

A bi-monthly publication for Family published by The Wayne Herald — March 9, 2023

Family

PMC now Milk Collection Depot

Decades of research have established that human milk is the perfect food for infants.

It protects them from illness. Infants on human milk have lower hospital admission rates, fewer ear infections, rashes and allergies. Human milk is even more important for premature infants. It is full of immune system boosters and infection-fighting factors and contains unique proteins, fats, carbohydrates and enzymes necessary, the tiny infants to survive.

Every year 60,000 babies are born in the United States weighing 3.5 pounds or less. Fewer than half of those babies' mothers are able to provide them with breast milk. Through donor human milk, these medically fragile babies receive the benefits of breast milk that help them grow and thrive.

"Providence Medical Center is proud to announce that we have partnered with Mothers Milk Bank of Iowa to become a Milk Collection Depot, for donor human milk," said Elizabeth Sievers, RN, Director of Inpatient/Obstetric Nursing Services.

OB Coordinator Amanda Cook adds, "Throughout my years as a lactation consultant, in the Wayne community I have had countless mothers with excess breastmilk approach me about donation. This program allows us to help mothers give the gift of donor human milk safely to those babies who need it most."

Through the Mothers Milk Bank of Iowa, donor human milk is available for premature and term infants. Nebraska only has four Milk Collection Depots for the Mothers Milk Bank of Iowa, including Fremont, Lincoln, Omaha and now Wayne.

The Mother's Milk Bank of Iowa is an accredited member milk bank of the Human Milk Banking Association of North America (HMBANA). HMBANA is a professional association for supporters of non-profit donor human milk banking. In 2021 HMBANA banks dispensed nearly 9.2 million ounces of donor milk to fragile infants in need.

Providence Medical Center is proud to be a part of this great non-profit orga-

nization and is excited to offer this service to our community and surrounding communities.

Elizabeth Sievers, said, "Supporting all aspects of our obstetrical patients, including their babies is something we have always strived for, and adding this amazing program to our OB Department

is something we have been working on for about a year and we are so excited to get it out to the community!"

Mothers Milk Bank of Iowa ensures each donor is screened and educated on the donation and collection process. For more information or to become a donor at Providence Medical Center, you

can reach out to Heidi Baudhuin from Mothers Milk Bank of Iowa at 1-877-891-5347.

Anyone interested in learning more can also visit their website at: Mother's Milk Bank of Iowa | University of Iowa Stead Family Children's Hospital (uihc.org)

What to do when parents are poor sports?

Heated debates with referees and trash-talking players is something one may expect when watching professional sports. But such behavior is not expected of parents on the sidelines of youth sporting events. However, unruly parents are on display with increasing frequency at various youth sporting events.

According to a 2017 survey by the National Association of Sports Officials, adult behavior is the reason more than 75 percent of all high school referees quit. About 80 percent of new officials stop after two years on the job. This has led to a shortage of officials across the youth sports landscape.

Richard Weissbourd, a psychologist and senior lecturer at the Harvard Graduate School of Education, says there may be several reasons behind the uptick in poor parental behavior at sporting events.

The media and social media platforms have normalized demeaning and degrading people with whom one disagrees without fear of recourse, Weissbourd says. Also, the behavior could stem from parents wanting to compensate for shortcomings in their own youth sports histories. Others may be motivated by notions that winning is all that matters.

Children are the biggest losers when parents misbehave at youth sporting events. Rather than having fun in sports with teammates, youth experience unnecessary stress and anxiety about the game. Some are too anxious to compete in events for fear of losing. Others are being affected by pressure-induced statements thrown in, such as, "I know you are going to win today." Some kids are embarrassed by their own mothers

and fathers yelling at them to do better, or demeaning other players and coaches.

Youth sports leagues are starting to take inventory of unsavory parental behavior at kids' sports events. While it's one thing for parents to be invested in their children's success, it is another to allow it to lead to inappropriate or intense behavior that is far from sportsmanlike. Here is how it may be possible to change patterns.

