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UW
Extension
Cooperative Extension
Clark County

November 2010



Young Families Newsletter

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Dear Young Family:

Lately I've been noticing a few more advertisements and commercials on television. Can you guess what the ads are for? No, not political advertisements... toys! It's that time of year and toy companies are trying to advertise the latest and greatest gifts for your little ones.

Although the latest and greatest toys look fun and exciting on television, they aren't always the best toys for your developing child. They are often times expensive, have lot's of buttons, small pieces or the toys don't allow your child to "use" their imagination. These toys are often fun and exciting at first, but are often the ones stuck at the bottom of the toy box after just a few days.

This holiday season look a little closer at your child's age, interests and where they are at developmentally. Try to pick toys that have several uses and encourage your child to use their imagination. Toys such as wooden blocks and balls have several uses and your child will be able to use them in several ways. Art supplies, materials and paper also make a great gift and promote creativity. Books and puzzles are always a wonderful gift for any child at any age.

There are a lot of great toys to choose from, this holiday season take into consideration which toys will give your child the longest amount of enjoyment without breaking the bank.

Sincerely,

Julie Simek-Heggebo
Family Living Agent

Young Families Newsletter

A free newsletter edited by
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BREAKFAST BENEFITS PRESCHOOLERS

They are growing and changing at a fast pace. Establishing healthy eating practices, such as eating breakfast everyday, is very important for your preschooler's growth and activity.

Children who start their day with breakfast have fewer behavioral problems. Also, parents, teachers and other school staff have witnessed that children who eat breakfast do better in school. While there is solid information linking school success with breakfast consumption among school age children, are the benefits the same for preschoolers?

Yes! Breakfast has many benefits not only for school age children but for younger children, too. Benefits include improvements in health, reduction in dental caries, better behavior and improved cognitive ability. Consistent breakfast consumption has been associated with healthier weights and better weight maintenance. This is particularly important given that over the past thirty years childhood obesity among preschoolers (children ages 2 through 5) has more than doubled, according to the National Center for Health Statistics.

Following is a summary of the benefits for eating breakfast. Everyone, from preschoolers to adults, benefit from eating breakfast. Helping your preschooler get into the breakfast "habit" not only helps now, but has long term advantages.

Benefits of Breakfast

Weight

- Eating breakfast may decrease the risk of being overweight in adults and children.
- Adolescents who eat breakfast regularly, at home or school, tend to weigh less and be more active than teenagers who skip breakfast.

Brain Function

- Children who eat breakfast perform better on activities that deal with math, matching, memory, and creativity.

Diet Quality

- Eating breakfast improves the quality of a child's diet.
- Breakfast makes a significant contribution to a child's daily nutrient intake.
- Children who skip breakfast are less likely to meet recommended levels for important nutrients—folic acid, calcium, vitamin A & D.



Dental Health

- Skipping breakfast is associated with a higher risk of developing dental caries especially among 2 to 5 year old children.

Behavior

- Children who do NOT eat breakfast show more behavioral problems such as hyperactivity, tardiness, and absence from school.

Many families state that mornings are their most hectic time of the day. Parents are getting ready for work, getting their children ready for preschool, daycare or other activities, and sometimes eating breakfast is more of an afterthought. Here are some easy and quick breakfast ideas.

Parenting
 — the —
 Preschooler

BREAKFAST BENEFITS PRESCHOOLERS (CONTINUED)

Yogurt Parfaits

In a small glass or clear plastic cup, layer a scoop of low fat vanilla yogurt with granola cereal and fruit such as berries.

Oatmeal

Cook oatmeal according to package directions using milk instead of water. Add honey, maple syrup or sugar to taste — only if your child prefers it sweetened. Add raisins, nuts or other dried fruit, if desired.

Whole Wheat English Muffin

Toast English muffin and thinly spread with peanut butter. Top with banana slices, raisins or jam. Or toast English muffin and thinly spread with low-fat cottage cheese. Top with fresh fruit (peaches or strawberries).

