

Health and Human Services

10 Characteristics of Healthy Families

The Wellness Component has submitted the following article for parents who would like ideas on how to establish and maintain close relationships with their children and other members of their families. The following characteristics are just some of the ways families can work together in building a happy and healthy household.

1. **Communicate and Listen:** Focus on attentive listening, and hear the feelings behind the words. Listen to your children talk about how things are today - try to see through their eyes and help them see through yours.
2. **Affirm and Support One Another:** Recognize that as a parent your role is to guide and influence, and that your child may decide to live differently from what you want. Allow for differences without withdrawing your love and acceptance.
3. **Respect Each Other:** Show respect for your children's ideas and their individual contributions to the family.
4. **Develop Trust:** Build a base of friendship and trust with your child. Minimize nagging and yelling; maximize friendly discussion.
5. **Have a Sense of Play and Humor:** Set aside time for fun with your children - walks, listening to music, playing games together, etc.
6. **Share the Responsibilities:** Build important decision-making skills by letting youngsters make decisions whenever possible - what to wear, when to study, etc. When kids feel useful and important, the need for "false highs" is lessened.
7. **Teach a Sense of Right and Wrong:** Practice making agreements with your children. Let them know your limits, what you are willing to negotiate, and what will happen if an agreement is broken. Make sure your children play a part in making the agreement and deciding on consequences - then follow through.
8. **Nurture Cultural and Family Traditions:** Involve your children in the planning and preparation for community and family gatherings, pow wows, ceremonies and other traditions; talk with them often about family and tribal history; provide opportunities for them to learn the cultural traditions of their tribe.
9. **Have Regular Family Meetings:** Begin family meetings, where everyone can share their ideas and be heard. Eat dinner together with the TV off.
10. **Admit to and Seek Help for Problems:** Don't hesitate to get help for your children and yourself. Around the country, parents and kids are finding help and alternatives in support groups and community programs. - Adapted from *Prevention Express*

Bike helmet safety important

Bike helmets will be available at the March 5, 1995 General Council meeting. There is a limited number of helmets for this meeting as the helmets are provided by the Chemawa Indian Health Clinic. The guidelines to receive a helmet are; the child must be an enrolled Indian and be present to be measured for the helmet and be between the ages of 4 through 15. The parent or guardian will also need to fill out a form for the Chemawa Clinic for record keeping purposes.

Join After School Club

Kids! You are welcome to join the After School Club sponsored by the Tribal Wellness Component for games, crafts, and activities. The group meets every Monday and Friday at 3:30 p.m. at the Tribal Wellness conference room. Hope to see you there!

Let's Talk Teeth...

By Linda Mann, RDH

How Much is Too Much Toothpaste?

How much toothpaste is too much for your small child? Considering that children under the age of four swallow half or most of the toothpaste used on their toothbrush, parents need to limit the amount of toothpaste used. Toothpaste companies, through the use of their advertisements, like to make us think that we need to cover our toothbrush with the paste in order to do a good job (of course that way we end up using more of their produce and, in turn, keep them in business.) However, even the commonly recommended amount of a pea sized portion for children younger than four can be

too much. Parents should merely smear the toothbrush with a small amount of toothpaste and supervise brushing to assure their child isn't getting too much fluoride. Too much fluoride can cause a condition known as fluorosis which can result in the teeth appearing spotted and weak. What about the rest of us? Shouldn't we fill our toothbrush up with toothpaste? The answer is no. Toothpaste does not remove plaque, tooth brushing does. Toothpaste is merely a way for us to apply fluoride to our teeth and freshen our breathe. You do not need a large amount to achieve this. In



fact, using too much toothpaste can actually do more harm than good. The minty flavor of toothpaste can be so strong that it actually numbs the tongue slightly thus making it more difficult to feel if your teeth are really clean. By using only a small amount you will be able to brush more effectively, keep your teeth cleaner and save a few bucks a month. Sorry toothpaste companies...

Eligibility for the Oregon Health Plan

IF YOU ANSWER "YES" TO THE QUESTIONS BELOW, YOU MAY BE ELIGIBLE:

- * Are you a U.S. Citizen?
- * Do you live in Oregon?
- * Is your income less than the 100% Federal Poverty Level (FPL) column below?
or
- * Are you a pregnant woman with income less than the 133% FPL below? (Count your unborn as a member of the family)
or
- * Do you have children under age 6 and your income is less than 133% FPL below?

LOOK AT THE FEDERAL POVERTY LEVEL (FPL) GUIDELINES BELOW AND SEE IF YOU MAY BE ELIGIBLE FOR THE OREGON HEALTH PLAN (The guidelines below will remain in effect until April 1995)

<u>SIZE OF FAMILY</u>	<u>100% FPL (MONTHLY)</u>	<u>133% (MONTHLY)</u>
1	\$ 613	\$ 816
2	\$ 820	\$1,091
3	\$1,027	\$1,365
4	\$1,233	\$1,640
5	\$1,440	\$1,965
6	\$1,647	\$2,190
7	\$1,853	\$2,467
8	\$2,060	\$2,740

FOR MORE INFORMATION.... CONTACT THE TRIBAL FAMILY ACTION PROGRAM (503) 879-2034 OR THE DEPARTMENT SECRETARY/RECEPTIONIST FOR DETAILS.