



Prepared parents. Healthy families.

Hop-A-Park Month

If you live in Corvallis, you may have visited Willamette Park, Avery Park, or Central Park. If you live in Albany, you may have seen ducks swimming at Avery Lake Park. While these are well-known parks, there are also parks in Linn, Benton & Lincoln counties that people don't know about.

For July, we created a list of family-friendly parks with playgrounds for small children. Whether you're playing near the Cascade Mountains or the Pacific Ocean, these parks are sure to be a blast!

Linn & Benton Counties

Kinder Park – 1326 Oak St SE, Albany

Recreational oasis featuring a colorful children's playground, grassy fields, and a baseball diamond.

River Bend Park – 3010 SW Ferry St, Albany

Located on the banks of the upper South Santiam River, River Bend is the newest addition to the Linn County Parks System. This 90-acre park offers a full range of outdoor recreation opportunities including trails, river access, camping, day-use and group facilities.

Wildcat Park – Located at Wilson Elementary School (2701 NW Satinwood St, Corvallis)

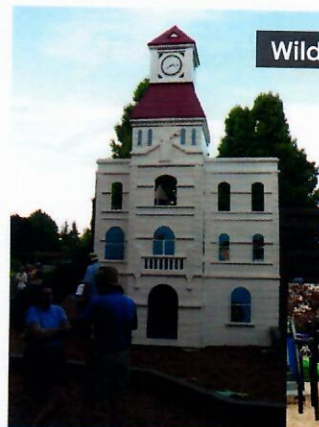
This park is a great tribute to the community spirit and dedication of Corvallis citizens and business. Please honor that spirit by coming out and enjoying Wildcat Park.

Arnold Park – 3900 NW Harrison Blvd, Corvallis

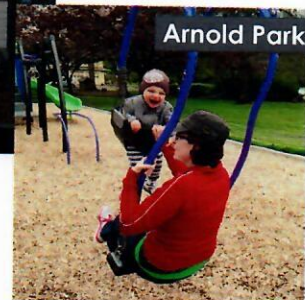
Arnold Park features an open turf area, picnic tables, resting benches and play equipment. This small, lovely park features large, older trees that shade the park's resting benches and offers views of nearby agricultural fields. A quiet sitting area near the Decker Memorial anchors one end of the park and play equipment anchors the other.

Westbrook Park – 250 Jade Pl, Philomath

Westbrook Park is a neighborhood park constructed as part of a new subdivision development. It includes a small basketball court, playground equipment, covered picnic area and gravel-walking path. Neighbors in the Westbrook Subdivision take pride in helping maintain



Wildcat Park



Arnold Park



Triangle Park

Westbrook Park – 250 Jade Pl, Philomath

Westbrook Park is a neighborhood park constructed as part of a new subdivision development. It includes a small basketball court, playground equipment, covered picnic area and gravel-walking path. Neighbors in the Westbrook Subdivision take pride in helping maintain this neighborhood park.

Newton Creek Park – Applegate St (west of 27th St) to Main St

Along this paved bike path that wanders next to East Newton Creek, visitors will find two playground areas with picnic tables and a

fountain. Exiting the north end of the park, the path continues on to the east connecting Philomath and Corvallis for easy bicycle commuter use.

Triangle Park – 700 College St, Philomath

Triangle Park is a neighborhood park that features a playground area and small basketball court. It also has a small covered shelter with a picnic table and benches.

Adair County Park – 7295 NE Arnold Ave, Corvallis

Adair County Park has a playground for big kids and toddlers.



Westbrook Park

Lincoln County

Arcadia Park – NW A St and NW 7th St, Toledo

Two good jungle gyms, swings, even teeter-totters, and a spinning marry-go-round.

Newport Early Childhood Center – 412 NE 12th St, Newport

This school playground is open to the public during non-school hours and is great for small children as it is entirely enclosed (fenced in) and has an appropriately sized play structure and swing.

Agate Beach Neighborhood and Dog Park – 185 NW 60th St, Newport

Features a large fenced dog park, covered picnic shelter, small playing field, picnic tables, BBQ grill, play structure, and restrooms.

