

# Every child needs someone to believe they are special

## Ways to hug your kid Family outings are for companionship

Catch your child being good. Praise good behavior—you'll start seeing more of it.

Make being good easy. Putting your favorite vase out of site for a few years isn't giving in. It's saving your sanity. And the vase!

Help your child let off steam. Your kid doesn't have an energy crisis. Running, yelling, acting silly—outdoors and in the daytime—will prevent frayed nerves at night.

Don't keep your child guessing about rules. Be clear. Be firm. Be reasonable.

Set a good example. Anger is for words, not fists.

Give yourself a break. That's why God made babysitters. A happy parent is a good one.

Hug. Who doesn't improve with hearing a genuine "I love you"?

Parents and children often have a favorite use for a hoped-for sunny weekend day. It's called the family outing.

Two-worker families, in particular, may yearn to share and enjoy new and different activities with their children on those precious and seemingly rare, sunny weekends.

But after a week of work, many parents may find it too strenuous to think about venturing forth for a day at play with small children or preschoolers. The problem is how to achieve that refreshing change of pace, essential for both parents and children, without making the family outing a major undertaking.

Think in terms of mini-vacations that are close to home lasting only an hour or two. Children have naturally short attention spans. Use this clue for planning memorable

outings right in your own town. Beautiful scenery, nature trails, parks, playgrounds or a sandwich in the park build cherished memories. Many newspapers list local events of special interest to children. Local sites of interest are suggested by county or city tourist information services if you're out of ideas.

Mini-vacations are an opportunity to do things you never have time to do ordinarily. Relax and share new ideas with family members. It's very easy for busy families to overlook the most important component of their life together—companionship.

In active families, companionship must be planned or it will not happen.



## Children must make choices

An important part of growing up is learning to make choices. Sometimes parents create problems by giving a choice but are not willing to accept a child's answer. If you are not going to let John outside without a coat, you are in trouble if you say, "Do you want to wear your coat?" Chances are that John will say "no." Then, you will demand that he wear his coat and an argument is likely to follow.

If you want to give a choice that you can accept, say: "Do you want to wear your red coat or your ski jacket?" Either answer is acceptable and you will both be satisfied.

If there is no choice, you can simply say: "You need to wear your coat before you go outside." "It's time for dinner" works better than "Do you want to come in for dinner?" "Mary, you need to go to the bathroom" gets better results than "Do you have to go to the bathroom?"

Children need to learn to make decisions. It is important to give desirable choices whenever possible and to accept their choices.

## Become active in preventing child abuse, neglect

The incidence and prevalence of child abuse and neglect have reached alarming proportions in the state of Oregon. The state faces a continuing need to support innovative programs to prevent child abuse and assist parents and family members in which child abuse occurs. The following guidelines will assure the success of the child abuse prevention program.

- Educate all children in the precepts of personal safety and individual rights, including saying no, resisting unwanted touching and telling adults what happens.
- Prepare children for their future roles as possible parents.
- Report child abuse problems

and help stop the hurting.

- Practice latchkey safety for children at home alone.
- Recognize a parent under stress; reach out and help.
- When the frustrations of being a parent become too great, remember to take time out and not take it out on the children.
- If a child you know is endangered or mistreated, call the authorities.
- Support efforts in your community that promote and provide prevention programs.
- Support the Children's Trust Fund, a special prevention fund helping to prevent child abuse throughout the state.

## Make food appealing, offer variety, too

Keep your meals "eye-appealing" and "feel-appealing" with a rainbow of colors and a variety of food textures and shapes. Raw carrots and celery sticks, green pepper and red pepper strips, raw broccoli and cauliflower flowerettes are all "kid-pleasers." Make them even more interesting with a cheese, yogurt, or peanut butter dip.

Give your children a good variety of foods, selecting one item from each food group. Include such high protein foods as eggs, peanut butter, meat, poultry, fish and cheese; a whole grain bread or complex carbohydrate such as pasta, rice; milk or other dairy products for calcium; a raw or cooked vegetable and a raw fruit for dessert.

## Infants' needs the greatest during first year of life

Babies grow most quickly during their first year and need high levels of nutrients in relation to their body weight. Most experts agree that breast feeding provides the best food for infants. Human milk contains all of the necessary nutrients and its right temperature, easy to digest and economical. Formula recommended by a physician or dietician is another choice. It is usually made of modified cow's milk with added carbohydrates, vitamins and minerals. Solid foods may be introduced

## Youth obesity attributed to inactivity, food choices

Roughly speaking, one child in four is overweight. For teens, the incidence of obesity is up some 39 percent.

