

Consistent, well-balanced lives essential for children

Not too long ago many of the problems children have growing up were diagnosed as the result of mothers working outside the home. Whiney Wilma, aggressive Albert, and slow Sam were simply thought to be lacking Mom's guidance and attention at home.

These assumptions have not held up under the scrutiny of twenty-five years of research on children of employed mothers.

In 1970 most women with children under the age of 17 stayed home. Since then, nearly half the married women with school children in the United States have taken jobs.

The growing trend of women joining the labor force continues, but acceptance and support of combined employment and family responsibilities still lags behind the statistics.

It's hard to erase the long held suspicions that young children "without loving mothers" at home suffer severe emotional and behavioral problems.

There is no doubt that abandoned and neglected children show personality disturbances. However, these children are not in the same league with youngsters who are looked after by competent caregivers during the day and reunited with loving parents in the evening.

During the 1970s Harvard University pediatrician, Dr. Mary C. Howell, studied thousands of children of employed and unemployed mothers.

Both groups of children appeared equally likely to make friends easily or have trouble socially; to excel in studies or stumble along; to get into trouble or to show model behavior; to be well adjusted and independent, or clingingly dependent; and to feel loved or rejected by their parents, Howell reports.

Since whether a mother is

employed is not a crucial factor in a child's progress, what is important? There is considerable evidence that emotional problems of children are often related to the emotional state of the mother. It becomes a problem for a child if his or her mother hates her job, is bitter about her husband who left her, and feels tied down by a young child.

In reaction, the child may wet the bed, stay home from school complaining of aches and pains, and constantly clamour for attention. Such problems are not simply rooted in the mother's employment but in the child's entire living environment.

There may be considerable dissatisfaction in the life of a young mother who yearns to return to her former job, but is prevented from doing so by a husband who insists "a mother's place is in the home." As a result, the mother becomes bored, apathetic, restless, and dissatisfied.

Michigan psychologist, Lois Waldis Hoffman, found that employed women who enjoy their jobs are more affectionate with their children and less likely to lose their temper than mothers who are disenchanted with their stay-at-home role.

This is surprising in view of the added stress employment causes.

Contented mothers are more likely than resentful workers or unhappy homemakers to have children with high self-esteem. Children develop best in families where time, love, and attention are freely given.

For some mothers the best thing is to go out and work. For others, it is best to stay home. Many new mothers are leaving satisfying jobs to devote full attention to their infants.

Mothers weathering the transition from job to homemaker may experience periods of restlessness,

but many find they like the flexibility of more spare time and time to spend with their children.

Balancing work and family is never easy, especially if mothers do all the juggling. Having to contend with a husband's opposition or indifference makes the situation twice as difficult. In such circumstances, a wife may tell her husband, "I like being married to you, but I cannot take care of you, the baby, and a job all alone."

It takes time but fathers in general

Plain talk for baby

Take time to listen to and talk with your children from birth, but don't push them.

Don't talk babytalk. Children need to learn the proper way to speak.

Don't expect perfect speech from children: speech mistakes should be expected because children are still learning/developing.

Have your child's hearing tested if you suspect hearing problems, e.g. If you have to repeat yourself often, if your child seems to ignore what you are saying, if you have to talk loudly to get your child's attention.

Nonverbal communication/emotional support are important. Too much pressure or lack of love may affect a child's speech/language development.

Teach kids how to handle \$\$

We feel that some things like behavior and school grades, for instance, should never have a price placed on them.

Children can learn different concepts at different ages. Toddlers begin observing how money is used in the supermarket. 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. Whether kids earn their cash or get a flatrate allowance parents need to spell out how the money can be spent and how much of it children can spend at will. They also should make it clear what kids can't buy and why.

Much has been said about the mother/child attachment, but recent studies show that one and two-year-olds are just as attached to fathers as mothers, says Howell.

Children simply want and need consistent, loving adults who provide a stable, predictable environment in which to grow.

In 4-H, you learn to. . .

Share Everything.

Play Fair. Don't Hit People.

Put things back where you found them. Clean up your own mess.

Don't take things that aren't yours. Say you're sorry when you hurt someone.

Wash your hands before you eat.

Warm cookies and milk are good for you.

Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work some every day.

When you go into the world watch out for traffic, hold hands, and stick together.



Knit one, purl one
Mercy Suppah, right, attempted to "re-learn" knitting techniques from Mary Smith at a 4-H knitting class held Thursday in the basement of the boys dorm. The class is open to anyone interested in learning to knit.

Check your spending habits

Recent statistics indicate that, on the average, household debt is increasing and household savings

are decreasing. What is your family's debt and savings pattern?

Are your spending patterns helping you avoid serious financial problems? Find out by taking time to determine the percentage of your take-home pay used to pay consumer debts and the percentage left for savings.

The first step in this analysis is to determine your monthly take-home pay. This is monthly income less state and federal income taxes and social security taxes. If your income varies from month to month, use average monthly income.

Then add up the amount of money used each month to repay consumer debt. Consumer debt does not include mortgage payments; it does include most of your other debts such as credit cards, automobile loans and installment loans.

The amount of money needed to repay consumer credit payments should not exceed 20 percent of your monthly take-home pay. Using 15 percent of your income for consumer debt is usually okay. However, if your income is very low or your mortgage debt very high, 10-15 percent may be too much for you.

