

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

Parenting with natural consequences

Helping children learn the skill of making good decisions can be hard.

As parents, you get tired of always telling your children what to do. In fact, it can become overwhelming, said Katey Masri, coordinator for OSU Extension's Co-Parenting for Resilience program.

"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," Masri said. "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 is 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," Masri said. "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," she said.

Written by Trisha Gedon, OSU Extension Ag Comm. Specialist

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Chair exercises can be beneficial

No matter what age you are regular exercise is one of the most important things you can do for your health. Exercise helps your muscles stay strong so you can keep doing your day-to-day activities. You don't even need to have a gym membership or have expensive equipment to stay active.

OSU Extension offers organized classes such as Walk with Ease and Tai Chi: Moving for Better Balance, but some people may have mobility issues that make it difficult to get out of the house. Others may have family or work responsibilities making it difficult to attend regular classes.

If that's case, all they need is a sturdy chair and a couple of full water bottles or cans of vegetables to get started exercising at home.

Chair exercises are a great way to get started. Leg, arm and core muscles can get a workout from a seated position, which can help reduce the risk of injury from a fall. Easy stretching exercises are also beneficial for mobility. Below are several examples to get started.

Arm exercises

- Seated shoulder press: Work on arm muscles by sitting in a comfortable chair and raising your arms above your head. To kick it up a notch, hold a water or can of vegetables in each hand for weight resistance.
- Seated chest press: Start with arms at a 90-degree angle and bring them out in front of the body, then relax and pull them back in. Again, adding weight is an option.
- Bicep curls: With arms at a 90-degree angle, raise and lower the forearm.

Leg exercises

- Sitting to standing: Just like it sounds, sit and stand to build leg muscles by using your own body weight.
- Seated calf raises: With feet flat on the floor, lift heels off the ground and repeat.

Core exercises

- Leg kicks: Extend both legs away from your body. Lift one leg higher, return to starting position, then repeat with the other leg.
- Tummy twists: With both hands, hold a small object in your lap, keeping your elbows bent. Twist from side to side while keeping the object in front of your body.

Stretching

- Neck turns: Sit comfortably in a chair and rotate your head from left to right until a gentle stretch is felt. Hold for 20-30 seconds.
- Seated backbend: While seated, place hands on your hips. Slowly arch your back inward while keeping spine straight, then lean backward using only the upper body.
- Seated side stretch: With one hand, grip the side of the chair when seated. Extend your opposite arm over your head, making a shape similar to an elongated letter C. Shift your upper torso in the direction of the hand holding the chair, and hold for 10-20 seconds. Switch sides and repeat.



As always, anyone starting a new exercise program, whether at home or in an organized class, should first consult with their primary care physician.

It doesn't take much to get started exercising at home and the benefits are well worth the efforts. For more information about exercising in later years or exercises that can be done at home, contact your local OSU Extension county office.

Source: adapted from original article written by Trisha Gedon, OSU Ag. Comm. Specialist. 12/2021



Executive Committee Meeting August 11, 2022

6:30 P.M. at the Camargo Community Center

The Dewey County Executive Committee meeting / kitchen committee will meet at 6:30 on August 11th to plan the county fair concession stand. The executive committee consists of the county officers and the president and secretary from each club, or their appointed representatives.

It is important that everyone help with the fair concession stand as it is the only fund raiser used to support the county association. Funds raised are used to assist with programs in the county, pay members state dues, help pay for county representatives to attend district and state meetings, purchase supplies needed for county spring and fall association meetings, and awards. Start planning now to make homemade desserts and to work a shift at the concession stand during the fair - September 8th - 10th. There will be day and evening shifts to fit your schedule.



The fabric has arrived! Dewey County OHCE Quilt Block Challenge 2022

Dewey County OHCE is sponsoring a *Quilt Block Challenge*. The winner will be determined by viewer's choice voting (cash donations, every cent counts) during the 2022 Dewey County Fair on September 9 & 10. After the fair the quilt blocks will be made into a quilt and raffled off to raise money for the county scholarship fund.

