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Velocity time graph definition

Photo: Ba Phi (Pexels)When my son was a tantrum-y (and somewhat aggressive) toddler/preschooler, we spent a lot of time maintaining the honorable tradition of time-out. Made extra popular by Supernanny Jo Frost, the time-out seemed like a bit of a final result—and frankly not terribly effective—but we found ourselves going to it over and over again, at a loss for how else to correct behaviors that were very much not ok. Eventually, the unacceptable behaviors eased up, which probably had more to do with him getting older and developing more communication skills than the time spent staring into a corner. As my son got a little older, my husband and I became foster parents; by the time our first foster son was placed with us at the age of 3, we had learned about something that we found to be not only more effective but also much more positive in nature: The time-in. Time-Outs vs. Time-InsThe main difference between a time-out and a time-in is that instead of taking away from the child from the family to sit in another room, in a corner or at a step of themselves, you sit with the child and talk to them calmly and softly about their feelings and behaviors as they regulate their emotions. Parenting coach and therapist Bonnie Compton tells The Washington Post that this method avoids feelings of abandonment and isolation that often accompany a time-out. There is loss of contact, which can also be interpreted as loss of a parent's love, especially for younger children. Children who are sent to their room often think that their isolation is a result of being bad enough that parents do not want to be near them. This can be particularly risky for children who have a prone to anxiety, Compton adds. Isolation can increase their fear, and the more anxious they become, the more likely they are to exhibit behavioral outbursts, such as destroying their toys or rooms during a timeout. Also, time-outs may not teach the message you're trying to convey anyway. As pediatrician Nadia Sabri says in the Post article: Emotional modulation and regulation occur with the development of the prefrontal cortex, the part of the brain that does not fully develop until adolescence. This means putting a child by themselves in a timeout situation and telling them to think about what they have done is generally a waste of time. If you ask the child why they are timed out, they usually say I don't know. Here's how to do itSue Lively, an elementary school teacher and parent who writes about positive parenting, lays out a big-and-detailed-step-by-step approach to using the time-in method. First, you take a deep breath or two (you try to talk calmly and positively at a time when you probably feel pretty frustrated, after all). Then you move yourself and the child to a neutral location, such as the sofa or the room table. Look for the underlying need behind bad behavior and recognize that need and their feelings. Here's how it might sound in Sue's house: You can say something as simple as, you seem really angry about... or You look so frustrated right now. Sometimes I add something like what's the real problem here? To get my son to start talking. Then the key is to listen to what the child has to say without denying feelings, or trying to minimize them. When the child vents, and you listen effectively, the emotions slowly begin to dissipate. Tears are a good sign that emotions are being released. Hugs are always good too if the child is ready for it. Finally, you talk about why the behavior is unacceptable and how they can make amends, if necessary. One more tip: When my foster son would start tantrums, he needed me to stay close to him until he could calm down. Until he was pretty calm, but he couldn't hear my words. I found that giving him a kitchen timer to keep helped him because he could focus on ticking sounds while he was taking deep breaths. I had put it for a few minutes and when it dinged, he was usually calm enough to talk about what was happening. For extra positivity, I bought this cute owl timer for the task. Time for some Raspberry Pi + Plotly Streaming fun! Recently, we completed an Instructable for visualization temperature and humidity data using an Arduino and Plot.ly, a free online collaboration graphing tool. Now it's time to extend the fun to all Raspberry Pi users! The Raspberry Pi is a fantastic platform for software experiments, allowing kids, amateurs and professionals alike to hack away without fear of breaking an expensive computer system. I'm a big one, and have done some projects with my Raspberry Pi, from setting up a web server in our workshop, to using it as a desktop computer when my laptop was in the store. Raspberry Pi fun is not limited only to software activities though! In addition to its other great features, Raspberry Pi has some GPIO (General Purpose IN/OUT) pins, which you can use to read data from! The purpose of this Instructable is to take some temperature data read from a TMP36 sensor, and visualize it using real-time streaming using the Plotly Python API! Here is an example of our end product: demos/1415/ Raspberry Pi MCP3008 DIP package ADC converter chip Analog Temperature Sensor TMP-36 Breadboard Some Hookup thread Some Software Package (Details in later steps) For the soldering option : For the more permanent shield option:Raspberry Pi Proto ShieldDu'll need a Plot.ly Account. Head over to:Plot.ly to sign up. Once you've signed up, head over to the settings page and write down your API key and Stream Token. You'll need these later! Hopefully you have your Raspberry Pi connected to your local network. If you do SSH right right it and you are ready for the next step! If not, check out this link, there's a great primer on getting started with SSH on your Pi: you're logged in, head over to the next stop and run the command listed there. We used this guide to get SSH working over our Laptops WIFI. All you need is an Ethernet cable. It works well for testing, and when everything is ready you can hook it up to your Router. apt-get install python-devsudo apt-get install python -pipsudo pip install rpi.gpiosudo pip install plotlyDownload Plot.ly Raspberry Pi Getting Started Script Clone Repo from Github: Change to the new directorycd rasperrypiSshould you want to deviate from the Quickstart method, you can of course only use the Plot.ly Python Library as you would on any other system. Take a look inside the included Quickstart Scripts to see whats going on under the hood and get started writing your own personal scripts! All normal features Plot.ly python library works on Raspberry Pi too! The Raspberry Pi does have GPIO, how ... than without any additional help from an MCP3008 Chip, it cannot read analog input. No problem, just breadboard your MCP3008, and plug your Pi