



Families' and Children's Adjustment Study

What a busy year at the Boston University "Families' and Children's Adjustment Study"! We have welcomed over 100 families into the study so far. We've met with some of you once, many of you twice, and a few of you three times.

It has been terrific to see the young people in our study as they grow up. You have helped us to understand both the joys and struggles families face. It is a privilege to learn about each of you.

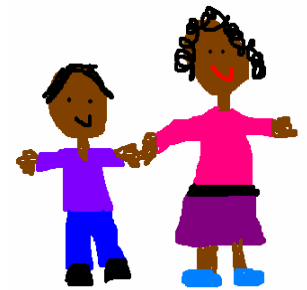
In the next year, you'll be hearing from us. We anticipate welcoming another 80 families into our study and scheduling

second or third year meetings with all of you. We will be delighted to see each and every one of you. Our families come from many communities. We have been struck by the many stresses families in our modern world face and their unique ways of coping and thriving.

All our families are different but face many similar challenges as well -- balancing family and work, helping children do well in school, managing children's involvement in activities while keeping time for family.

We hope that you

will see the staff here at the Families' and Children's Adjustment Study as a potential resource should you have questions, and we hope that this newsletter may provide you with some ideas for family fun.



A drawing from one of our participants in the study

Stress Busters for Moms

Tips for those difficult moments we all face

- ♦ Exercise
- ♦ Read a book or magazine
- ♦ Put on your favorite old CD, cassette, or record
- ♦ Bake cookies or whatever you enjoy
- ♦ Walk along the beach or river
- ♦ Spend time with an old hobby
- ♦ Practice deep breathing and meditation
- ♦ Call an old friend you have not talked to in a while
- ♦ Stretch your muscles
- ♦ Turn off your cell phone
- ♦ Do a crossword puzzle or a word search

We hope some of these may be helpful for you. What works for you? Let us know if you have any other ideas.



- *If you know anyone who is interested in participating in our study, feel free to have them give us a call at 617-358-2246 or email us at families@bu.edu*
- *If there have been any changes in your contact information, please let us know as soon as you can*

Family Activities Word Search

Z	B	P	U	Z	Z	L	E	S
A	O	M	D	E	F	H	I	J
C	B	O	W	L	I	N	G	M
M	I	V	D	A	G	Q	K	L
U	K	I	R	P	L	N	P	Z
S	I	E	A	O	W	K	D	U
E	N	S	W	R	C	V	S	A
U	G	L	I	B	R	A	R	Y
M	X	T	N	S	H	B	F	G
Y	E	D	G	M	I	J	Q	P



Zoo Movies
 Biking Walks
 Drawing Museum
 Puzzles Library
 Bowling

Suggested Resources

BOOKS

General Parenting

- ◇ Parenting That Works: Building Skills That Last a Lifetime (Christopherson, Mortweet)
- ◇ SOS: Help for Parents (Clark)
- ◇ How to Talk So Kids Will Listen and Listen So Kids Will Talk (Faber, Mazlish)

For Mothers Who May Be Struggling With Depression

- ◇ Out of the Darkened Room (Beardslee)

For Multicultural Families

- ◇ Dim Sum, Bagels, and Grits: A Sourcebook for Multicultural Families (Alperson)
- ◇ Does Anybody Else Look Like Me? A Parent's Guide to Raising Multicultural Children (Nakazawa)

WEBSITES

- ◇ <http://www.kidshealth.org>

This website has a separate site for parents, kids, and teenagers with age-appropriate topics such as Dealing with Feelings (Kids), Staying Safe (Teen), or Positive Parenting (Parents).

- ◇ <http://www.newsforparents.org>

This website provides links for articles and topics such as health and development, education, and family and home.

Fun Family Films

A Bug's Life	The Little Rascals
The Sandlot	Harriet the Spy
Home Alone	The Parent Trap
Wallace and Gromit	Stuart Little

Fun Fall Activities in the Boston Area

SEPTEMBER-

Boston Film Festival

September 8-15

www.bostonfilmfestival.org

Shows a series of feature and short films from different countries. Located at Loews Boston Common on 175 Tremont Street.

Boston Folk Festival

September 16-17

www.bostonfolkfestival.org

A weekend full of performances and a songwriting contest, plus music related arts and crafts for children. Located at the University of Massachusetts Boston campus.

Festival in the Park

September 17

www.brooklineart.net/festival

An annual event in South Brookline's Larz Anderson Park with a crafts fair and live entertainment.

OCTOBER-

Harvard Square Oktoberfest

October 1

www.harvardsquare.com/oktoberfest

Harvard Square welcomes the fall with an outdoor block party, including concerts, activities for children, and other performances.

Head of the Charles Regatta

October 21-22

www.hocr.org

A two-day rowing race on the Charles River at the Cambridge Boat Club.

NOVEMBER-

Boston Jewish Film Festival

November 1-12

www.mfa.org

Shows the best contemporary films on Jewish themes. Locations include the Boston Museum of Fine Arts and the Coolidge Corner Theatre in Brookline.

Cook's Corner

Apple Crisp Recipe

(Serves 6, preheat to 375°)

- 4-6 apples
- Juice of 1 lemon
- 1 teaspoon or more of cinnamon
- 1/2 teaspoon or more freshly grated nutmeg
- 3/4 brown sugar
- 1 cup whole wheat flour
- 1/2 cup butter OR margarine
- Whipped cream, and lots of it

Wash, quarter, core, and slice the apples, thickly or thinly. Toss with the lemon juice and then arrange in a buttered 9-by 13-inch pan. Sprinkle on the cinnamon and freshly grated nutmeg. Mix the sugar and flour together and cut in the butter or margarine with a pastry cutter until it is in pea-sized lumps. Sprinkle this topping onto the apples. Bake for about 45 minutes at 375° or until the apples are fork-soft. Serve plain or topped with whipped cream and a grating of nutmeg. Ice cream will also do nicely.

Variation: The crisp can also be made with peaches, pears, nectarines, or apricots. Dabbling with other spices is also permitted, though a light hand is advisable.



Provided by: *The Tassajara Bread Book*

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FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

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