- ◆ This year's fabric is a vibrant pink print. Contact the extension office or your local club president to pick up some of the designated fabric. Each block must include some of the designated fabric. Additional fabrics may be used to complete the block
- ◆ Blocks may be of any design (original, traditional, etc.) but the finished block must be a 12 1/2" square - it **must measure 12 1/2" x 12 1/2"**
- ◆ Finished quilt blocks should be turned in at the Dewey County OSU Extension Office no later than noon on Thursday, September 1, 2022, to allow time for the display to be created before the fair.
- ◆ All blocks become the property of Dewey County OHCE.

County Fair Booths -

Each OHCE club is encouraged to set up an exhibit and/or educational booth at the county fair. This is a fun way to promote the OHCE organization as well as share the educational information with the public. Many people look forward to seeing the booths each year.

Find guidelines for setting up booths and the point sheets for booths on the enclosed insert. Educational booth topics are available on a first come basis. Contact the extension office for more information.



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Family &

Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs



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.



www.OHCE.okstate.edu

Dewey Co. OHCE CALENDAR - -

July Lesson: How much toilet paper is too much?

- July 7 Camargo meeting
- July 10-12 State meeting

August Lesson: Quick Sewing Projects

- August 4 Camargo meeting
- August 11 Executive Committee meeting

September Lesson: Wreaths

- Sept. 1 Camargo meeting
- Sept. 7 Fairest of the Fair contest
- Sept. 7-10 County Fair

Fun Times OHCE meets at 9:00 A.M. on Tuesday and Fridays at the senior center in Seiling.

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**2022 DEWEY COUNTY
FAIR SCHEDULE**

WEDNESDAY, SEPTEMBER 7

4:00 4-H Market and silent auction open to the public
5:30 Dinner by donation, served by county 4-H boosters
6:30 Inspiration
7:00 Fairest of the Fair contest

THURSDAY, SEPTEMBER 8

Noon-6:00 PM All Entries Taken (Except Livestock)
3:00 - 6:00 PM Poultry Testing and Poultry and Rabbit Entries Taken
4:00 PM Horse Show Entries Taken
5:00 PM Horse Show Begins
6:00 PM Poultry and Rabbit Judging

FRIDAY, SEPTEMBER 9

9:00 AM Flower entries must be in place
Judging of 4-H, Open, Crops & Horticulture Exhibits
9:00 AM Livestock to be in place (Swine, Sheep, Beef, Goats)
Check Heifer Papers
Weigh in steers, barrows, market lambs, goats
9:00 AM Tractor Driving Contest, Written Test
10:00 AM Tractor Driving, Operating of Tractor
12:00 PM Livestock Judging Contest
4:00 PM Bucket Calf Show
4:30 PM Pedal Tractor Pull
5:00 to 6:00 PM **FREE HOT DOG AND WATERMELON FEED**
(Sponsored by Northwestern Electric Coop., Inc., Woodward)
6:00 PM Alvarado Road Show
6:00 PM Homemade ice cream contest

SATURDAY, SEPTEMBER 10

8:00 AM Buildings Open
8:00 - Noon Registration for tailgate cooking contest
9:00 AM Swine Show (gilts followed by barrows)
11:00 AM Heifer Show
1:00 PM Steer Show (Prospect followed by Market)
3:00 PM Goat Show (Does followed by wethers)
4:30 PM Tailgate cooking contest
6:00 PM Sheep Show (Ewe lambs followed by wethers)

**All 4-H, open class, crops, & horticulture exhibits released
after the conclusion of the sheep show.**

Pick-a-pocket purse workshop

Tuesday, August 23, 2022, at 10:00

This is a quick and easy sewing project, ideal for beginner or advanced skill levels. The finished product is a lined purse featuring several pockets. So, you can pick a pocket to keep your valuables safe. It can be made with coordinating fabrics or contrasting fabrics to add a splash of color to your accessories.



Call the extension office (580)328-5351 to register for this fun workshop by August 18th!

