

# Babies can create conflict in new families

Understanding a new baby is challenging. However, an awareness of changes in attitudes, relationships and goals that occur in partners as they make the transition to parenthood is equally important.

While planning for and anticipating their first baby, most young parents are unaware of the changes that will occur within themselves and in their marital relationship. Sociologist Alice Rossi suggests young parents are tragically uninformed about how parenthood brings more abrupt changes in lifestyle and personal values than any other previous life adjustments such as marriages or work. Most other changes, including a new job, allow time to learn the tasks and practice the skills needed. Parenthood arrives in a matter of hours.

Books, articles and classes for parents place children at the center of attention. While a child's need for adequate parenting is total and, at times, demanding, there's equal need for parents to continue their development as interesting, productive adults.

Developmental psychologists now say life is a series of transitions. A transition occurs when an event, such as parenthood, causes sharp changes in your usual routines. In all transitions some things are lost. New responsibilities and feelings about the self are gained. A transition does not mean abandoning everything from your old life, but some things will lose their importance in your new status.

There are individuals and marriages that strengthen with the bond provided by children. Others buckle under the strain of an added dependent person. For one thing, baby creates a triangle in which time and attention must be divided.

The coming of baby complicates the parent's role. An enormous amount of physical energy has gone into pregnancy and delivery. The never-ending tasks of baby care are fatiguing, leaving parents irritable and often depressed. Before long, baby's presence makes them feel trapped at home; they miss talking with other adults. Being on call with baby 24 hours a day, 365 days a year, was not their life's goal.

Children bring other problems too. They interfere with casual conversations and spontaneous loving moments parents previously enjoyed. Important conversations are interrupted or postponed by baby's screams. One young father said, "I wonder if I'll ever sleep the same in my bed again." Babies have no respect for privacy, a good night's sleep or your free time.

One of the most serious difficulties partners encounter revolves around "pet ideas" about child rearing. Most of these beliefs do not surface before children arrive. Ideas about who's in charge, discipline, punishment, money and child freedoms are major causes of marital conflict. While baby is still young, discuss how you feel about the following statements:

- \*Questioning and disagreement between parents and child should be encouraged.
- \*Spare the rod, spoil the child.
- \*Children should not be frustrated.
- \*Children learn more by what parents say than what they do.
- What can you expect while you're in the transition to parenthood? Here are a few symptoms you can discuss with your spouse or friends to relieve anxiety:
  - \*Chronic tiredness
  - \*Loss of income of the mother and increased economic pressure on the father
  - \*Additional household work
  - \*Guilt in not being a better parent
  - \*Worry over self-appearance and body changes

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Phone: 553-1161, ext. 238 or 239

## —The scoop on oils—

Oil	% Unsaturated	% Saturated
Canola Oil (Puritan)	94	6
Safflower Oil	91	9
Sunflower Oil	88	12
Corn Oil	86	14
Soybean Oil	85	15
Olive Oil	83	17
Palm Oil	50	50
Coconut Oil	8	92

Fat-watchers should watch for fats that are low in saturated and high in unsaturated fats.

## Be prepared for winter storm

Listed below are items that you should carry in your car in case you are stranded by a winter storm.

1. Sleeping bag, or two or more blankets. A box of newspapers can provide layers of insulation and make a good substitute.
2. Two empty three-pound coffee cans with lids. One may be used for sanitary facilities and the other to burn candles for heat.
3. Matches and candles.
4. Winter clothing, including caps, mittens and overshoes.
5. Large box of facial tissue.
6. First aid kit with pocket knife.
7. Flashlight with extra batteries.
8. Small sack of sand.
9. Tow chain (about 20 feet).
10. Shovel.
11. Food supply of high-calorie, non-perishable food (candy, canned nuts, raisins, etc.).
12. Tools—pliers, screwdriver, adjustable wrench.
13. Plastic scraper.
14. Transistor radio, with extra battery.
15. Battery booster cables.

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## Parts can be lifesavers!

If you don't happen to have a winter storm kit in your car, parts of your car can be useful and may even save your life.

