

MOMS & POPS STUFF

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TAXI DRIVE TIME

These are ideas for you to use during that drive time between school, practices and meetings. Take advantage of that "trapped" time to pass on your faith.

Three Generation Lunch/Snack

Arrange ahead of time to do a lunch or ice cream with an older relative on one of your taxi drives. If you do not live near your relatives, someone at your church would easily fill this role. With all three generations gathered, have a directed conversation about the differences all three of you had while as a teen as well as the similarities. Be sure to allow the older relative to have the most talk time.

Parenting Tip to Remember in Teen Conversations

Try not to compare your children to anyone else their age. Your child compares him/herself to their peers enough on their own!

Question Box

Put together a box or tin or whatever that has slips of paper with questions inside. During one ride, pull out one question which **both** of you will answer. Limit this to one question per ride and possibly one question per week or less. This will keep the value of the question box.

Some questions to add to your box:

- C What qualities do you value most in your relationships with the opposite sex?
- C What if you could create a close, supportive, faith-sharing youth group of 12 people--but no one else could ever join the group; would you do it? Why or why not?
- C When do you feel distant from God?

Proverb Probe

Give your child a 3x5 card with a Proverb written on it in your handwriting. Using your handwriting is important as it is something very personal about you which they can cherish forever. Ask your child the following questions about the Proverb.

Proverb 17:21 - "It's never pleasant to be the parent of a fool and have nothing but pain." Parent: Did your parent have a season of parenting you as a fool? If yes, what sort of pain did that season cause your parent? Child: Have you caused your parent pain yet? If yes, did you purposely cause your parent pain? Is there a behavior you need to stop now so you don't become a fool?

EDUC8N

This is an idea to help you encourage your child with their academic achievement since that is an important issue for both of you.

Test Taking Do's and Don'ts for Parents

- C "Don't be too anxious about a child's test scores. If you put too much emphasis on test scores, this can upset a child.
- C "Do encourage children. Praise them for the things they do well. If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.
- C "Don't judge a child on the basis of a single test score. Test scores are not perfect measures of what a child can do. There are many other things that might influence a test score. For example, a child can be affected by the way he or she is feeling, the setting in the classroom, and the attitude of the teacher. Remember, also, that one test is simply one test.
- C "Meet with your child's teacher as often as possible to discuss his/her progress. Ask the teacher to suggest activities for you and your child to do at home to help prepare for tests and improve your child's understanding of schoolwork. Parents and teachers should work together to benefit students.
- C "Make sure your child attends school regularly. Remember, tests do reflect children's overall achievement. The more effort and energy a child puts into learning, the more likely he/she will do well on tests.

- C "Provide a quiet, comfortable place for studying at home.
- C "Make sure that your child is well rested on school days and especially the day of a test. Children who are tired are less able to pay attention in class or to handle the demands of a test.
- C "Give your child a well rounded diet. A healthy body leads to a healthy, active mind. Most schools provide free breakfast and lunch for economically disadvantaged students. If you believe your child qualifies, talk to the school principal.
- C "Provide books and magazines for your youngster to read at home. By reading new materials, a child will learn new words that might appear on a test. Ask your child's school about a suggested outside reading list or get suggestions from the public library."

Provided from U.S. Department of Education



Make a Snow Mural

There is snow everywhere this year. In many places, there is snow in record numbers. Make something beautiful out of that snow or simply make a memory out of that snow by making a snow mural. Use squirt bottles mixed with water and food coloring and all have at it and see what you create. Don't forget to take a picture.

Special Olympics Family Event

As a family volunteer in some form at a Special Olympics event. Particularly if you as a family enjoyed the Vancouver Winter Olympics. Carry that spirit onward. Not only will your family be blessed by volunteering to a very appreciative organization, your kids will be exposed to others who are overcomers and are tenacious to be the best they can be no matter what life has dealt them. This exposure will inspire your children. Contact Special Olympics at www.specialolympics.org.



The following are website recommendations. These are chosen based on their value as determined by our staff. These are not paid endorsements nor can we vouch for

the ethics of their entire website.

Women's Finance
 (<http://www.womens-finance.com/>) - Financial advice for women by women.

Family Wizard
 (<http://ourfamilywizard.com/ofw/index.cfm>) - An online planning tool to help you co-parent with your ex-spouse.

GirlTalk Radio
 (<http://www.braincake.org/girltalk/GirlTalkAbout.html>) - This is a series of interviews with women scientists, conducted by girls, ages 11 to 16, to encourage girls to aspire more in the math and science fields. Sponsored by Girls, Math & Science Partnership.

Squires2Knights Ministries
 (<http://s2kmanhood101.com/>) - Curriculum and ideas for mentoring boys into men by men.

Learn Navi
 (<http://www.learnnavi.org/>) - Learn the language of the natives from Pandora (as in Avatar) and speak a sentence to your child.



