

Dads And Discipline

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In recent years, a researcher and popular author has published books supporting the premise that men and women think and act very differently. It is true. And, it is also true that fathers and mothers differ on the "why" of discipline. While dad and mom have differing viewpoints on discipline, one person's views are not necessarily better than the other.

First, let's look at the reason for discipline. "Discipline" comes from the Latin word disciplina and means teaching. Discipline does not mean punishing. Both parents agree on that the goal is teaching behavior and not punishing misbehavior.

Mothers, though tend to want their children to behave because they feel that it is good to be good. Moms think, "Be good, because if you don't, we (mom and child) won't get along."

Dads tend to want children to be good because children will find their way in the world if they behave according to certain societal rules.

Dad, on the other hand, thinks, "Behave, because if you don't you'll never get a job, have friends, etc."

What's a parent to do? Recognize and appreciate the differences. It is important for both parents to participate in limit setting and discipline. Effective discipline is short and simple. Teach children to engage in behaviors that will not harm themselves, other people or property. As

children grow older, include them in determining what is appropriate behavior. Decide together, how far is too far, how much is too much. Making a chart of acceptable and not acceptable behaviors and their consequences works in some families — a mom method. Dads tend to think children should remember. Some children do remember, but don't count on it.

Label the child's and your feelings about the behavior. I know that makes you so angry, but we don't hurt people. What can you do? Children feel relieved when dad relates that he is angry, or frustrated, confused, etc., too.

Young children, especially, feel that mom and dad are perfect. By labeling their and your behavior, children are taught that anger is an acceptable feeling. Once the feeling is identified, work with the child to handle it. Dads tend to look toward more concrete solutions. Counting to 10 works. Leaving the scene works. Sometimes dad can reinforce that crying is okay, too (even for boys).

With discipline, moms and dads have the same expectations, goals in sight. Their roadmap to that goal may vary. Children benefit by being exposed to the differing styles of their parents. Being exposed to both styles helps children to better cope with the variety of people and problems they will encounter in later life.

So while men may be from Mars and women from Venus, both provide valued reasons and methods for discipline. Keep teaching your children.

Berks Fashion Revue Names Winners

LEESPORT (Berks Co.) — Fifty 4-H'ers from six 4-H sewing clubs modeled their sewing projects at the Berks County 4-H Fashion Revue conducted at the Ag Center recently.

Winners who advanced to the Southeast Regional 4-H Fashion Revue, Allentown, were Rachel Rounsville, Katrina Shutt, Taryn Stein, Kelli Ann Shlegel, Katie Kauff-

man, Angela Hohl, Monica Beistline, Caitlin Ketterer, Caitlin Celia, Jamie Marsh, Jennifer Faust, Logan Monighan, and Jamie Celia.

Three gold honor awards went to Kelli Ann Schlegel, Taryn Stein, and Rachel Rounsville.

Senior division blue honors went to Katrina Shutt and Katie Kauffman.

Junior gold winners were Caitlin and Jamie, Celia, Jamie Marsh, and Jennifer Faust, and Logan Monighan.

Junior division blue honor award winners were Jennifer Faust, Logan Monighan, and Jamie Marsh.

The day-long Fashion Revue included workshops and modeling.



Cook's Question Corner

(Continued from Page B8)

3 to 3½ cups zucchini, grated (peeled if you need to disguise it)

Mix together all ingredients except zucchini in a bowl. Add zucchini and stir well. Pour into a buttered 9-inch pie plate or small casserole dish. Bake until browned at 350 degrees for 30-40 minutes.

Substitution for Bisquick baking mix:

1 cup flour

1½ teaspoon baking powder

⅓-½ teaspoon salt

"My family of eight thinks this is one of the best recipes for zucchini. I often double the recipe and bake in a 9x13-inch pan and serve for supper."

ANSWER — A reader wanted recipes for breads, cakes, etc., using whole grains. Thanks to Minerva Rissler, New Enterprise, for recipes.

Wheat Bread

2 packages dry yeast

2 cups warm water

¼ cup brown sugar

¼ cup honey

¼ cup vegetable oil

2 teaspoons salt

2 cups white flour

2 cups wheat flour

1 cup gluten flour

Dissolve yeast in warm water. Add sugar, honey, oil, salt, and flour. Let rise, punch down, and let rise again. Divide and place into two bread loaf pans. Let rise until doubled in size. Bake at 325 degrees for 10 minutes or at 300 degrees for 25 minutes.

Honey Carrot Cake

2 cups whole wheat flour

2 teaspoons baking powder

1½ teaspoon baking soda

1 teaspoon salt

2 teaspoons cinnamon

½ cup chopped nuts

¾ cup oil

¾ cup honey

4 eggs

2 cups grated carrots

1 cup unsweetened crushed pineapple, drained, OR 1 cup peaches, crushed, drained

Combine dry ingredients. Add oil, honey, and eggs. Mix well. Stir in carrots and pineapple or peaches. Pour into two greased and floured 9-inch layer pans. Bake at 350 degrees for 35-40 minutes. Cool and frost if desired.

Cream Cheese Frosting:

8-ounces cream cheese

6 tablespoons butter, softened

2-4 tablespoons honey

1 teaspoon vanilla

½ cup nuts

Beat together cream cheese and butter until fluffy. Add honey and vanilla. Sprinkle with nuts.

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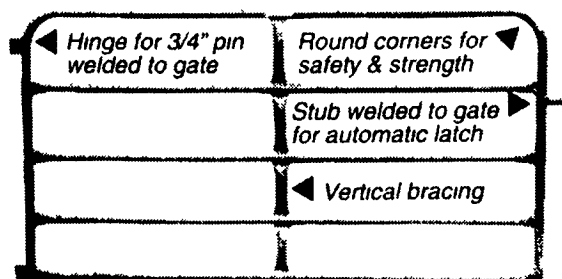
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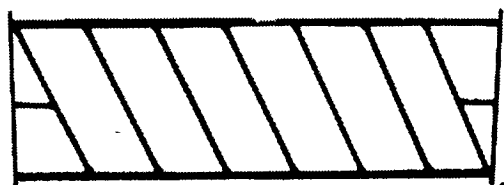
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