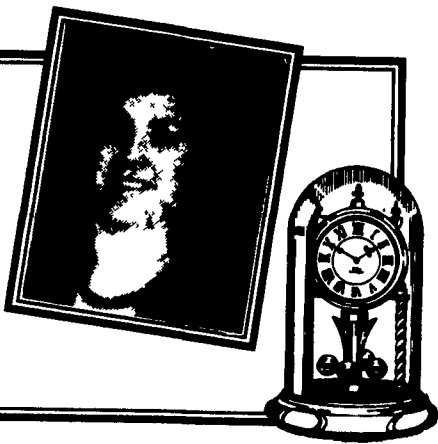


Taking Time

by
Lehigh Co.
Extension Agent

Rebecca Escott



Taming Tempers

Temper tantrums — those often embarrassing, yet quite normal, outbursts of frustration that toddlers and preschoolers seem to display at the most inopportune times! What can parents do to limit frustration and stay sane?

Jane Brooks, parenting author, writes about toddlers, "We are pleased by their achievements, intrigued by their verbal observations, and sometimes outraged by their stubbornness."

One of a toddler's main goals is to develop autonomy or independence. These youngsters want to show some control over their lives. They do this by asserting their wills — saying "No," turning from food or resisting dressing. Parents also hear toddlers declaring, "Me do it." or "Come now!" This assertiveness turns to frustration when the child can't accomplish what she set out to do.

Researcher Florence Goodenough has studied tantrums. She says they usually peak in frequency during the child's second year and that they are most likely to occur when the child is hungry, tired, or ill. With younger children these flare-ups tend to last less than five minutes. They may last longer with older children who sometimes sulk or keep hard feelings. In order to prevent some frustration, a par-

ent should consider a child's situation when determining the day's schedule. If a child has an ear infection and is tired, she is primed for an outburst. In that case, it is wise to put off any shopping trips or restaurant stops that aren't absolutely necessary. Parents can also take other steps to cope with and reduce temper tantrums.

Techniques that Goodenough, Haim Ginott, and other parenting experts recommend include:

- √ Diverting the child's attention.

- √ Redirecting the child's behavior verbally with a statement like, "Scribble on this paper, not on the wall." or "People are not for hitting. Pillows are for hitting."

- √ Ignoring the outburst.

- √ Listening carefully to the child, restating the child's feelings in a way that shows care, reasoning with the older child.

- √ Living by a regular schedule for bedtime, meals, etc., and providing a ten minute warning of an activity change.

- √ Removing the child from the frustrating situation.

Goodenough identified these actions as ones used by parents whose children displayed few tantrums. In contrast, parents whose children seemed to have recurring tantrums resorted to less effective methods of taming tem-

pers like granting the toddler's desire, removing the source of trouble, coaxing, and threatening. These parents tended to ignore the child and her needs until the outburst occurred.

To make managing tempers even more complicated, some researchers have categorized tantrums. Children can use tantrums to manipulate parents into giving them what they want. They also have tantrums when they suddenly feel out of control. These two types of tantrums require different approaches. The first is often handled by ignoring. The second demands quiet listening, caring and stating of feelings. It can be exhausting for the parent to deal with.

When a child has a temper tantrum in public, the parent may also feel uncomfortable, suspecting that onlookers are critiquing her parenting skills and assessing her as cruel or incompetent, unloving or unfair. The reality is that most on-looking parents will be sympathetic remembering a time or two when they themselves experienced a similar exasperating event.

Finding successful ways to tame a child's temper takes time — time to know each child and his needs, time every day to review rules and provide advance notices in order to avoid confrontations, and time to listen and understand this tiny person's frustration and anger.

I know occasionally "big people" need that same time, advance notice, and respect. As much as we'd like to deny it, even adults can slip into tantrums — sometimes when we're hungry, tired or sick just like our two-year olds.

Reasons To Grow Herbs

FLEMINGTON, N.J. — Discover the special pleasures of growing herbs—include them in this year's garden plans. A few plants tucked among the flowers and vegetables is a good way to start.

Herbs are annual, biennial, and perennial species, vast in number, that have been deemed valuable for certain uses—scent, flavor, medicine, and dyes being most important. Herbs have been collected or grown for centuries and their history is intriguing.