Big Creek Park – 2510 NE Big Creek Rd, Newport

Picnic and playground facilities include slides, swings, climbing structure, picnic tables, volleyball net, BBQ grills, covered picnic shelter.

Coast Park – 100 SW Coast St, Newport

Coast Park is our newest Park, featuring state of the art play equipment, a magnificently detailed shipwreck, a wetland garden and more.

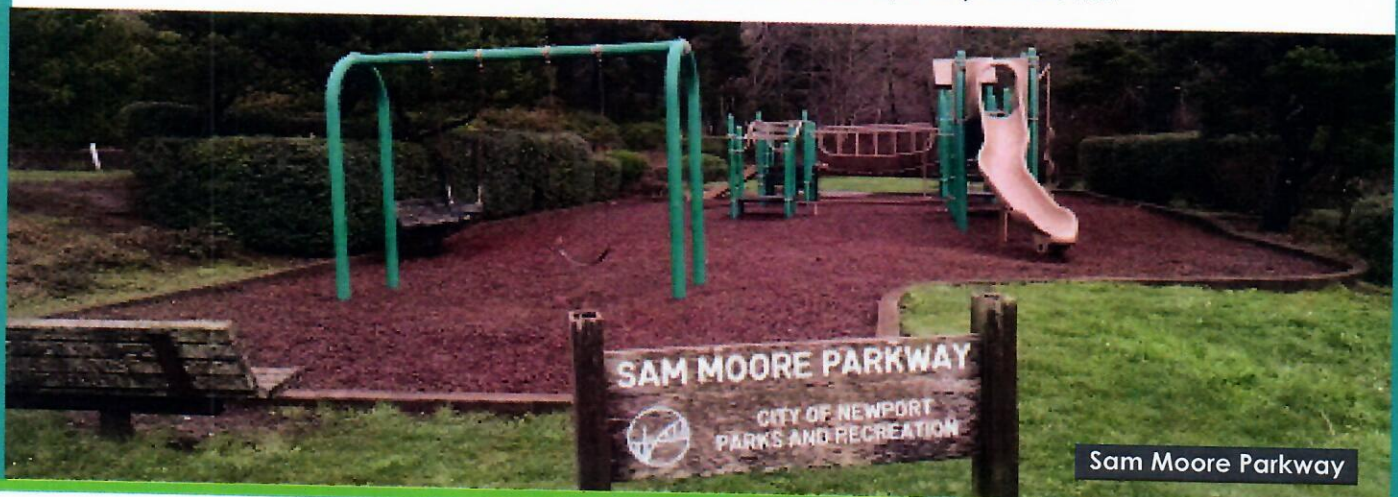


Frank V. Wade Memorial Park - 1445 NE Big Creek Rd, Newport

Baseball and softball fields, four tennis courts, four pickleball courts, playground equipment, community garden, Summer Activity Club Headquarters, restroom, landscaped walkways, and picnic tables.

Sam Moore Parkway - 656 NW High St, Newport (between Betty Wheeler & NW High St)

Natural canyon with walking trail, play structure, picnic area, sports park bowls.



Wilder Twin Park – 625 SE 43rd St, South Beach

Features a kid's play area with a covered picnic table amongst other great features.



Wilder Twin Park

Regatta Park – West Devils Lake Rd, Lincoln City

Lake access, fishing, picnic area, nature trails, and huge playground.

Kids' Park and Seniors Too! – SW Fleet and 68th St, Lincoln City


Includes picnic tables, basketball, play equipment.


Wecoma Park – NW 31st St and Jetty Ave, Lincoln City


The park features a small playground, half-court basketball, grass area, restrooms and picnic table.



Regatta Park

 [Pollywog Facebook](#)

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National Learning Month

Have you ever tried to learn something new, but were afraid of being made fun of or judged? A classroom or a home might have puzzles that help with brain development, art supplies for creativity, and toys for play, but if a child doesn't feel safe to explore and make mistakes, they might not be able to use those tools to the best of their ability.

