Cleaning to Control Allergies & Asthma

If you or your child has allergies or asthma, you already know many things can bring on, or “trigger,” an asthma flare or episode. Some things that trigger asthma attacks are called allergens. Some people get symptoms from only one allergen — like dust mites. For other people, more than one kind of allergen can trigger an episode.

Cleaning to home is one of the easiest steps you can take to help reduce allergy or asthma flares. Allergies are triggered by allergens such as animal dander, cockroaches, dust mites, mold/mildew and pollen. If you don’t clean the, the mildew, dust or other allergens will build up, making asthma symptoms worse.

Here are more tips for cleaning to control allergies in your home:

- **Supportive family can make all the difference in the life of an asthmatic. Work together to get rid of triggers at home** — if everyone helps out, it can be easy and fun!
- **For the asthmatic family member(s) in the family, assign tasks like dusting and vacuuming to daily it before it becomes dust.**
- **When tackling other tasks** — such as dusting, sweeping or using cleaning products that could trigger allergies/asthma — make sure the asthmatic person is out of the room.
- Read and follow label direc-

\section*{How to Get Children to do Chores}

\textbf{Family Living}

\textbf{How do I get my child to do chores?}

\textbf{What are some statements parents all the time?}

\textbf{Main reason children don’t respond is when parents make the chores “no fun” by nagging at their children to get them to do chores. Getting your children to get their chores done can become a battle. When parents nag, nag, nag, children will stop listening. The conflict can turn sometimes even to on even a bigger battle. Some parents feel “chores” is a negative word and they should be called “tasks.” Either is fine, it depends whether you use the word positively or negatively. Here are a few steps to get the chores done:

1. \textit{Talk about the chores in the house and how to do a chore list your children could do that would fit their age.Listing chores mom and dad do helps let children know their parents do chores too. Children can do chores from 18 months or older. An 18-month-old child may need guidance each time to help them keep on task and learn when they need to do their chore. Many times for young children it is a privilege to help mom and dad. At age three children can have regular chores they need to do each day, such as picking up toys. Just know they will need help till they can learn the tasks and be to do it right. You might say, “Clean your room, then you can do something mean!” The task may need to be broken down into steps so they understand. “Let’s make the bed first, then pick up the books, then etc…” Now and then they

\textbf{Every day chores are a great time to involve your child and help them learn and grow.}

\textbf{Also might need to be reminded to do the task. If children have not done any chores, then start out with one or two chores till they are able to do these on a regular basis.}

\textbf{Charts with stickers and check lists are great for young chores because they can see when a chore is done and they can see how many times it is done in a week, a month or whatever the time schedule is. You can also reward completing so many days of chores. For very young children this may have to be daily at first and work your way up to weekly. I would suggest extra privileges or special activities in place of gifts and money. You might say, “You now can stay up 20 minutes longer tonight since you got your chores done.” As a child gets older giving an allowance is okay because it is a great way to start teaching the use of money. All children need to know chores will always be a part of being a family. Chores are definitely a family affair. Remember the chores should be done. For best results have it relate to a time in the child’s schedule, such as breakfast, dinner, bedtime or after school. This helps the child remember when it should be done. It also set for a specific time to be competed, if the child is old enough to understand time. It is very important to reward when your child does their chores with is being told. This is one thing parents don’t do very well. If the child is doing the right thing we have a tendency to overlook the good behavior.

\textbf{It is better to reward for completion of tasks, but sometimes there should be consequences if the chore doesn’t get done. Consequences can come two ways: taking things away or introducing extra tasks to be done. It should be an enjoy-

\textbf{able time, so you may want to make statements like “Let’s see how fast you can get the table set!” Remember you have to do it right.” You are giving your child positive comments to motivate them to do better. Consistency is also the key. This can be a hard task because many times your days are really busy or your daily schedule changes. Just remember when you are home it is very important to keep the chore list going. Both parents need to be clear what the chores are for each child and when they are to be done, otherwise the child will figure out fast who is going to make them do their chores and who is not. This is where consistency breaks down. It has to become part of the daily or weekly schedule.

\textbf{Remember parents, do chores too. Children learn the most from what they see you doing, than what you are telling them to do.}

\section*{2015 Household Hazardous Waste Collection Events}

\textbf{These collections are for households only. Only residents of Lincoln County and Lancaster County can bring items to collections.}

\textbf{Some items you can bring for disposal: Thermostats, contain mercury, bleach cleaners, glues, oil based paint, paint thinner, furniture striper, oil-based stains, gasoline, transmission fluid, pesticides, small propane cylinders. You can dispose of compact fluorescent light bulbs at these waste collection events. DO NOT BRING latex paints, fertilizers, medicines, pharmaceuticals, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or ammunition.}

\textbf{For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8201 or go to www.lincoln.ne.gov (keyword: household).}

\textbf{Saturday, April 25 \ 9 a.m.–1 p.m.}
\textbf{Wal-Mart South: 87th & Hwy. 2}

\textbf{Saturday, May 30 \ 9 a.m.–1 p.m.}
\textbf{Zoetis: 601 W. Cornhusker Hwy.}

\textbf{Friday, June 19 \ 9 a.m.–1 p.m.}
\textbf{Union College: S. 52nd & Cooper Ave.}

\textbf{Saturday, Aug. 22 \ 9 a.m.–1 p.m.}
\textbf{Veyance Technologies: 4021 N. 56th St.}

\textbf{Saturday, Sept. 26 \ 9 a.m.–1 p.m.}
\textbf{Lincoln Industries: 600 W. E St.}

\textbf{Saturday, Oct. 24 \ 9 a.m.–1 p.m.}
\textbf{Woods Park: S. 31st & J St.}

\textbf{Friday, Nov. 13}
\textbf{Appointment Only: Call 402-441-8201 to schedule}

\textbf{Latex paint is not accepted at Household Hazardous Waste Collections. Usable latex paint can be taken to EcoStores Nebraska paint exchanges May 30 \ & Sept. 26 at 530 W. P. St., 402-477-3606.}