let us know what services YOUR FAMILY would find valuable. Then, fill out the contact form, and we'll send your gift card out!

Eligibility: Must be over 18. Must be a foster or adoptive parent in the Tehama County area (we're interpreting that pretty loosely, but keep in mind, supplies are limited). One submission (and Starbucks card) per adult. While supplies last. Rules are subject to change at any time.

# WHAT'S GOIN' ON? Coming Events & Activities

## JULY 2016

### **19** Together on Purpose Network & Resource Group

Tuesday, July 19, 3:30 - 4:30PM at 345 David Ave., Red Bluff (North Valley Baptist Church). Come meet with professional therapist Scott Howell, MFTI and other Tehama County adoptive families for support, networking and resource sharing.

**Free childcare provided on-site.** All adoptive families welcome. For more information, call Andrea or Tahnee at 530-528-0300 or email [acurry@atvrb.org](mailto:acurry@atvrb.org). We look forward to seeing you there! FREE EVENT.

### **20** Popsicle Stick Craft Day

Wednesday, July 20, 10AM-Noon at Makerspace, Tehama County Department of Education, 1135 Lincoln St., Red Bluff. Come and explore all the amazing things that you can create with Popsicle Sticks! Supplies will be provided. There will be instructions for several different Popsicle Stick projects on each of the tables for you to reference while making. Bring a friend or family member to join in on all the fun we will be having at this workshop! Call (530) 528-7310 or email [seickmeyer@tehamaschools.org](mailto:seickmeyer@tehamaschools.org) for registration or more information. FREE EVENT.

### **22** Attachment and Trauma-Informed Parenting

Friday, July 22, 9AM-5PM at Lilliput Children's Services, 289 Rio Lindo Ave, Chico. Traditional parenting does not heal the wounded hearts of traumatized children. This adoption and trauma-informed course will help you find your way with a comprehensive approach to parenting difficult-to-parent children. If you are a parent of an adoptive child from difficult beginnings, maltreatment, neglect, trauma or other related challenges, this workshop will be beneficial to you. Please RSVP by Friday, July 15, 2016 to [mcrittenden@lilliput.org](mailto:mcrittenden@lilliput.org).

### **26** Cardboard Crafts (Linkages)

Tuesday July 26, 1:30-3:30PM at Makerspace, Tehama County Department of Education, 1135 Lincoln St., Red Bluff. This is a cardboard activity from the Tinkering Studio in San Francisco and Makerspace is bringing the fun to Tehama! This activity involves making simple machines and getting creative using cardboard. It is a lot of fun and everyone is welcome! There will be a 2 hour time frame to drop in and create, so feel welcome to stay the whole time or just for the time needed to finish your project. Ages 8 and up are recommended. Call (530) 528-7310 or email [seickmeyer@tehamaschools.org](mailto:seickmeyer@tehamaschools.org) for registration or more information. FREE EVENT.

### **28** Duck Tape Fun

Thursday, July 28, 10AM-Noon at Makerspace, Tehama County Department of Education, 1135 Lincoln St., Red Bluff. Come and explore all the amazing things that you can create with Duck Tape! We will be providing the supplies for anyone interested in this workshop. There will be instructions for several different Duck Tape projects on each of the tables for you to reference while making. Open to all ages. Call (530) 528-7310 or email [seickmeyer@tehamaschools.org](mailto:seickmeyer@tehamaschools.org) for registration or more information. FREE EVENT.

### **29** River Rafting Trip & Picnic on the Klamath River

Saturday, July 29, 9AM - 4PM, sponsored by the California Department of Social Services and Sierra Forever Families. Come join the gang in a fun-filled day on the Klamath River. A great introduction to white water rafting and kayaking. Perfect for families with small children (4 and older) or teenagers. Fun rapids, deep pools for swimming, abundant wildlife, and warm summer days await! Parents must participate. For more information or to register, call 530-879-3861 or email [ldamschroder@sierraff.org](mailto:ldamschroder@sierraff.org).

