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BOSTON UNIVERSITY PSYCHOLOGY DEPARTMENT

Families' and children's Adjustment Study

Study Update by Martha C. Tompson, Ph. D., Principal Investigator

Happy New Year! The new year often brings change for all of us, as we ring in the new and say goodbye to the old. We hope that you all have exciting events planned for the new year. Some of our families may be anticipating big changes, such as a child going off to college, moving out of the house, taking a first job, or moving to middle school or high school. While these changes are exciting, they can also present challenges and difficulties.

Our team here at the "Families and Children's Adjustment Study" is also like a family, with each member playing an important role. Like other families, we also change over time, and in our case, some family members leave, and new members join our family. We are anticipating and preparing for a number of big changes in our family. First, Kathryn Dingman Boger, or "Kat" (as so many of you know her) is planning to head off to a clinical internship where she will gain additional experience working with children and families as a helping professional. This is part of her requirements for her Ph.D., and we wish her the very best. Second, Priscilla Chan, who has been our wonderful research

Check out our new lab website!!

www.bu.edu/families

assistant and has had the opportunity to meet so many of you, will be going off to graduate school. She is not sure where yet, as she is applying now, but we will know in the next few months. By midsummer, both Kat and Priscilla will be headed on their way! They will be missed! We are also planning to bring on another PhD.-level evaluator to help with our family assessments, add a new research assistant to our team (to take Priscilla's job), and bring in another graduate student research assistant to our staff in the next few months. You may see some new faces during your next evaluation for the "Families and Children's Adjustment Study".



We hope you were all able to enjoy some relaxing and enjoyable times over the winter break and are ready for 2008. We look forward to seeing each of you this year!

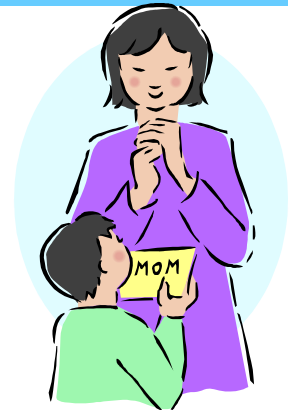


- ◆ If there have been any changes in your contact information, please let us know as soon as you can. You can call us at 617-358-2246 or email us at families@bu.edu
- ◆ Thank you for your continued participation in our study!

Upcoming Study!



We have put in an application to the National Institutes of Health to continue to follow the families participating in our study for an additional three years (skipping one year in between). So those of you who have already completed the “Families’ and Children’s Adjustment Study” may receive an invitation to participate in the “Families’ and Adolescents’ Adjustment Study” in the near future. We hope you will consider participating.



Winter Safety Tips

DRESS SMART

- * Make sure to dress using several warm layers
- * Pay attention to the National Weather Service’s winter weather advisories regarding wind chill and rain. If it is damp or windy outside, hypothermia—which occurs when body temperature drops drastically below normal—can occur in temperatures as warm as 50 degrees
- * Set reasonable time limits on how long you stay outdoors. Base these on weather conditions
- * Dress in bright colors if you are playing or walking outdoors in snowy conditions

SLED SAFETY

- * Choose a hill to sled that is away from trees, rocks, and other obstacles
- * Make sure there is no street traffic or frozen water anywhere near the bottom of the sledding hill—a sled may not always come to a stop exactly where you want it to

- * Check your sled to make sure it is in good condition with secure handholds and steering that works
- * Never ride on a sled that is being pulled by a car or snowmobile
- * Always sled while sitting up with feet forward. Lying on a sled increased the chance of head injuries
- * Wear a helmet while sledding

PREVENT WINTER SPORTS INJURY

- * Always wear helmets and eye protection while skiing, snowboarding, and snowmobiling
- * Make sure your helmet is specifically designed for the activity you are participating in. Helmets should be well-fitted to prevent shifting or jostling of the helmet
- * Make sure to stay on marked trails while skiing, snowboarding, or snowmobiling



KEEP FREE FROM FROSTBITE

- * Frostbite is when soft tissue, usually in fingers and toes, freezes. There are several stages of frostbite. If severe enough, frostbite can require amputation, but most often no permanent damage will occur if skin is warmed up carefully
- * Symptoms: numbness, blisters, soft or frozen doughy feeling to exposed skin, tingling and burning of frostbitten area upon re-warming, aching or throbbing pain upon re-warming, redness and swelling upon re-warming, blackness
- * What to do: Go inside immediately, move the numb part of the body to increase blood supply, do not rub the skin to warm it up as this can cause tissue damage, immerse the frozen skin in warm water (make sure water is warm but never hot so the tissue is not further damaged), get medical help if the area stays numb after warming.

