

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

Presidents' Notes—Bonnie's Bits

Bonnie Krueger
FCE Council Chair



Just think it is July already and the year is more than half gone. The big day is upon us. Fourth of July is Independence Day. This is a day to honor the birthday of the United States of America and signing of the Declaration of Independence

on July 4, 1776. It is a reason for us to fly the American flag. Families and friends will be together to join in the celebration with picnics, concerts and fireworks. Fireworks will be displayed all over our Universe. This would also be a



good time to give a crash course in American History to the children and adults with games like know your Presidents from Washington to Bush. How many verses can you sing of the Star Spangle Banner? Have a safe and good old American 4th of July with your family and friends.

FCE News & Events

Lancaster County Association for Family and Community Education presents

SIZZLING SUMMER SAMPLER

Guests welcome!

Thursday, July 10 • 6 to 9 p.m.
Light Supper at 6 p.m.

Lancaster Extension Education Center
444 Cherrycreek Rd, Lincoln

Program

YESTERDAY'S LADY
"Back to the Beach"
Victorian through the '60s styles
presented by Susan McLain



1858 Women's bathing suit



1922 women's bathing suits

SHOW N TELL
Bring vintage clothing, swim wear, etc.

Cost \$10. Make checks payable to FCE Council.
Send reservation and check by July 1 to:
Clarice Steffens, 11804 S. 5 Street, Roca, NE 68430



by Lorene Bartos, UNL Extension Educator

Swimsuit Care

Chlorine is one of the biggest enemies to swimsuit longevity. If there is an outdoor shower at the pool, use it as soon as you get out of the water to rinse the chlorine off your skin and out of your suit. Abrasive sand particles can do damage too, so after a day at the beach, don't just roll your wet suit up in a ball. Rinse it out, as soon as possible.

Suntan lotion, which is a friend to your skin, isn't kind to a swimsuit. If possible, apply the suntan lotion first and then wait until your skin thoroughly absorbs it before putting on the suit. Hand wash your suit, as soon as possible after each wearing. If suntan lotion gets on your suit, pretreat it with a prewash stain remover. Use a mild detergent and the hottest water safe for the suit, as indicated on the garment's care label. Let the suit air-dry. Avoid hanging it from the straps; a wet suit is heavy and this can put a strain on the elastic. If you are in the water every day, alternate swimsuits so each one has a chance to dry thoroughly before wearing it again.

STRENGTHENING FAMILY TREASURES

Daughter/Mother Camp

A retreat designed for 6th grade girls and their mothers (or grandmothers or other adult females)

Friday, Oct. 10, 5 p.m. to
Saturday, Oct. 11, 5 p.m.

This camp is 2 days and 1 night of fun, educational and confidence-building activities. As the teen years approach, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Eastern 4-H Center near Gretna. Fee is \$125 per pair.

Presented by UNL Extension. For more information or a registration form, call Maureen Burson at 441-7180 or go to <http://lancaster.unl.edu/family/guf.shtml> or



Sibling Conflicts: Tattling, Bickering and Teasing

By the middle of the summer, siblings have spent much time together. As a result, conflicts, such as tattling, bickering and teasing heighten. It is very typical to hear comments such as "Mommy, Ben just took my truck away." "It's my turn to choose the TV program." "No, it isn't, it's mine." "I won the game, and you didn't." Sound familiar? A certain amount of tattling, bickering and teasing is inevitable between siblings. However, how a parent handles these situations will make a great difference on the intensity and length of the conflicts.

When children tattle, bicker and tease it is often a struggle for power, an attempt to get attention or wanting to boost their feeling of self-worth. As a parent, you want your children to trust you to help them when needed, but just when should you intervene? How much referring should you do? How can you keep the conflicts to a minimum?

Here are a few ideas you might try:

Tattling

Be sure your children know if a sibling is in danger, they are definitely to tell you or another adult. But usually, the tattling child is wanting to feel power over the other by pointing out a rule they feel should be enforced. When you take sides, it gives power to the child. Instead, ask the child to tell what they were doing, not their brother or sister. Direct them to go back and do what is right for them to do instead of focusing on the sibling's actions.

Teasing

One rule each family should have and enforce is "no put-downs allowed." A child's feeling of self-worth is fragile. Each one should be appreciated for their individual differences and contributions to the family, not put down or made fun of for not being just like a brother or sister.

Parents can help your children understand they cannot control what

is said about them, but they do have a choice in how they respond to it. Often teasing is done just to get a reaction. If there is no reaction, or a different one than expected (like agreeing with the statement or responding with a compliment), the situation is often diffused.

Try some of these ideas with your children. When they know you will not be their personal "problem solver" they will learn to find solutions on their own.

work out their own solution is doing everyone a favor. One idea is to put the toy (or other possession being fought over) in "time out" until the siblings figure out a way to share. They will learn a lot about problem solving, and soon find working out solutions is much more effective than bickering. Parents can encourage problem solving by rewarding their children whenever they hear them trying to solve a problem or suggesting a compromise. Let them know ahead of time you will be noticing and keeping track of their good behavior. After a set number of stars or checks, they will get a special treat or reward.

Bickering

Fighting over toys or whose turn it is are often the basis for sibling bickering. When parents try to intervene and settle the argument, they usually don't hear the whole story and come to a wrong conclusion. This reinforces the fighting for the "winner" and frustrates the "loser."

Instead, directing the children to

Adapted from: Jeanette Friesen, UNL Extension Educator