

Parents should help children confront fears

Children have different ways of overcoming their fears. Some need to learn all about the situations they fear. These children need to take a special trip to the dentist's office, climb up in the chair, and touch a few of the tools that the dentist will put in their mouths.

Some children need to control the frightening objects themselves. They need to turn the vacuum cleaner on and off. Still other children use their imaginations to combat fear. Pretending to bark and act like a dog can help a child overcome a fear of dogs.

And, of course, it always helps to share a fear with a parent.

You have a magic all your own to a child. You can forbid lions to sleep under the bed and send them back to the zoo. You can rescue your child from a nightmare and bring him or her back to earth, bed and safety. The fact is, children believe in you. They are impressed by your courage and peace of mind in the face of such dangers.

Because your children have such faith in you, you can help them express and overcome their fears. Unfortunately, you also have the power to intensify your children's fears. The way you respond when they're afraid is most important: some ways are helpful; others don't help at all.

Do not:
Laugh at children's fears.
Force them into situations they fear.
Ignore children's fears.
Transmit your own fears to your children.

Do:
Accept their fears as real.
Remove them from the situation, then talk about it.
Help them confront their fears.
Give them chances to watch other people interact confidently with the things they fear.

Don't be discouraged if your children develop fears no matter how you try to help them. You can't prevent your children's fears, but you can help them face those fears. They need an ally.

The roots of fear

Here are some common fears that trouble children of different ages. In each case, try to imagine how the situation might look, from the child's point of view.

Infants and toddlers are apt to fear:
* their parents are lost forever when they can't see them.
* they will slip down the bathtub drain with the soap bubbles or disappear down the toilet hole.

* their own father is a monster when he has shaving cream on his face. Or mother may become a stranger in a new hat.
* the vacuum cleaner will eat them up.

* getting shampoo in their eyes will hurt them.

This fear may be because:
* they haven't learned that people continue to exist when out of sight.
* they haven't developed a sense of what fits into an opening.

* they're apt to pay attention to only one aspect of an object or a person at a time.
* they see it suck up dirt.
* they're right.

Some what older children may fear:
* part of them is being cut off and thrown away when they get a haircut. Or their insides will leak out when they get a shot at doctor's office.

* a watermelon tree will grow inside them because they swallowed the seed.
* a dog is going to bite them.
* there are monsters in the closet, under the bed or in the dark.

This fear may be because:
* they are beginning to be aware that their bodies are vulnerable to injury.
* after all, children are often told that babies grow from seeds.

* they know their own teeth bite and they worry other sharp teeth might bite them.
* their imaginations lead them to be afraid of many things they once accepted calmly.

Remember that parents are a role model. Children can pick up cues about what to be afraid of and when to be fearless. Some times parents can best help their children by facing their own fears.

Bananas provide needed potassium

Eating one banana a day is a good way to ingest needed potassium. To add variety, try one of these portions instead: 10 dried apricot halves, one cup cantaloupe, four dried figs, one cup honeydew melon, seven dried prunes, one medium baked or boiled potato, one-half medium acorn squash, one cup butternut squash, or one large raw tomato.

All these foods contain about 450 milligrams, almost one-fourth of

1,875 to 5,675 milligrams that is safe and adequate for adults.

Other good sources of potassium include broccoli, brussels sprouts, cabbage, carrots, spinach, tomato juice, citrus fruits, kiwi fruit, strawberries, meat, milk, peanut butter and bran cereals.

An added benefit to the above list of foods is that most contain vitamins, minerals and fiber which are also essential for everyday health.

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Volunteers needed to provide 4-H club leadership

How Much Time Will It Require?: Two hours or one hundred hours might be given. Any time you can give will be helpful.

Why Become a 4-H Leader?: A good 4-H program develops a child's confidence, pride, and leadership ability. It promotes good work habits, useful skills, positive attitudes, and the ability to work with others. This very worthwhile youth program cannot exist without volunteer leaders. Don't deny the youth of your community the opportunity for such growth and development. Becoming a 4-H leader will bring you self-satisfaction; it will provide an opportunity for you to share your interests and skills with others; it will offer opportunities for you to participate with your neighbors and friends in field trips, fairs, camps, achievement programs, etc.; and it will help you to develop your own abilities.

What are those vitamins and other food additives?
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Extension folks take new positions

Changes are in the works at the Warm Springs OSU Extension office.

After eight years as office manager, Eraina Palmer took a job with Community Counseling. We wish her well and offer our congratulations. We will miss you.

Deb Scott will soon be taking a position with Maternal Child Health. She will be a valuable asset to MCH.

We will miss Deb and we wish her every success in her new job.

