



Parenting Newsletter

FAMILY & CONSUMER SCIENCES



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"It's About You"

Working long hours can prevent parents, especially males from spending time with their children or addressing family health issues, especially their own. However, recent research shows that when fathers take an active role in their children's education, the return on the investment is two-fold. Children do better in school, gaining self esteem and developing healthy lifestyle habits learned at home. This month on "Its About You", Chuck Stamper, East Region Program & Development Coordinator for UK Cooperative Extension and Cristy Honaker, Family & Consumer Science Agent for Pike County gave us insights on the importance of dads reading to children and how males can be a positive influence on their families' health as well as their own.

Core Messages:

- **Current** research shows when children grow up with nurturing, caring and actively involved fathers or adult male role models , they:
 - ☺ **Do** better in school
 - ☺ **Have** higher self-esteem
 - ☺ **Build** better relationships with their peers
 - ☺ **Develop** healthier attitudes about behaving as an adult
 - ☺ **Mature** as more successful adults
- **Family** literacy programs such as FRED (Father Reading Every Day) can help engage males in reading and doing more activities with their children. In Pike Co., Kentucky more than 100 male role models have spent over 200 hours, reading more than 748 books during the initial FCS program partnership with the Pike Co. Library system.
- **Benefits** of family literacy programs like the FRED program show that the children's reading skills, com-

prehension and overall attitude about learning improves while the adult male gains insight on the importance of spending time with their children.

- **Focusing** on the family can also help males to focus on their own health. Men typically have more health issues than women but spend less time seeking preventive health care. It's important for males to make time for routine screenings for male only cancers and annual checkups.
- **The** females in a man's life can make a significant difference in keeping him healthy by encouraging him to seek medical help and working together to develop a healthy lifestyle.
- **Parents** are the major role models from which children develop their own health and education habits and beliefs.
- **Take** time out now for your children and yourself! It's the best investment that parents and adult role models can make!



Cooperative Extension Service Resource Publication
Fathers Reading Every Day
Traveling Light

<http://www.ca.uky.edu/aqc/pubs/fcs7/fcs7187/fcs7187.pdf>

Keys to Great Parenting: Cuddle, Talk and Read with Your Child

<http://www.ca.uky.edu/aqc/pubs/fcs7/fcs7180/fcs7180.pdf>

Keys to Great Parenting: Show Your Child the World
<http://www.ca.uky.edu/aqc/pubs/fcs7/fcs7183/fcs7183.pdf>

Men's Health

Nutrition 2000 for Men

<http://www.ca.uky.edu/hes/fcs/factshts/FN-JLT.138.pdf>

<http://www.ca.uky.edu/hes/fcs/heel/newsletter/archive/June2004.pdf>

<http://www.ca.uky.edu/hes/fcs/heel/newsletter/archive/June2003.pdf>

Prevent Drowning-Keep Your Children Safe When Near Water

Now that the weather is getting warmer, many of you will allow your children to participate in swimming activities at a local pool or lake.

Did you know it only takes as little as 1 inch of water or other liquid to drown an infant or young child? *Among children ages 1 to 14, drowning is the second leading cause of unintentional injury-related death.* Childhood drowning can happen in



a matter of seconds and most often occurs when a child is left unattended or unsupervised for even a brief moment.

Most drowning occurs in residential swimming pools and in open water. However, because an infant or young child can drown in as little as 1 inch of water, wading pools, bathtubs, buckets, diaper pails, toilets, spas, and hot tubs can be also be dangerous to small children.

WATER SAFETY TIPS FOR PARENTS AND GUARDIANS

- Never leave an infant or young child alone in the bathtub or a swimming or wading pool. Bathing seats and flotation devices are not a substitute for your attention.
- Leave toilet lids down and do not leave young children alone in the bathroom without your direct supervision.
- Empty ice chests, immediately after use, keep lids closed, and store out of a child's reach.
- Enclose wells, open potholes, and irrigation or drainage ditches with a fence or other barrier to protect your child.
- Never leave a child alone in or near a pool not even for a second. An adult should be within an arms' length of a child at all times.
- Separate your house from your pool with a fence. Young children who drown in pools frequently wander out of the house and fall into the pool.
- It is recommended that a fence, at least 4 feet high, be installed around all sides of a home pool.
- Rescue equipment like a shepherds hook or life preserver and telephone, should be kept by the pool at all times.
- It is recommended that parents learn CPR to be prepared for an emergency.
- Air filled flotation devices are not a substitute for Coast Guard approved life vests.
- After children are finished playing in the pool, remove all toys so that they will not be tempted to go in the pool for them.

Once children are done swimming, secure the pool area so that they cannot get back into it.

Create a list of pool rules, post them in the pool area and go over the list with all children prior to letting them swim. Remember even if your child knows how to swim this does not mean that they are safe in water!

For more information on ways to make swimming safe for all children, contact the Kenton County Cooperative Extension Service.



Teaching the Next Generation to Clean



One aspect of being a good parent is to teach our children life skills so that they can go forward as adults to lead happy, healthy and productive lives. These life skills include everyday tasks, like cooking, cleaning and doing laundry. Nancy Bock, Vice President of Education at The Soap and Detergent Association, offers some suggestions for effectively introducing children to these tasks.

Make sure the chore is age-appropriate.

