



Family Ties

Family and Consumer Science

University of Tennessee Extension

SMALL DIET CHANGES CAN MAKE A BIG DIFFERENCE IN DIABETES RISK



A study of Latino children published in the *Archives of Pediatrics*, 2009 showed that diet modifications led to significantly better insulin response. "Modest changes in sugar and fiber consumption equivalent to omitting one can of soda or adding a half of a cup of beans daily could lead to substantial improvements in adiposity and metabolic parameters," the researchers said.

Latino children appear to be at greater risk of overweight than their non-Hispanic white peers, which also puts them at greater risk for obesity-related chronic disease. Since diet is one of the main modifiable risk factors for the development of type 2 diabetes, the researchers conducted a 16-week intervention among 54 overweight Latino adolescents.

The researchers found that reduced sugar intake resulted in reductions in both glucose and insulin levels. For increased fiber intake, they found a significant reduction in both body mass index and visceral adipose tissue. "Reductions in sugar intake were more related to glucose and insulin indexes, whereas increases in fiber intake were more related to adiposity parameters," the researchers said. They added that these metabolic improvements are related to a risk reduction for type 2 diabetes.

It did not take major changes in diet to produce these reductions: the equivalent of one less can of soda or one additional serving of beans every day, the researchers noted. Investigators working with adolescents of other ethnic groups have also shown beneficial metabolic results from interventions targeting sweetened beverages, the researchers said.

They suggested that nutritional guidance in primary care may be sufficient to promote such dietary changes, the researchers said. The authors noted that there was only a small, non-significant decrease in BMI in the participants who reduced their sugar intake. But this may have been related to the relatively short duration of the study. A longer study may have resulted in greater change in weight.

The study was supported by grants from the National Cancer Institute, University of Southern California, the National Institute of Child Health and Human Development, the Robert C. and Veronica Atkins Foundation, and the National Center for Research Resources/NIH.

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May is National Teen Pregnancy Prevention Month!

How can you address the tough topics with your child or teen? As difficult as certain discussions may seem— they are very necessary in today's society.

Here are some things to remember when the topic of “birds and bees” flies around your house.

- Encourage communication with your kids by reassuring them that they can talk to you about anything— and then follow through!
- Take advantage of teachable moments— a news story, a television show, or an event in the life of a friend or family member can spark dialogue between you and your child.
- Listen more than you talk. Confirm that what you heard your child say is actually what he or she meant to say.
- Don't jump to conclusions. Just because your child asks about sex (or drugs or anything else) does not mean that he or she is experimenting or planning to try anything.
- Answer questions simply and directly. Give short answers with honest, factual information. Avoid going into more detail than the child asked for. Admit when you don't know the answer to something. Don't let an answer turn into a lecture!
- Express your values and thoughts, but respect your child's views. Learning to express personal views and beliefs is a normal part of child development.
- Reassure children and teens that they are normal— and so are their questions and concerns.
- Teach your children to make good decisions, and use role-play as a fun way to let them practice getting out of tough situations.
- Acknowledge that your child might feel more comfortable discussing some things with another adult— and decide together who that person would be.
- Make communication a regular, ongoing thing with your child. Don't give “the talk”- just talk!

Contributed by:

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Adapted from Advocates for Youth

Dangers of Teen "Sex-ting"



What teens call "sex-ting" is the act of sharing nude or partially nude photos via cell phone text message. Few realize they are breaking the law. Recently, teens have actually been arrested after "sex-ting" pictures of themselves via their mobile phones. Just because they are minors doesn't mean that they won't be charged. The laws punish anyone caught holding or distributing child pornography.

Child psychologist Kimberley O'Brien says this has become a huge problem among teenagers. "It's happening more and more and people are becoming increasingly aware of it," she says. O'Brien explains the real dangers from "sex-ting" relate to providing sexual predators from online chat rooms access to teenagers via their phones.

