Summer Safety

Drownings: The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like drowning, is a step toward this goal.

When most of us are enjoying time at the pool or beach, injuries aren’t the first thing on our minds. Yet, drownings are the leading cause of injury death for young children ages one to four, and three children die every day as a result of drowning.

Thankfully, parents can play a key role in protecting the children they love from drowning.

Learn life-saving skills. Everyone should know the basics of swimming (floating, moving through the water) and cardiopulmonary resuscitation (CPR). Fence it off. Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when they aren’t supposed to be swimming. Pool fences should completely separate the house and play area from the pool.

Make life jackets a “must.” Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim. Life jackets can be used in and around pools for weaker swimmers too.

Be on the lookout. When kids are in or near water (including bathtubs), closely supervise them at all times. Adults watching kids in or near water should avoid distracting activities like playing cards, reading books, talking on the phone, and using alcohol or drugs.

Reprinted from: http://www.cdc.gov/safechild/Drowning/

Stress Relief — Try Yoga!

July 25, 1–2 p.m., Founder’s Hall 301

Free yoga mat if you RSVP to studentparents.studentservices@metrostate.edu

Anouncements

Apply For The HEAASC Book Scholarship
The Higher Education Alliance of Advocates for Students with Children (HEAASC), of which Metropolitan State University is a member is offering a $500 book award to a deserving student-parent. The application is available here or online at http://www.heaasc.org/default.aspx?pagid=1224028&mode=postview&sbmi=1327010. The deadline is July 15.

Resource Fair/Food and Children’s Clothing Exchange
August 6, 2–8 p.m., Great Hall, New Main.
Community resources, free food, gently used children’s clothing. Raffle drawings for great prizes. Opportunities for University student parents to meet with teen parents. If you are interested, please contact Student Parent Center 651-793-1564 studentparents.studentservices@metrostate.edu

Chat and Chew
12-1 p.m.
Open 10 a.m.–6 p.m.

4th of July
Holiday
Open 10 a.m.–6 p.m.

Open 10 a.m.–6 p.m.

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**Quick Dinner Recipe**

**Pasta Salad with Tomatoes and Corn**

**Serves 4–6**

**Ingredients**
- 5 tablespoons olive oil
- 5 tablespoons red wine vinegar
- 1/2 cup chopped fresh basil
- 2 large garlic cloves, chopped
- 1/2 cups fresh corn kernels (cut from 3 ears) or frozen, thawed
- 1 1/4 pounds plum tomatoes, chopped
- 8 ounces penne pasta, freshly cooked
- 1/2 cup grated Parmesan cheese
- Fresh parsley (optional)

**Whisk** the 4 tablespoons oil, vinegar, basil and garlic in large bowl to blend. Heat remaining 1 tablespoon oil in heavy large skillet over medium heat. Add corn; sauté 3 minutes. Add corn to dressing in bowl. Add tomatoes, pasta and cheese to bowl and toss to blend. Season salad with salt and pepper. Add fresh parsley on top to serve.

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**Upcoming Events**

**July 4: Holiday**
- July 11, 18, 25: Chat and Chew 12–1 p.m.
- Free lunch and support FH301
- July 25: Yoga 1–2 p.m. FH301
- Free Yoga mats will be provided

**Aug. 1: Stress Management Workshop**
- Yoga, 1-2 p.m. FH301
- (after Chat and Chew)

**Aug. 10: Family Bowling**
- 3–6 p.m., Midway Pro Bowl, 1556 University Ave.
- Aug. 17: Picnic, Minnehaha Park, Wabun 4–8 p.m.

**Child Development**

10 dos and don'ts of dealing with teenagers

By Kim Hukleins

Bringing up teenagers can be confusing for the teen and parents alike, so to make things a little easier we've put together a top ten list of dos and don'ts.

Do show respect for your teenager Show it and you'll receive it in return. For example, respect their privacy by expressing an interest in their personal lives we all log into their Facebook account. Also, let them know that their opinions and feelings matter to you, and be constructive in your explanation if you don't agree with them ('Just because I don't think it's a good idea...'). Be positive, not passive; admit and apologize when you've been in the wrong, and praise them when they've done something good. A little humility goes a long way.

Do listen Nobody understands me anymore, the adolescent in your life will say. We can empathize with both taking the time to listen and remember what it was like for us as teenagers. Listening (while resisting the urge to interrupt) not only shows you care but also develops a sense of mutual trust. What's more, it will help you to gain a better understanding of certain situations without jumping to conclusions.

Do let them know you're there You know you'll be there for them no matter what, but do they? Create an open environment wherein all family members can feel free to discuss what's on their mind without fear of being judged. We can't guide our children through all aspects of life, but we can be on-call for support. Let your teen learn from their own mistakes and make sure you're there to talk about whatever's gone wrong when they're ready.

Do keep calm and consistent 'Teenagers' behavior can be notoriously hot-headed and unpredictable, but the last thing to help is you fanning the flames with similar behavior. However frustrating it seems, it's worth baring your tongue when things get heated. Keeping calm will help them to do the same and eventually encourage more open and level-headed communication. If you do say anything in anger to them, take steps to clear the storm by apologizing and explaining why you were upset.