- Share a new perspective. Oftentimes sports events, particularly at the high school level, are recorded and/or streamed for viewing later on. Problematic parents can be called in to view recaps of their behavior which may be caught on video to see that they may need to tone things down. This could be an embarrassing wake-up call.

- Rally for changed policies. Youth sports leagues and schools can be petitioned to implement stricter policies for dealing with parents who are out of con-

trol at sporting events. Restriction from attending games could be one avenue, particularly for repeat offenders.

- Model good behavior. Coaches and officials can remain calm and collected even in the face of aggression directed their way to illustrate to players how to behave. Furthermore, actions like congratulating the winning team and not supporting cheating or making illegal maneuvers during play should be reinforced.

- Lend an ear. Sometimes parents act out at games not because of the game itself, but some other stressor that they may have going on in their lives. Mitigating the situation may come down to listening to a problem and providing a healthy outlet for that frustration.

Reducing incidents involving out-of-control parents at sporting events is becoming a larger priority as issues continue and fewer coaches and officials are inclined to volunteer their time.



WSC's Family and Consumer Sciences improves lives

Wayne State College's Family and Consumer Sciences department prepares its students in fields such as Fashion Merchandising, Food and the community. For some students, the decision to become an FCS major simply started with an inspiring FCS teacher. Paige



Wayne State students enrolled in Family and Consumer Science classes spend a great deal of time in Benthack Hall on the WSC campus.

Nutrition, Interior Design and Family and Consumer Sciences Education to improve the lives of individuals, families Nolan, a WSC sophomore, in the FCS Education major, from Humphry, said, "... In my senior year of high school,



A wide array of options are available to those pursuing Family and Consumer Science majors at WSC.

they hired a new FCS teacher and she really opened my eyes and just showed me what FCS could do for me and my future."

According to Nolan, Dr. Erwin and the rest of the faculty members in the department do a tremendous job at making sure the students are aware of the expectations that come with the FCS department. According to Dr. Erwin, the department has three full-time faculty teachers and multiple adjuncts who teach 1 to 2 classes each semester. During the Fall of 2022, the department had 105 enrolled students in FCS programs.

Blair Korth, a WSC junior, majoring in FCS Education said, " I would say my favorite class that I have taken so far is my Family and Consumer Science Organization and Administration class that I am in right now and that is with Dr. Erwin," Korth said, "She is just basically getting us prepared for what courses we feel comfortable teaching, what our future classroom looks like, and do we want to be in a bigger school or a smaller school - basically just giving us all this information and preparing us so we

aren't just thrown out into the world of being a teacher. We'll have background knowledge of what to expect."

Nolan said, "Dr. Erwin and the other faculty advisors do a really good job of discussing with you and making sure you understand that it is a little different than high school and make sure you're able to handle the course load that you are signing up for."

For students like Korth and Nolan, the rewarding part of studying Family and Consumer Sciences is how applicable the lessons, are from class to life outside of the classroom. Erin Reynoldson, a junior from Albion, who is majoring in FCS Education said, "FCS classes are really applicable to a lot of life situations and they were some of the classes in high school that I was drawn to, and I thought I would use later in life," Reynoldson said, "some of the classes I would just sit there and be like "this is so dumb" like I would never do algebraic equations, but I'll always need to know how to talk to kids or feed myself or take care of myself."

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Stay stress-free with these parenting tips

Juggling responsibilities to work and family can sometimes make parents feel a little overwhelmed. That feeling of being stretched thin can contribute to stress, which many parents acknowledge is part of their daily lives.

Stress is not always caused by life-changing events. In fact, a recent study of 2,000 parents in the United Kingdom found that the daily worries of bed time, getting homework finished, weekly food shopping, and meal times were parents' biggest stress triggers.

The research, conducted by BPme, a new app that allows customers to pay for their fuel without leaving their car, said the average parent felt stressed six times a day.