Breakfast Burrito

Scramble eggs. Add grated cheese and favorite vegetables (tomatoes, green peppers, etc.). Wrap in whole wheat tortilla. No time to scramble eggs? Wrap tortilla around a slice of turkey (or other low-fat deli meat), low fat cheese and chopped veggies.

- Prepare and offer breakfast items that are colorful and pleasing to the eye.
- Wake your preschooler a few minutes earlier so there is time to eat calmly in the morning.
- Refer to breakfast as morning fuel and talk about how much energy your preschooler will have throughout the day by eating breakfast.
- Expand your definition of breakfast food to include other nutritious food choices such as pizza, soup, quiche, vegetables or even leftovers from dinner.
- If your preschooler is not fond of eating breakfast right after waking up, pack a breakfast to eat a little (not a lot) later.



Ready-to-serve cereals can be a nutritious choice for breakfast if they are low in sugar and high in fiber. Serve with low fat milk and some fruit for a quick breakfast.

Strategies that encourage preschoolers to eat breakfast include:

- Set an example by eating breakfast with your preschooler.
- Involve your preschooler in preparing breakfast.
- Have your preschooler help you set the table the night before and talk about what he may want to have for breakfast when he wakes up.

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November 2010

MESSY ROOMS? NOT A MESSY CHORE

Now that school is out for the summer, are you finding that your child's room seems messier? Do you have trouble getting ready in the morning because your child can not find something they need for the day? Does your child translate "picking up your room" into "pave a path from the bed to the door?" It sounds like you are facing a common family battle—getting your child to pick up his or her room. Here are some tips for young and school-aged children to help them learn to pick up their rooms and relieve family stress. If you want to learn more tips, read on!

Young Children Ages 3-4

- Make a fun game out of sorting items into bins.
- Use a timer to see how fast they can pick up their clothes or toys.
- Label bins with pictures of items that belong in the bin. For example, use a picture of cars on the car bin so that your child can see what goes where.
- Clean with your child. Sit in the middle of the room and ask your child, "I wonder where this goes? Can you show me?" Or, use sing-song to guide your child with putting items away. For example, sing "Books on the shelf, toys in the chest, and soon the room is clean!"

School-Aged Children

- Limit the toys that your child uses. When they are done playing, tell them that they must put away the first toy before getting another out.
- Have shelves at your child's height to store their toys on.
- Go through your child's toys and regularly donate unwanted and un-used items to a charity.
- Teach them to fold laundry and put it away.
- For the older child, set aside one day a week for your child to clean his or her room. Enforce that time frame for best results.

Scream Free Cleaning

Teaching children to pick up after themselves helps ease stress in families while children learn lifelong skills. Positive discipline is an excellent method. It helps get rid of unwanted behaviors and increases desirable behaviors by rewarding the positive behaviors rather than punishing the

negative behaviors. Here are some methods using positive discipline that you might try out.

Clear communication is helpful with younger children. Say, "When you have picked up all your toys, you may watch TV." Just make sure you use "when" and not "if" with this method.



A method that you can use with elementary and older children is the Chip System, which provides immediate rewards for good behavior and immediate consequences for poor choices. Gather up some poker chips, marbles, or similar objects. Find a jar, fishbowl, or some other container that you can see through to collect the reward chips. Hold a positive family meeting where the whole family will decide what behaviors will earn chips and what behaviors will result in losing chips. Behaviors that result in earning chips might include: making the bed, putting clothes or toys away, doing things the first time asked, etc. It is important that when you see your child doing positive things, you immediately drop a chip into the jar. Behaviors that cause chips to be withdrawn might include: refusing to put clothes or toys away, arguing, etc. Have your family decide what privileges the child will earn with his or her chips. Examples include: computer time (4 chips= 30 min.), renting a movie (5 chips), going to a friends' house (10 chips), etc.

