



Families' and Children's Adjustment Study

Staying Active in the Winter by Corey Smetana, B.A.

Happy New Year! We hope that this newsletter finds you and your family well. The holidays can be a busy time for a lot of families, balancing celebrations and time with loved ones with our usual work and school responsibilities is no small task! Something that sometimes gets left behind during the holiday season, and winter in general, is exercise. Exercise is important not only for physical health, but for emotional health as well.

Research tells us that exercise stimulates a variety of brain chemicals that can lead people to feel more happy and relaxed than they were before they exercised. Physical activity often helps people feel better, which can lead to a boost in confidence and improved self-esteem. Some studies have even shown that regular exercise can help to prevent sad mood. Exercise can also improve our concentration and productivity by helping us to sleep better. However, exercising too close to bedtime can make us too energized to fall asleep, so it might be best to schedule physical activity earlier in the day.*

In the transition from fall to winter, with the colder temperatures and fewer hours of daylight, finding time and motivation to get outside to be active can get pretty difficult. Some of us play winter sports to get moving, like basketball, volleyball or hockey, but others of us might need to be a little more creative.

Here are some ideas for staying active in the winter months:

- Get some family members or friends together and have an indoor "boot camp" workout, full of pushups, jumping jacks, lunges, mountain climbers, jogging in place, and any other exercises you enjoy. Each person can take turns leading an exercise for a few minutes, and before you know it, you will be sweating!

- Have an at-home dance party. Moving to the beat of music is an easy (and fun) way to get the heart pumping. Blast some music and get your whole family to join the party!
- Make use of technology. Exercise DVD's can be a great investment for quick at-home workouts. Video gaming systems like the Wii and Xbox also have guided exercise programs that you can do in the living room.
- If yoga is your thing, try a 20-minute free online yoga class from yogadownload.com, or download one of the free yoga podcasts available on iTunes.
- Are you a football fan? Go to nflrush.com/play60 to sign up for free and join in the effort to get kids and teens to have fun exercising.
- Set aside specific times each week to be active and find a way to remind yourself, such as writing it on the calendar (just like you would for an appointment) or making an exercise schedule to post on the refrigerator.
- Feel like you have no time to exercise? Limit time on the TV and computer. Often times both kids and adults can end up spending more time than we need to browsing the internet and watching TV. Setting a maximum number of minutes for the TV and computer each day will leave you with more time to fit in some exercise!

Most importantly, don't forget that exercise should be *fun*! There is an activity out there for everyone to stay active in the winter.

All of us at the Family Development and Treatment Lab wish you a happy and safe holiday season!

**Information from mayoclinic.com*



If there have been any changes in your own contact information, please let us know as soon as possible - Thank you!

Lab Contact Information

Phone: 617-358-4584

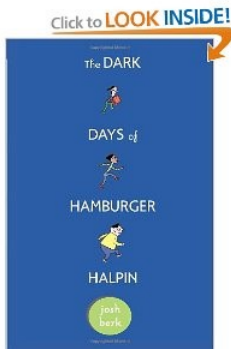
Email: families@bu.edu

Website: www.bu.edu/families

Best of 2010: Books for Teens

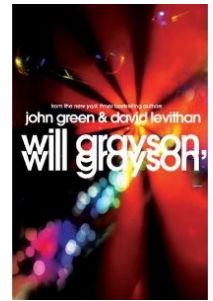
The Dark Days of Hamburger Halpin (Josh Beck) Will Halpin is the new kid at school. This is a tough situation even in the best of circumstances, but Will is also deaf, and his self-image isn't

great...Having left a school for the deaf, Will survives at his first public school with a lot of lip-reading, texting, and the friendship of another social outcast, Devon Smiley. Together, the two students become a duo of misfit Hardy Boys who investigate the death of a classmate while on a field trip...it's the goofiness of these two unexpected heroes and their take on high school that carries the novel. Grades 6-9. -*Cindy Dobrez (amazon.com)*

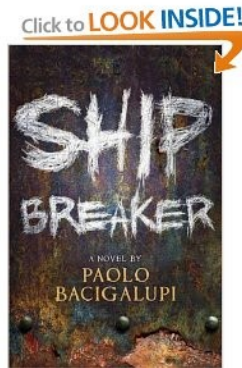


Will Grayson, Will Grayson (David Levithan) is about a couple of kids figuring out how to be themselves.

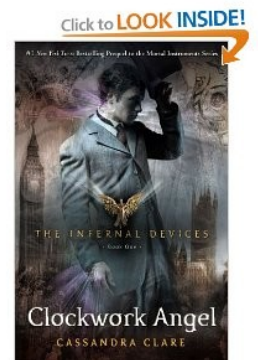
Two of those kids happen to have the same name, and not much in common outside of that, but their serendipitous friendship sets the stage for a much larger, braver, and more candid story than the simplicity of the plot might suggest. --*Anne Bartholomew (amazon.com)*



Ship Breaker (Paolo Bacigalupi) A fast-paced postapocalyptic adventure set on the American Gulf Coast. Nailer works light crew; his dirty, dangerous job is to crawl deep into the wrecks of the ancient oil tankers that line the beach, scavenging copper wire and turning it over to his crew boss. After a brutal hurricane passes over, Nailer and his friend Pima stumble upon the wreck of a luxurious clipper ship. It's filled with valuable goods—a "Lucky Strike" that could make them rich, if only they can find a safe way to cash it in. Amid the wreckage, a girl barely clings to life. If they help her, she tells them, she can show them a world of privilege that they have never known. But can they trust her? And if so, can they keep the girl safe from Nailer's drug-addicted father? Exciting and sometimes violent, this book will appeal to older fans of...action-oriented science fiction.—*Hayden Bass (amazon.com)*



