

**-Major and Blaine Counties-****Parenting with  
Natural Consequences**

Parenting is tough, even under the best circumstances. Helping children learn the skill of making decisions can be hard, too.

As parents, you get tired of always telling your children what to do. In fact, it can become overwhelming.

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. 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 gets 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. 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.

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## Key Safety Skills Important in Emergency Planning



Assemble an emergency kit.  
CHECK.  
Make a family emergency plan and practice until everyone knows what to do and where to go.  
DONE.

These are good first steps families can take before the unexpected happens. There also are some general safety skills that could come in handy during an emergency or disaster.

No one can predict when or what kind of an emergency or disaster will strike.

The more you can plan ahead, the less you'll have to worry about under stressful conditions. Here are three safety skills families should learn in case of an emergency or disaster.

### How to use first aid and CPR.

Learning first aid and CPR is a smart way to help keep the family safe. American Red Cross courses are taught by certified instructors and instruction is available in a classroom setting, online or a combination of both formats.

### How to use a fire extinguisher.

There should be at least one up-to-date extinguisher in the house. Every adult in the house should know where the fire extinguisher is kept and how to.

### How to shut off utilities.

Take some time to locate the natural gas meter, water meter and the electrical circuit box. Gas meters come in various configurations, each with a different shut-off processes. Families should contact the local gas company for guidance on how to turn off service in an emergency. Once service is shut off, only the gas company can turn it back on. After locating the shut-off value for the water line, consider labeling it so other family members will be able to easily identify it. Make sure the valve for the water line works properly. If not, replace it. When shutting off the electricity, turn off individual circuits first, then shut off the main circuit.



## Heat Safety



Why is heat a problem? Well let's face it, most of us are spoiled. We likely work inside in an air-conditioned building or when we are at home we have a climate controlled home too. As a result, many of us are not acclimated to the high temperatures of summer.

So . . . What should we do? First begin to understand the intricacies of the human body. Did you know that humans are the most heat tolerant and adaptable creatures on earth? Wow, what in the world does that mean? Well for starters our bodies will adapt to heat over time (2-3 weeks) allowing us to tolerate much higher temperatures than we were able to on the first hot day of the summer. Be certain to ease into summer for the first couple of weeks during high temperatures so your body has time to adapt. No other creature in nature has the super-powers that we have for heat adaptation. Over time levels of water and salt change in our blood to increase our ability to cool ourselves. Next, blood vessels adjust to bring more blood to the surface of the skin which also allows for better cooling.

Second, realize that staying hydrated is critically important. We need a minimum of three liters of water per day when working outdoors during summer. Water, not sugary soft drinks. You can tell if you are adequately hydrated by keeping track of your water intake and output. If urine is clear or slightly yellow then you are probably drinking enough water, if on the other hand urine is dark or coffee colored then you need to drink more water.

Signs of both dehydration and heat exhaustion/stroke include a flushed color (your face turns bright red), nausea, headache, not sweating, and loss of consciousness. The signs listed above are given from early signs to severe signs of heat exhaustion/stroke. Being familiar with these signs should help you to "tune" your thought processes so you know what is happening to your body related to heat and respond accordingly.

What should you do if you or someone else is showing the signs of dehydration and heat exhaustion/stroke? First and most important, cool the person down as quickly as possible, move to the shade, drink cold water, hose them down with tap water and fan them by hand or with an electric fan. If the person does not respond quickly or if they are unconscious call an ambulance and have them transported to the Emergency Room or other medical care as soon as possible.



# Major County OHCE *News and Notes*



## **Lesson Leader Trainings**

The Lesson Leader Training in July (for your August meetings) was on Friday, July 22. If you were unable to attend, your lesson packets for "Museums in Oklahoma" are at the OSU Extension Center.

There will not be a Lesson Leader Training in August (for your September meetings). The lesson "How to Make Your Home Secure" was a state lesson and will be ready for leaders to pick up by August 26.

The Lesson Leader Training in September (for your October meetings) will be Friday, September 23 at 10:00 a.m. at the Major County Fairgrounds. The lesson topic is "Self-Care and Managing Grief After Loss". Please plan to attend if you can.

## **Major County Fair**

Many of you have received your copy of the 2022 Major County Fair book and have made plans for the fair on September 8, 9 & 10. See the flyer with this newsletter with the full schedule.

## **Check us out on Facebook!**

There is information in this newsletter for some upcoming programs that may interest you so be sure to check them out! For updates/announcements, check out and "Like" our page on Facebook: *Major County OSU Extension*

Also, visit our website and add it to your favorites:  
<http://extension.okstate.edu/major>

## **Bylaws**

We will need to update our county OHCE bylaws in order for them to be voted on at the Fall Association Meeting on October 6. Notice will be sent to each member no later than September 6, so be watching for those in the mail. This is a result of changes in the state bylaws.

