

Lubbock County
Family Network



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NATIONAL POISON PREVENTION WEEK 2016

PPWC Launches Week-Long Campaign to Prevent Poisonings

Unintentional poisoning hazards span a lifetime but preventing poisoning can take only moments. During National Poison Prevention Week, March 20-26, 2016, the Poison Prevention Week Council (PPWC) will take to social media to bring awareness to the common, but often hidden poison dangers, as well as encourage the public to take a few simple precautions to prevent poisonings. Even though this week is just past, poison prevention is always important.

In 2015, about 2.2 million calls were placed to the Poison Help Line (800-222-1222) from people coming into contact with dangerous or potentially dangerous substances. From incorrect medicine dosing to emerging hazards associated with liquid nicotine, most poisonings are unintentional and preventable.

“It’s important to remember that poisonings can happen to anyone, anywhere, and at any time. While the majority of accidental human exposures called in to poison centers occur at a residence, they can also occur in the workplace, schools, healthcare facilities and elsewhere,” said Krista Osterthaler, Chair of the Poison Prevention Week Council and Director of National Outreach at the American Association of Poison Control Centers. “The good news is that many poisonings are preventable, and if you need help, it’s readily available by calling Poison Help Line.

For additional information about poison prevention, visit the Poison Prevention Week Council’s website at www.poisonprevention.org or on Twitter @PreventPoison. Individuals and organizations that would like to follow

social media content pertaining to National Poison Prevention Week should use and search for the hashtags [#PreventPoison](#) or [#NPPW16](#).

Public Law 87-319 (approved September 26, 1961) requested that the President annually to designate the third week in March as National Poison Prevention Week. The observance, sponsored by the Poison Prevention Week Council, was designed to alert the American people to the problem of unintentional poisonings. For over 50 years, National Poison Prevention Week has worked to educate the public about preventative and safety measurers.

The Poison Prevention Week Council provides information about the events associated with National Poison Prevention Week, the steps that you can take to help prevent accidental poisonings and tips for promoting community involvement in poison prevention. Learn more at www.poisonprevention.org.

Source: News Center, Press Releases /
<http://www.newswise.com/articles/ppwc-launches-week-long-campaign-to-prevent-poisonings>;
http://www.cleaninginstitute.org/ppwc_launches_week-long_campaign_to_prevent_poisonings/

TEN GUIDELINES FOR EFFECTIVE DISCIPLINE

One of the most challenging aspects of being a parent is deciding upon a style of discipline that’s appropriate, effective, and in the best interest of the child. As frustrating as it may be, it’s entirely normal for children to test limits. While it may not appear this way on the surface, addressing a child’s misbehavior provides parents with a great opportunity to teach their children valuable life lessons. Although no one has all of the answers when it

comes to disciplining children. Family and Consumer Sciences Extension agents say that the following guidelines can help parents discipline their children in a loving, fair, and effective manner.

