

Answers from Amy

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TEN GUIDELINES FOR EFFECTIVE DISCIPLINE

One of the most challenging aspects of being a parent is deciding upon a style of discipline that's appropriate, effective, and in the best interest of the child. As frustrating as it may be, it's entirely normal for children to test limits. While it may not appear this way on the surface, addressing a child's misbehavior provides parents with a great opportunity to teach their children valuable life lessons. Although no one has all of the answers when it comes to disciplining children, Amy Kress, Family and Consumer Sciences Extension agent in Floyd County, says that the following guidelines can help parents discipline their children in a loving, fair, and effective manner.

1. Have Realistic Expectations. When it comes to discipline, there's not one particular technique that works effectively with all children in all circumstances; therefore, when considering how to deal with a child's negative behavior, parents need to think about that child's developmental capacities and consider how to use the misbehavior to teach an age-appropriate life lesson.

2. Communicate Expectations Clearly. Children will have a very difficult time following the limits established by their parents if they don't know what those limits are. Likewise, when children violate limits, it is critical to let them know that they have violated a limit. If some type of disciplinary action is taken, it is also helpful to let children know why they are being disciplined. Taking advantage of these

"teachable moments" promotes positive behavior and helps prevent future misbehavior.

3. Establish Reasonable Consequences.

Establishing reasonable consequences is an essential aspect of effective discipline. What constitutes reasonable versus unreasonable depends on the age and developmental stage of the child and the severity of the behavior. A child who clearly understands and is capable of following a rule established by a parent, yet fails to do so, should experience a consequence for this behavior. The consequence, however, should be in line with the offense. For example, a reasonable consequence for a 3-year-old child who takes a cookie from the kitchen just before dinner would be not letting the child have a dessert after dinner. An unreasonable consequence, on the other hand, would be not letting the child eat dinner at all.

4. Be Loving, Yet Firm. Researchers have discovered that the most effective style of discipline is an authoritative one, in which adults openly express their love for their children, yet expect them to behave in ways that are consistent with the guidelines they have set in the home. When rules and/or limits are violated, consequences are implemented that are intended to teach the importance of proper behavior.

5. Be Consistent. Consistency is another factor that is associated with effective discipline. Consistent parents do what they say they are going to do, when they say they are going to do it, without partiality. If a parent tells a child she is going to receive a consequence for violating a rule and the parent fails to enforce it, the parent is not being consistent. Children are very observant. They pick up on inconsistencies in parents' behavior, which can lead

to further misbehavior. Children who are cared for in a consistent manner know what to expect from their parents. They are not surprised when they suffer consequences for misbehavior.

6. Discipline in a Positive Way. Parents who truly care about the well-being of their children discipline them because they want what is best for them. Discipline that is done to teach, guide, protect, and promote self-responsibility is positive discipline. In contrast, discipline that is done out of anger or revenge is negative and can be harmful to children.

7. Model Appropriate Behavior. Children tend to model behavior they see on a regular basis. Parents have a unique opportunity to model positive and socially acceptable behavior. Whether it is picking up after making a mess or settling differences with another family member in a respectful manner, parents demonstrate to their children the skills they want them to acquire. If a parent wants his child to treat him and others with respect, he must model respect for others in his daily interactions. If he wants his child to listen to what he has to say, he must be willing to listen to his child.

8. Discover the Origins of Misbehavior. Children misbehave for a variety of different reasons. A child may “act out” because he’s tired, hungry, frustrated, seeking after attention, or having difficulties at school. Parents should make an attempt to find the root cause of the behavior and deal with it. Doing so can prevent a situation from escalating out of control and bring a quick resolution to an otherwise potentially difficult situation.

9. Make a Distinction between the Child and the Child’s Behavior. When a child misbehaves, it is helpful to distinguish between the child and the behavior. Label the behavior as unacceptable, but don’t convey to the child that she is unacceptable. To illustrate, note the difference in the following statements: “Your behavior was disappointing,” versus “You are a disappointment!”

