

**WTNS Radio OSU Extension Update for March 16, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about some things to consider as we live life disrupted and some upcoming virtual programs from OSU Extension.

Yesterday afternoon, our family was outside in our driveway enjoying the beautiful sunshine while playing basketball. The boys were just playing around, shooting hoops, while my daughter kept asking questions. "Can you play around the world with me? , Can we play CAT?, Can we play something?" Finally, she walked away frustrated. I explained to her that sometimes it's just fun to shoot the ball without having it be a game. It's just you practicing to be better. "But I like games," she responded. "Because there are rules. And its fair. And there is a winner."

Can you relate? Right now things don't feel fair. Our world has been turned upside down. But there really are some great opportunities here if we seek them.

I've often had this thought... "If only I had more time, I'd \_\_\_\_\_ fill in the blank with a variety of activities." And I would think, "My children are growing up so fast, I wish I had more time to spend with them." Well, here it is! I know that not everyone is at the same point in their lives as I am. For those of us with young and school-aged kids, we have some tremendous opportunities for investing more time with them.

Here are some things to consider over the next few weeks:

1. Routine is good. Kids are used to a routine at school and at daycare. Some of us are piecemealing together a child care schedule right now that is going to be anything but consistent. So if there are some opportunities for continuity at any point during the day, then prioritize these. Maybe that's the morning routine or the bedtime routine. In our house, bedtime is special. I'd almost say more important now that my kids are approaching their teen years than when they were toddlers. I wouldn't have believed that 10 years ago, but I certainly do now. This is the time that I listen to my children without interruption more than any other point of the day. They need this time. If you are not used to having this time with your kids, then this would be a great time to start. You don't have to have answers for all their questions. For me it is a time to listen and to reassure them that they are loved, not only by me but by God. And we praise God and take our concerns to him.

2. Keep yourself motivated. Last week in our staff conference meeting, my colleague Jenny Strickler shared a great quote with us from Zig Ziglar. Now, any time I hear the name Zig Ziglar, I think of my ag teacher, Mr. Griffith, who believed whole-heartedly in the power of being positive. So I thought it was incredibly fitting that Jenny's quote of the week was from Zig, as many of us remembered the incredible life of Mr. Griffith last week. Apparently, someone had once asked Zig how he stayed motivated and positive all the time. He explained that he didn't always, but he saw it as a choice. "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

3. Get up early each morning. Some of our best work can be in the morning. Take a shower and get ready for your day. Don't lie around in your PJs. As Mary Poppins would say, "A job begun is half done." So get started before you get sucked into something on a device. And speaking of devices, one of my biggest concerns for folks is that more time on the internet will result in uncontrolled spending. Stay off and you won't be tempted to buy things you do not need.

4. Make a list of what you want to accomplish at home right now. You know there are projects to do. All those things you said you'd do later or when you had more time... Well, the time is now. This is a great opportunity to sort through boxes of photos and organize them. Or sort through online photos and organize them- maybe even make some photo albums or scrapbooks either with paper and glue or online to be printed.

5. This is a great time for thorough spring cleaning. Tackle a room every 2 or 3 days and really clean. Remove the clutter, wipe down the walls, move all the furniture and sweep under it. The temperatures are going to warm up a bit this week, and cleaning out the garage is definitely on my list.

6. I've been going through recipes that I cut out years ago and have been trying them for the first time. I love spending time in the kitchen and especially helping to teach my kids how to cook and to bake. In fact, part of my work from home strategy is to offer some videos to get your Kids into the Kitchen with you. My children and I will be making some kid-friendly recipes to encourage time together as a family. We'll be Facebook Live starting on Thursday, March 19 at 2:00 pm. My goal is to offer at least two videos a week through April 3.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!