Another method that might work for families with school-age children is a chart system. Hold a family meeting to discuss the implementation of the chart system. Make sure that the chores you include on the chart are age-appropriate for your kids. There are many chart system ideas available, so find the one that best fits with your family. Ideas can be found at: <http://housekeeping.about.com/od/involvingfamily/a/5easycharts.htm>. Also, consider what rewards you and your family would find motivating.

Remember, all families are different and it is up to you and your family to choose what method works best for your lifestyle. Consistent rules and enforcement are important in keeping your child motivated to clean his or her room. Another pointer to keep in mind is to be realistic when setting goals with your family. You may have the vision of a perfectly spotless room,

MESSY ROOMS? NOT A MESSY CHORE (CONTINUED)

while your child may be thinking that clean is having all of his or her toys put away. Have a discussion and talk about goals that would be agreeable to you both. Finally, concentrate on your family's weakest area when it comes to housecleaning. Start small and build on these successes. For example, set the goal that your school-age child will put away his or her toys. Move to other chores when they have mastered that task. Remember, your family is unique and you may have to experiment with different methods and be very consistent and patient along the way.

Article taken from: Brittany Weisenbeck, Family Living Intern, Eau Claire County UW-Extension

Questions? Contact Julie Keown-Bomar, Family Living Educator at Eau Claire UW-Extension Office at (715) 830-4712.

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CHRISTMAS ANGEL PROJECT

This project has two primary missions. One is to help needy families with needs and wants. The social workers help families determine needs versus wants. The second is to educate people in the community of the fact that there are needy families in the area. We have done an excellent job of both. Just the awareness of people with needs has been wonderful. We are amazed at the generosity of local people. Sometimes it is people with the least that share the most. We are truly blessed.

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UPCOMING EVENTS

BECOMING A LOVE AND LOGIC PARENT

Put the fun back in parenting!

This four-week course help parent s and children establish a rewarding relationship built upon love and trust. Topics include:

- Responsibility
- Ownership
- Empathy
- Control
- Setting limits
- Consequences

The Clark County UW-Extension and Clark County Family Resource Center will be offering these classes on:

Wednesday evenings
November 10, 17 and December 1 & 8
Neillsville Public School
5:30 to 7:30 p.m.

Free child care provided

To register contact the Clark County UW-Extension office at 715-743-5121.



NOVEMBER WIC SCHEDULE

- Nov 2 Neillsville clinic & check pick-up 9-4
- Nov 3 Neillsville clinic 9-4
- Nov 8 Owen clinic & check pick-up 9-4
- Nov 9 Abbotsford clinic 9-4
- Nov 10 Abbotsford clinic & check pick-up 9-4
- Nov 11 Neillsville clinic & late check pick-up 9-4
- Nov 18 thorp clinic & check pick-up 9-4
- Nov 19 Owen clinic & late check pick-up 9-12
- Nov 24 Abbotsford clinic & late check pick-up 9-4

CLARK COUNTY 5TH ANNUAL 4-H "EXPLORATION DAY"

Open to all youth (non 4-H included)
 Grades K—8

TUESDAY, DECEMBER 28
LOYAL SCHOOL

Registration: 8:30—8:45 a.m.

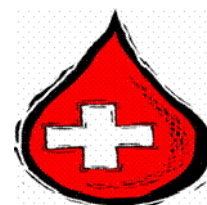
Sessions: 9:00 a.m.
 10:00 a.m.
 11:00 a.m.

Cost: \$4.00 per person

Contact the Clark County UW-Extension office if interested in participating in this event by calling 715-743-5121.

CLARK COUNTY AMERICAN RED CROSS BLOOD DRIVES

- Tuesday, November 16
 Loyal American Legion
 12:30—5:30 PM
- Wednesday, November 17
 Thorp Fire Hall
 12:00 Noon — 6 PM



FAMILY TIME WORK TIME — A BALANCING ACT

Some Tips for Parents of Young Children

Promoting social-emotional skills for children is important. Young children need to learn social skills so they will do better in life and in school. They do better when they feel good about themselves.

