

4-Hers soon to have opportunity to show talents

Once a year, Sherman County holds an event called 4-H Days and Talent Night with three subdivisions.

This event lets 4-Hers show their skill and lets the community see the talents of kids in 4-H. It is a great experience that no 4-Her should be without.

All the events are judged, and the winners from this county then can compete with the winners of other



ashley cook

• 4-h forum

counties in Regional 4-H Days.

One of the three activities that go on during 4-H Days is the Talent Night. This year's Talent Night will

of the more popular categories are song, skit, readings and other. This is the best event of the evening for the community. It's a free event that

guarantees a good time.

The second of the three are Project Talks, which begin at 4 p.m. This is where kids from different clubs that are in their same age group compete to give the best project talk, demonstration or public speech.

The kids are given a set time during which they set up their supplies, give their talk and take down their supplies. The best talk goes on to

Regional 4-H Days to compete against winners from other counties.

The third event is Life-Skills Judging, a come and go event from 4-5:30 p.m. This event tests kids' knowledge in problems that they might meet in their everyday life.

They are given several problems and choices on how to solve those problems. They then rank the choices from best to worst or vice-versa according to the directions.

For this event, kids may take as long as they like, and they don't need to register to be able to participate.

4-H Days and Talent Night is a great opportunity for any 4-Her and an even better opportunity for the community to get involved. It gives 4-Hers a chance to test themselves and show others their talents. But most importantly, it gives them yet another chance "To Make the Best Better!"

Many parents struggle to find proper ways to discipline children

How to discipline children effectively is something that most parents struggle with. Much is said and written about the use of rewards, praise and positive reinforcement.

According to Stephen Bavalke, Ph.D., author of the "Nurturing Program for Parents and Children," using objects, gifts or money as rewards for good behavior can have various results.

Some parents like to reward their children for good behavior, and



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some even give children money. In moderation, there is nothing terrible about giving your child a gift or having him earn money to buy something he wants. In fact, earning

money for completing chores can be a good way to teach older children about money management. Often though, this reward technique is misused. According to Bavalke, when the great percentage of rewards children receive are "things," there is a risk that children will learn that behaving leads to the

acquisition of material goods, rather than learning to behave because it is the right or appropriate thing to do. The result can be a child who responds based on the attitude of "What am I going to get if I behave?" Parents also need to be careful about rewards that become bribes; such as "If you behave at the store today, you will get an ice cream cone." Cooperation should not be something that a parent has to purchase from his child.

Bavalke suggests that rather than using material objects or money as rewards, parents would benefit greatly from learning techniques that include the use of praise and nurturing touch.

Misbehavior is obvious, and parents readily respond. But they also need to let their children know when they are doing well in the little everyday matters, such as playing well with a sibling or friends, keeping their voices calm in a difficult situation or getting ready for bed without being told.

Kids need hugs from parents too. Not only when they've done something special, but on a regular basis, just because they are special.

Contributed by Karen D. Beery, Consultation and Education Department. Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601.

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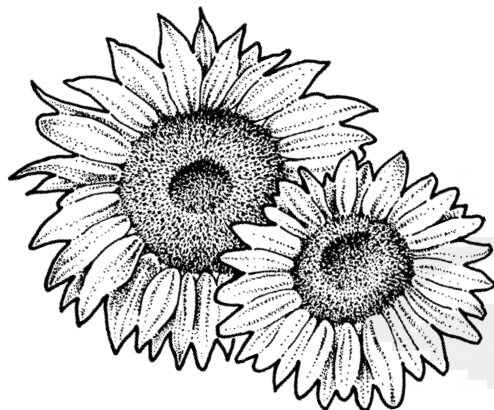
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