## AUGUST 2016

### **3** Soft Circuits

Wednesday, July 20, 10AM-Noon at Makerspace, Tehama County Department of Education, 1135 Lincoln St., Red Bluff. This workshop is open to anyone who likes to sew and wants to try something new and different! At this workshop we will be exploring electricity and sewing. Each person will make a quilt square that lights up using conductive thread and LED lights. This may sound strange, but it is a ton of fun and once finished this quilt will be displayed for all to see! Call (530) 528-7310 or email [seickmeyer@tehamaschools.org](mailto:seickmeyer@tehamaschools.org) for registration or more information. FREE EVENT.

### **9** FASD Support Group - Chico

Tuesday, August 9 (2nd Tuesday of every month) from 9:30-11:30AM at Lilliput Children's Services, 289 Rio Lindo Avenue Chico, CA 95926 Marji Thomas, MA, CCC is facilitating our new support group, focusing on Fetal Alcohol Spectrum Disorder starting March 8th, 2016. The FASD Support Group will provide general information, resources, referral information and provide a supportive circle for you and your family. Please join us every month for this new and informative support group. For information: Miko Wilson, MSW (530) 209-0817 Deborah Aronson, MSW (530) 646-7558

### **16** Together on Purpose Network & Resource Group

Tuesday, August 16, 3:30 - 4:30PM at 345 David Ave., Red Bluff (North Valley Baptist Church). Come meet with professional therapist Scott Howell, MFTI and other Tehama County adoptive families for support, networking and resource sharing. **Free childcare provided on-site.** All adoptive families welcome. For more information, call Andrea or Tahnee at 530-528-0300 or email [acurry@atvrb.org](mailto:acurry@atvrb.org). We look forward to seeing you there!

# FUN ALL SUMMER LONG ...

## Farmer's Markets

Saturday Mornings from June 4 to September 24 from 7:30AM-Noon at Red Bluff City Park

Wednesday Evenings from June 15 to September 7 from 5-8PM, Downtown Red Bluff at Washington and Pine Streets.

## Summer Fun Zone

Fun Zone Day Camps are scheduled from June 13 - August 5. Camps are for kids ages 5-12. Each camp has a special theme and includes, games, crafts, movies and other activities. Cost per week varies by featured activity. \$40 discount for full summer registrations.

Registration can be completed online at <http://cityofredbluff.wix.com/parksandrecreation> (click on "Youth Activities"). You can download paper registration forms on that site or stop in at the Red Bluff Community Center to pick up the registration forms and/or waivers. Call 530-527-8177 for more information.

Alternative Payment Assistance - If you are eligible for CCRE (Child Care Referral and Education) Fun Zone Day Camp costs may be covered.

**July 18-22: Fun Zone's Got Talent**

**July 25-29: Camp H2O**

**August 1-5: Sports Extravaganza**

## 54th Annual Kiwanis Camp

July 20-July 24, Camp Tehama near Mill Creek. **No cost to attend.** All transportation, meals and lodging are provided. Open to any child completing the 4th, 5th or 6th grade and a resident of the Red Bluff Union High School District. Hiking, arts and crafts, fishing, tubing, t-shirt tie dying, archery, GPS, water balloon volleyball, cabin skits and competitions and more! To receive an application, contact Beth Birk at [ebirk@tehamaschools.org](mailto:ebirk@tehamaschools.org).

## Sacramento River Discovery Center Summer Camps 2016

1000 Sale Lane, Red Bluff, CA

The SRDC Summer camps are for youth ages 6 -12. The camps are held Monday through Friday from 8 am until noon. Each week the camp will have a different theme and indoor and outdoor hands-on activities are provided. Comfortable, weather-appropriate clothes and closed-toed, heeled shoes for playing, hiking, getting wet, getting dirty, etc. are recommended. Students will be provided with hats and totes to carry their water bottle and craft projects home.

