

STRENGTHENING OKLAHOMA



**GARFIELD COUNTY
EXTENSION**

Help children understand their feelings during parents' divorce

Going through a divorce can be stressful on parents. It is also stressful for the children. While parents need to take care of and manage their personal stress, they also need to be mindful of the emotions their children are feeling.

Katey Masri, manager of Oklahoma State University Extension's Co-Parenting for Resilience program, said children of all ages may experience different emotions during this time.

"It's not unusual for parents to notice significant behavioral and emotional changes in their children, especially within the first year after a divorce," Masri said. "While some of these issues will resolve with time, the child's sense of loss and emotional trauma can last for many years."

It's important for parents to put their own feelings aside and make themselves approachable to their children. Parents often get caught up in their own stress and distraction and may not realize the children don't want to reach out to them. Masri encourages parents to actively invite their children to express themselves and let them know it's safe to talk about their feelings.

"Sometimes a child's emotions are directed at the parent, and that can be tough to hear as the parent," she said. "It also can be hard to hear children express good things a co-parent does, but it's important for children to express their



emotions."

An activity that can help children express their feelings is talking about the day's high and low points. Encourage children to talk about the lowest part of their day but be sure to follow that up with having them talk about the best part of the day, too.

It can be beneficial, especially for younger children, to name their emotions. There are more feelings than simply happy or sad. Considering making a "feelings" chart to help kids identify their specific emotions.

Masri said dealing with emotions affects people in different ways. Some people may experience physical symptoms such as stomachaches, headaches or tight muscles.

"Children need to be made aware that their own bodies may react differently in stressful situations. This can help assist them in their ability to cope with the stress earlier and better," she said.

It can be helpful for children to draw their emotions. Another idea

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Is to make paper faces with removable facial features. Make various shapes for eyes and mouths for children to express specific emotions. They also can create a feelings box in which they place drawings or written feelings.

“The idea is to put their worries in a safe place so they can take a break from thinking about them,” Masri said.

For older children, use conversation starters to explore feelings. Examples include “Sometimes I worry about ...” or “I’m feeling sad because ...” Another option is to read age-appropriate books

about children and emotions.

Being more aware of children’s emotions may require parents to be more aware of their own feelings. Divorce brings a wide range of emotions that shouldn’t be ignored. Seek professional help if necessary.

For more information about children and feelings surrounding divorce, check out OSU Extension fact sheet [T-2389](#).

Make a Vest Class

Call to reserve your spot in the “**Make a Vest**” sewing class on **Wednesday, July 19th**, starting at 10 am. Sue Schmidt will be leading the class. This is not your traditional 3 button up vest. This is only limited by your imagination and fabrics. Pictured is a reversible polar fleece with a zipper and a polyester coverup. Sue has created several ideas and will be ready to help you make your own. (see photos). Bring vest materials, pattern, buttons or zipper if required, sewing machine and accessories. Bring your lunch or something to share with the group. Drinks will be available on site. (Sewing machines are available here) Call 580-237-1228 **by July 13th** to reserve your chair. FYI this is a fair exhibit.



Garfield County Fair September 6-9

The Garfield County Fair will be held September 6-9th. Schedule will follow as in past years with entries until 6 pm Wednesday, judging and chocolate contest Thursday, pie contest Friday and Best of Wheat contest Saturday. **All entries must be pre-entered by the end of August.** There will not be a complete fair book printed this year. All the OHCE entries are in the current Yearbook starting on page 26. Please follow these rules for the OHCE exhibits. There will be a fair book with the open classes and schedule printed in late July or early August.

More information will be available at the Board meeting in August.

Women In Ag and Small Business Conference

The popular Women in Ag and Small Business conference will take place on **Aug. 3** at the **Hilton Garden Inn in Edmond**. This conference provides risk management education in the areas of production, marketing, financial, legal and human risks inherent to women-owned operations. Four general sessions and 24 concurrent workshops focusing on educational information and resources to mitigate and manage risks through the implementation of new methods and tools.

Early registration by July 20 is \$65 and \$100 starting July 21.

Barn Quilt Classes

Two separate Barn Quilt classes will be held **Thursday, July 20** starting at 10:30 am and **Saturday July 22** beginning at 9:30 am. Cost is \$40 and includes all materials needed for a 2x2 barn quilt as well as lunch. Bring your own pattern or a selection will be available on site. Call by July 13 to reserve your place as spaces are limited.

The Saturday class will only be held if 5 are enrolled.

Cultural Enrichment Tour

Shirley and her team have planned the next OHCE Cultural Enrichment trip to the Ponca City area, Monday, July 24. We will leave the Extension parking lot at 8:30 heading to the Marland Mansion for a guided tour and the Grand House for a self-guided tour. We will eat as a group and return to Enid around 4 pm. Cost for the Mansion is \$8 for seniors and \$10 for under 65, the House is \$4 for seniors and \$5 for under 65. Please call to reserve your spot by July 18 so that carpooling can be arranged.



