

Help Children Survive Souvenir Shops

Family vacations provide memorable moments, but souvenir shops often stress parents.

While parents can encourage children to save part of their allowance for vacation purchases, younger children may have difficulty understanding the concept of saving for the future. They also may not understand that there is a shop at every stop.

To relieve pressures to spend—and teach children a lesson in money management—parents may want to provide a vacation bonus in the form of cash for each child to spend as he or she wishes. Parents can offer suggestions that might be considered in the decision-making process, but should not make the spending decision for the child.

Children may face disappointment when they see something they want more than an early purchase. That lesson should help them resist pressures to spend in the future.

Katey Walker

Rethink the Family Meal

If eating supper together is too difficult, think about designating breakfast as the family meal. Eating together can provide time to share plans and activities for the day, and family members can offer moral support or encouragement.

Eating meals together usually takes more time, which can aid digestion and contribute to improved table manners and conversational skills.

Share responsibility for meal planning among family members. Getting involved in meal preparation can help children learn about food. They also can learn math and science in the kitchen. Even small children like to measure and mix.

Sandy Procter

Choose Foods that Boost Energy

Carbohydrates are considered energy-producing foods. Simple carbohydrates such as the sugars found in fruits, juices or candy, break down quickly, providing quick but not long-lasting energy. Complex carbohydrates, found in starchy foods like bread, pasta, rice, potatoes, and peas, break down more slowly to provide energy over a longer period of time. Athletes should concentrate on getting a high-energy breakfast and lunch with lots of “carbs” to maintain energy levels through the day and during physical activity.

Fat often gets a bad rap, but the truth is that we all need some fat in our diets. It has a high-satiety value (leaves us feeling satisfied) and also provides some fat-soluble vitamins. Fat is a concentrated form of energy that can offer staying power; however, it is not broken down as quickly as carbohydrates. Fats are not a good choice when quick energy is needed.

Can some foods rob energy?

Eating too much can divert energy to digestion, rather than brain and muscle power. Too much food or sugar in the stomach also slows the rate that fluids leave the stomach, which can cause a problem with rehydration, particularly for athletes.

How can athletes maintain optimal energy?

Eating a high-energy (carbohydrate rich) breakfast and lunch is recommended to maintain energy levels throughout the day and during physical activity.

Does caffeine boost energy?

Caffeine can reduce some fatigue, which may ease performance.

Are energy-producing supplements beneficial?

Highly advertised products often are overrated. It is best to spend your money on a variety of energy boosting foods that provide nutrition and health benefits and are known to work safely.

Karen Hudson

PARENTS CORNER

Body Awareness

Children's ideas and attitudes about their appearance are important parts of their self-esteem. Appearances and abilities are important to young children who have no real understanding of personality traits and psychology. They deal only with tangibles: what they can experience for themselves. Self-acceptance means coming to terms with appearance and physical capabilities.

When talking with your child, use simple words for body parts (e.g., head, eyes, nose, mouth) and graduate to more complex terms as a child grows older (e.g., joints, muscle, spine). Move also from naming visible body features to those a child cannot see (e.g., from head to heart).

Talk with your child about their physical capabilities. What do our eyes, nose, mouth, ears, fingers, feet, etc. allow us to do?

Children are naturally curious about people who have physical handicaps or look "different." Responding to children's questions with accurate information and showing respect for others regardless of their disabilities will help them accept these differences too. Avoid pity of any kind and remember to focus on what the other person is capable of doing.

*Excerpt from The Parents' Page, Vol. 2, No.3,
contributed by Charles A. Smith*

Car Temperatures Pose Serious Threat

Weather can be deceiving. For example, one cloudy day, a state climatologist used a lab-certified thermometer to measure the heat in a white car parked outside a meeting facility. There were intermittent clouds and the outside temperature was 70° F. The temperature inside the unair-conditioned facility, with windows and doors open and ceiling fans working, was 74.5° F. In the car, however, the temperature ranged from 120° F to 149° F. The temperature rose rapidly, indicating that leaving people—especially young children, older adults, or pets—in a vehicle for even a short time can be deadly.

Mike Bradshaw

Protect Your Children from the Sun

Parents should use sunscreen on babies and young children. The American Academy of Pediatrics recently restated its position on sunscreen use for babies less than 6 months old. The organization now believes that sunscreen in small amounts is safe for young babies.

Remember the sun can harm your baby's skin even when it's cloudy or cold. Still, sunscreen should never be used as a substitute for protective clothing. Choose lightweight cotton clothing that covers the body, and make sure the baby wears a broad-brimmed hat. Fabrics that are tightly woven, opaque, or darker in color will afford more protection. Then lightly apply sunscreen to hands, feet, face, and other exposed areas. Keep your baby out of the sun as much as possible during the peak hours of 10 a.m. to 3 p.m. to protect your child's skin from damaging UV rays.

Marla Day

Help for Allergy Sufferers

Keep the house clean to reduce allergy-causing agents like microscopic dust mites, animal dander, and pollen. If you're allergic, use allergen-proof comforter and mattress covers, wash bedding in hot (130° F) water, and avoid furnishings that can collect dust. Get rid of cockroaches, and consider keeping pets out of the bedrooms of family members with asthma. Consider using a high-efficiency vacuum filter or a vacuum system that's vented to the outside.

Marilyn Bode

**Life affords no greater responsibility,
no greater privilege,
than the raising of the next generation.**

C. Everett Koop

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