

Jean's Journal

Jean Wheelock
FCE Council Chair



Our June 28th, 7 p.m. Council meeting will be an interesting one. The program "Hats" will be presented by Ann Smith of Emerald FCE club. There will be the selection of delegates for our State Convention to be held in Norfolk, August 19-21.

There was a nice article in

the Lincoln Journal Star by John Barrette about FCE. Hope everyone had a chance to see it.

Our September Council meeting will be a 1 p.m. luncheon at the Governor's Mansion followed by a tour. We need a minimum of 25 people. Cost of lunch will be about \$7.00 so how about our clubs using this as their September meeting/social event and enjoy the governor's renovated home. To make your reservations call Pam, 441-7180 by August 30. (JW)

Fathers matter

LaDeane Jha
Extension Educator

Today nearly one-third of children are born out of wedlock, and many children born to married couples experience the divorce of their parents. Increases in non-marital childbearing and divorce over recent decades have resulted in complex economic, social and cultural changes that have changed the role that male parents play in the life of their children.

Many of today's fathers are profoundly confused about their roles as fathers. They are forced to develop family relationships that are quite different from those they had with their own fathers. They cannot easily fall back on their own childhood experiences for guidance. What worked very well for their fathers 20 or 30 years ago may not work at all with the kinds of challenges fathers face today. In spite of the confusion, we know that most men want to be and are excellent fathers who are loved and appreciated in their families.

Dr. Ron Klingler, author of

The Common Sense No Frills Plain English Guide to Being a Successful Dad offers these thirteen contributions made by active fathers:

- financial support
- self-protection
- humor
- self-confidence
- independence
- security
- courage
- patience
- forgiveness
- caregiving
- trust
- identity
- family tradition

Taken collectively these contributions prepare a child for real life away from the comfort and security of the family. The greatest gift a nurturing father gives his children is a healthy model of what it means to be a boy, a man and a father.

Boys and girls both need their father's affection. But with boys it may be harder for dads to openly show it, even those fathers and sons who spend lots of companionship time together.

Young boys need warmth and security from a loving father to

Children with active dads:

- are more ambitious.
- are less susceptible to peer pressure.
- are more competent.
- are self-protective and self-reliant.
- are more self-confident with respective male or female identities.

Source: Center for Successful Fathering, Inc. (LJ)

develop positive self-esteem. Studies show that sons of sensitive, affectionate fathers score higher on intelligence tests and do better at school than children of colder, authoritarian fathers.

In this month of celebrating fatherhood, it is important to acknowledge and celebrate the contributions fathers make in the lives of their children. Research has consistently found positive effects of father involvement in two-parent families, however, a growing body of research indicates financial support plus the positive involvement of a father, including cooperation between parents, increases positive outcomes for children who do not live with both of their parents.

Fathers affect children's behavior, but children also affect fathers' behavior. Married men with children work more hours and have higher earnings than other men. Parental competence and satisfaction are also associated with positive effects on fathers' own development and participation in the larger community.

Fathers Matter.

Summer fun things to do with your children

Boredom is one of the leading causes of misbehavior. Providing interesting playthings for the child prevents boredom. Playthings need not be expensive. Many creative toys can be made from household items. For example:

- Punch holes around used greeting cards. Let your child sew around the cards with yarn.
- Let your children decorate empty grocery boxes to keep their special things in.
- Make finger puppets by cutting

the fingers off old gloves and decorating them into interesting personalities.

- Make a bowling game with empty two-liter plastic bottles and a large ball.
- Let your children "paint" the outside of the house with a brush and a bucket of water.
- Make simple puzzles out of old greeting cards or grocery boxes. Make and decorate crowns from paper, grocery bags or aluminum foil. Let your children be "queen" or "king" for a day or

on birthdays.