Do have fun together Time-wise, we're talking about quality over quantity. Even if other commitments only leave you with the odd half an hour here and there, then so be it—just make the most of what you've got. It can be as simple as going out for a meal or watching a film together. Ask them what they'd like to do and, importantly, make sure you enjoy it too.

Don't nag In a recent survey*, around half the number of teenagers questioned advised parents not to nag their teens. It can be tempting to nag, especially when we feel frustrated. However, the bottom line is that at whatever age we all resent a nagger. Avoid focusing on the bad and don't forget that an essential process along the journey to adulthood is choosing your own paths and learning to overcome mistakes. Be patient, and do all you can to keep nagging to a minimum.

Don't be a control freak You might have the wisdom of age and experience, but don't forget that an essential process along the journey to adulthood is choosing your own paths and learning to overcome mistakes. We can't guide our children through all aspects of life, but we can be on-call for support. Let your teen learn from their own mistakes and make sure you're there to talk about whatever's gone wrong when they're ready.

Don't preach Don't shout

Don't do the trick! We can't guide our children through all aspects of life, but we can be on-call for support. Let your teen learn from their own mistakes and make sure you're there to talk about whatever's gone wrong when they're ready.

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**Health Corner**

Tips for a Healthy Summer

Prevent Heat Exhaustion

Symptoms of heat exhaustion include nausea, vomiting, dizziness, and confusion. If you suspect your child may be suffering from it, the AAP recommends you have him stop all physical activity, lie down in a cool place, and drink fluids. Seek medical care if the symptoms don't stop quickly or if your child's body temperature is 103°F or higher.

Banish Bugs

Prevent mosquito bites by keeping kids away from bodies of stagnant water, applying an insect repellent containing DEET (like OFF! Family Care bug spray) that contains 30 percent DEET and is safe for use on children over 2 months old.

Drink Up

Dehydration can occur in kids who are extremely active. During exercise, kids are encouraged to drink between four and twelve ounces of fluid (two guls=one ounce) every 15 to 20. For junior jocks exercising more than 45 minutes, a sports drink (not an energy drink) with 6 to 8 percent carbohydrates and electrolytes will help maintain balanced energy level.

Ditch the Itch

If your kid has been exposed to poison ivy, poison oak, or poison sumac, here’s how to make him more comfortable. Wash the area with soap and water for at least ten minutes; apply an over-the-counter 1% hydrocortisone cream; and keep scratching damage to a minimum by trimming his fingernails. For persistent itching, use calamine lotion three to four times a day. Call a doctor if the rash is on your child's face or if these treatments don't work.

Keep Ticks Off

To prevent tick bites when you and the kids are out in grassy or wooded areas, wear long-sleeved shirts, tuck the ends of pants into socks, and consider applying an insect repellent containing permethrin (like Repel Permanone, $6; amazon.com) to pant cuffs, socks, and shoes.

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*Reprinted from: http://www.ivillage.co.uk/10-dos-and-donts-dealing-teens/813597#page=1

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**Student Parent Organization**

Join the Student Parent Organization to cultivate connections through networking and associated intelligence, supporting family, educational and community goals. This organization is created for students by students.

Together we produce ways to contribute to student's success in their education, family affairs and community engagements.

Together we advocate and collaborate with campus organizations and within the community thought activities, events, and resources.

Together we establish consociates by communicating with peers; obtaining resourceful information toward desired goals.

Together we support students' educational goals and healthy lifestyles.

Together we can empower students. We want to assist students’ in balancing educational processes and successes, proper parenting accountability, and work practices.

The Student Parent Organization is a grassroots group that acknowledges our shared aspirations: how can we invest in your experiences on campus, within your lifestyles, and in your communities? We will seek ways to make your experiences less tense and/or more gratifying.

**The Student Parent Center Invites You and Your Family to Bowl With Us!!**

**Midway Pro Bowl**
- 1556 University Avenue
- St. Paul, MN 55104

**Snacks Will Be Provided**

**Please RSVP:**
- (651) 793-1564
- STUDENTPARENTS@METROSTATE.EDU (LINKED TO 10 PARENTPARTICIPANTS)

**Saturday**
- August 10, 2013
- 3 to 6 pm

**Don't take things personally Teens tend to say things in the heat of the moment. At a time when their hormones are running riot, it's easy for a normal conversation to flare up over something that might seem trivial to you. In many ways, teens have to blow a fuse a few times to learn how to control their feelings and express themselves more constructively. So stay calm at all times and lead by example.

Don't shout Your voice may be louder, but this doesn't mean they will listen to you any better or respect you any more. Any show of aggression is likely to be counter-productive; it can push them away further or even make them display aggressive behavior themselves.

Don't preach You might have the wisdom of age and experience, but don't forget that an essential process along the journey to adulthood is choosing your own paths and learning to overcome mistakes. Be there to guide them through any difficult life choices, but resist any assumption that you know best. In particular, avoid using parent-child language, such as saying anything along the lines of ‘When I was your age...’. If you do this you'll sound like an annoying old fart; in which case, what's the point in getting involved and relevant to them?”