

Calling All Parents

April 2004

Character Counts..... Fairness

What does it mean to be fair?

Fairness is playing by the rules, taking turns, sharing and listening. Fair people do not take advantage of others. They consider all sides before they decide and do not blame others unjustly.

- Emphasize Fairness in Your Family
- Develop family rules that are appropriate for varying age and skill levels
- Utilize the family rules as criteria for getting special privileges
- Play a game by the rules
- Discuss fair ways to choose a movie, restaurant, or vacation.

Source: Character Counts of the Josephson Institute of Ethics. www.charactercounts.org

How Children Learn Character and Values

1. **Words and direct teaching.** Parents and other important adults say things and tell children about the world. They tell children what to do and what is important.

2. **Modeling.** Parents and other important adults show children things. They make decisions, show skills, and react to others. Children watch everything the parents do, whether parents want children to watch or not.

3. **Creating an environment.** Parents help to create the world around the children. They have things in their houses, they belong to groups, they invite people into their houses, and they send their children places. Parents show children what they think is important when they do these things. They also give



children the chance to be with people who share their own values or have other values.

4. **Reward and punishment.** Parents reward some of their children's behavior and punish others. Parents also show values in the way that they use rewards and punishments.

Source: Heath, H. (2000). *Using your values to raise your child to be an adult you admire.* Seattle, WA: Parenting Press.

PARENT CORNER.....

Help your family cut food costs and still eat well:

- Become a seasonal shopper. Buying fresh fruits and vegetables at the time when they're most abundant can help you keep the food budget under control.
- Buy in bulk and take advantage of supermarket specials.
- Shop in local farmers' markets or green markets and you won't have to pay for the services of middlemen such as food brokers and supermarkets.
- When you buy meat, choose the tougher, cheaper cuts that need long cooking (the bonus is that they're also lower in fat).
- Cook on weekends and stock the freezer; that way, you won't be tempted to eat out or order in on nights when you get home late, tired and stressed.
- Don't waste food: Plan on using leftovers in soups, stews, and pasta sauces, or simply have them for lunch the next day.

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KIDS IN THE KITCHEN.....

Chicken Quesadillas

INGREDIENTS

- 8 tortillas
 - 2 tbsp. oil
 - 1-1/2 cup chopped cooked chicken
 - 1-1/2 cups shredded Monterey Jack or mozzarella cheese
 - 1/2 cup medium salsa
- A good recipe for the night you pick up a roasted chicken on your way home.

Brush one side of 4 tortillas with oil. Place on a baking sheet, oiled side down. Spread the chicken over the tortillas and sprinkle with cheese. Divide the salsa over the cheese, top with remaining tortillas and press down to form a tortilla sandwich. Brush the tops with oil. Bake in a 500 degree oven for about 5 minutes, until the tortillas are golden brown. Cut into wedges. Makes 4 servings. Source: www.familyfun.com

HEALTH & SAFETY.....

PACK A FUN SURVIVAL KIT

To entertain kids who are under the weather, keep some low-key distractions stashed out of sight -- and bring them out only on those days they stay home from school. Some suggestions:

- A lap desk
- A small dry-erase board and markers
- Movable mazes
- Finger puppets
- Invisible-ink books
- Sticker books
- Scrapbooking supplies
- Pipe cleaners
- Beads and string
- Audio books
- Playing cards
- Handheld electronic games
- Word-game books
- Comic books

FUN TIME PLAY TIME.....

Bee Bouquet

WHAT YOU NEED

- Construction paper
- Stapler
- Pipe cleaner
- Torn strips of yellow paper
- Tape or glue
- Pom-poms
- Googly eyes



Time needed: Under 1 Hour

Step 1:

Hold a sheet of black construction paper with the shorter ends at the top and bottom. Starting at the lower right-hand corner, roll the sheet into a cone and tape or staple the overlap. Trim the top to create a rounded head on the front side.

Step 2:

Form antennae by folding a pipe cleaner in half, stapling the bend to the back side of the head, then curl each tip around a small black pom-pom.

Step 3:

Create stripes by wrapping torn strips of yellow paper around the cone and gluing them in place. Tape or glue on paper wings and a heart-shaped paper face complete with a drawn mouth and glued-on pom-pom eyeballs topped with googly-eye pupils.

Step 4:

For a hanger, make holes in opposite sides of the cone a half inch from the top. Thread a length of ribbon through the holes from inside the cone and tie each end into an overhand knot.

Source: www.familyfun.com

For information about the Cooperative Extension program in Boone County, call 765-482-0750.

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