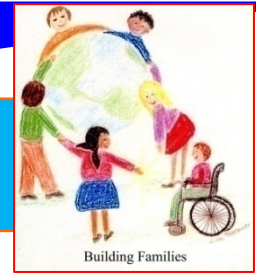


## Building Families Empowerment

Every child, beginning at birth, will be healthy and successful.



## Parenting Pal- July

### Taming the TV!

#### Some of the Facts:

- Most 2- to 5-year-olds watch TV an average of 31 hours each week, or more than 4 hours each day which is likely to cause childhood obesity.
- Only 10 percent of children's viewing time is spent watching children's television; the other 90 percent is spent watching programs designed for adults.
- Forty-five percent of American homes watch news during dinner.
- Children may develop strong emotional fears, become less sensitive to the pain and suffering of others, and imitate the violence they observe on television. Many children will develop strong fears of being attacked, killed, or kidnapped. Images from the evening news can be just as frightening so be prepared to answer questions on topics that may worry children. The American Academy of Child and Adolescent Psychiatry has expressed serious concern over the effects of this material on children and suggests that parents carefully monitor their children's viewing.

#### What you can do:

- Emphasize the belief that violent behavior is **not** the best way to solve a problem and change the channel.
- Contact parents of your children's friends and agree to enforce similar rules about the length of time and type of program or video the children may watch.
- Choose from the TV schedule each week and take note of TV ratings. Explain to your child the three kinds of TV programs—the kind they can watch alone, the kind they watch with parents or parental supervision, and the kind that is absolutely off limits. Prevent arguments by letting each child choose one or two programs at appropriate times. Use your child's age and development to guide you in choosing TV programs.
- Keep TV sets in family areas for family viewing. A TV in a child's room is not as easily monitored and may be given more importance than homework, reading, and physical exercise. A TV in the kitchen or dining room is sure death for family communication.
- Talk about the difference between real life and make-believe.
- When watching commercials, challenge the kids to figure out what gimmicks advertisers use to sell their products. Soon your children will catch on and may start making a few comments of their own. For example:
  1. "If the cereal tastes so good and is so good for you, why do they have to put a toy in it to get you to buy it?"
  2. "I wonder if they could have solved the problem without using a gun."
  3. "What would happen to that guy if he crashed all those cars in real life?"
- Speak out about the quality of television! Your voice does make a difference.

*Courtesy of Iowa State University Extension*

*For full document go to*

*<http://www.extension.iastate.edu/Publications/PM1650.pdf>*

Look and listen for  
parent tips and  
messages in your local  
newspaper and radio  
station!



You can find past Parent Pals,  
learn about our programs, and  
read our newsletter on our  
website

<http://www.buildingfamilies.net/>

### TV – Ratings

**TV-G:** General Audiences –  
Suitable for all ages

**TV-PG:** Parental Guidance  
Suggested – may be unsuitable  
For younger children

**TV-14:** Parents Strongly Cautioned  
– may be unsuitable for  
children under 14

**TV-MA:** Mature Audiences Only  
– may be unsuitable for children  
under 17

Some ratings may be followed by  
initials describing the nature of  
the mature content:

**L** = Language

**V** = Violence

**AS** = Adult situations

**N** = Nudity

**S** = Sexual content

*Courtesy of Iowa State University  
Extension*

*For full document go to*

*<http://www.extension.iastate.edu/Publica>*

## Parent Education



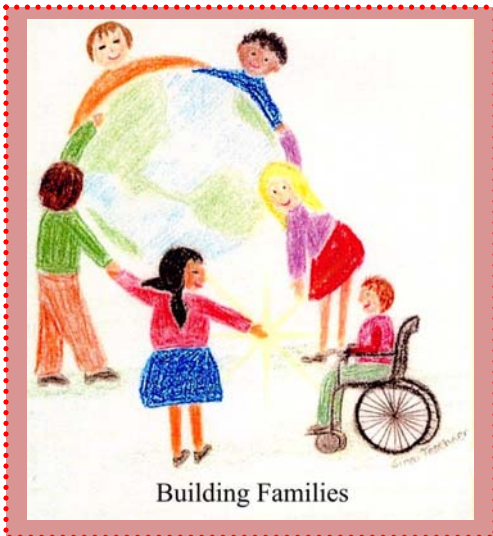
Helping You and Your Child  
Grow as a Family!

### Lifetime Dads

Father Advocate, Mike Simcho, is currently leading a weekly program for dads called, "24/7 Dads". This program covers the common aspects of fatherhood and is open to men of all cultures and backgrounds. If you would like to find out more about the program or become involved, contact Mike Simcho at 515-576-7886 or [msimcho@udmo.com](mailto:msimcho@udmo.com). This program is free and includes free child care.

