



March & April 2007

Choctaw County

Children can benefit from parents who are positive emotion coaches

Raising a child is said to be one of the most challenging jobs in the world. Learning how to read a child's emotions can be just as challenging.

Adults may often find themselves having difficulty identifying their own emotions, let alone knowing how to read their child's emotions, said Debbie Richardson, Oklahoma State University Cooperative Extension Service parenting specialist.

"Imagine how confused a child can be about their own emotions," Richardson said. "Parents often are concerned about their child's feelings, but may not be sure how to respond. Keep in mind that good communication is vital and feelings are important for parents to discuss with their children."

Some children simply may not have the ability to express in words what they are feeling. That may lead to a child expressing his or her emotions through negative behavior such as yelling or fighting. Parents need to be able to talk about anger with their child and help the child express anger in a more positive way. This helps develop emotional intelligence.

Emotional intelligence involves being aware of one's own feelings and dealing with emotions in a positive way.

"One thing parents need to remember is that they are 'emotion coaches' for their children," she said. "Emotion coaches help their children name and discuss the feelings they may have. The coach also needs to reassure the child that having feelings is completely normal. Also, parents must remember that as emotion coaches they need to model positive emotional expression."

Research indicates that parents can use a variety of ways to become better emotion coaches. One approach is that parents should pretend what it would be like to be in the child's situation and try to imagine what the child might be feeling.

Richardson said parents should not try to solve the problem, but instead try to relate to the child's experience and respect the child's ideas.

"Making the effort to teach your child how to come up with solutions can help them feel more control over the situation," she said. "It also is important to be consistent and patient because emotional coaching occurs over time."

Children who have positive emotion coaches in their lives are better at comforting themselves when they are upset, are better at focusing attention, relate better to other people, are better at understanding people, are better in school situations that require academic performance, can calm down more quickly after something upsetting happens and have fewer infectious illnesses.

"It takes much more than love to become a good parent," Richardson said. "Parents who have the best of intentions are involved in their child's life and offer a warm atmosphere can still make mistakes when it comes to dealing with their own or their child's feelings of sadness, or being afraid or angry. Parents must be able to turn their love and concern into basic skills that are needed if parents are going to truly be successful as an emotion coach. These skills will help ensure parents are raising an emotionally intelligent child."



NATIONAL NUTRITION MONTH 100% Fad Free

The National Nutrition Month campaign reinforces the importance of nutrition as a key component of good health, along with physical activity.

Key Messages:

♥ Develop an eating plan for lifelong health. Too often people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the Dietary Guidelines 2005 and MyPyramid as your guide to healthy eating.

♥ Choose foods sensibly by looking at the big picture. A single food or meal doesn't make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.

♥ Learn how to spot food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combination of foods may cure disease or offer quick weight loss are key features of fad diets.

♥ Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

♥ Food and nutrition misinformation can have harmful effects on your health and well being, as well as your wallet. Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that is unique to your particular needs.

Nutrition & Food Preparation Classes



Held every Monday
10:00 am
Choctaw County Library, Hugo

Presented by the OSU Cooperative Extension Service and the Community Nutrition Education (CNEP).

Active Living for Families

Active living helps your family enjoy life! Moving more boosts energy and promotes sound sleep. And it's a lifelong way for you and your child to stay healthy and keep a healthy weight. In fact, active living lowers the chances of obesity, diabetes, and heart disease for you and your child.



How can you raise an active child?

Get moving yourself! Children often “inherit” their family’s lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.

Fit activity in your family life. You don't need to spend extra money, or even get involved in sports. You can all be active – just by doing everyday things.

Do more than watch. Play! Let yourself feel young enough to play, especially with your child. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child's play.

Set limits on TV and computer time – for the whole family. That leaves more time for active play.

Parent Alert! Children need at least 60 minutes of physical activity on most days. Competitive sports aren't the best choice for most young children. Children naturally start to do things in groups about eight or 10 years of age. Let them choose the type of activities they enjoy.

“In Oklahoma, 13.4% of children go without sufficient exercise every day during the week and more than half, 54.2%, watch television or play video games two or more hours of every school day.”



Fresh from the Market. . . Mangos

Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit, when the mango is green the amount of vitamin C is higher, as it ripens the amount of beta carotene (vitamin A) increases.

Nutritional Value

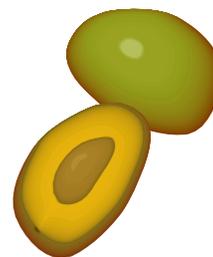
Mangos are an excellent source of Vitamins A and C, as well as a good source of Potassium and contain beta carotene. They are high in fiber, but low in calories (approx. 110 per average sized mango), fat (only 1 gram) and sodium.