1. A hubcap or sunvisor can be substituted for a shovel.
2. Seat covers can be used as blankets.
3. Floor mats can be used to shut out wind and cold air or for a wrap-around.
4. Engine oil burned in a hub cap creates a smoke signal visible for miles.
5. Full tank of gasoline; always drive on upper half.

## Relaxation is key to potty training

Modern practices for "potty training" young children have changed from the days of our grandparents.

Anthropologists report that early generations of Americans expected toileting control at younger ages than any other culture in the world. Those early Americans made more fuss about toilet-training.

Children were expected to be toilet-trained before they were physically able to achieve control over basic bodily functions.

Fortunately the present relaxed approach to toilet-training in the U.S. makes life more pleasant for both toddlers and parents. Most children will train themselves when they are ready and have the opportunity to observe and imitate the behavior of other children and adults.

According to reliable observations, the average age at which children learn to use the toilet for bowel and bladder elimination is around 2½. Generally toddlers will achieve day-time control between two and three and night-time control between three and four-and-a-half. But nobody can tell you exactly when your child will have the mus-

cle control to open and close the small valves regulating the bowels and bladder. Trying to initiate toilet training before this time is only frustrating for parents and creates tension in children.

Getting rid of wet, messy diapers is desirable for parents but not necessarily for toddlers. However, a child's eagerness to please you and be grown up is powerful help.

Around the age of three, children begin to dislike being soiled and wet and want to wear underwear like older children.

For training, some parents prefer to use a "potty chair" that sits on the floor. Others prefer a seat that fits the toilet. Potty chairs are convenient because children can help themselves. A toilet-top seat should have arms, a back-rest and foot-rest so children feel comfortable and secure.

You can try putting a child on the toilet right after meals, before and after naps, before bedtime and when facial expressions predict a bowel movement. They are not likely to perform the first or even the second time on the toilet. If they do, it's probably an accident.

Keep the child on the seat only a few minutes. Never insist children

stay on the seat until they have done something. Remember, they simply can't turn it off and on.

Expressing exasperation or shame only confuses and hurts children and often leads to bitter struggles affecting the entire training process.

A great deal of parental patience and self-control is necessary in toilet training. Overly-anxious parents simply need to keep in mind that every child eventually becomes potty trained. Success for the child is less likely to come from scolding and punishment than from building the child's feeling of confidence and parental approval.

All children who are dry during the day-time are equally ready to stay dry at night. Be sure they go to the toilet before bedtime. Also limit their intake of liquids before bedtime.

If, by the age of five, your child has not achieved day and night control, you should seek advice from your doctor. Physical problems are seldom the cause of bed-wetting. The cure for bedwetting may be as simple as withholding drinks before bedtime or clearing up emotional problems such as fear or over-excitement. Children frequently wet if they are cold, too.

## Various methods available to treat spots, stains, soils

Special treatment may be necessary! Some spots, stains, or heavy soils may not be removed by washing alone, so a special treatment before laundering may be necessary. Basically, there are three procedures from which to choose—dependent on the kind or extent of staining.

**Soaking** is especially helpful for loosening heavy soils and can be done in a basin, laundry sink or washer. There are special presoak products for treating generalized staining or an all-purpose laundry detergent for heavy soils.

**Prewashing** takes less time than soaking. The prewash cycle on a washer provides agitation for loads with heavy or greasy soil that may not come out in a single regular wash. Use an all-purpose laundry detergent in the prewash as well as in the regular wash. Some washers may advance automatically to the regular wash cycle. Check your appliance booklet for use instructions.

**Pretreating** involves treating and sometimes completely removing difficult spots and stains prior to

laundering. Methods and products vary depending on the type of stain. Referral to a stain removal chart for specific stains and treatment is advisable. Prewash soil and stain removal products, available in aerosol, pump spray or liquid forms, are particularly effective on man-made and permanent press items with oil and greasy stains. They also are designed to pretreat heavily soiled and stained areas.

Soil lines on collars and cuffs respond to pretreatment by dampening the soiled areas and rubbing in a liquid detergent, a paste of water and powdered detergent, or bar soap.

## Organize your personal papers

Take advantage of the beginning of the new year to organize your home filing system and personal papers.

No matter what your income, every family has financial records and family data and should keep a file of valuable papers.

Families can prepare their own individual inventory by organizing their records under four categories: personal, assets, obligations and benefits.

