



Families' and children's Adjustment Study

Study Update by Claudette B. Pierre, Ph. D., Co-Investigator

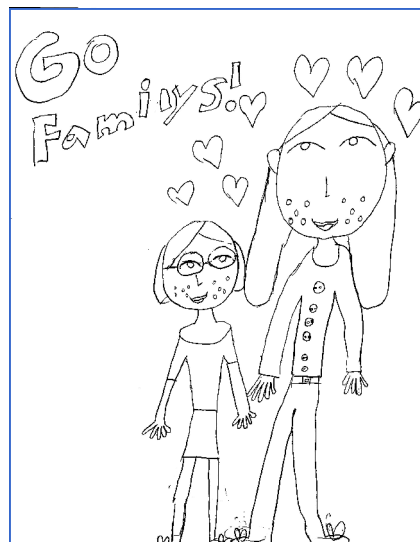
A Note to the Growing Adolescents in our Study!

Fall is here, school is back in swing, and we want to send a special message to all the “kids” in our study. Most of you are no longer “kids” but are now coming into adolescence. What a different time of life this is becoming for you and your parents! As the years go by, you no doubt find that you think and experience life differently than you did just a few short years ago. Your parents might be noticing this as well, and many of you will find yourselves in situations where you have to spend more time working on your relationships with other people, both family and friends.

Even though it may not seem like it, many adolescents share similar experiences with you. Some of the common themes we are hearing from our teenagers are struggles in relationships with friends and family and how to deal with issues of conflict. We typically find that talking about things is the best way to go. Letting someone know if they have bothered you and what you expect them to do about it is generally helpful, but be prepared for them to return similar thoughts and feelings toward you as well! Working out relationships with our parents and friends is very important. This is something that we have to do throughout life, even with co-workers as we get jobs. Yes, even in our lab at Boston University we work on our own relationships with each other. So, you may as well get used to it and become good at it now!

You may find that you tend to

feel more comfortable talking about issues with your peers rather than with your parents. While sharing with your friends is normal and encouraged, we also encourage you to continue to turn to your parents who were once teenagers themselves.



A drawing from one of our participants in the study.

Many adolescents in our group state that they continue to find their parents a good resource and comfort when problems arise. Despite not always looking “cool,” parents carry with them much wisdom from their own teenage years and really appreciate their children including them in their inner circle of people.

We wish you all good luck this year. We are learning so much from all of you as we listen to the answers you give to our many questions. We thank you very much for the knowledge you are providing to our team of researchers.

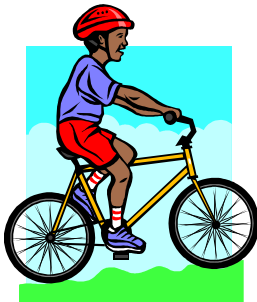


- ◆ If there have been any changes in your contact information, please let us know as soon as you can. You can call us at 617-358-2246 or email us at families@bu.edu
- ◆ Thank you for your continued participation in our study!

Activities Our Families Enjoy

As you all know, one task we ask our families to complete during our yearly assessments is to brainstorm a fun activity that your family may enjoy doing together. All of our families are different, so we thought it would be fun to share with you some of the activities that families have come up with, in hopes that your own family may be able to enjoy them too!

- * Good Time Emporium — New England's largest indoor amusement center located in Somerville, MA (www.goodtimeemporium.com). Enjoy go-carts, laser tag, bowling, batting cages, and more.
- * Enjoying a bike ride — Boston has several bike tours and bike paths to enjoy with your family. Check out www.massbike.org/index.htm for more information.



- * Going to the movies — Find a movie that you both wish to see. Make it an event by planning lunch before or dinner after. Beforehand, check to see if your movie theater has special matinee prices.
- * Relaxing Night In — Find ways to wind down and relax, such as pampering each other (manicures and pedicures were the top choice for some of the girls in our study), or cooking a meal together.
- * Inviting Friends Over — Invite family members and friends over for a night of dinner, board games, or whatever else you think may be fun.

Useful Resources for our Preteens

Often times, as a growing adolescent, you may have questions about your body and health, dealing with the stresses of school, and handling friendships and relationships. We hope that these websites will provide you with a few resources to answer your many thoughts and questions.

- ⇒ www.kidshealth.org/teen/ — This website has different links for topics ranging from “Your Body” (Can I Prevent Acne?, Common Sleep Problems), Your Mind (Test Anxiety, Stress), School & Jobs (Babysitting Basics, Dealing with Bullying, Coping with Cliques, Homework/Study Tips) to Food & Fitness (Smart Snacking, How Much Sleep Do I Need?, Exercise tips).
- ⇒ www.girlshealth.gov — Website designed for preteen and teen girls with topics relating to your body, nutrition, safety, your future, etc.

