

FACES NEWSLETTER

Family and Consumer Science



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SCHOOL READINESS

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Here are some suggestions that will lead to good experiences for children before they attend school.

1. Be consistent in your enforcement of rules, but be certain that your rules can be defined, that they are reasonable and enforceable.

Rules in the home help children feel more secure and comfortable when they meet rules in the school and community.

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2. Permit children to be wrong, make mistakes and even fail sometimes. Children learn by doing, rather than by absorbing the experiences of others. Making mistakes is one basis for future independence, self-direction and intelligent decision-making.

3. Keep promises. Children develop cause and effect relationships when they know that they can anticipate the consequences.

4. Resist the temptation to over-organize or over-structure children's free time with lessons, sports or other activities.

Children need time to "kick cans," be leisurely and work through problems with play.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Special People In A Child's Life

Children need people. A large part of their development involves being part of a world full of people.

They need to see, listen to, and feel people as a natural part of the world around them.

The feeling that she is an important person, the feeling that someone cares about what happens to her, these are the feelings which give a child a strong self-image and a solid base for emotional development.

Parents and other special people like grandparents, relatives, neighbors, friends, and caregivers provide an atmosphere in which the young child learns she is important.

These special people notice the child, talk to her, laugh with her when she is happy and show their concern when and she falls and hurts herself.

They say "hello" to her in a special way because she "belongs" to them and they "belong" to her.

In their interactions, they send a message to the child: "You matter. We care. You belong."

Long before she can understand specific words, the child gets this message.

But what can you do if there are no special people around?

One solution is to try for regular visits to your child's special people so that your child has a number of contacts with them.

Such visits are extremely important and well worth the time and effort they require.

Another practical solution is to find substitute "special people" among your own circle of friends.

If you have several couples that are very special friends, you might ask some of them to play the role of aunts and uncles.

Each time they are in your home, they would be especially aware of ways they could pay special attention to your child.

You might also have a relationship with one or two older couples that could serve as substitute grandparents.

You may be pleasantly surprised at how delighted such older people would be to play the role.

And don't forget: You are a special person in the lives of other children too!

Meltdown!

Recently a working mother came to me, concerned about troubling behaviors in her toddler.

The child spent her days at a childcare center while her parents worked.

At the end of the day, when her mom came to get her, she would begin to cry in what her mother described as a "complete" meltdown.

No matter what the adults said or did, the child would continue to cry and protest as her mother tried to gather her things and take her out to the car.

For the tired mother, this was hard to bear, even though the well-meaning teacher assured her that she didn't cry all day, but only when Mom appeared.

Concerned about this behavior, Mom wondered if something was wrong.

"Do you think she likes the teacher more than me?"

"Maybe I shouldn't have her in childcare, though I have to work.

"Maybe there's something wrong with that program, though it seems like a good program. Or do you think she's just being stubborn?"

Obviously questions about the quality of care have to be explored by every parent.

In this case my knowledge of the classroom made me fairly certain that a day spent in an unhappy environment was not the case of the child's breakdown.

Moreover, working parents have already made their decisions about work and childcare, and ought not to agonize over the maybes."

As far as the teacher replacing the mother in the child's affection, that just is not so.

Research shows that, fond as children may become of the other adults who care for them (and however often older preschoolers quote teachers as the experts), parents remain first in children's strong attachments.

Instead I suggested that part of the answer was the caring bond between

mother and child was a likely cause of the toddler's crying when reunited with her mother.

Being involved in group activities, no matter how fun and appropriate, is tiring and sometimes stressful for little ones. The child may have been working on new skills and learning.

All day long, she had a good time, mostly. It is the reappearance of the loved face, the source of security that allows the child to meltdown, to literally let go of anything she may have been controlling.

There is something else to consider as well. Tired parents are apt to be in a bit of a rush, eager to get the work part of the day over, and to get home for the family's evening.

Weary toddlers don't put on the brakes well, and when faced with an abrupt transition out of the classroom into the car for the trip home, they can fall apart.

Even if they were able to understand how they feel, they just can't articulate: "Hey, slow down here. I'm glad to see you, but don't rush me so."

I suggested to the mom that she begin going into the classroom in a relaxed manner, making it clear to her daughter that she was not going to be removed abruptly.

If toddler control were indeed entering into the picture, this would give the toddler a chance to choose what to do with Mom (within limits: "We can read one book before we go. Which would you like?").

Sitting down to read a story or do a puzzle allows parent and child to reconnect in an enjoyable way, and eliminates the source of upset for everyone.