10. Learn from Mistakes. No parent has all of the answers when it comes to dealing with children’s problem behavior. All of us who have our own children, or who have cared for children, have made mistakes when attempting to set and enforce limits with them. Disciplining children is one of the most

difficult aspects of being a parent; however, effective parents learn from their mistakes. As time wears on, they become more efficient at handling difficult behavior, and they are able to teach children valuable lessons that will last a lifetime.

Source: Stephen Green, Ph.D., Assistant Professor and Extension Child Development Specialist, Texas A&M AgriLife Extension Service. Family and Consumer Sciences website: <http://fcs.tamu.edu>. August 2006.

LAUNDRY AND MILDEW

Laundry—nobody’s favorite task. However, it’s even more difficult when stains won’t come out in the wash. What should you do? Amy Kress, Family and Consumer Sciences Extension Agent in Floyd County, recommends that you start by making sure damp or wet clothes are not placed in the laundry basket and left for several days.

Warm summer temperatures, high humidity, and any remaining food on clothing—especially kids’ clothes—creates the perfect conditions for the growth of mildew. Mildew is a fungus and appears as dark-colored spots and splotches on textile items. When the textile is left in a warm, humid location with little or no light or air circulation, you have created the perfect condition for very difficult to remove mildew.

Prevention is the key, advises Kress. Experts at the International Fabricare Institute suggest drying any wet textiles before placing them in the laundry and certainly not storing them dirty. Some typical items might include infants’ and children’s clothing, sports wear, jackets, t-shirts, kitchen textiles, towels, and other common items. Avoid tossing damp clothing in a dark laundry hamper or closet. If you can’t get to the laundry immediately, hang the item in an area with good air circulation until the item is dry. Or wash the item as soon as possible, treating the soiled area with a pre-wash enzyme product.

What removes mildew? Actually, only chlorine bleach removes and kills mildew growth and stains, recommends Kress. Since not all fabrics are safely treated with bleach, preventing the growth of mildew may be a better solution than trying to remove it later and possibly ruining the item.

Suggested resources to mention in the article:
Laundry On Your Own and Quick Stain Removal
Guide. Both can be found on
<https://agriflifebookstore.org/>.

Source: Dr. Pamela Brown, Entrepreneurship (and
textiles/clothing) Specialist, Texas A&M AgriLife
Extension Service. August 2005.

SAVE ENERGY AND MONEY TODAY

Many families spend more money than they need to spend on home utility bills because a large portion of the energy is wasted. The good news is, there is a lot you can do to save energy and money at home. By making a few small changes, you can reduce your energy costs by 10 to 50 percent.

According to Amy Kress, Family and Consumer Sciences Extension Agent in Floyd County, the key to achieving these savings in your home is a whole-house energy efficiency plan. To take a whole-house approach, view your home as an energy system with interdependent parts. For example, your heating system is not just a furnace—it's a heat-delivery system that starts at the furnace and delivers heat throughout your home using a network of ducts. Even a top-of-the-line, energy-efficient furnace will use a lot of excess energy if the ducts, walls, attic, windows, and doors are not insulated and leak. Taking a whole-house approach to saving energy ensures that dollars you invest to save energy are spent wisely. The following tips will help you to save energy at home:

- Set your thermostat comfortably low in the winter and comfortably high in the summer. Install a programmable thermostat that is compatible with your heating system.
- Use compact fluorescent light bulbs. You can even purchase ones to use with dimmers. Study your family's lighting needs and use patterns, paying special attention to high-use areas such as the living room, kitchen, and outside lighting. Look for ways to use lighting controls—like occupancy sensors, dimmers, or timers—to reduce lighting energy use, and replace standard (also called incandescent) light bulbs and fixtures with compact or standard fluorescent lamps. Fluorescent lamps create less heat than incandescent bulbs. This is important if you are

trying to cool the interior air.

