



Taking Time
by
Rebecca Escott

Daughters and Dads

At a recent parenting seminar, I was surprised and challenged by one mother's assessment of her daughter's relationship with her husband. She said, "I think dads who have sons have it easy. They have lots of things in common and can do lots of things together. My husband and my daughter don't have anything they like to do together."

Nothing they like to do together! How sad. Dr. T. Berry Brazelton, a well-known pediatrician and parent educator, comments, "Everything we know shows that when men are involved with their children, the children's IQ increases . . . The child is also more likely to have a sense of humor, to develop a sort of inner excitement, to believe in himself or herself, to be more motivated to learn." Both boys and girls are positively affected by interactions with their dads.

These exciting results occur when dads spend time with their children, providing both limits and love in a balanced way. Following that seminar, I wondered what I could do to encourage dads to spend time with their daughters — even when it's easier to hang out with their sons? I decided to ask daughters what they like to do best with their dads.

Right from the source, here's what the elementary school and teen daughters like best:

Playing board games — Monopoly, Candyland — ("we usually end up laughing and telling funny stories"), playing in the snow, sledding, skating, skiing, playing computer games, playing team sports and getting coached on sports skills, going to sporting events, backyard basketball and baseball games, making popcorn and building a fire in the fire place for "game night," fishing and

hunting, camping, hiking, wrestle with dad, playing Frisbee, putting together puzzles, playing checkers, running laps around the house, kicking the soccer ball.

Shopping, traveling, visiting the zoo, going to this office, going to the library or book store, going on a motorcycle ride, going on errands, going on business deliveries with my dad, shopping for my Mom, driving with the music really loud.

Making breakfast, going out for breakfast or lunch, cooking with dad, baking bread and making "monster" (plate size) chocolate chip cookies, daddy/daughter "dates" for lunch or dessert.

Cleaning, washing the car, planting garlic with him, learning to use his tools, fixing up the house, cutting grass, drying dishes, building sheds and rabbit hutches.

Completing school work, reading, telling jokes, helping me with my numbers, talking about school and politics, learning how to take care of and show cattle, singing stupid songs — changing most of the normal words to make them funny, practicing musical instruments.

Listening to music (The Grateful Dead and Rod Stewart!), going to concerts, dancing, dancing around the house when my mom isn't home.

I love what one teen told me, "Unlike a lot of fathers, I can go shopping with him, cook, listen to music, fix up the house, and almost anything I'd do with my mother." She said, "unlike others" yet I found that on every list there were some stereotypical female things — cooking, shopping — and some stereotypical male things — hunting, roughhouse play, sports. Another reflected, "I was Daddy's little girl." It was obvious from the responses that dads

bring an element of risk and excitement to daughters' days. They push the limits a bit — listening to music really loud, making monster-sized cookies, wrestling. Not that moms couldn't but they are less likely to bring this quality to their child-parent interactions. Because moms contribute other important things, children need to spend time with both parents.

For me this "survey" of daughters was a wonderful experiment! If you ask children themselves, they will tell you the things that they like to do best with parents during one-on-one time. I have no doubt that if a daughter is asked she would be able to list things she'd wish she and her dad could do together.

Father-daughter times are so important. Even if it seems you have nothing in common, take a risk and invite your daughter to join you in an activity. You'll both benefit immensely.

Strawberry School To Be Held

LEESPORT (Berks Co.)—Varieties, carliness techniques, and pest management are topics for discussion at the Southeast Pennsylvania Strawberry School on March 5. The meeting will be held at the Berks County Ag Center, Leesport, with registration beginning at 9:00 a.m.

Pre-register with Berks County Cooperative Extension, PO Box 520, Leesport, PA 19533-0520, phone (610) 378-1327, Fax (610) 378-7961 for the meeting by February 27. Registration fee is \$15 which includes the noon meal, refreshments and reference materials.

Sewing Guide Altered

(NAPS)—An updated sewing guide buttons up today's sewing needs.

"Reader's Digest Complete Guide To Sewing: Revised and Updated" (\$30) answers questions for both novice and advanced sewers.

Which are the best scissors to use on thick fabric? How should a pattern be altered to accommodate my height? Which material is best for covering our living room sofa? How can I sew buttons on my terry-cloth robe so that they stay on?

These questions and others are answered with well-illustrated, simple-to-follow instructions and valuable information in the book.

Among revisions in the "Reader's Digest Complete Guide to Sewing: Revised and Updated":

- the latest sewing supplies, materials and equipment;
- descriptions of 190 different fabrics;
- new color wheel with complementary colors;
- metric and standard measurements (many European patterns and sewing machines use metric only).

The book also covers:

- basic construction techniques;
- necklines and collars, waistlines and belts, sleeves, pockets, hems and other finishes;



To fasten buttons to heavy or bulky fabrics, such as a terry-cloth robe, use a thread shank. The shank keeps the material from pulling unevenly.

- men's and children's clothes;
- home furnishings;
- fastenings—from zippers and snaps to buttons and frogs.

Here's a simple button-sewing tip from the book: to fasten buttons to heavy or bulky fabrics, such as a terry-cloth robe, use a thread shank to keep the fabric from pulling unevenly around the buttons. Shank length should equal garment thickness at the buttonhole plus 1/8 inch (3mm) for movement.

To make a thread shank, secure thread at button mark, then bring needle up through one hole in button. Lay a pin, matchstick or toothpick across the top of the button. Take needle down through second hole, make about six stitches. Remove pin or stick, lift button away from fabric so stitches are taut, and wind thread firmly around stitches to make shank. Backstitch into shank to secure.

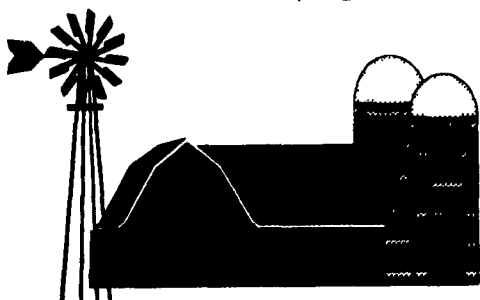
The book is available at local stores. Or call 1-800-793-BOOK, Dept. 039-03.

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For more information and a confidential no cost proposal on the ECH Foundation Farm Trust program please call Bill Treible, Development Officer, Ephrata Community Hospital Foundation, today (717-738-6569).



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