

## Be sure your toddler doesn't choke

As many deaths in toddlers are caused by ordinary food as by poisoning (at least 70 a year in the United States). Pieces of hot dog, candy, nuts and grapes are among the principal hazards to this age group. What the risky foods have in common is small size, round shape, firm or hard texture, and a slippery surface. The child under four finds such foods difficult to hold in place and chew. Because of their shape and slipperiness, such items can accidentally pass into the airway, where they become lodged and cause death by asphyxiation.

Children between the ages of one and three seem to run the greatest risk of inhaling food items, according to a recent study of the problem. Early in this period, even such seemingly innocuous objects as cookies or biscuits, beans, and macaroni can make trouble. An important rule with any such solid food is that an infant should eat it only

when sitting upright. Anesthetic gels put on the gums of teething infants may also impair the ability to swallow and make solid foods more of a risk than they would be otherwise.

By the age of two, candies, nuts, and grapes are more likely to be given to children—and to choke them. Grapes have a long history in this regard. Surprisingly, perhaps, hot dogs are the major cause of choking deaths up to the age of four. Three-year-olds, who handle most of the other problem foods quite well, are still at relatively high risk from chunks of hot dog.

If an infant chokes and is unable to breathe, the following steps are recommended by the American Academy of Pediatrics:

1. Pick up the baby.
2. Brace your forearm against your thigh and turn the infant head down so that your hand is supporting the baby's shoulders. The baby's legs will straddle

your thigh.

3. Using the heel of your other hand (the right one, if you are right-handed), give four firm blows high between the shoulder blades (almost at the base of the neck).

4. If breathing doesn't begin, turn the baby forward, with the head still down, and press on the breastbone, firmly, four times. Alternatively, if you know the Heimlich maneuver for small children, the Academy recommends that you perform it.

5. If that doesn't work, open the baby's mouth, placing your thumb on the tongue and holding the jaw with your fingers. If you can see something, remove it with a finger of your other hand.

6. These measures should take less than two minutes. If they fail, don't persist. Go immediately to the nearest medical facility.

If a child is too large to support with one hand, the Academy recommends the following

modification of the procedure:

1. Kneel on the floor and drape the child across your thighs, face down, with the head dangling. Then deliver the back blows.

2. If that fails, roll the child onto the floor (while giving the head support). With the child lying face up, compress the chest four times, firmly, by using the heel of your hand against the breastbone.

3. Then try directly removing the object if you can reach it. If you can't, waste no time in getting to a medical facility.

To avoid having to use these instructions, keep small, round, firm, slippery types of food away from toddlers. Give solid food away from toddlers. Give solid foods to infants only when they are sitting up. And throughout the early years, minimize distractions and activity when a child is eating solids (Journal of the American Medical Association, May 4, 1984; FDA Drug Bulletin, April 1984).



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## Proper bull nutrition for full calf production

With the breeding season fast approaching, it is important to keep the health and condition of breeding bulls in mind. If one anticipates calves to be born in January and February of 1987 then bulls should be ready to breed and turned in with the cows by early to mid April. Therefore, now is the time to begin feeding bulls on a higher plan of nutrition so they will be in the proper shape by April. If your situation dictates a different breeding season, then adjust this conditioning time accordingly for your bulls. Remember that young bulls are still growing and may need more groceries

than a mature bull. A bull at maintenance levels may only need 24 to 25 lbs. of roughage at about 8.5 percent protein and 55 percent TDN, but a growing bull may need up to 30 lbs. of feed (some grain) to be at 9 percent protein and 60 percent TDN level. Something else to remember is that in most cases the bull to cow ratio is 1:25. This may change to 1:20 if they are in a very large pasture range condition or be 1:40 if they are say in a 60-80 acre irrigated pasture. These are just a few of the things to keep in mind so keep abreast of the situation and good luck this year.

## Help children manage their money wisely

Prices of comic books, crayons, and candy bars are rising. Like parents with their paychecks, many children are finding it harder these days to stretch their allowances.

Children can learn money management skills at early ages. They learn about money much as they learn about everything else—through observation and real-life experience. Parents can use these observations and experiences to teach good managing practices.

Researchers have found that preschoolers learn more about financial transactions when they are taught in structured lessons.