1. **Have Realistic Expectations.** When it comes to discipline, there is not one particular technique that works effectively with all children in all circumstances; therefore, when considering how to deal with a child's negative behavior, parents need to think about that child's developmental capacities and consider how to use the misbehavior to teach an age-appropriate life lesson.
2. **Communicate Expectations Clearly.** Children will have a very difficult time following the limits established by their parents if they do not know what those limits are. Likewise, when children violate limits, it is critical to let them know that they have violated a limit. If some type of disciplinary action is taken, it is also helpful to let children know why they are being disciplined. Taking advantage of these "teachable moments" promotes positive behavior and helps prevent future misbehavior.
3. **Establish Reasonable Consequences.** Establishing reasonable consequences is an essential aspect of effective discipline. What constitutes reasonable versus unreasonable depends on the age and developmental stage of the child and the severity of the behavior. A child who clearly understands and is capable of following a rule established by a parent, yet fails to do so, should experience a consequence for his behavior. The consequence, however, should be in the line with the offense. For example, a reasonable consequence for a 3-year-old child who takes a cookie from the kitchen just before dinner would be not letting the child have a dessert after dinner. An unreasonable consequence, on the other hand, would be not letting the child eat dinner at all.
4. **Be Loving, Yet Firm.** Researchers have discovered that the most effective style of discipline is an authoritative one, in which adults openly express their love for their children, yet expect them to behave in ways that are consistent with the guidelines they have set in the home. When rules and/or limits are violated, consequences are implemented that are intended to teach the importance of proper behavior.
5. **Be Consistent.** Consistency is another factor that is associated with effective discipline. Consistent parents do what they say they are going to do, when they say they are going to do it, without partiality. If a parent tells a child she is going to receive a consequence for violating a rule and the parent fails to enforce it, the parent is not being consistent. Children are very observant. They pick up on inconsistencies in parents' behavior, which can lead to further misbehavior. Children who are cared for in a consistent manner know what to expect from their parents. They are not surprised when they suffer consequences for misbehavior.
6. **Discipline in a Positive Way.** Parents who truly care about the well-being of their children discipline them because they want what is best for them. Discipline that is done to teach, guide, protect, and promote self-responsibility is positive discipline. In contrast, discipline that is done out of anger or revenge is negative and can be harmful to children.
7. **Model Appropriate Behavior.** Children tend to model behavior they see on a regular basis. Parents have a unique opportunity to model positive and socially acceptable behavior. Whether it is picking up after making a mess or settling differences with another family member in a respectful manner, parents demonstrate to their children the skills they want them to acquire. If a parent wants his child to treat him and others with respect, he must model respect for others in his daily interactions. If he wants his child to listen to what he has to say, he must be willing to listen to his child.
8. **Discover the Origins of Misbehavior.** Children misbehave for a variety of different reasons. A child may "act out" because he is tired, hungry, frustrated, seeking after attention, or having difficulties at school. Parents should make an attempt to find the root cause of the behavior and deal with it. Doing so can prevent a situation from escalating out of control and bring a quick resolution to an otherwise potentially difficult situation.
9. **Make a Distinction between the Child and the Child's Behavior.** When a child misbehaves, it is helpful to distinguish between the child and the behavior. Label the behavior as unacceptable, but do not convey to the child that she is unacceptable. To illustrate, note the differences in the following statements: "Your behavior was disappointing," versus "You are a disappointment!"
10. **Learn from Mistakes.** No parent has all of the answers when it comes to dealing with children's problem behavior. All of us who have our own children, or who have cared for children, have made mistakes when attempting to set and enforce limits with them. Disciplining children is one of the most difficult aspects of being a parent; however, effective parents learn from their mistakes. As time wears on,

they become more efficient at handling difficult behavior, and they are able to teach children valuable lessons that will last a life-time.

Source: Stephen Green, Ph.D., Assistant Professor and Extension Child Development Specialist, Texas A&M AgriLife Extension Service. Family and Consumer Sciences website: <http://fcs.tamu.edu>. August 2006.

ASLEEP AT THE WHEEL

Drowsy Driving is Impaired Driving

We all know the feeling, your head is feeling heavy, you open the window for more fresh air, turn the radio up louder– you are driving and beginning to feel sleepy. According to a survey conducted by the Centers for Disease Control and Prevention (CDC), one in 25 adult drivers (Age 18 or older) reported falling asleep while driving in the 30 days prior to being questioned. A survey conducted by the AAA Foundation for Traffic Safety found that nearly one-third of drivers admitted to driving in the past month when they were so tired they had difficulty keeping their eyes open.

