

## Connecting with your child is crucial to positive growth and development

By: **Samantha Crist**  
For The Observer

Some days go by in a blur, and you struggle to remember what you did with all of your time. Adults can become stressed and overwhelmed with responsibilities throughout the day and forget that the smallest people in their families often need the most attention, but what can we do to connect with children, and why is this so important anyway? Connections on the outside, with other people, build neural connections within children's brains. We can connect with our children, and others in our lives, by taking time to be present in a situation creating social bonding moments and the sharing of love.

Imagine you're in the shoes of your toddler, taking in the world around you. Everything is bigger than you, louder than you, and scary. Who are you going to look for to feel safety and help you regulate your emotions? You are going to seek safety from the adults in your life, and rely on them to help you understand the world

around you. Adults create this sense of safety and understanding through caring connections with children, leading to the building of strong relationships. Adults who are able to foster connections with others will support children to develop into self-confident individuals who are able to create relationships of their own and understand the importance of self-regulation. They will also create a cooperative relationship with their children that is full of energy.

Knowing why connections are important is the first step in supporting children, but knowing how to connect with them is key. Think about a time when you felt connected to someone. What did it look like? Were you looking at that person? Did you have some kind of physical touch that fueled the connection? Were you present in the moment and being playful? A true connecting experience with another person will have these factors built in, and you will be creating a bond with that person. Every time you

experience one of these moments, your brain tells you that you are safe and loved by the other person. This is the exact thing that children are seeking as they experience the world around them, and it is why creating connections with your child is crucial to positive growth and development.

Some great ways to create connecting moments with your child is through fun games or activities that can take less than five minutes out of your day. Make yourself and your loved ones a commitment: take time out of each and every day to truly connect. Play pat-a-cake or peek-a-boo with your young child, check in with your older children by playing a game — make cards with questions on them to find out how their day went or what is happening in their lives, be present for your significant other as they discuss their struggles or successes.

Connect as a family by doing an I Love You ritual, interactions and games that you can play with your children to con-

nect, created by Dr. Becky Bailey, founder of the self-regulation program of Conscious Discipline. Taking this time out of your day will cement the bond that holds your relationships together, it will create a sense of safety in the relationships that are built and, most important, it will give your children the ability to connect with others as they grow.

We understand why connections are important, what connections can look like, and I have given you examples of how to connect with people, but I am not going to tell anyone that connecting with children, or others in your life, is always easy. It can be hard at times and it can be easy at times, but no matter what, it will have a positive impact on both you and the person you are connecting with and will be worth it.

Put in the effort even if you have a busy life or feel like you are barely making it — it will not only build the relationship with your children, but it will make you feel better. We all can use a little extra playfulness and joy in our lives.

## MILESTONES



**Bill & Marilee Davis — 35th anniversary**

William F. "Bill" and Marilee C. Davis of Nampa, Idaho, and formerly of La Grande, celebrated their 35th wedding anniversary Feb. 18. They first met in La Grande and were married in 1984 in Boise, Idaho. Marilee and Bill share a love for the outdoors and camp when time permits. Marilee retired from Southwest Idaho Juvenile Detention Center in Caldwell, and Bill retired from the University of Idaho Caine Veterinarian Teaching Facility in Caldwell.

They enjoy spending time together traveling and visiting family, especially their great-grandson, Ayden.



**Bill & Marilee Davis — 35th anniversary**

On Feb. 6, Bill celebrated his 80th birthday. He was born in 1939 in Baker and grew up and worked with his parents on the family ranch in North Powder for 41 years.

He attended public school in North Powder and was active in 4-H, FFA, orchestra, basketball and football throughout high school.

From a young age, Bill has had a love for animals, and can tell you many facts about cattle. In his later years, he discovered woodworking and has sold his pieces at local art shows, a pastime he and his wife share.

Cards or letters may be sent to 428 W. Washington Ave., Nampa, ID 83686.

## WISH LIST

Local nonprofit human service organizations often need donations of specific items or volunteers. Wish List items are updated every month. Anyone who would like to volunteer or make donations should contact the agency directly.

**ART CENTER EAST**  
Art Center East — is a registered 501(c)(3) nonprofit arts services organization that provides art classes, monthly art exhibits and cultural events to local communities in its historic Carnegie Library building in La Grande as well as arts learning opportunities and experiences for rural schools in its 10-county service area in Eastern Oregon — is in urgent need of items for its upcoming classes and programs.

