

Stress, Your Child and Summer Vacation

by Paula Goodrich

School is out and summer can bring big feels for children and caregivers alike. Stress is high on the list for everyone. Understanding how stress affects children, the signs of stress, and types of stress can be helpful information for the busy summer months.

There are three types of stress: positive stress, tolerable stress, and toxic stress.

Positive stress comes from day to day stressors, like "where are my favorite shoes," or "what time was that meeting?"; **Tolerable stress** is a bit more heightened, "Will I see my friend this week?" or "What will summer camp be like?"; and **Toxic stress** comes from extreme stressors such as, "I have no food for the week," "The electric is out and the heat is severe," or "My family has to move out of our home by the end of the month." These three types of stress are not only apparent for adults but have a lasting and profound effect on children.

Symptoms of stress in children can be the same as adults. A child experiencing stress may complain of headaches, appear fidgety, fatigued, display signs of under-eating/over-eating, withdraw from people, easily upset, and be more prone to accidents or aggression.

Working on your child's stress response is similar to how you would work on your own. Help them recognize the cause of the stress and how to react. Can they change the stressor? Can they reduce the strength of their physical and emotional reaction? You can help build their reserves both physically and emotionally. Things like nutrition, daily physical activity, self-care, taking breaks, and getting enough rest can help with physical reserves; whereas emotional reserves can improve though friendships with supportive people and spending time with family.



Beat the Heat! Tips for saving \$\$ while staying cool

- Use curtains, blinds, or even shutters to keep out the sun.
- Keep windows closed during day & open at night.
- Clean AC/Heat Pump filters.
- Add an awning over south facing windows.
- Plant a tree or shrubs. Shade can help cool your home.

For a complete list of tips and ideas visit:
www.smartenergychoices.org
and click on "TIPS FOR SUMMER"

Wild Food Sources: Foraging for Free

by Susan Neal

Prior to the 1970s, many American families harvested wild grown foods from fields, forests, and wetlands. These free, abundant, and often invasive plants helped to supplement food reserves for generations. Knowledge of where to find these foods, how to safely identify them, and how to prepare them came with immigrants from the Old World or were generously shared by native peoples. But fast forward to today and these food resources have been all but forgotten. The plants are still there, it's just our genetic memories which have faded away. Over the last 50 years, few of us

asked our grandparents to teach us their quaint foraging skills. But, they say everything in life is cyclical and what is old is new again. This is certainly true today for interest in home-crafts such as canning, crocheting, soap making, and gardening. Harvesting wild foods is just the latest in a list of skills finding traction among families with 4-Hers.

CCE Schuyler has two certified educators trained to offer classes on wild foods to children (age 12 and over) and adults. They utilize the approved Cornell University curriculum called



4-H Wild Edibles: A Guide to Tradition, Safety, and Conservation. If you are interested in this topic and would like to be notified of any upcoming training opportunities, contact Shawn Tubridy (slt22@cornell.edu).

UPCOMING EVENTS:

Summer Tours of the Family Play & Resource Center

July - Human Services Complex - FP&RC - Montour Falls, NY

Are you looking for new ways to beat the summer heat? Come take a private tour of our climate controlled play area - perfect for hot summer days! Schedule a private one on one tour of the center with Parenting Educator, Paula Goodrich on YOUR time.

Tours include: an introduction to the Family Play & Resource Center; age appropriate activities for your child; and opportunities to ask parenting questions.

This FREE Stay-cation is for ages birth to 8 years old! **Learn how you can schedule your tour at www.cceschuyler.org/events.**

Gnomes & Fairies at the CCE Schuyler Teaching Garden

July 22, 2026 - 323 Owego St., Montour Falls, NY - 4:00pm-6:00pm

Join Parenting Educator Paula Goodrich for a magical day in the CCE Schuyler Teaching Garden, July 22nd 4-6pm. Activities include: Gnome and Fairy themed crafts, sensory activities, and scavenger hunts. This FREE event is perfect for ages birth to 8 years old. **Reserve your fantasy materials by visiting www.cceschuyler.org/events.**

4 - H Forensics - Hector, NY

August 11, 2026 - Elizabeth B. Pert Library- 4:00pm-5:00pm

Do you have a youth interested in mysteries and science? Stop by the Elizabeth B. Pert Library for our 4-H Forensics Event. This month, youth will learn forensics skills like DNA analysis, Fingerprinting and more!! **Register for this FREE event at www.cceschuyler.org/events.**

Schuyler 4-H and Hidden Valley 4-H Camp Attend Ribbon Cutting of New Sentry Bridge



Images by Dundee Review & Express - see more at <https://www.facebook.com/observerreview>

On July 1st Schuyler County 4-H and Hidden Valley 4-H Camp were invited to be part of the Sentry Bridge Ribbon Cutting at Watkins Glen State Park. CCE Schuyler Executive Director Melissa Schroeder spoke on our relationship with the NYS Parks, particularly Watkins Glen for over 80 years and how honored we were to have some of our Schuyler County 4-H members, and camp staff be the first to cross over the new Sentry Bridge.

Thank you to all involved for inviting us and allowing our 4-H youth to be some of the first visitors to see the beautiful craftsmanship of this new bridge up close. We look forward to many more hikes across this bridge and the gorge!

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SCNY Ag News Events Newsletter:

Find out about upcoming events in Agriculture, Natural Resources, and Horticulture in the Southern Tier through the SCNY Ag News.



SCAN HERE

Hidden Valley 4-H Camp 2026 Registration Is Now Open!



Visit www.hiddenvalley4hcamp.org

EVENT HIGHLIGHT:



Open Call for CCE Schuyler Master Gardener Volunteers

Do you enjoy gardening and want to improve your skills? Why not become a CCE Master Gardener Volunteer? Training for New Master Gardener Volunteers begins in September. Now is the time to fill out your application and join the fun! For more information on how to apply contact Shawn Tubridy at slt22@cornell.edu.



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