



STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

KAY COUNTY EXTENSION

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Kay County Extension Family and Consumer Sciences



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Friendship, love and kindness for children

It's all about love in the month of February. Valentine's Day, Make a Friend Day and Random Acts of Kindness Day are all celebrated this month. These special days on the calendar are positive and upbeat celebrations of loving and caring for our families, friends and communities.

In spite of so much love and light found in these celebrations, February is also a cold and dreary month. On Feb. 1, Oklahomans will get only 10.5 hours of sunlight compared to just over 14.5 hours on June 21. What can parents do to keep themselves and their children from dealing with the "winter blues?"

"In addition to making sure children continue to eat nutritious meals and get lots of physical activity during the winter, parents need to make sure children have opportunities to spend quality time playing with their friends, said Laura Hubbs-Tait, [Oklahoma State University Extension](#) parenting specialist. "Recent research on adolescents emphasizes the importance of close friendships for teens' mental health and earlier research demonstrated the importance of friends for children."

Hubbs-Tait and Eileen Kerrigan, a recent graduate of the marriage and family therapy master's program in OSU's Department of Human Development and Family Science, have recently completed several fact sheets to help parents guide their children in making friends and helping teens with anxiety.

"Children with supportive friends enjoy school more, are more altruistic and suffer fewer negative consequences if they do experience bullying. They also adjust more positively to transitions – for example, when moving from elementary to middle school," said Hubbs-Tait.

Kerrigan said there are specific things parents can do starting when children are toddlers to help them be more likely to have friends and to develop friendships they can rely on during times of stress, such as staying inside for longer periods of



time during the winter.

"The first way parents can help children develop good friendship skills is to practice emotion coaching," Kerrigan said. "This includes listening and accepting children's feelings and labeling and confirming them."

Acknowledging feelings is vital. Hubbs-Tait said showing children that you've listened to them and accepted their feelings is important.

"When a child's voice sounds sad, ask them if they're feeling sad. This gives the child a label they can apply to their feelings," she said. "As a parent, you can then ask them if a hug would make them feel better. Being able to say, 'I'm mad' or 'I'm sad' is essential to a child's ability to be a good friend."

Help your child develop calming techniques such as taking deep breaths or counting slowly. Kerrigan said this helps children learn to control their feelings and is a good emotion coaching routine. "This can help them relax and talk about why they're mad, sad or overexcited," she said.

Older children may still need to be reminded to take deep breaths, but parents also need to encourage positive self-talk.

"When your teen comes home from school saying they're upset because they're being rejected from joining groups at school, using positive self-talk

can make a big difference,” Hubbs-Tait said. “Tell them they are a good friend and encourage them to tell themselves ‘I am a good friend and I need to ask them why they’re mad and what I can do to help.’”

Social skills developed and used at home may not work with neighborhood children or classmates. Kerrigan said children should use the “pause and take a breath” routine before asking to join the group.

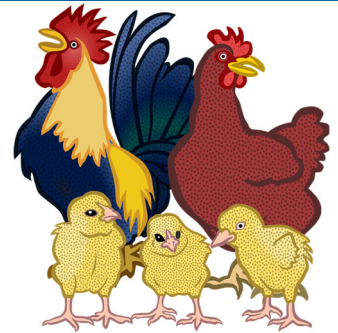
“Children may need to observe quietly and understand what the others are doing before asking to join the activity. Then, do something related to that activity,” she said. “For example, if the group is playing softball and no one is gathering up foul balls, go get the balls and bring them to the catcher or toss them to the pitcher.”

Something else Kerrigan said to keep in mind is avoid the don’ts – don’t criticize, don’t interrupt, don’t try to change the rules and don’t force yourself into the group. Instead – be patient. Do something fun on your own and when other children come to see what you’re doing, invite them to join you.

If a child or teen may harm themselves or a parent is unsure about whether a child is suicidal and what they should do, or needs immediate support, the American Academy of Pediatrics says call the 988 Suicide & Crisis Lifeline or text TALK to 741741. Trained lifeline staff will help parents or caregivers figure out immediate steps to protect the child. More information about [what parents can do to support friendships](#) or [helping children make friends at school](#) is available online.

Backyard Chickens

OHCE Leader Lesson



- ◆ **Who-** OHCE members and the public
- ◆ **When-** February 16th 1pm
- ◆ **Where-** Kay County Extension Multipurpose Room
- ◆ **What-** Learn some tips and tricks of having backyard chickens and how you can take an online course through OSU Extension to learn more about the subject. Call the Kay County OSU Extension Office to sign up by February 13 at 580-362-3194. Let us know how many copies your group will need for the lesson. Thanks



OHCE Committee Meetings

March 8 and 9, 2023 starting at 6:00 pm

OSU Ext. Multipurpose Room

March 8— OHCE Issues 6pm

Membership 6:30pm

Building 7pm

March 9— Home Environment 6pm

Clothing Management 6:30pm

Health, Safety, Nutrition 7pm

Executive 7:30pm

Fair committee met previously on February 6th and will meet again on August 17th.



2023 Northeast District OHCE Meeting

OHCE: Gets Their Kicks on Route 66
Host Counties: Mayes, Nowata, & Rogers

TUESDAY, MARCH 28, 2023

Tulsa Technology Conference Center - Owasso Campus
10800 N 137th E Ave
Owasso, OK 74055

MEETING REGISTRATION: \$25 DUE BY MARCH 6TH

SEND TO: TYPE YOUR LOCAL COUNTY TREASURER'S INFO HERE

TUESDAY ~ MARCH 28TH ~ 9:30 A.M.

HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting
- ❖ State Conference Update
- ❖ President's Message
- ❖ OHCE State Committee Sessions
- ❖ Lunch
- ❖ Special Guest Speaker: Ken Busby
- ❖ Membership Awards
- ❖ Two Workshop Sessions
- ❖ Door Prize Winners Announced
- Grand Prizes will be given - \$100

SAMPLE OF WORKSHOPS

- History of Aprons
- Santa CD and Gift Bag
- Eating Healthy with Rising Prices
- Stay Strong, Stay Healthy
- Say YES to FCS, Extension, and the Land Grant System
- Bugs are Eating My Garden!
- Wills, Trusts and Estate Planning



HOTEL INFORMATION

ROOMS MUST BE BOOKED BY: MARCH 6TH

*Both Hotels has Complimentary Breakfast

*Both Hotel Rates are \$98.00

**Booking Name: OHCE OSU Extension
Holiday Inn Express Owasso**

9321 N Owasso Expressway
Owasso, OK 74055
918-376-4415

*Has Double Queen Beds Rooms
*Has limited Single King Rooms

**Booking Name: OHCE OSU Extension
TownePlace Suites by Marriott Tulsa
North/Owasso**

9355 N Owasso Expressway
Owasso, OK 74055
918-376-4400

*Only Has Single King Rooms



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**KAY COUNTY
 EXTENSION**

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.

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Upcoming Events

February

- 14– Valentine’s Day
- 16– OHCE Leader Lesson– Backyard Chickens 1pm
- 17– OHCE Standard of Excellence form due
- 20– President’s Day– OSU Office Closed

March

- 2– 50,60, 70 year membership due state office
- 8&9– OHCE Committee Meetings
- 17– St. Patrick’s Day
- 23– OHCE Leader Lesson– Bread Making 1pm
- 27– Spring Association Meeting– Date may change
- 28– NE District OHCE Meeting– Owasso

April

- 7– Good Friday– Office Closed
- 9– Easter
- 22– Earth Day
- 27– OHCE Leader Lesson– Canning
- 27- OHCE Food Show