Preschoolers can put away unbreakable dishes and playthings. Older children can clear the table, help load the dishwasher and make their beds. Teens and preteens can clean their own rooms, assist with the laundry and help with dusting, cleaning and kitchen chores.



Make safety a priority.

Always provide proper adult supervision. Don't allow children to use disinfectants,

disinfectant cleaners, chlorine bleach or any product that has a warning on the label, such as "Keep out of reach of children."

Let them choose the medium.

For example, there are many ways to remove dust from the furniture. Only adults should apply spray products, but it's okay to let your child experiment and pick a microfiber cloth or mitt, microfiber duster, electrostatic dusting cloth or dust wipe to accomplish the task.

Develop a cleaning schedule.

This can be difficult with today's busy households, but children do better when they know what's expected of them and when it's expected to happen.

Tap into your children's concern for the environment.

Set a good example with sustainable practice. For example, purchase cleaning products in bulk sizes along with a smaller container of the product refill the latter as needed. Follow label instructions as to the recommended amounts of product so you aren't wasting money by using more than is necessary. Dispose of empty containers in an environmentally responsible way.

Teach them to read product labels.

Show them what can be found on cleaning product labels: ingredients list, usage directions, storage and/or disposal informa-

tion, safety information, environmental information and the manufacturer's name and address and/or a toll-free phone number. Note, too, that some cleaning product manufacturers are providing expanded ingredient information on their product labels and via supplementary information on their websites. This is a precursor to the Consumer Product Ingredient Communication Initiative, a proactive voluntary program being collaboratively launched by SDA, the Consumer Specialty Products Association (CSPA) and the Canadian Consumer Specialty Products Association (CCSPA). It's designed to meet the changing needs of consumers and the marketplace by creating a uniform system for providing ingredient information to consumers in a way that's meaningful and easy to understand. This initiative provides different means to inform consumers about the ingredients in products: on the product label; on the manufacturer's, distributor's or importer's website; through a toll-free telephone number; or through some other non-electronic means. This voluntary program will take effect in January 2010.

Source: Copied with permission from The Soap and Detergent Association: Cleaning Matters Newsletter July/August, 2009.

Focusing On Your Child's Strong Points

Every child is a miracle! Each child has special talents and strengths. Like all children, your child is a wonderful, precious human being who has so much to teach and learn and give.

You must guide your children and help them learn from their mistakes. Also very important, you need to focus on their strengths. Make it a point to catch your children being good. Concentrate on the positive. Believe in them. Encourage their talents.



Have you noticed how good it feels when somebody gives you a sincere compliment? Or how nice it is to have someone notice an extra effort that you've made?

Children also like positive attention.

In fact, they thrive

on it. It's one of the ways they learn to feel good about themselves and others.

Children watch you and learn from you. When you focus on their strong points, they learn to see the positive in themselves, in you, and in those around them.

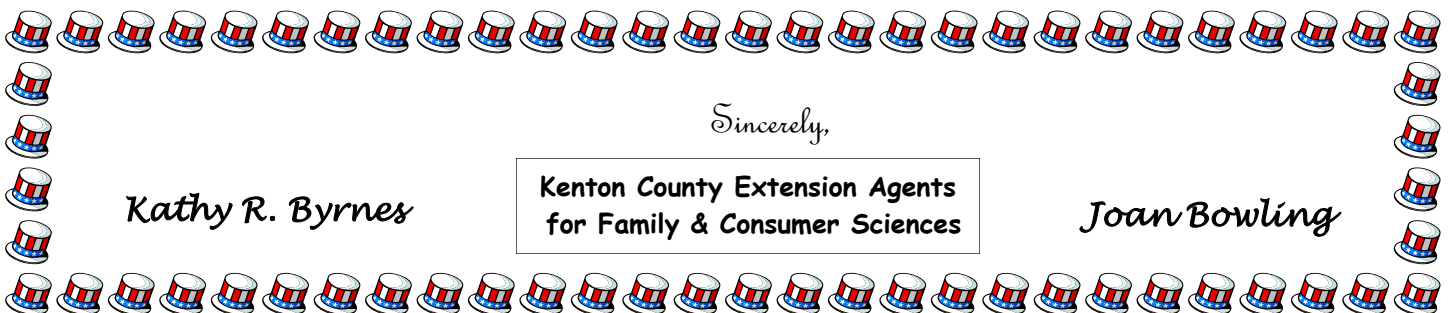
As a parent or other loving adult, you are one of the most important people in your child's world. When your patient, kind and positive with your child, it makes a big difference. Never underestimate your influence.

Nourishing your child's strong points is a skill. The more you practice, the more skillful you become. Work with the following "skill builders." Then use your creativity to come up with additional ones designed just for you.

◆ Skill Builders ◆

- ◆ Catch the youngsters in your life being good; make a big deal about it. Be sincere.
- ◆ Ask your son what he learned in school today. Smile and give him your full attention. Say "Wow!" or "Hey, that's interesting."
- ◆ Talk with your daughter as if she were one of the most important people in the whole world. Because she is.
- ◆ Focus on what you like about your child, and express your appreciation.
- ◆ Think how blessed you are to have these marvelous children in your life. As a way of showing your appreciation, give each of them a hug, a kiss, a wink, or a smile.

Quick Skills # 3, by Sam Quick, Human Development & Family Relations Specialist. (1997) FAM-QS.103



Sincerely,

Kathy R. Byrnes

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