Here are some ways you can teach your child social-emotional skills:

- Catch your child doing things that are positive! Let her know when her behavior pleases you.
- Take time to play with your child each day. Do activities you both enjoy such as reading stories together, playing a game, singing, or taking a walk.
- Find ways for your child to play with other children his age, with adult supervision, of course.
- Turn off the television during meals and use meal time as a time to talk with each other. Give everyone a chance to talk about his or her day. Really listen when your child talks to you.
- Read to your child every day as part of a regular family time routine. This can be part of a bedtime routine.
- Limit the time your child spends in front of a screen, both television and computers. Avoid putting a television in your child's bedroom. When your child does watch television, watch shows along with her so you can explain things she is seeing. The American Academy of Pediatrics does not recommend any screen time for children under two years of age.
- Regular bedtimes help your child get enough sleep.
- Remember, you are your child's first and most important teacher! Your child will copy what he sees you doing or saying. Be aware of how you act and what you say when your child is nearby.



- Have guidelines for behavior and safety. Be fair and consistent. Children feel secure when they feel the adults in their lives are in control. If your child makes a mistake, let your child learn from her mistake. Do not hold a grudge.
- Children need to learn how to

ask for help when it is needed. You can role play certain situations with your child to teach him what to do. Some examples are what to do if he loses you when in a store or what to do if the phone rings and you cannot answer it.



- Teach your child how to deal with angry feelings. Let her know that everyone gets angry sometimes and that is normal. Show her ways to deal with anger that will not hurt anyone or anything.
- When your child will not cooperate, give choices of what to do, with all options being ok with you. Some examples are, "do you want to wear the blue shirt or the red one?" or "Do you want to walk to the car or shall I carry you?"

Schedules Are Important When Kids Are Back in School

Now that your kids are back to school it's a good time to evaluate schedules and make sure your children have the right balance in their lives. Children need a schedule that provides time for meals, play, rest, homework, and physical activity.

Make sure your child gets enough sleep each night. During periods of growth, a child needs more sleep than at other times. Also, children need nutritious meals and snacks every day to be healthy and to do well in school and activities. This means three meals plus two or three snacks each day.



Avoid over-scheduling activities. Moderation is the key to a workable schedule that will benefit your child. Your child may be interested in doing a variety of things or there may be activities you especially want your child to participate in. Just because you are interested in an activity, try not to insist that your child take part in it if he is not interested in that activity.

Look at the schedule. See if there is a good balance. Be realistic about what you schedule for your child.

TURKEY TIME!

Turkey is nutritious, low in cost and easy to cook. Follow these instructions:



THAW

Keep turkey cold while thawing. Use one of these methods:

1. No hurry: Thaw in refrigerator. Leave turkey in original wrapping; place on tray and put in refrigerator. Allow to thaw for 3-4 days; allowing about 5 hours per pound of turkey to completely thaw.
2. Fast thaw: Thaw in cold water. Leave turkey in original wrapping. Cover with cold water in large clean sink. Change water as often as needed to keep cold. It takes about half an hour for each pound of turkey to thaw.

Never thaw a turkey on the kitchen counter! Parts of the turkey could become warm enough for bacteria to grow to dangerous levels.

USING COOKED TURKEY:

For delicious and safe turkey:

- Keep turkey meat hot or cold. Do not leave turkey meat at room temperature for more than 2 hours because bacteria can grow to dangerous levels.
- If stuffing was cooked inside the turkey, remove all stuffing from inside the turkey immediately after cooking. Keep stuffing hot or cold. Do not let it stand at room temperature for more than 2 hours.
- Remove cooked turkey from the bones and store in the refrigerator in a covered container. Use refrigerated turkey meat within 3 to 4 days. Cooked turkey can also be frozen.
- Make a broth from turkey bones and scraps. Place bones and scraps in a large pot and cover with water. Bring to boil; simmer for about 3 hours. Remove bones and refrigerate broth. When broth is cold, skim fat off the top and throw it away. Use broth for soup. Freeze broth if not used within 3 days.
- Cooked turkey can be used in any recipe that calls for cooked chicken. Cooked turkey can also be used in many recipes calling for ground beef or other meats.