September 20 will be Mollie Marsh's last day. There will be a farewell get-together at the Extension office from 9 a.m. to Noon on Thursday, September 19. Mollie and her husband Frank will be moving to Mountain Home, Idaho, where Frank will be working for the Forest Service.

"Flat sour" may cause home canned food to taste odd

A sneaky but harmless bacteria called "flat sour" may cause canned foods to turn sour, according to a food scientist. Unlike botulism, which does not have a flavor but is deadly, flat sour gives food an unpleasant flavor but has no harmful effects.

Bacteria causing flat sour multiplies at hot temperatures and may occur in jars aren't allowed to cool properly. For example, stacking a large quantity of heated jars in a close area after removal from the hot water canning bath may cause flat sour. The problem

may be compounded if canning is done on a hot day.

On the other hand, don't cool the jars too quickly by using a fan or cool water. The recipes are designed to allow the jars to cool slowly—just not too slowly. Spacing jars out on the counter or a table is adequate.

Flat sour occurs primarily in canned vegetables. The bacteria create an acid, but no gas, so you can't tell it is there by looking for bulging lids.

Soda/powder can not be substituted

Can baking soda be substituted for baking powder—and vice versa? Both are leavening agents which when combined with other ingredients give off carbon dioxide. This gives the baked product its volume.

Baking soda must be used with acid ingredients like sour cream or chocolate. Without acid, soda-leavened products will have a soapy, bitter flavor.

Baking powder contains an acid so it does not need to be mixed with acid food. Among the substitutions that can be made are: 1 teaspoon baking powder is equal to 1/4 teaspoon soda plus 1/2 cup fully soured milk. One teaspoon of baking powder is also equal to 1/4 teaspoon of soda plus 1/2 tablespoon vinegar.

Camping brings togetherness

What is 4-H camping? Getting young people together for three to five days of 4-H resident camping provides a unique experience for youth and adults. Camping programs may assist in the growth of individuals and in the development of philosophies, attitudes, skills and values.

The use of recreation, the outdoor environment, being away from home, and the support and enthusiasm of staff, all contribute to a child's growth experience. Much of 4-H camping success lies in the fact that although its objectives are educational, they are achieved through a recreation and leisure education program.

Youth bring enthusiasm for learning and a desire for fun and adventure to the camping experience. Almost nowhere else does one find such a voluntary, prolonged group living situation. Skilled leaders provide guidance and counsel during these formative years.

Camping is a most intimate experience. Children come in close contact with one another and with older teen and adult leaders. The influence of both fellow campers and counselors can do much to shape a youth's attitudes, character, and personality. A counselor's patience, understanding, perseverance, and desire to be of service are important in handling the simplest problems. These serve as an invaluable experience for youth counselors to practice teen leadership skills.

Local 4-H Executive Committee named
Foster Kalama, Raynele Martinez, Sue Ryan, Keith Baker and Paula Brisbois comprise the Warm Springs 4-H Executive Committee. The committee meets frequently. If you are 4-H club leader, you need to let Tina Aguilar, Carl Stevens or Arlene Boileau know when your clubs will be starting. Clubs are scheduled to begin meeting during the week of September 16.

Volunteers needed to provide 4-H club leadership

What is 4-H? 4-H is a national, state and local program sponsored by the Cooperative Extension Service. The Reservation and County Extension Agents support and assist volunteer leaders. One new approach called "Indianized 4-H" provides a great deal of local flexibility. It offers an opportunity for Indian people to conduct their own 4-H program in their own way.

4-H operates primarily through community clubs. Each club has one or more leaders. One might attend to the organizational aspects of the club, teach project skills or both. Youngsters who have support and involvement from parents have the best 4-H experience. 4-H project booklets and other useful printed materials are provided, if requested, for both members and leaders by the State Extension Service. Club activities usually stress "learning by doing" through project work but often also include a business meeting and a fun period. A very wide choice of project booklets are available including: Indian Cooking, Sewing, Horsemanship, Jockeying, Leatherwork, Indian Crafts, Indian Culture and many others.

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Calories: A unit of heat measurement in nutrition, the kilocalorie is the amount of heat required to raise the temperature of one kilogram of water one degree celsius. The calorie content of a food indicates the amount of energy it provides.
Carotene: A substance which is changed into vitamin A in our bodies.
Cholesterol: A fatty substance (a sterol) found in foods from animal sources. It is made within the human body.
Enzyme: A substance produced in living organisms which breaks down another substance.
Fiber: The indigestible portion of food.
Folacin: Folic acid, a B vitamin which helps the body produce red blood cells in the bone marrow.

What are those vitamins and other food additives?
Ascorbic Acid: Vitamin C
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