

FAMILY COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

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FCE Council Chair



It is the time of year when everyone becomes busy with spring cleaning, planting gardens, celebrating Mother's Day, graduations, weddings, etc. Why not take a little time and return to a childhood memory and mark the arrival of spring with a May Day basket. As a child I fondly looked forward to this centuries old holiday. School friends eagerly exchanged May baskets that

were beautifully decorated, filled with goodies and even a wild violet or two.

This year you could make someone's day special by making them a May basket.

It might consist of a little thrift store basket, a cloth napkin, some leftover filler and a bit of ribbon. Fill it with a variety of goodies such as candy treats, popcorn, small cookies, a few tea bags and some fresh flowers would be wonderful. How nice for a child to learn of an earlier tradition which is now history;

an older friend could recall a more relaxed time in the past.

Scholarship applications are being accepted until May 1. Sizzling Summer Sampler menu and program plans are underway for July 13. We will also sell chances on baskets donated by clubs to raise scholarship funds. Plan now to attend this fun filled evening.

Happy spring and I hope you enjoy a May basket with a special person in your life.



FCE News & Events

FCE Web site

Visit the FCE Web site lancaster.unl.edu/home/fce.htm for information and pictures of FCE events.

Upcoming dates—
Mark your calendar

June 28 — FCE Council Meeting, 7 p.m.
July 13 — Sizzling Summer Sampler, 6 p.m.

Club Baskets

FCE clubs are asked to prepare a basket for the scholarship raffle. Choose any theme. Use your creativity as to size, shape or even container. The raffle will be held at the Sizzling Summer Sampler.

Five Minute Parenting Tips

Juggling is no longer an act. It's a way of life for you and your family as you try to juggle work, night meetings, school, church and community responsibilities. No matter how rushed you are, the need to prioritize what is most important in your life is critical. For most, your children are a priority.

Here are a few quick parenting tips you can use to show your children they are a priority in your life.

Stop in the middle of whatever you are doing and give your child a hug, share something positive or pat them on the shoulder.

Let your child hear you praise him or her to others. Kids love to hear good things about themselves, especially when they are accidentally overheard.

Use valuable time while in the car to discuss events of the day or help your child study for a test.

Make sure you pick up your baby or toddler even when they aren't crying.

After disciplining your child, leave a loving message such as..."I don't always like your behavior, but I will always love you."

Write a special message on a piece of paper. Fold it into a paper airplane and sail it toward your child so they can read it or bring it to you to share the message.

Along with a goodnight hug, kiss or pat on the back, tell your child how much you appreciate all the good things they did during the day. Be specific.

Turn off the television and

play a game. If watching television, discuss the program together.

Pay attention to your children. Take time to talk to them, listen to them and show interest in their activities.

Express your affection often through physical contact.

Treat your children with the same respect you show adults.

Tell your children they are appreciated. Don't wait until they get good grades, let them know you enjoy them and think they are great all the time.

Praise your children when they succeed. Support and encourage them when they are struggling and frustrated.

Praise yourself. Be a good role model.

Source: *Working Families Newsletter, University of Illinois Extension (LB)*

Stretching Your Vacation Dollars

Vacation time is fast approaching. Vacations need to be a time for family fun and relaxation without making a big cut in the budget. In order to do this some careful planning must take place. Start by deciding how much your family has to spend on a vacation. Next, look into the many options available. Do some brainstorming with the family to come up with ideas and places to visit. As you are deciding where to go and what you want to do there are some things that can help keep the costs manageable.

- Place limits on the amount of money family members can spend on souvenirs.
- Carry food for snacks and mini meals instead of stopping at restaurants. Select foods that remain safe to eat under traveling conditions.
- Take your vacations by staying

home, but plan local or regional trips with the family. Enjoy local museums, zoos, historical attractions, parks and recreation sites.

- Camping vacations are fun and economical, especially for a family. Try low cost well-run campgrounds and parks.
- Plan to vacation in an area where you have family or friends who have invited you to stay.
- Attend community celebrations or festivities planned for the public at no or low cost.
- If you are traveling with children, look for motels/hotels that don't charge for children sharing parents' room.
- Stay in small or middle size towns or the countryside. Lodging and meals tend to be less expensive than in metropolitan area.
- Explore taking a package tour.