Building Families is partnering with All Cultures Equal to offer teen parenting education. These groups are held every Wednesday from 3:30-4:30 at St. Paul's Lutheran Church. Free child care is provided. If you would like more information or would like to attend a group please contact Amy Muller at 515-832-1791 or [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org), Leslie Kauffman at [acekauffman@wmtel.net](mailto:acekauffman@wmtel.net) or Cathy Oupuchek at 515-606-4184

In-home visits are available for parents. Please call Amy Muller at 515-832-1791 to schedule in-home visits to help parents with discipline, support, and to find out what other services are available to help!



Questions or Comments? Contact Amy Muller at [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org) or call

### C.A.R.E.S.

Become involved in a program that helps you develop a community support network, develop effective parenting skills, and help you meet personal goals.

Anyone in the community can be involved. Keeping children safe is everyone's business and community members are also welcomed to support families in their community.

If you have any questions call Kim Mohr at 515-890-1128.

#### Humboldt

July 14<sup>th</sup> and 28<sup>th</sup> at United Methodist Church from 5:00-7:30 Meal included. Free Child Care.

#### Webster City

July 10<sup>th</sup> and 24<sup>th</sup> at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care.

Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at [amuller@hamiltoncountymhsb.org](mailto:amuller@hamiltoncountymhsb.org)

Iowa Department of Public Health  
Division of Environmental Health  
**Cleaning and Disinfecting After a Flood**

**Follow these simple rules for cleaning and disinfecting items after flooding:**

[Disaster Recovery Web site \(www.extension.iastate.edu/disasterrecovery\)](http://www.extension.iastate.edu/disasterrecovery) offers homeowners and farmers a place to turn to for practical and timely advice on how to deal with flooding and storm damage.

If you need to talk one-on-one with someone about your situation contact the ISU Extension [Iowa Concern Hotline \(www.extension.iastate.edu/iowaconcern/\)](http://www.extension.iastate.edu/iowaconcern) by calling (800) 447-1985. You can talk with stress counselors, seek out legal education or ask for a referral to appropriate resources that may help you in your particular situation.

1. Make sure the item is in **good repair**. Items that have been torn, splintered, cracked, broken, dented, etc. should be discarded and replaced.
2. To clean small items soaked by flood waters that are **porous (will absorb water)** such as bedding, clothing, stuffed animals, etc.
  - Pre-soak items in cold water before machine washing to remove mud and filth. **DO NOT** pre-soak in your washer as it may cause damage. Curtains, blankets, accent rugs and other large items can be hung on a line and hosed down to remove mud and filth.
  - Use hot water and detergent when washing items. Be careful not to overload the washing machine.
    - Add 1 cup of liquid chlorine bleach to wash water before adding clothes or other items, use ½ cup bleach for front loading washers.
    - Tumble dry in a dryer or hang items to dry in the sun.
3. Large items that are **porous** such as upholstered furniture, mattresses wall to wall carpeting, etc., that have been soaked by flood waters **MUST** be discarded.
4. To clean items that are **solid (will not absorb water)** such as a concrete, tile or vinyl flooring, plastic patio furniture, plastic toys, picture frames, etc. use a mild household detergent solution to clean the item.
5. To disinfect **solid** items (after cleaning), make a mild bleach and water solution (1/4 cup of bleach to one gallon of water). Use the solution in one of these ways:
  - Immerse small objects in the bleach/water solution for one minute. Remove from the solution and allow to air dry.
  - Spritz/spray the bleach/water solution on the item until thoroughly wet and allow to air dry.
  - Use a cloth dipped in the bleach/water solution to completely wipe the item down and allow to air dry.

**If in DOUBT, throw it OUT!**

Three meetings will be held:

- June 16, 1 p.m., St. John's Catholic Church basement, 601 2nd Avenue NE, Clarion
- June 17, 9 a.m., [ISU Extension Hamilton County Office](#), 311 Bank Street, Webster City
- Story County, June 17, 11 a.m., [ISU Extension Story County Office](#), 220 H Avenue, Nevada

John Holmes, ISU Extension field agronomist, will address several crop production topics including:

- expected yield responses
- re-plant decisions,
- seed selection (treated seed, maturity group),
- nitrogen losses,
- potential insect and disease problems and
- restrictions from herbicides applied to the previous crop

Kelvin Leibold, ISU Extension farm management specialist, will discuss:

- crop insurance considerations,
- grain marketing considerations, and
- farm program details

There is no cost and reservations are not required.

