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Helping Your Child Adapt to Changes

The past few years have been full of change, adjustment, and relearning. While we are all learning to navigate these changes in addition to other normal life challenges, parents also have the added responsibility to help their children. Consider these tips on how to help your child successfully navigate changes.

- 1. Be open and honest.** Children look to caring adults for advice and guidance. Talk about potential changes and what they can expect. Be as open as possible with them about your thoughts and feelings, while also being sensitive to what they can understand developmentally. Acknowledge their fears and answer their questions the best that you can.



- 2. Help children explore their feelings about change.** Encourage children to use writing, drawing or other creative methods to explore their feelings about changes.

- 3. Involve children in decisions about change.** While they may not be able to control changes they are experiencing, you including them in decisions can help them feel more in control.

- 4. Keep their routine as normal as possible.** Children need stability and structure. Daily, predictable routines can provide comfort, stability, and dependability to

children, especially during times of change.

- 5. Put yourself in their shoes.** When compared to adults, children have limited experiences. Some things that

are very important to them may seem insignificant to adults that have more experience and perspective. Make an effort to see situations from your child's perspective and respond with empathy.

- 6. Get support.** Work together with teachers and child care providers to support children through big changes. When needed, seek

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Change is inevitable and will happen to everyone. By following these tips, you can know you are doing what you can to support them in adapting to changes successfully. ☞

~Naomi Brower, Extension Professor and
AJ Evans, USU Extension Intern

For more information see:

Stephens, K. (2007). Ways to teach children positive coping skills during life changes. Parenting Exchange.

<https://www.easternflorida.edu/community-resources/child-development-centers/parent-resource-library/documents/positive-coping-skills-during-life-changes.pdf>

Unicef. (n.d.) How to recognize signs of distress in children. <https://www.unicef.org/parenting/child-care/how-to-recognize-signs-of-distress>



Outside Home Maintenance Checklist for Fall



Fall is all about prepping for the incoming frigid weather that winter brings. Now's the time to store things away safely and get your home ready for a cozy, comfortable, trouble-free winter.

- Prepare your sprinkler system by shutting off the water supply, insulate the main shut off valve and any above-ground piping. Shut down the timer, if you have an automatic system. Drain the remaining water from the system.
- Remove hoses from faucets, drain, roll up, and put them in your garage or shed. Drain and shut off your outdoor faucets so they do not freeze. Cover outdoor pipes to prevent freezing.
- Mow your lawn and winterize your garden. Bring potted plants in during cold spells to prevent frost damage.
- Rake or mow leaves. Researchers at Michigan State University have found that mowing over the leaves once a week breaks them down, provides nutrients. Additionally, a light layer of leaves under your shrubs and trees will provide a natural mulch, protecting the roots over the winter. Or you can just rake them as usual.
- Aerate and overseed your lawn. Apply a winter fertilizer to prepare your lawn for winter.
- Clean and inspect gutters, downspouts and eaves. Gutter inefficiency can be one of the major causes of water damage to the exterior of your home. Be sure to clean them out in order to ensure a free-flow of water avoid clogging that causes overflowing, staining, rot and decay.
- Put away unused lawn furniture, planters, grills and other outdoor items.
- Drain, clean and cover your swimming pool.
- Empty gas-powered lawn equipment of fuel to avoid damage.
- Hire a certified chimney sweep to inspect and clean flues and vents.
- Replace any screen doors with storm doors. Check for drafts or leaks and recalk or install weather stripping on your windows and doors to save on energy costs and to maintain a warmer home throughout the winter months.
- Protect your air conditioning unit with a waterproof cover.
- Service your furnace—Ensure your furnace is in good working order before the cold weather arrives. Call a professional to perform an inspection. If you don't use a furnace then have your boilers, radiators or heat pumps and similar systems inspected.
- Clean lint buildup from the clothes dryer exhaust duct, damper and space under the dryer to prevent fires.
- Test each smoke and carbon monoxide detector—You may consider conducting a monthly test of your smoke and carbon monoxide detectors. At a minimum, test them quarterly.



Family and Consumer Science Events

Home Buyer Education Virtual or In Person Classes

- ◆ Saturday, Sept. 10, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, Nov. 12, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more. Cost is \$30 per household. Call 801-399-8207 to register.



Celebrating Women Virtual Conference

Saturday, September 10, 2022, 9:30—1:00 p.m.
\$8 through September 5, after: \$10

Utah State University Extension presents the 2022 Celebrating Women Conference – a virtual event designed to increase understanding of health and wellness and to empower women to live their best lives. The conference consists of multiple online workshops designed to help you dive deeper into the many dimensions of wellness. In addition, all attendees will have access to recordings of every live workshop. To learn more or to register, [click here](#).

Upcoming Date Nights. . .