Cost: \$75 per camper, per week. Friend Members of the SRDC (paying annual dues of \$50 or more) receive a \$10 discount. Scholarships may be available for families with more than one camper or with financial needs.

**July 18-July 22: Get Going!**

The ways we travel around the world (and under it, and over it). Transportation is a category that includes everything from donkey carts to rocket ships. Campers will learn about moving people and goods from point A to point B; this will include making solar-electric cars (little ones, at least), constructing steamboats (that are powered by candles), building a bridge (out of toothpicks), and designing a hyperloop network.

**July 25-July 29: Get Moving!**

The ways we move by foot and by bike (and a whole lot more). Human-powered transportation includes many more forms than one might think. Campers will learn about how to move under human power; this will include hiking trails, repairing bikes, paddling kayaks, and building kinetic sculptures.

For any additional information, contact Camp Director Zach Whitten at [teacherwhitten@gmail.com](mailto:teacherwhitten@gmail.com) or leave a message at the Center at 530-527-1196

## Let's go to the Movies ... FOR FREE!

**Prime Cinemas 2016  
FREE Summer Fun Flicks!**

400 South Main Street, Red Bluff  
530-529-5491, [www.primeredbluff.com](http://www.primeredbluff.com)  
Every Tuesday, Wednesday and Thursday through August 4. 10:30AM  
Admission: FREE

## Movies in the Park

Red Bluff River Park. One Block east of Main Street at Willow Street, Cost: FREE. All movies start at dusk and books and activities will be available beforehand for kids, courtesy of Tehama Reads.

**July 30: Batteries Not Included, August 27: Minions**, [www.enjoymoviesinthepark.com](http://www.enjoymoviesinthepark.com)

## More Resources for Adoptive Families:

### Support Groups:

#### Yuba, Sutter, Colusa, Glenn Counties

For Support Groups held in Yreka, Mt. Shasta, Orland or Sacramento contact Leslie Damschoder at 530.879.3861

#### Butte County Post Adoptive Services

Support Group, Drop in Assistance, WRAP Family Support Group ... For info, call Miko: 530-209-0817, Heather: 916-475-7198 or Deborah: 530-896-1920

### Education:

#### Sierra Forever Families

Seminars on topics like Attachment, Understanding Poverty, Understanding Trauma, and more. Leslie Damschoder 530.879.3861

#### The Attach Place

Center for Strengthening Relationships  
3406 American River Drive, Suite D  
Sacramento, CA 95864  
[ce@attachplace.com](mailto:ce@attachplace.com) (916) 403-0588

We can start by raising empathy-rich children. We can come together and choose to raise kids who genuinely care about others. We can stop the incessant competing and judging that trickles down to our children and hit the reset button. We can sit back and enjoy youth sports, for example, instead of screaming our heads off and spreading negativity. We can walk in another mom's shoes before we complain about her lack of effort for the PTA. We can take back humanity and, in doing so, raise a more empathic generation of people.

In his book, *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*, author Peter Gray describes empathy as, "a tendency to connect emotionally with others, to see things from others' point of view, and to feel sympathy for others' misfortune." That's a powerful statement, when you truly stop to think about it.

The trouble with empathy is that it is often watered down in the media. It's reduced to a buzzword – something people talk about but don't often follow through on. If we think about empathy from Gray's point of view, it becomes an essential life skill. Consider a world where people stop and think about the feelings of others (their potential misfortunes even) before they act on their own emotional impulses. Might we see a decrease in bullying and anger related outbursts and an increase in helping those in need? Isn't it worth a try?

One thing I know for certain is that we can't afford to continue to raise empathy deficient children in this world. Test scores might be the key to college acceptance, but social emotional skills will last a lifetime. It's time to focus on raising empathy rich children.

