

Helping your youngster develop independence

Developing a Sense of Initiative Rather than Guilt

Like adults, children aged 3 to 6 have work to do: *to develop their personal capabilities, *to learn that their world is reliable, *to build relationships, and to learn responsibility.

Children perform these tasks through play. Parents help their children accomplish all their tasks by setting positive guidelines for behavior and activities.

Task #1: Discovering Personal Capabilities

Three to six year old children are actively interested in the world around them. The almost limitless energy of the young child makes it impossible for them to do anything just half way. A puddle of water must be explored—first with the toe, then by jumping in, and even by sitting down. Total involvement in his or her world is the rule for the young child.

Helping a child maximize their unique capabilities also means helping them establish limits. Limits are usually discovered by an individual when goals cannot be achieved. It is also possible to establish limits by setting goals which help a child reach for the edge of their abilities but not fall over that edge!

Including a child in preparing a meal can begin with putting the napkins and cups on the table or helping the child spread the jelly on the bread. As the child shows both

an interest and the ability, additional responsibilities can be added—clearing the table, pouring the milk, or stirring the pancakes for breakfast. Helping our children reach for new skills which are stretched but do not exceed their ability level is a tool they will use all of their lives.

Task #2: Learning that the World is Reliable

The world of the child is one characterized by learning new information and building skills on a daily basis. Certain outlines add stability to the child's daily life. For example, times for baths, dinner, naps and bed can all be established routines which both the parent and the child can come to expect as a regular part of daily living.

Following a flexible timetable helps the child adapt to unexpected changes which always occur! Setting bathtime for the half hour between 6:30 and 7:00 establishes more continuity than trying to fit the bath in sometime during the evening. When unexpected changes occur, the child is better prepared to adapt when times are flexible.

Task #3: Learning How to Build Relationships and Learn Responsibility

The rich world of the 3 to 6 year old is sometimes overwhelming! One important task that children learn is to mold roles they will assume in adulthood. Playtime can be filled with pretending to be the

mother or father of a make-believe family. Toys, adult clothing for dress up and other materials will help the child practice the behavior he or she will need to be a successful adult. Spending time with older adults is good experience for the young child who is busy absorbing information about the behavior of others.

Setting reasonable goals for the young child helps teach the child responsibility. When the parent helps the child set a goal the child can accomplish—such as a five-year old taking out the garbage—then the child learns to be responsible

when the task is completed. Since a child is less skilled than the adult in setting goals, it is important that the parent help the child pick a task that is not too difficult to do.

Remember! It is easy to set limits which are negative. For example, a small child who wants to ride a bicycle may be told—"No, you are not big enough to ride that bike." On the other hand, a positive guideline could be established when a parent says, "That bike will be ready for when you are about 8 years old. Let me help you get ready for that bike by working with you to learn to ride this tricycle.



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Gardens need water

Don't let the ample rains lull you into thinking your home garden will have little need of water over the next several weeks.

We had a good amount of rain, particularly in western Oregon. In fact, some home gardeners have had to delay planting because of excessively wet garden soil.

However, as temperatures increase in June and rains slack off, home gardens may dry out quickly.

Established gardens should be watered thoroughly every five to seven days with at least 1 inch of water. In most cases, watering with a garden sprinkler is the best way to provide water for the garden.

Most garden sprinklers deliver about one-fourth inch of water per hour. Check to see if enough water is being applied to the garden by waiting a day or so after watering. Then dig a hole in the garden to see how deeply the water has penetrated into the soil. The moisture zone should be 6 to 8 inches deep. If not, more watering is needed.

Watering thoroughly every five to seven days is better than frequent light watering, which causes vegetable plant roots to grow near the soil surface. Shallow roots are more susceptible to damage during hot, dry days or when weeding.

To determine when another thorough watering is needed, scrape back the soil near the plants. If the moisture level is within an inch or so of the surface, more water is not necessary.

If water starts to puddle during irrigation, the sprinkler is putting out water faster than the garden soil can take it in. If crusted soil is preventing penetration, break the soil up with shallow cultivation.