Why? Could television be the culprit? The amount of time children spend plugged into their favorite show,

video, computer program or electronic game seems to be directly related to inactivity and weight. A child who watches television five hours a day has twice the risk of being obese as a child who watches less. Most children spend as much time watching T.V. than sitting

behind a desk at school. There is a whole lot of sitting going on. Watching television requires little more energy than what is required for sleeping and, it takes time away from higher energy activities. The lifestyle of many

young people includes drawbacks: A love affair with the television, an aversion to perspiration and a favorite food list that goes far beyond the four food groups.

Is it food? Food choices, for many children, are the crux of the obesity problem. For some, it may be choosing foods high in calories and low in nutrients. Calorie-rich foods are easily over-eaten and they are not physically filling.

Consider how easy it is to eat a half a bag of chips: four ounces equals 500 calories; as compared to eating 500 calories worth of oranges—10 oranges.

## High calcium recipes for children

### Nutted Cheese Sandwich

Mix a three-ounce package of cream cheese with 1/4 cup chopped walnuts and one tablespoon raisins. Spread on two slices of whole wheat bread. Cover each with a second slice of bread. Yield: two sandwiches.

Per portion: 97 mg calcium; 371 calories

With one cup milk: 388 mg calcium, 521 calories

1 egg  
1 1/2 cups buttermilk baking mix  
1 1/2 cups fortified whole bran cereal  
1/2 cup chopped walnuts  
1/2 cup raisins

In large bowl, beat marmalade, butter and egg to blend thoroughly. Mix in baking mix, then bran, walnuts and raisins. Drop heaping tablespoons onto greased baking sheets. Bake in 350 degree oven 15 to 20 minutes just until lightly browned. Remove to racks. Serve warm or at room temperature. Makes 18, 2 1/2-inch cookies.

### Tuna Pillows

Spread one cup of your favorite tuna salad on four slices whole wheat toast. Top each with one slice (one ounce) cheddar cheese. Arrange on a baking pan. Place under a preheated hot broiler until cheese melts, two to three minutes. Yield: four portions

Per portion: 237 mg calcium; 256 calories

With one cup milk: 528 mg calcium, 406 calories

### Buckwheat Huckleberry Muffins

2 cups wholewheat flour  
3 cups buckwheat flour  
3 tablespoons baking powder  
1 cup date sugar  
3 eggs  
2 1/2 cups milk  
1/2 cup peanut oil  
1 1/2 teaspoon nutmeg  
1 teaspoon all spice  
1 teaspoon cinnamon  
2 cups huckleberries

Mix all dry ingredients in a mixing bowl. Combine all liquid ingredients in a bowl. Stir liquids into dry ingredients and stir well. Gently stir in huckleberries. Pour into greased or lined muffin pans and put into oven and bake at 400 degrees for 10 to 15 minutes.

### Rise and Shine Breakfast Cookies

Easily prepared for baking in less than 20 minutes, these cookies feature bran cereal and chopped walnuts for a healthy helping of fiber. Serve them with milk for a nutritious breakfast on the run.

1/2 cup marmalade junior preserve  
1/2 cup butter or margarine, softened

at the doctor's recommendation during the fourth to sixth month and should be spoon fed. The first solid foods are usually baby cereals enriched with iron and B-vitamins. Next, the doctor may suggest strained fruit, vegetables, egg yolks

and meats. At about 12 months, when the baby can chew, chopped foods such as fruits, vegetables, meat, fish, poultry, eggs, cheese and macaroni, may be added to the diet. Between 18 months and two years

## Some important notes on a child's development

If a child participates in physical activities daily, he or she will be a better student. Many educators feel there is a direct correlation between physical fitness and academic performance.

Parents, who provide a stimulating and varied environment, who surround their child with books, music, crayons, etc., will generally have a child who exhibits an interest in learning. Parents who love learning will, generally, produce a child who loves learning.

The tongue has taste buds which allow identification and detection to occur when chemicals are dissolved. The total flavor of food and objects placed in the infant's mouth comes from the combination of taste, smell, touch, texture and temperature sensation.

his or her own learning style most of the time. Each one of us has a unique rhythm system and learning style. It is our internal pace that sets the speed with which we can proceed in comfort.

Whether a child is running, throwing a ball, skipping, or any other age-appropriate physical activity, he or she is learning coordination, agility, flexibility, speed, balance, endurance, body awareness, control and teamwork.

Perhaps the most significant sense is that of touch. It is the earliest sensory system to become functional and maintains its importance throughout life. It has been said that, next to the brain, the skin is the most important of all our organs. The child's direct physical interaction with everything safe in his or her environment is critical for intellectual development for the next several years.

The human brain develops largely through stimulating experiences from the outside world, usually from the caring adult.

