



Family Resource

Introduction

Hello,

For those who are new readers to the Family Resource Quarterly newsletter, my name is Joanne Ureste and I am the County Extension Agent-Family Resource for Texas A&M AgriLife Extension at the Hidalgo County office. As a Family Resource (FR) Agent, I am responsible for planning, implementing, and evaluating education programs in the areas of personal financial literacy for youth and adults, budgeting and money management. I compose quarterly newsletters to provide financial information to the community.

The previous newsletter, I provided information on the following topics: Storing your foods for safety and quality, interactive activities for your child at the grocery stores, and economical healthy recipes.

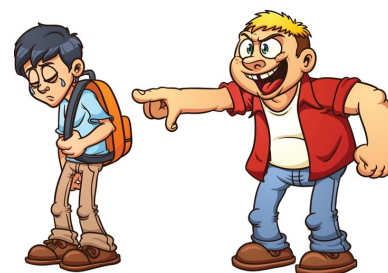
Since then, I married my best friend Ryan on October 14, 2016. We went to Puerto Rico for our honeymoon. I decided pick up sewing as a hobby, since I work with an amazing volunteer group, called the Master Clothing Volunteers. At this time, I have made a pin cushion with a thread catcher, sewing kit, and a shirt. I still need a lot of practice but I have enjoyed learning a lot from the MCVs. So with work, school, and my personal life it has been very busy and great!

This newsletter entails information on bullying, anger management, parenting, and money management. You may use this newsletter to get your child involved in learning how to save because it is never too late to start saving. I hope you enjoy! If you would like to read on a specific top or have any questions, please contact me at 956-383-1026 or joanneu.ureste@ag.tamu.edu. Please like the [AgriLife Extension Family Resources Hidalgo County](#) Facebook page.

Is my child being bullied????

Bullying can happen anywhere and to anyone. Bullying is the most common form of violence in our society. Bullying has an aggressive behavior. There are different types of bullying, such as teasing, shunning victims, rumor or gossiping, physical (hitting, pushing, tripping), verbal threats, stealing items from victims, sexual harassment, and cyberbullying. Suicide is the third leading cause of death among youth.

It is important to create an open communication with your child so that your child feels comfortable to approach you. It is also recommended to talk to your child in a daily basis and ask how their day went. Here are some warning signs that your child may experience bullying: Reluctant to go to school – complains of illness/headaches before school, does not want to ride school bus, experiencing a sudden drop in grades, coming home hungry (missing lunch), experiencing nightmares, acting nervous when an unfamiliar child approaches, showing increased anger or resentment with no obvious cause, talking about feeling lonely or about difficulty making friends, and bruises, cut, or bearing scrapes that are not easily explained.



Here are some ways you can help: do not over- or under- react, do not dismiss the experience, do not place blame on the child, encourage child to talk about the incident, provide extra support and encouragement, and report the situation to the school

Is Anger Controlling You?

Everybody gets angry, but out-of-control rage isn't good for you or those around you. When you can't control your anger, you may hurt yourself and others that you truly love.

When you get angry, you experience a two-step process: pain and trigger thoughts. Pain is like a can of gasoline. Your trigger thoughts are like a match. Either of the anger components alone is harmless.

Anger can affect your health, mental, physical, and social. You may hurt yourself and others, eventually your friends will not want to be around you. You may experience less support from your friends and become lonely.

Here are some strategies that you can use to tame your temper:

1. STOP!! Do not do or say anything.
2. Think before you speak
3. Once you're calm express your anger
4. Get some exercise
5. Take a timeout
6. Identify possible solutions
7. Forgive and do not hold a grudge
8. Practice relaxation skills
9. Know when to seek help.



Source: AgriLife

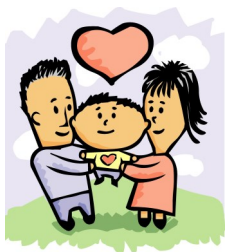
For more information on Anger Control program, please contact our office.