Adolescents are becoming more dependent on their phones and can access them 24 hours a day, away from the eyes of parents. Most parents remain oblivious to the threat to children, while school principals describe phone-based bullying as explosive.

A recent survey by a teenage girls magazine found 40 percent of respondents had been asked to send sexual images of themselves. Girls are especially targeted as victims of sexting. This can cause severe emotional problems as well as humiliate the victim among peers.

One of the biggest concern is that it can be a form of cyber bullying. Once the teenager begins to participate, it can quickly spiral out of control.

So what can parents do to protect their teenagers?

- First and foremost, parents need to remain vigilant with their children.
- Talk to your teen about the dangers of sending pornographic images of themselves to anyone, — either over the Internet or mobile phone. Teens need to be aware of who is out there and the dangers of doing something like this. They should know that this is something that could haunt them for the rest of their lives.
- Parents should learn new technologies and stay up-to-date with the latest trends. The best thing you can do is overcome your embarrassment about talking to your kids about sex and how to protect themselves.
- It is important to also ensure your child is mature enough for a mobile phone. Don't give young children mobile phones. There is no need for a seven-year-old to have a cell phone.

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Play is Serious Business



School will be out before we know it. Many lucky children will find lots of free time on their hands. Parents may worry that their children are being unproductive when they play all day. Surely, organized activities or tutoring would be more educational than the unstructured play that children often enjoy during the long break from school. There is some good news for parents and children. According to an article by Melinda Wenner that appeared in Scientific American Mind in January of this year, “Free imaginative play is crucial for normal social, emotional and cognitive development. It makes us better adjusted, smarter, and less stressed.”

One researcher interviewed more than 6,000 children about their childhoods. He found that children who had little opportunity for unstructured play were unlikely to grow into happy, well-adjusted adults. Therefore, some professionals are concerned because children’s time for free-play dropped by 25% percent from 1981 to 1997. This may have some serious consequences for children’s development.

Here are some of the reasons why free play is so important to children:

- Creative play is more challenging for the brain than organized games with structure and rules.
- Children initiate free play—they create the stories and the roles for themselves. They often switch roles from “good guy” to “bad guy” or doctor to mom.
- Play seems to help in the development of social skills. Children learn about fairness and taking turns through play with others. If they always demand their way, they soon will have no friends.

- Children use more complex language when playing with peers than they do when playing with adults. Adults tend to fill in the blanks, making it easier for the children, but other children don’t yet have those skills. This means children have to communicate more clearly with each other.
- Play reduces anxiety.
- Play, including play fighting, enhances social problem solving.
- Play is associated with increased language development.
- Play encourages flexibility and creativity. Even solitary free play is helpful to brain development.

Play is the way children learn. The drive to play comes from the brain stem. This is the part of the brain that is associated with the survival instinct. Free play has some risks such as skinned knees, bloody noses, hurt feelings, and even broken bones. This causes some parents to restrict it. However, children who don’t engage in ample free play may not learn how to handle risky situations in adulthood.

Children do not get the same benefit from watching television or playing video games that they get through free play. So, this summer, instead of worrying about your children’s free time being wasted, look at it as an opportunity to continue learning while having fun. Encourage their free play, and join in the fun.

Contributed by:
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The Benefits of Summer Camp

How a summer adventure helps develop your child's independence and a love of the outdoors

Kids Grow at Camp



If your child could design a perfect summer, it would probably include plenty of playmates, new things to do every day, and a place to cool off when the summer sun gets too hot. Year after year, kids discover such perfect summers at day or overnight camp. At overnight camps, in particular, boys and girls learn something about themselves, their environment, and even about their parents, by spending a few weeks away from home. The mother of 8-year-old Rachel discovered that firsthand.

After her first summer at overnight camp, Rachel ordered her mother out of the bathroom while she showered. "She won't let me wash her hair anymore," her mother complained to a friend.

"Isn't that one of the reasons you sent her to camp?" her friend asked in response.

Indeed, it should be. Camping fosters independence in its participants, while giving your child a feel for group living.

