



Courtesy photo

Top finishers for the Siletz Mat Club at the Kids Collegiate State Wrestling Championship include (l to r) Robbie Kirkland, Hunter Lewis, Bobby Butler, Ash Blomstrom, Isaac Butler, Patrick Shawver and Trenton Hutchinson.

Siletz Mat Club does well at state tournament

Several members of the Siletz Mat Club placed at this year's Kids Collegiate State Wrestling Championship held Feb. 2-3 in Newberg, Ore., including:

- Robbie Kirkland, 2nd place Intermediate
- Hunter Lewis 4th place Novice
- Bobby Butler Cadet State Champion
- Isaac Butler 4th place Schoolboy
- Patrick Shawver 3rd place Novice
- Trenton Hutchinson 4th place Intermediate
- Ash Blomstrom 4th place Bantam

Congratulations!

Healthy Family, con't from previous page

Children not only pick up on unhealthy behaviors such as drug and alcohol use, but they also can pick up on how parents treat their bodies by their consumption of food and their physical activity.

The study *A Qualitative Study of Parental Modeling and Social Support for Physical Activity in Underserved Adolescents* explains that children with two parents who are physically active are six times more likely to be active as children than those children of parents who do not exercise.

The article also says that children who have parents who model physical activity and are socially supportive are positively going to affect a child as the child then develops confidence in himself or herself to be physically active.

Children can learn to exercise and eat healthy from their parents. This idea is displayed in the study *Parental Influence on Eating Behavior: Conception to Adolescence*, where it was found that parents introduce foods and help their children develop their taste buds to whatever foods are in the home.

It says that tolerance for food flavors actually develops before a child is born and the foods a mother eats during pregnancy also shape the foods children prefer when they are born. Once a child is born, the food the mother eats also is traced into her breast milk and a child experiences those food flavors for the first time through breastfeeding.

Once children are ready to eat solid foods, they continue to shape their food preferences with the foods that are readily available in their home. As an early intervention to feed our children better, we need to look at ourselves first because what we eat oftentimes is what they eat.

It is also said that to change the rates of childhood obesity, we need to change

the ideas about feeding our children. Many years ago it was a custom to see plump children and call them healthy because that displayed a wealthy family, but now this should not be the case. A child who is growing rapidly ought to be a concern and not a sign of feeding our children well.

In the average American diet, many are overfed yet malnourished, eating processed foods high in empty calories, carbohydrates, sodium and sugars. This is why we see children who are overweight yet have deficiencies in important nutritional areas. This leads to a decline in proper functioning of all areas of the body.

Conclusion

With so many ideas of what makes a good parent in this article, the biggest and broadest factor in raising our children to become healthy adults comes right back down to ourselves.

In many instances the phrase "You can't love anyone if you can't love yourself" comes to mind when thinking of raising children and the effects of parental role-modeling. Something worth remembering is that children are much better learners through looking rather than listening. Even if you don't think they know or acknowledge behaviors you exhibit, they do.

Keep in mind that although these studies and theories have adequate evidence of role-modeling exerting a huge influence on our children, every once in awhile we have children who are very resilient and able to overcome these obstacles themselves if they have additional support somewhere in their lives.

When one loves oneself and lives a healthy lifestyle, others can see it – not

just children but others in our family and community. It makes me wonder, if we all tried to live as healthy as possible, how would our world look? How strong and healthy would our children be?

With these several examples, it is clear that the way in which we live or have lived as adults will have an impact on our children, so the question is how healthy

are you being to yourself – if not for you, then for your children?

In the next article, the idea of the self-fulfilling prophecy will be researched and discussed.

Please feel free to contact me at 541-444-8262 or 800-922-1399, ext. 1262; or e-mail meganm@ctsi.nsn.us if you have a parental or child development question you would like mentioned in a future article.

Standing Committee Vacancies for Health, Education, Cultural Heritage and Housing Committees

Deadline for consideration is April 17, 2013

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to the end of business on April 17, 2013.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Choose the first, second and third choice of committees you are requesting by numbering your preference 1, 2, 3 in the space provided. If you only want to be considered for one committee, please indicate this by inserting "1" next to the committee of choice.

Education Committee (2) Housing Committee (1 for one-year term)

Cultural Heritage Committee (1) Health Committee (1 for one-year term)

Tribal Council will approve appointments at the Regular Tribal Council meeting on April 19, 2013. If you have any questions, please call Tami Miner, Tribal Council executive secretary, at 800-922-1399, ext. 1203, or 541-444-8203.