Parent-Child Communication

Parenting is hard work, but there are things you can do to maintain a good connection with your children and keep the lines of communication open. Good communication is an important parenting skill.. Communication is "a process by which a person transmits to another person (or group), information about his or her ideas and feelings and then receives information back." Through communication ideas are exchanged, new information is gained, conflicts are resolved, relationships are developed, emotions are expressed. Although, poor communication can lead to excessive family conflict, ineffective problem solving, weak emotional bonding, and behavior problems in children.

For promoting healthy parent-child communication, communicate at your child's level. Remember your children are limited by their developmental capacities and over time, children's communication skills become more complex. You may want to physically, come down to child's level, such as kneeling or sitting down.

For more information on a Parenting program, please contact our office.



Source: AgriLife Today

TEXAS A&M
AGRI LIFE
EXTENSION


Fee: \$25.00

Parenting Classes

The program is designed to help parents gain the necessary tools to help their children flourish and thrive. Parents will also receive support in the areas of child development, environmental safety and protection.

This program is a three week session. Topics include the following:

- Child Growth and Development
- Parent-Child Communication
- Positive Discipline
- Developing Your Child's Self-Esteem



Please contact our office for times & location.
Payment & Registration accepted only during office hours: 8:00 AM-5:00 PM,
Monday-Friday.

Money Smart: Bank On It

Are you trying to teach your child the value of a dollar and the importance of saving up for a special item? Even if you've saved very little money, it can be good to have a basic checking and savings account.

Unlike your child's piggy bank, a saving account may also offer interest that helps their little nest egg grow. Obtaining a bank account will keep money safe.

It is important to compare banks because all banks are different. Some banks may have monthly maintenance fees, penalty fees, and overdraft fees. Others have different operating hours. Etc.

Some key points to remember, ask for help if you do not know whom to talk to at a bank, as questions until you are clear on all the information, do not sign anything you do not understand, and



Reducing, Reusing, Recycling: Phone Case/ Wallet

Materials Needed

- Tie
- Sewing Machine
- Thread
- Scissors

If you would like to learn how to sew, please join us at our Master Clothing Volunteers classes. The classes are at NO COST. These volunteers meet every Tuesday from 9:00 a.m. to 11:30 a.m. at the Texas A&M AgriLife Extension Service-Hidalgo County office. You may visit the website for the sewing calendar: <http://hidalgo.agrilife.org/master-clothing-volunteers/>



BLT: Sunshine Salad

Ingredients

2 cups of shredded carrots
1/2 of cup of crushed pineapple (drained)

1/2 cup of non-fat vanilla yogurt
1/2 of cup of raisins

What to do

1. Wash hands and cooking area.
2. Mix all ingredients together in a mixing bowl.
3. Toss and serve immediately.



Prep Time: 15 minutes

Cost per serving: \$0.17

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 90%	Vitamin C 4%
Calcium 4%	Iron 2%

Family Resource Announcements

Dinner Tonight, March 23, 2017

The *Dinner Tonight!* Program encourages family mealtime by providing quick, nutritious, cost effective recipes to consumers through weekly video web cast.

Join us for this healthy cooking school event hosted by Texas A&M AgriLife Extension and HEB on Thursday, March 23, 2017 at HEB Plus located at 2409 E. Expressway 83 in Mission Texas. You will learn easy, nutritious and economic ways to feed your family.

For more *Dinner Tonight* recipes, please visit our website: <http://dinnertonight.tamu.edu/>.



Child care provider's conference, April 22, 2017

Child care providers play a vital role in caring for America's children. Texas A&M AgriLife Extension-Hidalgo County will host a Multi-County Child Care Conferences on April 22, 2017 at the Texas A&M AgriLife Extension-District 12 (2401 East Highway 83, Weslaco TX 78596).

The topics consist of child care providers annual training requirements. Topics include sudden infant death syndrome, shaken baby syndrome, factors indicating a child is at risk for abuse or neglect, asthma education, administering medication, preventing the spread of communicable diseases including immunization, physical activities for children, and preventing, controlling, and responding to emergencies due to food or an allergic reaction.

Please call our office to register! Child care providers will receive six clock hours. No onsite registration will be accepted.



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