

FAMILY CONNECTIONS

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Dealing with Temper Tantrums

If you are a parent, chances are your child has thrown a temper tantrum in the grocery or toy store. When this occurs, there are some key things that you should NOT do as it will not help the situation. In fact, most of these actions will only reinforce the behavior. Avoid doing the following things, no matter how tempting it may be.

- Spanking the child in public or dragging them out of the store.
- Ignoring the child as they wiggle on the floor.
- Overreacting due to embarrassment.
- Offering your child a reward so they will stop.
- Reasoning with your child during the tantrum.

What should you do INSTEAD?

- Remain calm and level headed.
- Don't allow others to tell you what you should be doing.
- Find a quiet place for a time out and then explain to them that their behavior is unacceptable and you will both return to the store when their attitude has changed.
- Avoid making comments you will regret later.
- Address the issue after finding out what caused the tantrum. Repeat what your child has said but in the form of a question so they have to answer yes or no. Doing this allows the child to understand what caused the temper tantrum.
- Talk with your child about consequences they will incur if the behavior continues.
- Always follow through with what you say and stay consistent.
- If your child will not leave the store, simply pick them up and carry them to the nearest bench for more time to calm down. Don't allow the behavior to override what you set out to do for the day. Going home will only reinforce that they can get their way.

www.hubpages.com

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Let your kids play with their food by creating this vegetable flower. Once their flower is in bloom, they can dip the petals in ranch dip.

Ingredients

- Radish slices
- Fresh spinach leaves
- Cucumber rounds
- Cherry tomatoes
- Celery sticks
- Baby carrots

Directions

Set out veggies and let your kids design their flower with cucumber rounds and radish slices as petals. Use celery sticks as stems, spinach for leaves, a cherry tomato for a flower center, and carrots for grass. Have a side of ranch dip ready.

www.familyfun.go.com

Creating Container Herb Gardens with Kids

If you don't already have an herb garden, consider starting a container herb garden with your kids. This is a very inexpensive yet educational way to get your kids interested in using flavorful herbs while cooking. Not only can they plant the herbs from seed or small plants, they can care for them, harvest them, dry them and help you use them in the kitchen. You will need some basic tools to begin: Gardening tools, herb seeds or plants, large containers with drainage holes, seed starting containers, and planting soil. Fluorescent lights are a great way to encourage faster plant growth, but not necessary.



In the above picture, herbs such as sage, thymes, basils, parsley, marjoram, and oregano fill this beautiful container which can be kept in the kitchen close to a window – or on the patio on a warm summer day.

Plan the Vision for your Herb Container

Prepare the soil: Most herbs require a minimum of six hours of sunlight per day and moderately rich soil with good container drainage. Loosen the soil with garden forks or shovels to a depth of 8–12 inches before planting. It is especially important to rake the soil to form a fine, even bed if you're growing herbs from seed.

Starting from seed: If you want to get a jump on the season, go to your local Dollar Store, Lowe's, or Home Depot to purchase seed packets. Try to purchase the ones that have silver lining on the inside – you will be able to tell if the packet is "thicker" or "tougher to bend." Another suggestion is to go online and order seeds from Gurney's. They guarantee all of their products and will send you new seeds if they fail to produce for free. You can get a free catalog from <http://gurneys.com>. To keep your seeds healthy, keep the soil mix moist until the seeds begin to germinate and water every time the soil begins to dry out. You will plant them fairly shallowly – see your seed packet for planting depths. Maintain good air circulation and space for them to grow.

Harvesting your Herbs

When herbs have enough foliage to sustain growth, harvest your crop by picking leaves and spread them in a single layer on trays or screens – Window screens work wonders! You can also "bundle" your herbs and hang them to dry. Kids can now sell or use these cooking ingredients.

Indoor Herb Growing Chart

Herb	Days to Germination
Basil	5-10
Caraway	14+
Chives	7
Chamomile	7
Coriander	9
Dill	5
Fennel	6
Garlic	Must plant cloves
Lavender	Purchase plants
Lemon Balm	7
Mints	Purchase plants
Nasturtium	5
Oregano	30+
Parsley	20+
Rosemary	20+
Sage	28+
Summer Savory	5
Tarragon	Purchase plants
Thyme	20+

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Mountain State Parent-Child Adolescent Network

What has MSP-CAN been doing?

Our organization is gearing up for Parent Advisory Councils to begin as Spring has arrived. Currently, we have one in McMechen and another in Parkersburg. We are looking to begin more in Parent Groups in the northeastern part of the state as well as counties along the mid and upper Ohio Valleys. If you or someone you know would be interested in becoming more involved with their children's mental health and well-being, please contact

Crystal Dugan at 304-916-3649.

What is MSP-CAN looking forward to?

Our organization is hopeful that we can obtain volunteers from Gilmer, Calhoun, Wirt, Wood, Pleasants, Tyler, Wetzel, Marshall, Ohio, Brooke, Hancock, Ritchie, Doddridge, Harrison, Marion, and Monongalia Counties, to share our vision and mission as the only family-run organization in the state. We are also looking to gain more faces for our Board of Directors – those who have children with serious emotional disorders under the age of 18. For more information, Contact Crystal Dugan at the above mentioned number.

MSP-CAN continues to accept referrals, provide 1:1 assistance to family members, offer trainings, promote advocacy, share information, and collaborate with other organizations.

Upcoming Events

March 5th at 5pm, there will be a Calhoun Family Appreciation Dinner held at the Calhoun Middle/High School.

March 15th at 6:30pm, there will be a Depression & Support Alliance meeting held at the Immaculate Conception Church at 126 Pike Street Clarksburg.

March 16th at 10:30am, there will be a Head Start Advisory Council Meeting in Wheeling at the Elm Grove United Methodist Church.

March 17th from 5:30pm-8:00pm, proceeds from your Chick-Fil-A meal at the Grand Central Mall in Vienna, WV will go to Pressley Ridge Schools at White Oak.

March 22nd from 5pm-6:30pm there will be a Parent Advisory Council open to all families at the MSP-CAN office at 1201 Garfield Avenue, McMechen, WV. This is a monthly meeting and parents will learn new parenting techniques, learn different perspectives on children's mental health, and learn to advocate for their children on community, county, and state levels.

March 23rd beginning at 8am, there will be a Resource Fair at Lakewood Conference Center in Morgantown, WV in collaboration with the North Central Community Collaborative.

March 23rd beginning at 6:30pm, there will be parent trainings held at the Weirton Christian Center. This month will focus on anger, coping skills, and how to calm children when they are throwing temper tantrums.

March 24th from 10am-12pm, Wood County Family Resource Network will hold their general meeting, which is open to the public.

March 28th from 5pm-6:30pm, there will be a Parent Advisory Council open to all families at SW Resources, located on Mary Street in Parkersburg. This is a monthly meeting and parents will learn new parenting techniques, learn different perspectives on children's mental health, and learn to advocate for their children on community, county, and state levels.