Drowsy driving is a form of impaired driving. Like alcohol and drugs, sleep loss impairs driving skills, which makes hand-eye coordination, reaction time, vision, awareness of surroundings, judgment and decision-making more difficult. There will be a decrease in driving performance and an increase in moodiness and aggressive behaviors. According to the National Highway Traffic Safety Administration's National Motor Vehicle Crash Causation Study, drowsy drivers involved in a crash are twice as likely to make performance errors, as compared to drivers who are not fatigued. Whether young or old, drowsy drivers are a danger to themselves and other drivers and passengers on the road. AAA estimates that drowsy driving is responsible for more than 20 percent of fatal crashes. The risks of drowsy driving can be reduced by educating all drivers to watch out for signs of sleepiness at the wheel.

Who's at risk?

While drowsy driving is a problem that can affect all drivers, the problem is most prevalent among young drivers, shift workers, and those who work long hours. In fact, working the night shift increases your risk by nearly six-times of falling asleep at the wheel. According to the National Sleep foundation, people with undiagnosed or untreated disorders, such as obstructive sleep apnea, have been shown to be seven-times more likely to have an increased risk of falling asleep at the wheel.

The majority of drowsy driving-related crashes are caused by drivers who are younger than 25 years, especially for males. AAA studies finds that drivers ages 16-24 are twice as likely to be involved in a drowsy driving crash as opposed to drivers 40-59 years old. Teens need more sleep

than older adults, but they seldom get enough rest. Teens also are more inclined to drive at night and during the early morning hours when drowsiness is more likely to occur. Parents can help by making sure their teens are getting enough sleep.

Know the danger signals of drowsy driving. According to the CDC, some of the common warning signs associated with drowsy driving include:

- Yawning or blinking frequently
- Difficulty focusing, frequent blinking, or heavy eyelids
- Difficulty remembering the past few miles driven
- Missing your exit
- Drifting from your lane and hitting a rumble strip on the side of the road
- Daydreaming; wandering/disconnected thoughts
- Trouble keeping your head up
- Feeling restless and irritable

Suggestions to keep alert behind the wheel:

- Get adequate sleep – most adults need seven to nine hours of sleep to maintain proper alertness during the day
- Schedule proper breaks – about every 100 miles or two hours during long trips
- Arrange for a travel companion – someone to talk with and share the driving
- Avoid alcohol and sedating medications – check your labels or ask your doctor

Countermeasures to prevent an asleep at the wheel crash:

- Find a safe place to stop for a break, or for the night
- Drink a caffeinated drink, but be aware that it may take up to 30 minutes for caffeine to enter the blood stream – this is only a short-term benefit, and people who regularly consume caffeine may not experience the same effect.

Source: National Sleep Foundation, <http://drowsydriving.org>



Nothing takes the place of sleep in preventing a drowsy driving-related crash. Be sure to be well rested before you drive. Most people know how dangerous drinking and driving is – driving drowsy can be just as fatal as driving drunk. Drive Alert...Arrive Alive!

BREAKFAST; HOW IMPORTANT IS IT?

Breakfast literally means “breaking the fast.” When we have breakfast, we’re refueling our bodies after going without food during our sleeping hours. Food is the fuel that keeps our bodies functioning properly. Having breakfast helps us to perform and feel better.



When we wake up, our energy reserves are at their lowest. Eating a nutritious breakfast helps us to replenish our blood sugar which improves the brain’s ability to function. Breakfast energizes the body and helps us to function better throughout the day, including giving us more endurance, strength, better concentration and memory, and coordination.

Enjoying a nutritious breakfast that includes foods like high-fiber, whole-grain cereals, whole-wheat waffles, and oatmeal helps us to get enough fiber, vitamins, and minerals.

Research also indicates that those eating breakfast are more likely to have a regular eating pattern (eating every three or four hours) and tend to need fewer snacks throughout the day. Consuming fewer snacks (i.e. chips and candies) throughout the day helps in achieving and maintaining a healthy body weight.

Children also benefit from eating breakfast. When children have breakfast, they are more alert and usually better behaved. Breakfast can improve a child’s attention span, reduces irritability, and can improve overall behavior in school.