Self-confidence (and the courage to try, make mistakes, and learn) begins in an environment of compassion, creativity, patience, and security. However, self-confidence needs something more to really shine: we need to feel responsible for our own growth. How can we as parents help our children learn what they need to learn while encouraging them to love learning at the same time?

Behaviorism and Constructivism

In education and parenting techniques, there are two powerful theories of learning.

Behaviorism focuses on positive and negative reinforcement, memorization, and obedience.

Constructivism focuses on the process of discovery, group discussion of "right" and "wrong" answers, and the creation of new meaning.



Soobin David Oh is an Early Childhood Educator from the Children's Institute and Portland State University believes that we see behaviorism used almost exclusively in schools, which means we need a more balanced approach to educating and caring for young children.

What are some examples?

Soobin says that behaviorist methods are extremely effective in short-term motivation:

- You start with an automatic reflex. Some things you don't put too much thought into -- you simply react. For example: children respond to a horn by freezing their bodies. In certain situations (walking alongside a busy street), this is very useful for children to stay safe. The child reacts without considering why they are reacting.

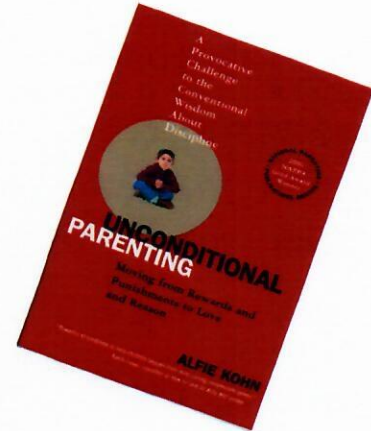
He also says that constructivist methods are extremely effective for long-term motivation:

- You focus on solving problems. As Soobin says, children feel they have a voice and can participate in the active creation of their own learning. For example: when a child draws a picture, you might think to say, "What a beautiful picture!" However, to encourage the child to think about the meaning of their picture instead of what you believe it is worth, you might say, "It looks like you used a lot of colors. Would you like to tell me about the colors you used?"

Book Review

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason by Alfie Kohn

This book encourages parenting techniques that “help children become their most caring, responsible selves.”



Kohne says that we are often taught that “good things must always be earned, never given away.” If our presence and attention for others “depends on their performance,” people feel “they’re accepted only when they act the way we demand.” A child is called ‘disgusting’ for pooping their pants while another child gets candy for using the toilet. This not only makes our love look distant whenever others fail to please us, it often “morphs into conditional self-approval” for the child, who then disowns “the parts of themselves that aren’t valued.”

Especially in a child’s moments of insecurity or tantrum, we need to first show our “unshakable love” by providing refuge.



But wait a minute, you might think that offering refuge before discipline reinforces negative behavior, right? The focus should be on providing a safe setting to explore “what’s going on underneath the visible behavior.” If we assume rude behavior is the “outward expression of feelings and thoughts,” our mindset can guide children to “accept themselves as fundamentally good people, even when they screw up or fall short.”

vroom
Brain building moments

A Changing Conversation

When you’re changing your child, make a funny sound. How does he/she respond? By smiling? Kicking his/her legs? Making a sound? Try a new sound and see what he/she does. Keep adding new ones to the mix!

Ages 0-3

joinvroom.org



Brainy Background powered by Mind in the Making

Back and forth conversations can happen even without words. You are teaching your child about how conversations work. First one person speaks, then the other. This is an early and important lesson about the pleasure and skill of communicating—a skill that’s important in school and in life.

For more activities like these, check out the free Daily Vroom mobile app!

Vroom is a mobile app designed to encourage back-and-forth interaction between children and parents.

The wonderful part of Vroom is that it supports actions parents already do with their children. Learning is a process for both the child and parent, and little steps are as important as big ones!

Vroom trusts that a child’s best teacher is you! Explore new ways to build brain-building connections during every-day activities with your child.