Donations may be dropped off at ACE, 1006 Penn Ave., La Grande, between 10 a.m. and 4 p.m., and on Saturday between noon and 5 p.m. For more information call 541-624-2800 or email darcy@artcentereast.org

8 sheets of 3/4-inch plywood  
2-foot-wide shelving boards  
1 prehung door  
filing boxes  
5 new or lightly used wood cutting boards  
heavy bottomed stainless steel frying pan or pot  
1 electric pencil sharpener  
adult scissors  
glass cutters  
beading supplies  
plastic painting dropcloths  
art paper tablets (drawing, watercolor, pallets, etc.)  
Play-Doh

cookie cutters (non-holiday)  
copier paper (8.5x11)  
Ziplock bags: sandwich, quart, gallon  
garbage bags  
pain/burn Spray  
glass cleaner  
hydrogen peroxide  
liquid hand soap  
dish soap  
tissues  
non-latex gloves  
shipping tape

**BUILDING HEALTHY FAMILIES**  
541-426-9411  
Drop off at the office, 207 NE Park St., Enterprise  
NEW beginning reader books for ages 3 to 7  
copy paper  
pencils  
binders  
file folders

**HAVEN FROM HUNGER EMERGENCY FOOD BANK**  
Call 541-786-3663 to make drop-off arrangements  
non-perishable food items  
personal hygiene products for showering (soap, shampoo, shaving supplies)  
towels  
female hygiene products  
other hygiene products (deodorant, etc.)  
cleaning supplies (especially laundry soap and dish soap)  
pet food

**ELGIN FOOD BANK**  
541-910-4585  
Call to arrange drop off, 850 Alder St., Elgin  
fresh fruits and vegetables  
eggs  
canned foods  
dry foods

## Send us your Community item

**Deadline:** Noon Thursday

**Forms:** The Observer front desk has wedding, engagement, anniversary and birth forms.

**Wedding:** Item must run within six months of the ceremony.

**Anniversary:** 25th, 30th, 35th, 40th, 50th or more.

**Birthday:** Know of a Union or Wallowa county resident turning 75 or older? Let us know the date, time and place of the celebration and send a recent, good-quality photo.

## Where Are They Now?

Know someone who has moved away and what he or she is doing? Word limit: 200. Include a good-quality photo.

**Community scrapbook:** The Observer can't get to every event in Union and Wallowa counties. But we can make space available for those groups that take photos of their events and gatherings.

**Reach us:**  
• Mail: 1406 Fifth St., La Grande, OR 97850  
• Email: news@lagrandeobserver.com  
• Call: 541-963-3161.

## LHS students named to honor roll

**LA GRANDE** — La Grande High School has released the students who earned a place on the first term honor roll for the 2018-19 academic year. The students listed below were enrolled in five or more graded high school classes during this term and earned the grade point average indicated with no failed classes.

### 12th grade

4.00: Braden Bell, Alaina Carson, Chelsea Castro, Garren Dutto, Adam Endress, Tyler Malone, Ashley Martinez, Myzaiyah Perrenoud, Scott Remily, Natalie Sumerlin, Arthur Williams

3.50-3.99: Elizabeth Babcock, Uma Gnadinger, James Elliot, Kara Gooderham, Grayson Jensen, Sariah Dahle, Kimberly Wagner, Owen Kreutz, Faith Akers, Rebecca Conklin, Aaron Corsini, Angelina Karpenok, Jevin Morris, Abby Crews, Mollie Smith, Chloe Ingram, Sajun White, Kiley Muihlenburg, Elijah McLean, Dylan Pooler, Michael Scidmore, India Wright, Baylee Young, Paloma Cooke, Jillian Roberts, Katherine Hansen, Jacob Shepherd, Lila Alf Rippee, Gabriel Blackman, Kaden Fregulia, Tess Cahill, Noelle Hays, Heber Hendrickson, Josie Moran, Jeffery Walker, Mara Sampson, Ashlynn Nelson, Carson McClelland, Lindsay Shaul, Caitlin Crouser, Cira Mesubed, Ayla Welch.

3.00-3.49: Isaac Zamora, Kelly Danziger, Mary Hardy, Kendra N. Smith, Jillian Marvel, Alyssa Jones, Hayden Shafer, Kaden Green Chandler, Riley Leavitt, Yo Saito, Tristan Weimer, Ashlynn Lofton, Bradon McCall, Natasha Flagg, Justin Comfort, Oscar Galindo, Landrey Baum, Riley Jeffries, Maritza Villagomez Ortiz, Bennett Welch, Eli Emerson, Baylee McNeil, Dylan Miles Braden Faith, Rebekah Troutman.

### 11th grade

4.00: Molly Chadwick, Alexys Chamberlain, Lara Insko, Kristal Jensen, Tyler Leigh, Michael O'Rourke, Keith Oswald, Katie Perry, Ashley Rasmussen, Nathan Reed, Blaine Shaw, Savannah Shorts, James Thurman, Brixton

Walker.

3.50-3.99: Corinne Hines, Alexander Larvik, Lian Moy, Raul Robles, Julie Chandler, Sophia Madsen, Lindsay Adkins, Brooklyn Hutchins, Riana Scott, Zachary Wiggins, Nicholas DuVernay, Tristan Eggert, Rachael Keniry, Brittany Robles, Alyssa Schelin, Christopher Kirby, Gabriel Shukle, Maia Vandervlugt, Kenzie Williams, Aubrey Fields, Logan Paustian, Jameson Halsey, Lillian Parker-Halstead, Brinley Berry, Jaiden Hafer, Justin Jenner, Taylor Begin, Felicity Houston, Mia Moschkau, Cameron Snider, Westin Blake, Carolyn Castro, Sarah Durfee, Margaret Riley, Isaak Carson, Jacob Huntsman, Aspyr Wallender, Stanley Hurd, Renna Martinez, Portia Hayden, Kaleb Myer, Jenna Freels, Audianna Neustel, Josephyne Palmer, Maylen Tommy, Joseph Davidson, Emma Simpson, Justin Frederick.

