

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

OCTOBER 2020

Helpful Tips for Parents During These Stressful Times

Parenting can be a struggle even under the best of circumstances. This year has ushered in many new challenges for parents, including economic and health concerns, as well as dealing with distance learning issues. Couple those with normal toddler temper tantrums and the result is a recipe for a highly stressed parent.

Now is a great time to get back to parenting basics to help prevent and cope with children's temper tantrums and distance learning blues, said Laura Hubbs-Tait, Oklahoma State University Extension parenting specialist.

"A toddler or young child expresses frustration and negative emotions with a temper tantrum, which typically involves screaming, hitting, biting or throwing themselves on the floor," Hubbs-Tait said. "Because they can hurt themselves or others, it's important to take steps to help prevent this behavior. When children are calm, parents can teach them how to breathe in order to calm themselves when the kids become frustrated. When parents see that a toddler or preschooler is becoming more stressed, they can help them calm down with breathing exercises."

One method is to teach the child to blow on a pinwheel. Encourage the youngster to make it spin slowly and then faster. End with slower blowing/breathing to increase calming. Another breathing exercise is to have the child take a deep breath while raising their arms over their head and pretending to be a tree. Parents can tell the child to use their mouth to make wind that will blow the branches and leaves. Have the child blow faster and end with slower blowing and breathing to increase calming.

A key element when a child throws a tantrum is for the parent, grandparents, childcare provider or teacher to remain calm.

"It's important for the adult to practice their own self-calming routines and take a few deep, cleansing breaths or whatever calming methods work best for you," she said. "If needed, have someone calm stay with the child while you walk away to calm yourself."

When dealing with the tantrum, help the child become calm by speaking softly. Hold the child gently and have them use breathing and calming routines. Do not bribe the child to stop or give in to what the child wants.

"For public tantrums, or those that are affecting the whole family, give the child the choice of calming down there or going to their room to scream and cry," Hubbs-Tait said. "However, only offer choices you're willing to put into practice."

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2021 COUNTY OFFICER ELECTIONS

Due to the COVID-19 pandemic, 2021 County Officer elections will look different this year. Election of officers would have been held at the Fall county meeting which has been cancelled.

CORRECT Information on Officer Positions to be Filled:

Positions to be filled are as follows:

2021 County President-Elect who will then serve as County President for 2022-2023 and 2021-2022 County Secretary.

If you are interested in serving in one of these county officer positions, please let Misty Burk know ASAP. Once the nominating committee has secured members willing to serve in these positions, Misty will be in touch with local group Presidents and Secretaries to cast your group's votes for the election of new officers.

THANK YOU for your patience and understanding as we work through the numerous challenges in this unprecedented time of the COVID-19 pandemic. Please know that we have the best interest for your health and safety in mind.

RECIPE CORNER: Lasagna Soup

2 tablespoons extra-virgin olive oil
1 cup chopped yellow onion
6 ounces hot Italian turkey sausage, casings removed
3 cloves garlic, finely chopped
1 tablespoon tomato paste
1 (28 ounce) can no-salt added crushed tomatoes
4 cups water
2 cups low-sodium chicken broth
1 tablespoon sugar
¼ teaspoon salt
6 ½ lasagna noodles (about 6 ounces), preferably whole-wheat, broken into 1 1/2-inch pieces
1 teaspoon balsamic vinegar
¾ cup part-skim ricotta cheese
½ cup shredded mozzarella cheese
2 tablespoons grated Parmesan cheese
2 tablespoons chopped fresh basil

***Heat oil in a large pot over medium-high heat. Add onion and cook, stirring occasionally, until almost translucent, about 5 minutes. Push onions to one side of the pot and add sausage to the other side. Cook, breaking up the sausage into small pieces with a wooden spoon, until browned, about 4 minutes. Add garlic and tomato paste; cook, stirring constantly, until the tomato paste is heated through, about 2 minutes. Add tomatoes, water, broth, sugar and salt; bring to a boil over high heat. Add lasagna noodles and stir to separate. Cook, stirring occasionally, until the pasta is just cooked through but not completely soft, 8 to 10 minutes. Remove from heat and stir in vinegar.

***Meanwhile, combine ricotta, mozzarella and Parmesan in a small bowl; set aside.

***Ladle the soup into 6 bowls. Top each serving with a dollop of the ricotta mixture. Sprinkle with basil.

Nutrition Facts: Serving Size: 1.5 cups

Per Serving: 351 calories; total fat 13.9g 21% DV; saturated fat 4.7g; cholesterol 34mg 11% DV; sodium 457mg 18% DV; potassium 684mg 19% DV; carbohydrates 35.6g 11% DV; fiber 6.8g 27% DV; sugar 9g; protein 19.9g 40% DV; exchange other carbs 3; vitamin A IU 1386IU; vitamin C 11mg; folate 13mcg; calcium 184mg; iron 4mg; magnesium 15mg; thiaminmg; added sugar 2g.

