Discipline is necessary for kids

Family Lifelines—

Most parents agree that discipline is necessary for children to grow into happy, productive adults, however, these same parents complain that children don't mind like they used to—especially their own.

Marcelle Strattman, Oregon State University Extension human development specialist agrees that there is confusion about the kind of discipline that is desirable for children. No reliable authority of today recommend practices that allow children to 'hang from the chandeliers' nor do they recommend the rigid 'mind at the snap of a finger' policy." The hard questions about discipline for most of us are: when is it right to overlook?. and when is it necessary to take action?

What is discipline? It's teaching children that there are certain rules in life that people live by and expecting them to eventually adopt these rules for themselves. Discipline is not punishment nor is it passively watching a child learn through trial and error. Discipline teaches children acceptable actions for dealing with everyday social living situations.

Studies of discipline training in children show that many have never been taught to obey. As a result, they disregard rules, orders, and authority. Well-meaning parents seem to have no trouble disciplining children when it comes to avoiding dangers, but find it difficult to establish "house rules" for everyday behavior. Talking about concerns of discipline is fairly simple, but doing something about them is far from easy. Many of us become angry and upset when children disobey or are too tired or busy to do anything about it. Sometimes we don't even have clear ideas about what we should expect from children.

It's easier to be consistent about rules and easier to teach them when there aren't too many. Discipline is also easier when directions are made clear. Parents are often very clear, consistent, and forceful about staying out of the street. Setting down what is and is not permitted helps children learn the standard and conventions your family expects.

Learning to obey can be a positive experience for children if more attention is paid to acceptable rather than non-acceptable behavior. Children want, above all, to please the adults they love. Learning the rules gives them a sense of freedom and feeling of confidence that urges them on to the next challenge in their development.

When things are not going right, we might ask ourselves:
—Are we making too many demands at once?
—Are we expecting more than a child of this age can deliver?
—Are the rules clear?
—Are we trying to gain obedience by constantly threatening, bribing, screaming, hitting?
—Do we give too many drawn out explanations?
—Are we supporting the other parent's expectations so children are not confused?

Caffeine...

Do you consume too much?

Caffeine—almost a household work these days due to heavy advertisements on T.V., radio and in magazines warning against consuming too much caffeine.

While coffee is the major source of caffeine for Americans, many people consume large amounts of caffeine in soft drinks, tea and other products. Following are reviews of main caffeine-containing products compared in milligrams. How many of the following do use? How much caffeine a day are you consuming in products such as those below?

How much caffeine is too much caffeine is really different for each individual. Caffeine causes a variety of effects depending on how much is consumed. In addition to stimulating the nervous system, it can also increase heartbeat and metabolic rate, it promotes secretion of stomach acid, dilates some blood vessels, and increases capacity for muscular work.

There is no evidence that moderate caffeine intake is harmful to healthy adults, but over consumption of caffeine can cause an increase of the above effects plus another set of more serious effects. More serious effects of high caffeine consumption include restlessness, disturbed sleep, heart palpitations, irritation of the stomach, and diarrhea. Some recent research has related caffeine to some births, irritation to peptic ulcers, and some breast disorders.

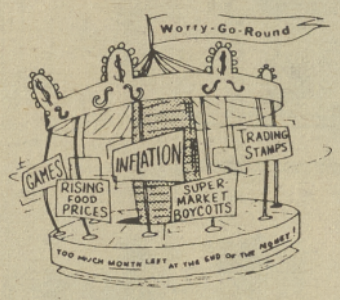
What is excessive caffeine intake is hard to define because it depends on person. 15-250 milligrams the amount of caffeine in one to two cups of coffee, will cause stimulant effects in most adults. An excessive amount of caffeine can range from 200-700 milligrams depending on how each person reacts to caffeine consumption.

