

August 2014

Kindred *Spirits*

Setting boundaries

Boundaries protect grandchildren

Key Areas to Set Boundaries

- 1. Your Time:**
Are there people in your life who make unreasonable demands on your time?
- 2. Your Emotions:**
Are there people in your life who say or do hurtful things or make threats?
- 3. Your Energy:**
Are there people who invade your privacy, cause disruptions or create turmoil?
- 4. Your Values:**
Are there people who belittle or disrespect your morals, ethics, religious or political beliefs?

When grandparents, aunts or uncles step into a parenting role, it's usually because some sort of crisis has taken place.

According to Diana Milne, MU Extension human development specialist, "Many grand families indicate that issues such as substance abuse, untreated mental illnesses, child abuse/neglect, domestic violence and incarceration on the part of one or both of the birth parents are contributing factors as to why they are raising grandchildren, nieces or nephews."

When birth parents have serious, on-going dysfunctional behaviors and continue to have contact with the children—then it may be time to set some boundaries. It's not easy though!

Many grandparents struggle with setting boundaries because it can often involve extreme measures when dealing with the parents of the grandchildren.

What does it mean to set "boundaries"?

Simply put, just as a fence protects valuable livestock from getting out of the pasture—human boundaries should protect our personal lives and the lives of

those we are responsible for.

It is up to you as the adult to set the necessary boundaries to provide stability for the children. For example, many children want to spend time with the absent parent, and feel let down when parents don't show up or change plans.

When life isn't stable, children can become confused, hurt or angry. If the instability continues, it may cause behavior problems or mental health issues. In a situation like this it is wise to set boundaries to protect the children from the erratic behavior of the parent.

Working with a mediator to design a specific visitation schedule might be helpful. In some cases, the court may determine if visitation is in the child's best interest or not.

Most grandparents find that they have to change their focus to the children in their care and set up boundaries to protect the children from parents who are highly dysfunctional.

This is not easy but is often in the best interest of the grandchildren. Setting boundaries will help you and your grandchildren.

MU Extension contributors:
Marsha Alexander, Melissa Bess, Dr. Nina Chen, Saralee Bury Jamieson, Damaris Karanja, Susan Mills-Gray, Diana Milne, Linda Rellergert, Tammy Roberts, Lisa Wallace, and Megan Webb.

Plum Luscious

Easy microwave dessert

“Juicy, sweet fruits are the rewards we get for enduring the heat and humidity of our Missouri summers,” says Linda Rellergert, MU Extension nutrition and health education specialist. “Berries, cherries, peaches and plums are among the tasty treats we can enjoy on breakfast cereal, make into luscious desserts or snack on all day long.”

This Plum Crisp is a versatile, easy recipe. Tart juicy plums are complemented by the sweet, crunchy topping. Best of all, this is a microwave recipe, keeping the kitchen cool. Substitute other fruits

like peaches, apples or pears for the plums when they are in season. Serve the crisp as dessert with or without vanilla ice cream or frozen yogurt. It is also wonderful when served with crunchy wheat cereal or granola topped with milk for breakfast.

Get your grandchildren involved in making this easy recipe.

Plum Crisp

- 6 cups sliced plums
- 6 tablespoons butter or margarine
- ¾ cup brown sugar
- ¾ cup quick-cooking oats
- ½ cup flour
- 1 teaspoon cinnamon

Place plums in 8 inch microwave save baking dish. Melt butter in

medium mixing bowl at High power 1 to 1 ½ minutes. Stir in brown sugar, oats, flour and cinnamon until mixture is crumbly. Sprinkle over plums evenly.

Microwave on high 8 minutes. Rotate dish 180°. Microwave another 6 to 8 minutes until plums are tender. Serve warm or at room temperature, topped with ice cream if desired.

Makes 6 servings. Nutrition information per serving:

- 372 calories
- 4g protein
- 63g carbohydrate
- 5g fiber
- 13g fat
- 10mcg folacin
- 428mg potassium
- 126mg sodium.

University of Missouri Extension

Urban Region

Clay County	816.407.3490
Jackson County	816.252.5051
	816.482.5850
Jefferson County	636.797.5391
Platte County	816.270.2141
St. Charles County	636.970.3000
St. Louis City	314.367.2585
St. Louis County	314.615.2911
	314.516.6392

West Central Region

Bates County	660.679.4167
Benton County	660.438.5012
Camden County	573.346.2644
Cass County	816.380.8460
Cedar County	417.276.3313
Cooper County	660.882.5661
Dallas County	417.345.7551
Henry County	660.885.5556
Hickory County	417.745.6767
Johnson County	660.747.3193
Laclede County	417.532.7126
Moniteau County	573.378.5358
Morgan County	573.378.5358
Pettis County	660.827.0591
Polk County	417.326.4916
St. Clair County	417.646.2419
Vernon County	417.448.2560

Make it Greek!

Both Greek and regular yogurt are healthy choices.

According to Susan Mills-Gray, MU Extension nutrition and health education specialist, “Both are packed with live bacterial cultures (probiotics).”

But Greek yogurt, which is strained extensively to remove much of the whey, lactose, and sugar, has an edge. It contains half the carbs as the regular yogurt—5 to 8 grams per serving compared with 13 to 17.

The straining process removes milk sugar making it less likely to upset the lactose-intolerant. It is high in protein, which helps promote fullness.

A typical 6-ounce serving contains 15 to 20 grams, the amount in 2 to 3 ounces of lean meat (regular yogurt provides 9 grams). Greek yogurt is lower in sodium than regular yogurt and provides 20% of recommended daily intake of calcium.

Whether purchasing for yourself or your grandchildren, purchase Greek yogurt for a healthier choice!