

-Major and Blaine Counties-**Parenting with
Natural Consequences**

Parenting is tough, even under the best circumstances. Helping children learn the skill of making decisions can be hard, too.

As parents, you get tired of always telling your children what to do. In fact, it can become overwhelming.

Overprotective parents, although well-meaning, often prevent their children from learning how to bounce back from failure or how to learn to make better choices down the road. It's hard, but letting your children experience the natural consequences of their actions teaches them how to make good choices and be responsible.

It's important for children to learn they are responsible for their choices. Parents are encouraged to step back and let children experience the consequences. In addition, parents should take the time after the fact to discuss with the child why that consequence occurred and what they need to do differently next time if they want a different outcome.

For example:

-Despite being reminded, a child doesn't bring their clothes to the laundry room to be washed. As a result, their baseball uniform dirty on game day.

-The child is told to put his toys away so the younger sibling can't break them. The toys get left out and a favorite toy is broken.

-A child leaves their homework on the table instead of putting it in their backpack for school the next day. The following morning the child leaves for school without the homework. Late assignments aren't accepted.



Things to keep in mind when using natural consequences:

- Is the consequence safe?
- Is the consequence age appropriate?
- Be firm in the consequence.
- Use empathy.
- Help the child problem solve and set limits.
- Praise the child when they make good choices.

If a consequence isn't safe, it's clearly the parent's responsibility to intervene and protect the child. Also, parents need to determine if they're willing to allow the consequences to occur.

You may not be willing to let your child play outside in the mud while wearing their dress shoes. Keep the child's age in mind, too. Children younger than 3 years old have a harder time understanding the consequences of their actions. As long as the consequence is safe and you're willing to let it occur, don't rush in and save the day by intervening.

Using natural consequences is an effective way to help children learn how to make healthy choices and ultimately become responsible adults. Research indicates natural consequences are related to healthier child development and decreased parent/child power struggles.

The price your child pays today to learn about commitment, decision making, responsibility and relationships is cheaper now than at any other times in their lives.

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Key Safety Skills Important in Emergency Planning



Assemble an emergency kit.
CHECK.
Make a family emergency plan and practice until everyone knows what to do and where to go.
DONE.

These are good first steps families can take before the unexpected happens. There also are some general safety skills that could come in handy during an emergency or disaster.

No one can predict when or what kind of an emergency or disaster will strike.

The more you can plan ahead, the less you'll have to worry about under stressful conditions. Here are three safety skills families should learn in case of an emergency or disaster.

How to use first aid and CPR.

Learning first aid and CPR is a smart way to help keep the family safe. American Red Cross courses are taught by certified instructors and instruction is available in a classroom setting, online or a combination of both formats.

How to use a fire extinguisher.

There should be at least one up-to-date extinguisher in the house. Every adult in the house should know where the fire extinguisher is kept and how to.

How to shut off utilities.

Take some time to locate the natural gas meter, water meter and the electrical circuit box. Gas meters come in various configurations, each with a different shut-off processes. Families should contact the local gas company for guidance on how to turn off service in an emergency. Once service is shut off, only the gas company can turn it back on. After locating the shut-off value for the water line, consider labeling it so other family members will be able to easily identify it. Make sure the valve for the water line works properly. If not, replace it. When shutting off the electricity, turn off individual circuits first, then shut off the main circuit.



Heat Safety



Why is heat a problem? Well let's face it, most of us are spoiled. We likely work inside in an air-conditioned building or when we are at home we have a climate controlled home too. As a result, many of us are not acclimated to the high temperatures of summer.

So . . . What should we do? First begin to understand the intricacies of the human body. Did you know that humans are the most heat tolerant and adaptable creatures on earth? Wow, what in the world does that mean? Well for starters our bodies will adapt to heat over time (2-3 weeks) allowing us to tolerate much higher temperatures than we were able to on the first hot day of the summer. Be certain to ease into summer for the first couple of weeks during high temperatures so your body has time to adapt. No other creature in nature has the super-powers that we have for heat adaptation. Over time levels of water and salt change in our blood to increase our ability to cool ourselves. Next, blood vessels adjust to bring more blood to the surface of the skin which also allows for better cooling.

Second, realize that staying hydrated is critically important. We need a minimum of three liters of water per day when working outdoors during summer. Water, not sugary soft drinks. You can tell if you are adequately hydrated by keeping track of your water intake and output. If urine is clear or slightly yellow then you are probably drinking enough water, if on the other hand urine is dark or coffee colored then you need to drink more water.

Signs of both dehydration and heat exhaustion/stroke include a flushed color (your face turns bright red), nausea, headache, not sweating, and loss of consciousness. The signs listed above are given from early signs to severe signs of heat exhaustion/stroke. Being familiar with these signs should help you to "tune" your thought processes so you know what is happening to your body related to heat and respond accordingly.

What should you do if you or someone else is showing the signs of dehydration and heat exhaustion/stroke? First and most important, cool the person down as quickly as possible, move to the shade, drink cold water, hose them down with tap water and fan them by hand or with an electric fan. If the person does not respond quickly or if they are unconscious call an ambulance and have them transported to the Emergency Room or other medical care as soon as possible.



Blaine County OHCE *News and Notes*



County Officers Meeting

County Officers will have their next quarterly meeting on Monday, July 25 at noon at the Watonga Library. See you there!

Lesson Leader Trainings

The Lesson Leader Training in July (for your August meetings) will be Thursday, July 28 at 10:00 a.m. at the Watonga Library. The lesson topic is "Museums in Oklahoma". Please make plans to attend if you are able.