Data from a 2015 Pew Research Study indicates 15 percent of American parents say their job as a parent is tiring all the time, while an additional 18 percent say parenting is tiring most of the time.

Ten percent indicated being a parent is stressful all of the time, while 15 percent said it is most of the time. The younger the age of the children at home, the more stress many parents say they face.

It is well documented stress can have



various negative physical and psychological symptoms, which put stress sufferers' overall health at risk.

Parents can curtail stress by instituting some lifestyle changes and employing

other management techniques.

· **Do not take work stress home.** It is easy to bring home work-related problems, which can then combine with issues at home. Try to talk to a coworker

or a spouse before leaving work to diffuse tricky situations so they can be left at work.

· **Increase quality family time.** Take a break from the extracurricular activities, volunteer responsibilities and the other tasks that pull families in different directions. Slow down and schedule fun activities that foster parent-child relationships, such as game nights or family movie nights.

· **Seek professional help.** Parents who are having difficulty coping can enlist the services of trained mental health professionals, advises Psychology Today. These therapists can offer helpful strategies for coping with life's challenges.

· **Stick to a routine.** Keeping kids on routine schedules enables parents to know which moments of the day they can get a break to rest and recharge.

· **Ask for help.** Do not be a martyr or attempt to be a superhero. Parents who need help should reach out for assistance, especially if it is to tame stress. Doing so is in the best interest of the entire family.

Stress is something many parents face, but it can be overcome.

Gifts for new college grads about to enter the workforce

The day a student graduates from college is a momentous occasion. Data from the National Center for Education Statistics indicates that more than two million students earned bachelor's degrees at the conclusion of the 2019-20 school year, the most recent year such information was available.

As another graduation season rounds into form, millions more hardworking college students are about to receive their degrees. Commencement will be a big moment for those students and it will also prove a proud moment for their families, who will want to reward graduates with a gift commensurate with this significant accomplishment. As gradu-

ates prepare to trade in campus life for the professional arena, well-wishers can consider these graduation gift ideas.

· **Attire:** Though many businesses have committed to remote or hybrid working in recent years, college graduates will still need something more than hoodies and sweatpants as they enter the professional arena. Professional attire can include anything from suits to business casual clothing. Developing a professional wardrobe can be costly, so gift givers can take new college grads out shopping for attire that can help them make a strong first impression. If distance or timing makes such an excursion impossible, a gift card worth enough money to

help grads begin building an impressive professional wardrobe can make for a great gift.

· **Tote bag/messenger bag:** Traditional briefcases are still around, but many modern professionals now prefer tote bags and messenger bags. Bags with padded pockets that can accommodate 15-inch laptops can be especially useful and help new graduations set a professional tone during interviews and after landing a job.

· **Apartment furnishings:** Of course, some newly minted grads will already have a job lined up by the time they stroll across a graduation stage and receive their degrees. In such instances, they might benefit from a little help furnishing their first apartments. Some new

kitchenware, a gift card to a furniture store or some gadgets like a new smart TV or home speaker system can help a new place feel like home that much sooner.

· **Cooking lessons:** Now that the campus dining hall is in the rearview mirror, new grads will have to prepare their own meals. Some might be doing so for the first time, so some cooking lessons with a local chef or instruction offered at a local restaurant can ensure new grads are not spending the bulk of their earnings on takeout or dining out.

College graduation is an exciting time in a young person's life. Loved ones can consider an assortment of gifts to make this period even more special.



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Ways to pick a family vacation spot

Summer vacations were once an annual tradition for millions of families across the globe. Warm weather getaways to idyllic beaches and welcoming resorts have long helped families make lasting memories, and revisiting that trend can be good for everyone.

Family vacation plans were put on the back burner during the COVID-19 pandemic. According to a survey from IPX 1031®, 40 percent of respondents canceled vacation plans during the pandemic, while an additional 29 percent did not plan a vacation at all.

