

WTNS Radio OSU Extension Update for August 29, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about handling those challenging times as a parent, and as always look at some upcoming programs from OSU Extension.

Last week our family experienced a lot of firsts. A first day of high school and junior high school for my kids and even a first day of elementary school for my niece. No matter where your children or grandchildren may fall on or off that continuum, times of change have the potential to require extra effort on our part to help our children through not only transition times, but any day as a parent.

Iowa State University Extension has a resource called "The Science of Parenting" that includes regular blogs and podcast recordings. One of their suggestions to help in a variety of situations as a parent is Stop-Breathe-Talk. It is simple, but it is effective. Here is how they describe each step.

Stop. Actively recognizing that the situation or current moment must change. This is a conscious decision to change the direction of thoughts, emotions, and behaviors. As the adult, we recognize that something right this second must change, and it starts with us.

Breathe. Literally showing your child the biggest, deepest breath you can (especially young children need to see you do it) can slow their heart rate (and yours) in a way that can begin to cool down the intense moments.

Talk. Finding and using a calm, cool, collected voice also helps to reduce the tension in the shoulders and jaw allowing the opportunity for our face to show a sense of peace.

According to Barb Dunn Swanson, Human Sciences Specialist with Iowa State University Extension, research on abuse- whether physical, sexual, or emotional- shows that there are long-term outcomes for people who experience abuse as a child. One of the current research efforts on this topic is Adverse Childhood Experiences (ACE). This research shows that child abuse is related to outcomes like depression, poor health outcomes, poor academic achievement, alcoholism, increased likelihood of future violence, and more.

According to a 2015 Ohio ACEs Study, 61 percent of Ohio adults have experienced at least one of eight types of child abuse and household problems. These include emotional abuse, physical abuse, sexual abuse, substance abuse by a household member, divorce/separation of parents, domestic violence, mental illness of a household member, or an incarcerated household member. The most common type of ACE reported was emotional abuse at 57 percent of those reporting an ACE.

The reality is that child abuse has happened and is happening in Ohio. One of the potential outcomes of being abused as a child is the increased likelihood of being violent as an adult. As parents we always have a choice of how we respond to situations. If you find it increasingly difficult to stop and breathe before responding or reacting to your child, I encourage you to reach out and talk with someone. Trained counselors can offer helpful techniques to help you navigate stressful times as a parent.

Today I'll leave you with this quote from Proverbs 15:18, "Hot tempers cause arguments, but patience brings peace."

And now let's look at some upcoming programs from OSU Extension.

There is still time to catch a "Savoring Ohio Produce" webinar this summer. The next online class is September 6 from 4-5 PM on Broccoli, Brussels sprouts, and Cauliflower. Visit our website to register or watch recorded webinars anytime. And can you believe that the Coshocton County Fair starts in only 32 days! We would love to have you attend the Tasting Smorgasbord on Tuesday, October 4 at 12:30 pm to try samples of tasty creations from our 4-H members.

Be sure to check out our latest newsletter on our website Coshocton.osu.edu. Click on Family and Consumer Sciences and then "News and Events." You can also subscribe there so that it will be sent via email each month. You can find details about future programs related to financial wellness, food safety, 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!