There will not be a Lesson Leader Training in August (for your September meetings). The lesson "How to Make Your Home Secure" was a state lesson and will be ready for leaders to pick up by August 25.

The Lesson Leader Training in September (for your October meetings) will be Thursday, September 22 at 10:00 a.m. at the Watonga Library. The lesson topic is "Self-Care and Managing Grief After Loss". Please plan to attend if you can.

Blaine County Fair

Many of you have received your copy of the 2022 Blaine County Fair book and have made plans for the fair on August 25, 26 & 27. Please make note of a few changes within the OHCE division. See the flyer included with this newsletter with the full schedule.

Cake Auction

Don't forget the Cake Auction to be held at the Blaine County Fair on Friday, August 26 at 6:00 p.m. Bake your cake and invite others to attend!

Check us out on Facebook!

There is information in this newsletter for some upcoming programs that may interest you so be sure to check them out! For updates/announcements, check out and "Like" our page on Facebook: *Blaine County OSU Extension*

Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/blaine>

State Fair

If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair on your own. The state fair dates are September 15 to 25.

Fall Association Meeting

The Fall Association Meeting is scheduled for Thursday, September 26. Please make note of this on your calendar and plan to join us. Full details will be sent out as it gets closer.

Cheese Food Contest at the Cheese Festival

The 2022 Watonga Cheese Festival is October 7 and 8 and we are once again conducting and sponsoring the Cheese Food Contest. This year it will be held at Watonga City Hall. Be looking for the opportunity to sign up to volunteer and help with the contest. And its not too early to be thinking about your entries!

Officers and Dues for 2023

County and group officer lists for 2023 will be due by October 14 as well as membership forms and dues for 2023. Group Presidents will receive more information as it gets closer.

Bylaws

We will need to create or update county OHCE bylaws in order for them to be voted on at the Fall Association Meeting on September 26. Notice will be sent to each member no later than August 26, so be watching for those in the mail.

Volunteer Hours

Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. Those have all been recorded on the online site. And remember these hours are beneficial in our reporting efforts statewide!

2022

Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities
and a brief "Journey Through Health" Educational Program*



One hour sessions from 12:00 to 1:00 p.m.

Major County: at the Fairgrounds in Fairview

Blaine County: at the Watonga Public Library

10-Minute Table Runner & *Journey Through Health* "Mouth, Teeth & Gums"

Monday, July 18 in Blaine County

Wednesday, July 20 in Major County



No-Sew Watermelon Wreath & *Journey Through Health* "Muscles"

Thursday, August 18 in Major County

Tuesday, August 23 in Blaine County



Easy Framed Pumpkin & *Journey Through Health* "Bones"

Wednesday, September 21 in Major County

Tuesday, September 27 in Blaine County



Bring your own lunch and come take part in these programs.

\$10.00 fee per person per session to cover the cost of supplies.

Register by calling either the Major County or the Blaine County OSU Extension Center.

(Major County- 580-227-3786/Blaine County- 580-623-5195)

RSVP no later than one week prior to the session you plan to attend.

Food Handlers:
Food Safety Training



Choose from one of these remaining 2022 dates:

-July 19 -October 18 -December 13

-3:00 P.M.

-Online Format Only (Zoom)

(participants will need internet access)

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & Major County Extension Director
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CREATIVE COOKING WORKSHOP

-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-



Thursday, August 4 at the Major County Fairgrounds, Fairview

Tailgating Foods - Best-Ever Bar Cookies - Scone Making 101

Time: 10:00 a.m. to 2:00 p.m.

Fee: \$15/per person

Please RSVP and pay the fee by July 28. Contact your OSU Extension Center:

Alfalfa County–580.596.3131 Blaine County–580.623.5195

Major County–580.227.3786 Woods County–580.327.2786



2022

Blaine County Fair

Blaine County Fairgrounds
Watonga, Oklahoma

August 25, 26 & 27

Thursday – August 25th

4:00-6:30 PM: Non-livestock entries received
7:30 PM: Exhibit Room closes

For ENTRY AND GENERAL INFORMATION
Call 580-623-5195
Blaine County OSU Extension Center

Friday – August 26th

7:30 AM: Non-livestock entries received
8:00 AM: Commercial Exhibits open
10:00 AM: All Non-livestock exhibits must be in place (except pie baking contest entries)
11:00 AM: Judging of OHCE, 4-H, FFA, Ag and Open Class exhibits
12:00 PM: Pie Baking Contest entries received
4:00-6:00 PM: Livestock Entries Weigh-in by Superintendents
5:30 PM: Entries for Rabbits and Poultry
6:00 PM: Judging of Rabbits and Poultry
6:00 PM: Cake Auction in Foley Building
7:00 PM: All Livestock must be in place
7:30 PM: Mini Beef Show



NOTICE:

To be eligible to show in the Blaine County Fair livestock divisions you must be an enrolled 4-H or FFA member in Blaine County. For all other exhibits, you must be a resident of Blaine County.

Saturday – August 27th

7:30 AM: Tractor Driving Contest
Swine Show
Goat and Sheep Shows begins 30 minutes following the Swine Show;
Beef Show begins 30 minutes after the conclusion of the Sheep Show
8:00 AM: Exhibit room and Commercial Exhibits open
4:00 PM: Exhibits in the Foley Building must be picked up



The Watonga Lion's Club will have a concession stand during the fair- come out and support them!



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

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Family & Consumer Sciences assists 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.



Oklahoma Home & Community Education, Inc. (OHCE) 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.
www.OHCE.okstate.edu

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