3.00-3.49: Spencer Gerst, Jacie Howton, Mason Mellinger, Tori Bowen, Alexandra Brock, Cruz Gallegos, Morgan Tussey, Isaac Seggerman, Hailey DeHart, Trevor Powers, Sarah Witten, Jacob Miller, Nicholas Wooldridge, Jacie Shaffer, Joshua Zollman, Eli Leavitt, Cuahutemoc Rivas, Henry Fager, Katelyn Williams, Camryn Willson, Wyatt Earp, Victoria Bechtel, Dahlia Hedges, Katie Rolf, Conner Seale, Parker Robinson, Kaiden Taylor, Marisa Vaughn, McKinzie Beaudry, Kiara Hayes Smith.

### 10th grade

4.00: Alisha Acireno, Katie Brown, Terence Clay, Camryn Collman, Angela Conklin, Wynn Hansen, Madison Hanson, Amber Kirby, Riley Miller, Taryn Miller, Jordan Null, McKaylee Orton, Grace Perry, Lacey Pratt, Adam Remily, Lauran Rinker, Hayden Robinson, Jayden Wiggins, Kolton Wood.

3.50-3.99: Joe Barnes, Braxton Bisenius, Gage Brogoitti, Colm Cahill, Josie Higgins, Jadon Martinez, Anna Green, Ryan Andrews, Brenna Strand, Sophie Bell, Kimberly Saffell, Reese Gilbert, Elizabeth Zamora, Anton Evans, Emma Perry, Brenna Bushman, Cecelia Aguilera, Lauren Davis, Makenzie Polf-

er, Sierra Meuser, Bella Gulzow, Danika Rogers, Kanyapat Saiduk, William Sharpe, Sivaleela Andrew, Charles Corriell Blanger, Jenna Ault, Adrian Reagan, Hunter Adams, Trinity Crandall, Owen Morton, Kaden Ridley, Tatyana Flagg, Jasmin Miramontes, Garrett Street, Starra Ullman, Dallin Countryman.

3.00-3.49: Callum Ebel, Presley Justice, Jaylee Flannery, Debra Houston, Cheyenne Marshall, Tianna Hayes Smith, Cristian Mendoza, Andrew Griggs, Aaliyah Feeley, Kaia Troutman, Jordan Boehm, Jackson Seydel, Casey Cornford, Tristan McCarthy, Olivia Myers, Devin Ingram, Rahel Kellogg, MacKensie Rust, Emma Cain, Tristin Gover, Johnnie Pegram, Chelsea Martin, Delaney Pointer, Daxon Barnhart, Marissa Eugenio, Isaac Insko, Riley Gregg, Jenna Kenley, Caden Ryder.

### 9th grade

4.00: Derek Begin, Devin Bell, Bethany Brock, Megan Carpenter, Braden Carson, Anelalani Castro, Yasmine Feeley, Raegan Hanna, Jarom Huntsman, Brady Hutchins, Cole Jorgensen, Madelyn Kimball, Isabelle Kump, Kristopher Lim, Alexys McCall, Carter Perry, Isabel Rivas, Luke Sampson, Marie Smith, Lucy Theiler, Luis Torres, Emily Wilson.

3.50-3.99: McKenzie Brogoitti, Sydney Cox, Jillian Morris, Elizabeth Harris, Ronan Cleveland, Annabelle Fager, Anna Kreutz, Braden Henry, Morgan Fields, Connor Morton, Tristen Shepherd, Haylee Bell, Aiden Stanton, Emily Young, Amellia Hyde, Grace Neer, Nicole Zollman, Kinsley Appleton, Cora Rieke, Tessa Reagan, Makenzie Evans, Nicholas Bornstedt, Atziri Enriquez, Kaiya Mesubed, Alejandro Grove, Julia Kehr, Amber Thompson, Bethani Weaver, Maxon Huxoll, Ryley Howard.

3.00-3.49: Isabelle Hadley, Audrey Garlitz, Lamar Langidrik, Lucas Young, Celeste Villagomez Edvalson, Heidi Moran, Ciera DeLuna, Mason Welch, Dallas Bolin, Kinzy Bowen, Riley Martinez, Brody Macmillan, Donald Sweet, Robert Moore, Justin Randolph.



Nicole Cathey

Reed & Associates for  
excellent service **LOCALLY!**



An Independent Insurance Agency

Medicare, Auto, Home  
insurance and Annuities



Kevin Reed

10106 N. 'C' • Island City
**541-975-1364**
Toll Free 1-866-282-1925
www.reed-insurance.net