A good time to irrigate the garden is in the early morning, when less wind and lower temperatures keep evaporation to a minimum. Also, an early watering lets the foliage dry out before temperatures cool down in the evening.

market, but you should keep these things separate from your food budget.

Buy enriched, whole grain or restored cereals, bread, corn meal, grits, flour and macaroni products for extra nutrition. You get more vitamins and minerals in these products and the cost is usually the same.

Buy fortified milk for its extra vitamins and minerals.

Shop for foods rich in Vitamin C, such as orange juice, grapefruit, tomatoes, cabbage and green peppers. Many fruit juices and drinks also contain added Vitamin C.

Shop for foods rich in iron, such as liver, eggs, raisins, greens, dry beans. This is important for all women, particularly for young mothers and pregnant women.

Shop for foods rich in calcium, such as milk, cheese and greens.

When you reach home, put food away quickly and properly to avoid spoiling and waste. This is especially important for refrigerator items such as meat, fish, poultry, eggs, milk and frozen foods.

Plan ahead when grocery shopping

Plan ahead. If possible, plan menus for a week at a time. Buy staples such as flour, sugar and corn meal monthly or bi-monthly; check what's on hand before shopping. Remember, most grocery products cost less per serving when you buy larger packages.

As you plan menus, check newspaper ads for weekly specials and sales. You can save money at sales if the food store is near you, if the food is of a good quality for your needs and if you have enough good places to keep it. Check your local papers to find out which days supermarket ads appear. Handbills and circulars handed out at the store also list sale items.

Make a shopping list; write down items as you think of them through the week. Group the items by the way you find them in your store; this will save time and steps. Take your pencil along and check off items as selected. Usually stick to the list, but if you discover a better buy at the store, substitute. Write down prices and add them up as you go through the store so

you don't spend more money than you planned.

Prices of fresh fruits and vegetables change with the season. Buy seasonal fresh foods when most plentiful in your area.

Compare costs of different forms of foods (fresh, frozen, canned, dried, etc.). To find the best buy, divide the price by the number of servings. The lower price per serving is the thriftiest choice. And don't forget, if you want to buy foods that are already prepared by the manufacturer, like a frozen pizza, you'll usually have to pay considerably more than if you made the pizza yourself.

Read labels to learn quality, size and weight. You do not need to buy fancy grades of fruits and vegetables, especially for use in stews, soups, fruit puddings or pies. Nutrition is the same and flavor is often just as good in lower grades.

Remember, non-food items are not part of the food bill. You might buy laundry supplies, hose, cosmetics or magazines in the super-

market, but you should keep these things separate from your food budget.

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Deal with death in advance

The time to deal with a death in the family is before death occurs because decisions made under emotional stress may not satisfy anyone, points out Vicki Schmall, Oregon State University Extension gerontologist.

That's why the OSU Extension Service has published the circular called "When Death Comes." The publication, EC 1243, focuses on funerals and alternate arrangements.

Written by Schmall, Extension gerontologist, and Clara Pratt, director, Program on Gerontology, College of Home Economics, the publication stresses that planning "allows for better decisions, reduces confusion and uncertainty at the time of death, and results in arrangements that best fit the emotional and financial needs of a family."

The circular, reviewed by the Oregon Funeral Directors Association and the Oregon Cemetery Association, gives information about why and how to plan for death, financing funeral and other services, alternatives to the traditional service and burial, planning a funeral, and planning a cemetery burial.

Family communication is important in making plans and arrangements, the authors stress. Survivors should know what plans have been made, where important papers are kept and the names of

people to contact. The plans should also be sensitive to the feelings and wishes of the survivors.