Daily Vroom is available in English and Spanish.

find out more
joinvroom.org

Pollywog Update

#37



Major Changes to Vista-Logic Software Coming

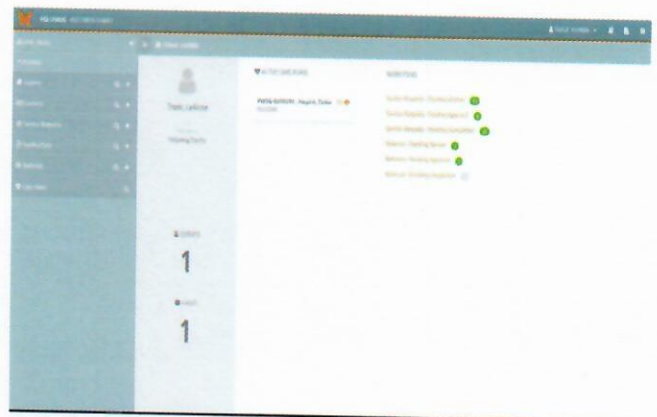
VistaLogic has announced the release of the next generation of "Clara", the database that Pollywog uses. The Pollywog staff are in the process of testing the basic functionality, and the new options that have been added, and staff will have a major training session next week with VistaLogic.

We currently have nearly 100 users of the Clara software that have been trained, and it would be a nearly impossible job to retrain everyone in a one-on-one or group setting, so, we have decided to create a webinar training format, allowing you to train on your schedule. We are hoping to have the webinar in place the first week of August (on our YouTube Channel), but please give us a little grace as we learn the new software and try to train too.

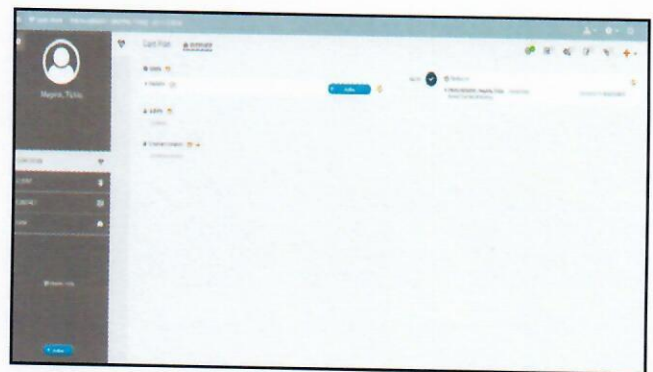
What's Happening

- ✓ The next Pollywog Partner Meeting has been scheduled for Thursday, August 8, 2019, from 9-10:30am, in LM-130 at the Luckiamute Center on the LBCC campus. A calendar invitation will be sent out this week to the listserv. At the meeting, we will have a representative from Healthy Families speak to us about what they do and the services they provide. We will also be discussing the changes to the database system, and the new training format.
- ✓ Currently there are 916 individuals in the Pollywog database, 9 prenatal, parenting education, and children's activities available, but none taught in Spanish.

The main menu will look different, but contain the same basic functionality, with many new options.



Some functions have been renamed, to align more closely with the terms used in the industry.



Many of the coming features are things that we have been asking for the last couple of years, and we are delighted to be able to offer them to our partners.

We will try to make this update as painless as possible. More information will be forthcoming as we work our way through the operation and get our staff trained and up on the new processes. Thanks for your patience!

Oregon Community Foundation Grant

At the end of last year, Pollywog was approached by the Oregon Community Foundation, and invited to apply for a grant that would help to bring parenting education to a rural area of Oregon and expand Pollywog. Our partners in Lincoln County have been working to bring parenting education to their region since the loss of the OPEC Hub four years ago, and this seemed like a tailor-made solution.

Our grant proposal was submitted in mid-June, and last week we were told that we "tentatively" have been awarded the grant, contingent upon answering a few more questions about how Pollywog and the Parenting Success Network will work together with Samaritan Health and other Lincoln County partners to expand into their county. All of the pieces are falling into place (as we speak), and we hope to be able to begin the work of training facilitators, establishing relationships with Lincoln County partners to teach parenting education in their facilities, and to begin offering Pollywog training in the very new future.