OHCE Annual Meeting July 9-11, 2023

The theme for this year's event is "Piece by Piece Together Again." The registration is all inclusive; one price includes registration, Friendship Banquet, and lunches on both Monday and Tuesday. Early registration is available now through June 22 for \$125 and after that date will be \$150. Registration will be online only at www.orangehub.okstate.edu Agriculture Conference Services - OHCE. Or follow the link on the OHCE website. However, if you have a problem, please contact Ag Services at OSU or I will assist you. Hotel reservations will be at the Hilton Garden Inn-Airport, located at 801 S. Meridian, Oklahoma City. The hotels number is 405-942-1400. The hotel is located just across the parking lot from the convention center. Please call direct, not online, and mention the code OHCE when reserving your room. Room reservations are available to make now. Deadline for room reservations is June 22. Please see the Summer Outreach for room details and costs.

There will be a Sunday tour of the First Americas Museum. Cost for the tour is \$20 and has limited availability. A bus will leave from the south side of the Convention Center at 3:00 pm Sunday.

Monday will begin with registration, the First-Timers session at 7:30 a.m., the Voting Delegate Orientation at 8:00 a.m. and the Hostess Meeting at 8:30 a.m. The Business Meeting will begin at 9:00 a.m. and include election of officers to fill the following offices: President Elect, Vice President and Treasurer Elect. Remember your county has two voting delegates and there will be reserved seating for them. More details are listed in the Summer Outreach newsletter.

Lemony Chicken Salad

Prep Time 25 minutes plus cooling—Serves 8

Source: Taste of Home Best Summer Salads

- 2/3 cup salad dressing or mayonnaise
- 2/3 cup sour cream
- 1 tablespoon lemon juice
- 1-1/2 teaspoons grated lemon zest
- 1 teaspoon salt
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon pepper
- 4 cups diced cooked chicken
- 1 cup thinly sliced celery
- 1 cup chopped green pepper
- 2 large red apples, cut into 1/2-inch pieces, optional
- 1/2 cup chopped onion
- 1/4 cup minced fresh parsley
- 1 cup chopped nuts-optional

Directions: In a large bowl, combine the first 7 ingredients. Stir in chicken, celery, green pepper, apples if desired, onion and parsley. Cover and refrigerate for several hours. Stir in nuts just before serving.



OHCE News & Notes

OHCE Leader Lesson



The OHCE Leader Lesson will be presented **Wednesday July 26, 2 pm** at the Garfield County Conference Room. Our topic is "Product Expiration Dates-What do they Mean". Join us for a look at what these dates mean for food, drugs, and other items.

(Lesson is for the August Meeting)

OHCE Board Meeting



The next OHCE Garfield County Board meeting will be **Monday August 7, 9:30 am**. Discussion will be on the upcoming fair and other county business.

OHCE Annual Meeting

Our State OHCE Annual Meeting is set for July 9-11 in OKC. You may still register online at www.orangehub.okstate.edu for \$150. Rooms may still be available at the Hilton Garden Inn-Airport by calling 405-942-1400. More information about the conference is available in the Summer Outreach Newsletter. Monday, July 10th, the Business meeting will begin at 9:00 am in the nearby meeting rooms.



GARFIELD COUNTY EXTENSION



Will be closed
on
Monday, July 3rd
and
Tuesday, July 4th

Lunchtime Learning Opportunity

Join us at the Garfield County OSU Extension Office for a Lunchtime Learning Opportunity. Our topic is "Summer Salads". If you want to try eating lighter, and healthier as well as delicious, sign up now. Class will be noon Thursday July 13th. Cost is \$7 which includes 3-4 different salads and handouts. A cool and delicious salad is a great summertime meal.

Canning Jar Screw Bands Needed

A fellow educator is needing your damaged, rusted, or just don't want any more canning jar rings/screw bands. (Not the flats, please) Bring them by the office and I will get them to her. Thanks for recycling these for another purpose.



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Joy Rhodes
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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.



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**GARFIELD COUNTY
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Dates to Remember

- July 3– Garfield County OSU Office Closed
- July 4– Garfield County OSU Office Closed
- July 9-11– OHCE State Meeting, Embassy Suites
- July 13– Lunchtime Learning, 12 PM
- July 19– Make a Vest Class, 10 AM
- July 20 and 22– Barn Quilt Classes
- July 24– Cultural Enrichment Tour, 8:30 AM
- July 26– Leader Lesson, 2 PM
- Aug 7– OHCE Board Meeting, 9:30 AM



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