



Families' and children's Adjustment Study

Study Update by Martha Thompson, Ph.D, Principal Investigator

We hope you are all enjoying the warm weather! We anticipate that kids will soon be out of school for summer vacation and are looking forward to some rest and relaxation. Here at the "Families and Children's Adjustment Study" we plan to be quite busy. We now have about 165 families participating in the study, and we will have completed all our first evaluations by the end of the month. We anticipate having 175 families total at that time. Some of you have just begun working with us, and some of you have completed your final evaluation. We thank each and every one of you for your contributions, your patience, and your continued interest in the study. We look forward to seeing many of you over the summer.

One of the things we have really noticed is just how parenting has changed over the years. The problems parents confront are constantly changing with the times. One of the big areas of change has come with computers and the internet. The internet is a powerful tool but presents problems as well. On the one hand, computers provide a wonderful resource for us and our children. We can find things we need, obtain information for school projects, and communicate with others more easily. On the other hand, computers and the internet can be a real source of conflict for families. Kids can spend too much time on line and instant messaging, get "addicted" to videogames, and have access to people and information that they might not be mature enough to deal with. We

have been impressed by how many of our families tell us that they end up arguing over computer use in general and internet use in particular. We would encourage all parents to talk openly with children about computer use, set limits on the amount of time kids can be online, and monitor where kids can and cannot go on the internet. Letting our kids know that we are keeping an eye on them in this way is important. Trying to help our kids be responsible users of computers and the internet is one of the big challenges of modern-day parenting.

We hope you enjoy yourselves over the summer and have a little time for rest and relaxation. We look forward to seeing you all soon and learning more about both the joys and frustrations of family life.



A drawing from one of our participants in the study.

Did You Know...

...that many plants can be cultivated from a single leaf? For example, one leaf from a Jade plant put on top of some dirt and watered minimally will grow into an entire Jade plant. Try this with your child as a summer experiment!



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

Family Arts and Crafts

provided by www.familyfun.com



Painted Pebbles

Need: small stones or pebbles, acrylic paint and brushes.

Turn a pile of stones into ornamental artworks that will spruce up a garden bed, a potted plant, or a windowsill.

1. Start by scouting in the backyard for smooth stones in various shapes and sizes.

2. Imagine what each stone's shape lends itself to. For example, a wide rounded stone would make a good fat cat. Or perhaps a group of critters like a brood of ducklings.
3. Use the paints to realize your artistic vision.

Variations:

Use stones to create colorful and helpful markers for a vegetable or flower garden. Simply paint a carrot, some peas, or maybe a sunflower on a stone to place at the end of a plant's row.

Word Scramble Answer Key:

school vacation, flowers, rain,
soccer, lacrosse, birds, grass,
baseball, sunshine, ice cream

Summer Treasure Box

This clever treasure box, which is organized around the principle that anything goes, has ample room for plastic bags of beach sand, seed packets, subway tokens, maps, sea glass, photos, finger paintings, invitations or even a tiny book of best friends' autographs.

Start with a sturdy cardboard box (one with a lid), which your child can label with his/her name and the date. As your child amasses odds and ends, he/she can tuck them inside or glue some onto the outside of the box. To give the box a durable finish, brush on a coat of white glue thinned with water or cover with Con-Tact paper.

Summer Safety Tips

provided by www.aap.org

Sun Protection:

- Cover up! Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand as they reflect UV rays and

may result in a sunburn more quickly



Open Water Safety:

- Even good swimmers need buddies -make sure your child knows never to swim alone.
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water.
- Make sure your child knows never to dive into water except when permitted by an adult who

knows the depth of the water and who has checked for underwater objects.

- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.

Bug Safety:

- Try not to use scented soaps, perfumes, or hairspray.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom.
- Insect repellents containing DEET are most effective against ticks and mosquitoes,

Outdoor Summer Family Activities

- * Go to the beach, make sand castles, bury each other in the sand.



- * Stop by the Boston Public Gardens and watch the ducks.
- * Visit the Arnold Arboretum (in Jamaica Plain) and learn more about nature:
www.arboretum.harvard.edu
Orange Line (Forest Hills) or bus #39 to Custer St in Jamaica Plain.

- * Find random objects that can be knocked over by a ball, such as plastic bottles, books, empty shoe boxes. Line them up in a triangle like bowling pins and use different types of balls to knock them over.
- * Go for a walk together and make up fun games as you go, such as who can walk the farthest in 5 minutes.
- * Plan a picnic together and decide on a place to have it, either at a park, your backyard, or even the beach. Don't forget to pack food, snacks, drinks, and sun-block!
- * Have a 3-legged relay race. Use string to tie your leg to your partner's leg and compete with other teams of 2.

- * Read to each other from a book in a shaded area outside:

How to Eat Fried Worms
by Thomas Rockwell

A Wrinkle in Time
by Madeleine L'Engle

The Golden Compass
by Philip Pullman

Holes by Lois Sachar

The Sisterhood of the Traveling Pants
by Ann Brashares

- * Draw on the sidewalk or your driveway with colored chalk. Play tic-tac-toe or make a hopscotch board. Watch the colors wash away in the rain.
- * Check out your local YMCA for summer activities and swimming!

Cook's Corner

Summer Snacks

Strawberry-Banana Smoothie

- 1 banana
- 6 large strawberries
- 5-10 ice cubes
- Milk (as much as desired)
- Combine the fruit with the ice and milk. Blend until smooth. Add sugar, if desired.



Pepperoni Bread

(from www.disneyfamily.com)

- 1 (1 pound) loaf frozen bread dough, thawed
- 1 egg, beaten
- 4 ounces sliced pepperoni sausage
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 1/2 teaspoons Italian seasoning
- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- Roll frozen bread dough out into a rectangle. Brush dough with beaten egg. Arrange pepperoni, mozzarella cheese and parmesan cheese over the dough. Sprinkle on the Italian seasoning. Roll up dough like a jelly roll and pinch seam to seal; place, seam side down, on prepared baking sheet.
- Bake in preheated oven for 40 min-

Home-made Fruit Popsicles

- Pour your favorite juice drink into an ice cube tray with a toothpick or a plastic cup with stick and put into the freezer until frozen. You can mix it up by adding pieces of fruit.



Breakfast Parfait

- Layer your favorite cereal, granola mix, fresh or dried fruit, and yogurt into a tall glass and eat using a long spoon. You can top with cool whip or more granola. This can be enjoyed as a dessert by substituting yogurt with ice cream and/or chocolate syrup. Have fun making and eating your tasty creations!

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