This includes the harried teacher who had other responsibilities besides this upset child.

This time to sit down, slow down, and enjoy the time reconnecting, for both parent and child, is time well spent.

Sure enough, for this parent, taking a few extra minutes to relax together proved to prevent the meltdowns, and began enjoyable evenings for both mother and child.

Discipline Is Teaching

Discipline is our way of teaching children about safety and societal norms.

Whatever type of discipline parents choose, the key is that some form of it is essential.

When you are faced with a two-year-old who is throwing a temper tantrum, or who is being unkind to a playmate:

Be specific. Instead of vague instructions like, "Cut it out," use specific ones like: "Don't take Jeremy's toys. It's not nice."

Use body language. Move next to your child, put a hand on her shoulder, make eye contact.

Toddlers like to say the word "no." So, avoid the word as much as you can when dealing with the child. Instead save "no"

for times when you describe unacceptable behavior.

With older children, set guidelines in advance. If your child knows the consequences of his misbehavior, he will think twice about acting up.

Be consistent, even when it's hard to follow through. Children need to know their parents' word is good for punishment and for rewards.

Moving To A Bigger Bed

When is it time to move a child out of a crib and into a bigger bed?

Many children are ready to move from their cribs into a "grown-up" bed between the ages of 20 months to three years.

Usually the time is determined by the child's ability to climb out of her crib.

One way to make it easier is to celebrate the move, observing the event as a reward or rite of becoming a "big girl" or "big boy."

If there is another child on the way, it is good to make the move at least two months before the baby is due.

The first step of the moving process is to place the child's mattress on the floor against a wall. The wall will help the child feel more secure and will give her a new freedom of being able to get out of bed without help.

After the child is familiar with sleeping in her own bed, it will be time to move to a standard bed with box springs and a frame.

For safety as well as security reasons, it is a good idea to install detachable guardrails. The rails will comfort the child because they resemble the bars of the crib, and will also discourage the child from climbing or falling out of bed.

It is best to purchase a new mattress. After eight to ten years of use, hand-me-down bedding cannot provide comfort and support a growing child needs.

The mattress should feel firm, but this does not necessarily mean it should be hard, shop for one that feels comfortable to the child.

A good way to do this is to select two or three styles that you like and let your child choose between them.

If the child feels that she has been a part of the decision-making process, she will be more apt to make the adjustment easily.

Parents may also want to consider a double bed for their child instead of the smaller twin. Children are impressed by the “big” bed and many times are excited about having a bed like their parents.

A double bed will also permit a child more freedom of movement and can be more comfortable for parents during bedtime reading.



During National Nutrition Month and Beyond, Academy of Nutrition and Dietetics Encourages Everyone to 'Eat Right, Your Way, Every Day'

Food preferences, lifestyles, cultural and ethnic traditions and health concerns all affect our food choices. That is why, as part of National Nutrition Month[®] 2013, the Academy of Nutrition and Dietetics encourages everyone to "Eat Right, Your Way, Every Day."

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month. This year's theme emphasizes the advantages of developing a healthful eating plan that incorporates individual food choices and preferences. This year marks the 40th anniversary of National Nutrition Month.

"There can be a misperception that eating healthfully means giving up your favorite foods," said registered dietitian and Academy President Ethan A. Bergman. "Our 'Eat Right, Your Way, Every Day' National Nutrition Month theme encourages consumers to include the foods they love as part of a healthful eating plan that is tailored for their lifestyles, traditions, health needs and, of course, tastes."

The Academy strives to communicate healthy eating messages that emphasize a balance of food and beverages within energy needs, rather than any one food or meal. To this end, it is the position of the Academy of Nutrition and Dietetics that the total diet or overall pattern of food eaten is the most important focus of healthy eating. Most favorite foods can fit within this pattern, if consumed in

moderation with appropriate portion size and combined with physical activity.

Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. To commemorate the dedication of registered dietitians as the leading advocates for advancing the nutritional status of Americans and people around the world, the second Wednesday of each March is celebrated as "Registered Dietitian Day." This year marks the sixth annual Registered Dietitian Day, which will be celebrated March 13.

"The Academy of Nutrition and Dietetics' vision of optimizing the nation's health through food and nutrition is strengthened each March as we celebrate National Nutrition Month. As registered dietitians and dietetic technicians, registered, we are able to translate sound science-based research into helpful information that people can understand and apply to their everyday lives," Bergman said.

