



# Family Ties

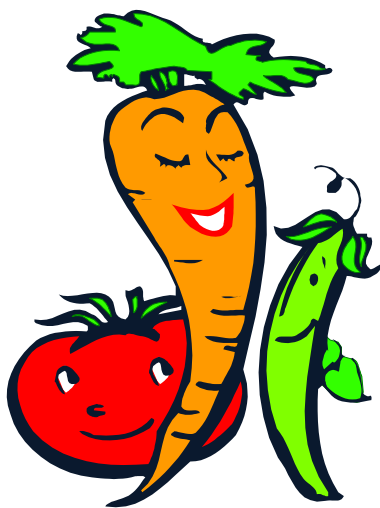
University of Tennessee Extension Family and Consumer Sciences

## Antioxidants Help Your Body Fight Back Against Disease



Instead of thinking about things you should not eat, consider foods you can add to your eating plan to help you fight disease. Most people can benefit by adding foods rich in antioxidants.

Antioxidants are naturally occurring plant substances that help protect our body against damage. Like rust on a car, oxidation can cause damage to cells and may contribute to aging, heart disease, cancer, eye disease, dementia and other diseases. Antioxidants help prevent oxidation. They help increase immune function and possibly decrease risk of infection and cancer.



Antioxidants exist as vitamins, minerals and other compounds in foods. A few of the better known antioxidants include carotenoids (a form of vitamin A) — the substance that gives fruits and vegetables their deep rich colors. Apricots, broccoli, pumpkin, cantaloupes, spinach and sweet potatoes are good choices. Foods containing vitamins C and E are also good sources of antioxidants, as well as selenium and zinc.

Eat more beans — red, black, pinto, lentils — all of which are high in cancer and heart disease-fighting antioxidants. If beans aren't your favorite, antioxidants are also found in colorful fruits and vegetables. Eat a rainbow of colors everyday. Whole grains and nuts and seeds will also help your body fight disease.

By: Betty Greer, Ph.D  
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# Reducing Your Children's Stress

Researchers have noted that many children in our society are under a tremendous amount of stress. Some of the sources of that stress include the following:

- Not having enough time with a parent or other trusted caregiver to feel safe and secure;
- Pressure to get good grades in school;
- The need to fit in with peers;
- Too many extracurricular activities;
- Pressure to do well in performance activities like sports, dance, gymnastics, or art;
- Parents' worries about finances, work, or family problems; and
- Family issues like divorce, illness, or death of a loved one or pet.



You can help your child cope with stress by making sure he or she gets adequate rest and physical activity and eats a healthy diet. Also, make sure that you spend time with your children each day. This can ease stress for both of you even though it may mean giving up something else you had planned to do.

Talk with your children about their day. Guide them to come up with some ideas for how to deal with stressful situations. Help them to understand that they do have choices, and honor their choices, if at all possible.

Let your children know that some level of stress is normal and that it is okay to be scared, anxious, or lonely. Help them understand that others feel that way as well.

Most parents have high expectations for their children and want to see them succeed. While this is a good thing, it needs to be tempered with realistic expectations. Parents who are perfectionists may cause their children to always focus on their failures which can lead to self-doubt and depression. Encourage your children while allowing them to be human and make mistakes. We often learn more from our errors than we do from things we get right the first time.

Step back and evaluate your child's abilities and desires. Aiming for a college degree may not be best for a child who is more gifted in working with his hands or who has difficulty with academic subjects. Instead of seeking perfection, help your child to seek excellence (doing his or her best) in activities.

Finally, use positive ways to deal with your own stress. Get enough sleep, exercise regularly, eat regular healthy meals, engage in a hobby you enjoy, and seek help from others when you need it. Your example will help your children to learn positive ways to deal with difficult situations that come their way.

By: Denise J. Brandon, Ph.D  
Extension Specialist - Family Relations

# HALLOWEEN SAFETY TIPS FOR PARENTS



Halloween is an exciting, fun-filled time for young people. Unfortunately, it can also result in tragedy. Here are some safety tips for parents, children and drivers, which will help make Halloween a safe event for all.