Camp broadens social skills and often taps resources your child never had to call on before. Your child will learn to get along with new types of people, too. Rachel, for example, often gets a much-needed break from cliquish school friends by reuniting with her summertime camp friends. In addition to the social benefits, a summer spent in the mountains or woods heightens your child's awareness of the relationship between humans and nature.

How Old Is Old Enough?

Children as young as 7 can enjoy overnight camp, if they're adequately prepared. The younger the child, the shorter the camping session should be.

A veteran camper of 8 or 9 should be able to handle at least three weeks, particularly if he or she is familiar with the camp and knows other kids there.

What About Homesickness?



The primary problem faced by kids at overnight camp usually is homesickness. It's a natural feeling for a child away from family and friends, but the condition is rarely incapacitating. The staff at any good camp will be prepared to deal with campers who are upset.

(Continued)

Your best approach to homesickness is to start dealing with it at home.

--Tell your child what to expect. Be sure to stress the positive. Many camps offer suggestions and guidelines, some even have orientation programs.

--Write your child often. Frequent letters from home are essential to a successful camp experience. Phone calls are discouraged, if not disallowed, so make sure your child is well-equipped with stationery, pens, and stamps.

--Don't jump to conclusions. If your child's letters contain complaints, don't assume there's genuine misery. Some children have difficulty adjusting to being away from home.

Eleven-year-old Bruce wrote his parents complaining about his counselor, the lake, and his "geeky" bunkmates. Fearfully, his parents went to see him on visiting day. To their surprise, they found that he was quite happy; he'd just taken awhile to adjust.

About one child in 200 will be so homesick that going home is the only cure. Usually, though, that child wasn't adequately prepared for camp. The best way to prevent homesickness: select a good camp.



How Do I Choose a Good Camp?

Visit prospective camps, preferably while they're in session. If it's not possible to do that, find out how long the camp has been in operation, how staff are recruited, and the kinds of activities that are offered. Ask about the age range of the counselors, the staff-to-camper ratio, and the nature of the facilities. Get the names of people who have sent their children to the camp, and contact them.

You can find more information about camps by going to the web link below.



<http://www.acacamps.org/> (American Camp Association)

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Take a Break from Technology at Home



Technology – computers, cell phones, mp3 players and such – make information and entertainment readily available. However, too much of a good thing can harm personal relationships and your health.

With parents and children vying for time on the computer or with all family members each tuned in to their own mp3 player, interaction between family members may be nil. Screen time can replace personal interaction with family and friends, health-promoting physical activity, and other personal growth

opportunities, such as reading a book or researching a topic for a school paper using multiple resources at a library. Recent studies indicate the odds of being obese increase with every hour spent in front of the computer or television.

Separating appropriate use from abuse can challenge parents. Here are tips for using technology in the home:

- * Place the family computer in shared space – a corner of the family room or kitchen.
- * Limit computer time, and monitor use.
- * Set boundaries for the Internet, so children do not view it as the only source of information.
- * Check the content of interactive computer/video games, and don't be afraid to say "no".
- * Model appropriate use, while continuing personal and family-style activities such as reading a book, game night, cooking together or taking a walk as a family after dinner.
- * Turn off technology during family meals and activities.
- * Balance time with technology and time without.
- * Encourage kids to share technology tips they learn at school.
- * Establishing guideline - or rules - for use and posting them near the computer can be helpful in curbing disagreements. Make technology fit into your lifestyle, without letting it drive your lifestyle.

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"Lullabye and Good Night:" Safe Sleep for Infants



Nothing melts the heart and inspires love like the sight of a sleeping baby. The innocence and vulnerability of that small, perfect package ignite primal protective instincts in parents, and, result, at times, in decisions based on emotions rather than safe practices. Tragically, many infant deaths each year are attributed to unsafe sleep environments. Pediatricians and educators are working fervently to impress upon parents and caregivers the necessity for 100 percent compliance with safe sleep practices.