Product	Caffeine (in milligrams)
Coffee:	
Drip (5 oz.)	146
Percolated (5 oz.)	110
Instant, regular (5 oz.)	53
Decaffeinated (5 oz.)	2
Tea:	
One-minute brew (5 oz.)	9 to 33
Three-minute brew (5 oz.)	20 to 46
Five-minute brew (5 oz.)	20 to 50
Canned ice tea (12 oz.)	22 to 36
Cocoa & Chocolate: Cocoa beverage (water mix 6 oz.)	10
Nonprescription drugs: (Stimulants standard dose)	
Caffedrine capsules	200
NoDoz tables	200
Vivarin tables	200
Pain relievers (standar dose)	
Anacine	64
Excedrin	130
Midol	65
Plain aspirin, any brand	0
Diuretics (standard dose)	
Aqua-Ban	200
Permathene H2Off	200
Pre-Mens Forte	100
Cold remedies (standard dose)	
Coryban-D	30
Dristain	32
Triaminicin	30
Weight-control aids (daily)	
Dexatrim	200
Dietac	200
Prolamine	280
Soft Drinks: Milligrams—12 oz. can	
Diet Mr. Pibb	52
Mountain Dew	52
Mello Yello	51
Tab	44
Sunkist orange	42
Shasta Cola	42
Dr. Pepper	38
Diet Dr. Pepper	37
Pepsi Cola	37
Royal Crown Cola	36
Diet Riet Cola	34
Coca-Cola	34
Mr. Pibb	33
Cragmont Cola	Trace
7-UP	0
Sprite	0
Diet 7-up	0
RC-100	0
Diet Sunkist Orange	0
Patio Orange	0
Fanta Orange	0
Fresca	0
Hires Root Beer	0

Extension Notes

from Pennie Albrandt, Clint Jacks and Doris Brackett

Energy-saving drying



Beating the cash crunch

Doing the laundry requires energy for heating water, washing, and drying. Here are a few ways to save energy when drying laundry.

Wash and dry several loads in succession. A warm dryer uses less energy since the metal parts do not have to be heated each time. Separate dryer loads into light and heavy weight fabrics for the shortest drying time. Dry full loads, but don't overload your dryer, and be sure to select the correct setting.

Avoid over-drying which wastes energy and causes static cling and wrinkling. And keep the dryer lint screen clean.

Drip-dry very small loads rather than running the dryer. Careful hanging will help reduce wrinkling.

Use your dryer when power usage is low—late evenings or early morning.

Hoe best for weed control in gardens

Most home gardeners would probably agree that weeding the garden is an onerous chore, but before you substitute a chemical sprayer for your garden hoe, be aware that the use of herbicides in the garden is likely to cause more problems than it solves.

"The use of chemicals to control weeds on such a small scale just isn't practical," says Ray McNeilan, Oregon State University Extension home gardening agent.

The problem is that most home gardens have at least a dozen or so vegetable varieties, few of which tolerate the same weed control spray.

Nor is there any one weed spray for all the weeds that compete with vegetables.

Weeds are best controllable by shallow and frequent cultivation, ideally with a hoe. It may be hard physical work, but it is more economical and efficient than modern herbicides.

Also avoid the use of fertilizers containing weed killers in the garden.

Mulches such as lawn clippings, black plastic, seed free hay or straw, or old newspapers spread in layers between the rows may also hold down weeds as well as conserve moisture, according to McNeilan.

Another club for 4-H...

Horse club begins tonight

There will be a meeting for everyone interested in a 4-H Horse Club on Tuesday, June 22nd, 6:00 p.m., at the Community Center. All interested youth and their parents are encouraged to attend.

This first meeting will be a time to find out who is interested and what kinds of things members would like to learn through the 4-H Horse project. Come to the first meeting even if you are not sure if you want to join. It is not a requirement to have your own horse, although it is helpful.

Lucinda Green and Nancy Waite are the club leaders. They would welcome help from other adults who would like to be a co-leaders or assist in some way.

Contact Doris or Pat at the Extension Office (553-1161, ext. 238) for more information or if you are interested but cannot attend the first meeting.