

Family Ties

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Northwest Area Family Newsletter
Prepared by Rhonda Rosenboom, Renee Sweers, Phyllis Zylinski
ISUE Family Specialists

Help Your Child Deal With Daily Stress

The school year is a prime time for life to get hectic and stress to build up. This is true for children, as well as parents.

Often the 'little things' that go wrong during the day have the largest impact on how your children feel. Things like forgetting their lunch, dealing with someone who is teasing them or losing homework may seem small to you, but they're important to children.

Here are some tips on what parents can do to help their children cope with daily stress, from the U.S. Department of Health and Human Services Center for Substance Abuse Prevention.

1. Control what you can, and let go of the things you can't control. For example, your son can't change the fact that he didn't make the soccer team, but he can practice his skills for next year's tryouts or explore other fun activities to participate in.

2. Focus on one problem at a time. Your teenage daughter might come home to tell you about her terrible day, which included spilling pop all over her new shirt, forgetting her homework and fighting with her friend. The best way to help her is to focus on each challenge individually. This helps her from becoming overwhelmed.

Start by concentrating on the first problem, discuss possible solutions and then move on to the next. Focusing on one problem at a time not only helps prevent that problem in the future, it gives your child a sense of control.

3. Incorporate fun into every day. Make sure that teenagers aren't overloaded with activities and schoolwork. They should take time out of every day to do something they enjoy, even if it is just for a few minutes.

4. Manage anger. Anger is a normal emotion. It's what we do with anger that determines if it is helpful or harmful. If anger is difficult to control for either you or your child, implementing simple anger management tips is easy to do. Learning to "count to 10," doing something that releases energy or taking a "time out" from a situation are all good ways to deal with anger.

5. Listen! An essential part of a teen's life is the presence of a good listener who is friendly, understanding and calm. To fill this role, simply listen to your child. Your daughter may not want your advice, but just being there for her and listening to what she says can help her cope. Acting as a sounding board for your child lets her 'hear herself think,' which can help her solve her own problems.

By teaching your children how to cope with daily stress, you let them know that you are truly there for them. As they learn to manage the "little things," they become better at tackling the bigger ones.

For more information on how to improve everyday family life, go to the ISU Extension Home and Family Web site at

<http://www.extension.iastate.edu/homefamily/>



Food, Recipe and Activity of the Week

Would you like to receive a weekly e-mail about a fruit or vegetable for your family to try, a recipe, and even a suggested physical activity? You can sign up for this free e-mail on the Iowa State University Extension website at the Nutrition and Health page:

<https://www.extension.iastate.edu/healthnutrition/>

While you are there, check out the *Food For Fitness and Fun Newsletter*. The newsletter and website include easy to prepare recipes, fun activities, snack ideas, and healthy tips to help you and your family stay fit. (Note, the September 2006 issue included quick mealtime suggestions for nutritious eating: Cook chicken once and serve 4 different meals!)

Pumpkin.. it's more than pie!

The 2005 dietary guidelines and MyPyramid encourage people to eat vegetables of many different colors. Fall is the perfect time to enjoy orange vegetables by eating winter squash and pumpkin.



Winter squash and pumpkins are high in potassium, Vitamin A (carotene) and contain some fiber. They are low in calories and are essentially fat-free. Try some of these quick and easy recipes to enjoy the nutritious taste of these Fall vegetables:

Pumpkin Pancakes

Stir $\frac{1}{4}$ cup canned pumpkin into 1 cup of pancake batter. (OR Stir $\frac{1}{2}$ cup canned pumpkin into 2 cups of pancake batter). Pour onto hot skillet as you would making regular pancakes. Dot with raisins or chocolate chips if desired. Sprinkle lightly with pumpkin pie spice. Delicious topped with pancake syrup, applesauce, or apple butter.

Pumpkin Pudding

Serves: 6 ($\frac{3}{4}$ cup serving)
1 can (15-ounce) pumpkin
 $\frac{1}{2}$ teaspoon pumpkin pie spice
1 $\frac{1}{2}$ cups low fat milk
1 package (3.5-ounce) instant vanilla pudding

Directions:

In mixing bowl, mix pumpkin and pumpkin spice together.
Slowly stir in milk and mix well.
Add instant pudding mix and stir slowly for about one minute until it thickens.
Refrigerate until serving time.

One three-fourths cup serving provides 110 calories, 1g fat, 5mg cholesterol, 270mg sodium, 24g carbohydrate

Pumpkin Pie... on a Cracker!

1 Tablespoon instant pudding (vanilla)
1 Tablespoon milk
1 Tablespoon peanut butter
1 Tablespoon canned pumpkin
Graham crackers
Cinnamon (sugar- optional)

Combine all ingredients in a plastic zippered bag. Allow children to squeeze bag until all ingredients are well mixed. Cut tip of bag and squeeze out on graham crackers. Spread on graham crackers and sprinkle with cinnamon or cinnamon and sugar. Makes 3 graham crackers. (Note, you can keep the crackers 'open faced' or top them and make a 'pumpkin pie sandwich'.)

Optional: Pumpkin Cheesecake on a cracker – Spread graham cracker with cream cheese then spread pumpkin mixture over cheesecake. A simple dessert or snack!

Do Not Call Registry

The Federal Trade Commission (FTC) launched the National Do Not Call Registry to give American a choice about getting telemarketing calls at home. According to a Harris Interactive poll, 92 percent of people who reported placing a number on the registry said they are receiving fewer calls; a total of 78 percent said they were getting “far fewer calls” or none at all.

If you think you put your number on the National Do Not Call Registry, and you’re still getting telemarketing sales calls, the Federal Trade Commission recommends that you:

Check to see that your number is on the registry. You can verify that your number is on the registry two ways: online at www.donotcall.gov (click on “Verify a Registration”), or by calling 1-888-382-1222 (TTY 1-886-290-4236) from the phone number you wish to verify. Follow the prompts.

You can also add your number to the registry using the same Web site or phone number (call from the number you want to register). If you register online, you will receive an email from donotcall.gov as part of the confirmation process. You will need to click on the link in this email within 72 hours after you receive it. If you don’t click on the link in the email, the number you tried to register will not be added to the registry, and telemarketers may continue to call.

Understand that some calls are not covered. Once your number has been on the registry for 31 days, most telemarketing calls will stop. However, you still may get:

* calls from – or on behalf of – political organizations, charities, and telephone surveyors;

* calls from companies with whom you have an existing business relationship. A company may call you for 18 months after you make a purchase or



three months after you submit an inquiry or application.

* calls from companies you’ve given permission to call.

If your number has been on the registry for at least 31 days, and a telemarketer calls, complain to the FTC. Visit www.donotcall.gov or call 1-888-382-1222 (TTY 1-886-290-4236). You’ll need to provide the date of the call and the phone number or name of the company that called you.

A consumer’s phone number will stay in the registry for 5 years at which time it will be renewable. Or you can remove your phone number from the registry at any time.

Cell phone and Do Not Call Registry

Federal Communications Commission (FCC) regulations prohibit telemarketers from using automated dialers to call cell phone numbers. Automated dialers are standard in the industry, so most telemarketers are barred from calling consumers on their cell phones without their consent. The national associations representing telemarketers have stated that their clients do not intend to start calling consumers’ cell phones.

Consumers who are concerned about getting telemarketing calls on their cell phones are reminded that the DNC Registry accepts registrations from both cell phones and land lines. There is only one DNC Registry. There is no separate registry for cell phones.



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