This is a small glimpse into the youth culture to help you parents have some insight as to what is going on.

Where Parents Rank As Influencers

From a survey of tweens, ages 8 to 12, teens, ages 13 to 17, and young adults, ages 18 to 24:

- C All three age groups say they would call their moms first when in trouble. All three age groups also say they would call their dads second.
- C All three age groups say they trust their moms the most. Tweens say they trust their dads second but teens and young adults trust their friends second.
- C Tweens say that their moms understand them best. Teens and young adults say their friends understand them best. But moms came in second for teens and young adults.
- C Tweens say that they talk most openly with their moms. Teens and young adults say they talk more openly with their friends. Teens said moms came in second but for young adults a boy/girlfriend came in second.
- C Tweens say that they most like to spend time with their moms first, friends second. Teens and young adults say time spent with friends is their first choice. Teens say moms second but young adults say boy/girlfriend is second.

--2009 YouthPulse report, *Trends & Tudes*, December 2009

Parents Rule

From a comprehensive look at several studies:

- C Kids whose parents set any time or content limits were plugged in for three hours less each day. "Parents can have a big influence," says Kaiser researcher Vicky Rideout. (Kaiser Family Foundation media use survey)
- C Teens who had a bedtime of 10 p.m. or earlier, set by parents, got more sleep and were less likely to be depressed or consider suicide than those allowed to stay up past midnight. (*Sleep*, January 2010)
- C Teen drivers whose parents set and enforced rules were more likely to wear seat belts and less likely to speed, get in crashes, drink and drive, or use cellphones while driving. The reality is that teenagers care deeply what their parents think," says Kenneth Ginsburg, author of the study. (*Pediatrics*, September 2010)
- C Teens whose parents set rules also smoke less, delay sex and do better in school, research shows.

"Here's some good news for parents of tweens and teens: You rule. That may be hard to believe sometimes. And it's true kids won't always follow your health and safety rules. But studies show parents who keep setting boundaries make a huge difference." --Kim Painter, *USA Today*, February 8, 2010

Time on the Internet

Tweens, ages 8 to 12, spend an average of 1.1 hours on the internet daily. The most popular online activity is playing online games.

Teens, ages 13 to 17, spend an average of 2.5 hours on the internet daily. The most popular online activity is listening to music.

Young adults,, ages 18 to 24, spend an average of 3.2 hours on the internet daily. The most popular online activity is social networking sites.

--2009 YouthPulse report, *Trends & Tudes*, December 2009

Sexting Numbers

From a survey of teens, ages 12 to 17:

- C 4% of cell-owning teens say they have sent sexually suggestive nude or nearly nude images or videos of themselves to someone else via text messaging.
- C 15% say they have received such images of someone they know via text message.
- C Focus group findings show that sexting occurs most often in one of three scenarios:
 1. Exchanges of images solely between two romantic partners

2. Exchanges between partners that are then shared outside the relationship
3. Exchanges between people who are not yet in a relationship, but where often one person hopes to be.

Quote from one of the girls in the focus groups: "When I was about 14-15 years old, I received/sent these types of pictures. Boys usually ask for them or start that type of conversation. My boyfriend, or someone I really liked asked for them. And I felt like if I didn't do it, they wouldn't continue to talk to me. At the time, it was no big deal. But now looking back it was definitely inappropriate and over the line."

--Pew Internet Report, December 15, 2009

No Surprise: Coed Dorms Fuel Sex and Drinking

From a survey of 500 students from five college campuses around the country:

- C 42% in coed housing reported binge drinking on a weekly basis.
- C 18% in gender-specific housing reported binge drinking weekly.
- C That translates into students in coed housing are 2.5 times more likely to binge drink every week.
- C The survey also found much higher rates of sexual activity and pornography use.
- C 90% of U.S. college dorms are now coed.

--LiveScience.com, November 17, 2009

The New Jaded Mickey

Heads of Disney are concerned that Mickey Mouse has become more of a corporate symbol than a beloved character for recent generations of young people. To change this Disney has taken the risky step of re-imagining him for the future. The first of the new Mickey will be the introduction next year of a new video game, Epic Mickey. This version of Mickey is heroic yet cantankerous and cunning as he crosses a forbidding wasteland. While this new Mickey is being introduced, Disney has also quietly started an even larger project to rethink the character's personality, from the way Mickey walks and talks to the way he appears on the Disney Channel and how children interact with him on the internet. This is all in the early stages but if the videogame Mickey is any sign, the new Mickey is not going to be as innocent.

--*New York Times*, November 4, 2009

Tattoo Advice From One Who Knows

"If you want to be somebody special now, don't have a tattoo, because everyone's getting them, you know." --Ozzy Osbourne

--*Time*, February 8, 2010