Because tour companies purchase the parts of a tour in bulk, costs may be lower.

- You can lower the price of a round trip air fare by as much as two-thirds by making certain your trip includes a Saturday evening stay and by purchasing the ticket in advance.
- Since car rental rates vary greatly, shop around for the best basic rates and special offers.
- Ask hotels about their telephone surcharges for making long distance calls from your room. Sometimes it is more economical to use the lobby pay phone than the phone in your room.
- Watch for special offers for places of interest for your family to visit.

Adapted from *Stretching Your Vacation Dollars, University of Illinois Extension (LB)*



by Lorene Bartos, Extension Educator

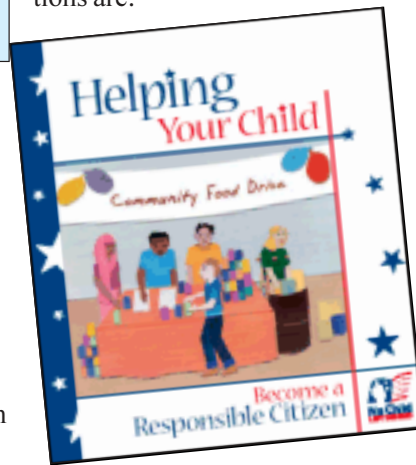
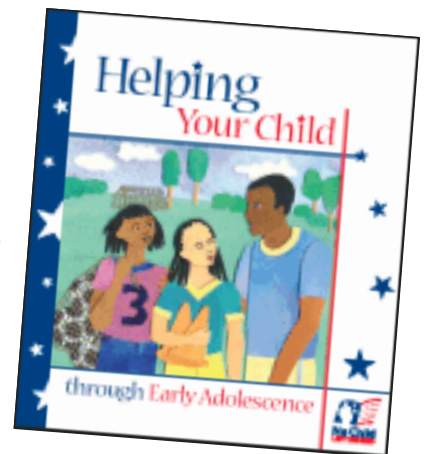
Tips for Storing Winter Clothes

- Be sure all items are clean — either launder or dry-clean them.
- Store in a dry area.
- Boxes or plastic tubs work well for storage.

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contacting EDPubs, The Department of Education's publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html

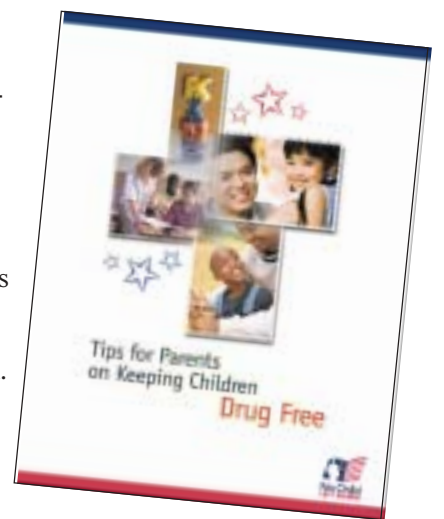
Three available publications are:



Helping Your Child Through Early Adolescence: Learning as much as you can about the world of early adolescents is an important step towards helping your child through the fascinating, confusing and wonderful years from ages 10 through 14. Based on the latest research in adolescent development and learning, this booklet addresses questions, provides suggestions and tackles issues parents of young teens generally find most challenging. Available in English and Spanish.

Helping Your Child Become a Responsible Citizen: Just as children must be taught to read and write, solve math problems and understand science concepts and events in history, so must they be guided in developing the qualities of character that are

valued by their families and by the communities in which they live. This booklet provides information about the values and skills that make up character and good citizenship and what you can do to help your child develop strong character. It suggests activities you and your school-aged children can do to put those values to work in your daily lives and tips for working with teachers and schools to ensure you act together to promote the basic values you want your child to learn and use. Available in English and Spanish.



Tips for Parents on Keeping Children Drug Free: Ideas for helping elementary, middle and high school students to remain drug-free.

CHARACTER COUNTS! CORNER

Responsibility

Life is full of choices...being responsible means being in charge of our choices, and thus, our lives. Responsibility requires us to recognize what we do — and what we don't do — matters and we are morally responsible for the consequences of our choices. (LB)

