

Gaining cooperation from your children

When children's feelings are respected and we take time to show them what to do rather than waiting to reprimand improper behavior, it is easier to gain their cooperation. Here's why cooperation is important:

It gives satisfaction. Cooperation takes place when individuals coordinate their actions to obtain what they want. For example, when a child wants to use scissors, a parent can first show him how to do so safely. If the child follows the parent's suggestions, both feel satisfied from experiencing cooperation.

It improves relationships. Parents all expect cooperation from their children and know that the ability to cooperate affects children's relationships with others. Effective group participation demands cooperation. Children are viewed by peers in a more favorable manner after participating cooperatively together in group play. Cooperation increases attraction toward cooperating when others. From childhood games to adulthood ventures, cooperation among individuals will be involved. Helping children learn to deal with

another's point of view is a step toward helping them become more mature, responsible adults.

It builds responsibility. No family, community, or nation can run smoothly without cooperation. Learning to cooperate involves living by rules. Abiding by rules teaches children a sense of responsibility. As our children grow, we hope they will assume responsibility for their actions and rely less on the authority of others. This is important for your children's growth and security as individuals. Cooperation does not develop by itself. It is attained slowly over time through daily practice in exercising judgement and making choices. Sympathy, tolerance, give and take, self-control, and respect for others are all involved in the ability to cooperate. Parents who demonstrate these behaviors and can talk about them easily help children learn cooperation.

Here are some things you as parents can do to promote cooperation.

Give choices. When children have a choice, they feel they have some say-so about their

lives. This makes it easier to cooperate. It is important for our children to learn how to make decisions. It builds their feelings of confidence and a sense of "I can do it." These feelings help children try new things and increase their confidence in similar situations. Decision making becomes easier for children when they have learned to make simple decisions between two or three alternatives. When children are given a choice, their decisions should be accepted, even when they seem not to be the wisest choice. Like adults, children also learn from their experiences. When health and safety are not in danger, experience can be a valuable teacher.

Show love. Show love to your children in ways they can understand. Give them your complete attention by reading a story, listening to them talk, or playing with them. Children who know they are loved want to please their parents. Be there to help and assist when needed. Give the security of limits. Children need to understand what is expected and how far they can go. Praise children for their efforts.

It encourages them to keep trying to cooperate.

Be flexible. Change time, places, or procedures to change behavior. Often when we alter the situation, children are more cooperative. For example, telling children ahead of time that they are expected to do something, and giving them time to finish what they are presently doing, makes it easier to cooperate.

Set examples. Focus on the "do's" instead of the "don'ts." Show children the way to act. Instead of "don't throw the ball" say "roll the ball on the floor," or say "just look" instead of "don't touch." It is up to parents to set the example and the guidelines. It is true that children "catch" much behavior from their parents.

Children attain a sense of cooperation through their own efforts and experiences. As parents, our example create the favorable conditions for learning to take place. The specific experiences and opportunities we provide are the basis for learning cooperation.



**OREGON STATE UNIVERSITY
EXTENSION
SERVICE**

**Clay Penhollow
Mollie Driscoll**

Leaves makes good mulch

Wait! Don't rake those leaves into a pile to be carted away by the local sanitation service. Put your fallen leaves to work where they'll do the most good, in the home landscape.

Leaves make an excellent mulch and also are an excellent addition to the compost pile.

A two or three inch layer of leaves over the garden plot provides several benefits. The leaves hold down weed growth, add organic matter when plowed or rototilled under next spring and the leaf and layer prevents the rain from compacting the soil.

Thicker layers will add more organic matter. However, whole leaves will decompose slowly and possibly prevent the soil from drying to permit spring preparation. Composting the leaves will make them decompose more quickly, but the composting process takes time and

certain procedures must be followed.

Gardeners interested in finding out more about composting discarded plant material in the home landscape can get that information in the OSU Extension Service publication, "Garden Mulches and Compost," FS 276. It is available at no charge in county offices of the OSU Extension Service.

Some discarded plant materials shouldn't be used as mulch or for composting. Diseased plant refuse or plant material treated with herbicides should be burned or removed from the landscape.

Leaves from walnut trees should be used cautiously. They contain a substance that inhibits growth in some crops. Because of this we suggest using no more than one-third walnut leaves in layers of mulch placed over the garden or in the compost bin.