Foster empathy with these four strategies:

## 1 Validate a range of emotions.

If kids are to care about the feelings of others, they need to achieve self-awareness of their own feelings. Too

often parents run in to fix things so that kids don't have to experience negative emotions, but this is a mistake. Negative emotions are part of life at every age and stage. Kids need to learn how to process and cope with all of their emotions, not just the good ones.

It's never too late to build an emotional vocabulary. I can't tell you how many adolescents flop down on my couch and struggle to process any emotions beyond mad, sad and happy. Life is full of ups and downs and one million shades of gray – discover and discuss every emotion that people encounter as often as possible. In validating a range of emotions, you help your child view others through a new lens.

## 2 Talk; don't shield.

The world can be a scary place and it's no big secret that the landscape of fear has changed for parents over time. School shootings, food allergies and cyberbullying are just a few things that worry parents these days. As a result, we tend to shield kids from sad stories as much as possible to preserve their innocence.

The truth is that talking to kids about global issues and tragic stories actually opens the door to empathic thinking. When we hide the truth, we send the message that these things don't matter. When we engage in meaningful (and age appropriate) conversation, we plant the seeds of empathy.

## 3 Demonstrate empathy.

Sounds easy, right? The problem is that in this culture of busy, it's difficult to slow down and focus on things like kindness and empathy. When we are always on the go, and probably sleep deprived to some degree, we are short on time and patience.

The key to raising empathic kids is to show empathy in your parenting and out in the world. Stay calm when you encounter a frustrating parenting moment. Take the time to process your

emotions and triggers before you react to model emotional regulation to your kids. Consider their triggers before you respond in anger.

Demonstrating empathy in our day-to-day lives helps kids develop an internal sense of right and wrong.

## 4 Take action.

As difficult as it can feel to take on one more thing, volunteering to help others is a great way to instill empathy in your children. Think small. Help carry groceries or rake leaves for an elderly neighbor, for example. Building community connections and providing first person help encourages kids to become change makers.

Last week an envelope containing two dollars with the words "pay it forward" came home in Riley's homework packet. The goal was to give to money to someone in need and then write about how it felt to help someone. She chose to pay it forward to a homeless man who often greets us near our grocery store. With a huge smile she walked right up to him, chatted for a few moments and then returned to me. "Let's do that again", she whispered, as she buckled her booster seat.

The man approached me as I returned the grocery cart. "Your daughter put a smile on my face today," he said, "You have one kind little girl."

## Score one for empathy.

Katie Hurley, LCSW, is a child and adolescent psychotherapist and author of, *The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World*. Her work can be found on PBS Parents, Yahoo Parenting and The Huffington Post.



Find this and other great parenting articles at: [www.postiveparentingsolutions.com](http://www.postiveparentingsolutions.com)

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# BOREDOM BUSTERS

## Wanna Make Frushi?

### You will need:

- A Grown-up Helper
- 1 1/4 cups water
- 1 cup uncooked sushi rice or other short-grain rice
- 1/4 cup sugar
- 1/4 cup light coconut milk
- Dash of salt
- A little bit of honey
- Cooking spray
- 10 orange sections
- 20 fresh raspberries
- Vanilla fat-free yogurt for dipping

