Siouxland Latino Work/Life Celebration
FOR EMPLOYEES IN THE SIOUXLAND FOOD INDUSTRIES

Employees Experience Stress TOO!

Farm employees can experience high levels of stress from working on farms, too. With chores to get done, often under pressure of time, and long hours during certain times of year, employees are sometimes working on the edge while also keeping things going at home with family, childcare and just the many events of life. So, farm employees can often be on stress overload and at times suffering from distress, affecting both work performance and personal well-being. It is important to know not all stress is bad and that stress can help us move forward and even perform better with certain things. Simply knowing some stress can be good can help us put a more positive spin on simpler stresses in life and help us be more resilient in dealing with small stresses so it doesn’t pile up or become chronic stress and thus distress. Research shows that people who reinterpret initial negative meanings of life events into more positive meaning tend to handle stresses better. Bottom line is to think more positive about stressful events which is usually easier said than done.

It seems so often everyone wonders how everyone is feeling. As a parent or farm employer, I would be more concerned about how my kids or employees are thinking as positive thoughts are often precursors to positive feelings. If I want a child or employee to “feel” good about oneself, I would focus on helping them “think” good about themselves and the positive feelings tend to follow.

Stress decreases a person’s propensity to smile and smiling seems to positively increase people’s reaction to stressful events. Personally, I often try to force myself to laugh and smile at situations in life because I know it increases my serotonin levels—the happy hormone. And, when distressed, we are often in a “protective” mode and I will try to count backwards as I know it gets my higher reasoning brain engaged to think better, coupled with a deep breath to increase the oxygen load to my brain for clearer thinking. I might even stand up tall, give an incredible hulk grunt and say “I got this” attitude because even simply things like our posture can help us deal with stress better.

We live in a world where people are becoming more “emotionalized” perhaps in part due to higher smart phone usage, watching negative news, social media addictions, less sleep, higher added sugar intake and a host of practices that are simply not good for brain or behavioral health. So, keeping an eye out for the stresses we feed our minds and bodies can go a long way in helping us deal with the many stresses we encounter in the events of life, especially those that stem from working on a farm.

For more information on farm stress, check out the many publications at: https://www.extension.iastate.edu/dairyteam/stressresiliency

Larry Tranel
Iowa State Extension Dairy Specialist
Imagine two children from the same family: One child is loud, outgoing and always on the run, while the other is content to sit and read a book, likes to stick to a schedule and is usually quiet. If these two kids grow up in the same environment, how can they be so different?

Temperament is the genetic, inborn trait that we receive at birth. Temperament comes before personality, before environment, before life experiences. Temperament is our genetic foundation that we will work from for the rest of our lives. Parents ‘give’ temperament to their child through their genes. It is sort of like the ‘factory’ settings on your phone.

There are nine specific traits to think about when we look at temperament. Both children and adults have all nine of these traits.

• **Activity**: What is your natural energy level? Are you content to sit around or are you always needing to go for a run?

• **Adaptability**: How quickly can you adjust from one activity to the next or one idea to the next? Does it take some time to process a decision, or do you say “yes” right away?

• **Approaching/Withdrawing**: Do you jump feet first into a new situation or stand back and observe first?

• **Distractibility**: Distractible people tend to notice more around them, like the deer in the field, while less distractible people can focus on the task at hand without noticing little things are happening around them.

• **Intensity**: How do you feel emotions? Are your feelings big and loud or soft and quiet?

• **Mood**: Is your emotional “set point” typically negative or positive?

• **Persistence**: How likely are you to keep to a task or come back to it if it isn’t finished? The highly persistent person will sit for hours upon hours to complete a task, while a less persistent person may leave the task, decide it is unimportant and never return.

• **Regularity**: Does your body clock align with the hands of a clock, or are your basic body functions (eat, sleep, eliminate) less predictable?

• **Sensitivity**: How deeply do you feel the five senses? A highly sensitive person may be extra aware of the smell of something burning, the itch of a fabric or the heat of a room. As we think about these nine traits we ask ourself this question. How much did we get? Did we get a little bit of intensity or a lot? What about our child? Did I give them a little bit of sensitivity or a lot? How do we adjust our behavior based on what we got? If we look at our own temperament and our child’s we can begin to adjust our own temperament to help theirs. We can reduce our by taking deep breaths and talking calmly to our child. This also models for them an appropriate way to behave when their intensity takes over.

As adults we can adjust our own temperament and model changes we would like to see in our children. Because temperament is genetic we will need to learn to work with the temperament we gave our children. Adjusting and altering our behavior and compromising so that we can better meet their individual needs.

This resources has additional information on children’s temperament and how to work with the genetic traits we gave them.

