

OUTREACH

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Positive Parenting: Building Healthy Relationships With Your Kids

(NIH - News In Health) - Parents have an important job. Raising kids is both rewarding and challenging. You're likely to get a lot of advice along the way, from doctors, family, friends, and even strangers. But every parent and child is unique. Being sensitive and responsive to your kids can help you build positive, healthy relationships together.

"Being a sensitive parent and responding to your kids cuts across all areas of parenting," says Arizona State University's Dr. Keith Crnic, a parent-child relationship expert. "What it means is recognizing what your child needs in the moment and providing that in an effective way."

This can be especially critical for infants and toddlers, he adds. Strong emotional bonds often develop through sensitive, responsive, and consistent parenting in the first years of life. For instance, holding your baby lovingly and responding to their cries helps build strong bonds.

Building Bonds

Strong emotional bonds help children learn how to manage their own feelings and behaviors and develop self-confidence. They help create a safe base from which they can explore, learn, and relate to others.

Experts call this type of strong connection between children and their caregivers "secure attachment." Securely attached children are more likely to be able to cope with challenges like poverty, family instability,

In This Issue

1

Positive Parenting:
Building Healthy
Relationships With
Your Kids

3

Member Benefits

4

Serving and Portion Sizes

5

Vegetarian Stuffed Peppers

6

Annual Meeting Proxy



Tips for Connecting with Your Kids

- Catch kids showing good behavior and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward. Don't be overly critical; instead, help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for yourself for mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.

sensitivity during tantrums, arguments, or other challenging times with your kids. "If parents respond by being irritable or aggressive themselves, children can mimic that behavior, and a negative cycle then continues to escalate," explains Dr. Carol Metzler, who studies parenting at the Oregon Research Institute.

According to Crnic, kids start to regulate their own emotions and behavior around age 3. Up until then, they depend more on you to help them regulate their emotions, whether to calm them or help get them excited.

"They're watching you to see how you do it and listening to how you talk to them about it," he explains. "Parents need to be good self-regulators. You're not only trying to regulate your own emotions in the moment, but helping your child learn to manage their emotions and behavior."

parental stress, and depression.

A recent analysis shows that about 6 out of 10 children in the U.S. develop secure attachments to their parents. The 4 out of 10 kids who lack such bonds may avoid their parents when they are upset or resist their parents if they cause them more distress. Studies suggest that this can make kids more prone to serious behavior problems. Researchers have been testing programs to help parents develop behaviors that encourage secure attachment.

Being Available

Modern life is full of things that can influence your ability to be sensitive and responsive to your child. These include competing priorities, extra work, lack of sleep, and things like mobile devices. Some experts are

concerned about the effects that distracted parenting may have on emotional bonding and children's language development, social interaction, and safety.

If parents are inconsistently available, kids can get distressed and feel hurt, rejected, or ignored. They may have more emotional outbursts and feel alone. They may even stop trying to compete for their parents' attention and start to lose emotional connections to their parents.

"There are times when kids really do need your attention and want your recognition," Crnic explains. Parents need to communicate that their kids are valuable and important, and children need to know that parents care what they're doing, he says.

It can be tough to respond with

As kids become better at managing their feelings and behavior, it's important to help them develop coping skills, like active problem solving. Such skills can help them feel confident in handling what comes their way.

"When parents engage positively with their children, teaching them the behaviors and skills that they need to cope with the world, children learn to follow rules and regulate their own feelings," Metzler says.

"As parents, we try really hard to protect our kids from the experience of bad things," Crnic explains. "But if you protect them all the time and they are not in situations where they deal with difficult or adverse circumstances, they aren't able to develop healthy coping skills."

He encourages you to allow your kids to have more of those experiences and then help them learn how to solve the problems that emerge. Talk through the situation and their feelings. Then work with them to find solutions to put into practice.

Meeting Needs

As children grow up, it's important to remember that giving them what they need doesn't mean giving them everything they want. "These two things are very different," Crnic explains. "Really hone in on exactly what's going on with your kid in the moment. This is an incredibly important parenting skill and it's linked to so many great outcomes for kids."

Think about where a child is in life and what skills they need to learn at that time. Perhaps they need help managing emotions, learning how to behave in a certain situation, thinking through a new task, or relating to friends.

"You want to help kids become confident," Crnic says. "You don't want to aim too high where they can't get there or too low where they have already mastered the skill." Another way to boost confidence while strengthening your relationship is to let your kid take the lead.

"Make some time to spend with your child that isn't highly directive, where your child leads the play," advises Dr. John Bates, who studies children's behavior problems at Indiana University Bloomington. "Kids come to expect it and they love it, and it really improves the relationship."

Bates also encourages parents to focus on their child's actual needs instead of sticking to any specific parenting principles. It's never too late to start building a healthier, more positive relationship with your child, even if things have gotten strained and stressful.

"Most importantly, make sure that your child knows that you love them and are on their side," Metzler says. "For older children, let them know that you are genuinely committed to building a stronger relationship with them and helping them be successful."

By being a sensitive and responsive parent, you can help set your kids on a positive path, teach them self-control, reduce the likelihood of troublesome behaviors, and build a warm, caring parent-child relationship.

