

## Calling All Parents

June, 2004



### Coaches and Character

As your child starts their summer activities (i.e. sports, camps, etc.), one thing to think about is who is influencing your child. Is it positive or negative? Are they showing your child how to build strong character traits?

Coaches are, first and foremost, teachers; they are among the most influential people in a young athlete's life. Because coaches are such powerful role models, young athletes learn more from them about character than about athletic performance. Coaches who truly care about their athletes and show it by treating them in caring ways, are actually teaching these kids how to be caring people, themselves. Caring people are responsive to the concerns and needs of others. They treat people with kindness, concern, and generosity. They are charitable, giving of themselves unselfishly for the benefit of others. And they are never mean, cruel, or insensitive. Coaches can model caring behavior by taking a genuine and continual interest in each athlete as a person. Coaches should willingly counsel, advise, encourage and console without regard to athletic performance, and become knowledgeable about support programs for athletes that address academic, emotional, and social issues that may arise. They should teach and model kindness and compassion for others, and they should

teach and demand teamwork and discourage selfishness. Caring is one of the pillars of good character. Source: <http://www.goodcharacter.com/Caring5.html>

### Character Defined

The stable and distinctive qualities built into an individual's life which determine his response regardless of circumstances. Source: American Dictionary of the English Language

### Character Quotes:

The smallest good deed is better than the grandest good intention.

--**Duguet**

It is hard to fail; but it is worse never to have tried to succeed.

--**Theodore Roosevelt**

Too many people overvalue what they are not and undervalue what they are.

--**Malcolm Forbes**

### Parent Survey

We thank you for your continued interest and support in the "Calling All Parents" newsletter. We would like to better address your parenting needs through our resources, and determine the value of how your family uses the newsletter information. Attached you will find an evaluation survey. The survey has the Purdue Extension Office address on it and is already stamped. Please take a few moments to complete the survey, fold, seal, and mail. The survey is voluntary and will be kept confidential. Names are not needed. Thank you for your assistance. Surveys may also be dropped off at pickup site.

## PARENTS' CORNER.....

### Painless Pointers for Packing

So you have your suitcases laid out for everyone in the family, now the question is what to bring? You already know that your whole house won't fit in the car. But no need to worry, follow these helpful hints and packing should be a breeze.

Stay organized; lists are a perfect way to keep control. Keep lists for each member of the family and check off as you pack. This will help you keep track of what you have packed and what you still need to pack for each family member.

You may think that you need everything but if you are really crunched for space, don't pack anything that you can buy at your destination. Maybe you really don't need that 100 pack of diapers, 24 might suffice for the beginning of your trip.

### KIDS IN THE KITCHEN.....

Orange Julius

- 1/4 cup sugar
- 6oz orange juice -- frozen concentrate
- 1 cup milk
- 1 cup water
- 1 teaspoon vanilla extract
- 10 ice cubes

In a blender, combine all ingredients; blend for one half minute or until ice cubes are crushed.

### HEALTH & SAFETY.....

**Bike Helmets** -- Buy a helmet that meets one of the safety standards (U.S. CPSC, Snell, ANSI, ASTM, or Canadian), and insist that your children wear the helmet each time they ride their bike. About 900 people, including more than 200 children, are killed annually in bicycle-related

incidents, and about 60 percent of these deaths involve a head injury. More than 500,000 people are treated annually in U.S. hospital emergency rooms for bicycle-related injuries. Research indicates that a helmet can reduce the risk of head injury by up to 85 percent.

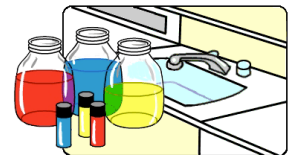
### FUN TIME PLAY TIME.....

Water  
Play

#### Wash the Car

One of the benefits your child gets in working alongside you in a big project like washing the car is being able to spend time with you. That in itself is treasured time. Your child can also see with his or her own eyes the value of work, as the car gets clean and shiny. And what a great opportunity you have to stretch your child's vocabulary by naming the different parts as you work on them -- the hood, the bumpers, the side mirrors, the trunk.

#### Mix colors and see what happens



#### First gather a few things:

- a jar for each child
- food coloring or water paints (four colors)
- newspaper or plastic covering
- spoons or popsicle sticks

Experiment with different jars of water and food coloring. What happens when you mix only two colors, like red and yellow? Blue and red? Yellow and blue? Make up your own combinations and see what colors you can make.

Source: [http://pbskids.org/rogers/R\\_house/](http://pbskids.org/rogers/R_house/)

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

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