This suggests that parents who plan learning experiences will help children develop more competence in money management than parents who simply trust that children will learn through observation alone.

Children can learn different concepts at different ages. Toddlers begin observing how money is used in the supermarket by age three. Parents can help children learn about choices and the value of money by asking them to choose a small toy or treat from a group of items for

which they have money to buy only one.

Once children learn numbers and money denominations, parents may experiment with allowances to see if children are ready to learn more advanced skills. Allowances help teach children that they have set amounts of money to spend or save.

By about the third grade level, the allowance can be expanded to meet the child's changing needs. At this age you may encourage children to do extra tasks for money. This will help develop a positive and responsible attitude about finances.

Most authorities discourage rewarding all work with money or making allowances dependent on household tasks because children need to learn they have obligations to help as members of families.

Teenagers also may be encouraged to earn extra income outside the home if they have the time and marketable skills required.

Children seem to learn healthy attitudes about money when they have regular, realistic incomes and can use the money

independently. This involves allowing children to make their own choices when possible, record purchases, share and save for realistic goals.

Even making mistakes can be valuable learning experiences.

But before parents decide a particular purchase such as a comic book or toy was a bad buy, they need to discuss the decision with the child. Perhaps it actually was a good buy from the child's perspective.

Teaching children how family finances work helps establish good management practices. A family needs time to discuss individual and family spending problems, consider allowance reviews, and make spending plans. Researchers have found that when families are candid about finances there are fewer arguments about money.

Children can be taught the relationship between family income and allowance size from the start.

Parents may be reluctant to share financial information with children. But those who don't want to discuss specifics can encourage children to ask questions, which then can be answered

simply and without detail.

Often, the details are not as important as the trust developed between parents and children, and the concepts children can learn.

## Sodium necessary in diet

An individual cannot live without sodium. Even though an individual tries to limit his or her sodium intake, he or she will most likely consume more sodium than he or she actually needs, except for an individual who sweats excessively or has an unusual disease. Highly respected organizations, such as the American Heart Association, the National Institute of Medicine, the U.S. Department of Agriculture, and the National Heart, Lung, and Blood Institute, recommended that most

Americans try to restrict their sodium intake; they recommend goals of no more than 2.0 to 3.3 grams of sodium per day. However, the average American consumes between 2.4 to 7.2 grams of sodium daily—that is 2,400 to 7,200 milligrams!

Sodium occurs naturally in many foods. However, Americans not only add too much salt to their food from the salt shaker, they consume too many foods products that are high in sodium. One of the difficulties that most

people experience in cutting back on sodium intake is lack of knowledge of the sodium content in foods. Below are examples of sodium content of some commonly used foods.

- Frozen food (12 inch), ½, 950 mg.
- Frozen green peas, ½ cup serving, 255 mg.
- Canned corn, 1 cup, 390 mg.
- Crackers, 10, 200 mg.
- Beef stew, 1 cup, 1,220 mg.
- Hot dogs, 3.2 oz, 918 mg.

## Tax deductions allowed for volunteers

Some tax benefits are available to volunteers of 4-H and other organizations under the general charitable contribution deduction of the Internal Revenue Code. A volunteer may deduct out-of-pocket expenses incurred while doing volunteer work for certain groups approved by IRS. Representative expenditures that could be deducted are auto mileage and expenses, parking and tolls, telephone bills, direct gifts of money to an organization, and cost of meals and lodging if

away overnight. The National Center for volunteers has prepared a "Volunteer Expense Record" sheet that can make it easier for you to document your expenses at tax time. The sheet, which also includes a short explanation of the Internal Revenue Code, is available to all volunteers from the Extension office. Of course, detailed information on what you may deduct, contact your accountant or the nearest IRS office.

## Compare weights

Alert shoppers can get more for their money when buying canned fruits and vegetables if they compare the drained weights on labels. Drained weight is the weight of the food minus the liquid it's packed in. And that weight can vary. For example, in a 29 oz. can of pear halves, one brand contained 9 oz. of pears. Two other brands contained 10 oz. and 10.7 oz. respectively at the same price. In most cases, you'll get more actual food if you buy smaller varieties. Choose sliced peaches instead of peach halves. The taste is the same, but you'll be paying for more peach and less liquid. So check drained weight for your best canned food values.