Keeping up with OHCE clubs in Dewey County -

OHCE members and clubs in Dewey County have been busy already this summer, having fun and serving their communities. Below are just a few activities to brag about -

Fun Times members have been busying with their ongoing exercise project. They have also been lending a hand (or multiple hands) to meal planning and preparation at the Seiling Senior Center. Some members have been participating in the 2022 Road to Oklahoma Shop Hop. They explained there are six shops participating in our district. As they visit each shop, they get a free pattern and they receive a stamp for their "passport." When the passports are filled, they will be turned in for prizes and drawings. There is still time to join the fun.

Camargo OHCE club members went to dinner at Clinton as a group and attended the Murder on Orient Express at the play theater. In July they prepared and served about 150 hotdogs and chips free to the public during the Camargo 4th of July celebration. They also donated money to help pay for the firework display. During OHCE week they gave out homemade cookies at the local convenience store. The morning coffee guys really enjoyed the cookies, but they declined the invitation to join the club.

SCH members had a planting party at the city park. They spruced up the front flower beds, the pavilion planters, and the wildflower pollination beds for butterflies and bees. The sponsorships they secured last year were enough to cover this year too. In addition, the club sponsored a blood drive and provided refreshments for the donors. They obtained the fabric for this year's county quilt block challenge and are distributing it to the local OHCE clubs. Several members have registered for the state meeting and have been working on preparations.

OHCE County Fair Booths

Each club may select an exhibit booth and / or an educational booth. Booths are to be freestanding. One 6' table will be provided for each club. The clubs name and OHCE should be clearly displayed someplace in the booth

Exhibit booth – an exhibit booth is a display of eight (or more) items made by OHCE club member(s) during this year. Additional items and props may be used to create a theme and enhance the display.

Club booth will be judged as follows:

		Possible points	
Theme and/or design	Attracts and holds attention Can be read from 3' away Coordinating colors, pleasing design Organization and neatness Creativity	15	
Exhibit items	0-10 points for each item (up to 8). Others may be included but will not receive points. Check the 8 items to be considered, below.	80	
OHCE	Clearly mentions club and OHCE	5	
Total		100	

Select a minimum of eight items from the list below:

- | | |
|--|---|
| <input type="checkbox"/> home decor made from natural materials | <input type="checkbox"/> quilted item |
| <input type="checkbox"/> wind chime made from repurposed Items | <input type="checkbox"/> Two layer frosted / decorated cake |
| <input type="checkbox"/> Item made by repurposing hankies or doilies | <input type="checkbox"/> Original art work (includes barn quilts) |
| <input type="checkbox"/> jar of home grown tomatoes | <input type="checkbox"/> Sewn garment or item for the home |
| <input type="checkbox"/> quick and easy sewing project | <input type="checkbox"/> any type baked bread |
| <input type="checkbox"/> faux pumpkin decoration | <input type="checkbox"/> Needle work |
| <input type="checkbox"/> Holiday craft | <input type="checkbox"/> Basket of garden vegetables |
| <input type="checkbox"/> Home canned item | <input type="checkbox"/> collection of three photos taken of Native Oklahoma plants |
| <input type="checkbox"/> fruit pie | <input type="checkbox"/> macrame item |

Educational booths - an educational booth is a freestanding, table top display that provides educational information from one of the OHCE monthly lessons. Clubs need to select their

lesson topic and submit it to the county extension office. Each lesson topic may be used by only one club. They are available on a first come basis; the first club to notify the extension office of their choice gets that lesson.

Booths will be judged on:

		Possible points	
Color and design	Attracts and holds attention Can be read from 3' away Coordinating colors, pleasing design	25	
Educational	Accurate information Easy to understand Handouts available Source for additional information cited	50	
Overall appearance	Neatness creativity	25	
Total		100	

Educational booth lesson topic choices -

- ✓ Sharing Family History through Food
- ✓ Root Vegetables
- ✓ Holiday Crafts, Cooking and Baking Short Cuts
- ✓ Crockpot Cookery
- ✓ Repurposing Family Treasures: Hankies, Doilies, and Windchimes
- ✓ Native Plants
- ✓ Tips for Growing Tomatoes in Northwest Oklahoma
- ✓ Best Practices to Reduce food Waste
- ✓ Stocking up - How Much Toilet paper is Too Much
- ✓ Quick & Easy Sewing Projects