PREPARE TO COOK

Raw turkey may have bacteria on it. Wash your hands, sinks, counters, knives and dishes with soap and hot water after working with raw turkey. Keep raw turkey and its juices away from cooked and ready-to-eat food. Follow these steps to prepare a turkey for cooking:

1. Remove wrapper from the turkey. Remove the bag of giblets from inside the turkey.
2. Cut off large pieces of fat.
3. If a meat thermometer is not available, cook stuffing in a casserole. If you are putting stuffing in the turkey, stuff it loosely just before putting the turkey in the oven.

COOKING THE TURKEY

The turkey can be roasted in the oven or cooked in water on the stove. **Never partially cook a turkey and finish cooking later.** Use one of the following cooking methods.

In the oven:

1. Preheat oven to 325°
2. Place turnkey breast-side up in a large pan.
3. Timetable for roasting:

| Weight of turkey (pounds) | Roasting time in hours | |
|---------------------------|------------------------|----------------|
| | Unstuffed | Stuffed |
| 8 to 12 | 2-3/4 to 3 | 3 to 3-1/2 |
| 12 to 14 | 3 to 3-3/4 | 3-1/2 to 4 |
| 14 to 18 | 3-3/4 to 4-1/4 | 4 to 4-1/4 |
| 18 to 20 | 4-1/4 to 4-1/2 | 4-1/4 to 4-3/4 |
| 20 to 24 | 4-1/2 to 5 | 4-3/4 to 5-1/4 |

Test for doneness: Poke in the thigh muscle with a fork. Juices will be clear and no longer pink when the turkey is done. If you have a meat thermometer, place it in the thickest part of the thigh and cook the turkey until the temperature of the meat reaches 180-185°F. The temperature in the center of the stuffing should reach 165°F.

On the stove top:

1. Cut turkey into pieces and place in a large pot.
2. Cover with water.
3. Bring to a boil.
4. Turn down heat and simmer at a low temperature until meat is done.



VEGETABLE & HERB OF THE MONTH

SWEET POTATOES & TARRAGON

Sweet Potatoes

Sweet potato is a tender, warm-weather vegetable that requires a long frost-free growing season (120 to 150 days) to mature large, useful roots and may not be suitable for all areas of Wisconsin.

Culture — Sweet potatoes are started from plants called slips. Transplant the slips in early June, as soon as the soil warms up to allow the maximal warm-weather growing period.

Irrigation — Watering is very important in the few days following planting. Be sure to keep the soil around the slips wet, so the roots can start to expand quickly. Once the roots have anchored the plant well, sweet potatoes can be considered moderately drought-hardy; they'll take some dry weather and still yield fairly well.

Harvest — Dig the main crop of sweet potatoes after the time of the first frost in the fall. Cut the vines from the roots immediately to prevent decay spreading from the vines to the roots; and dig sweet potatoes as soon as possible. Use a spading fork or stout shovel; be careful not to bruise, cut, or otherwise damage the roots.

Great Source of:

- Vitamin C (Helps us heal)
- Potassium (Prevents muscle pains)
- Vitamin A (Gives us healthy teeth, skin, and eyes)
- Fiber (Aids the digestive tract)

Cooking/Recipe:

- Baked sweet potato fries
- Take sweet potatoes out leaving the shell intact. Place potatoes in bowl and mash with a fork. Add butter, dash of cinnamon and heavy cream. Mix together and taste.

Tarragon

An herb is a temperate zone plant and is used for seasoning food (spices are from tropical plants). Usually the leaves or seeds are the part of the plant used for seasoning food.

Herbs can be used fresh, dried, or they can be frozen. Commonly, dried herbs are used by most people, but more and more people are beginning to grow some herbs in summer gardens or in winter window pots.