- Air dry dishes instead of using your dishwasher's drying cycle.
- Turn off your computer and monitor when not in use.
- Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use. (TVs and DVDs in standby mode still use several watts of power.)
- Lower the thermostat on your hot water heater to 120° F.
- Take short showers (5 minutes or less) instead of baths.
- Wash only full loads of dishes and clothes.
- Close fireplace dampers when not burning wood in the fireplace.
- Look for the **ENERGY STAR**® label on home appliances and products. **ENERGY STAR** products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency.

In addition to these actions, do a home energy audit. When auditing your home, keep a checklist of areas you inspect and problems you find. This list will help you prioritize your energy efficiency upgrades.

- Check the insulation levels. (Visit the Consumer's Guide for instruction on checking insulation levels:
http://www.eere.energy.gov/consumer/your_home/energy_audits/index.cfm/mytopic=11170.)
- Check for air leaks. Look for holes or cracks around walls, baseboards, ceilings, attic hatches, window frames, wall- or window-mounted air conditioners, weather stripping around doors, light and plumbing fixtures, switches, and electrical outlets that can leak air into or out of your home (for example, mail slots).
- Check to make sure the fireplace damper seals when it is closed.
- Maintain your appliances and heating and cooling systems. Check owner's manuals for the recommended maintenance.

Energy-efficient improvements make your home more comfortable, and they can yield long-term financial rewards. Reduced utility bills more than make up for the higher price of energy-efficient appliances and improvements over their lifetimes. In addition, your home could bring in a higher price when you sell.

Source: Janie Harris, Extension Housing and Environment Specialist, Texas A&M AgriLife

Extension Service, Texas A&M System. December 2005. Website: <http://fcs.tamu.edu>

Reference: U.S. Department of Energy - Energy Efficiency and Renewable Energy
http://www.eere.energy.gov/consumer/your_home/energy_audits/index.cfm/mytopic=11170

POTENTIAL BENEFITS OF DIETARY FIBER IN TYPE 2 DIABETES

Dietary fiber is the structural part of the plant that human body cannot digest, so it does not contribute any energy. Dietary fiber sources include vegetables, fruits, grains, nuts, beans and legumes.

Dietary fiber contains soluble fiber and insoluble fiber. Soluble fiber dissolves in water. Food sources of soluble fiber include oats, fruits, barley, flaxseeds, legumes, and vegetables. Insoluble fiber does not dissolve in water. Food sources of insoluble fiber include wheat, corn, and oat bran; whole grain breads and cereals; fruit skins; root vegetables, such as carrots, beets, and turnips; green beans; the cabbage family, such as broccoli, Brussels sprouts, or cauliflower; and white or sweet potatoes.

Dietary fiber is beneficial for health. It can bind other food to prevent their absorption. Some dietary fibers ferment and generate various materials, such as short-chain fatty acids, which contribute to change the composition of the intestinal bacteria. Soluble and insoluble dietary fiber lowers blood glucose by slowing glucose absorption in the bowel. Evidences have shown that dietary fiber increases insulin release which increases capacity of body to use glucose and resulting in a slow and steady release of glucose from absorption in the body after eating. Dietary fiber is also found to lower the level of hemoglobin A1c which is used to identify the average plasma glucose level over prolonged periods of time, compared to blood glucose meter which just tells you what your blood sugar level is at any one time. Fiber also increases a feeling of fullness and satisfies after eating which is very helpful for losing weight. Excess weight is believed to play a role in the risk and development of type 2 diabetes. Therefore, people who eat more fiber are less at risk of developing type 2 diabetes in the first place.

For people with diabetes who are using insulin for treatment, carbohydrate counting, which is a meal planning technique for managing your blood glucose levels, helps to control blood glucose better. Fiber, which

does not contribute calories and can slow glucose absorption in the bowel, can be subtracted from total carbohydrate, which is the major energy source and raise blood sugar after eating, when you are reading the food labels. Fiber saves quota for carbohydrates when people with diabetes count the carbohydrates for their meals. Increasing intake of fiber is a smart way to control glucose for people with diabetes.