For example, dill, which today is used almost exclusively as a culinary herb, was used to crown heroes and adorn banquet halls in ancient Greek and Roman times. In the past it has variously been used to induce sleep, to combat witches, to thwart the "evil eye" and for various medicinal purposes. Try the 1992 AAS winner 'Fernleaf' dill, a compact variety.

Parsley, too, has a more varied history than its present, mainly culinary use suggests. Parsley was used in funeral ceremonies, to honor athletes and to invigorate race horses by the ancient Greeks. It was important in medieval medicine, even as a treatment for plague. 'Triple Moss' and 'Forest Green' are curly varieties recommended for New Jersey gardens. 'Dark Green Italian' is a good choice for cooking.

Mint has an extensive history of use though it is now most important for flavoring and garnish, especially in Mediterranean and Middle Eastern cuisines. Through the ages mint has been used for tax payments, in religious rituals, as an antidote to sea ser-

pent sting, for bathing, as a body rub, to "purify" drinking water, for strewing, to repel insects and to treat medical problems including mad dog bites and hiccups. Mints are available in an endless variety of 'flavors' and foliage types. Try a curly-leaf mint (*M. crispata*) for strong flavor and unusual appearance. Corsican mint, a very small creeping plant, though not reliably hardy, is an interesting addition to the herb garden.

Today, herbs are grown mainly for flavor, scent and ornament (and, perhaps, history!) adding an extra dimension to the garden. In general, herbs need full sun, well-drained soil, and a pH ground 6.5, the same as for most vegetables and flowers. There are a few that like partial shade. Most prefer a light hand with fertilizer and tend to be relatively pest free. Many of the most popular culinary and fragrance herbs are readily available as seeds or plants. Select those that you (or someone you know) use, read about them and try growing them yourself.

Even if you don't use herbs, many are very nice ornamentals so don't overlook them. Some of the thymes make good edging or ground cover plantings. Lavenders, sages, and many others have silvery foliage, an important component in flower garden design. Some have attractive though, generally, not showy, blooms. The scents of herbs can be enjoyed every time you work around them.

An avid herb grower once told me her greatest pleasure was weeding her garden! There are lots of good reasons to grow herbs—try it this year.

MILK. IT DOES A BODY GOOD.™

FURNITURE

CLOSED SUNDAYS, NEW YEAR, EASTER MONDAY, ASCENSION DAY, WHIT MONDAY, OCT. 11, THANKSGIVING, CHRISTMAS & DECEMBER 26TH

FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE
USED COAL & WOOD HEATERS
COUNTRY FURNITURE & ANTIQUES

BUS. HRS. MON.-THURS. 8-5
FRI, 8-8, SAT. 8-12

BOX 57
1129 GEORGETOWN RD.
BART, PA 17503

SOYBEAN ROASTING ON YOUR FARM

FULL-FAT ROASTED SOYBEANS for Maximum Feeding Value

- High energy, by-pass protein and palatability
- Toxic enzymes and molds destroyed
- Peak performance with retained oil and lecithin
- Improved Total Digestible Nutrients
- Ultimate rich peanutty flavor and aroma
- Dried as roasted
- Roast own grown beans - Avoid trucking and docking
- Economical and efficient for lower feed costs
- Ready for use or storage

Custom Roasting in PA and Surrounding States

David N. Groll
RD 3 Lewisburg, PA
(717) 568-1420

Schnupp's Grain Roasting, Inc.
RD 6 Lebanon, PA
1-800-452-4004
717-865-6611

Horst Grain Roasting
3040 Penns Grove Rd.
Lincoln Univ., PA 19352
(Chester Co.)
(610) 869-8834

Roast-M-Matic Grain Roasting Sales-Service Custom Work
Roast Cool Unit Available

COMPLETE SELECTION of Freestalls

Headlocks

Sidewall Curtain Systems

NEW 10 Year Warranty

15 oz. Fabric

SEE OUR Mattress & Shredded Rubber Display

NORBCO BARN EQUIPMENT

DISCOUNT DAYS
and
WAREHOUSE SALE
Tuesday & Wednesday
February 14th & 15th
at
Potomac Valley Supply

Hagerstown, MD

301-223-6877

★ Parts Discounts ★
★ Equipment Promotions ★

