



# Kinship Link

Volume 16, Issue 5

May 2020

## Raising Kids Who Don't Have to Have Everything

### Pro Kinship for Kids

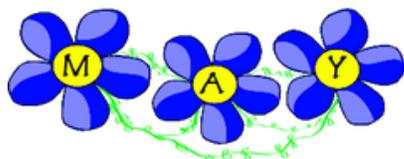
#### Inside this issue:

Your Child Needs a Role Model 2

Eating Right with Less Added Sugars 2

Pro Kinship for Kids  
Lower level Our Saviors  
Lutheran Church  
1400 S. State Street  
P.O. Box 666  
New Ulm, MN 56073  
Phone 359-2445 or  
1-800-642-5779  
Website:  
[www.prokinship.org](http://www.prokinship.org)

Newsletter by  
Kari Beran, Director



Many kids expect parents to buy them the latest cereal, toy, video game, fashion, movie, or music CD. Peer pressure and TV advertising are partly to blame. Here are a few ways parents can change their kids expectations:

- Practice what you preach. If you buy the latest fashion or gimmick, your kids will think that is okay. They will even think that it is necessary to do the same.
- Teach your children how to manage money. If you start early, kids will understand the importance of spending money carefully by the time they are teens. A weekly allowance is a good way to teach them these basics. Let them learn they have to save their money to be able at times to buy that special item.
- Restrict the children's after school and Saturday morning TV watching. Let your child know that people are writing the commercials at this time just to get them to think they must buy that certain item. Explain the difference between commercials and TV programs to children from a young age. Talk to your kids about the limited value of junk foods and one-use toys advertised on TV.
- Be honest about money. Tell your kids when you can't afford something they want. Explain that they could buy two pairs of pants for the same price as one pair of the latest jeans.
- Remember that your kids want to fit in with their peer group. Emphasize the importance of your values and encourage them to have a sense of being an individual. Let them get a few, not all, of the trendy things they want.
- Teach children to earn and save their own money. Teach them the value of how it feels to earn what they want. Help kids earn money doing extra jobs at home or in the neighborhood for others for a specific amount of money. Encourage older children to mow lawns, shovel snow, or help in the garden for extra

cash. If you child won't be able to save enough money for a special item he or she can't live without, agree that you will each pay for part of it.

- Be consistent. Make sure that your rules apply to all your children and that all the adults involved with the child use the same rules.
- Teach children to be charitable to others. On special occasions, ask your kids to help you bake cookies and give some to others. Have your kids make gifts for family and friends to show the value of giving and the special feeling you can get from this act. The good feelings that come from helping others can go a long way towards raising children who are not greedy.



**Let's all work together to raise our children to value giving and helping others**

## Your Child Needs a Role Model

Children eagerly look for someone to imitate as this is how they learn best. Parents are a child's first teachers and role models. They continue to be the major role model throughout the child's life. But, if you do not think about this role, you child maybe getting the wrong messages.

Children are usually more affected by what their parents do than what they say. Children learn how to behave by what they see and often follow that example. If your child, sees you reading, she will be more likely to read. If your child hears you thinking through problems, posing solutions and considering options, he will be more likely to adopt such an approach. If you meet deadlines and put in the extra

effort, so will your child. If you listen to others, so will your child. If you are curious, your child will grow to value learning for its own sake. If you engage the family in discussion, your child will learn to speak his or her mind. If you eat healthy foods, like fruits and vegetables, so will your child. If you go for a walk and exercise, so will your child. This is even something you can do together for some quality family time.

But, parents aren't perfect. Parents will lose their tempers, indulge in bad habits, and sometimes fail to set the right example. You need to be there though when your children have questions, when they don't want you to be there, and even when it is really hard to be there. What is

important is that parents admit their mistakes, resolve to do better, and try to make up for failures. Being a positive role model is one of the most important and rewarding things a parent can do for their children.



### What Kind of Role Model are You?

## Eat Right with Less Added Sugars

Americans consume on average 22 - 28 teaspoons of added sugar each day. Added sugars don't occur naturally in foods the way that fructose does in fruit - they add calories, but are often missing extra nutrients.

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Most Americans get too many calories from added sugars and over time this may affect their weight and health. Many people think of desserts as the main source of added sugars, but many foods and drinks may contain added sugars. For example, sweetened drinks like regular soft drinks, some fruit drinks and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring flavored creamer in coffee.

### How to Identify Sources of Added Sugars

The new and improved Nutrition Facts labels can help you identify sources of added sugars. You can also review the ingredients list. The ingredients that appear first are in the largest amount. Be sure to look for foods and drinks that don't have sugar (or some other sweetener) listed as the first ingredient. Other examples of sweeteners and sources of

added sugars include: brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar, agave nectar, barley malt extract, brown rice syrup, corn sugar, corn sweetener, evaporated cane juice, fruit juice concentrate, glucose, lactose, maltodextrin, malt syrup, and maltose.

Sources of added sugars often lack nutrients needed for good health, while foods and drinks that contain natural sources of sugar provide nutrients, like vitamins and minerals. For example, fruits like strawberries are a great source of vitamin C, and milk provides vitamins A and D and calcium.

It's not necessary to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended. When this happens there is less room for more nutritious foods and drinks. If you have a taste for something sweet, try eating some fruit first. When you're thirsty reach for milk or water. Other ways to reduce sources of added sugars include: making or buying healthier versions of baked goods, including foods and drinks with added sugars less often, and eating or drinking smaller amounts.



### Tips on How to Reduce Sources of Added Sugars

- Sweeten low-fat plain yogurt with fresh, frozen, or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Encourage healthier drinks like plain milk and water for young children.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks for older children.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
- Quench your thirst with water or plain low-fat milk instead of sweetened beverages like energy, soft, and sports drinks.
- Add less sugar to foods and beverages, like cereal or coffee.
- Watch what you drink: sodas, sports drinks, energy drinks, bottled teas and coffees, and juice are loaded with sugar. Choose water, milk, and unsweetened beverages more often and limit 100% fruit juice to one serving a day.