Personal papers include copies of wills, birth certificates for all family members, death certificates, marriage certificates, divorce decrees or any other papers necessary to establish family relationships. Include names and current addresses of family members and

beneficiaries. Also record the name, address and telephone number of the future executor of your estate, your lawyer, life insurance agent, accountant, investment counselor and other financial advisors.

List all assets, including checking and saving accounts, life insurance policies, real estate, stocks and automobiles. Include the location of any deeds, titles, policies, certificates, or passbooks needed to prove ownership of your property.

When listing obligations, include not only outstanding debts on real estate or autos, but also list regular expenditures for taxes, insurance premiums and utilities.

The benefits section of your

inventory should include veterans benefits and health, accident and burial insurance.

And what about your Social Security or Civil Service benefits? If you don't know what these benefits are, it's not too soon to find out.

This simple inventory of all valuable papers, family data, and financial status will help organize your present plans as well as simplify future estate settlement.

To help you get started, see the OSU Extension publication "Do You Know Your Valuable Papers" EC 1234. It is available at no charge from the Warm Springs Extension office.

In food figures remember:  
1 tsp. oil (5 grams of fat) equals 45 calories  
1 tsp. sugar (5 grams of carbohydrate) equals 16 calories.

**A fat fact...**  
One plain four-inch doughnut has as many calories as four slices of bread with jam—about 400 calories. Half the calories in a doughnut come from fat, but only 10 percent of the calories in toast and jam are from fat.

## Gardening classes set

Registration is now open for the 1989 Master Gardener Training course. The course will be organized out of the Deschutes County Extension Office for Central Oregon.

Master Gardeners are given an intensive training program in Home Horticulture by OSU Extension staff and veteran Master Gardeners.

Training will consist of 45 hours of classroom and hands-on training. Dates for the 1989 classes are: February 27, March 1, 3, 6, 8, 10, 13 and 15. All training is scheduled

from 9 a.m. to 4 p.m. on the designated dates at the Deschutes County Fairgrounds in Redmond.

A new training notebook has been provided for the 1989 class that will be used statewide. There is no class registration fee but a materials charge of \$15 will be made to cover the cost of printing for the 490 page training notebook.

The Master Gardener Program is a voluntary educational program designed to meet the gardening needs of the local community. Volunteers receive training from Extension professionals in plant science, horticulture and gardening.

Following the 45 hours of training, Master Gardeners agree to volunteer an equal number of hours helping others with gardening problems.

Jefferson County and Warm Springs residents interested in being a Master Gardener or wanting more information should contact Clint Jacks at 475-3808 by February 1. A local meeting will be organized to provide more information.

## Various flours are available

**All-purpose flour**—This white flour is made from a mixture of hard and soft wheat flours. It is enriched to compensate for the removal of the germ and bran. All-purpose flour is chemically bleached to speed up the normal whitening process that occurs when freshly milled flour loses its yellowish cast through aging. As its name implies, all-purpose flour can be used for all purposes—pies, breads, cakes and cookies.

**Unbleached flour**—Unbleached flour is all-purpose flour that hasn't been chemically bleached. It's not as white as all-purpose flour and can be used interchangeably with it.

**Whole Wheat, Whole Meal or Graham flour**—This flour is made with the entire kernel—endosperm, germ and bran. It contains all the nutrients that are milled out of white flour.

**Bread flour or hard wheat flour**—Made from winter wheat, this flour is richest in gluten. The resulting bread has superior texture and better flavor.

**Cake flour**—This soft wheat flour contains more starch and less gluten to give baked goods a lighter texture. To substitute all-purpose flour for cake flour, use two tablespoons less per cup of all-purpose flour.

**Self-rising flour**—This soft wheat flour has salt and baking powder mixed in.

**Pastry flour**—This soft wheat flour, low in gluten, is finely milled for tender quick breads and pastries.

**Stone-ground flour**—The kernel is coarsely crushed between heavy stones to produce coarse flour.

**Bran**—Bran is sold as flour or in buds, among other forms, and is a good source of fiber.

**Wheat germ**—Powdered or whole, wheat germ should be very slightly toasted before adding to dough.

## Beadwork clubs scheduled soon

4-H leader Caroline Tohet will be starting a 4-H Beadwork Club February 7, 1989. This club will be limited to six to eight children from the third to sixth grades. The club will meet at the Community Center at 4 p.m. sharp.