But the pandemic alone cannot be blamed for people's unwillingness to

take time off from work, as pre-pandemic studies noted how professionals had increasingly begun to work longer hours and take fewer vacation days. For example, data from the U.S. Travel Association indicates that American workers failed to use 768 million vacation days in 2018.

Pandemic-related cancellations and postponements proved a bitter pill to swallow, and that sour taste could be one reason why travel bounced back in a big way in 2021. The hotel market data firm STR, Inc. reported that hotel occupancy reached nearly 70 percent in July 2021.



That is no doubt due to the successful rollout of Coronavirus vaccines. This summer could be even better for the travel and tourism industry, as children as young as five are now eligible to be vaccinated, and there is hope children younger than five will be soon.

That means more families will likely be on the lookout for vacation spots, and the following are some qualities they can look for as they search for the perfect place to spend their summer vacations.

• **Affordability:**

Travel costs have spiked in the aftermath of the pandemic, and that may stretch families' budgets thin. Data from the energy and commodities informa-

tion provider S&P Global Platts, indicates jet fuel prices have been rising somewhat steadily since mid-2020, and that spike could lead to higher airfare costs this summer. In addition, families should compare the cost of hotel lodging versus single-family homes on sites such as Airbnb or Vrbo. The latter might have more budget-friendly inventory.

• **Accessibility:**

Families will not want to travel only to find out local attractions are closed or open on a more limited basis. Before booking a trip, confirm the rules and regulations in a given locale and contact local tourist attractions, such as theme parks, to confirm that they'll be open for business as usual this summer.

• **Kid-friendly activities:**

After more than two years locked up at home, parents may be dreaming of spending a week doing little more than sitting on a beach. However, kids may grow antsy after a day or so with their toes in the sand. Many all-inclusive resorts include kid-friendly activities, such as sailing lessons or arts and crafts sessions, that give moms and dads a break and keep youngsters engaged in a fun way.

• **Dining:**

Research local restaurants when perusing destinations to confirm there's plenty of dining options. Parents have done more than their fair share of cooking at home since the onset of the pandemic, so a great vacation spot is one that includes an array of dining options to give parents time off from cooking detail.

As families prepare for their first vacations in more than two years this summer, parents can look for locales that cater to their needs without breaking the bank.



Parent/Teacher Conferences - March 23rd 2:00pm-8:00pm

Kindergarten Round-Up - May 1st
Currently Accepting Preschool Applications
Honors Night- May 9th @ 6:30pm
Baccalaureate- May 7th @ 6:00pm
Graduation- May 13th @ 2:00pm

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Parent's guide to managing screen time for children

Technology has transformed nearly all facets of life, including education. While desks and blackboards can still be found in the classroom, technology has become more and more influential in regard to how students learn.

Many teachers now employ tablets and other devices to help students better understand their coursework. Devices can make for useful learning tools, but when does screen time cross over from useful learning tool to something that is potentially harmful to students' overall health?

The American Academy of Pediatrics

are watching and how it applies to the world around them.

- **Children ages six and older.** The AAP does not provide specific information regarding how many hours children ages six and older should use screen media. However, the AAP advises parents to make sure such media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

In addition to following AAP recommendations about screen time as closely as possible, parents can take steps to ensure their children are not spending

designate certain times of the day as media-free times for the whole family, and not just children. Parents can put down their smartphones and tablets and engage with their children without the television on. In addition, make sure devices do not make it to the dinner table, as nightly, device-free dinners together can help families build strong bonds.

- **Establish media-free zones.**

Designate certain areas of the home, such as the kitchen and dining room, as device-free zones. Keep devices out of bedrooms unless children need them to do their homework.

Devices in the classroom can help young students fulfill their academic potential. Parents can govern their use outside the classroom by adhering to some simple strategies.



has produced age-specific guidelines that can help parents determine if their school-aged children are spending too much time staring at screens.

- **Children between two and five years of age.** Parents should limit screen time for this age group to one hour per day of high-quality programs. The AAP advises parents to co-view with children in this age group so they can help kids understand what they

too much time using their devices.