Membership Benefits

- **Car Rental**
 - Up to 15% savings
 - Includes USA and Canada
- **Theme Parks**
 - Theme Park tickets
 - Universal Parks®, Legoland®, Six Flags® Nationwide and more
- **Flower and Gift Baskets**
 - Up to 20% savings
 - Includes flowers, gourmet baskets, sweet treats, collectibles and more!
- **Movie Tickets**
 - Up to 40% on movie tickets
 - Includes many major movie theater chains in the U.S.
- **Hotel/Motel**
 - Up to 60% savings
 - Hotel, motel and resort chains nationwide
- **Phone and Tablets**
 - Earn cash back at stores you're shopping at today
 - Safe, simple, free
- **Fitness Health**
 - Up to 50% off membership dues at over 600 locations nationwide
 - Includes discounts on sporting goods, magazines, gourmet foods and more!

Visit www.selectbenefitservicesassociation.com to find more information on product benefits available with your association membership.

Serving and Portion Sizes: How Much Should I Eat?

Eating a variety of foods from each food group will help you get the nutrients you need.

The Dietary Guidelines describes describe three USDA Food Patterns, each of which includes slight variations in amounts recommended from different food groups. For example, people 50 or older following the Healthy U.S.-Style Eating Pattern choose foods every day from the following:

- Vegetables—2 to 3 cups
- Fruits—1½ to 2 cups
- Grains—5 to 8 ounces
- Dairy —3 cups (fat-free or low-fat)
- Protein foods—5 to 6½ ounces
- Oils—5 to 7 teaspoons

Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. But, what exactly is a serving? And is that different from a portion?

A "serving size" is a standard amount of a food, such as a cup or an ounce. Serving sizes can help you when

choosing foods and when comparing like items while shopping, but they are not recommendations for how much of a certain food to eat.

The term "portion" means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a large stack of pancakes as one portion. A portion size may also be bigger than a serving size. For example, the serving size on the Nutrition Facts label for your favorite cereal may be 1 cup, but you may pour yourself 1½ cups in a bowl.

Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering one or two small appetizers instead of a large entrée. Or, you could share an entrée with a friend, or eat just half and ask for a take-out container for the rest. Put the leftovers in the fridge as soon as possible. Then enjoy them the next day for lunch or dinner.

This content is provided by the National Institute on Aging (NIA), part of the National Institutes of Health. NIA scientists and other experts review this content to ensure that it is accurate, authoritative, and up to date.

TIP: SNACKING

Snacks are okay, as long as they are smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, 1 tablespoon of peanut butter spread on a slice of whole wheat toast counts toward the protein foods group and the grains group. Some ideas for healthy snacking include:

- Have an ounce of cheese with some whole grain crackers, a container of low-fat or fat-free yogurt, or a 1-ounce portion of unsalted nuts.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of washed, raw vegetables in the fridge along with hummus or other healthy dips.
- To limit your portion sizes, don't eat from the bag. Count out a serving, and put the bag away.
- When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix in a plastic bag when you go out. If you need to buy a snack while you are on the go, pick up an apple or banana—most convenience stores carry them.

Vegetarian Stuffed Peppers



A Plant-Based, Dairy-Inspired Dish

(Family Features) With the rise in popularity of plant-based diets and dishes, combining them with dairy products can create a superfood power couple. For example, the cheddar cheese found in these Vegetarian Stuffed Peppers helps optimize nutrient absorption from the rice, black beans, corn and tomatoes to create a nutritious and delicious appetizer or meal.

Find more recipes that combine the goodness of dairy and plant-based foods at milkmeansmore.org.

Vegetarian Stuffed Peppers

| | | |
|-------|---|---|
| 6 | large sweet bell peppers | 1/2 teaspoon chipotle chili powder |
| 1/2 | cup diced sweet onion | 1/2 teaspoon dried oregano |
| 1 | cup cherry tomatoes, sliced in half | 1/2 teaspoon ground cumin |
| 1 | cup frozen corn, thawed | 3/4 teaspoon kosher salt |
| 1 1/2 | cups cooked black beans plain (drained and rinsed if using canned beans) | 1/2 teaspoon black pepper |
| 2 | cups cooked brown rice | 1 1/2 cups shredded Sharp Cheddar Cheese, divided |

Preheat the oven to 350° F. Line a rimmed half sheet pan with non-stick aluminum foil.

Slice the tops off of the sweet bell peppers. Use a spoon to scoop the seeds and white membranes from the insides of the peppers. Discard the pepper tops and seeds. Place the peppers onto the prepared half sheet pan; briefly set aside.

In a large bowl, stir together the diced onion, cherry tomatoes, corn, black beans, and brown rice until combined. Sprinkle the chili powder, oregano, salt, and pepper over top before stirring to distribute the seasonings throughout. Fold 1 cup of the Cheddar cheese into the filling, reserving the remaining cheese for later.

Stuff the open cavities of the sweet bell peppers tightly with filling, mounding a bit of the filling over the top edge of the peppers. Sprinkle the remaining Cheddar cheese over top of the filling. Bake the stuffed peppers for 30 to 35 minutes or until filling is heated through, the peppers soften, and the exteriors begin to wrinkle. Serve immediately.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Select Benefit Services Association will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Thursday, March 26, 2020 at 1:30 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

Select Benefit Services Association March 26, 2020 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF SELECT BENEFIT SERVICES ASSOCIATION

The undersigned member of Select Benefit Services Association does hereby constitute and appoint the President of Select Benefit Services Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Select Benefit Services Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: John Stratman, Tom Ebner, and Kim Darling
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2020.

Signature _____

Name (please print) _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
March 13, 2020
Date



Membership Services Office
16476 Wild Horse Creek Road
Chesterfield, MO 63017

Outreach is published by:

Select Benefit Services Association

For information regarding your membership
and association services, call or write:

Membership Services Office
Select Benefit Services Association
16476 Wild Horse Creek Road
Chesterfield, MO 63017

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