## **Adult Student Scholarship**

Applications are due September 15 for the Major County OHCE Adult Student Scholarship. Applicants must be a resident of Major County, a high school graduate or have completed their GED, and be over 21 years of age. Application forms are available at the OSU Extension Center.

## **County Planning Meeting**

Our next County Planning Meeting will be Wednesday, August 31 at 10:00 a.m. at the fairgrounds. We will discuss the county fair, future workshops and fieldtrip ideas and more. Please plan to attend.

## **Quilt Block Challenge**

The 2022 Quilt Block Challenge is fully underway! Come by the OSU Extension Center and pick up your kit for completing a block- we only have a few left. Also, tickets are ready for pick up so you can take donations for chances to win the 2021 quilt that will be given away at the county fair. Let's all pitch in on this project!

## **State Fair**

If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair on your own. Please call if you need any assistance getting entered.

## **Volunteer Hours**

Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. Those have all been recorded on the online site. And remember these hours are beneficial in our reporting efforts statewide!

## **Fall Association Meeting**

The Fall Association Meeting is scheduled for Thursday, October 6. Please make note of this on your calendar and plan to join us. Full details will be sent out as it gets closer.

## **Officers and Dues for 2023**

County and group officer lists for 2023 will be due by October 14 as well as membership forms and dues for 2023. Group Presidents will receive more information as it gets closer.

## **Thank You!**

Thank you to those provided homemade cookies and fresh fruit for Tri-County 4-H Camp on June 15. They were enjoyed by all!

2022

# Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities  
and a brief "Journey Through Health" Educational Program*



**One hour sessions from 12:00 to 1:00 p.m.**

**Major County: at the Fairgrounds in Fairview**

**Blaine County: at the Watonga Public Library**

**10-Minute Table Runner & *Journey Through Health* "Mouth, Teeth & Gums"**

Monday, July 18 in Blaine County

Wednesday, July 20 in Major County



**No-Sew Watermelon Wreath & *Journey Through Health* "Muscles"**

Thursday, August 18 in Major County

Tuesday, August 23 in Blaine County



**Easy Framed Pumpkin & *Journey Through Health* "Bones"**

Wednesday, September 21 in Major County

Tuesday, September 27 in Blaine County



**Bring your own lunch and come take part in these programs.**

**\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.**

**(Major County- 580-227-3786/Blaine County- 580-623-5195)**

**RSVP no later than one week prior to the session you plan to attend.**

Food Handlers:  
**Food Safety Training**



Choose from one of these remaining 2022 dates:

**-July 19    -October 18    -December 13**

**-3:00 P.M.**

**-Online Format Only (Zoom)**

**(participants will need internet access)**

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & Major County Extension Director  
dana.baldwin@okstate.edu (e-mail)

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## CREATIVE COOKING WORKSHOP

*-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-*



**Thursday, August 4** at the Major County Fairgrounds, Fairview

***Tailgating Foods - Best-Ever Bar Cookies - Scone Making 101***

**Time: 10:00 a.m. to 2:00 p.m.**

**Fee: \$15/per person**

**Please RSVP and pay the fee by July 28. Contact your OSU Extension Center:**

Alfalfa County–580.596.3131 Blaine County–580.623.5195

Major County–580.227.3786 Woods County–580.327.2786



# Major County OHCE Quilt Block Challenge 2022

*Guidelines for the 2022 Major County Fair*

The Major County Oklahoma Home and Community Education (OHCE) Association is sponsoring a *Quilt Block Challenge*. The winner will be determined by viewer's choice voting during the 2022 Major County Fair on September 8, 9 & 10.

- A \$5.00 participation fee is due when you pick up your fabric kit which is available at the Major County OSU Extension Center, located on the first floor of the county courthouse in Fairview.
- You will be provided one 10" square of one of the designated fabrics (from a layer cake kit). You must use the designated fabric. You may add any other 100% cotton fabric to complete your block.
- Your block may be of any design (original, traditional, etc.) as long as it measures a 12 ½" x 12 ½" square.
- You may only enter one quilt block per kit. (Multiple kits can be purchased.)
- Finished quilt blocks should be turned in at the Major County OSU Extension Center no later than 5:00 p.m. on Thursday, September 1, 2022 so they can be prepared for display at the fair for judging. (They will be displayed in the Exhibit Building.)
- This contest is open to any resident of Major County.
- All quilt blocks become the property of Major County OHCE. If you have questions, please call the OSU Extension Office at 580-227-3786.



