



Family Power



Teaching Children Safety Skills

Background: Accidents are the leading cause of death for children ages one to fourteen. Knowing what to do when injured can dramatically increase a child's chance for recovery. Further, children (and teens) who know first aid skills are less likely to take risks that end with injury.

THREE WAYS YOU CAN ENCOURAGE SAFETY SKILLS ARE:

1. **Model thinking and acting safely.** Children learn more from what you do than what you say. When you want your child to wear a life vest, model wearing one yourself. Talk aloud as you make safety decisions. For example, "Oh, darn. The bread is stuck in the toaster. If I use the fork to pull it out, I could get an electric shock. I had better unplug the toaster first."
2. **Teach children first aid techniques.**
 - ♥ Introduce first aid skills when children have accidents. You can explain how to treat cuts, nose bleeds and insect stings as they happen.
 - ♥ Read the book *Kids to the Rescue! First Aid Techniques for Kids* with your child.
3. **Play "What would you do if . . .?"** Create both prevention and emergency situations out of your child's experience and interests. For example:
 - ♥ **Preschooler** -- "What would you do if . . . the wind blew your ball into the street?"
 - ♥ **School age** -- "What would you do if . . . your brother stuck a fork in the toaster?"
 - ♥ **Teen** -- "What would you do if . . . your friend jumped off the dock into the lake and cut her foot on some glass?"

This material is from *Kids to the Rescue!*, by Maribeth & Darwin Boelts.

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ESNY! Success Story

Lorraine, an active widow, vegetarian and senior citizen, sought information regarding stretching her food dollars and eating a more balanced diet. Further, Lorraine expressed a fondness for sweets and stated her doctor recommended that she lose a few pounds in order to lower her marginally high blood pressure. Lorraine shared a lifelong interest in food and acts as gatekeeper to her extended family's eating, supplying frequent meals for her son, grandson and sister.

Lorraine's son and daughter-in-law often invite her to eat with them at local restaurants after she has eaten her evening meal. A family centered woman Lorraine treasures this opportunity. Previously, Lorraine fed her sweet tooth with pie or ice cream at this time. Requesting help developing strategies to make better food choices, Lorraine and her nutrition educator brainstormed. She decided that a garden salad or some fresh fruit were good alternatives to sweets. Additionally, she would focus on conversation with family rather than food.

During six weeks of ESNY! home visits Lorraine increased her activity level with daily walks. At her last session, Lorraine who had contemplated switching from 2% to low-fat milk beginning with the first visit, remarked with some surprise that she had tried 1% milk and really enjoyed it! She said it was a change she could live with. She proudly reported that her doctor was pleased with the change in her blood pressure and she did not require medication to manage it.

Congratulations, Lorraine! Keep up the good work.



EmPower New York Offers Free Energy Efficiency Services for Income Qualified Families

EmPower New York is an educational and service based energy efficiency program that is helping income qualified National Grid and NYSEG customers in our area and throughout upstate New York save hundreds of dollars annually on their home energy bills. The program focuses on reducing household energy use. Appliance efficiency and shell and heating system needs are all taken into account. Health and safety issues may be addressed, as well.

The EmPower New York program provides educational tips designed to help families take actions that will reduce their energy usage and utility bills. Energy efficiency services are also provided. These include:

- Draft reduction measures
- Attic and/or wall insulation
- Pipe insulation
- Installation of high efficiency lighting
- Smoke detector installation / replacement
- Carbon monoxide detector installation / replacement
- Replacement of older, inefficient appliances, such as water heaters and refrigerators, with Energy Star rated appliances

In order to qualify, you must:

- Meet the income guidelines for fuel assistance under the Home Energy Assistance Program (HEAP)
- Live in a 1 to 4 family home
- Be a National Grid or NYSEG customer of record
- Complete and sign an Energy Services Application.

In rental situations, certain measures that directly benefit the eligible tenant are offered without a landlord contribution. Additional measures generally require a 25% landlord contribution.

If a review of your application indicates that you are qualified for any of EmPower New York's available services, you will be contacted about setting up a meeting at your home. Funding is limited, and services are targeted to customers based on energy usage and the savings potential.

