

Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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Understanding Traumatic Stress in Kids

The unexpected loss of a loved one, a car accident, or exposure to a violent experience is familiar to many of us. Everyone reacts to such events differently, varying from shock and numbness, to withdrawal and depression or anger and agitation. There is no “right” reaction to devastating events. Over time, some people are able to get their life back on track, process their feelings and begin to heal, but for others their responses to trauma are prolonged, intense and interfere with day to day functioning.

As children grow and mature, they are faced with age-specific challenges they must master before moving on to the next stage. At each developmental stage, a child is faced with different tasks that build upon one another: toddlers learn to explore their world; school-aged children are interested in making friends and adolescents try to separate from parents and become more independent. When faced with traumatic stress a child’s energy is diverted into coping and he or she has fewer resources to master developmen-

tal challenges. Most children are very resilient and can rebound from traumatic experiences if they have support from caregivers to make them feel safe, and protected. The level of support a child receives from a caregiver is the most significant factor in how well a child recovers after a traumatic event.

When caring for a child who has recently experienced an acute (one time) traumatic event, it is important to recognize the child’s need for safety, stability and support. Caregiver/parents can help children cope with trauma by being a “safe person” to talk to and providing a safe place, by keeping a routine and engaging them in positive distracting activities, and by ensuring children have a healthy diet and plenty of exercise.

Love and unconditional acceptance can begin the healing process for hurting children.

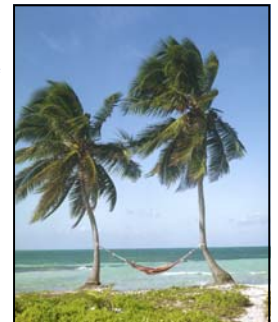
Bassuk, E. L., Konnath, K., & Volk, K. T. (2007). Understanding Traumatic Stress in Children. The National Center on Family Homelessness.

Welcome to Florida

Brought to you by your University of Florida IFAS Extension Service Family and Consumer Sciences Team



“Solutions for Your Life”



Talking to Your Teens

It's a fine line between respecting your teen's privacy and doing your job as a parent. How far should you go? Experts say, "As far as you have to." Drugs, drinking, tobacco, and sex—teenagers today have a minefield of risky behaviors to navigate. Start conversation today and:

- Let your teen know where you stand on risk-taking and its consequences.
- Set clear rules with your teen for safety and guidance.
- Keep close tabs on your teens. It's not saying you don't trust your teen; it's saying you CARE.
- Get on the internet and familiarize yourself with the kind of content they may be exposed to.
- Above all else, set a good example when it comes to drug, tobacco and alcohol use.
- Respect them, be honest with them, be clear with them and they will do the same.

Consumer Alert: Light Bulbs

With global warming in the news, one of the biggest issues is energy conservation. What are some of the little things we can do to use less energy?

One of the simplest and easiest ways to use less energy is by replacing traditional incandescent light bulbs with compact fluorescents (CFLs)—you know, those spiral bulbs that are touted for their energy efficiency.

CFLs are great and do use less energy than traditional bulbs, but they may not be the right bulb for the job in every situation. While they can last over three times longer than incandescents, they



take much longer to come to full brightness. So, if you need full light instantly, like in a staircase, your best bet is to use an incandescent bulb.

When choosing a CFL, read the package carefully. Watts reflect the amount of energy the bulb uses. Lumens lets you know how much light the bulb gives off. If replacing traditional incandescent bulbs with CFLs, choose a CFL that has as many lumens as the traditional bulb while using the fewest number of watts.

With just a few small changes, we can all become more energy efficient!



Remember, compact fluorescent lights can save you money on your electric bill and are better for the environment!



There's an Extension Office Near You!

Charlotte County—25550 Harbor View Rd, Unit 3, Port Charlotte, FL | (941) 764-4340
<http://www.ifas.ufl.edu/charlotte/>

Collier County—14700 Immokalee Rd., Naples, FL
(239) 353-4244 | <http://collier.ifas.ufl.edu>

Desoto County—2150 NE Roan Ave, Arcadia, FL
(863) 993-4846 | <http://desoto.ifas.ufl.edu/>

Hardee County—507 Civic Center Dr., Wauchula, FL
(863) 773-2164

Hillsborough County—5339 S. CR 579, Seffner, FL
(813) 744-5519 | <http://hillsborough.extension.ufl.edu/>

Lee County—3406 Palm Beach Blvd, Ft. Myers, FL
(239) 461-7500 | <http://lee.ifas.ufl.edu/>

Manatee County—1303 17th St. West, Palmetto, FL
(941) 722-4524 | <http://manatee.ifas.ufl.edu/>

Pasco County—36702 SR 52, Dade City, FL
(352) 521-4288 | <http://pasco.ifas.ufl.edu/>

Pinellas County—12520 Ulmerton Road, Largo, FL
(727) 582-2100 | <http://www.pinellascounty.org/extension>

Polk County—1702 Hwy 17-98 S, Bartow, FL
(863) 519-8677 | <http://polk.ifas.ufl.edu/>

Sarasota County—6700 Clark Road Twin Lakes Park, Sarasota, FL | (941) 861-5000
<http://sarasota.extension.ufl.edu>

Contact your local county Extension office today!