Exchanges: 2 Vegetable, 1 1/2 Starch, 1 Fat, 1 Medium-Fat Protein, 1/2 High-Fat Protein

<http://www.eatingwell.com/recipe/277434/lasagna-soup/>

Helpful Tips for Parents (cont. from page 1)

With older children who may be stressed with virtual or homeschool learning, it's important to keep a routine. Balance the student's learning time with relaxed time and activity time. Practice patience, patience and more patience and look for the positive moments in each day.

To help enhance focus during school time, select a location in the home that is exclusively theirs for learning. Avoid distractions by turning off all electronics not needed for instruction.

"Help your child identify feelings that may be clouding their learning. Respond with empathy, confidence and encouragement. Say 'I'm glad you told me how sad you are. Not being with your friends is hard. I think you can finish what your teacher wants you to do now, and then we can talk ways for you to safely connect with your friends,'" she said.

"Recognize the child's competence and effort, as well as promote independence and planning. Also, encourage flexibility and accentuate the positive and eliminate the negative."

Parents also need to take care of themselves during this time. It can be very stressful trying to maintain working full time while helping children learn. Parents often may feel there is no break from kids or work.

To get a break, pair up with other parents and families and trade off giving each other some needed time away from the children. Start a play group for young children for an hour or two so parents (or grandparents) can take some time off. Be sure to follow all safety guidelines of wearing masks and washing hands often.

"During these stressful times, it's imperative parents and other primary caregivers take breaks. Some of the breaks can be with the kids," Hubbs-Tait said. "For example, take the kids on a walk and look for positive things. Look for community opportunities where you and your children can help. We're experiencing a time of greatly heightened anxiety and distress and it's vital to stay physically and emotionally healthy."



PAYNE COUNTY OHCE NEWS

The OHCE FALL MEETING has been cancelled for this year due to COVID-19.

Thank you for your understanding as we work together to keep OHCE members and their families safe during the COVID-19 pandemic.

2021 LESSON SURVEY

Your 2021 lesson survey was in your September newsletter and I have received a few surveys but there's still plenty of time to get your survey submitted.

If you haven't yet completed a survey, you can fill it out and turn it into the Extension Office by **Monday, October 5th at 5:00 p.m. (that date is extended a few days)**. *If you want to just stop by the office and fill out a survey, that's fine, too! We have lesson survey blank copies at the office.*

Make time to complete your lesson survey so your choices are counted—everyone's input is IMPORTANT!

2021 LESSON SELECTION MEETING FOR LOCAL GROUP VICE-PRESIDENTS

The 2021 lesson selection meeting for local group Vice-Presidents is rescheduled to **Monday, October 19th at 12:00 Noon in the Commissioners' Meeting Room at the County Administration Building.** (I have a conflict with the original date of Tuesday, October 20th at 10:00 a.m.)

At this meeting, we will decide on the Payne County OHCE members' choices for 2021 lessons based on the lesson surveys completed by members.

If your local group Vice-President cannot attend the meeting, please send another officer to represent your group.

“How Art Improves Your Life”

The November Leader Lesson will be taught on **MONDAY, October 19th at 2:00 p.m. via Zoom.** Here's the link to join in on the lesson:

<https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdasnr.zoom.us%2Fj%2F92285403005&data=0%7C01%7Cdea.rash%40okstate.edu%7C5bd727b895bb4693c8a108d848e86bef%7C2a69c91de8494e34a230cdf8b27e1964%7C0%7C0%7C637339510358954564&sdata=5hdzrvoImsPD6pdMHS9YIO98cSkE6wjdv2cR2pYqdm%3D&reserved=0>

2021 OHCE ENROLLMENT UPDATE

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2021 dues **\$20.00**. You need to pay your dues to your local group treasurer by **Monday, October 19, 2020**.

Just to confirm the correct information & avoid confusion:

This year, current OHCE members will *not* be required to fill out new enrollment cards if you are a current 2020 OHCE member. You will just need to get any information updates and the money for your dues to your local group's treasurer by **MONDAY, OCTOBER 19th**.

Thank you for paying your dues to your local group treasurer by the October 19th deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2021, please have them fill out a membership card and turn the card and the dues in to your local treasurer by **Monday, October 19th**. Make checks payable to Payne County OHCE.

Treasurers: I have sent you a current local group roster for you to update for 2021 along with the membership/donation form to submit with your local group roster and dues check. I also sent a roster to Presidents. Forms and dues are due to the Extension Office by **Monday, October 26th at 5:00 p.m.**

Let me know if you have questions or need more information to get your group's membership roster and dues payment submitted by October 26th.