Pollywog Training Update

In order to help our partners keep up-to-date with the status of other partners, we have decided to create a section in each Pollywog Update that gives a quick run-down on where partners are in the on-boarding process, and who is available to refer to right now:

Partners who have signed MOUs and have staff trained to work in Pollywog:

Old Mill Center / Healthy Families
Old Mill Center / Preschool & Counseling
Samaritan Albany General Hospital
Samaritan Lebanon Community Hospital
Family Connections
Kidco Head Start
Community Doulas
Oregon Department of Human Services (Family Coaches - no incoming referrals)
Family Tree Relief Nursery
Linn County Health Department (Home Visiting Nurses)
Women, Infants & Children (WIC)

Partners waiting for training:

Community Services Consortium
GAPS/Welcome Center

Partners waiting to sign MOUs:

Early Intervention

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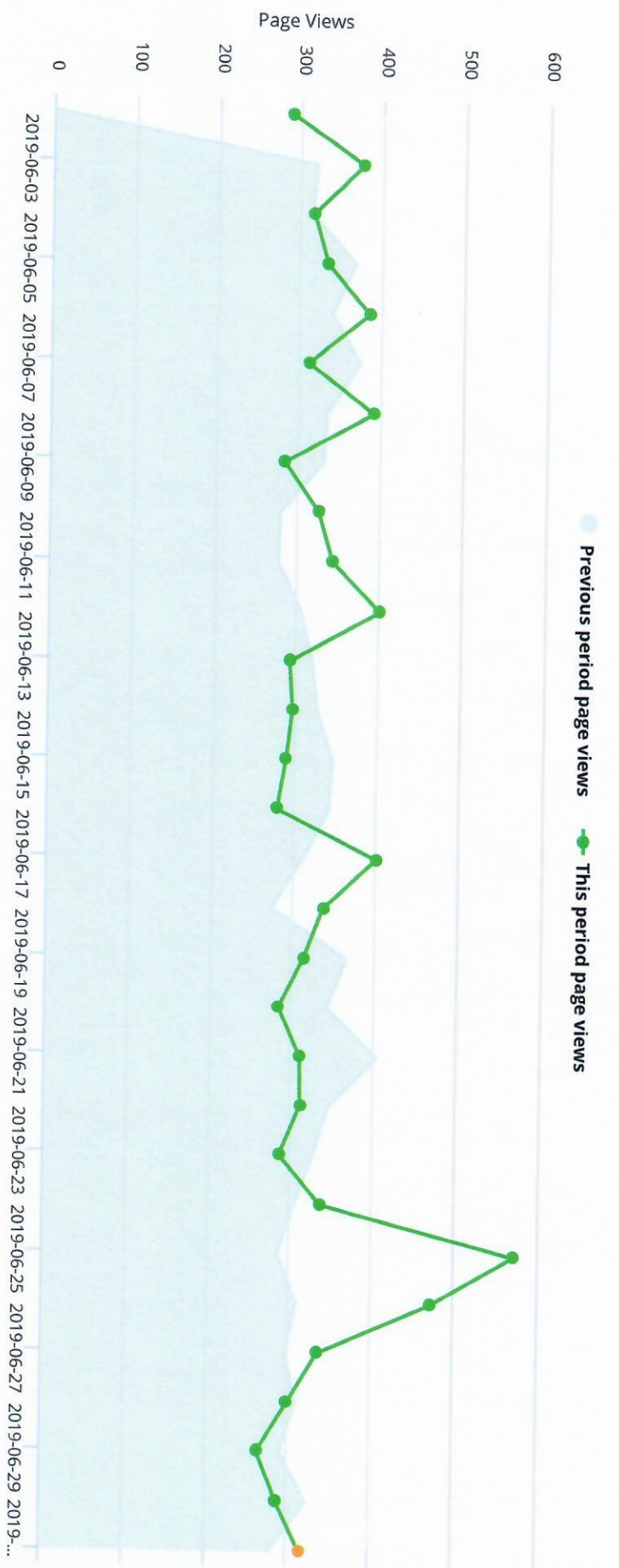
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