While safe sleep principles are small in number, they are enormous in importance to babies' healthy development.

Place baby on his or her BACK to sleep.



Many parents continue to put babies to sleep on their stomachs, the result of a fallacy that babies might vomit in their sleep and aspirate the ejected stomach contents. No research exists to corroborate this theory.

On the other hand, infant deaths have declined significantly since the inception of the "Back to Sleep" campaign in the early 1990s. Back sleeping prevents suffocation.

While babies do benefit from "tummy time" to exercise their developing neck muscles, it should be restricted to the baby's waking, supervised times.

Provide a crib free of pillows, padding, and toys.



For decades, excited parents-to-be have delighted in shopping for the most sumptuous baby layette within their means: coordinated bumper pads and pillows, pastel quilts, and luxuriant blankets. Fluffy stuffed animals completed the crib ensemble, which served as the warm and tranquil cocoon of comfort for the newest member of the family. Infant deaths have proven, however, that excess heating and cushy surfaces may result in Sudden Infant Death Syndrome (SIDS).

The ideal sleeping environment is a crib with slats no more than 2 3/8 inches apart (more narrow than a soda can) and *without* any toys, blankets, or other layette items. Pediatricians recommend blanket *sleepers* (pajamas), rather than actual blankets. If a light receiving blanket is warranted, it should be tucked in to the bottom of the crib mattress and situated under the baby's arms, so there can be no possibility of covering the baby's face.

Do NOT share sleep surfaces with baby.



As many of 50 percent of today's mothers share a *bedroom* with their baby, a practice that is thoroughly safe. However, fully 30 percent of those moms or other family members are *sleeping* with the baby, either on the bed or sofa, a decision that has proven lethal to many infants.

Suffocation can occur without notice as the baby's face is pressed into pillows or cushions or the baby becomes wedged against a wall. More tragic still are the instances in which a sleeping adult unknowingly rolls over onto the baby.

Parents and babies alike find happiness in the social interaction of time in bed together; however, this activity should be restricted **ONLY** to waking times. Many moms also breastfeed in their bed, safe so long as the baby is returned to his or her own bed for sleeping.

BOND with baby during his or her waking hours.



Because the typical newborn sleeps between 16 and 20 hours a day, many parents feel co-sleeping (bed sharing) is an important bonding element in the early days. Bonding, or the process of developing emotional closeness, however, occurs only when baby is *awake*.

Some bonding suggestions include:

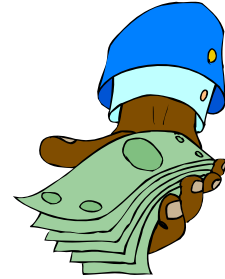
- Eye contact – Gazing deeply into baby's eyes during feedings or play time.
- Reading or singing to baby – The baby need not understand the words or messages to appreciate the tone of his parents' voices.
- Touch/Massage – Babies respond with pleasure to gentle touch and skin-to-skin contact.
- Bath time – While the first bath may be met with resistance, babies quickly learn to love the bathing routine and the one-on-one time with Mom or Dad.

A baby's first months represent a time of both jubilation and adjustment for all family members. In observing the rules of safe sleep, parents are also promoting healthy babies and happy memories.

Lullabye and good night . . .

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The Saving Hobby



Frugal is definitely in style these days and learning to find ways to save is on everyone's mind it seems. We have all heard stories lately of people finding great buys using coupons and sales ads and some may be wondering how to get a great buy on a needed item. Others may simply want to reduce overall food, toiletry, and clothing costs in their family's budget. Here are some tips for family managers to stretch those spending dollars.

First, reuse! We all know that if you can shop thrift stores and yard sales you will find better bargains on clothing. But what if it isn't your size but it still is a great deal? The answer, if it is too big and you know someone who can alter or tailor it for you for a reasonable price then go for it. If it is too small then forget about it. You are not getting a bargain if you cannot use it. Shopping end of season clearance is also a great way to stock up on items for those growing children...just remember that you need to think about what size they will be in when the next season rolls around. Lots of people are saying they will simply update what wardrobe they have with simple accessories and wait to buy clothing staples until the economy improves.