- **Promote extracurricular activities.** Urging children to participate in extracurricular activities that do not employ screen media, such as sports, music lessons and academic clubs, can be a great way to get kids to put down their devices and engage in in-person interactions with their peers.

- **Establish no-device hours at home.** The AAP recommends that parents

Spring Soccer Registration

March 13, 14, 15 from 4-6pm @ Wayne CAC
Practice/Game Schedule is TBD

Summer Sign Ups

April 12 & 13 from 4-6pm @ Wayne CAC
April 15 from 9am-12pm @ Wayne CAC

*Pool Passes, Swim Lessons, Rec Softball and Baseball, Art Camp, and MORE!

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Stop by to join the \$um Buddy's Kids Club today and see tips on how to raise a money-smart kid, here.

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Ways to be involved in your child's education

The dawn of a new school year provides a host of opportunities for students and their families. Students begin a new school year with a clean slate, while their parents can look at the start of the school year as an opportunity to take active roles in their children's education. Parents who pursue that opportunity can have a profound impact on their youngsters' academic success.

According to an analysis from the National Center for Family and Community Connections with Schools, students perform better in the classroom and enroll in more advanced classes when schools and parents work together.

Parents who want to take a more active role in their children's education can consider these three simple means



to doing just that.

1. Help children establish academic goals.

The National Education Association notes the most significant type of parental involvement is what moms and dads do at home. Before a new school year begins, parents can discuss academic goals with their children. Be as specific as possible when establishing goals so kids have something definitive to work toward during the school year.

2. Foster a strong learning environment at home.

Numerous studies have highlighted the effects that strong home learning environments can have on students. A 2014 study published in the Journal of Experimental Psychology found that something as simple as playing games with numbers with children can improve young students' ability to understand and work with numbers.

Continuing to foster that same environment as students continue their education is equally beneficial. Establish quiet hours after school so kids can con-

centrate on their homework free from distractions. When kids ask for help, offer it promptly. Such a response sends the message to students that school is of the utmost importance.

3. Become more involved at school.

Of course, it is not just what parents do at home that can have a profound impact on their children's education. If possible, take an active role at school as well as at home.

Get involved with parent-teacher organizations and/or offer to assist with extracurricular activities. Parents also can attend board of education meetings to learn about the happenings in their children's school district. Such meetings typically provide parents with an opportunity to comment publicly on any issues they feel are important, providing a great channel for parents to communicate directly with decision-makers.

Parents can take various steps to be more active in their children's education, which can benefit students in myriad ways.

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Wednesday, March 15

5:30 - 7:30 PM
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1302 West 7th Street • Wayne



Games to include:
Yahtzee, Catch Phrase, Pictionary Air
and one surprise game

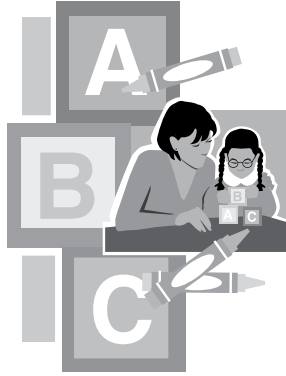

A Night for Family Fun!



To register please contact us:
402-375-3450 or let someone know at the front desk


Winside Public School Kindergarten Roundup

Friday, April 28 from 8:30-Noon
in the Kindergarten classroom for
students attending Kindergarten
for the 2023-24 school year.

Please call the Winside Elementary School office to register your child if you are not attending the Winside Pre-School or if you have any questions at 402-286-4466.

Emerson-Hubbard Elementary



New to the District Round-Up

Friday, March 31 • 2:30 - 3:15 PM

If you have a child that will be NEW to the district this fall (Preschool or Kindergarten), please contact the Elementary School at 402-695-2654.

Additional information will be mailed out.

*Please note your child must be four years old on July 31, 2023 to enroll in Preschool.

