

STRENGTHENING OKLAHOMA



**GARFIELD COUNTY
EXTENSION**

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

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**Garfield County OSU
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**GARFIELD COUNTY
EXTENSION**

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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.



Heart Table Runner Workshop

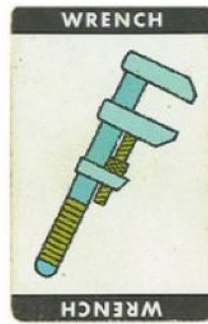
will be held on Monday,
February 13th
from 1:00 pm– 3:00 pm.
Cost is \$15

**Make checks payable to
Shirley Clark**

**Supplies:
Sewing Machine, Scissors,
and thread
Registration due by Feb. 8th.**

West District OHCE Meeting (North Region)

“GET A CLUE WITH OHCE”



Host Counties:

Alfalfa, Garfield, Grant & Woods

SATURDAY
MARCH 25, 2023

NWOSU Campus
(Easy Access & Handicap Accessible)
2929 E. Randolph - Enid

MEETING REGISTRATION: \$25 DUE BY MARCH 1, 2023

LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

SEND TO:

TYPE YOUR LOCAL COUNTY TREASURER'S INFO HERE

SATURDAY ~ MARCH 25TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

WORKSHOPS

- Cookie Decorating
- Drug Awareness
- Eating Healthy with Rising Costs
- Help! Bugs Are Eating My Garden
- History of Aprons
- Napkin Folding
- Spring Holiday Canvas Painting
- Succulents
- Value Added Products – Wheat & Beef



DESIGNATED CONFERENCE HOTEL

\$98/NIGHT

GLO BEST WESTERN
123 W. MAINE STREET, ENID
(580) 540-4172 - ROOM BLOCK: OHCE
RESERVE YOUR ROOM BY MARCH 1, 2023



GARFIELD COUNTY
EXTENSION

L.E.A.D. PROGRAM

Live Well, Eat Well, Be Active with Diabetes

Diabetes is increasing at an epidemic rate in the United States. The Live well, Eat well, be Active with Diabetes (L.E.A.D.) program provides tools, resources and hope to individuals across Oklahoma who are managing type 2 diabetes.

Live well

Eat well

be Active

with Diabetes

Each of L.E.A.D.'s four researched-based modules focus on aspects of living well, eating well and being active with diabetes. Join the program to learn more about type 2 diabetes management, including:

- ⇒ Meal Planning
- ⇒ The Plate Method
- ⇒ Benefits of activity
- ⇒ Weight loss
- ⇒ Carb Counting
- ⇒ Potential diabetic complications
- ⇒ Making healthful food choices
- ⇒ Strategies for modifying recipes
- ⇒ Resources and tips for increasing physical activity

L.E.A.D. Program Results

- ⇒ 76 % of L.E.A.D. participants have reported maintaining or losing weight.
- ⇒ 68% of L.E.A.D. participants reported their glucose was in better control.

Contact—

Garfield County OSU Extension Office at (580) 237-1228 by February 15th to register. Classes will be held on February 21st, 28th, March 7th, and 14th from 12 pm– 1 pm. The cost is \$35 dollars.

OHCE News & Notes

West District North Region Meeting

Please note the due dates and information on the enclosed flyer for our District Meeting in Enid, March 25. The final planning meeting will be held March 3, 10:30 am on the NWOSU campus commons area here in Enid. We will review plans and facilities for our meeting at that time along with the other hostess counties.



Vest Workshop

Sue Schmidt will be instructing a Vest Workshop on Monday, March 13th from 10 am—2 pm at the Garfield County OSU Extension Office. Bring your lunch and all materials, patterns, and sewing equipment needed to complete a vest. This can be used as a fair entry.

Sunflower Workshop

Join us on Monday, March 27th, 2023
from 1 pm—3 pm.

Cost is \$10

Call (580) 237-1228 to register.

Deadline to register is March 22nd.



**Please make
checks
payable to
Shirley
Clark.**



Leader Lesson

The lesson for your March meeting will be taught Wednesday, February 22, 2 pm here at the Extension Office. Topic is "The Importance of Hobbies" and will include tips for great photography. Join us to learn how important a hobby can be in your life.

IMPORTANT NOTICE

NOTICE-There will not be an in-person Leader Lesson March 22. That lesson will be presented at our District meeting March 25. Plan to attend that meeting and pick up your information there. We will print materials for your lesson here at the office for your April meeting.

L.E.A.D. Classes

FEB 21, 28, March 7 and 14th

Classes will be on Tuesday from 12 pm-1 pm. The cost is \$35 and includes a healthy diabetic lunch at each session, handouts, door prizes, etc.

Class is designed for people who are diagnosed with Type 2 Diabetes or borderline Diabetic, but is a healthy diet for anyone. Topics covered include carb counting, exercise, the plate method, as well as other ideas to manage your diabetes. See included flyer for more information. Please enroll by February 15 so materials will be available.

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

Joy Rhodes
Extension Educator, FCS/4-H Youth Dev.

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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.



Garfield County Cooperative Extension Service
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 Enid, OK 73701

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Dates to Remember

- Feb. 3—Barn Quilt Workshop, 10 am– 4 pm
- Feb. 4– Barn Quilt Workshop, 10 am—4 pm
- Feb. 13– Heart Table Runner Workshop 1 pm—3 pm
- Feb. 21, 28, Mar. 7, 14, L.E.A.D. Program 12 pm– 1 pm
- Feb. 22—Leader Lesson, 2 pm



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