

# How to build “grit”

By Edie Jones  
Columnist

Earlier this month we asked the question, “Are there helicopter parents in Sisters?”

Parents are asking: “How do you avoid falling into the trap of being over-protective or rescuing? You certainly don’t want your kids to fail and experience the humiliation and disappointment that comes with all of that.”

Stepping back and letting our kids work through problems can be very beneficial. As the popular parenting program, “Parenting With Love and Logic,” by Jim Fay and Foster Cline teaches, the earlier you allow children to have to deal with consequences the better. Not turning in homework in elementary school is far less costly than not turning in an assignment in high school. And, as we all know, poor choices in the teen years can lead to devastating consequences.

Give your toddlers limited choices. Step back and see if your third-grader starts his homework on his own. Allow your kids to make mistakes. They will learn far more from mistakes than successes. When successful we celebrate and move on; when we make a mistake we don’t want it to happen again so we take time to figure out what went wrong.

Of course, your kids may need guidance from you to complete this process. That’s part of the job

of being a parent

This is also the advice of Joe Hosang, Sisters High School principal.

By not rescuing, allowing the skills of perseverance and “grit” to develop, parents are helping their kids move closer to the life they will experience as adults. Teach them the skills they’ll need in real life, giving enough leash to practice those skills on their own. You’ll probably be surprised at how well they do.

What if there are special needs? Respond as needed — and that may mean some adjustments.

I know a mom of a child diagnosed with ADHD (Attention Deficit Hyperactivity Disorder). Her young man can’t possibly do homework after a day in school. However, he’s a very early riser (4 a.m.). Her response is to rise with him, providing the right atmosphere for homework to be accomplished.

She’s responding as needed.

Once your child has learned to do something, make it a “rule of thumb” not to do it for them. Of course, there are times this isn’t possible (as in, you have to get out the door and naked bodies aren’t appropriate) and you need to intervene. However, following it most of the time will save any parent lots of work in the future. Of course, a skill you have to develop to go with that is patience — something we need anyway to succeed in every situation.

Too often we parents do much to keep our kids from facing challenges, helping them find an easier solution to a problem. Carol Dweck, a Stanford researcher, has found that children who avoid challenges display a fixed mindset: feeling that their intelligence is a fixed trait, they avoid challenges that “stretch” them. Children who embrace and take on challenges demonstrate a growth mindset, appraising their abilities as something they can change and develop.

When parents say, “You put a lot of effort into that paper,” instead of, “You are so smart!” they are fostering a growth mindset.

Even though it may be many years before your child heads off to college or are on their own, it is never too early to begin teaching the skills they will need. Chores are a magnificent teaching tool. Build them into everyday activities, beginning with toddlers putting toys away or elementary-aged children making their beds, taking out the trash, and emptying the dishwasher. Middle school and high school kids can help younger siblings with homework and assist with shopping and meals. And, once you have a driver, be sure to hand over many of the time-consuming “chores” that make most parents’ days stressful and exhausting.

Save your energy so you can be the cheerful, helpful mom or dad needed when you do need to step in.

# Bingo draws a big crowd

By Izaak Kanzig  
Correspondent

Nearly 250 members of the Sisters community attended a bingo night at Sisters High School last Monday, January 11. Running for over four years now, Outlaws Together Bingo Night has become a classic event for families to enjoy bingo, a silent auction, a bake sale, and a high-quality meal.

The silent auction baskets and prizes are sponsored by specific sports teams for the season that bingo night coincides with. On Monday, many prize baskets were sponsored by the boys and girls basketball teams, Outlaw wrestling, the alpine ski team, SHS Cheer, as well as the small but proud equestrian team.

Along with the team sponsorships, Sisters Coffee Co., Blazin Saddles, Sisters Movie House, Bedouin, Dutch Bros., Martolli’s Pizza, and many others contribute bingo prizes and auction items.

Tim Roth, the athletic director at Sisters High School, with his ambition of unifying the teams and bolstering the spirit of the



PHOTO BY IZAAK KANZIG

Patrick Krevi fills out a bingo sheet.

school, began the event when he started working at SHS in 2012.

Roth stated that the bingo nights raise nearly \$20,000 a year, and that money is spread over all the athletic programs at SHS, going toward travel expenses, pay-to-play, and coach salaries.

“We will always hold the philosophical aspect of working together as a school just as much as the financial aspect,” Roth said.

The next bingo night will be in the spring of this year, put on by the track, baseball, and tennis teams.

**WE’RE NOT JUST TIRES! We do...**  
Alignments, Brakes, Shocks, Struts, CV Joints,  
U Joints, Axle Shafts, Drivelines, & Tire Siping  
...not only cars, but trailers, too!  
**DAVIS TIRE** 541-549-1026  
*Serving Sisters Since 1962*  
188 W. Sisters Park Dr. In Sisters Industrial Park across from SnoCap Mini Storage

**SISTERS COFFEE**  
Warm up with  
our homemade soup  
541-549-0527 • 273 W. Hood Ave.  
Breakfast 6-11 | Lunch 11-2 daily | Buy coffee at SistersCoffee.com

**Gordon’s Last Touch**  
541-549-3008  
Cleaning Specialists For...  
Carpets • Upholstery  
Windows  
Snow Removal!  
Accepting VISA & MasterCard!  
Member of the Better Business Bureau  
Serving Central Oregon Since 1980  
Bonded & Insured

**YEAR-ROUND FIREWOOD SALES**  
KINDLING  
SISTERS FOREST PRODUCTS  
541-410-4509  
SistersForestProducts.com

Join us!  
**CRAB FEED**  
Sat., Jan. 30th  
All-you-can-eat buffet... crab, oysters, spaghetti & meatballs, pasta Alfredo, garlic bread & red potatoes.  
Begins at 5 p.m., call for reservations...  
541-549-3663  
BRAND 33

**UPCOMING COMMUNITY EVENTS**  
Member of WE HONOR VETERANS Program

**Monthly Potluck.** Bereaved are invited to attend our monthly potluck gatherings for support, fellowship, and connection with others. *Tuesday, Noon–1:30pm.* FEB 9

**Coffee and Doughnuts with Bob and the Boys.** Sharing is important for everyone dealing with a loss. This special morning grief support group is designed for men only. *Fridays, 9:30–10:30am.* JAN 29 FEB 12

**Community Education Series. Support for Veterans: Aid and Attendance and other VA Benefits.** Presented by Keith McNamara, Deschutes County Veterans Services Officer. RSVP to lisamh@partnersbend.org or call.is designed for men only. *Friday, Noon–1:00 pm.* FEB 19

All events held at Partners In Care, 2075 NE Wyatt Court, in Bend

(541) 382-5882 partnersbend.org  
Hospice | Home Health | Hospice House | Transitions | Palliative Care

**Partners In Care**