If you are interested, you can pick up an Energy Services Application at ComLinks or you can call EmPower New York toll free at 1 (800) 263-0960 and one will be sent to you. The toll free number may also be used if you have any questions, or need assistance in filling out the application.

EmPower New York is funded through the New York State Energy Research and Development Authority (NYSERDA) under an agreement with the Public Service Commission.

When Father Knows Best He Knows How To Fight BAC!^â with Safe Grilling Tips

The Partnership for Food Safety Education (PFSE) launches a campaign to remind Dads to follow the Fight BAC![®] recommendations and Clean, Separate, Cook and Chill to reduce risk of foodborne illness.

Regardless of who is manning the grill, safe food handling practices are essential for preventing foodborne illness. "Warmer weather means higher risk for harmful bacteria growth," said Shelley Feist, Executive Director of PFSE. "As the weather heats up, there is an enhanced need for more vigilant food safety practices." It is especially important to take extra precautions when preparing perishable foods such as meat, poultry, seafood, egg products, and fruits and vegetables.

The Partnership's recommendations include:

- 1) Always wash your hands with warm water and soap for 20 seconds before and after handling food.
- 2) Use a food thermometer to insure that food reaches a safe internal temperature. Check fightbac.org for a list of proper temperatures.
- 3) Never defrost food at room temperature. Defrost foods in the refrigerator, in cold water or in the microwave. Foods thawed by the cold-water method or the microwave method should be cooked immediately.
- 4) Always marinate foods in the refrigerator.
- 5) Never place cooked food on a plate that previously held raw foods including meat, poultry, seafood or eggs.
- 6) Foods should be kept chilled when outdoors and should never be left out of refrigeration for more than two hours, or one hour if the temperature outdoors is 90°F or higher.
- 7) When packing a cooler, pack plenty of ice or freezer packs to ensure a constant cold temperature.

"Warmer weather means higher risk for harmful bacteria growth,"

The Partnership's tips for outdoor food preparation and handling are available on the all-new www.fightbac.org. The site's "Heat It Up" (<http://www.fightbac.org/content/view/93/2/>) chart features safe internal temperatures and can be laminated and turned into a magnet for the refrigerator. Kids can add a personal touch for a gift for Dad by downloading the chart and personalizing it before laminating.

Visit www.fightbac.org today to learn how you can become a BAC! Fighter and join in the effort to prevent foodborne illness in your community.

-from www.fightbac.org and The Partnership for Food Safety Education.

Even Start Success Story



**Way to Go,
April!**

April Bushey began work on her GED in 2002. In October of 2002, April and her girls, became involved with Even Start. April worked part-time, took care of her three girls, Samantha, Angelica and Kristina, and worked toward her GED. She stated "It's not easy being a mom, and a student all at the same time". She received her GED in December 2005 and went through the ceremony on June 6th, 2006. Regarding her GED, she notes "I'm happy about getting my GED, it helped me to get a job, and then a better job". She also states that she "loves the Even Start Program" and that she plans on staying involved until she has to leave the program. She further noted that the Even Start program has helped all of her children to develop and prepare for school. April's future goals include getting her permit and driver's license and looking for another part-time job. Our hats are off to you April, your hard work and persistence paid off. Way to go! Keep moving toward your future goals!

Go Outside & Play

Our children do not play outdoors as much as we did when we were their ages. Find ways to encourage your children to go outside and play!

- ♥ Ride your bike
- ♥ Blow bubbles
- ♥ Play tag
- ♥ Have fun running through a sprinkler
- ♥ Jump rope
- ♥ Walk the dog
- ♥ Play "hide & seek"
- ♥ Swim
- ♥ Play on a swing set



-From *Color Me Healthy News*

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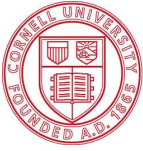
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Kid's Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

BANANA POPS

Ingredients

- ♥ 1 package (3.4 ounce) instant banana pudding
- ♥ 2 cups skim milk
- ♥ 1 banana, cut into pieces

Instructions

1. Combine pudding mix and milk.
2. Add cut up banana into pudding and blend evenly.
3. Spoon pudding/banana mixture into small paper cups, do not over fill.
4. Every once in awhile tap the cups to get any air pockets out.
5. Insert "Popsicle stick" and freeze until set
6. ENJOY!



Banana Pops

-From *Color Me Healthy News*