As you feed the child, talk! Name the food that is being offered, describe the color, form and the texture. Get as many of the senses involved as you can. Example: "Open your mouth. Here comes a big spoonful of soft, round green peas."

Do you know that a child's self-concept is first formed by absorbing the attitudes and feelings of his or her parents or caretaker?

Children, who are physically fit, learn faster, are more stable emotionally and are more willing to try new areas of learning.

The surface area of the skin has an enormous number of sensory receptors receiving stimuli of heat, cold, touch, pressure and pain. A piece of skin the size of a quarter contains more than three million cells, 10 sweat glands, 50 nerve endings and three feet of blood vessels.

Adolescents continue to need the same sort of support they required when they were children. They still consider it support when a parent attends a play, a game or concert in which they are participating. And adolescents, despite their size and physical maturity, still need a hug, a pat, a compliment and words of encouragement. We never grow too old or too big for this kind of support.

The child's feelings of belonging and security lead to significant learning and growth. The things said to a child and the way they are said determine the child's self-image. The child looks at the parents or caretakers and sees himself or herself in their reflected attitudes. If a child is repeatedly called negative names, he or she will begin to feel inferior and unworthy. Thus, a negative self-concept is formed.

It is important that the child develop large and small muscle control early in his or her life. Activities, such as drawing, painting, and coloring with large crayons, are necessary for developing hand-eye coordination.

In the first few months of life, good touching experiences are critical for continued growth and development of the brain and nervous system.

Baby packs or carriers are excellent. They allow the parent to handle, caress, cuddle and talk to the baby with ease. The infant can feel the body warmth and can hear the heartbeat of the caretaker. Touch is the beginning of social development.

The development of a child's ability to learn new concepts, solve new problems and master new skills is largely determined by what happens in his or her first five years of life. So, letting your child learn, by interacting with his or her world through observation and play, is a natural, normal process and must be encouraged. Children should be challenged intellectually, but the challenge should be constructive.

A child should be allowed to grow at his or her own pace and use

Children need many opportunities to be accepted for who and what they are. Good emotional health means a child: Is happy most of the time; Wants to learn most of the time; Wants to make friends most of the time; and Is free from health complaints (aches and pains) most of the time.

So, help your child. Give him or her:

- A warm accepting home;
- Firm, but fair, consistent discipline and rules;
- Independence within safe limits; and
- Good adult examples.

You know, adults need the same opportunities, too, so taking care of yourself is going to help your child!

Movement is an important skill. Lifting the head, crawling, creeping, standing and walking are normal steps in motion/motor development. Being mobile changes the child's way of looking at things. Now the child experiences space and depth as he or she is able to see under, over and behind objects that were once seen as flat.

As a child moves, he or she becomes aware of body parts and how they function. Body movement and learning are interrelated.

Hearing is the process of identifying sounds, the source of sounds, pitch and volume. One of the first steps toward contacting the world is to allow sounds to enter one's awareness. This is the beginning of communication and language skills. It is the beginning of communication and language skills. It is the continual auditory, touch and visual understanding of what is happening in the infant's body, in relationship to his or her surroundings, that will make language and talking meaningful and necessary.

Hearing experiences play a great role in the development of the brain—experiences such as singing, talking, humming and listening to music. Talking to your child, asking questions and even answering the questions, contribute to the development of the child's brain.

A child's senses are natural teaching tools. They teach the child everything he or she needs to know about the world that surrounds them.

## Awards night Sept. 13

The annual 4-H Awards Night dinner will be held Tuesday, September 13 from 6-9 p.m. at the Community Center.

4-H leaders, 4-H members and their families are asked to participate in the annual event.

Agenda for the evening is: 6 p.m. games for 4-Hers; 7 p.m. opening with welcome, American

pledge and prayer; 7:15 p.m. potluck dinner; 7:30 p.m. guest speakers; 7:45 p.m. awards and 8:30 p.m. closing ceremonies.

If you have any questions, suggestions or ideas contact the Warm Springs Oregon State Extension office at 553-1161, ext. 238 or stop by the office.

## Be sincere with children

Good discipline includes creating an atmosphere of quiet firmness, clarity, and conscientiousness, while using reasoning. Bad discipline involves punishment which is unduly harsh and inappropriate, and it is often associated with verbal ridicule and attacks on the child's integrity.

One of the most important goals we strive for as parents, educators

and mental health professionals is to help children develop respect for themselves and others. While arriving at this goal takes years of patient practice, it is a vital process in which parents, teachers and all caring adults can play a crucial and exciting role. In order to accomplish this, we must see children as worthy human beings and be sincere in dealing with them.