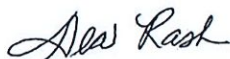
THANK YOU for all that you do for OHCE. Your efforts are noticed and appreciated! **DEA**

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Editor...



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2021 OHCE County Committee Goal Setting

Since we are not having the Fall county meeting, we will not have the Goal Setting meeting which was scheduled for that day prior to the Fall meeting.

Here's what we are doing instead:

****If you are a county committee chairman,** watch your mailbox and email as I sent out information on 9/22/2020 on getting in touch with your committee members to review and update your committee goals for 2021. **2021 county goals information is due to the Extension Office on Monday, October 19th at 5:00 p.m. or before.**

****If you are a committee member,** you received an email from me on 9/22/2020 with the 2020 county goals and 2021 state goals (if applicable.) If you don't have an email address on file at our office, your committee chairman has been notified of that and they will be in touch with you to get your input.

If you are not currently on a county committee but you would like to serve, contact county President Misty Burk to let her know you would like to serve on a committee. Her contact information is in your OHCE yearbook. She would love to hear from you!

Fall OHCE Local Group Meetings

Most Current Information on COVID-19 and Meetings From Extension Administration: You may have group meetings of up to 50 people if the space allows for social distancing of 6' or more and everyone is wearing masks. Even though we would encourage groups with a majority of members who are at higher risk for severe illness and are "safer at home" to not meet, we do not set rules for other independent groups (including OHCE groups as they are a 501c3 separate from Extension).

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older. There are also other factors that can increase your risk for severe illness, such as having [underlying medical conditions](#). By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life. As you get older, your risk of being hospitalized for COVID-19 increases. **Everyone, especially older adults and others at increased risk of severe illness, should take [steps to protect themselves](#) from getting COVID-19.**



Chocolate Chip-Cranberry Scones

★★★★★

My daughter started making these as a "healthy" alternative to cookies since we seem to like cookies of any kind. I've never been able to eat just one, so this recipe seemed perfect for us.

—Nichole Jones, Idaho Falls, Idaho

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 1 dozen.

Ingredients

2 cups all-purpose flour

3 tablespoons brown sugar

2 teaspoons baking powder

1 teaspoon grated orange zest

1/2 teaspoon salt

1/2 teaspoon baking soda

1/4 cup cold butter

1 cup plain yogurt

1 large egg yolk

1/2 cup dried cranberries

1/2 cup semisweet chocolate chips

Directions

1. Preheat oven to 400°. In a large bowl, whisk the first six ingredients. Cut in butter until mixture resembles coarse crumbs. In another bowl, whisk yogurt and egg yolk; stir into crumb mixture just until moistened. Stir in cranberries and chocolate chips.

2. Turn onto a floured surface; knead gently 10 times. Pat dough into an 8-in. circle. Cut into 12 wedges. Place wedges on a baking sheet coated with cooking spray. Bake 10-12 minutes or until golden brown. Serve warm.

Freeze option: Freeze cooled scones in resealable plastic freezer bags. To use, thaw at room temperature or, if desired, microwave each scone on high for 20-30 seconds or until heated through.

Nutrition Information for 1 scone: 189 calories; 7g fat (4g saturated fat); 28mg cholesterol; 264mg sodium; 29g carbohydrate (11g sugars, 1g fiber); 3g protein.
Diabetic exchanges: 2 starch, 1 fat



Steps to a Healthy Gut

Eat a healthy diet

- The gut needs proper nutrition and water to function properly and stay healthy.
 - Make half your plate fruits and vegetables
 - Make half your grains whole grains
 - Move to low-fat or fat-free dairy
 - Vary your protein routine
 - Drink enough water.
 - 13 cups per day for males, 9 cups per day for females
 - If you drink alcohol, do so in moderation.

Be physically active

- Regular physical activity helps maintain the strength and elasticity of the intestinal muscles and helps keep the gut healthy.
 - At least 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity physical activity a week. Do strengthening activities at least twice a week.
 - If you cannot meet these guidelines, be as physically active as your abilities and conditions allow.

Maintain a healthy body weight

- A healthy body weight can help keep the gut healthy.

Get enough sleep

- Adequate sleep allows for repair and maintenance of gut tissue and removal of wastes.
 - The average adult needs 7 to 8 hours of sleep each night.
 - Some can function with 6 hours sleep and some need 9 or more hours sleep.

Reduce and/or manage stress

- Reducing and/or managing stress can help keep your gut healthy.

Keep your food safe to eat

- The four food safety principles work together to reduce the risk of foodborne illness.
 - Clean: Clean hands, food contact surfaces, and vegetables and fruits.
 - Separate: Separate raw, cooked, and ready-to-eat foods while shopping, storing, and preparing foods.
 - Cook: Cook foods to a safe temperature.
 - Chill: Refrigerate perishable foods promptly.