Clockwork Angel (Cassandra Clare) When sixteen-year-old Tessa Gray crosses the ocean to find her brother, her destination is England, and something terrifying is waiting for her in London's Downworld, where vampires, warlocks and other supernatural folk stalk the gas lit streets. Only the Shadowhunters, warriors dedicated to ridding the world of demons, keep order amidst the chaos. Kidnapped by the mysterious Dark Sisters, Tessa soon learns that she herself is a Downworlder with a rare ability: the power to transform, at will, into another person. What's more, the Magister, the shadowy figure who runs the Club, will stop at nothing to claim Tessa's power for his own. Friendless and hunted, Tessa takes refuge with the Shadowhunters, who swear to find her brother if she will use her power to help them. She soon finds herself torn between--two best friends: James, whose fragile beauty hides a deadly secret, and blue-eyed Will, whose caustic wit and volatile moods keep everyone in his life at arm's length...everyone, that is, but Tessa. As their search draws them deep into the heart of an arcane plot that threatens to destroy the Shadowhunters, Tessa realizes that she may need to choose between saving her brother and helping her new friends save the world...and that love may be the most dangerous magic of all. --*amazon.com*



Winter Craft: Make Your Bird Feeder

This easy project is a fun activity for your child and also attracts beautiful birds into your backyard. Very simple to make and the materials you need can be easily found in your house!

Materials

- Clean 1-liter soda bottle
- Craft knife
- 2 wooden spoons
- small eye screw
- Length of twine for hanging



Instructions

1. Make two holes in the soda bottle that are diagonal from each other with a craft knife (a parent's job!). Make another set of holes 3 inches below the first set. Make sure one of the holes per set is positioned little below the diagonal hole and this one should be a bigger hole to have the seeds spill out into the spoon. (See picture on the left).
2. Secure the wooden spoons in the bottle as shown. Make sure the handle of the spoon is lifted higher than the bottom side.
3. Fill up the bottle with bird seeds and close the cap
4. Hang it on a tree branch in your backyard and watch the birds come instantly!

Helpful Websites for Boston-Area Moms

- ◇ **Boston Parents Paper:** a website with a variety of resources for parents in the Boston area, from listings of job opportunities and child care services to local events for families.

www.boston.parenthood.com

- ◇ **Boston Mamas:** a fun and useful website started by a Boston mom who writes about local businesses, great everyday tips for moms, how to connect with other local moms, bargains and coupons. The site even has a section called "hand me downs" where moms can sell their stuff!

www.bostonmamas.com

- ◇ **Boston Central Parent Groups:** a list of parenting groups that can be sorted by region

www.bostoncentral.com/resources/parent_res.php



- ◇ **Shoestring:** founded by Meliisa Massello, a New England woman and sustainable style expert who "strives each day to save money, save the planet, and live the dream for less." Her website has a wide selection of do-it-yourself projects, recipes, tips to save money at home and while traveling, and activities to do with kids.

www.shoestringmag.com

- ◇ **Boston.com Moms:** this part of Boston.com has pages on things for families to do, discussions between moms, and guides for moms about museums, traveling, dining, things for moms to do, summer camps, going off to college, etc.

www.boston.com/community/moms

- ◇ **Parents Connect:** information for parents on pregnancy, gift guides, recipes and crafts for the seasons, and many more topics related to you and your kids' lives. The Boston section of the website has listings of community activities and resources.

www.gocitykids.parentsconnect.com/region/boston-ma-usa

COOK'S CORNER:

Homemade Healthy (& Yummy) Granola Bars [recipe provided by ehow.com]

This easy recipe is a great way to make a healthy snack for the family while having fun!

The recipe makes 24 bars.

Ingredients:

2 1/2 cups old fashioned oats

1 cup whole wheat flour

1 tsp. vanilla

1 tsp. baking soda

2 1/2 TBSP. flaxseed

1/4 cup of honey

4 oz. applesauce

3/4 cup shredded coconut

1/3 cup brown sugar

2 oz. chopped pecans

2 oz. slivered almonds

* You can also add chunks of dark chocolate, raisins, or dried cranberries (optional)



Directions:

1. Preheat your oven to 325. Then lightly grease a 9 x 13 inch cooking pan.
2. In a large mixing bowl combine oats, flour, vanilla, baking soda, flaxseed, honey, applesauce, and brown sugar. Then stir in the nuts and shredded coconut. If using, fold in other add-ins to the mix, such as raisins or chocolate chips.
3. Lightly press mixture into the greased pan and bake at 325 for 20 minutes. Let the pan cool for 15 minutes and then cut into bars. Make sure you let them cool completely before serving **& Enjoy!**

You could cut them in smaller pieces to make them bite sizes!

Therapy Study for Children with Depression

At Boston University

Do you know a child who...

- Appears sad or down?
- Has lost pleasure in fun activities?
- Feels hopeless?
- Is more irritable than usual?
- Complains of aches and pains?
- Has withdrawn from friends or family?

The **S.O.S.** Study

Systems of Support

- Free sessions with a therapist for children ages 7-15 with depression
- Payments for participation
- Located in Kenmore Square

If you know a child who may be eligible to participate, please do not hesitate to call or email us:

617-358-4584 families@bu.edu

www.bu.edu/families

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