Welcome to our newsletter

I am very excited to be launching the first ever Take Root Parenting Connection Newsletter. When I started as the Regional Parenting Education Coordinator less than 2 years ago, I wasn’t quite sure where I wanted to take the program and how I would go about doing it. Our biggest priority was to build upon the success of the Douglas County Parenting Hub and expand parenting programming into Klamath County and Lake County, and I quickly realized that building relationships in each community was going to be key. Thanks to the support of Vanessa Pingleton (Community UPLiFT) and Cynthia Hurkes (KPI), I have met so many wonderful community partners and through them have been able to create a pathway to offering a variety of parenting group series, workshops and family events across the region.

• In Douglas County, we have maintained the level of programming that has been offered for around 20 years and even offered some new programming such as Play2Learn Family Nights and Growth Mindsets for Parents workshops. We have several new workshops scheduled for the Winter term (January - March) and have more up our sleeve for the rest of the year!

• In Klamath County, we have been able to support Klamath Lake Action Services so they could continue to offer their Life with Kids program based on the Nurturing Parenting curriculum to the community year round. For the first time ever Take Root Parenting Connection offered two “Taming the Tantrum” workshops and a “Baby 101” workshop in Klamath Falls and a “Taming the Tantrum” workshop in Bonanza! We have a full program of offerings scheduled for Winter term (January-March) and hope to continue to expand our pro-

CONTINUED ON PAGE 4
Having raised four children of her own, Marsha LaVerne is fully aware of the challenges parents face and how important it is to feel supported. That’s one of the reasons she has worked to support families and early childhood education for the past 18 years. LaVerne serves as program director for the Family Development Center and also as a parent educator for Take Root Parenting Connection.

“I think this has always been a passion for me,” she said, explaining that her goal is to help parents succeed in today’s society and help them fall in love with their children. “Children are our future and creating that intact family where children feel successful and loved and nurtured is really going to effect the future.”

LaVerne has helped facilitate Take Root classes such as Play2Learn, Nurturing Parenting, and Make Parenting a Pleasure. She particularly enjoys watching children and parents interact, learning and growing together.

Parenting can be overwhelming, she said, but programs like Take Root can help adults realize that they’re not alone.

“It think that every parent needs a cheerleader and so our hope is to make sure that every parent has the support that they need to be successful on this journey in parenting,” she said.
Healthy eating on a budget easier than you think

U.S. Department of Agriculture

Is eating healthy too expensive? It doesn’t have to be if you are willing to follow three simple reminders — Plan, Compare and Prepare. If you follow these, you and your family can save money and eat healthier.

USDA’s ChooseMyPlate.gov includes information to help consumers like you get started toward a healthier lifestyle that can fit just about anyone’s budget. The tips and resources available can make it easier to control what you eat and how much you spend.

Consider these tips to get you started:

**Plan:** Before you go shopping, take 15-20 minutes each week to plan your meals and make a grocery list of what and how much to buy. Consider breakfast, lunch, dinner and snacks for the week. Easy-to-fix recipes are available online. Include foods and beverages from the five food groups so you can get the nutrients you need. Read the Nutrition Facts label on the packaging, and go easy on foods with added sugars, saturated fats and sodium. Consider meals like soups, salads, stews or even stir-fries to “stretch” expensive items into more portions.

**Compare:** Check the local paper or search online for coupons, sales and specials. Use store loyalty cards and always bring your grocery list. For double savings, use manufacturer coupons during a store sale. Take time to compare unit prices listed on shelves to ensure you are getting the best price. Try to do your grocery shopping when you are not hungry and not too rushed. This will help you avoid impulse buying and convenience foods, which will increase your food bill.

**Prepare:** Cut up fresh fruits and vegetables for quick snacks. Prepare meals that can be done in advance. Double up your recipes and freeze the leftovers for meals later in the week. For example, last night’s roasted chicken can easily become chicken salad or a chicken quesadilla later in the week.

Eating healthier and spending less is a breeze if you follow these tips to Plan before you shop, Compare options to find the best price, and Prepare meals that stay within your budget.

---

**family-friendly RECIPE**

**EASY CHEESE ENCHILADAS**

**Ingredients**
- 2 cans (15 oz each) black beans, drained and rinsed
- 1/2 cup salsa
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 1/2 cups shredded cheese
- 8 10” whole wheat flour tortillas
- 1 can (15 oz) enchilada sauce

**Directions**
1. Preheat oven to 350 degrees. Lightly oil or spray a 9x13-inch baking dish.
2. Mix beans, salsa, corn, and half of the cheese together in a bowl.
3. Spoon about 1/2 cup of the bean mixture onto each tortilla.
4. Roll the tortilla and place seam-side down in baking dish.
5. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
6. Bake 15-20 minutes, or until hot.
7. Refrigerate leftovers within 2 hours.

**Notes**
- This dish can be prepared in a microwave safe dish. Prepare as above and cook on HIGH in the microwave for 7-10 minutes or until steaming hot. Covering the dish will reduce spattering.
- Substitute pinto beans or kidney beans for the black beans.
- Cook your own dry beans. One can (15 oz) is about 1 1/2 to 1 3/4 cups drained beans.

Source: http://foodhero.org
gram offerings throughout the county.

• In Lake County, we partnered with Lake District Wellness Center to offer Make Parenting a Pleasure and Strengthening Families to the community. More recently we sponsored a Take Root Family Day at the Taylor Family Pumpkin Patch and held two “Baby 101” workshops in Lakeview and Christmas Valley. We are looking forward to increasing our program offerings.

I am especially appreciative of the Take Root team of local parenting education coordinators – Susan Stiles-Sumstine (Douglas), Amy Quayle (Klamath), and Daphne Greer (Lake). The coordination, ideas and relationships at the local level is making all the difference!

Special Thanks to our advisory committee members for providing ideas and support, to all our partners who promote our programs and to all the parent educators who have a passion for helping families which shows in their facilitation creativity. I cannot wait to see what we accomplish over the next year and am looking forward to sharing with you all in our quarterly newsletter!

I recently found the poem by Denis Waitley that really connected our mission to our Take Root brand for me. Please enjoy the read and remember the roots we are establishing with our children each and every day!

CONTINUED FROM PAGE 1

dakeinfo@desd.k12.or.us • http://douglasesd.k12.or.us/parent-education/home

DOUGLAS • KLAMATH • LAKE

Fall 2018 Play2Learn