## ADULTS

1. Welcome trick-or-treaters with your porch lights and any exterior lights on.
2. Patrol your street occasionally to discourage speeding motorists, acts of malicious mischief and crimes against children.
3. Report any suspicious or criminal activity to your police department immediately or call 9-1-1.
4. Do not give homemade or unwrapped treats to children.
5. Look in all directions before crossing the street, and obey all traffic signals. Walk, never run, across the street, and use sidewalks, not the street for walking.
6. Do not accept rides from strangers.
7. Do not take short cuts through backyards, alleys, or parks.
8. Do not go inside anyone's home. Remain on the porch at all times.
9. Do not eat treats until parents have inspected them.
10. Discard any homemade or unwrapped treats.

## MOTORISTS

Exercise extreme caution when driving a vehicle. Be on the alert for excited youngsters, whose vision may be obscured by masks, darting out into traffic.



## THINGS PARENTS SHOULD TELL TRICK-OR-TREATERS

1. Set a time limit for your children to "trick-or-treat". Designate a specific route for them to take. An adult should accompany any younger children.
2. Never trick-or-treat alone. Have at least two buddies go together for the entire evening.
3. Carry a flashlight and use it so drivers can see you and you can see hazards in the street as well as other people.
4. Cross only at street corners, never between parked cars, and never diagonally across an intersection.



## Note to Parents:

1. Make sure your children's costumes are not flammable.
2. Do not permit your children to use floor length or vision-impairing costumes.
3. Reflector stripes make your costume more visible.
4. In lieu of masks, use face makeup.
5. Wear comfortable, safe shoes.
6. Call 9-1-1 if you suspect any tainted candy.

by: Judy Cloud Berryhill  
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Source: Internet- Child Quest International Home Page

# Changing Children's Behavior Without Hitting

Most adults will agree that hitting people is wrong. Yet, many parents view spanking as an acceptable form of discipline for their children. Spanking is viewed as a way to stop children's negative behaviors. It does often stop behaviors quickly. However, in the long run, spanking has been found to be ineffective at decreasing negative behaviors. Spanking or hitting does not teach children how they should behave.

Dr. Dawn Ramsburg, of the University of Illinois, Urbana-Champaign offers some alternatives to hitting or spanking, for parents who want to control their children's behaviors without harming them. Prevention can reduce the need to correct children's behaviors. Here are suggestions by stages of development.

## For Parents of Infants:

- When there is danger, grasp an infant's hand instead of slapping.
- When you want to get something from an infant's hand, trade a toy instead of trying to force the item from the child.
- Baby-proof your house by putting breakable and dangerous items out of reach.
- If you feel yourself becoming angry or upset at your infant, put the child in a safe place, such as a playpen, and leave the room.

## For Parents of Toddlers:

- Remove dangerous objects from areas where your child plays. Always supervise toddlers when they play because they don't understand about safe and unsafe activities.
- Distract toddlers from activities that may not be safe or appropriate rather than trying to force them to stop. Force usually leads to both of you becoming angry and frustrated.
- Use your size to your advantage by simply removing the child from the unwanted situation when reasoning doesn't work.
- If you start to hit your child, slap your knee or the table instead. The loud sound will interrupt the behavior without hurting the child.

## For Parents of Older Children:

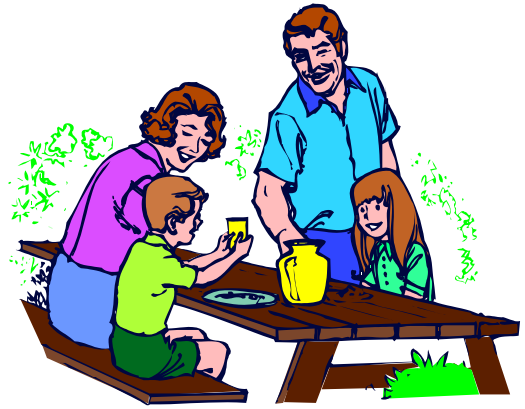
- When you start to get angry, clap your hands to interrupt the behavior instead of hitting the child.
- If your child refuses to listen to you, crouch down on his level, hold him so he is facing you, then talk to him in a calm voice.
- Distract yourself, if you feel like you want to hit your child. Instead, walk away, call a friend, write a note, punch a pillow, or any activity that will help you to cool down.
- When you feel you must punish your children, make sure the punishment is related logically to the incident. For example, take away the privilege of riding the bike for an afternoon, if the child rode the bike in a forbidden area. If children are fighting over a toy, put the toy in time-out until the children are able to work out how they will share the toy.
- Use time-out as a cooling off period rather than punishment. Teach your child that she should use the time to calm down and get control of herself. Practice using time-out for yourself, when you need to calm down.

