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BOSTON UNIVERSITY PSYCHOLOGY DEPARTMENT

# Families' and Children's Adjustment Study

## Study Update by Martha C. Thompson (Principal Investigator)

Greeting from the Families' and Children's Adjustment Study! Here at BU we are all anxiously anticipating the spring buds, as the flowering trees along Bay State Road and Commonwealth Avenue are usually like white clouds by the end of April. The warm air and smell of fresh soil will be welcome changes.

Throughout the winter we have been working hard here! As you know from our previous newsletters, we finished our first evaluations with all our participating families at the end of last June. Now, with the help of our undergraduate research assistants, we have almost completed scoring the questionnaires and interviews and have put our information into the computer.

Now we are beginning to look at our data. We have been able to present some of what we are finding to other psychologists and mental health professionals at conferences. Briefly, here are some of the things we have found at this point:

1) When kids have depressed mothers and these mothers are critical of them, they were more likely to report more symptoms of depression themselves. However, having either a depressed mom or one who is critical alone did not seem to be associated with more symptoms of depression. These early findings support what we know more generally and suggest the importance of treatments to help

mothers with depression when they are struggling with parenting issues.

2) Mothers who reported that their children had more problem behavior felt less in control as parents. We were not surprised! Over time, and with more data, we want to see how early problem behavior can change parenting.

3) Children who expected more support from their mothers when things go wrong also tended to report more support from others around them and to feel happier and less depressed. These findings really underscore just how important mothers are as a source of support as their kids develop expectations for how others in the world will behave toward them.



As you can see we are just at the beginning of trying to understand many issues – depression in moms, depressive symptoms in kids, social support, parenting stress, kids' expectations of their moms, and many others. We are excited to be at this point in our research. We thank each and every one of you for your contribution to this project!!



- If you have any ideas for things to include in our next newsletter (recipes, activities, etc.) email us at [families@bu.edu](mailto:families@bu.edu)
- 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](mailto:families@bu.edu)

# Arts And Crafts

## MAKE YOUR OWN KITE

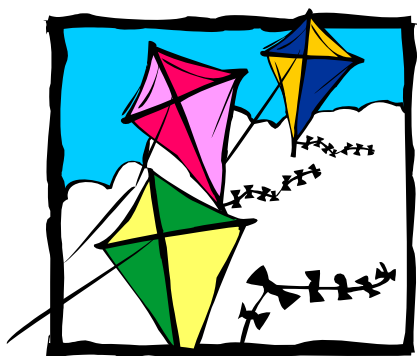
(virginia.gov)

### Materials:

- Butcher cord or thin garden twine
- Scotch tape or glue
- Strong sheet of paper (40" x 40")
- Two strong straight sticks of bamboo or wooden doweling (35" and 40")

### Directions:

1. Make a cross with the two sticks (shorter stick horizontal) making sure that the width of the cross-piece is equal on both sides.
2. Tie the two sticks together with a string so they are at right angles to each other.
3. Cut a notch at each end of both sticks. Cut a piece of string long enough to stretch all around the kite frame. Make a loop in the top notch and stretch around one end of the cross-piece. Make another loop at the bottom. Stretch the string through the notch at the other end of the cross-piece. Finish by wrapping the string a few times and get rid of the excess, making sure the string frame is taut.
4. Place the stick frame down on top of the sail material. Cut around it, leaving 1" for a margin. Fold edges over the string frame and tape or glue down.
5. Tie one end of a 48" string to the top loop. Create another loop just above the cross-piece. Tie the other end of the string to the bottom loop. The center loop is where you will fasten the flying line.
6. Make a tail with a 48" string and tie a small ribbon every five inches. Attach the tail to the bottom of the kite. Decorate! Attach a flying line and soar!



