

Child-parent separations Fear of separation from parents normal reaction

Fear of separation from a parent is a normal reaction for a child. Although this fear is usually most intense between one and two years of age, the anxiety can also occur for older children. If there has been a stressful event (change in routine or trauma within the family), a child may feel temporarily insecure.

Parents should also realize that separation fears will be more intense in children who are temperamentally "slow-to-warm-up" and have difficulty making transitions or entering new situations.

Separation from or loss of a family member will trigger fears of being abandoned. Sensitive questions followed by assurance can usually ease separation fears.

Far from serving as an "emotional crutch" that increases dependency, the research on transitional objects suggests that their appropriate use will increase confidence and security in young children. The research shows that children given transitional objects cry less when they are separated from parents. Probably because of the increase in security, these children also are able to explore their environment more actively. In addition, children with transitional objects focus on and learn new tasks better than those without them.

Often parents feel guilty and distressed about their child's natural protest to separation and may unwittingly prolong and reinforce a separation reaction. You can err

in both ways—leaving too soon or not leaving enough. It takes judgment, can't leave without saying goodbye. And don't anxiously linger when it is time to leave. Reassure your preschooler through verbal and nonverbal behaviors that everything will be fine in your absence.

1. Before you leave, tell the child you are leaving, and when you will return. It may help to say something like "...and I'll pick you up at 11 o'clock just like last week." In order to bear separation, the child must know the parent will return.

2. After you say you are leaving, then LEAVE. If you linger because of the child's whining, then you are teaching the child to whine to get what he/she wants.

3. Expressing affection for your child is appropriate, but separation is made more difficult if the parent verbally or nonverbally expresses ambivalence, guilt, worry, uncertainty, etc. about leaving the child. The parent's emotional response to separation is a common cause of the child's emotional response.

4. Don't be late to pick your child up! Be early or on time. Children can get very distressed when all the other children have been picked up.

5. If your child is slow to adapt to new situations, then give this advice a few weeks to work. Make the transition easy.

6. Separation anxiety is normal. On rare occasions, however, it may indicate a problem. Talk to your

child and your day care provider about what your child experiences at day care. Perhaps your child is teased by other children, or afraid of a class pet, or the teacher looks like mean Uncle Albert. In cases like this, when separation anxiety persists, you must seek the cause yourself because it will be unique to your situation.

Parents sometimes threaten little children with "going away." It's true this often results in "good behavior," since the possibility of losing his parent is so upsetting to the child that he will do anything to avoid it. But these threats may, at the same time, produce such anxiety that the child believes that his parent WILL disappear, and at any time. A bad act, he thinks, might cause his parents to desert him forever.

A girl of 5, whose mother suddenly had to go to the hospital, connected this event to her own "badness." She thought she was responsible for her mother's

illness. She became shy and timid and lost her spontaneity in a constant effort to be a "good girl."

A girl of 6 had a similar experience. Her mother became ill and, at the same time, a maid who had cared for her since birth left the family. This double separation resulted in a long-time anxiety for the child. Even at 12, she refused to go to school until her mother wrote down where she would be at every hour while she was in school. Occasionally she would run home from school to make sure her mother was there. It's easy to see what a crippling fear this was.

Parent can diminish a great deal of childhood anxiety by protecting their children from feeling they are in danger of being separated from them. To children, separation is the most threatening of all situations.

Children need to feel you are dependable. Your preschooler needs to know he or she can count on you to do as you say you will do.

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Heat stress dangerous

Heat can be a real danger to many people. Heat stress is caused by the body's inability to adjust to sudden increases in temperature, and the elderly are especially vulnerable. It puts a dangerous strain on the heart and blood pressure and can lead to heat exhaustion, heart failure and stroke.

Signs of heat stress include the following: dizziness, rapid heart-beat, diarrhea, nausea, cramps, throbbing headache, dry skin (no

sweating), chest pain, weakness, mental changes, breathing problems and vomiting. If you experience any of these, call a doctor immediately.

Here are some ways to avoid heat stress.

* Use air conditioners if you have them, or go someplace that does, such as a library, shopping mall, senior citizen center or movie theater.

* If you don't have an air conditioner, use a fan to draw in cool air at night and to keep air moving during the day. While the air movement during the day may be hot, it will still help your body to keep cool by speeding up the rate sweat evaporates.

* Take cool baths or showers. They provide relief from heat because water removes extra body heat 25 times faster than cool air.

* Wear light weight, light colored, loose fitting clothes, and wear hats or use umbrellas to keep out of the sun.