PREMIUMS to be paid by Major County OHCE

\$25---1<sup>st</sup> \$20---2<sup>nd</sup> \$15---3<sup>rd</sup> \$10---4<sup>th</sup> \$5---5<sup>th</sup>

After the fair, the quilt blocks will be made into a quilt and raffled off at the 2022 Major County Fair to benefit the OHCE High School and Adult Scholarships.

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## Win the 2021 Quilt!

Tickets are available now for the opportunity to win the 2021 quilt!

-Suggested donation per ticket is one for \$1 or six for \$5-

Proceeds will support high school and adult returning student scholarships.

Tickets are available from Major County OHCE members.

Call the Major County OSU Extension Center with questions- 580-227-3786.





# 2022 Major County Fair Major County Fairgrounds Fairview, Oklahoma September 8, 9 & 10

## Thursday – September 8<sup>th</sup>

- 10-11:00 AM: OHCE and Volunteers entries received  
12-7:00 PM: All non-livestock entries received  
(bring items with entry tags attached)  
2-7:00 PM: Vendor Booths set-up  
2:00 PM: OHCE Concession Stand opens  
5-7:00 PM: OHCE Fried Onion Burger Special  
5-7:00 PM: Poultry entered and tested  
7:00 PM: Poultry judged

## Friday – September 9<sup>th</sup>

- 7:30 AM: OHCE Concession Stand opens  
9:00 AM: Vendor Booths open  
9:00 AM: Judging of all non-livestock entries  
10:00 AM: Livestock Judging Contest  
11:00 AM: Sheep Weigh-In and Cards due  
11:30 AM: Goat Weigh-In and Cards due  
2:00 PM: Sheep Show followed by Goat Show  
5-7:00 PM: OHCE Indian Tacos Special  
5:00 PM: Swine Weigh-In and Cards due  
6:00 PM: Beef Weigh-In and Cards due

## Saturday – September 10<sup>th</sup>

- 7:30 AM: OHCE Concession Stand opens  
10:00 AM: Vendor Booths open  
10:00 AM: Swine Show, Bucket Calf Show  
following Swine Show  
12:00 PM: Free Lunch and Live Entertainment  
1:00 PM: Beef Show  
2-4:00 PM: All Exhibits Released  
6:00 PM: Horse Expo at Wrangler Arena

## NOTICE:

Exhibitors must either be a resident of Major County, attend a school in Major County, be a bonafide member of a Major County 4-H Club, FFA or FCCLA Chapter or an OHCE Group or reside in a Major County school district.

Exhibits must be made, grown, or raised by the person exhibiting. If an article has been entered in a previous Major County Fair, it is not eligible to compete in the 2022 Major County Fair.

## PRE-ENTRY/EXHIBIT INFORMATION:

ALL exhibits must be pre-entered! Pre-entry is required and will be received anytime between 8:30 a.m. to 12:00 p.m. and 12:30 p.m. to 5:00 p.m. Monday, August 1 to Wednesday, August 31 at the OSU Extension Center located on the first floor of the Major County Courthouse in Fairview. Pre-entry forms must be submitted by 5:00 p.m. on Wednesday, August 31. You may mail pre-entry forms to be received at this time as well. Use the pre-entry form included in the center of the fair book.

For *non-livestock* exhibits, you will be notified when your entry tags are printed and they must all be picked up from the OSU Extension Center by 5:00 p.m. on Wednesday, September 7. Entry tags will not be printed for livestock.

**\*\*NEW** this year is an online entry option- contact the OSU Extension Center at 580-227-3786 for details.\*\*



Orion Homemakers OHCE (Oklahoma Home & Community Education) will have a concession stand.  
Breakfast- Pancakes & Sausage, Biscuits & Gravy  
Lunch and Dinner- Hamburgers, Hot Dogs, Baked Potatoes, Chicken & Noodles, Frito Chili Pie, Homemade Pies/Cakes.  
Open Thursday 2:00 PM; Friday & Saturday 7:30AM  
Thursday Night Special-Fried Onion Burgers  
Friday Night Special-Indian Tacos



For ENTRY AND GENERAL INFORMATION  
Call 580-227-3786 - Major County OSU Extension Center

**PICK UP A COMPLETE FAIR BOOK** at the OSU Extension Center in the county courthouse and various businesses within the county.

It is also online at:  
<https://extension.okstate.edu/county/major>



**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

Major County OSU Extension Center  
500 E. Broadway, Courthouse Suite 3  
Fairview, Oklahoma 73737

*Family & Consumer Sciences assists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.*



*Oklahoma Home & Community Education, Inc. (OHCE) 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](http://www.OHCE.okstate.edu)

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