

Work and Family

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Dates to Remember

June 14 – Flag Day

June 15 – Father's Day

June 21 – Summer Begins



HAPPY FATHER'S DAY

TV Training

The end of the school year and summer vacation are upon us. Try to set some rules when it comes to the amount of television your children watch during the summer months. This is the best time for them to be outside getting exercise and fresh air. But, most of all, try to keep them from eating in front of the TV. A new study from the Cincinnati Children's Hospital Medical Center

indicates that eating meals in front of the television may ultimately contribute more to certain health problems – obesity in particular – than when kids keep their eating and viewing separate.

The study, which has followed 169 children since 1990, showed that those who watched more than two hours of television per day weighed more than children the same age who watched less. And eating in front of the TV only increased viewing time, when kids could be doing something more healthful and active. The

simple solution: Turn off the tube once a meal is served, says study leader Brian Saelens, Ph.D. Watch TV after meals, but plan what you watch (avoid channel surfing!) and do something afterward to break the couch potato mold – play a game or work on a craft. Changing the activity level for even a half hour can have significant impact on children's weight, says Dr. Saelens.

BOOK REVIEW

Running a household, juggling a job: It just keeps getting tougher. **Organizing Plain & Simple** by Donna Smallin offers hundreds of tips from professional clutter-busters on purging the excess stuff from every area of your life – even your schedule! What's left over? Room for the things that matter!



Reaching a Real Person

The next time you call a company and can't get through to a live operator, try Michael Lowenstein's strategy. He is managing director of Customer Retention Associates, which helps companies hold on to valued customers. Lowenstein's first suggestion is to do nothing, which often results in being routed to a real person after a slight delay. Or press "zero" two of three times. If that fails, hit "star, zero" or "zero, pound." When all else fails, call (800) 555-1212 and ask for another of the company's toll-free numbers.



Elder Care Issues

Signs the Elder May Be Seeking Intervention

Sometimes an elder will send signals that intervention is wanted or would be accepted. These signals can be conscious or unconscious, verbal or nonverbal. Be alert to changes in your elder's attitude and behavior. Among others, the following may be significant:

- The elder asks for safety devices to be installed.
- The elder inquires about community services.
- The elder talks of a friend needing services or help.
- The elder asks your opinion of a new product that was advertised.
- The elder openly discusses concern for the future.
- The elder wants to talk about hypothetical situations such as "What would you do if I decided to sell the house?"
- The elder accepts your offers of assistance faster or more often than usual.
- The elder gives various family members different pieces of information or conflicting stories.
- The elder's eating, sleeping, or grooming habits suddenly change.
- The elder's short-term memory seems impaired: forgetting medications, events, appointments, paying bills, burning food, etc.
- The elder refuses to see a medical professional, is reluctant to talk about a doctor's visit or asks you not to tell anyone about a medical appointment.
- The elder undergoes noticeable personality changes.
- The elder makes accusations like "You don't care what happens to me" or "You'd be happy to be rid of me."
- The elder exhibits unexplained bruising, limping, or painful mobility – possible results of a fall.



PARENTING TEENS

Letting Go of Control

The first step is to acknowledge that letting go of control is scary. Yes, your kids will make mistakes, Yes, it will be hard to watch them make mistakes, especially big ones. But remember, the freedom to make mistakes and learn from them is essential to individuation and growth. Try to find one person you really admire who has not made some big mistakes in his or her life, and you'll find that you can't. Knowing that making mistakes is an essential part of living, it's incredible how much wasted time and energy parents spend trying to save their children from making them. Many parents develop the mistaken belief that if they use *positive discipline* principles with their kids when they are young, their kids won't make mistakes as teenagers. On the contrary, children who were raised democratically and respectfully are more self-confident about risking, rebelling, and learning.

Permanent Apron Strings

Some children never escape the control of their parents. Their whole lives revolve around doing what they think their mother or father would want. They often grow up to become "approval junkies" who choose other people to continue the job of controlling them. This can be devastating to marriages, jobs, parenting, and friendships.