- Add herbs and spices toward the end of cooking so their flavor won't cook out.
- Finely chop or crumble herbs and spices to bring out more flavor and aroma.
- You can always add more seasonings, but you can't take them away! Start with small amounts and add more to suit your taste.
- Don't use too many seasonings in one dish. A few simple herbs or spices will add flavor without confusing your taste buds.
- For salads and dips, add seasonings several hours ahead to let their flavors blend.
- Try flavorful combinations, such as fresh tarragon in cider vinegar. Add it to chicken and egg salad for a special flavor sensation. Tarragon is also used with ham, fish and creamy soups.

Sweet Potato Soup

6 sweet potatoes, peeled and cubed
 2 leeks, chopped
 2 onions, chopped
 4 rib celery, chopped
 2 cups chicken broth, low sodium
 1 Tbsp parsley flakes
 1 tsp tarragon
 5 cups water
 1 tsp black pepper
 1 13 oz. can fat-free evaporated milk
 2 Tbsp chopped chives

Directions: Combine all ingredients except milk and chives in slow cooker. Cover and cook on low 10-12 hours, or HIGH 3-4 hours. Stir in milk during last hour; if desired, mash potatoes before serving and garnish with chives.

IT'S TIME TO SLEEP!

This month is all about getting the sleep you need to help keep you healthy and strong. Kids need their sleep, too! All sorts of things can keep us from sleep, including stress and even lack of time. But more and more studies are showing that lack of sleep can affect both your short-term and long-term health. Adults and kids alike thrive on routine, so one way to ensure the best sleep possible is to get into a healthy sleep routine.

For Adults

- Try to avoid caffeine, which makes it difficult for your body to slow down, especially within 6 hours of bedtime.
- Pick a bedtime and really aim to be (at least) laying down at the time.
- Turn off the TV and computer 2 hours before your bedtime! The blue light that it emits is a signal for your body to wake up.
- Adults can benefit from a bedtime routine or ritual as much as kids do! Try doing the same things in the same order before retiring to bed (e.g. wash face, brush teeth, read for 10 minutes).
- Try this: just before getting into bed, write a list of things that you need to do and/or general worries. And then leave it for tomorrow. Then try your best to clear your mind and relax as you get into bed.

For Kids

- A pleasant bedtime routine is key for kids to get a restful night's sleep. Doing the same things in the same order comforts children, and also helps their bodies wind down to prepare for sleeping! Here's an example: Brush teeth, go potty, take a bath, get on pajamas, listen to or help read a set amount of stories, listen to a good-night song, share a goodnight hug.
- Avoid chocolate and sugar for 3 hours before bedtime.
- Avoid TV/video games 2 hours before bedtime.
- Avoid caffeine completely for children.
- Teach children 3+ to relax with breathing exercises and practice these techniques together before the child goes to sleep.
- Bedtime can be a great time to talk with your kids about their day, their wishes, their fears, etc. They are less distracted and more likely to open up at this time.

SWEET DREAMS: THINKING ABOUT SLEEP

Ahh... sleep...something many of us would like more of. We know sleep is important, but what does sleep mean to healthy child development? Sleep experts have built a strong case for including sleep as an integral part of understanding healthy child development.

Sleep is such an automatic part of our lives; something we do every day, yet sleep may not be something we think about often. Sleep experts recommend we start thinking and learning about sleep for many reasons (not just sweet dreams). Research suggests that while our bodies are asleep, overall development in many areas is greatly influenced:

- Building memory and concentration
- Helping to build the immune system and nervous system
- Repairing damage to the body's cells (helps in healing)
- Regulating hormone production; children need HGH (human growth hormone) to grow

- Organizing memories and solidifying learning
- Regulating mood
- Stimulating the brain for area used in learning and developing



When we do not get enough sleep, we may be:

- Less able to self regulate
- Contributing to impulsive or aggressive behavior
- Contributing to poor health
- Decreasing memory and concentration
- Creating risky situations where accidents can happen
- Contributing to poor mood and irritability
- Contributing to attachment difficulties and depression
- Creating patterns and behaviors that are hard to reverse



HAPPY THANKSGIVING!

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