CERO A TRES: Recursos en español • ZERO TO THREE

Lori Korthals
Iowa State University Extension Human Sciences Specialist

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**Winterizing Your House This Fall Saves Big Money This Winter**

Winter is just around the corner with its freezing temperature and high winds, so it’s time to start winterizing your house. Here are my top eight tips to protecting your home and family.

1. Check the rain gutters and clean out leaves and other debris.
2. Protect the pipes with insulation, especially pipes close to exterior walls.
3. Seal any cracks around holes with caulk and weather strip around doors and windows.
4. Check your thermostat and set it for at least 65 degrees
5. Change furnace filters or have a technician check the furnace or chimney.
6. Check your smoke detectors and carbon monoxide detectors.
7. Trim tree branches and dead limbs that could fall with heavy snow.
8. Remove your garden hose from the outdoor bib and cover the outlet with insulation protection.

Once we have our first snow fall, shovel or sweep the driveway and sidewalks before the snow is compacted by foot or wheel traffic. The compacted snow is slippery and...
dangerous plus it is harder to remove with the next snowfall. I’ve lost plants in the winter that were close to windows for light and then fell prey to the cold temperature radiating from the uninsulated glass. Move then toward an inside wall that still get light from a southern-facing window. Remember, it is never safe to use a grill or gas oven to heat your home. The combustion release carbon dioxide gas that is toxic if you breathe it. Finally, don’t wait for the first storm to stock up things your know you will need in your car. Make sure you have a snow shovel, ice scraper, ice melt, flashlight plus blankets and jumper cables in your vehicle.

Fred Hall
Iowa State University Extension Dairy Specialist

Checklist For Opening A Bank Account

If you find that you need a checking or savings account, opening an account at a bank is really easy.

First, you may want to get a recommendation from a trusted friend or family member for a bank or credit union. Find out about: The fees they charge; The services they offer, like online bill payment or a mobile app; The interest they pay for savings accounts.

You usually need to make an initial deposit between $25 and $100 to open a savings or checking account. Plus, you may need to maintain a minimum balance to avoid service fees.

You also need to provide information so the bank or credit union can verify your name, date of birth, address, and identification number. An identification number can be a Social Security number, Individual Taxpayer Identification Number (ITIN), passport number with country of issuance, alien identification card number, or other government-issued identification number. Many banks require you to show a U.S. or state government issued identification card with your photo on it, such as a driver’s license, U.S. passport, or military identification. If you do not have a U.S. or state government issued form of identification, some banks and credit unions accept foreign passports and Consular IDs, such as the Matricula Consular card.

Additionally, you generally also need a bill with your name and address on it. If you’re opening an account as a joint account, the other person on the account will need to provide the same information.

If you’re applying for a credit card account, the bank will also take a look at your credit history and credit score. Depending on the card you’re applying for, you’ll often need to have a credit score that exceeds their minimum requirement to open the account. On the other hand, many of the best savings accounts don’t require a minimum deposit at all, though some might require a minimum balance to take advantage of their highest rates. This is definitely something to check out with your potential bank before you go to apply. You can usually fund your opening deposit with a check, debit/credit card, money order or an electronic transfer.

Fred Hall
Iowa State University Extension Dairy Specialist

4 Tips to Work Cattle Safety

When working around animals, your safety should be a priority. Understanding animal behavior is critical to preventing the situation where you could be injured. Here are six things to remember whenever you are around large animals.

1 Animal behavior

Livestock are creatures of habit and prefer a routine (i.e. making feeding or milking times the same each day). Livestock also prefer being around other livestock. They can become frightened or agitated when separated from the rest of the group. When in large groups, livestock will often follow the leader, which can be beneficial when moving them from place to place.

Continued on next page
Head Start Preschool: Promoting School Readiness for Children and Families

Head Start is a federal program that provides comprehensive early education for three and four-year old children in an innovative and safe classroom setting. Head Start is at no cost to the families if they are eligible for services. Head Start offers health screenings and referrals, nutritious meals and snacks and parent involvement services. Head Start prepares children for kindergarten and helps families promote their role as the child’s primary educator.

Head Start houses classrooms in Cherokee, Ida, Lyon, Plymouth and Sioux Counties. Each classroom is designed to enhance children’s cognitive, social and emotional development. Head Start uses research-based curriculum, High Scope, which provides learning activities and experiences promoting children’s learning development.

A Head Start day consists of breakfast, lunch and snack for full day centers, toileting, toothbrushing, small and large group learning activities, outdoor time and active play. The teachers also offer interest-based play, exploration and support child’s specific learning goals. Families have an opportunity to volunteer in numerous ways. Bilingual staff are available and cultural backgrounds are reflected in every Head Start classroom.

The Child Development Center (CDC) is a state funded program run similar to the Head Start program. CDC is located in Hawarden, Iowa.

To apply for services, you may contact 800-859-2025 or visit us at our website www.midsioux.org.

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