

WTNS Radio OSU Extension Update for May 16, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about quality time with our kids, and as always look at some upcoming programs from OSU Extension.

Most people are probably familiar with what a QB is, at least if you are a football fan. Those with factory experience would recognize QC. Our 4-H and FFA members who show livestock at the fair can tell you about QA. But how about QT? In our home, this stands for quality time. And it happens to be the top love language for my soon to be teen daughter.

Dr. Gary Chapman is the creator of the 5 Love Languages. He is a counselor and has written many books about communication in marriage and parenting. His theory is that there are five main ways that we show and receive love. The most effective way for us to demonstrate love to others, including our children and grandchildren, is to speak to them in their preferred love language.

Do you know which ways the children in your life feel most loved by you? Here are some ways they may light up around you:

Words of Affirmation – typically when kids and teens are deeply hurt by negative words, it is an indication that affirming words speak most deeply to their emotional need for love. When giving praise to young people make sure it is sincere, that you praise something specific about them, and when you can't praise results that you focus on praising effort. Words don't always have to be verbal. Sometimes a text just to let them know you are happy they are your child/grandchild can make their day.

Physical Touch – Some kids thrive on hugs and kisses, though that can begin to change as they get older. Be sensitive to this in public if they resist. You could develop a special handshake that only the two of you know. Kids who like physical touch may also enjoy soft blankets or clothing.

Acts of Service – As parents, and even sometimes as grandparents, we may feel like we are constantly serving the kids and teens in our lives. Cooking, cleaning, driving them all over.

These seem mundane, but some kids feel love and comfort because of these many actions.

Loving service is an internally motivated desire to give one's energy to others. Begin teaching

kids and teens the importance of service to others through regular involvement in a local community group or church.

Receiving Gifts – When it comes to gift giving, remember that the gift is as much about the love behind the giving as it is about the gift itself. Creativity is more important than money when it comes to gift giving for your child or teen. One idea is to hide a small gift in your teen's coat pocket with an encouraging note attached. Or carry candy or gum you can give away as a small gift when away from home. A gift implies "I've been thinking about you."

Quality Time – When we give kids and teens our time, we are giving them a portion of our lives. In this age of constant distraction, this may be the most challenging language for adults to speak to children. Though we should be listening to them at least twice as much as speaking. Here are some tips for a quality conversation:

1. Maintain eye contact when your teen is talking.
2. Don't multitask when listening to your teen.
3. Listen for feelings.
4. Refuse to interrupt. Research has indicated that the average individual listens for only 17 seconds before interrupting and interjecting his own ideas.
4. Ask reflective questions.
7. Express understanding.
8. Ask permission to share your perspective.

I hope you enjoy spending some QT with the special young people in your life discovering how to best show your love to them.

And now let's look at some upcoming programs from OSU Extension. It is time to start thinking Food Preservation. This summer I'll be teaching 2 hands-on classes. The first is Making Pickles on June 9 and the other is Making Salsa on July 7. The OSU Extension Home Food Preservation Team is also offering bi-weekly webinars on a variety of different Ohio produce. The next is "Berries and Strawberries" on Tuesday, May 17 from 4-5 PM. You can find details about future programs related to financial wellness, food preservation, diabetes, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and 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. Make it a healthy day!