Battle for Your Marriage Date Night

Friday, Sept. 16, 2022, 6:30 p.m.
Social Ax Throwing - SLC
\$55 per couple

Learn how to chop your problems and protect your relationship while engaging in friendly ax throwing competitions. Who will be the ax throwing champion of the night!? Cost includes coaching for ax throwing, activity costs, refreshments, and prizes. [Click here](#) to register.

Keep Your Relationship Sizzling Date Night

Friday, Sept. 23, 2022, 6:30 p.m.
Fort Buenaventura Park - Ogden
\$20 per couple

Heat up your relationship as you enjoy campfire treats and cozy up with your sweetie in the great outdoors. You'll hear from sex therapists Jared Hawkins and Andrea Parady who will share tips on how to keep the sparks in your relationship flying. [Click here](#) to register.

Utah Parenting Summit 2022

Statewide Virtual Event

Saturday, October 8, 2022, 6:00 - 8:30 p.m.
\$10 through September 30th, after: \$15

The Utah Parenting Summit is an annual online event presented by USU Extension designed to turn science-based parenting information into practical tips and strategies for all types of parents and caregivers. Register now and get 6 live workshops plus keynote speaker and access to 10 plus workshop from a variety of presenters from our video library. [Click here](#) to register and to find out more about this great event!

Free Finance Classes

6:30 pm

Come and join us at the Weber County Libraries for classes on Inflation-Proofing Your Finances.

September 12, Budgeting Tips and Tricks

Southwest Branch

September 20, What is Your Money Personality?

Main Ogden Branch

September 27, What is Your Money Personality

North Ogden Branch

October 20, Estate Planning-Getting Started

Pleasant Valley Branch

November 29, Organizing Your Finances

Ogden Valley Branch

Organize, Back Up, and Store Critical Documents

The World Meteorological Organization stated in August 2021, “The number of disasters has increased by a factor of five over the (past) 50-year period, driven by climate change, more extreme weather, and improved reporting. But, thanks to improved early warnings and disaster management, the number of deaths decreased almost three-fold. Knowing the possibility of being affected by an emergency is increasing, now more than ever it is important to get prepared for an emergency.

An important part of preparing for an emergency is to identify, gather, back up, and adequately store important documents. Keep original and backup records in a cool, dry, dark location protected from heat and moisture. Update information regularly. Make sure all documents are easily accessible and portable.



Back up your important documents in a variety of ways. Preserve backups in print, digital, and virtual formats. When backing up information in a digital or virtual format, preserve documents in a standard, open, non-proprietary, and well-established format like PDF, JPEG, and TIFF.

Store backup documents in multiple locations. Some locations may include:

- ◆ In your 72-hour kit
- ◆ In a safe deposit box
- ◆ On the cloud
- ◆ In a fireproof/waterproof safe on location
- ◆ With a neighbor or friend

Let a few trusted individuals like a family member, friend, or professional advisor know where your important documents are stored.

Create a master list where all original and backup documents can be found. Include the type of document, the format the information it is saved in, and the

location of where the document can be found. Some examples of important records to identify, gather, back up, and store includes:

Vital Records

- ◆ Birth certificate
- ◆ Marriage certificate
- ◆ Social Security card
- ◆ Passport
- ◆ Drivers license
- ◆ Wills/Trusts
- ◆ Property records (deeds, titles, etc.)
- ◆ Auto insurance policy
- ◆ Homeowner insurance policy
- ◆ Power of Attorney

Financial Information

- ◆ Credit card numbers
- ◆ Bank and investment account numbers
- ◆ Outstanding mortgage/loans
- ◆ Retirement account numbers

Medical

- ◆ Health, life, and disability insurance cards
- ◆ Medical insurance policy
- ◆ Medical history
- ◆ List of medications
- ◆ Ongoing medical treatments

Contacts

- ◆ Emergency contacts
- ◆ Family members
- ◆ Friends
- ◆ Employer
- ◆ Doctors/Specialists
- ◆ Family Photo

~Stephanie Carlson, Extension Assistant Professor

Resources:

Smithsonian Institution Archives. (2016, April 26). Recommended Preservation formats for Electronic Records. <https://siarchives.si.edu/what-we-do/digital-curation/recommended-preservation-formats-electronic-records>

Smead. (2022). Creating an Emergency Preparation File: Protecting Vital Documents. <https://www.smead.com/hot-topics/emergency-preparation-1385.asp>

World Meteorological Organization. (2021, August 31). Weather-related disasters increase over past 50 years, causing more damage but fewer deaths. <https://public.wmo.int/en/media/press-release/weather-related-disasters-increase-over-past-50-years-causing-more-damage-fewer>

Create Better Health News Corner

Apples, Apples

Apples, Apples
Apples juicy,
Apples round,
On the tree or on the
ground,
Apples yellow,
Apples red.
Apple pie, and juice,
and bread!
Apples crunchy
Apples sweet
Apples are so good to eat!