* Drink more water during hot weather; don't wait until you are thirsty. (If you are under a doctor's care, check to see how much water you should be drinking.) But avoid alcohol. It acts as a diuretic, resulting in faster water loss. In addition, alcohol can promote a sense of well-being, making you less aware of the danger signs of heat stress.

* Avoid hot foods and heavy meals. Digesting them adds heat to your body.

* Finally, curtail physical activity during extremely hot weather as activity adds to heart strain.

To learn more about heat stress and how to avoid it and how to prevent cold stress (hypothermia) when the weather gets cold, send for a free copy of Hypothermia/Heat Stress, Consumer Information Center, Dept. 590R, Pueblo, Colorado 81009.

OSU Madras office hires new home economics, 4-H agent

Good things happen to those who wait. Jefferson County is fortunate to have Lynne Breese apply and be accepted for the Extension Agent position in the Madras office. She will be responsible for home economics and 4-H Youth projects.

Breese comes with a strong background in extension having worked

in Deschutes, Union and Washington counties. She also worked out of the state 4-H and Home Economic offices doing special projects.

Since leaving Extension in 1974 Breese has taught school in Huntington, Oregon. In 1987, Breese and her husband, John, moved to Prineville. Since then she has worked at Farwest Federal Bank in Prineville.

With a desire to get her feet wet again in Extension, working with youth and adults in Jefferson county is a way to get that accomplished.

During Mollie Marsh's maternity leave, Breese will be working with the Warm Springs staff to cover questions related to Home Economics. She may be available in Warm Springs one day per week in the near future.



Steve Fitzgerald

Forestry agent hired by OSU

With last year's assignment of Steve Fitzgerald to the Deschutes County office of the OSU Extension Service in Redmond, the central Oregon counties of Deschutes, Crook and Jefferson, for the first time, have a forestry Extension agent to call their own. Before this, Extension Forestry educational programs were delivered exclusively to this area by specialists working out of the Corvallis campus.

This is not a new position for Forestry Extension, but rather an internal reallocation of personnel, resources and effort to meet growing need for multiple use forestry education in the tri-county central Oregon area. A portion of the support for it comes from Oregon's share of the federal Renewable Resources Extension program.

Steve was selected for the position from OSU's current Forestry Extension cadre following a national search. He leaves the Coquille Extension office after four years of active and highly effective service to the forestry community of Coos and Curry counties. His exceptional work with the Society of American Foresters and Small Woodlands Association groups there earned him widespread respect. Before that, he

was a forester at the University of Idaho Experimental Forest in Moscow, Idaho. In that position, he assisted University of Idaho faculty in conducting research and teaching activities in forest management and timber harvesting.

Steve received a master's degree in Forestry from the University of Idaho in 1982. His bachelor's degree in forest biology was awarded in 1978 at the Syracuse University of New York's College of Environmental Science and Forestry.

In his new job, Steve will serve the diverse needs of three neighboring but significantly different counties. His time will be split between the three counties with about 60 percent in Deschutes and 20 percent in each of Crook and Jefferson. In Deschutes County, he'll be helping with problems associated with forests near and within the much-discussed "urban fringe." In Crook County, there's a broad spectrum of more conventional needs in harmonizing management strategies and practices for timber, livestock and wildlife. Jefferson County offers the special land management and economic development challenges unique to Warm Springs tribal lands.

Zimmerman retires

We will be losing a valuable Extension educator when Martin Zimmerman, Jefferson County Extension agent, retires this month.

Zimmerman started his Extension career in 1960 as a Weed Control Extension Agent in Sherman County. In 1966 he took a sabbatical leave to pursue a Master's degree in Weed Science at Oregon State University. He moved to Gilliam County in 1971 and to Jefferson County in 1979.

Through the years, Zimmerman has developed his education program to where he is now considered the specialist in Oregon for many of the diverse crops grown in Jefferson County.

A replacement for Zimmerman is expected to be on the job by late August. Any questions concerning crops will be answered using various OSU Extension specialists.

Protect valuables from sun

Summer sun may brighten your spirits, but it may also damage your possessions.

The sun may dictate where you place prized possessions. For example, a sunny spot is not the best place to show off your art collection. Sunlight can crack oil pigment, fade watercolors and deteriorate paper and canvas in a short time.

And don't overlook accessories. Some finishes on ceramic lamps may crack after long exposure to

the sun. Although sun damages many forms of art, sun is perfect of others kinds. Stained glass can give bright, non-fading color to a space. A few plants, strategically placed according to light requirements, can add softness and interest to an area.