As part of this public education campaign, the Academy's National Nutrition Month website (www.eatright.org/nnm) includes a variety of helpful tips, games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition based on the "Eat Right, Your Way, Every Day" theme.



De-clutter Your Home in Eleven Easy Steps

1. **PICK A ROOM--ANY ROOM.**

Decide on what room to start on. Write it at the top of an 8 1/2 x 11 inch sheet of paper. This will be your Action Sheet. Example: BEDROOM A

2. **CHOOSE AN ENTICING**

REWARD. Designate an appropriate reward to give yourself on the Dumping portion of the job. The reward concept serves as your motivation, so be sure to choose something that you'd really enjoy! Write this reward on your Action Sheet. Example: Treat yourself to a massage or go out for a nice dinner -- whatever it is that you love to do. Write it on your Action Sheet.

3. **SET A DEADLINE.** Set a specific Dumping Completion Deadline for this one room. Write it on your Action Sheet. Example: DUMPING DEADLINE: APRIL 30

4. **SCHEDULE TIME TO DUMP.**

Schedule 3 specific dumping dates (one hour for each). Hopefully this will be enough to complete the dumping portion of the job. Write it on your Action Sheet. Then, post the Action Sheet in a prominent place where you are certain to see it every day, like your bathroom mirror. It will serve as a reminder of your goal, deadline and pending reward. Example: DUMPING DATES: APRIL 18 from 8-9A, APRIL 21 from 8-9A, APRIL 24 from 8-9A

5. **KEEP YOUR APPOINTMENT.**

When the 1st dumping day arrives, keep that appointment, just as you would any other important appointment. Bring a

bunch of large garbage bags. Play your favorite music in the background.

6. **TIME IT.** Set a timer for 1 Hour -- one that sounds off when the hour is up.

7. **SORT THROUGH IT.** Pick up one item at a time, and start dumping. (If you come across items you want to give to charity, designate a special bag for those items) Whatever you are going to keep, just put to one side of the room.

8. **DO IT UNTIL THE TIME IS UP.** Continue doing this until the timer goes off. If you prefer to continue, keep going. Otherwise, stop and follow the same procedures for your next two scheduled dates. Don't let the garbage bags sit there. Make sure they are thrown out now (or donated), or on Garbage Day at the latest.

9. **CELEBRATE.** Once you've managed to dump everything you don't want or need in that one room, it's time to celebrate. Take advantage of that reward you designated.

10. **KEEPING IT ORGANIZED.** Now that everything in that room that you wanted dumped is gone, you're ready to begin putting everything you are keeping back in an organized manner. Be very careful not to put anything else in this room that you don't want.

11. **REPEAT.** Repeat this process for each of the other rooms in your home.



Spotlight For March **2012 Extension Volunteer Recognition**

The annual Onslow County Agricultural Awards Banquet was held on February 7th at the Onslow County Multipurpose Complex. Recognition was given to the various groups of volunteers that give of themselves to support and expand the work of the NC Cooperative Extension here in Onslow County.

Special recognition was given to **Linda Hawes** who was named the **2012 Master Gardener Volunteer of the Year** for her devotion to increasing the knowledge level of other master gardeners and the public.

Several local famers received awards for Crop Yield Contests:

Wheat Yield Champion: David (Jeff) Collins planted Dyna-Gro Shirley and produced 65.90 bushels per acre. The runner-up was **George Pierce** who planted Coker 9436 and produced 57.70 bushels per acre.

Soybean Yield Champion: George Pierce, Asgrow 6931 with 58.62 bushels per acre. The runner-up was **Sammy Pierce**, who planted Asgrow 6931 and produced 57.53 bushels per acre.

Corn Yield Champion: Donnie Riggs planted Pioneer 1319HR with a yield of 203.80 bushels per acre. The runner-up was George Pierce, who planted DeKalb 6469 and yielded 197.21 bushels per acre.

The Onslow County Agricultural Hall of Fame Award was begun in 1984. The nominee can only be inducted to the Agricultural Hall of Fame once, as either a recipient of the Master Farmer Award or the James R. Strickland Service to Agriculture Award. This award is especially important because past recipients choose the inductee. This year's inductee was: **Mr. Barry Huffman, for Master Farmer.**



4-H Volunteers Recognition

On January 29th, 4-H recognized **Justine Smith and Edward Tokonitz** as the **4-H Volunteer Leaders of the Year.**

Along with these leaders, all 4-H volunteers were thanked and recognized for their years of service at the annual 4-H Volunteer Leaders Banquet. The theme this year was “Rockin’ Out With 4-H.”

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