Children experience IBS too, look out for warning signs

Many instances of abdominal pain or discomfort are not indicative of larger issues. Some people may tweak an abdominal muscle while exercising, and others may feel discomfort after eating a particular food. But when issues persist,

that could be a sign of irritable bowel syndrome, often referred to as "IBS."

IBS is more common than people may realize. According to the International Foundation for Gastrointestinal Disorders, estimates suggest as much as 10 percent of the global population has IBS. Though IBS is considered a major women's health issue, the condition is not exclusive to women.

In fact, parents should know children can develop IBS as well. That makes it worth every parent's effort to learn more about IBS in children, which can start with a simple Q&A about the condition.

What is IBS in children?

The experts at Cedars Sinai note that IBS is a long-term chronic disorder affecting the large intestine or colon. Though the colon appears normal when a person has IBS, it is still not working the way it should, and this sparks a strong reaction to things that would not normally produce any adverse effects.

When IBS is present in a child, it causes problems with how food moves through the digestive system and can lead to what Cedars Sinai characterizes as "extreme sensitivity" of the inside of the bowel to stretching and motion.

How do children get IBS?

Cedars Sinai reports children are most at risk for IBS if one or both of their parents have the disorder.

Are girls more likely than boys to get IBS?

Unlike IBS in adults, which the IFGD reports affects significantly more women than men, IBS in children affects boys and girls equally. In addition, Cedars Sinai notes teenagers have a greater risk

of developing IBS than younger children.

What are the symptoms of IBS in children?

Cedars Sinai notes symptoms vary in children. In addition, the IFGD indicates nearly one-third of IBS patients surveyed reported having only mild symptoms.

However, that does not mean IBS is not painful, and Cedars Sinai emphasizes parents should stress to their children that any belly pain they feel is real and not imaginary. Such an emphasis can ensure kids report symptoms, which can then be discussed with a health care professional.

Cedars Sinai reports some of the symptoms children with IBS may experience include: belly pain that keeps coming back, pain that continues for more than three months is long-term (chronic), a change in bowel habits, such as diarrhea or constipation, upset stomach (nausea), feeling dizzy, loss of appetite, swelling (bloating) and gas, cramping, needing to have a bowel movement right away, feeling that not all of the stool has come out during a bowel movement and mucus in the stool.

Is there a cure for IBS?

There is no cure for IBS. When treating the condition, a child's health care team will work to ease the severity of symptoms so kids can get back to their normal activities. Dietary changes may be recommended, and more severe instances may be treated with medication.

IBS in children can be painful. Parents are urged to speak with their children's physician if they notice any symptoms of IBS in youngsters.

Budget friendly ways for family fun time

Raising a family is an expensive endeavor. A recent report from the United States Department of Agriculture estimated that the cost of raising a child from birth to age 18 is \$233,610.

Though parents know that is a small price to pay for all the joy their children bring into their lives, those same moms and dads also would not mind a little financial relief from time to time.

Family outings can be great bonding experiences, and parents may be happy to learn that there is a host of budget-friendly activities that are fun and affordable.



· **Movie night under the stars:** For the relatively low cost of a mini projector and accompanying screen, parents can host routine outdoor movie nights in the backyard. Though parents might expect some sticker shock when they begin looking for an outdoor mini projector, it is worth noting seven of the 10 projectors that make up Amazon's best sellers list are less than \$100. Some of those products even come with their own screens at no extra cost.

· **Picnic in the park:** Some families may be experiencing some sticker shock as they begin dining out again after

eating their meals at home throughout the pandemic. Soaring food and supply costs and labor shortages have forced restaurant owners to raise prices. Data from the U.S. Bureau of Labor Statistics indicates that the average American household was already spending \$3,000 a year dining out. Families can cut those costs considerably by having homemade meals, or even takeout, away from home. A picnic in the park can make for a wonderful family outing and will not cost nearly as much as dining in person at a favorite restaurant.