Selection & Storage

Selecting the ripeness of mangos can be determined by either smelling or squeezing. A ripe mango will have a full, fruity aroma emitting from the stem end. Mango can be considered ready to eat when slightly soft to the touch and yielding to gentle pressure, like a ripe peach. The best flavored fruit have a yellow tinge when ripe; however, color may be red, yellow, green, orange or any combination. The ideal post harvest storage temperature for mangos is 55° F. When stored properly a mango should have a shelf life of 1 to 2 weeks. The best way to ripen a mango is at room temperature, on the kitchen counter and if you wish to accelerate the process place in a paper bag overnight (some folks place an apple with the mango in the bag to create more natural ethylene gas and further decrease the ripening time). Once ripened the mango can be refrigerated for a few days, but should be used shortly thereafter.

Apple-Mango Crisp

Kristine Napier, MPH, RD
18 Servings

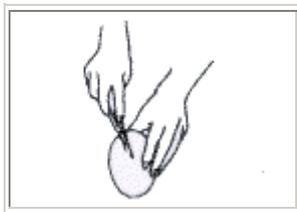


Vegetable oil cooking spray
3/4 cup all-purpose flour, divided
1/2 cup toasted wheat germ
3/4 cup old-fashioned oats
1/2 cup dark brown sugar
1/3 cup chopped pecans
1 1/2 teaspoons ground cinnamon
1/4 cup unsalted butter, melted
(4 tablespoons)
4 Granny Smith apples
2 red sweet baking apples
3 tablespoons lime juice
2 mangos, peeled and chopped

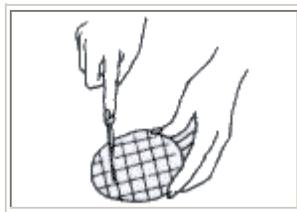
1. Preheat oven to 375 degrees F. Coat a 13x9 inch glass or ceramic baking dish with the cooking spray.
2. Stir together 1/2 cup flour, the wheat germ, oats, brown sugar, pecans, and cinnamon in a medium-size bowl. Stir in the melted butter; set aside.
3. Core the apples, chop, and place in a large bowl; spritz with the lime juice; stir. Stir in the remaining 1/4 cup flour. Fold in the mangos.
4. Place the apple-mango mixture in the baking dish. Sprinkle the flour-oat mixture evenly over the top. Bake 45 minutes, or until the apples are tender. Cool slightly and serve warm.

Nutrition Facts per Serving: Serving size: 1 cup
Calories: 140 kcal, Fat: 5 g, Saturated fat: 2 g, Cholesterol: 5 mg, Sodium: 0 mg, Carbohydrates: 24 g, Dietary fiber: 2 g, Protein: 2 g

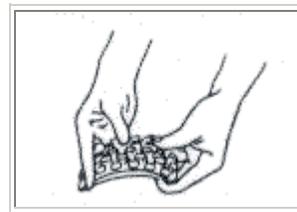
Resource: American Dietetic Association Cooking Healthy Across America



1. Start with the Mango "cheek"; Fillet off its pit lengthwise.



2. Cut 1/2" squares by scoring mango with a sharp knife. Do not cut through skin.



3. Turn mango half "inside out," separating cubes. Slice off squares with a knife.

Cubing a Mango . . .

OHCE Calendar

Lunch-n-Learn: Hot Tamales

March 15th

12:00 noon

OSU Extension Office, Hugo



Choctaw County Trash-off

April 14th, Saturday

S.E. District OHCE Meeting

April 17th

Madill

Executive Meeting

April 19th, 10:00 a.m.

Location: TBA

Lunch-n-Learn: Oklahoma Centennial

April 19th, 12:00 noon

Boswell Park



OHCE Week

May 1-5

Choctaw County 4-H Salutes...

Hugo OHCE for serving drinks during
the 4-H Rally

Sherrie Vansickle for her guidance and cooking
expertise in making over 200 fried pies for the
4-H Concession Stand.



OHCE Members Honored at County's Award Program



OHCE Young Member of the Year

Stacey Knight

Heart of OHCE

Linda Knight

OHCE Member of the Year

Christie Hood

OHCE Rookie of the Year

Kathy Hood

Family & Consumer Science Newsline is published as one way of communicating educational information to the citizens of Choctaw County:

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County Web Page:

<http://www.county.okstate.edu/choctaw/>



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