

YSCC News



Kids Become Leaders

September 2012

Did you know?

- Extensive research shows that parents are more influential in their children's lives than anyone else, shaping their thoughts, feelings, and behaviors. The effects of parents on children begin at (or before) birth and last a lifetime. For more on how to foster positive, healthy relationships that model appropriate behaviors, visit page 2.

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YSCC to host
GARAGE SALE
benefiting United Way

September 8th from 8 – 2

If you have items you
would like to donate
drop them by the
Bartlett House Shelter in
Sapulpa

Youth Services of Creek County is a nonprofit 501(c) (3) tax exempt agency and a member of the Tulsa Area United Way. We are proud to be the only non-billing agency in the area that provides services to all Creek County residents free of charge. Contact us at www.yscc.net or 918-227-2622

The Spirit of Creek County

It doesn't take long reading the paper, watching TV, surfing the net or sitting in a local restaurant to find bad news. It seems to be on the lips of every journalist, writer and fellow diner. And there have been several events that have caused a lot of tongue wagging. Most recently on the minds and hearts of local residents are the wild fires. However, the true spirit of Creek County residents shines through in these times. Neighbors

and strangers alike have been gathering supplies to donate to fire victims. During the fighting of the fires, residents brought food, water, Gatorade and other needed supplies to fire fighters and other rescue workers. In addition, Creek County residents reach out to friends, neighbors and strangers in times of trouble. Creek County is truly a community who loves and cares for each other. The spirit of Creek County is that of giving,



loving and cherishing each other and the community. From Depew to Oilton to Mounds and everywhere in between, our community appreciates and lives out the true meaning of community spirit. And that is why I am proud to be a Creek county resident!

The New Face of the Modern Family

Fifty years ago, the American family consisted of two married parents who were usually of the same ethnic background and their children. Times have changed. Today, children are being raised in households with every type of family structure imaginable. Diversity in family arrangement offers a wide range of experiences for children. Becoming aware of the changing face of the modern family, and teaching children to be considerate of others is becoming essential for today's families. Here are some of the many ways that showcase the diverse

nature of families:

*Multicultural families have become more commonplace than they were before. Families now contain varying races, ethnicities and religions mingling thoughts, ideas and traditions.

* Divorce has also become more commonplace in today's society. Some researchers estimate that 50% of all homes are headed by a single parent, usually the mother.

* Another type of American family that is becoming more common is couples who choose to live together and raise children without marriage.

* More American families

consist of a grandparent who is raising his/her grandchildren. Grandparents as guardians have increased by 18% in the last decade and expected to continue to rise.

* Some children are being raised by same-sex parents. As gay marriages continue to be legalized in more and more states, this type of family may occur more often.

The definition of family is being expanded. Children are growing up in a diverse culture where families are growing and changing. Be prepared to discuss diverse family dynamics with your child and be as positive and honest as possible.

Do As I Do: A Lesson in Modeling



"I believe that what we become depends on what our parents teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom."
— Umberto Eco

Children are like mirrors to our lives. They reflect what they see. While many of us know and understand this idea, the reality of "do as I do" is much harder than saying the words. One reason is that certain rules will be different based on age and ability. Children offer great reminders of this, usually consisting of a yelled, "That's not fair!" This makes it easy to pull the "I'm the parent" card. And to be fair, this is not always an unreasonable explanation. Most notably, where safety issues are concerned. We don't reason or negotiate with our children over staying away from construction sites, even though we may go poke around, or allow them to surf the internet unsupervised. Sometimes a no is a no. Period. The end. That is the benefit of growing older. We see the

potential for danger and protect our children. The trouble comes when we rely on the "I'm the parent" answer for any and all parent/child behavior discussions. Children need to know and understand the reason for your disapproval of a behavior or activity. Part of the process of children growing is learning how to think for themselves. As parents, we cannot always be with our children; we need them to be able to make healthy, positive choices for themselves. However, when they hear us say one thing and see us do another without a reasonable explanation, children will copy you first and listen to you second. It is untrue to think of this as disrespectful or defiant; it is a natural response for children to imitate what they see around them.

Overall, the best policy is to be consistent in your words and deeds. When they are not, offer explanations as to why your rules are different from theirs, be willing to listen to your children's feedback and apologize when you are wrong. Not only will you model respect but you also allow your children the time to assimilate your reasoning in their own minds. Parenting, like all human endeavors, cannot be done perfectly. Children don't want or need perfect parents, just ones willing to practice what they preach. The best recipe for a successful and enjoyable family life is to reconcile your words and your actions. You will be happier, your children will be less conflicted and everyone will feel less stress. To put it in the words of Khalil Gibran, "You are the bows from which your children as living arrows are sent forth."

Snack Attack: Easy, Healthy Snacks for After School



My kids come home from school every day with a serious hunger. More days than not, I find myself opening a box of crackers or giving in and allowing them to eat some sugar-filled delight that makes them so happy they dance on the couch (or perhaps that is from the sugar). Either way it kicks my mom guilt into overdrive. My biggest hurdle to healthy snacking is time. My intentions are high but my schedule is full. That is why I love dipping. And so do my kids. Everything tastes better when cut into a stick

and served up with creamy sauce to dunk in. It's fun for adults too and let's face it, we could all use more fruits and veggies. Plus, it gives us an easy way to model healthy eating. So, here are the 5 easy steps to dipping pleasure. Enjoy!

1. Go to the store and pick a variety of tasty looking fruits and veggies. Choose varying colors and textures for the largest eye appeal.
2. Wash you fruits and veggies.
3. Cut veggies into easily managed portions. Don't be afraid to cut more than

you need. They store well for snacking another day. I cut enough veggies for several days. Separate fruit into individual sized portions.

4. Set out dips. Try yogurt, chocolate, caramel or mix cream cheese/marshmallow cream together for enticing fruit dips. Ranch, French onion, sour cream or hummus are great for veggies. Or combine cream cheese, sour cream, garlic and cooked frozen spinach and heat through for a hot veggie dip.
5. Repeat often.