

Lines from Lynn

Lynn Bush
FCE Council Chair

As I write this, I am snuggled up in a quilt in front of the fireplace. Dog's asleep on one side of me, cat on the other. Husband at work, son at school ... ah! the good life. Oh yes, I also have a cup of hot chocolate. I could get used



to this picture quite easily.

As I try to pen something clever, I have to wonder what happened to last week and those warm 40 degree days. This actually feels like winter. If we get some of the snow that's predicted, it will also look like winter. For those of you who are not accustomed to the cold (or just plain don't like it), spring is just around the corner.

Mark your calendar for March 24, 1 p.m. at the extension office, our next FCE

Council meeting. It will be hosted by Beltline and 49'ers.

Thank you to all the "regulars" who attend council meetings and activities. If you have never been to a council meeting or haven't been for awhile, please come to the March meeting. Everyone is invited to attend all FCE activities and council meetings. You may run into an old friend. You will definitely meet new friends.

Stay warm and hope to see you on March 24th.

★ FCE News ★

Family Community Education (FCE) Training Lesson

"Dinner in 15 Minutes" is the March FCE leader training lesson. Amanda Young from the Beef Council will present the lesson on Tuesday, Feb. 28, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. This lesson will focus on some of the new beef convenience products as well as include beef nutrition.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

March FCE Council Meeting

The March FCE Council meeting will be Monday, March 27, 1 p.m. Plans to have a speaker on fraud are in the making. Watch for details in next month's NEBLINE.

FCE Heritage Arts Contest

Heritage Skills Contest categories for this year are Photography, Quilting and Original Heritage Skills. Bring your finished items to the March Council meeting. County winner in each category will entered into the State Contest at FCE Convention in August.

Photography: Black and white or color photograph frames, not smaller than 8½ X 11, to prevent possibility of loss, following theme of "Nebraska, The Good Life."

Quilts: Appliqued, pieced, patchwork, embroidery, hand sewn or machine stitched. It can be quilts, wall hangings, vests, jackets, tablecloths, pictures, etc.

Other Heritage Skills: Article made using early day skill, not in other category such as quilting, scrimshaw, leather craft, tin punch, wheat weaving basketry, dyeing, lace making or other.

All entries must be original (patterns may be used, but not a complete kit), ready to exhibit, hang or display. It can be traditional patterns or completely created by exhibitor. (LB)

Modeling Expected Behavior

There is no question we live in challenging times. Threats of war, violence, crime, plunging stock markets, corporate corruption and a loss of civility in many aspects of our lives have contributed to general unrest and uncertainty. Sometimes adults make excuses for their behavior and give reasons their children can or cannot be held accountable based on what is happening in the general population. Peer groups add pressure to children's actions, many times leading to negative outcomes.

As parents, it is important for us to provide a lifeline and stability for our children. One of the best ways to do this is to be a good role model. As parents we set the model for what our children see as important to us. Every day we are faced with

many choices. The personal values we have help us to make those choices and so there is no better time than the present to "Practice what we preach."

What we hold true in our lives is demonstrated by the everyday examples we set in our lives. The "little things" are the big things when it comes to developing moral fiber in our children's lives. The way in which we respond to need, the attitudes we take in accomplishing our chores, the tone of voice we use in answering questions are all essential in character education. The following are a few tips from research.

- Spend time together, learn to really listen, and talk through issues and how your family would deal with them. Show your children they are a priority in your life.

- Talk about the things that are important to you. Take an example from a television or news article and ask your family "what would we do in our home if this happened?"
- Model the actions you expect from your children.

Respect is the cornerstone of good character. It is essential to value the individuality of our children and treat them the way we desire they treat others.

Children learn from the examples we set much more than from the words we speak. Raise a child with character, a child who will do the right things and make the right choices in the journey of life.

Adapted from an article by Melinda J. Hill, The Ohio State University Family Tapestries Packet. (LJ)

Middle Adolescence: 14–15 Years

While few will admit it to parents, young people at this stage find security in rules. When setting and enforcing rules, keep the following points in mind.

- When you make a rule, explain the reason for it in 25 words or less.
- Tell your teenager exactly what

will happen if the rule is broken. Be clear about what is and is not allowed.

- Appearance (hairstyles, clothing, etc.) is important to all teenagers. Set rules about your teenager's appearance only when it really matters to you. For example, "Going out to dinner."

- Try to be cheerful and ignore their moods as much as you can.
- Try not to tell your teen what to do. Ask for his/her cooperation. Offer choices when you can.
- Be sure what you expect of your teen is reasonable. Praise him when he does well. (LJ)

Family Living



by Lorene Bartos, Extension Educator

Cut Loads of Energy While Doing Laundry

It's easy to cut your energy costs for laundry. About 80–85 percent of the energy used for washing clothes is used to heat the water. You can reduce this cost by washing full loads, using cooler water and cold-water detergents. Switching the temperature setting from hot to warm cuts a load's energy use in half. You can reduce drying costs as well: clean the lint filter after every load to improve air circulation, and don't over-dry clothes. Use the cool-down cycle to allow clothes to finish drying with residual heat. Also, periodically inspect your dryer vent to ensure it's not blocked. If you are in the market for a new washer or dryer, look for the Energy Star and read EnergyGuide labels. For more tips on saving energy at home, visit www.energysavers.gov. (LB)

Children's Sleep Needs

In this busy world we live in, all of us try to squeeze every minute out of every day and in so doing often deprive ourselves of the amount of sleep necessary for optimum health. The same is true for our young children. Very often as a result of our busy schedules, their routines are disrupted. It may be helpful to review how much sleep young children actually need. First, however, it is important to understand each child is unique and so are their needs for sleep. It can be reassuring to know what is considered average or typical for different ages.

What to Expect

Almost all children benefit from a consistent bedtime and a routine to prepare for bed. The routine can be listening to music, reading a story or can begin with a warm, relaxing bath. It is the security of knowing what to expect and preparing for rest that makes a routine effective.

Other sleep needs vary according to the ages of children.

Birth to Six Months

Newborn babies sleep more than they are awake, typically sleeping 16 to 18 hours per day. Infants usually have four sleep

cycles a day and need at least two naps or more, depending on the length of the nap.

Six Months to 1 Year Old

The six month old baby develops a routine which typically includes two naps and about 12 hours of sleep at night. Infants this age go through the phases of sleep, which include a light phase of crying, movement or restlessness.

1–2 Year Olds

The one-year-old will begin to decrease his need for sleep. A total of 12 to 13 hours of sleep out of every 24 hours is typical. This may involve one or two naps. Over time naps will decrease in length.

2–3 Year Olds

Toddlers usually need only one nap but still need between nine and 12 hours of total sleep. Most two-year-olds take a two to three hour nap after lunch, but some children this age need much less. Unless a child shows signs of being overly tired or crabby due to lack of sleep, it is not necessary they take a nap at this age.

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CHARACTER COUNTS! Corner

Caring in the Family

People of good character are caring people. They think kind thoughts about others and they do kind things for those around them. Sometimes it is easy to forget to show gratitude, kindness and consideration for family members. Somehow we often feel family members are supposed to do all they can for us and often forget to thank parents, children or siblings for the things they do to make our lives better. During this month resolve to thank a family member for what they do for you, help someone in the family without being asked or expecting a reward of some kind, and put aside your activities for the comfort or support of a family member who may need your caring. (LJ)

