

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY EXTENSION

When parents divorce, it can be a traumatic situation for children. The normal routines and rituals they are used to get disrupted and so many things in their lives are changing all at once. Establishing new routines and rituals can help ease the transition they are experiencing.

As a parent, it's vital to be aware of your child's emotions and how they're responding to these changes in their life, said Katey Masri, coordinator for [Oklahoma State University Extension's Co-Parenting for Resilience](#) program.

"Children often respond to divorce in various ways. You and your co-parent know your child best, and it's important for both of you to stay attuned to their needs and help them overcome these new challenges they're facing," Masri said. "The trauma of divorce is hard on children, but parents can help them be resilient and overcome the difficulties."

Obviously, divorce can be hard on children, but it doesn't have to be the end of the world. There are things parents can do to lessen the impact on their child and help guide them toward a bright future. By the same token, it's important to realize there are things parents may do that can make the situation even more difficult, as well.

Masri said having a vision and setting

Having a vision for your child



goals is a great way to take control of the situation and help put your children on a positive path.

"It's important to keep in mind you cannot control the actions of your co-parent. However, knowing the path you and your children are on allows you to respond to some of the challenges you're facing," she said. "Child success is predicted by how parents 'parent' after the divorce. A divorce is stressful for everyone involved and can change the way you parent."

It's best to use a balanced style of parenting, which focuses on emotional expression, love and support for the child's needs and their best interests. Establish new routines and rituals as soon as you can in an effort to provide a sense of normalcy for the child while they are still adjusting to the fact their parents are divorcing.

Always be available to listen when your child comes to you and wants to talk. Let them show their emotions and feelings about the divorce.

(Continued on page 2)

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“Sometimes this can be hard to hear, but allowing them to share what they’re feeling is key to helping them bounce back and have a bright future,” Masri said.

Balanced parenting also involves firm but appropriate discipline and open conversations about why the child is being disciplined. When parents use balanced parenting, children tend to be responsible, confident, caring and happy individuals.

“We understand co-parenting is can be difficult, but it’s important for your child’s future,” she said.



**GARFIELD COUNTY
EXTENSION**

**Co-Parenting for Resilience:
*Overcoming the challenges of divorce***



In person classes are available at the Garfield County OSU Extension Office. The cost is \$40 per person.

**2021
Class Schedule**

Tuesday, June 22	5:00—9:00 p.m.
Registration due by June 17	
Tuesday, July 27	1:00—5:00 p.m.
Registration due by July 22	
Tuesday, Aug. 24	5:00—9:00 p.m.
Registration due by Aug. 19	
Tuesday, Sept. 28	1:00—5:00 p.m.
Registration due by Sept. 23	
Tuesday, Oct. 26	5:00—9:00 p.m.
Registration due by Oct. 21	
Tuesday, Nov. 23	1:00—5:00 p.m.
Registration due by Nov. 18	
Tuesday, Dec. 21	5:00—9:00 p.m.
Registration due by Dec. 16	



A Barn Quilt Workshop will be held Wednesday, June 9th at 10:00 am in our Conference Room. Cost is \$30 for a 2x2 primed board. Patterns for a Patriotic themed quilt will be available. Please register by June 2nd as space is limited. All materials are provided to complete your project.



SAVE THE DATE

WOMEN IN AGRICULTURE CONFERENCE

▶ **August 5-6, 2021**
Champion Conference Center
Oklahoma City



Women in Ag and Small Business Conference

Women in Agriculture and Small Business Conference will be on August 5-6, 2021, Champion Conference Center Oklahoma City, Oklahoma.

Registration is open for the 2021 Women in Ag and Small Business Conference. Choose from one of four tracks in Agricultural production, alternative enterprises, business and finance, or beginning farmer for risk management education involving women owned operations. All current CDC and OSU COVID-19 safety protocols will be followed.

Register now at the early rate of \$75, fees raise to \$125 after July 26:

<https://okla.st/339m9TF>

- Keynote Speakers-Day One - Michele Payne Cause Matters Corp. Connecting Gate to Plate-Take Food Bullying By the Horns
- Each luncheon attendee receives a free copy of Michele's book Day Two
- Amanda Radke-Beef Magazine-Multigenerational Family Agriculture Businesses



86th Annual State Conference News

August 1,2 & 3, 2021

Greetings from Debbie Mote, Vice President for Programs

It's time to pack those bags because the plans for this year's annual conference are in the final stages. **YOU** are invited to come "play ball" with OHCE members from all across the state for the special time together. Travel around the bases as we celebrate accomplishments, attend interesting and fun workshops, and reconnect with friends. This is a homerun for sure. Your ticket to all the fun and fellowship is the conference registration of \$120.00 which includes Monday and Tuesday luncheons and the Friendship Banquet on Monday Evening.