If your credit payments are 15-20 percent of your take-home pay, you may not have serious financial trouble, but you should not acquire additional debt until you pay off some of the existing debts.

To determine the percentage of take-home pay saved, add up monthly savings. If savings are irregular, use an average monthly amount.

Savings divided by take-home pay and then multiplied by 100 equals the percent of monthly take-home pay saved. This should be five to 10 percent. If you are saving less than this, look at your expenses and see if expenses can be reduced to increase savings.

Two OSU publications, Financial Planning: How to Prepare a Networth Statement, EC 1230 and Financial Planning: How to Prepare and Income/Expense Statement, EC 1229, are available in the Extension office.

Here's a recipe!

1 cup mixed fresh fruit cut in 1-inch chunks such as apple, banana, pineapple, peach, melon, etc.

1/2 cup fruit flavor lowfat yogurt.

Skewer three or four pieces of fruit on a toothpick. Serve with yogurt as a dip.

Yield: one portion.
Per portion: 181 mg. calcium, 203 calories.



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Extension Service provides equal access to all its activities and programs.

Cattle information given

Calving:

*Use clean equipment.

*Have adequate supplies on hand.

*Apply strong iodine solution to each calf's navel immediately after birth.

*Watch for calving problems (dystocia).

*Have extra colostrum on hand to administer to calves that have not nursed.

*Identify calves.

*Give selenium and vitamin A and D injections if needed.

*Record birth weight and sex, and record any treatment given.

*Separate cows that have calved from the rest of the herd if possible.

Nutrition:

*Cows should be on a higher plane of nutrition; they are now able to eat more since the calf is no longer taking up room near the rumen and the cows are now nursing which requires more feed, both in quantity and quality.

*This is especially important for

first-calf heifers as they are still growing as well as feeding a calf.

Leadership training set

The 4-H leadership training will be held Saturday, March 7 from 9 a.m. to 4 p.m. at the Portage Inn in The Dalles. The theme of the training is "Bridging the Leadership Gap."

Eighteen sessions will be offered including market livestock feeding for performance and carcass contests, leadership communication, Oregon record books, pair contest, basic sewing projects, teaching strategies for 4-H club management and assertive discipline for 4-H leaders.

Transportation will be provided. Registration is due by February 20. Please contact the Warm Springs extension office now if you plan to attend.

Living wills instruct family members in case of terminal illness

People who do not want to be kept alive by machines may sign living wills—documents directing that life not be prolonged artificially if they have terminal or incur-

able illness or injury.

The primary purpose of living wills is obvious. They allow persons to state formally just how they feel about the prolongation of life,

and to say so while still healthy.

Living wills ease the burden on family members, to relieve them of any guilt they might otherwise feel in making the decision themselves.

Another purpose is to protect the doctor, who might otherwise be criticized or even held legally liable for letting death take its natural

course rather than using all available means to preserve it.

A living will should not be signed lightly, and the possible consequences should be considered carefully. Discussions with appropriate family members and advisers are recommended.

The validity of living wills, like

Allowance essential for kids today

Kids today say they can't live without money. Many parents—even those who grew up with more marbles than cash in their pockets—seem to agree. But how much money should kids have? Should they have to work for it? How hard? In the home or elsewhere?

Jan, age 16, earns about \$750 moving sprinkler pipes during the summer. He also does odd jobs on Saturdays during the school year. His parents ask him to contribute \$5 a week toward household expenses. He resents these demands because his friends and aren't expected to help with family expenses.

Sarah, 13, receives a weekly allowance from her parents but deductions are made if her household chores are not done on time. With the allowance she pays for school lunches, recreation, incid-

entals and gifts. Recently her parents decided to start a system of charging 10 percent interest when she borrows additional money from them. Sarah says the system is totally unfair and unreasonable.

A college education is a top priority for Tommy, so he puts all of his earnings from a paper route into a savings account.

Other than an occasional babysitting job Debbie, 14, earns no money but her parents give her money as she needs for expenses. She says she has to do some terrible chores like scrub the toilet, wash dishes and vacuum and sometimes babysit younger sisters to earn this privilege.

All of these youngsters are learning about money management but they may not be learning the skills and good managing practices their parents would like them to learn.

We're still here!!

Just a reminder to let you know we still exist. Our new location is down in the old Park Area in Trailer Five. (Across from the Community Center.)

Need any information in livestock, agriculture or 4-H call Clay Penhollow or Mark Stillwell, who works here on Monday and Wednesday mornings. Home Ec., Family living, or 4-H call Mollie Marsh or Arlene Boileau. 4-H Information on clubs, meeting times, and

registration call Joni David.

Watch the Spilyay Tymoo for workshops and local goings-on in our community. Signs are posted at Macy's Store and in the Tribal Administration building lobby.

If you have any questions or develop a problem in your home please call, even if we cannot answer your questions, we will call our resources in order to help you. The number to call is 553-1161, ext. 238/239.



Easton Yallup, a member of the Indian Heritage Club, had a difficult time deciding what color to use on his hand-crafted belt. Club members are making belts, hair barrettes and other leather crafts during a class instructed by Elliott Switzer.