Coupons, Coupons, Coupons!!! Everyone wants to know more about coupons! It is now being considered a hobby. A person whose hobby is clipping coupons and watching for those great deals is called a couponer. The hobby itself is known as couponing. Websites are springing up all over the internet devoted to couponers. You have to pay attention to which site

you go to as some charge for their services which include grocery forums where they list the sales of each store and match them to current coupons (and often link to downloadable coupons). Links to blogs on saving and sneak peeks of upcoming sales ads are also available.

- One site that does not charge for their service but does require registering as a member is www.hotcouponworld.com.
- Another site that is very helpful and does not require any type of payment is www.couponmom.com.
- There are printable coupons online, also. Some of these sites include www.coupon.com and www.smartsource.com.

However, you have to know your store's policies on coupons as some stores do not take coupons that you print out yourself. Other policies that you might need to be aware of include if they double coupons to a certain amount. If so, do they double them everyday or only one day a week?

When is a deal a deal!?!? It is very helpful as you start using coupons to pay attention to weekly sales ads and perhaps start a grocery price book. This allows you to really know whether or not the sales price is a gimmick or a good deal. Making your own grocery price book is fast and easy. You can use a simple notebook or a spreadsheet, depending on what you prefer to keep up



with the sales for a few weeks. It only takes about a month or two to realize what prices are really a good deal. You simply write down the date, store, item, size or quantity, and price. Then you break down the item's price into unit price. For instance if boneless, skinless chicken breasts are on sale for \$0.99 a pound you divide \$0.99 by 16 ounces to get the price per ounce which is \$0.06 an ounce. Next week they may be on sale for \$1.99 a pound which in unit price is \$0.12 an ounce. It is surprising to realize that the price of an item in a grocery store can fluctuate by 50% or more within each month. By writing down the

items you purchase most often in your grocery price book you can keep up with what week the items you need are at their cheapest. If you only save on one item, like cereal, the savings can really add up. Just consider if you stock up on your favorite cereal which regularly sales at \$4.00 a box when it is on sale at \$2.00 and you usually buy a box for each week of the year you will save over a hundred dollars annually on that one item alone!

And finally, the who, what, when and where of shopping. The *who* is you! If at all possible leave the kids at home as they often increase your shopping total. The *what* is your plan! Using the ads in the paper pick out the store that has the best sales and offers good “loss leaders” that you would actually need or use. Loss leaders are items in the sales ad that the store is willing to take a loss on in hopes you will buy other things that are not on sale while you are in the store. You find this information out buy watching sales ads and utilizing your coupons and grocery price book. For the best savings you can find an item on sale, use an in-store coupon, and a manufacturer's coupon. This method is called stacking coupons. In doing so it is important to remember the afore mentioned rule that it is not a savings if you can't use it. You are not saving anything if you buy something simply because it is on sale but you do not need it or cannot use it. The *when* is early morning when the stores are not crowded and you can get in and out of there without overspending and still with your peace of mind. The *where* is on the aisles. Shopping the perimeter of the store is where usually the most nutritious and fresh food is located. Also look up and down to find the *where* as the most expensive food on the aisles are usually from shoulder to knee height. Food companies pay a premium for this shelf space as this is the optimum area for their product to be and for shoppers to pick up and put in their cart. Thus, the best deals are often overlooked (literally!) by shoppers as they are often on the top or the very bottom of the shelves.

For more information on stretching food dollars or increasing your family's wealth and wellbeing by saving contact your local Family and Consumer Sciences Agent with the University of Tennessee Extension. All Extension programs are open to anyone who wishes to participate.

