

Wear Eye Protection When Doing Everyday Chores, Yard Work at Home

By Sharon L. Mason, CHAI

Most people do not think about wearing eye protection while cleaning, cooking, doing yard work or working in the garage. Half of all eye injuries, however, occur when doing these everyday chores, according to the American Academy of Ophthalmology (AAO).

Although 90 percent of all eye injuries are preventable by wearing the proper eye protection, the AAO reports that 78 percent of those injured were not wearing any protective eyewear.

Almost 40 percent of home eye injuries are in the yard or garden. Debris from lawn mowers or power trimmers can unexpectedly enter the eye at a high rate of speed.

Prevent Blindness America offers these tips on how to protect your eyes while doing work in the yard:

- When mowing, wear safety glasses with side protection or goggles. Check your yard and remove rocks, sticks and debris before mowing.
- Always wear safety glasses or goggles before using a weed eater.
- Wear goggles for trimming and power saw uses.
- If bystanders or helpers come around while you are using a power tool, turn it off immediately and ask them to please not come by or wait for them to move to a safe distance.
- When mowing a lawn, have the grass shoot toward the middle of the lawn to prevent an object from flying out and hitting anyone and causing an injury.
- Wear goggles to protect your eyes from fertilizers, pesticides and other gardening/yard chemicals, including lime dust.
- Read and follow all product instructions. Obey all warnings on yard chemicals and equipment.

The use of household chemicals, including bleach and other cleansers, causes 125,000 eye injuries every year. Don't become a statistic. Always wear eye protection when using any kind of chemical. Remember to wash your hands before touching your face or eyes.

For questions or recommendations, call Prevent Blindness America at 800-331-2020 or visit www.preventblindness.org.



Photos by Diane Rodriguez

With the hope of reducing fuel prices in the area, Siletz Gas and Mini-Mart receives a new gas storage tank and card-lock system for government and commercial customers in May as part of improvements to the property.



June Notes from the Healthy Family Healthy Child Project

by Mark Kimball, HFHCP Project Specialist

Love – The world works best in balance. To every action there is an opposite and equal reaction, a dynamic truth demonstrated by up and down, back and forth, night and day, cold and hot, take and give. After the buffalo hunter has taken the life of the buffalo, the Buffalo Dancer dons a buffalo skull cap to dance and to give praise and thanksgiving for the sustenance given by the buffalo; an understanding and a love for the balance and symmetry of an ancient relationship.

Last month, as I discussed the possible effect of birth order on our children, I began thinking of other things I had learned from my mentor at the University of Oregon.

One thing that came to mind and the subject of this month's article concerns parenting styles. Looking back on things, I suppose I did the best I could with the tools I had, but the truth is, I was not a very good father to my first three children.

Then I got a second chance with a very late arrival and determined I would somehow do things differently. I went to school and opened my mind to new ideas and concepts and eventually the light bulb went on and I got it right this time. It all came down to the style of parenting that I would use.

There are many ideas about how to rear children. Some parents adopt the

ideas their own parents used. Others get advice from friends. Some read books about parenting. Others take classes offered in the community.

No one has all the answers. Psychologists and other social scientists, however, now know what parenting practices are most effective and are more likely to lead to positive outcomes for children.

Ideas about child rearing can be grouped into three or four styles, for this article at least. These are different ways of deciding who is responsible for what in a family.

Authoritarian

Authoritarian parents always try to be in control and exert their control on the children. They set strict rules to try to keep order and they usually do this without much expression of warmth and affection.

They attempt to set strict standards of conduct and usually are very critical of children for not meeting those standards. They tell children what to do, they try to make them obey and they usually do not provide children with choices or options.

Authoritarian parents don't explain why they want their children to do things. If a child questions a rule or command, the parent might answer, "Because I said so." Parents tend to focus on bad behavior rather than positive behavior and children are scolded or punished, often harshly, for not following the rules.

Children with authoritarian parents frequently do not learn to think for them-

selves and understand why the parent is requiring certain behaviors.

Permissive

Permissive parents give up most control to their children. Parents make few, if any, rules and the rules they make are usually not consistently enforced.

They don't want to be tied down to routines. They want their children to feel free. They do not set clear boundaries or expectations for their children's behavior and tend to accept in a warm and loving way however the child behaves.

Permissive parents give children as many choices as possible, even when the child is not capable of making good choices. They tend to accept a child's behavior, good or bad, and make no comment about whether it's beneficial or not. They may feel unable to change misbehavior or they choose not to get involved.

Democratic or Authoritative

Democratic parents help children learn to be responsible for themselves and think about the consequences of their behavior. Parents do this by providing clear, reasonable expectations for their children and explanations for why they expect their children to behave in a particular manner.

They monitor their children's behavior to make sure they follow through on rules and expectations. They do this in a warm and loving manner. They often, "try to catch their children being good" and reinforce the good behavior rather than focusing on the bad.

For example, a child who leaves her toys on a staircase may be told not to do this because, "Someone could trip on them and get hurt and the toy might be damaged." As children mature, parents involve children in making rules and doing chores: "Who will mop the kitchen floor and who will carry out the trash?"

Parents who have a democratic style give choices based on a child's ability. For a toddler, the choice may be "red shirt or striped shirt?" For an older child, the choice might be "apple, orange or banana?"

Parents guide children's behavior by teaching, not punishing. "You threw your truck at Mindy. That hurt her. We're putting your truck away until you can play with it safely."

Which is Your Style?

Maybe you are somewhere in between. Think about what you want your children to learn.

Research on children's development shows that the most positive outcomes for children occur when parents use democratic styles. Children with permissive parents tend to be aggressive and act out, while children with authoritarian parents tend to be compliant and submissive and have low self-esteem.

No parenting style will work unless you build a loving bond with your child.

Are you curious as to your particular style or do you recognize yourself in the above? If you are curious, there is an interesting quiz you can take on your computer by visiting www.parentstoolshop.com/HTML/quiz.