Deadline for registration is July 16, 2021. After this date the registration increases to \$140.00. Register Early!!

All conference activities will take place at the Champion Convention Center in Oklahoma City. Reservations for the Hilton Garden Inn can be made by calling 405-942-1400 and **telling the hotel you are with OHCE** to get the discounted rate of: Single \$104; Double \$114; Triple and Quad \$124 plus tax. **Deadline for these discounted rates is July 16, 2021.**

Registration for the conference can be made online at www.orangehub.okstate.edu Agriculture Conference Services OHCE

If you have any questions call 405-744-6489 and Jandra or Stacy will be more than happy to help you.

On Sunday afternoon let's begin our Ballgame!! Be on the field (convention center) at 3:30 as we travel from base to base making adorable Christmas Crafts. The cost of the 4 workshops is only \$20.00.

Monday morning enjoy a complimentary full breakfast buffet. Then activities will begin at 8 :00 am with the First Timers Session and the Voting Delegates Orientation. Voting delegates, please be in your assigned county seat by 8:55. The Business Meeting begins promptly at 9:00 am. There will be 5 learning session opportunities with 15 workshops on Monday and 12 on Tuesday. Several workshops will repeat allowing greater flexibility to attend workshops of your choice.

During the Monday luncheon, the **winning Life Essay stories** will be read. At the Friendship Banquet, the OHCE Member Awards will be recognized as will those winners from the previous "Covid" year. The evening entertainment will be Chris James and his wife Kyla. They have both been performers in Branson, Missouri. The banquet concludes with vespers as we remember fellow OHCE members who have passed during the last two years.

Tuesday will be our time to celebrate our **Outstanding Award & Report Winners** beginning at 8:45 am. Kathy Fentress will share the **winning reports** with us, and our **50+ year members and groups** will also be recognized. During lunch, we will hear Life Essay stories from the previous year that were unable to be shared last year.

AND - I forgot to mention that you will be receiving special "**Baseball Cards**" at every workshop you attend, every lunch and at the Friendship Banquet. Collect, Save and even Trade baseball cards. These cards will be used for door prize drawings.

**Register. Reserve Your Room. Pack those bags and "Let's Play Ball"
See you in August!!**

Hotel Reservations

Telephone Number: 1-405-942-1400

Group Name: **OHCE**

Room Rates: Single \$104; Double \$114; Triple & Quad \$124 (plus tax on all rooms) Rate includes complimentary Hot Breakfast Buffet for each registered hotel guest at the Garden Grille' located in the hotel lobby.

Reservation deadline: July 16, 2021

Hotel Address: 801 South Meridian Avenue, Oklahoma City, OK

As this newsletter goes to print, OSU has lifted the mask and social distancing mandate.

OHCE News & Notes

OHCE Board Meeting

The Garfield County OHCE Board meeting will be held Monday June 7, 9:30 am. Each committee will have time to share their reports and plans will continue for the upcoming County Fair and other activities.



TODAY only happens once...
make it amazing

OHCE State Meeting

A flyer is attached with information about the State OHCE Meeting. Please note that the **dates have been changed** to August 1, 2, 3 and will be at the Champion Convention Center in Oklahoma City.

IMPORTANT
ANNOUNCEMENT

**July Leader Lesson**

The leader lesson will be held 2 p.m., Wednesday, June 23rd here in the Garfield County OSU Extension Conference Room. Our topic is Specialty Fabric Pre-Cuts-What are They? Be sure and join us for this interesting topic. Lindy Hoel Peterson will be presenting the lesson.

Lesson

L. E. A. D. Class

Live well Eat well be Active with Diabetes

This class to assist Type 2 Diabetics will start Thursday, June 3rd and run every Thursday through June 24th. Class begins at 5:15 p.m. – 6:15 p.m. with a \$30 class fee.

A diabetic friendly meal will be served at each session. The one-time fee covers all handouts and 4 meals. There are only 6 remaining spots, so if interested, call (580) 237-1228 asap.



**GARFIELD COUNTY
EXTENSION**

Annie's Project

Risk Management
Annie's Project
Education for Farm Women

Plans are being formulated to hold an Annie's Project class this fall. Annie's Project is for women agricultural producers based on real farm women's experiences dealing with this complex business. If you or someone you know might be interested in this program, please call the Extension Office by June 30.

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.



**GARFIELD COUNTY
EXTENSION**

Garfield County Cooperative Extension Service
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Dates to Remember

Exercise for Life — May 10th-June 18th, 8:30 a.m.

L.E.A.D. Class – June 3, 5:15 p.m.

OHCE Board Meeting—June 7th, 9:30 a.m.

Patriotic Barn Quilt—June 9th, 10:00 a.m.

Leader Lesson—June 23rd, 2:00 p.m.



**GARFIELD COUNTY
EXTENSION**

JUNE