· **Find "yourselves":** Families are finding digging into their own histories is a great way to learn more about who they are. A 2020 report from Transparency Market Research estimated the market for global DNA test kits, which help people learn more about their ancestry, is expected to expand by nearly 25 percent between 2019 and 2027. Test kits typically cost around \$100, and families can then use the information they glean from test results to conduct their own free research on the history and culture of the countries their ancestors called home.

· **Exercise:** Exercising together is a great way for families to get healthy and feel good. Traditional workouts with weights and time on a treadmill may not be everyone's idea of a fun time, but families can go for a hike, kayak in a nearby lake, take up jogging, or even play a favorite sport together.

Parents know raising a family can be expensive. Thankfully, there are many ways families can have fun together without breaking the bank.



Friday, March 17 • 9:00 PM

Knuckleheadz Bar

Kaylyn Sachs will be performing

Saturday, April 8 • 9:00 PM

Knuckleheadz Bar

The Dave Merkel Show



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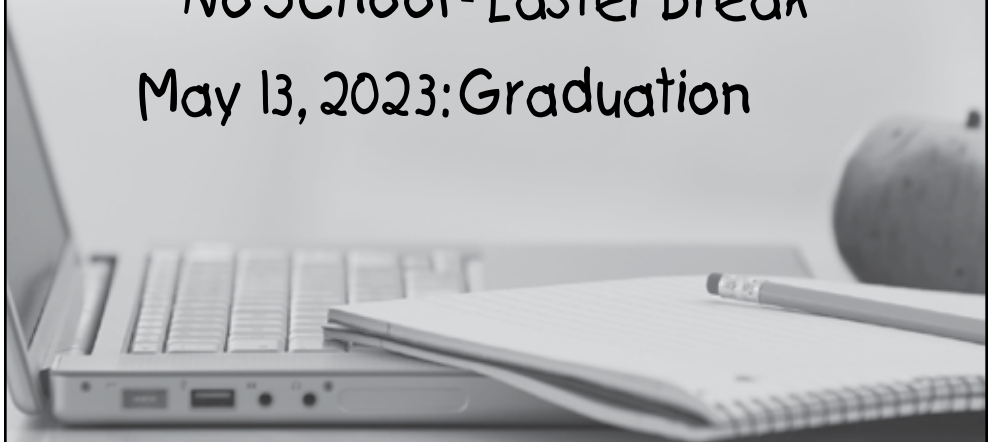
Wayne Community School District

611 West Seventh Street • Wayne, Nebraska 68787
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March 10, 2023:
 No School - Spring Break

April 7 - 10, 2023:
 No School - Easter Break

May 13, 2023: Graduation





Providence Medical Center

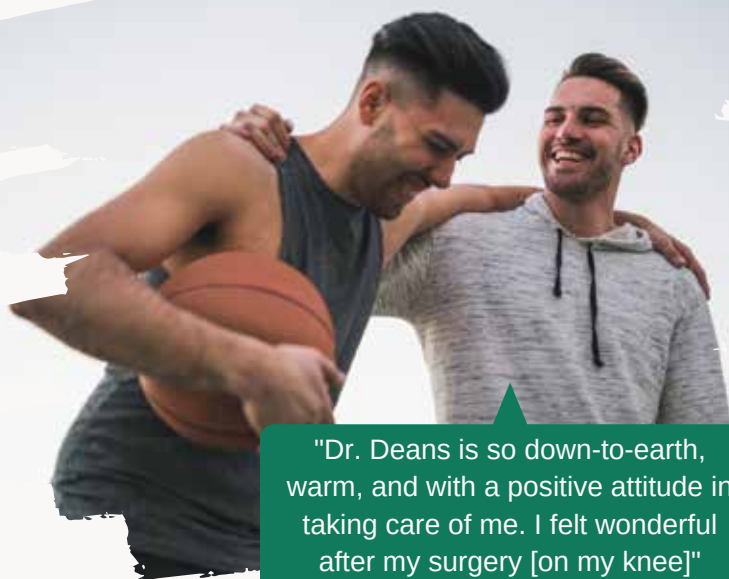
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