Contact Amy Kress, Texas A&M AgriLife Extension Service Floyd County agent at 806-983-4912, for more information.

Resources:

CL Bodinham, L Smith, J Wright, GS Frost, MD Robertson. Dietary fiber improves first-phase insulin secretion in overweight individuals. PLOS ONE, 2012; 7(7):1-5.

RE Post, AG Mainous, DE King, KN Simpson. Dietary fiber for the treatment of type 2 diabetes mellitus: a meta-analysis. Journal of the American Board of Family Medicine, 2012; 25(1): 16-23.

Carb counting. Diabetes self-management. 2006.

http://www.diabetesselfmanagement.com/Blog/Amy-Campbell/carb_counting/

Answers From Amy is a publication of the Floyd County Extension Service.

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FAVORITE RECIPES

TANGY FRUIT SALAD

2 tablespoons instant sugar free vanilla pudding mix
1 cup fat free vanilla yogurt
1 15-oz. Can pineapple chunks, in juiced, drained
1 11-oz. can mandarin oranges, in juice, drained
1 cup grapes
2 medium bananas, sliced

Wash your hands and clean your cooking area. Clean the tops of canned food items before opening them. Combine pudding mix and yogurt in a medium bowl. Mix fruit into yogurt mixture. Refrigerate mixture and serve when chilled.

YOGURT PANCAKES

2 eggs
2 tablespoons oil
1 cup plain yogurt
2 cups all-purpose flour
¼ teaspoon baking soda
½ cup orange juice
½ tablespoon cinnamon (optional)

Wash hands and clean cooking area. Beat eggs and oil in a large mixing bowl. Add yogurt, flour, baking soda, and orange juice and mix thoroughly. Stir in cinnamon if desired. Use a ¼ cup measuring cup to drop batter onto a hot greased frying pan. When pancakes begin to bubble, turn them and cook on opposite side. Serve with warm syrup.

EASY CHICKEN POT PIE

1 2/3 cup frozen mixed vegetables, thawed
1 cup cut-up cooked chicken
1 10 ¾-ounce can condensed cream of chicken soup
1 cup reduced fat baking mix
½ cup low fat or fat free milk
1 egg

Wash hands and any cooking surfaces. Pre-heat oven to 400°F. Mix vegetables, chicken and soup in

ungreased, 9-inch pie plate Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate. Bake 30 minutes or until golden brown. Let cool for 5 minutes and serve.

CREAMY ORANGESICLES

1 cup skim milk
¾ cup cooked whole grain brown rice
1/8 cup reduced fat peanut butter
2 tablespoons sugar or artificial sweetener
½ teaspoon vanilla extract
¼ cup raisins (optional)
½ cup sliced bananas (optional)

Wash your hands and clean your cooking area. Combine ingredients except for vanilla extract in a medium saucepan. Bring to a boil stirring often. Add vanilla extract and reduce heat to low. Cook covered for 10 minutes, stirring often. Chill and serve. (Add raisins or bananas before serving.)

GREEN BEAN SALAD

1 10-ounce package, frozen, chopped spinach
1 cup fat-free cream cheese
½ cup low-fat yogurt
¼ cup onions, minced
½ fresh tomato, minced
2 tablespoons almonds, sliced
1 teaspoon salt
¼ teaspoon garlic powder
pepper to taste

Wash your hands and clean your cooking area. Squeeze frozen spinach by hand to remove all moisture or wrap in paper towels and squeeze. For a smoother texture chop spinach. In a bowl, combine spinach, cream cheese, yogurt, onions, tomato, almonds, salt, garlic powder and pepper to taste, mix well. Spread can be served immediately or covered and refrigerated for later use.

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