Most of us are busy and many simply feel they don’t have the time for breakfast, but it’s important to remember that breakfast doesn’t have to be time-consuming. A healthy breakfast can be enjoyed in less than five-minutes or in less time than it takes to shower or shave.

The old adage that breakfast is the most important meal of the day is actually true. Enjoy it!

*source:

Clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4106.html

Quick Breakfast Ideas

It isn’t as hard as many of us think to make time for breakfast. One way to save time so you’re able to have breakfast is to wake up 15 minutes earlier to allow time to have a bowl of cereal (hot or cold).

Another strategy is to prepare breakfast the night before. For example, make a batch of pancakes or waffles ahead of time and freeze them. When needed, pop one or two into the microwave and enjoy with a glass of milk.

Another fast, healthy breakfast option is the breakfast burrito. Try taking scrambled eggs, tomatoes, and cheese and rolling them into a whole-wheat tortilla for a delicious, on-the-go breakfast.

The possibilities for a quick, healthy breakfast meal are numerous. Use your imagination and start creating today!

Source: Better Living for Texans, *On the Track to Better Health* Newsletter, Volume 1, Issue 4, April 2016

ACCIDENTS CAN BE EASILY PREVENTED

Keep Liquid Laundry Packets Out of Reach

Exposure to liquid laundry packets among young children remains an issue. In fact, an ACI consumer survey found that 61% of parents are storing laundry packets in-sight or in-reach of children. Proper use and storage of these liquid laundry packets is essential in preventing accidental exposures.

There are a variety of things you can do to prevent accidental exposures.

The liquid inside these pre-measured packets is harmful if put in the mouth, swallowed or gets in the eye. Immediately call Poison Help at 1-800-222-1222 if there is an accident.

Prevention is simple.

Here’s what you can do:

- **Always** store this product up and out of sight and reach of your children
- **Never** let your children handle laundry packets
- **Never** puncture or pull packets apart
- **Always** keep product container securely closed
- **Always** remember to read product label

Locking detergent packets up in a cabinet is an effective way to keep these products out of reach of your children, Especially when they begin exploring closets and cabinets at an early age.

Helpful Links:

<http://www.cdc.gov/HealthyHomes/ByTopic/Poisoning.html>
<http://www.aapcc.org/>
<http://www.jpma.org/>
<http://onsafety.cpsc.gov/blog/2016/03/17/national-poison-prevention-week-2016/>
<http://poisonhelp.hrsa.gov/indes.html>
<http://www.consumered.org/team/poison-prevention/poison-prevention-tips>

Source:

http://www.cleaninginstitute.org/clean_living/prevent_poisoning_with_aci.aspx

Recipe Corner



Fantastic French Toast

- 2 large eggs
- ½ cup non-fat milk
- ½ teaspoon vanilla extract
- 6 slices whole wheat bread
- Syrup or other toppings (optional)

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown, Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Makes: 6 Servings

Total Cost: \$1.12

Serving Cost: \$0.19

Can be served with fresh or canned fruit.

Easy Chicken Pot Pie

- 1 ⅔ cup frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken or turkey
- 1 10¾-ounce can condensed cream of chicken soup
- 1 cup reduced fat baking mix
- ½ cup low fat or fat free milk
- 1 egg

Wash hands and any cooking surfaces. Pre-heat oven to 400°F. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate. Stir remaining ingredients in a mixing bowl with a fork until blended. Pour over vegetables and chicken in pie plate. Bake 30 minutes or until golden brown. Let cool for 5 minutes and serve.

Cook time: 35 minutes

Prep Time: 5-10 minutes

Cost per serving: .042

Nutritional Facts:

Serving Size: 1/6 of pie)

Serving per container: 6

Calories: 230

Calories from Fat 80

Total Fat 9g 14%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 680 28%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 12%

Sugars 5g

Protein 13g

Sincerely,

E. Kay Davis, M.S., L.D.

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