Boston Winter Activities

BOSTON CHILDREN'S MUSEUM
300 Congress St, Boston, MA 02210
617-426-6500

\$1 admission every Friday night, 5-9pm (includes all activities, such as Kidstage Performances, special events, and hands-on exhibits)

www.bostonkids.org/calendar

COOLIDGE CORNER THEATER
290 Harvard St, Brookline, MA
617-734-2501

Enjoy Saturday Family Shows starting at 10:30am. \$10/Adults, \$8/kids, Special Film Programs only \$1/person



TASTE OF QUINCY MARKET
Quincy Market Building, Boston, MA 02109, 617-523-1300

On the first Wednesday of each month Faneuil

Hall hosts "A Taste of Quincy Market." From 5pm to 7pm merchants in the Quincy Market food colonnade offer free samples of their specialties.

www.faneuilhallmarketplace.com

FROG POND ICE SKATING
Boston Common, Admissions: \$4/person, children 13 and under are FREE; Skate rentals: \$8/person or \$5/children 13 and under
www.bostoncommonfrogpond.org



Cook's Corner

Winter Recipes to try!

Valentine's Day Ice Cream Sandwiches

www.marthastewart.com

Makes 24 sandwiches

- 2 3/4 cups all-purpose flour, plus more for dusting
- 1/2 cup cocoa powder
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 12 tablespoons (1 1/2 sticks) unsalted butter, room temperature
- 1 1/2 teaspoons pure vanilla extract
- 1 1/2 cups sugar
- 2 large eggs
- 1 tablespoon milk
- 2 to 2 1/2 pints strawberry ice cream, slightly softened

In a medium bowl, sift together flour, cocoa powder, baking powder, and salt; set aside. In the bowl of an electric mixer fitted with the paddle attachment, cream butter, vanilla, and sugar. Add eggs and milk, and mix until combined. Add reserved flour mixture, and mix on low speed until incorporated, scraping the

sides of the bowl with a spatula at least once. Divide the dough in half, and shape each half into a flat disk. Wrap each disk in plastic wrap, and chill until firm, about 1 hour.

Preheat the oven to 350 degrees. Roll dough out on a lightly floured surface; use an offset spatula to unstick the dough every few turns of the rolling pin. Roll dough to an 1/8-inch thickness. Cut dough using a variety of heart-shaped cookie cutters from 2 1/2 to 3 inches in diameter, making sure there is a top and bottom cookie for each sandwich. Place hearts on a parchment-lined baking sheet; chill until firm, about 30 minutes. Remove from refrigerator; use a fork to prick holes all over the surface of the cookies. Bake until firm, 12 to 15 minutes. Let cool slightly on baking sheet, then transfer to a wire rack to cool completely.

Using half the cookies, spoon softened strawberry ice cream about 1/2 inch thick on each underside. Place matching cookie on top of ice cream, top-side

facing out. Transfer immediately to freezer to harden; repeat with remaining ingredients. Serve directly from the freezer. Sandwiches can be stored in an airtight container in the freezer for 3 to 4 days.



Marshmallow Snowman

www.about.com

- 3 large marshmallows
- White icing or frosting
- Mini M&M's (or other candy)
- Red licorice
- 1 toothpick
- 1 pretzel stick
- 1 Hershey Kiss

Place 3 marshmallows together with icing and toothpicks. Glue on Mini M&M's for the face and buttons using icing. Break the pretzel in half for the arms. Place the Hershey Kiss on top as the hat and wrap the licorice around the neck for a scarf!

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

FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

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