

# FAMILY *Ties*



## 'Time Out'

### NOT JUST FOR FOOTBALL

Football teams aren't the only ones who can benefit from a time out. Many parents use time outs to discipline their children. Time out can be a good way for both parents and children to cool off and prevent further misbehavior.

Time out means taking the child away from a situation that is getting out of hand or from a place where a child is misbehaving. Used properly, time out can be a learning opportunity, and that's the true meaning of discipline.

Time out is never appropriate for children under three years of age. For children age three and older setting a reasonable amount of time, such as one minute of time out for each year of the child's age. Some parents use a timer so that both parent and child easily know when the time out is over.

Here are some guidelines for effective time outs.

- Find a Time Out spot that is comfortable, away from the action and away from the place where your child was misbehaving.
- Tell your child he or she needs to take a break. Be calm but firm and tell the child to stay in the time out spot until he or she is calm or ready to behave.
- If your child tries to leave before the time is up, gently return him or her to the time out spot. Say that he or she can return to play when he or she is calm and ready to behave.
- When your child is calm, talk about why a time out was needed and what you expect in the future. If your child has hurt another child, see that he or she makes amends. If your child knocked something over, ask him or her to pick it up.
- Be sure to praise your child when he or she is calm and returns to activity without problems.

It is OK to let your child read a book or work on a quiet activity while in time out. Pick one that you know helps your child calm down.

As children get older, parents can suggest that they leave time out when they are ready. This helps children learn when they have calmed down.

Parents can encourage children to take a time out on their own when they feel the need to calm down or take a break. These steps encourage children to recognize and balance their own emotional state.



Try not to use time outs too often. You might try redirecting — teaching your child a different way to do something. For example, don't draw on the book; draw on this paper. Another option is positive reinforcement — praising your child when he or she does something correctly. You reinforce the good behavior.

To learn about these and other discipline techniques, ask for the following publications at your local county Iowa State University Extension office: *Disciplining Your Preschooler* (PM 1529b) or *Discipline and Guidance for Early Elementary Children* (PM 1547j). Or download copies from the ISU Extension Web site, <https://www.extension.iastate.edu/store/>.

NORTHWEST AREA  
*Family Newsletter*

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## Great Tips for 2008

### EATING & EXERCISING

Two of the most common resolutions made every year are to be fit and/or lose weight and to spend more time with family. A great way to accomplish both is to combine them. Families have great fun when they cook/eat together and when they are physically active together. Try these tips for a healthy and fun 2008!

#### Get Moving with the whole family:

- Warm up! Take a few minutes to stretch before any activity. As children learn the stretching routines, give them the opportunity to 'lead the family' in stretches.
- Keep safety in mind. Wear appropriate headgear or pads when cycling or skating. (Moms and dads, this also means you.)

## Eat Well

### EAT WISELY

- Take your children to the grocery store to help with the shopping. For younger children who may get impatient, make shopping a scavenger hunt.
- Allow children to choose a new fruit or vegetable at each shopping trip for the family to try. (ie. Think pomegranate, parsnips, star fruit, mangos, or any other fruit or vegetable that is new to your family.)
- Allow your children to help you prepare meals or snacks. The older the child, the more responsibility they may be able to handle in the kitchen.
- Let family members share in menu planning for the week. Each family member can participate by suggesting their favorite meal and side dish. Use the store ads to get ideas, even young children can look at the pictures to help with the meal planning.
- Help your children fix healthy, creative after school or evening snacks.
- Take trips to a farmers market together. Participate in a family cooking class.

Want ideas for easy to prepare recipes, fun activities, snack ideas and healthy tips to help you and your family



- Let a different family member pick their favorite activity for the whole group to do together each week.
- Sledding is a great family fitness activity during winter months.
- Buy a notebook and use it as a fitness diary. Record how long or far each family member walked, ran, or cycled each day.
- Stick to a schedule. Make regular physical activity a part of your family's daily routine. Have fun!



stay fit? Check out the *Food for Fitness and Fun* link from the ISU Extension Website <https://www.extension.iastate.edu/food/>

**Easy Winter Fruit Salad** (From the *Food For Fitness and Fun* website)

- 11 oz. canned mandarin oranges
- 20 oz. canned crushed pineapple
- 29 oz. canned sliced peaches
- 15 oz. canned mixed chunky fruit
- ½ cup maraschino cherries

- (optional)
- 3 oz. pkg. instant vanilla pudding, fat & sugar free
  - 1 cup fat free milk
  - 6 or 8 oz. low-fat, sugar-free vanilla yogurt

1. Drain all fruit and combine drained fruit in a large bowl.
  2. In a small bowl, beat pudding, milk and yogurt.
  3. Pour pudding mix over fruit.
- Chill 2 – 4 hours before serving.