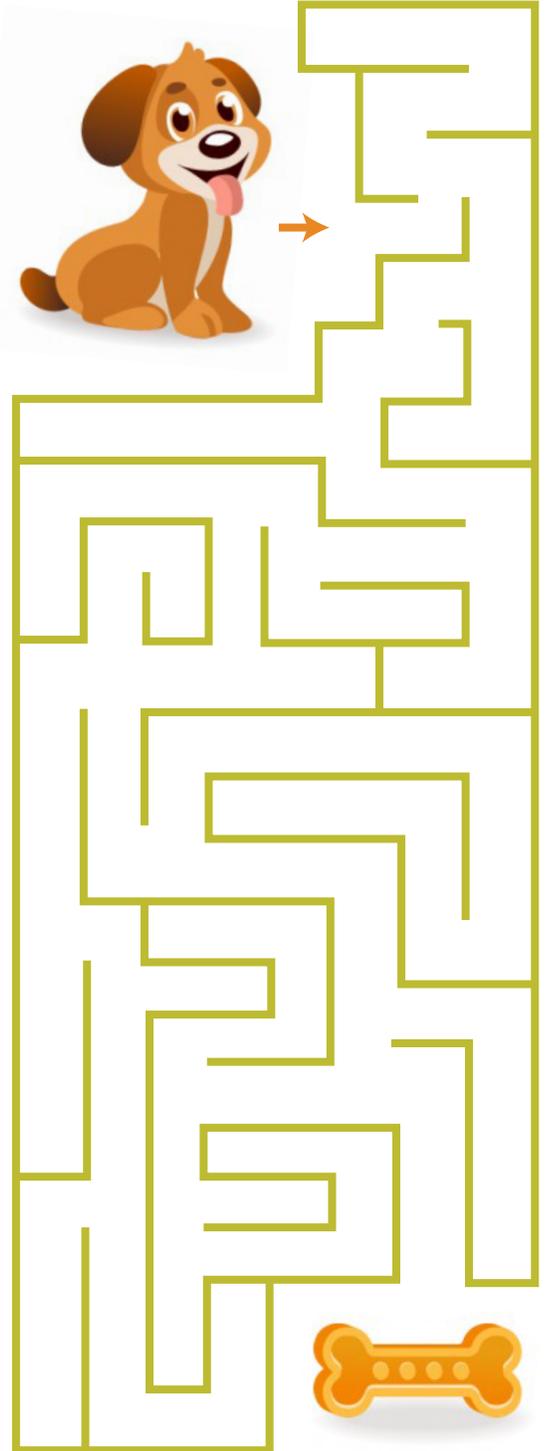
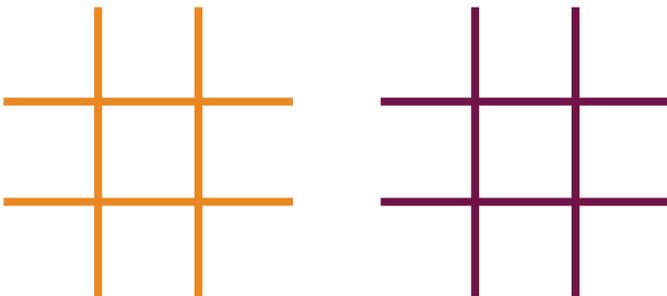


Photo Credit: Becky Lulight-Sayner, Jan Gaudio

**What is Frushi?** It looks like sushi, but it tastes like fruit and sweet coconut rice!

1. Ask your grown-up helper to cook the rice using the directions on the package, then let it sit for about 15 minutes.
2. Place rice in a large bowl. Add sugar, coconut milk, and salt, stirring gently until well combined. Cover and let stand 20 minutes.
3. Wash your hands, then lightly coat them with cooking spray so that the rice doesn't stick to them. Divide rice mixture into 20 equal portions, then shape each one into a ball.
4. Lightly squash each rice ball a little so that it looks more like an oval (see picture), and place the ovals on a baking sheet lined with wax paper.
5. Put an orange section on the top of 10 of the ovals. Press gently to get it to stick - if it doesn't stick, use a drop of honey as glue!
6. Place 2 raspberries on top of each of the other ovals.
7. Cover and chill frushi in the fridge for at least 30 minutes.
8. Arrange frushi on a plate and serve with a small bowl of yogurt for dipping.

## TIC-TAC-TOE



JULY  
2016

RESOURCES, NEWS & INFORMATION FOR ADOPTIVE FAMILIES IN TEHAMA COUNTY

# TOGETHER on purpose

It's not too late to get your ...

**FREE STARBUCKS GIFT CARD**

See inside for details!

Alternatives to Violence  
1805 Walnut Street • Red Bluff, California 96080

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on purpose