



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 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."

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Logan County Extension Office

Address

215 Fairgrounds Rd, Suite B
Guthrie, OK 73044

Phone

405-282-3331

Fax

405-282-3332

Email

dawn.andrew@okstate.edu

Website

<https://extension.okstate.edu/county/logan/index.html>

Social Media

Facebook: Logan County
Cooperative Extension Service

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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.



May 7-13, OHCE Week

May 10, 9:30am, Chamber Coffee

July 9-11, Annual OHCE State Meeting

More information to come! Make plans to attend!



Strawberry Tiramisu Trifle



<https://www.tasteofhome.com/recipes/strawberry-tiramisu-trifle/>

1 qt. fresh strawberries (4 cups) 1 1/4 c. cold milk 3.4 oz. instant vanilla pudding mix
 8 oz. cream cheese, softened 1/4 to 1/2 c. strong brewed coffee (room temperature), divided
 2 c. non-dairy whipped topping 1 pkg. ladyfingers or pound cake cut in stick 6 oz. grated bittersweet chocolate

Set aside three strawberries for garnish; remove stems & slice remaining strawberries. In a large bowl, whisk milk and pudding mix for two minutes. Let stand for two minutes or until soft-set. In a large bowl, beat cream cheese until smooth; gradually beat in two Tablespoons coffee. Beat in pudding mixture and fold in non-dairy whipped topping. Brush remaining coffee over ladyfingers or pound cake. Line the bottom of a 3-quart trifle bowl or glass serving bowl with a third of the ladyfingers or pound cake. Top with a third of the sliced strawberries, grated chocolate and cheese mixture. Repeat, creating three layers of each, finishing off with the cream cheese and shaved chocolate. Garnish with a strawberry on top. **Refrigerate for at least four hours or overnight.** You can just make two layers if you like.

Trifle can be stored covered in the refrigerator for up to three days. If you make it ahead of time, leave the garnish strawberries off until right before serving.

Nutrition Facts: (Serving size: 1/2 cup): 256 calories; 16g fat (10g saturated fat); 50mg cholesterol; 193mg sodium; 27g carbohydrate (19g sugars, 2g fiber); 4g protein

Interested in OHCE?
Contact the Logan County
Extension Office

What is OHCE?
 Oklahoma Home and Community

Logan County OHCE is involved in community service projects, 4-H youth development, educational projects, Bake Show, County Fair, Quilt Retreat, and a lot more! Come join us!

CLUB INFORMATION

Abell

President—Judy Grimes 405-642-5109

Cimarron Valley

President—Barbara Tooley 256-682-0515

Friendship

President—Kerry Niskern 405-531-6376

Grandview

President—Jennifer Taylor 405-990-2294

Hippie Homemakers

President—Susan Brown 405-503-3604

Moonlighters

President—Delores Hetzler 405-282-0008

Town & Country

President—Marge Calvert 405-596-8087

Westway

President—Ada Pfeiffer 580-455-2559



NORTHEAST DISTRICT OHCE MEETING

Tuesday, March 28th at Owasso



Mark your calendar for **Tuesday, March 28th & plan to attend this year's Northeast District Meeting at the Tulsa Technology Conference Center—Owasso Campus.** Mayes, Nowata & Rogers counties have worked hard to have an educational, fun meeting for Northeast District OHCE members. This year's theme is **"OHCE: Gets Their Kicks on Route 66"**

All registration is due by Wednesday, March 1 to Pam Williams, 2008 Sheila Drive, Guthrie, OK 73044. Registration fee is **\$25.00 per person** which includes morning refreshments and lunch. Make checks payable to **Logan County OHCE.**

Registration starts at 8:30 a.m. and the meeting will start at 9:30 a.m. with introductions, business and awards. **There will be a \$100 door prize given away at the end of the morning session.** The winner must be present to win.

Workshop possibilities include *history of aprons, stay strong & stay healthy, bugs are eating my garden!, wills, trusts, & estate planning, say yes to FCS, Extension & land grant system & more!*

Let's go and represent Logan County OHCE and have fun! See you there!



Barn Quilt Workshop

Friday, May 19, 2023

Logan County Fairgrounds

Educational Building

9AM—4PM

Bring Your Own Sack Lunch

Bring your creative skills and join us for a barn quilt workshop! Barn quilts are painted square wooden boards that are designed to look like a fabric quilt square. We will be making 2' X 2' boards. All materials will be provided. There will be patterns available to choose from. Each participant will need to bring: hair dryer to dry your boards, and paint clothes

Please bring a sack lunch! Drinks and paper goods will be provided.

Lindy Peterman, FCS Kingfisher County Extension Educator will be the workshop presenter and provider of all materials.

Registration Fee: \$35 (covers board and materials) RSVP by May 12th to reserve your spot.

For questions, contact Dawn Andrew at 405-282-3331 or dawn.andrew@okstate.edu



Sponsored By:
OHCE Logan County
and
Logan County OSU Cooperative
Extension Service



UPCOMING EVENTS

February 2023

February 2: OHCE County Council, 10am, Education Building

February 20: Logan County Extension Office closed for President's Day

February 21: OHCE Leader Lesson for March, 10am, First Christian Church,
402 E Noble Ave, Guthrie, OK 73044



March 2023

March 21: OHCE Leader Lesson for April, 10am, Education Building

March 28: Northeast District Meeting, Tulsa Tech, Owasso

April 2023

April 3: OHCE Scholarship Applications for graduating seniors due

April 15: OHCE Bake Show/Food Showdown, Logan County Education Building

April 25: OHCE Leader Lesson for May, 10am, Education Building

May 2023

May 4: OHCE County Council, 10am, Education Building

May 19: Barn Quilt Workshop, 9am-4pm, Education Building

May 23: OHCE Leader Lesson for June, 10am, Extension Office or Education Building

OHCE SCHOLARSHIP APPLICATIONS

OHCE Scholarship forms are available for graduating seniors to apply from Logan County OHCE. One \$1200.00 scholarship will be given.

Applications are due **Monday, April 3 by 4:00 p.m. in the Extension office.**

If you know of a student who needs a form, have them come by the Extension office to pick one up.

If you encourage someone to apply, please have them make sure the forms are filled out completely and correctly with all information included that is requested. Incomplete or incorrect applications will not be considered.

Helpful Tips!

- ⇒ Refer to your Yearbook for Leader Lesson topics for 2023
- ⇒ Refer to your Yearbook for dates or follow us on Facebook—Logan County Cooperative Extension for the latest updates!
- ⇒ Refer to Fair rules now and promote more entries for 2023
- ⇒ Membership day is everyday, We all Recruit for new members
- ⇒ Newsletter—December, February, April, June, August and October will always give you a heads up on events with dates, time and where to be.
- ⇒ Be Kind and helpful and OHCE will grow
- ⇒ Above everything enjoy the projects throughout year





**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

**Logan County Cooperative Extension Service
Oklahoma State University
215 Fairgrounds Rd, Ste. B
Guthrie, OK 73044**



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Logan County Cooperative Extension Service**

Strengthening Oklahoma Families** is published by the Logan County OSU Extension Family and Consumer Science Programs. This newsletter is one way of providing educational information to interested citizens of Logan County. **Editor: Dawn Andrew, Extension Educator, Family and Consumer Sciences/4-H

Dawn Andrew

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Dawn Andrew at 405-282-3331 or dawn.andrew@okstate.edu at least two weeks prior to the event.

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