## For All ages of children:

- Recognize good behavior. Hugs and praise go a long way.
- Make family rules in advance when everyone is calm and listening. Keep the number of rules low for only the most important things. Too many rules are confusing and discouraging.
- Try to understand your child's feelings when misbehaving. Sometimes children just need attention, but don't know how to ask for what they want. Sometimes they may be tired or not feeling well.
- Be willing to apologize when you have made a mistake with your children or have had a change of heart. When you are willing to admit that you have made a mistake, children are quick to forgive, and they will learn how you want them to behave toward you as well.

By: Denise J. Brandon, Ph.D  
Extension Specialist - Family Relations

# Ideas for A Great Tennessee Staycation



With food and gas prices as they are and the holidays just around the corner, many families are forgoing vacations this summer and fall and are opting instead for “staycations.” The urban dictionary defines a staycation as “A vacation that is spent at one's home enjoying all that home and one's home environs have to offer.” But just because you can't vacate to an exotic locale doesn't mean you can't have a great time! Our state offers great recreation and events that can be found practically in everyone's backyard! To plan your ultimate staycation keep the following tips in mind:

- Let everyone in the family help make a list of things that they would like to do. Include something from everyone's list on the itinerary of your staycation.
- Make an itinerary!!! It would be easy to use the time off to accomplish tasks around the house instead of relaxing and spending time with your family-so make sure that you plan how you want to use your time so it doesn't slip away!
- Research-ahead of time-local parks, exhibits, museums, festivals, and theater that you are interested in.
- Have plenty of snacks and easy meals on hand to avoid the expense of eating out every meal. Sandwich items and fresh fruit are great staples enabling you to easily throw together an impromptu picnic.
- Even though there is an itinerary-be flexible! If everyone feels like staying in and playing board games in their pajamas while drinking hot chocolate-indulge! It isn't often that families get to have this type of non-scheduled time together anymore. Often children recall these types of family memories above any other. Think back what were your fondest family memories?
- Also, though you are at home do something that is out of the ordinary. Some things that might be on your list include going to a museum or theater you have always meant to visit but never have; star gaze or cloud watch; or, have a family field day complete with relays and a picnic!
- Finally, remember to take plenty of pictures of your staycation!

Here is a website that offers more information in regards to planning your ultimate Tennessee Staycation!  
[www.tnvacations.com/attractions](http://www.tnvacations.com/attractions)

By: Shea Austin  
Human Development Leadership Team  
FCS Agent - Lincoln County

Source: [www.simplemom.net/staycation-with-preschoolers](http://www.simplemom.net/staycation-with-preschoolers)

# Making Mealtime More Pleasant



WE ALL LIKE TO EAT. That is an obvious fact from the numerous eating establishments we pass on a daily basis and from the growing weight problem in this country. But how much do we actually ENJOY mealtime? Here are some tips to make mealtime a happier time for all.

- ☪ **Don't run a restaurant.** Offering a buffet is stressful. Make one meal and allow serving options when it comes to toppings, how it is served, etc. Use simple recipes and do as much preparation ahead of time as you can. Save fancy, complex meals for rare occasions.
- ☪ **Make mealtime conversations enjoyable.** Don't use this time to criticize, scold or nag. Discuss pleasant things, share ideas, and tell stories.
- ☪ **Avoid distractions.** Make sure the television sets and cell phones are off during mealtime. Clear papers and clutter from the table, and anything else that might take attention away from enjoying your family.
- ☪ **Practice good manners at home and they will be used in public.** No elbows on the table, no nose-blowing at the table, and no talking with our mouths full.
- ☪ **Encourage children to become involved in the planning & presentation of the meal.** Teach them to set the table, let them help you choose the beverages, etc.
- ☪ **Move your meals.** If the weather is nice, have dinner outside. Nature is a great conversation piece.