Contact the OSU Extension Service for your copy. 553-3238

Winners, losers are different

1. A winner says, "Let's find out." A loser says, "Nobody knows."
2. When a winner makes a mistake, he says, "I was wrong." When a loser makes a mistake, he says, "It wasn't my fault."
3. A winner isn't nearly as afraid of losing, as a loser is secretly afraid of winning.
4. A winner works harder than a loser and has more time. A loser is always "too busy" to do what is necessary.
5. A winner goes through a problem. A loser goes around it, and never gets past it.
6. A winner makes commitments. A loser makes promises.
7. A winner says, "I'm good, but not as good as I ought to be." A loser says, "I'm not as bad as a lot of other people."
8. A winner listens. A loser just waits until it's his turn to talk.
9. A winner respects those who are superior to him and tries to learn from them. A loser resents those who are superior to him and tries to find chinks in their armor.
10. A winner explains. A loser explains away.
11. A winner feels responsible for more than his job. A loser says, "I only work here."
12. A winner says, "There ought to be a better way to do it." A loser says, "That's the way it's always been done here."
13. A winner paces himself. A loser has only two speeds—hysterical and lethargic.

Frothing berries could be plagued with pesky bugs

Strawberry plants "frothing" about the leaves and stems are victims of a small pest insect called the spittlebug.

Spittlebugs are small, hopping, torpedo-shaped insects similar in appearance to leafhoppers but larger and stockier.

These pests feed on the leaves of the host plant, causing the leaves to appear distorted and stunted. In addition to strawberries, spittlebugs also like to feed on many types of ornamental plants.

The spittlebug overwinters in the

egg stage, attached to leaf stems and leaves. The nymphs hatch in April and secrete a white froth, or spittle, over their feeding place on new growth. On strawberries spittlebug injury causes reduced yield and inferior fruit.

The pesticide Sevin can be used for spittlebug control.

A non-chemical alternative is to hose the plants with water to wash away the froth spittlebugs use for protection. Without this cover, spittlebugs are susceptible to insect predators and hungry birds.

Trees, shrubs can be pruned during hot summer months

Strictly speaking, summer pruning isn't necessarily a no-no.

The summer is as good a time as any to prune home landscape trees and shrubs. The pruning of shrubs and both ornamental and fruit trees follows a basic guideline. If you have a plant that needs pruning, prune it.

Prune during the summer to train trees and shrubs, and to control disease and insect problems in home landscape plantings.

Most gardeners prune woody plants during the dormant season because dormant plants won't

bleed when cut, McNeilan says. Also the landscaper may feel more secure about cutting limbs out of a dormant plant because its structure is easy to see.

However, landscapers go ahead and prune when they see a need.

Don't be afraid to cut. Your trees and shrubs will be the better for it.

Plants that grow a lot of suckers and water sprouts especially need attention during the summer. Apple, willow and plum trees all will grow suckers, especially if pruned back hard during the winter.

Suckers and water sprouts left in place will make a tree look more like a shrub and rob the tree's upper portion of growing vigor. When suckers are just beginning, simply pull them off. If they have grown too large for pulling, cut them back flush with the trunk.

Pines can be kept in bounds by trimming back the new "candles," or shoots. To let the pine grow slowly, cut these shoots back to about one-fourth their original length.

Seal breakfast cereals tightly

Keep cereals, crackers and other crisp foods on a cool, dry shelf. Fold down the inner wrapping of

"IT SHOULDN'T HURT TO BE A CHILD"

Stains can be removed

Yes, dirt, mud stains and baseball go together. But there are ways to get most of the stains out.

First shake off any dry soil or dirt particles, then soak overnight in cold water. The next step is to rinse the uniform or socks under the cold water faucet.

Then, pretreat stained areas with heavy-duty liquid detergent. It's best to wear gloves when doing this. Put detergent directly on the stain and scrub material together.

Wash with the regular laundry with heavy-duty detergent in warm water.

If the stain isn't out, the next step is bleach. Soak no longer than 15 minutes in a diluted solution, then rinse thoroughly and dry.

Add vitamin C

Adding a serving of vitamin C-rich foods to each meal can help absorb more iron from plant foods.

Many women have difficulty getting enough iron in their diets. A recent study showed that borderline anemic women who added vitamin C to each meal for 5½ weeks improved in several tests for iron status. The best way to add vitamin C to your meals is by eating a vitamin C rich food. Oranges, tomatoes, strawberries, cantaloupe, broccoli, potatoes and cabbage are good sources of vitamin C.