- Make personalized books with your children by punching holes in zipped plastic sandwich bags that have been filled with pictures, shapes, colors, or textures, and tying the bags together with pieces of yarn.
- Make musical instruments and have a marching band show: finger cymbals from frozen juice lids, drum from oatmeal box, maracas from plastic bottles filled with rice or beans. (LJ)

Gaining cooperation

There are three broad ways to deal with child misbehavior. We can manage the environment and relate to the child in such a way that misbehavior is less likely to occur--prevent misbehavior. Or we can use guidance principles to deal with children in the midst of misbehavior. Or we can punish children after the misbehavior has occurred.

It is easier on the parent and the child to keep misbehavior from happening than to deal with it afterward. Here are some suggestions for preventing behavior problems. Try them and see if they work for you.

See if you and your child enjoy each other more. Give each suggestion a two-week trial period. It may take that long to see results. Try only one new technique at a time. Changing the way you treat your child is hard to do. It takes time to form new habits. Once you have the habit, though, it will seem natural to you.

For the next two weeks try giving your child choices as a way to prevent misbehavior. Whenever possible, give children a choice between two acceptable behaviors. For example, say, "Randy, it really

disturbs me when you run in the house. You can either play with your cars or go outside and play." Giving a choice lets the child learn to make decisions.

You aren't really giving a choice when you offer two undesirable choices. For example, Rick is beating his drum and mother says, "Rick, you can either stop that or not get your allowance this week!" Rick wouldn't like either of those choices.

If you don't want to let the child make a decision, then don't offer a choice. You'll just

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Family Living



HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

Excess lint on clothes

To prevent excess lint on clothes:

- * Separate "lint givers" (towels, flannel and sweaters) from "lint takers" (corduroy, permanent press and synthetics).
- * Turn "lint givers" inside out before laundering.
- * Use the correct amount of detergent for the load size.
- * Load the washer properly and use the correct water level for the load size.
- * Clean the lint filter on the dryer after each load. (LB)

Summer: A time to make neighborhood connections

With summer quickly approaching, your neighborhood is likely to come alive with kids riding their bikes, shopping in stores, skating, heading off to the local swimming pool, playing ball in the evenings and selling lemonade in front yards. What a good time to make new connections with the young people in your neighborhood. It's a chance to visit over the fence, sit on the porch, share stories and celebrate long warm evenings chasing fireflies. Time spent developing relationships among all ages, means fewer neighborhood conflicts and greater cooperation.

One way to build a foundation for good relations in your neighborhood is to get to know people of all ages who live nearby. Nancy Ashley of *It's About Time for Kids* has these ideas for things grown-ups can do to reach out to kids.

Learn the names of the children on your block. Say hello and call them by name when you see them.

Send congratulations to young people when you hear

about their achievements.

If you have a block party or block watch planning meeting, make certain several young people are included.

If you're faced with problems with kids where you live, look for positive ways to work them out. Patterns are harder to change after they have become habits. Important assets identified by the Search Institute include: caring neighborhoods, feeling valued by the community, adult role models and good family communications. Clearly, kids benefit from positive connections with adults. So do adults; they report finding unexpected treasures when they spend time with kids.

Make this a memorable summer for everyone in your community by celebrating the young people who reside in your neighborhood. Think about ways you might perform random acts of neighborliness. A few hints to get you started might include: Visit a farmer's market and bring home fresh produce for a homebound neighbor. Mow your

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Sizzling Summer Sampler

Tuesday, July 13 • 6 to 9 p.m.
Lancaster Extension Education Center
444 Cherrycreek Road

sponsored by Lancaster County Association for Family and Community Education

Learnshops:

- "Flower Arrangement" by Gaga's Greenery & Flowers
- "Stamping Demonstration Fun" by The Loft - Cheryl Rauch & Kathy Stewart
- "Who Gets Grandma's Yellow Plate" by Clarice Orr

Light supper at 6 p.m.

Plan to attend and invite a friend!
Cost \$7.50. Make checks payable to: FCE Council.
Send reservations to:
Joy Kruse, 850 Adams, Lincoln, NE 68521
Mark your calendar today!
Join the fun and fellowship.