## Newsletter available for expectant women

Expectant mothers are often teased about eating for two, but there's a lot of truth behind the teasing because only the mother can supply the nutrients needed by the developing child.

"The 9 Months: Nutrition and Pregnancy" letter series from the Extension Service is one way for pregnant women to get information on the importance of eating a balanced, nutritious diet for both the mother and baby.

Developed by Margeret Lewis, Extension nutrition specialist,

the letters start with the fourth month of pregnancy and continue through the ninth month. The letters are mailed monthly from the Extension office and are available without charge.

Topics covered by the Nutrition and Pregnancy letters include snacks, weight gain, how to use the basic food groups to achieve a balance diet, and a discussion about feeding the baby after birth.

In addition, the letters include brief descriptions of fetal development and how the mother's body

changes to accommodate that development.

One key point stressed by Lewis is that good nutrition doesn't mean dull meals or that you have to give up all your favorite foods. For instance, you can continue to snack, but the snacks should be planned as part of the total daily diet and not added one.

Persons interested in more information about the Nutrition and Pregnancy letters, or in receiving the letters, should contact the Warm Springs or Madras Extension offices.

## Pruned berry bushes yield more fruit

Get the best from your red raspberry shrubs next spring and summer by pruning them into shape now.

Pruning and training individual raspberry plants prevents them from growing into a tangled thicket.

Pruning is done to remove weak canes and the tips of long canes, and to help maintain

some sort of trellis system. The canes of one crop varieties are biennial in habit; that is, they grow the first year and make fruit the second year.

The new canes that appeared last summer will yield next summer's berries. Although pruning the new canes will remove some flower buds that would form fruit, the remaining buds will

make larger and better fruit.

Canes that bore fruit last summer should have been removed by now. If not, remove them first. Then cut out all but 10 to 12 healthy, new canes for each plant. The weak and spindly canes should be taken out first. Then select the healthiest canes grown last summer to leave for fruiting this year.

There are several methods of trellising or holding the canes erect. The simplest is a strong wire set about five feet off the ground, attached to posts. The canes are tied to the wire.

Some gardeners use a three wire support where two parallel wires are placed a couple feet off the ground. The canes are trained between the two wires and the tops are tied to a third wire five feet off the ground.

Once the pruning is finished, the remaining canes should be tied to the top wire of the trellis system with a strong twine. Then prune off the cane ends six inches to a foot above the wire.

## Prune rose bushes for best blossoms

Rose bushes in the home landscape will give their best blossoms later in the year if rose canes are pruned back now.

Roses may need a light, medium or heavy pruning depending on the variety and stage of growth.

Pruning is done to maintain vigorous new growth, remove weak and diseased limbs, open up the plant to air and light, shape the plant to the plant to the desired form and to promote quality blooms.

"Prune out all old canes and crossing growth.

For light pruning, remove about one-third of last year's growth. This should leave the remaining canes about two and one-half to four feet high. Light pruning is recommended for rambling and climbing types of roses.

For moderate pruning, cut the canes back to about half their length. Weaker canes should be cut back even more. The canes that remain should be 18 inches to two feet high.

Bush-type roses and hybrid teas often require heavy pruning. Cut the canes back to within six to eight inches of the ground.

Heavy pruning keeps the new wood close to the ground so the bush does not become leggy. It also keeps the flowers near the ground. Always prune back to

just above an outward facing healthy bud.

In addition to old canes and crossing growth, prune out dead and diseased limbs, suckers (shoots rising from below the graft), lopsided branches and weak limbs.

## A big thank you to all who helped!

To the Editor,

A letter of thanks to all the people who have supported Rockin' 4-H Livestock Club. Ten club members are raising money to go to California during spring break. This is a special group of 4-Hers who have done a great job this past year by caring and feeding their cattle. Attending meetings and working hard on workdays. A lot of Rockin' 4-Hers did a good job

last year and it was a hard choice to pick only ten.

These 4-Hers have been raising money towards the trip. The Rockin' 4-Hers will visit Great America, sight-see along the Pacific Coast and meet other 4-Hers along the way.

So, a big thank you to all of you who have helped to make this trip possible.

Rockin' 4-Hers



Getting the stitch

Russell Graham belongs to the 4-H sewing club. Currently, the club is mastering the tricks of hand sewing.