Keep potatoes and onions in a cool, dark place in the kitchen or pantry where air can circulate around them. Do not keep potatoes and onions under the sink because it is too warm and damp.

Keep sugar, flour, corn meal, rice, spices and other dry foods in a dry place at room temperature. Always use the oldest of these foods first when you buy a new supply. For example, empty the flour can completely before filling again. If possible, keep coffee in the refrigerator.

Keep foods like jelly, pickles, peanut butter and mustard in the refrigerator only if the label says "refrigerate after opening." Otherwise they take up refrigerator space you could use for something else.

Wear gloves when spraying

It's pesticide season again—and here's a safety bulletin. Wearing the right kinds of gloves in the right way can greatly reduce your exposure to pesticides. Don't wear cotton or leather gloves—plastic, rubber or vinyl ones are best.

If you're in a drenching spray, sleeves should extend over gloves to prevent funneling pesticide inside them. However, for mixing and loading where splashes are apt to come from below the hands, gloves should extend up over sleeve-cuffs. And when you're done, rinse gloves off before taking them off. This helps prevent inside contamination.

Now, you're ready for the next game—and more dirt and mud!

Planning helps avoid those terrible budget busters

If expenses were the same every month, budgeting would be easy. But every family has budget busters—unusual expenses that occur only once or two times a year.

Budget busters may be gifts, auto insurance premiums, back-to-school expenses, vacations, property and income taxes or unexpected repairs. These are irregular expenses.

Irregular or non-monthly expenses should be budgeted for just as regular monthly expenses. This helps you avoid surprises and gives you more control over your finances.

Have every member of the family write their less than routine financial needs on a calendar. Record total expenses for each month. Then determine the total yearly cost of non-monthly expenses

for your situation. Divide the yearly cost of each item total by 12 to learn the average monthly cost. Total the average monthly amount. This will give you a more realistic idea of your average monthly expenses.

Use this information to develop a savings plan that will make money available to meet those needs when they occur.

Ideally, you should have enough money set aside to cover basic living expenses for a three-month period. If you replenish it each month with the set-aside amount, your yearly average monthly irregular expenses, you should be able to promptly pay all your bills each month, still have your "emergency fund" at the end of the year and avoid financial stress at bill paying time.

(such as peanut butter and catsup) in glass jars may be a more environmentally sound option. Glass jars can either be recycled or else reused for storage and microwaving of leftovers.

Look for alternatives to polystyrene which does not degrade as readily as paper in landfills. Buy eggs in cardboard cartons. For picnics, use paper plates and cups or reusable durable plastic ware.

Some companies are marketing their products in recycled packaging (sometimes labeled with a symbol). You can support their efforts with your pocketbook.

If you aren't able to buy foods in packaging that can be recycled, it's better to choose products with less packaging. Many microwavable products have multiple layers of plastic and cardboard packaging. Individually packaged foods (such as cheese slices or single servings of foods) also contribute more solid waste.

Getting the most food in less packaging is best. Buy food (such as tea) in bulk when feasible. Frozen concentrated juice has less packaging than juice in jars or

small cans.

Reusing packaging material can be a form of family recycling. Plastic bags (such as bread bags and those used to bring produce home) can be washed and reused. Aluminum foil can also be washed and reused to cover pans in the oven. Re-use plastic margarine tubs rather than buying new plastic containers for food storage.

Other food-related decisions can affect the environment as well. For example, cloth towels and napkins are better choices than paper products to both save trees and reduce solid waste. Waxed paper is a better choice than plastic wrap from an environmental perspective. Use glass dishes with lids in the microwave rather than plastic wrap.

Even the way that we dispose of food can affect the environment. Re-use paper bags for trash disposal rather than buying plastic bags that don't degrade. Consider whether you need to acquire all those bags. Try carrying a cloth tote bag for small purchases.

Being conscious of environmental concerns as you shop is a good first step toward making changes.

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