**Relax your attitude about food and mealtime.** Laugh at the unexpected spilled milk. Don't worry about the uneaten veggies left on the children's plates. Keep presenting new foods and they will eventually try them, especially if no unhealthy options are made available!

Make trying new foods a game, or a "challenge".

By: Tennille Blakemore Short  
Human Development Leadership Team  
FCS Agent - Haywood County

SOURCE: "Kid Cooperation & Perfect Parenting" by Elizabeth Pantley

# Child Abuse - Are You Guilty??

Do you abuse your child? Your immediate answer is probably “absolutely not”. But you can abuse a child in other ways than physical and sexual. Psychological abuse is also a form of child abuse.



- ; Consistently letting your child stay up late watching TV on a school night.
- ; Failing to get your child’s glasses fixed or teeth repaired.
- ; Failing to have a will made and failing to designate a guardian for your child.
- ; Driving too fast.
- ; Criticizing your mate for everything and talking against your mate to your child.
- ; Neglecting to fill out your child’s school forms.
- ; Dating someone who hates children.
- ; Sending your child to school when he or she is ill.
- ; Having no idea who your child’s friends are or where your child hangs out.
- ; Never carrying through on a punishment that you have given your child.
- ; Letting your child drive without a license.
- ; Letting your child spend the night at someone else’s home without talking with the parents.
- ; Bringing one partner after another into your life.
- ; Never monitoring your child’s internet activities.
- ; Smoking in an enclosed car or house with your child present.
- ; Never attending a parent-teacher conference or school activity.
- ; Never taking your child’s side against a teacher or always taking your child’s side against a teacher.
- ; Promising to do something with your child and then canceling out because you lost interest.
- ; Treating yourself to a new outfit, but expecting your child to always make do with what clothes he or she has.
- ; Making your child late for school because you can’t seem to get up in the morning.
- ; Refusing to allow your child to participate in outside activities because it’s inconvenient.
- ; Allowing your child to skip school because you like the company and don’t feel like getting him or her dressed.
- ; Let your child watch an adult movie you want to watch.
- ; Leaving your child in the care of an older sibling who you know is immature to be babysitting.
- ; Always being disorganized and running late.

**If you find yourself guilty of any of these behaviors, YOU ARE IN A SENSE ABUSING YOUR CHILD!**

Remember, parents have the responsibility of their child’s health, safety, education and well being.

by Vicki Lofty  
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# Arthritis



Arthritis is the most common disease affecting humans. Over 40 million people, including some 400,000 children, suffer from joint disorders in the U.S. In Tennessee, one in six people lives with arthritis. Joint disorders strike at the heart of independence - the ability to move freely. Although there is no cure for arthritis, the symptoms can be controlled.

**There are over 100 illnesses that fall under the category of arthritis, but there are four common types.**

- T Rheumatoid Arthritis** is a chronic inflammatory disorder that causes pain, stiffness and deformation in the joints.
- T Osteoarthritis** is a degenerative joint disease in which the breakdown of joint tissue leads to joint pain, morning stiffness and changes in the joints. It is the most common form of arthritis.
- T Juvenile Rheumatoid Arthritis** is rheumatoid arthritis that affects children.
- T Gout** is caused by the buildup of uric acid in the body that leads to extreme pain and inflammation.

There are several treatments that can be used. Cold pads or heat pads, alternating 10 minutes on and 10 minutes off, may reduce stiffness, swelling and pain. Light range-of-motion exercises help by decreasing pain and stiffness, keeping joints moving, increasing endurance and maintaining strength. Nonsteroidal, anti-inflammatory drugs like aspirin, acetaminophen, ibuprofen and naproxen are all used in treatment. Therapy can help pinpoint the cause of pain. Learning the proper way of doing everyday activities like lifting and carrying can make living with arthritis less painful.

## Health Minute

Physical activity can be one of the most important weapons in the arthritis self-management arsenal. If a joint is not used, it loses its functions.

PLACE HANDS BEHIND YOUR HEAD, MOVE ELBOWS BACK AS FAR AS YOU CAN. AS YOU MOVE ELBOWS BACK, PULL CHIN IN AND MOVE HEAD BACK. RETURN TO STARTING POSITION AND REPEAT.

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