## Suggested Resources

### WEBSITES:

- **Lots of changes in your life?**  
<http://www.childdevelopmentinfo.com>
- **Stressed about school?**  
<http://pbskids.org/itsmylife/school/teststress/index.html>
- **Feel like going on a trip?**  
<http://www.travelwithyourkids.com>

### BOOKS FOR YOUNG PEOPLE:

- **From the Mixed-Up Filed of Mrs. Basil E. Frankweiler** by Konigsburg
- **The Giver** by Lowry
- **Nothing But the Truth** by Avi
- **Charlie and the Chocolate Factory** by Dahl
- **Wuthering Heights** by Brontë



For more booklists, hours & directions to libraries, visit [www.bpl.org](http://www.bpl.org)

### FEELING STRESSED?



- Listen to some music
- Take a nap
- Play a game
- Go for a walk
- Write down your thoughts
- Dance
- Watch the clouds
- LAUGH!

### THEN HAVE A LAUGH:

- "George is a radio announcer and when he walks under a bridge, you can't hear him talk." -Steven Wright
- "I've been getting into astronomy, so I installed a skylight. The people that live above me are furious." -Steven Wright
- "I tried to walk into Target, but I missed." - Mitch Hedberg
- "I went to the store to buy a candleholder but the store didn't have one, so I got a cake." - Mitch Hedberg
- "I order the club sandwich all the time, but I'm not even a member." - Mitch Hedberg

# Spring Activities in the Boston Area



## APRIL 21

Odaiko Japanese ensemble drumming demonstration. 10:30a.m. You're encouraged to join in! (Free! JFK Library. 617.514.1646. [JFKcelebrate@nara.gov](mailto:JFKcelebrate@nara.gov))

## APRIL 24-26

Boston College 10th Annual Arts Festival. Noon-10pm. Exhibitions, demonstrations, performances, face painting, arts, crafts and story hour (Free! 140 Comm. Ave. Chestnut Hill)

## APRIL 26- MAY 4

Cambridge Science Festival. Nine days of science and technology themed events. Exhibits, plays, animals, robots, concerts, and more! (Many free events. 617.253.6914)

## May 26

92.9 WBOS Earthfest. Celebration of the Earth. All-star musical line-up. Environmentally friendly showcase. Noon-6pm. (Past artists: The Fray, James Blunt, Sheryl Crow, and more!) (Free! Boston Hatch Shell. [earthfest.com](http://earthfest.com))



## Cook's Corner

### STRAWBERRY SORBET AND SHORTBREAD COOKIES

#### INGREDIENTS

(Serves 6-8)

#### SORBET

- 1 cup water
- 3/4 cup sugar
- 1 pint fresh strawberries
- 1/2 cup orange juice

#### SHORTBREAD COOKIES

- 1 cup all purpose flour
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes

#### DIRECTIONS

##### Sorbet

Combine water & sugar in a pan, stir over low heat until sugar dissolves. Bring to a boil & boil gently for 5 minutes without stirring. Set aside to cool. Wash berries. Remove caps. Puree fruit

in a blender or food processor until almost smooth. In a medium bowl, combine fruit with cooled syrup and orange juice. If you have an ice cream freezer, you can put the puree mixture into that & process using the directions with the machine. Otherwise, pour into an 8 by 8 pan & cover with plastic wrap. Place in freezer & freeze until almost firm, 1 to 2 hours. Stir 2 or 3 times with a fork while freezing.

##### Shortbread Cookies

Preheat oven to 300°F. Lightly butter 9-inch-diameter spring form pan. Whisk flour, sugar, and salt in medium bowl to blend. Add 1/2 cup butter and rub in with fingertips until mixture resembles coarse meal. Gather dough together and form into ball; flatten into disk. Roll out dough on lightly floured surface to 1/2-inch-thick round. Transfer round to prepared pan. Using fingers, press dough evenly over bottom to edges of pan. Using tip of knife, score dough into 8 equal triangles, then pierce all over with fork. Bake until shortbread is cooked through and pale golden, about 45 minutes.

Using tip of sharp knife, cut warm shortbread into triangles along scored lines. Run knife around shortbread to loosen. Cool in pan at least 30 minutes. Release spring form pan sides. Using spatula, carefully remove shortbread from pan (shortbread will be fragile).

([Epicurious.com](http://Epicurious.com), [recipizaar.com](http://recipizaar.com))



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FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

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