What about fabrics? Almost any fabric color will fade to some degree. Check for the term "sun resistant" on the label when looking for curtain or slipcover fabric. "Sun resistant" indicates that the dye resists fading. It is not a guarantee against fading unless the label says so.

If fading will be a problem, choose light to medium neutral earth colors because they don't show fading as quickly as bright, vivid colors. Light colors also reflect heat more than dark colors. That's vital to remember because heat absorption increases fabric deterioration.

Your car can see 100,000 miles

Ever wonder how some people keep their cars running for years, and never seem to have many repair problems? It's not just luck. They perform the kind of preventive maintenance chores we all know we should, but often just don't get around to. Here's a list of some of the more important ones.

OIL—The manual typically recommends changing the oil every 7,500 miles or six months. But many auto experts think that's too long for dirty oil to be wearing away your engine. They suggest a 3,000 mile interval. An inexpensive way to baby your power plant.

OTHER FLUIDS—At every other oil change, check the level and quality of transmission fluid (it should look bright red; if it's brown or orange, change it) and brake fluid. If brake fluid is down, look for leaks in hoses. Check coolant

level weekly; change antifreeze at least every three years—sooner if it looks discolored.

FILTERS—Oil filters should be changed at every oil change. (It doesn't make sense to filter clean oil with a dirty filter.) Replace air filter every 5,000 miles, or sooner if you drive in dusty conditions. Fuel filter: every 12,000 miles. That may be more than the manual recommends, but a fuel filter is cheap. The consequences of a clogged one aren't.

ELECTRICAL SYSTEM—Conservative auto owners get complete tune-ups every 10,000 miles. This should include checking the ignition coil (the spark it produces should be bright blue); distributor

cap and rotor (replace if they look worn); replacing plugs, points and condenser; checking for cracks in spark plug wires; and setting the timing on spark plugs (if necessary).

GREASE FITTINGS—Lube all fittings at every oil change.

OTHER MAINTENANCE MEASURES—Rotate tires every 5,000 miles. Change brake fluid every 15,000 miles. Check brakes at 25,000 miles and every 10,000 miles thereafter. Replace all belts at 30,000 miles and perform manufacturer-required chores that your car might require beyond the ones we've mentioned here. Every penny spent on preventive care will save you a bundle in repairs, and your car will serve you for years.

Food facts push safety

Raw kiwi fruit and raw pineapple should not be added to gelatin. They contain enzymes that prevent jelling. When cooked, these fruits will not cause a jelling problem.

Contrary to common practice, it's not safe to thaw meat and poultry on the kitchen counter. Bacteria can multiply dangerously in the outer layers before inner layers are thawed. Instead...

Take meat out poultry out of the freezer and put it on a refrigerator shelf a night or two before you need it. Small cuts will usually thaw in the refrigerator overnight.

Keep bacteria (salmonella) on raw meat and poultry from spreading. Wash your hands again after working with raw meat or poultry before handling other foods.

Orange juice or eating an orange at the same meal as cereal increases the absorption of iron in the cereal? A solution of four tablespoons of baking soda in one quart warm

water is perfect to clean the inside of your microwave.

A typical small ladle at a salad bar holds about two tablespoons of dressing, so two ladlefuls of Italian, French or blue cheese dressing contains about 300 calories, almost all of them derived from fat. In comparison, hot fudge has slightly fewer calories and far less fat.

More Americans died from injuries inflicted by firearms during 1984 and 1985 (62,897 total) than in the entire Vietnam war.

At least two dozen 1989 car models come with air bags as standard or optional equipment.

The word "aerobics" turned 20 last year. First appearing in 1968, it entered the Oxford English Dictionary and defined as "a method of physical exercise for producing beneficial changes in the respiratory and circulatory systems by activities which require only a modest increase in oxygen intake and so can be maintained."

Try grilling vegetables

When it comes to outdoor grilling, don't settle for just steaks and burgers. Barbecuing is a versatile and convenient cooking method, ideal for nutritious garden vegetables and even fresh fruit desserts.

Cut eggplant, zucchini, summer squash or onions into one-inch slices. Brush with light Italian dressing or melted margarine. Barbecue directly on the grill, turning occasionally. 20 minutes or until vegetables are tender.

Wrap hearty vegetables such as potatoes, winter squash, carrots and onions in foil and place directly on heated coals—great for campfires. Cook vegetables until fork

tender, approximately 30 to 40 minutes.