Makes 10 servings. Per serving: 153 calories, .3g fat, 36 g. carbohydrate, 2 g fiber, 2 g protein

## *That Time of Year*

IOWA STATE UNIVERSITY  
University Extension

### PREPARING YOUR TAX RETURN

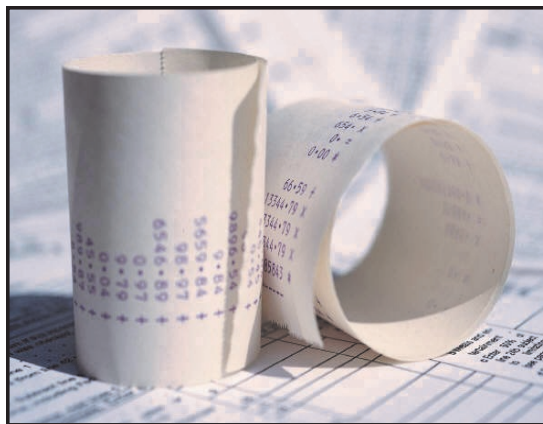
It's the time of year when we start thinking about the tax season. Some of us are eager to file our taxes because we anticipate a return and some face this season with dread because there will be a need to pay in. Whichever is the case for your family, there are basic forms that you can expect to receive: W2 statements from your employer(s), 1099-INT (interest income), 1099 (mortgage interest statement) or 1099-E (student loan interest statement). All these items are necessary for the preparation of your tax return.

There have been some tax law changes that you may want to be aware of as you begin to prepare for your tax return. If you make Charitable Contributions during the year, regardless of the amount, you will be required to have documentation of the contribution in order to claim it as a deduction. If you donate to Goodwill or other similar agencies, you may ask for a receipt for the item(s) donated. If you write a check to a charity, you may use the cancelled check, a bank copy of a cancelled check or a bank statement containing the name of the charity, the date and the amount of the donation. Without documentation, you will not be able to claim the deduction.

The Earned Income Credit Amount has increased for 2007. To qualify for the credit you must have earned less than \$37,783 and more than one qualified child (\$39,783 if married filing jointly), have one qualified child and earn less than \$33,241 (\$35,241 if married filing jointly) or you do not have a qualifying child and you earn less than \$12,590 (\$14,590 if married filing jointly).

If you have a mortgage on your home, you've been able to deduct the interest paid on your taxes.

If you pay Mortgage Insurance Premiums on your loan, those premiums can be treated as Home Mortgage Interest. The premiums you pay or accrue for qualified mortgage interest during 2007 in connection with home acquisition debt on your qualified home are deductible as home mortgage interest. The amount you can deduct is reduced by 10% for every \$1,000 by which your adjusted gross income exceeds \$100,000.



Interested in being able to electronically file your taxes for free? If you earned \$54,000 or less in 2007, you can use the Free File option on the IRS website to prepare your taxes online and file for free. This option will become available in mid-January. With Free File, you can get a fast refund, often in 10 days or less with Direct Deposit; file your taxes any hour of the

day or night and it will save paper and that helps us all! Free File will automatically check your return for accuracy and you'll get confirmation within 48 hours that your return was received by the IRS. This method is a safe and secure way to file your taxes. It is also available in Spanish. You must have access to the internet to use this feature. If you do not have a computer or internet at home, it may be possible to use the computer at your local library. Tax assistance can also be sought at your local VITA (volunteer income tax assistance) site. To locate the nearest VITA site, call 1-800-829-1040.

This information and much more is available at the IRS' website: [www.irs.gov](http://www.irs.gov). You may also consult your tax preparer with additional questions.