Tohet will also be leading a 4-H Beadwork Club for Jr. High age students. This club will be held February 13, 1989 at the Community Center beginning at 4 p.m. Participants need to bring their own containers for beads. Parents are encouraged to attend along with their children.

## Slides/videos help

Slides/videotapes are available through the Extension office and add a lot to club meetings. Come look through the video list and see what meets your club's needs. We can photocopy pages from our list for you. You must order the slides two to four weeks ahead of when you'll need them. Please plan ahead. They can be mailed to you or you can pick them up at the Warm Springs Extension office. The videos are in the office for preview.

## Vegetables can add life to winter meals

There's more to the winter blahs than just sun-less days, cold and rain. Sometimes even the food we eat during winter months may seem boring.

If you've felt that way it's probably more than your imagination. Winter menus tend to become ho-hum because there is not the abundance of fresh vegetables there was during the harvest season.

Remember the fresh green beans and the crisp tasty pea pods? You won't find those items plentiful now, but there are suitable substitutes. Winter vegetables can add the crunch and flavor needed to enliven everyday meals.

Next time you're in a foodstore look at the vegetable counter for inspiration. The best buys are the "winter" vegetables including potatoes, onions, cabbage, broccoli, carrots and winter squash. While imported "out-of-season" vegetables are available, they are expensive and no more nutritious than their canned or frozen cousins.

How about a crunchy coleslaw featuring red cabbage? The vinegar in the dressing will reserve the red color and add a tang to your meal. Cabbage and other cruciferous vegetables, broccoli, brussels sprouts and cauliflower, contain substances that inhibit cancer at certain sites in the body.

High intake of carotene is also associated with a lower incidence of some kinds of cancer. Winter vegetables that contain high amounts of vitamin A include winter squash, carrots and broccoli. There are great recipes for soups and stews that include carrots.

Broccoli can be steamed alone or with cauliflower or stir-fried with carrots, cabbage and onions.

You can also add those little bits of left-over vegetables to a stir-fry. Stir-fry the fresh vegetables to tender crisp, then add the drained left-over green beans or corn at the last minute, continue cooking just enough to heat the left-overs. For a colorful stir-fry, add canned tomatoes at the last minute and be sure to cook until the tomatoes are hot.

There are many varieties of winter squash from the most common Hubbard variety to Acorn to Butternut. The flavor varies from bland

to nutty. Try several varieties and decide which is your favorite. Squash is often served as a vegetable, a substitute for potatoes, or as a part of a holiday meal. Try baking it with apples, or sausage or look for squash soup—some are spiced with nutmeg for a different taste.

You might not think of dried peas, beans and lentils as vegetables because they are often used as alternates to meat, fish and poultry. These vegetables keep well and supply fiber, B-vitamins as well as add variety to winter meals.

Many people remember Mom's

remaining three tablespoons sugar. Mix in milk with fork just until blended. Remove blueberry mixture from oven; drop batter by spoonful over blueberry mixture. Sprinkle with additional sugar, if desired. Return to oven; bake 30 to 35 minutes until filling is bubbly and topping golden. Serve warm with whipping cream or ice cream.

**Lightning Chile Cheese Cornbread**

Walnuts, green chiles and cheese liven up an ordinary cornbread mix. Serve this zesty bread with steak and salad for a chuckwagon dinner.

1 package (15 ounce) cornbread mix  
¾ cup chopped walnuts

1 can (17 ounces) cream-style corn  
1/3 cup milk  
1 egg  
¼ cup canned diced green chiles  
¼ cup sliced green onions  
4 ounces (about 1 cup) shredded Monterey Jack or cheddar cheese

In mixing bowl combine cornbread mix and walnuts. Add remaining ingredients; mix just until blended. Spread in greased 8-inch square baking pan. Bake in 425 degree oven 35 to 45 minutes until golden and pick inserted into center comes out clean. Cool. Cut into 3-inch squares.  
Makes 9 servings.

## Have a question? Ask Extension!!