Peel back husk of corn, remove silk and replace husk to cover cob, securing loose husk tips with a string. Soak tied ears in cold water, then drain and cook on the grill 20 to 25 minutes. Corn is done when husks are browned all over.

Use for the "egg-septional" egg

They're fine for dogs and cats ...they add essential fats and other nutrients to their diets. Birds will find a hard-cooked yolk a welcome treat.

Egg yolk is the perfect natural conditioner for your hair. Just be

Quick and Easy Tacos

1 lb. ground beef
1 can (14 1/2 oz.) whole peeled tomatoes, undrained and coarsely chopped

1 medium green pepper, finely chopped
1 envelope Onion, Onion-Mushroom or Beefy Mushroom soup
1 Tbsp. chili powder
3 drops hot pepper sauce
8 taco shells
Taco toppings

In medium skillet, brown ground beef over medium-high heat; drain. Stir in tomatoes, green pepper, onion recipe soup mix, chili powder and hot pepper sauce. Bring to a boil, then simmer 15 minutes or until slightly thickened. Serve in taco shells with assorted taco toppings. Makes about four servings.

Taco toppings: Use shredded cheddar or Monterey Jack cheese, shredded lettuce, chopped tomatoes, sliced pitted ripe olives, sour cream or taco sauce.

Microwave directions: In two-quart casserole, heat ground beef with green pepper, uncovered at high (full power) four minutes.

stirring once; drain. Stir in tomatoes, then onion recipe soup mix blended with reserved liquid, chili powder and hot pepper sauce. Heat uncovered, stirring occasionally, seven minutes or until heated through. Let stand uncovered five minutes. Serve as above.

Chicken Teriyaki

1 pound boneless, skinless chicken breasts, cut into 1"x1 1/2" chunks
1/3 cup teriyaki sauce
1/4 cup chicken broth
2 tsp. cornstarch
Cooked frozen oriental vegetable blend

Place chicken chunks in one-quart glass casserole. Stir in teriyaki sauce. Cover with plastic wrap. Refrigerate 20 minutes to marinate.

Drain marinade; reserve. Cover with vented plastic wrap. Microwave at high (100% power) for three minutes. Pour off drippings. Combine reserved marinade, broth and cornstarch; stir into chicken.

Microwave covered at high (100% power) two to two-and-one-half minutes more or until thickened; stir once. Let stand covered two minutes. Serve over cooked oriental vegetables.

Makes four servings.

Potato and Blueberry Salad

1 pound new potatoes (10 to 14 little ones)

Tempting recipes tickle your taste buds

1 cup blueberries
1/3 cup diced onions
1 1/2 Tbsp. vinegar
1 1/2 Tbsp. orange juice
1/4 tsp. dry mustard
Dash of nutmeg
1/2 tsp. freshly grated orange peel
Slice potatoes and steam all of them for seven to nine minutes until tender. (They're done when a

fork can easily pierce the flesh.) Let potatoes cool, then put them in a large bowl with blueberries and onions.

In small bowl, combine vinegar, orange juice, mustard, nutmeg and orange peel. Add to potato salad and toss gently.

Yield: Four servings, 108 calories.

Stress is normal reaction

Stress is your body's reaction to the demand of day-to-day living. To feel stress is normal. However, the amount of stress each of us can handle differs from person to person.

Any event can be stressful. Things like moving to a new house, losing a job, having too many bills, or getting married are examples. It is how YOU view or feel about an event that determines whether or not it is stressful for you.

THE RISKS

Stress is not the cause of illness, but it greatly adds to it, some of the health problems related to stress are headaches, neck and back pain, ulcers, cancer, heart disease, diabetes, mental illness and suicide.

Your body will send out certain signals when you are feeling stressed. Some of the signs to watch for are: increased smoking, alcohol use or caffeine use, no appetite or eating too much, upset stomach, lack of sleep, teeth grinding, muscle aches, feeling tired, cranky or depressed and/or feeling

discontent with your life.

WHAT YOU CAN DO
Build up extra energy to help you cope with stress: take time to relax each day, get regular exercise, eat a balanced diet, take turns with your spouse watching the children so each of you has time alone and/or offer to babysit neighbors' friends in exchange for the same service.

Dropouts lose out

One out of four ninth graders won't graduate high school. What happens to them? One third don't get jobs at all. Those who do find jobs earn half the salary that graduates earn.

Dropouts can't compete in a job market that requires high-tech skills. Staying in school is more important than ever before. In our changing society, low-level jobs end up overseas—and dropouts end up on the streets.