

June 2012

# Kindred *Spirits*

## Dealing with Conflict

### Clear Communication Can Help

#### Ask Questions

Ask questions to deal with conflict:

- How did this start? (let everyone involved briefly state their view)
- How do you feel about this situation right now?
- May I share how I feel about this situation?
- What else is going on (with you or me) that is contributing to the conflict?
- How have each of us contributed to this problem?
- What do you want to see happen now? (let everyone share)
- How can we work through this conflict so that everyone is satisfied?

If you're a grandparent/aunt/uncle raising children, then you are probably well aware of the conflicts that can arise when you are trying to "parent". It may be that you and a grandchild occasionally get into a conflict; or, if there is more than one grandchild living in your home, then perhaps the siblings or cousins are getting into their own disagreements.

Conflict usually leads to stress and frustration, especially if it happens on a regular basis. According to Diana Milne, MU Extension human development specialist, "Learning positive, effective ways to deal with conflict can make for a more enjoyable home life for everyone!"

If you're dealing with conflict between older children or perhaps between yourself and a child or teenager, you'll quickly realize that conflict is often rooted in a lack of communication or ineffective communication.

Take time to review some communication basics.

Communication involves a "sender" and a "receiver". If we are clear in the way we send messages, it is easier for the person receiving the message to understand what we need or

want. The receiver also has a responsibility to provide "feedback" to the sender so that it is clear whether or not the message was understood. The problem is, we often are not clear in what we're trying to communicate! We may be saying one thing with our words, but something else with our actions. For example, what are you really communicating if you tell your grandchildren that they can only drink milk, water or juice with their meals, but you drink a diet soda with every meal?

The words we choose and the way in which we ask questions and discuss issues will vary according to the ages of the children. The important thing is to get the communication going and to follow a process for problem-solving that involves everyone concerned. Everyone seeks to feel secure, to be understood, and to be given recognition. By acknowledging and expressing our mutual needs within the family, our relationships grow stronger.

Source: *Work & Family Life Newsletter*  
April 2012, Vol. 26, No. 4

Published in partnership with LINC Caring Communities.

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# Choose Berries for Your Next Snack

## A Low Calorie Healthy Treat

Berries are a sweet treat. Many children would choose berries over candy if given a choice. An advantage of berries is that they are low in calories.

According to Tammy Roberts, MU Extension nutrition and health education specialist, "Strawberries have only 22 calories, 5 grams of carbohydrate and provide two grams of fiber for every half cup serving." To enjoy them at their best, strawberries must be handled with care. Strawberries can be stored in the refrigerator for 2-3 days.

Blackberries have 37 calories, 9 grams of carbohydrate and four grams of fiber for every half cup. Be sure and use or freeze your blackberries soon after picking because they spoil quickly.

Blueberries have 41 calories, 10 grams of carbohydrate and 2 grams of fiber in a half cup. Like other berries, blueberries are a good source of vitamin C.

Raspberries are very fragile and easily damaged. If you buy them fresh, eat them within one to two days. Raspberries have 30 calories, 7 grams of carbohydrate and 4 grams of fiber for every half cup.

For the best flavor, wash berries just before you are going to use them. Don't soak them as they will absorb water and lose flavor.

All berries pack a healthful punch. There are many ways to add berries to a healthful diet: Sprinkle them on your cereal, add them to yogurt, to your favorite fruit salad or as a topping on pancakes. Or, just savor the flavor by eating them just as they are.

### We Need Your Input

*Please provide feedback to help us improve the newsletter by filling out the on-line survey by July 30, 2012.*

### University of Missouri Extension

#### West Central Region

Bates County	660.679.4167
Cass County	816.380.8460
Clay County	816.407.3490
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Jackson County	816.252.5051 816.482.5850
Johnson County	660.747.3193
Lafayette County	660.584.3658
Platte County	816.270.2141
Ray County	816.776.6961
St. Clair County	417.646.2419
Vernon County	417.448.2560

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## Beware of Payday Loans

According to Shatomi Luster, MU Extension family financial education specialist, "Missouri has one of the highest interest rates for payday loans in the industry." Here are the some startling facts related to payday loans.

- ◆ There are more payday lenders than there are McDonalds restaurants in the state of Missouri.
- ◆ Once individuals and families are in the payday loan cycle many rely on the loans as supplemental income.
- ◆ Most individuals and families obtain more than one payday loan.
- ◆ Most payday lenders target low to moderate income communities however they are reaching a broader market through online lending.
- ◆ Most individuals and families go to payday lenders in a desperate situation.
- ◆ Most individuals and families do not pay-off the loan in one month, it often takes several months.
- ◆ The average interest rate for a payday loan is 400 percent.