

Young Families

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A family-focused newsletter with young children in mind

Grandparents Can Be a Valuable Resource to Teach Children about Money

Grandparents can have a positive influence in creating money experiences for your children.

1. Grandparents can reinforce the money lessons that you teach your children.

Tell the grandparents your allowance system and your rules for the children with regard to earning and spending money. Let the grandparents know how you feel about gifts of money and when it is appropriate.

2. Grandparents can teach grandchildren the concept of money through play. They can promote money awareness with counting and math games using coins and bills. Or, they can play store, bank or auctioneer using real money.

3. Grandparents can teach grandchildren the value of a dollar by helping them learn the difference between needs and wants.

4. Grandparents can provide grandchildren with real spending experiences. When they go shopping, they can explain how to comparison shop and how to look for value.

5. Grandparents can be good role models by having a financial plan and following it.

6. Grandparents can put grandchildren to work and pay them for a job well done.

7. Grandparents can contribute to the grandchildren's education.

8. Grandparents can teach grandchildren to save and invest.

9. Grandparents can teach financial responsibility and independence by allowing children to fail and struggles rather than bailing grandchildren out.

10. Grandparents can take grandchildren on a vacation, encourage them to save money for the trip, and provide some chores to help them earn extra spending money.

11. Grandparents can provide learning experiences to help grandchildren learn to use money as a tool to meet their needs in healthy ways.

Source:

www.matilijapress.com/articles/moneyawareness.htm

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Help Your Child Develop Healthy Food Attitudes

We know that some children grow up viewing food as a comfort or companion. It's not a habit that just happens – families make a real difference in how a child thinks about food.

Where do we start? Try not to use food as a reward or punishment. Giving sweets as a reward or comfort can easily confuse a child's view of food and love, and may encourage them to seek out food when unhappy, bored, stressed or lonely. A better idea

might be to try offering a listening ear, a hug or healthy attention. Sometimes an active diversion like a walk together, a game of catch or even a shared chore can send a positive message without sending a conflicting one.

After that important first step, there's another healthy move that parents can make. Encourage your child's school or childcare program to motivate students with nonfood rewards. It may not seem like much of a problem, but there's a

message being sent. Instead of candy offered for excellent behavior or work, why not stickers, a bookmark or a school item like a pencil or fun eraser? Should good work result in a reward? Of course it can – but carefully consider the type of reward. By focusing on nonfood rewards, you are helping your child develop healthy food attitudes.

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Healthy Habits and Antioxidants Help Prevent Colds and Flu

It is easier for cold and flu germs to get passed around during the winter months because people spend more time indoors. To help keep the body strong and healthy to fight off germs: get adequate sleep (at least 10 hours for school-age children and more for younger children), use correct hand-washing techniques (wash hands under warm water with soap for at least 20 seconds), eat a nutritionally balanced diet, and drink plenty of fluids.

Consuming foods rich in antioxidants such as vitamin C, vitamin E, and beta-carotene can help protect the body in several ways. Vitamin

C helps the body fight infections and promote wound healing.

Vitamin E and beta-carotene help prevent cell membrane damage, thereby protecting cells such as the white blood cells that defend the body against disease and germs.

Drinking adequate amounts of fluid will help keep the body's tissues hydrated and membranes moist, which will provide a better environment for the body to resist germs. Snacks rich in antioxidants and plenty of fluids may be a good way to help keep children healthy during the colder months while providing good nutrition at the same time.

Good Food Sources

Vitamin C: Citrus fruits and juices, kiwi fruit, broccoli, tomatoes, green and red peppers, strawberries, potatoes, cantaloupe

Vitamin E: Whole grains, leafy, green vegetables, tomatoes, eggs, nuts and seeds (be careful giving to small children, may cause choking)

Beta-carotene: Carrots, sweet potatoes, pumpkin, spinach, broccoli, tomatoes, cantaloupe

Fluids: Low-fat milk, water, soup, 100 percent fruit and vegetable juices

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Helping the Sore Loser

Is your child a sore loser? If so, take a good look at the condition that triggers the outburst. Reduce frustration by playing board games that match the child's developmental level. Focus on games in which competitive elements are reduced. For example, in a game like Monopoly, the success of players depends on the bad luck of others. Low conflict games can either be cooperative games in which the players pit themselves against the game mechanics or games in which successful play is carried out with little direct conflict between opponents.

Visit the WonderWise Parent at <http://www.ksu.edu/wwparent/> and look under "games" for more information.

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A New Year's Resolution: Make Time for Your Spouse

New Year's resolutions are a common tradition. Starting a new year is a good time to think about what we want to change. As most people know, it takes a great deal of effort to keep those goals in mind as the year progresses, but it can be worth the effort to achieve a particular goal.

For parents raising young children, making time for each other is a goal that can have long lasting benefits for the couple as well as the entire family. With the many demands on both parents' time, dedicating time to each other on a daily basis can often be difficult. Just reserving 15 minutes each day to be alone with each other can be a big step that takes some sacrifice. Here are a few suggestions to help make time for each other. Set the alarm 15 minutes earlier in the morning and share a cup of coffee before the

family arises. Don't read the newspaper or deal with conflicts, but talk to each other in satisfying ways. Share some time at the end of the day after the children are in bed. Last, but not least, both persons have to desire this goal or it will not happen.

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