Cobbler, or solder it directly on your Prototype Shield. You will loop in' some analog data in no time! Connect the following pins from Raspberry Pi's GPIO controllers MCP chip: MCP3008 VDD (PIN16) : 3.3V MCP3008 VREF (PIN15) : 3.3V MCP3008 AGND (PIN14) : GNDMCP3008 CLK (PIN13) : #18MCP3008 DOUT (PIN12) : #23MCP3008 DIN (PIN11): #24MCP3008 CS (PIN10): #25MCP3008 DGND (PIN9) : GND Connect the following pin from TMP36 : (Flat Face Forward, Left to Right) Pin1 : 3.3V Pin2 : MCP3008 CH0 (PIN 1) Pin3 : GNDNow, if you have everything connected correctly, and you've downloaded the get started script, go ahead and perform it! Thanks to Plot.ly's streaming capabilities, all your sensor data will automatically be updated on the graph! Make sure you update the credentials in the script with your own! (Obtained in the previous step)username = 'your_plotly_username' api_key = 'your_api_key' stream_token = 'your_stream_token' Then run the script! (You need sudo to access the GPIO pins) sudo python plotly-raspi-stream.pyIn this script, you will enter in your desired graph information, as well as API Key and Stream Token (Obtained earlier). Now you can cruise right over to the URL provided from the script! Paste it right into your browser if you are using Raspberry Pi in a graphical environment, or fire up your browser on your main computer to see your work! Once you have opened your graph, feel free to click save and edit (don't worry, your graph will be saved regardless) to edit the style and change the titles in the GUI. is an example graph made with streaming data from a Raspberry Pi: demos/1415/ Last updated on January 11, 2021 Affordable, relaxing and healthy, oil spreaders are gaining popularity with people everywhere because of their extensive benefits. Oil spreaders work through the simple process of oil diffusion, which uses heat to turn oil into a vapor that then spreads around a living space. Diffuse oil can have several relaxation and health-related benefits, including safe fragrance-dispersion, mosquito and mold defense, relaxation, and more! Read on for 11 hidden benefits of using oil difs.1. Safe Fragrances That Make SenseDifferent light or air purifiers, oil diffusers emit purifying molecules into your air that work to purify it, not overload it with unhealthy chemicals. Electronic diffusers also do not present the fire hazard posed by light. Plus, they include the added function of interchangeability, which means you swap oil types for different scents and health benefits. 2. Stress ReliefSeveral lab studies have confirmed that spreading essential oils like lavender has been shown to reduce stress and help relieve anxiety in medical patients. Preliminary studies have also shown that oil spreaders can help alleviate symptoms of depression.3. Improved SleepDiffused oil has relaxing properties that can help people of all ages go to sleep faster and sleep more healthily. Electronic diffusers not only have the ability to mix and match different oil blends (try a lavender, Bulgarian rose, and Roman chamomile mixture to help with insomnia), they also run on a gentle hum that helps relax an agitated mind. Many also come with an automatic shut-off function to help preserve oils after you fall asleep.4. Appetite ControlMuch like chewing gum, oil spreaders can help stimulate the senses in a way that works to curb appetite. New research has shown that diffuse peppermint oil can help curb appetite by inducing a satiety reaction in the body. Diffuse peppermint oil has also been shown to increase energy. 5. Bacteria and Mold KillingWhen essential oils spread in the air, they break down free radicals that contribute to the growth of harmful bacteria. Eucalyptus, thyme, and tea tree oils are particularly good for this purpose. Diffuse oil is also very effective when it comes to fighting yeast yeast threats, because the oil help makes the air inhospitable to yeast such as mold. Pine and red thyme essential oils are best for fighting mold.6. Decongestion and Slime ControlEver tried Vick's Vapo-Rub? Its debilitating powers come from active ingredients made from the eucalyptus tree. Basically, oil diffusers work in the same way as Vapo-Rub, except that they diffuse their dewelling steam around the room, not just on the chest or neck. Oil diffusers have known to cure pneumonia in lab mice.7. Mosquito RepellantNobody likes mosquitoes — but but The trade-off involves using repellents full of DEET, a toxic chemical that can be particularly harmful to children, mosquito control can often act as a lose-lose. But scientists have shown that oil instruments can be used as a safe and highly effective mosquito repellent. Studies have shown that a diffuse oil blend containing clove essential oil and lemongrass essential oil is repelled by a type of Zika-carrying mosquito, the Aedes aegypti mosquito, at a rate of 100%. 8. Pain reliefEdje way of applying oils directly to areas of the body can be the most effective way to relieve pain, spreading essential oils can also be an effective means of pain relief. When we inhale healthy essential oils, they enter our blood stream and can help internally relieve persistent pain from headaches, overworked muscles, and sore joints.9. The new Anti-ViralResearch in the anti-viral effects of oil diffusion is now just gaining steam. A recent study showed that star anise essential oil was proven in medical experiments to destroy the herpes simplex virus in contained areas at a rate of 99%. Another study showed the popular DoTerra oil blend OnGuard to have highly effective flu control powers.10. Improved Cognitive functionDiffusing essential oils has also been shown to improve cognitive function. Many essential oils have adaptogenic qualities, which can work twice in soothing us when we are stressed, and give our bodies a pick-me-up when we feel down or sluggish. By working to smooth out an unbalanced mood, diffuse oils also help us focus. There are also several essential oils that have been shown to help balance the body's hormones. With prolonged use, these oils can work to repair the root causes that are responsible for hindering cognitive function. 11. Money SavingWith ten clear advantages of oil diffusers already outlined, there is one more that should now be obvious: using an oil diffuser will help you save money. As an anti-viral, bug wardoff, and stress relief solution rolled into a safe product, an oil diffuser used with the right oils will save you money on products that you would otherwise buy to cure these annoying headaches or cause your kids to go to sleep on time. If you're just wondering how affordable oil spreaders can be, check the buyer's guide to the best oil spreaders – you'll be sure to find one that fits your budget! Photo of the day credit: Jopeel Quimpo via unsplash.com unsplash.com

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