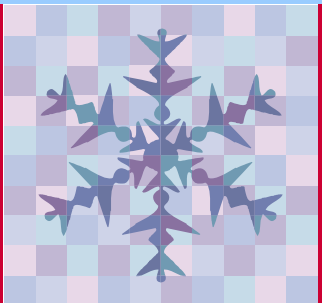


Families' and Children's Adjustment Study



Study Update by Priscilla Chan, M.A.

Happy New Year to all our families! We hope that you all have enjoyed a wonderful and relaxing holiday break. As 2010 begins, the new year brings a chance to start fresh! Many of us have probably started to make a list of resolutions that we want to tackle this year such as exercising more or eating healthier. Every year, I also come up with a list of resolutions, but most of the time, I am not successful at meeting them. In fact, research has shown that after six months, about half the people who make resolutions fail to stick to them. As I have been thinking of ways that can help me stick to my new year's resolutions, I thought it would be helpful to share them with all of you too.



Make specific and realistic resolutions

Often times, making a list of resolutions can seem like a daunting task to tackle. Instead, write down two to three goals that are important for you to accomplish. This may make the task more manageable.

People also have a tendency to make "stop" resolutions such as "stop eating junk food." This sets us up for failure because if you eat just one cookie, you have essentially broken your resolution. Instead, make your resolutions be "do" actions. Along those lines, most resolutions are vague such as "exercising more." Instead, be more specific such as "I will go to the gym for one hour every other day." That way, we know (and have tangible evidence) when we have been successful at our resolutions.

Have coping strategies if you encounter problems

We will all most likely face some obstacles when trying to maintain our resolutions. Anticipate this, and come up with a few ways to overcome difficulties you may face. This may include letting your friends and family know your resolutions so that they can keep you accountable and can provide encouragement and support.

A lot of the time, it is our own mind that can be the challenge when we blame ourselves for lack of willpower. For example, we may say to ourselves, "I'm such a failure for not being able to exercise today." It might be more helpful to think, "Okay, I wasn't able to exercise today, but that doesn't mean I failed." Give yourself room to make mistakes.

Finally, give yourself rewards for the progress that you do make. This can make all the difference in keeping your motivation up while affirming your capabilities.

Monitor your progress

Research has shown that people who keep track of their progress are more successful in keeping their resolutions compared to others who do not keep track. Monitoring provides you with information about which situations that you found made it difficult or easy to maintain your resolutions. Like rewards, monitoring your progress can help refuel your commitment to your goals while showing you what you have accomplished so far.

I wish you all the best of luck in carrying out your new year's resolutions and hope that 2010 is a great year for you!

Please let us know of any changes in your contact information. You can call us at **617-358-4584** or email us at **families@bu.edu**.

A special thanks to all those who helped make this newsletter: Martha Thompson, Ph.D. (Principal Investigator), Claudette Pierre, Ph.D., Rachel Freed, M.A., Priscilla Chan, M.A., Ruth Cruise, M.A., James McKowen, M.A., Corey Smetana, & Teresa Lind. Editor: Sarah Jacobson

Cuddle Up with a Few Good Reads!

Crash by Jerry Spinelli

Crash bullied his neighbors and classmates his whole life. When his grandfather suffers a stroke, Crash suddenly finds that friends and family have a new meaning for him.

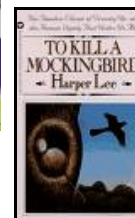
To Kill a Mockingbird by Harper Lee

Based in a small Alabama town during the Great Depression, the story focuses on the day to day wanderings of siblings

Jem and Scout, their fascination with mysterious neighbor Boo Radley, and change when their father decides to fight racial injustice by defending a black man in court.

The Outsiders by S.E. Hinton

Ponyboy is a sensitive fourteen-year-old with a tough exterior, whose loyalties belong to his brothers and his gang, The Greasers, a group of kids born on the wrong side of the tracks. When his best friend kills a member of a rival gang, his world turns into a chaotic and violent chain of events, causing him to re-evaluate everything he had fought against his whole life.



how their lives

Let-it-Snow T-shirt

Create your own winter fashion! A heads up: this project does call for some waiting time, so allow a few hours.

1. Use a permanent marker to draw a thick-lined snowflake template on the paper, or download one from the website listed below.
2. Place the template over the cardboard and slip both inside the shirt, centering them behind the upper front of the garment. You should be able to see the template through the shirt.
3. Using a thin line of tacky glue (about 1/4-inch wide), trace the snowflake design onto the shirt. Let it dry for 10 minutes, then fill in any gaps with additional glue.
4. Let the glue dry completely, until it is transparent (approximately 3 hours).
5. Dip the sponge brush in the paint and dab around the snowflake, completely covering the surrounding area. Use less paint toward the outer edge of the design. Let the paint dry overnight.
6. Soak the tee in warm water for about 10 minutes or until the glue softens. Peel off the glue and let the shirt dry, then follow the package instructions to set the fabric paint.

What You'll Need:

- *Permanent Marker
- *Paper
- *Cardboard
- *White cotton shirt
- *sponge brush (or new kitchen sponge)



<http://familyfun.go.com/winter/winter-crafts/snowflake-crafts/let-it-snow-t-shirt-674877/>

MUSEUM TRIPS

Don't feel like braving the cold? Take advantage of the incredible museums we have right here in Boston!

Museum of Science

With new shows and exhibits opening all the time, you are bound to find something that interests you. Catch a laser light show, delve into the stars at the Planetarium, wrap yourself in an IMAX movie, or wander through the Harry Potter exhibit, (open through February 21st) which features more than 200 authentic costumes and props from the Harry Potter films! *Details: 617-723-2500 or www.mos.org.*



Harvard Museum of Natural History

Containing an enormous collection of natural world artifacts, this museum has a zoological gallery that ranges from fossil invertebrates, reptiles, and dinosaurs, to modern mammals, birds, and fish from around the world! Currently, visitors can discover ways in which animals use color and pattern to camouflage, startle predators, mimic other animals, attract a mate, or intimidate a rival in the Language of Color exhibit, which runs through the end of March. *Details: 617-495-3045 or www.hmnh.harvard.edu.*

Museum of Fine Arts

Recognized for the quality and scope of its collection, this museum includes thousands of pieces of artwork from some of the most celebrated artists in history! Explore paintings, sculptors, prints, photographs, fashion, textiles and even musical instruments from all over the globe. *Details: 617-267-9300 or www.mfa.org.*



COOK'S CORNER DRINKS TO WARM YOU UP

“Warm and Yummy Milk Tea”

2 cups of milk
1 teabag of chamomile herbal tea
1/2 teaspoon of cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon of honey
drop of vanilla



Hot Cocoa

3 tablespoons unsweetened cocoa powder
1/4 cup sugar
4 cups milk
1/4 teaspoon vanilla
miniature marshmallows

Simmer on low heat until warm. This is a good drink before bedtime since chamomile is a relaxing drink. Serves 2.

<http://www.easy-kids-recipes.com/hot-drink-recipes.html>

Blend cocoa and sugar in a small bowl. In a medium saucepan, heat milk to scalding. Mix about 1/3 cup of the hot milk into the cocoa-sugar mixture, then pour cocoa mixture into hot milk in the saucepan; stir until well blended. Stir in vanilla. Serve with mini marshmallows. Serves 4.

We have a new study!

The study mentioned in our Fall Newsletter has now begun...

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 8-12 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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