Thank You

The 4-H Family Portrait and Rug Toss were a great success at the Halloween Carnival.

Thanks to all the 4-Hers who donated pop and film. Without your donations we wouldn't have

been able to operate the booths.

Thanks to all the parents and leaders who helped us in numerous ways. From the Warm Springs Extension Staff.

New 4-H leaders in Warm Springs

Warm Springs has five new leaders in 1986-87! They will be a great asset to the 4-H program and we're proud to have them working with young people.

Hilda Culpus and Tammy Hoptowitz are leading a bead-working club.

A Rifle Club is being led by Ernie Herkshan.

Tommy Kalama is beginning a Rabbit Club.

Clydell Gilbert will be starting a Barrel Racing Club in Simnasho this spring.

Also slated for Spring is a Roping Club led by JR Smith in Sidwalter.

We would also like to recognize our returning leaders: Orthelia Miller and Nina Rowe 4-H Family Cooking, Delores Kersey and Arlene Graham lead two clubs! Boy's Cooking and Beginning Sewing, Doug Dunlap 4-H Forestry, Reggie and Beatrice Winishut, Pat Smith and Gene and Renita Harvey co-lead 4-H Culture and Heritage Society Club. Jeff Sanders,

Biff Johnson, Luke Leno and Alane Ennis co-lead Rock'n'4-H Livestock Club.

The dedication of our veteran leaders is evident in their club activities fund raising events and support for educational youth experiences. Thank you for your time and your sharing with young people.

John Kelley and Rick Krause will lead 4-H Rock Climbing this spring and summer. 4-Hers will learn safety precautions,

equipment care, rock climbing moves, rappelling and alpine climbing. Club members will rock climb in the spring and summer. Jr. High and high school students who are interested in joining the 4-H Rock Climbing Club should contact the Warm Springs Extension office now. Enrollment will be limited to ten members. Both boys and girls are encouraged to give this adventure a try!

Gift bike should fit child

If you plan to buy your child a bicycle this Christmas, select it wisely. Keep in mind the child's size, coordination, and experience as you look over the many types of bicycles available.

Your first consideration in

buying a bicycle should be size. A bicycle should be small enough for the child to control.

Don't try to save money by buying a bike that a child will "grow into." A bike that's too large is hard to stop and steer

and often causes accidents. It's important for a child to "try on" a bicycle before you buy it.

For a boy, choose a bicycle that he can straddle, leaving about one inch clearance above the top bar, while his feet are flat on the ground and his legs are straight.

A girl should be able to sit on the bicycle seat in an upright position with one leg straight and her foot on the ground. The other foot should comfortably reach the pedal at its lowest position.

Adjust the handlebars so that the child does not have to bend forward to reach them. Preparing a bike to fit the rider is just as important in preventing accidents as preparing the rider to be a safe cyclist.

Your job is not over after you give a bicycle to a child. Bike riding requires skill.

To develop such skills the child needs to practice riding in a safe area under adult supervision. Before letting children ride alone, be sure they can ride in a straight line and make turns and stops without difficulty. If the bike has controls, be sure the child can work them. Make sure you teach your child the safety rules of the road and the courtesies of cycling.

Keeping the bicycle in top shape is also important for safety. Store it out of the weather when not in use to keep it in top working condition. Lock the bicycle when leaving it.

Teach children how to care for their bikes. They benefit from taking this responsibility.

Exercise alters moods

We tend to think of exercise primarily in terms of its physical benefits. Yet many people report that they "feel better"—that is, they experience an uplift in mood—after vigorous exercise. Is there any basis for this? Yes.

Most experts agree that one aspect of depression or anxiety is a sense of losing control of

one's life. Exercise produces a sense of regaining control, starting with one's body. Several studies of runners note that the feelings of success they develop in running are transferred into other areas of their lives. And in several controlled studies with children, overall self-confidence improved significantly among those who started an exercise regimen.



Getting the feel of chocolate chip cookie dough Bobbie Cauca mixes a batch during after school 4-H baking club held every Tuesday at the 4-H center.

Pillow purchase tips offered

Pillows may not be on your shopping list very often, but when you need to buy new ones, it helps to have a few pillow facts on hand.

The most commonly used bed pillows stuffings are polyester fiberfill, feathers, down and molded or shredded foam. Each stuffing material has a different feel.