Halloween Costume Ideas

Bag of Jelly Beans (or gumballs) You will need lots of different colored balloons and a large clear plastic trash bag. Blow up all the balloons. Cut two leg holes in the bottom of the bag and two arm holes near the middle. Stand in the bag and fill with blown up balloons. Tie around shoulders. To make it more creative, make a Jelly Belly or a gumball sign to put into the front of the bag.

Rubik's Cube - To make, use a large cardboard box and five different colors of contact paper or construction paper. Make sure each side has a 3 x 3 grid of color blocks.

Spider Use black tights or sweatpants for the legs. Stuff the tights or sweatpants with any thing dark and light weight, such as newspaper. Either sew, or staple to keep stuffing from

falling out. Fasten to clothing.



Autumn Boston Activities

Fall foliage sites around Boston

Arnold Arboretum in Jamaica Plain:
Routes 1 and 203 (Arborway), Orange
Line: Forest Hills, Bus #39 from Copley
Square to Centre Street

Walden Pond State Reservation in
Concord: Route 126 (Walden Street)

Polish harvest festival

Sept 15-16, 12:00-7:00 pm
www.ourladyofczestochowa.com

An annual ethnic festival featuring Pol-
ish cultural presentations, music, food,
and entertainment.

655 Dorchester Ave, South Boston
(Andrew T Station)

Beantown jazz festival

Sept 28-29, 12:00-6:00 pm
www.beantownjazzfestival.org
7th annual festival with jazz bands,

food, arts and crafts, and more.
Columbus Avenue (between Mass Ave.
and Burke Street, Orange Line).

Museum of fine arts

www.mfa.org
On Wednesday nights from 4:00-9:45
pm, admission to the MFA is by volun-
tary contribution.

465 Huntington Avenue, Orange Line:
Ruggles, Green Line: MFA)

Southend open market

SoWa Open Market is open every Sun-
day until October 28th from 10:00-4:00
pm. Free admission and parking.

www.southendopenmarket.com
540 Harrison Avenue

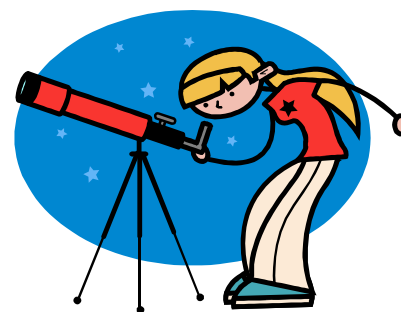
Boston film festival

Sept 14-21, 7:00 pm
www.bostonfilmfestival.org

Entering its 23rd year at Loews Boston
Common, 175 Tremont Street. (Green:
Boyleston or Park Street).

Star gazing at the obser- vatory

www.mos.org
Fridays at the Museum of Science from
8:30-10:00 pm, weather permitting.
Free admission. Green Line: Science
Park



Cook's Corner

Quick After-school Snacks

*provided by www.familyfun.com

Popcorn with a Twist!

10 cups popped popcorn

1 tbsp. taco seasoning

¼ cup melted butter

¼ cup grated cheddar or Colby
cheese

1. Place the popcorn in a large bowl.
In a small bowl, mix the seasoning
with the butter. Add grated cheese,
then stir into the warm popcorn.
Makes 10 cups.



Inside-Out Pizza

Two 6-inch flour tortillas

¼ cup grated cheddar cheese

¼ cup grated mozzarella cheese

1 tbsp. pizza or spaghetti sauce

Slice tomatoes, black olives, peppers
(optional)

2 slices thinly smoked turkey or ham
(optional)

1. Place one tortilla on a sheet of
waxed paper and sprinkle with half
of each cheese. Cover with a table-
spoon of sauce and optional top-
pings. Sprinkle with the remaining
cheese and cover with the other tor-
tilla.

2. Set on a microwave-safe plate,
cover with a sheet of waxed paper,
and microwave on High for one and
a half minutes or until the cheese

has melted. Let cool for two min-
utes, then cut into wedges. Makes 1
or 2 servings.

Fruit Kebabs

1 large red apple, cut into 8 wedges

6 marshmallows

1 small jar of creamy peanut butter

1 large banana, cut into 1-inch slices

1. To make a kebob, carefully push a
skewer through the ingredients,
starting with a piece of apple, then a
marshmallow, then banana, then
another marshmallow. Spread a
dollop of peanut butter on top of the
marshmallow. Now, skewer a piece
of banana and another marshmal-
low (with more peanut butter) and
finish with a piece of apple. Repeat
with a second skewer. Makes 2 ke-
bobs.

A special thanks to all those who helped make this newsletter: Martha Tompson (Principle Investigator), Claudette Pierre (Project Director), Kat Dingman, James McKowen, Rachel Freed, Desiree Gomez, Corey Smetana, Annette Mankus, Amelia McGowan, Shivani Trivedi, and Kerri Dolan. Editor: Priscilla Chan.

FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

C/O MARTHA TOMPSON, PhD

DEPARTMENT OF PSYCHOLOGY

BOSTON UNIVERSITY

648 BEACON STREET, 4TH FLOOR

BOSTON, MA 02215