-unknown

Apples are one of the world's most popular fruits. Originating in central Asia, apples come in over 7,000 different varieties! Nine of these can be found locally grown in Utah. So what is it about this fall fruit that makes us so excited to share it with you?

First off, apples are extremely nutrient dense. Apples are low in calories and high in vitamin C, potassium, and antioxidants which help to prevent cancer and improve brain function. Apples are also a good source of soluble fiber which slows down digestion and helps to keep our tummies fuller for longer. This helps to prevent overeating which lowers blood cholesterol levels. Soluble fiber helps to clean out our gut and supports healthy and comfortable bowel movements. It has also been found to help reduce the risk of stroke, diabetes, gastrointestinal disorders, and some cancers. So it is no wonder why we love it when apples come into season here in Utah! Those are some really incredible nutritional benefits. But that is not the only reason we love to talk about apples. We are just getting started!

Apples are also one of the most accessible and affordable fruits of the season. Apple trees grow abundantly in northern Utah. We have several local apple orchards and it is not uncommon to have family

or neighbors who grow their own apples in their backyard! Sometimes apple trees will grow in public places like city parks or community gardens where anyone can forage, pick, and enjoy ripe apples for free! With some conscious effort this season, you may be able to get your hands on a bunch of apples for free or at a majorly reduced price. Watch for apple prices to drop in the grocery stores over the next few weeks. Keep an eye out for public fruit trees when you visit local parks. Ask neighbors if they need some help cleaning out their fruit trees at the end of the season, and last but not least, follow @CreateBetterHealthWeberCounty on Facebook and Instagram and keep an eye out for our community gleaning events where you can come help us pick fruit for free!

Once you get your hands on some apples this season, what are you going to do with all of them? With such an abundance of one fruit, we can't imagine eating apples the same way every single day. Especially when there are so many different ways to enjoy apples. You can have them fresh, juiced, baked, or dried! Have them for breakfast, an afternoon snack, or enjoy a nutritious fruity dessert after dinner. The apple-tunities are seemingly endless. 😊

If you have a fruit tree this season that you would like to enroll in our community gleaning program to support the local food pantries and reduce food waste, please reach out to Create Better Health at the Weber County USU Extension office 801-399-8200.

~Kayla Lane, Create Better Health Ambassador

On the next page you will find some apple recipes that not only taste great but are healthy for you and won't hurt your budget.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Creamy Apple Oatmeal

- 2 cups low-fat milk
- Dash of salt
- 1 teaspoon cinnamon
- 1 tablespoon brown sugar
- ½ cup apples, diced (can use dried or fresh copped apples)
- 1 cup quick oatmeal

In a medium saucepan, heat milk, salt, diced apples, and oatmeal. Cook until thickened. Sprinkle with cinnamon and sugar. Mix well. Serve immediately.

Apple Syrup

- 1 cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups apple juice
- 2 tablespoons lemon juice
- ¼ cup butter

In a medium saucepan, combine dry ingredients; blend well. Stir in apple and lemon juice. Cook until mixture thickens, stir constantly. Remove from heat and stir in butter. Yield: 2 cups



Slow Cooker Applesauce

- 8 medium apples, (use a combination of different apple for the best flavor)
- 1 strip of lemon peel
- 1 teaspoon fresh lemon juice
- 3 inch cinnamon stick
- 3 tablespoons brown sugar

Core, skin and slice apples. Put them in the slow cooer with the cinnamon stick, lemon peel, lemon juice, and brown sugar. Cook on low for 6 hours, stirring apples occasionally. Remove cinnamon stick and mash apples using a potato masher. Use a blender or immersion blender if you would like a smoother applesauce.

Apple Pie Smoothie

- 1 red apple, cored and chopped
- 5 raw almonds
- 2 tablespoons oatmeal
- 1 banana
- ¼ cup Greek yogurt, plain (nonfat preferred)
- ½ cup milk (1% or nonfat preferred)
- ¼ teaspoon cinnamon



Place all ingredients in a blender. Blend until desired consistency.

Baked Apple Fries

- 2 medium apples
- Nonstick cooking spray
- 2 tablespoons graham cracker crumbs
- ½ teaspoon cinnamon
- ½ teaspoon sugar

Slice apples. Place them in a bowl and spray them with nonstick cooking spray. Sprinkle the graham cracker crumbs on top the apples. Stir. Sprinkle the cinnamon and sugar on top of the apples. Stir. Bake on a cookie sheet at 350° for 20-25 minutes, until apples are soft and starting to brown.

Apple Sweet Potato Bake

- 5 cups peeled sweet potatoes (or yams) thinly sliced
- 2 cups apples, peeled, cored, and thinly sliced
- ½ teaspoon cinnamon
- 1 ½ tablespoon brown sugar

In a large bowl, toss together all ingredients. Pour ingredients into a baking dish. Cover and bake at 375° for 45 minutes. Remove cover and cook 10-15 minutes longer, until soft.