Fiberfill, feathers, and down feel soft and cushiony. Down and fiberfill are more resilient than feathers and return to shape more easily after crushing.

Latex and polyurethane foams offer more bounce, but polyurethane is stiffer than latex.

Foams return to shape immediately after crushing, but may become deformed with continued pressure over time. Shredded polyurethane foam tends to feel somewhat lumpy unless stuffed fairly tightly and covered with a heavy ticking fabric.

Down and feather pillows are sometimes a source of irritation to persons with allergy problems. On the other hand, polyester or other synthetic fiber and foam pillows usually are not.

If in doubt, sniff a pillow for odor before you buy it. If dust or lint appears as you pound or pat a pillow, it is a clue that there could be a problem.

Pillow prices depend on their size and the type of filling used.

Prices range from \$3.50 for a regular sized polyester fiberfill pillow to over \$100.00 for a down-filled king size pillow.

Filling materials vary in terms of care and how long they last. Polyester fiberfill pillows can be easily laundered. Stuffing sometimes shifts, but you can expect polyester-fill pillows to keep their fluffy resilience at least five years.

Latex filler gradually stiffens and crumbles on exposure to oil and air. Latex will last about ten years if coverings are washed regularly.

Down pillows last a long time. They are usually drycleaned, but when washable, need careful drying to prevent mildew.

Test reveals missing nutrients

Sometimes home gardeners find some unusual things in their garden plots. Gardeners may find they have grown hollow beets or potatoes, stubby carrots or abnormally short ears of corn.

These problems indicate that some important nutrients may be absent from the soil.

A soil test is the answer to finding out what nutrients are lacking. Soil testing reveals soil

pH and determines the levels of the essential nutrients: phosphorus, potassium, magnesium and calcium.

Soil testing kits are available at many nursery and garden stores, but the most accurate method of analyzing garden soil is to have it done by a commercial soil testing laboratory or by the soil testing laboratory at OSU.

A soil test does not indicate whether insects or plant diseases

are present in the soil. The test results are used to make fertilizer and lime recommendations only.

A yearly soil test is not required or recommended, says McNeilan. Gardeners probably have a good idea of the fertility needs of plants they have successfully gardened before.

On the other hand, testing soil that is being gardened for the first time should be considered.

Baking soda is a safe, cheap cleaner

If you're looking for a household cleaner that's safe and economical and covers all the bases, why not try Baking Soda? While many cleaners either clean or deodorize, baking soda has a double punch. It will dissolve dirt and grease and eliminate

odors naturally all at once.

For a surface cleaner that is effective but completely safe, just dissolve four tablespoons of Baking Soda in a quart of warm water. Baking soda is a mild abrasive that breaks down dirt without scratching surfa-

ces. So, you won't harm delicate chrome fixtures, porcelain on the stove, the textured finish on the refrigerator, or even fiberglass. Be sure to rinse thoroughly and wipe dry after cleaning.

For stubborn stains, sprinkle baking soda on a damp sponge, scrub, rinse with clear water and dry. Baking soda is unique in the way it deodorizes. While other products just mask odors with perfumes, baking soda naturally neutralizes odors. No need to worry about strong ones, like onion and garlic, that cling to kitchen surfaces, either. Just sprinkle baking soda on dry, rub with a damp sponge and rinse. No more odor!

The best news is that Baking Soda is value priced. A little will go a long way toward cleaning your house, and extending your household budget. There's no need to purchase a shopping cart full of expensive cleaners. Baking soda can substitute for many specialized cleaners.

4-H awards potluck Nov. 25

Date—Monday, November 25, 1985, 6:00 p.m., at the Agency Longhouse.

Leaders are invited to recognize their club members and

describe some of their clubs activities.

4-Hers will receive awards for the year they are in 4-H.

All leaders for 1986, both new and veteran, are invited to

explain their clubs activities of 1986.

Please bring a maindish and salad or dessert. Beverages will be provided.

Holiday tips given

*Don't go to a party hungry. Eat half a cup of low-fat yogurt or a fruit snack before you leave home.

*Take up a position away from the hors d'oeuvres trays.

*When you're finished eat-

ing, hold your coffee cup in both hands to keep from picking up your fork.

*If you want to be sure of your nibbles, bring along a hostess gift of low-calorie dip for the crudites.