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Source: <http://houseworksbook.com>

Gardasil: Answers for Parents (pg.1)

There has been considerable media attention lately surrounding the Human Papillomavirus (HPV) vaccine- **Gardasil**. This vaccine has been quite controversial, however, some of the controversy is unwarranted and has been created by media hype. Maybe you are a parent that has given up on the vaccine all together because of the conflicting information you have heard? Read below to find answers to some of the questions you might have concerning Gardasil. We hope this information will help you to feel confident in your decision whether or not to vaccinate your child.

What is HPV?

HPV stands for Human Papillomavirus. There are many different types of HPV. Several strains of HPV have been found to increase the risk of certain types of cancer such as cervical, penile, anal, head and neck, and even lung cancer.

How does a person get HPV?

HPV is a sexually transmitted infection that is easily spread by skin to skin contact. While the main mode of transmission is intercourse, other forms of sexual contact such as touching or oral sex can also spread the virus.

How common is HPV?

More than 50% of sexually active men and women will have HPV at some point in their lives. Current studies show that 75% of new HPV cases occur in young people between the ages of 15-24.

Is my child at risk for HPV?

Most parents would like to think that their adolescents and teenagers will not have sex. However, research shows that about

half of teenagers are sexually active by age 19 and this number goes up to 90% by age 24. A recent study by the Centers for Disease Control and Prevention found that 1 in 4 teenage girls between the ages of 14-19 have a sexually transmitted infection and HPV was the most common infection found.

How does Gardasil work?

Gardasil helps the immune system defend the body against 4 types of HPV: HPV-6, HPV-11, HPV-16, and HPV-18. Type 6 and 11 are responsible for 90% of genital wart cases, and Type 16 and 18 are responsible for 70% of cervical cancers.

What is the recommended age to get Gardasil?

Gardasil is approved for girls aged 9-26. The recommended age to get the vaccine is 11-12 years, as this coincides with the schedule for other adolescent vaccines.

Why does the vaccine have to be given to girls so young?

For the vaccine to be most effective, it



Gardasil: Answers for Parents (pg.2)

must be given to girls who have not been exposed to the types of HPV that Gardasil is used to prevent. The best way to insure this is to give the vaccine before a girl has ever had sex. Research has also shown that the immune response to the vaccine is greater in younger girls than older girls.

If my daughter doesn't have sex till she's married, then she shouldn't need this vaccine-right?

If your daughter's future spouse has been exposed to HPV (which is likely if he has had sex) he could still transmit the HPV infection to her. Most men do not know when they carry the virus because there are typically no symptoms.

How much does the vaccine cost?

The vaccine is given in 3 doses that cost ~\$120 each (clinic visit costs may also apply). Many large insurance companies will cover the vaccine. There are also vaccine assistance programs that may be able to help with vaccine costs. (See the *TEAM UP Tennessee HPV Toolkit website for more information*).

I have heard about negative side effects-is the vaccine safe?

Yes, research has shown that Gardasil is safe and effective. Greater than 90% of the side effects reported have been minor. Both

the CDC and the Food and Drug Administration are closely monitoring all reported side effects. So far, researchers have not been able to find a link between the side effects reported and the vaccine (the symptoms reported may have happened even without vaccination). The percentage of serious side effects reported is less than half the average for vaccines overall. Reports of deaths occurring after Gardasil vaccination were investigated and the majority were related to other medical issues. A handful remain inconclusive.

But I'm not ready to talk to my child about sex!

Allowing your child to get the vaccine does not mean that you have to go into detail about what the shot is for (particularly if it is only one of several given at an adolescent check-up). However, at the appropriate time, having an open dialogue with your child about sex is very important. Did you know that research suggests that teens who feel they can discuss sexual issues with their parents are more likely to delay sexual activity? Kids are surrounded by messages about sex on TV, movies, advertisements, and the internet. These messages may not represent the values you would like to convey to your children. Take the time to share with them how you feel- *sex education begins at home*.

For more information, go to the TEAM UP Tennessee HPV Toolkit Website:

<http://teamup.tennessee.edu/hpv/index.htm>

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