

The Holstein cows at MY-T-Hi are fed with electric feeder carts and a bunk feeder.



Tom, Horace and Mike Mowrer, shown left to right, of MY-T-Hi farm, Spring City R1, stand in front of their John Deere 3300 combine. They are the sixth generation to farm their Chester County farm.

## Teen-age years a trying time for parents

NEWARK, Del. - To many people, adolescent children are the bane of parenthood. At this time of life, a young person is an adult at one moment and a baby the next. Many parents are at a loss to understand their child's unpredictable personality, says Delaware Extension family living agent Debbie Walker. It's important for parents to realize what their child can and cannot handle, and to take note of his or her behavior.

Teen-agers need help in setting rules and standards for behavior. It's the parent's job to set limits and stick with them. Teen-agers gain strength and self-respect from parents who have set clear rules and who are consistent in their expectations. However, Ms. Walker adds, it's equally important for parents to be reasonable and to be willing to discuss their decisions.

Some parents are so nervous about their child becoming a teen-ager that they tend to over-react when the child gets out of line. Adolescents will naturally rebel sooner or later, Ms. Walker points out; punishment does not help a teen-ager learn self-control. Ms. Walker says it's usually more helpful for parents to discuss their feelings about the behavior with the child, and to proceed to work out mutually acceptable standards of behavior.

An important rule for parents is to show teens that they respect their privacy. This shows that one respects them as individuals, and encourages them to feel more independent. In-

dependence is a must, since the teen-age years are the time when young people have to start making important decisions about their lives. Parents should encourage independence by allowing teens to make many of their own decisions, and teaching them to take responsibility for their choices. A person should start by letting them make small decisions. When they prove they can handle the responsibility, let them progress to bigger decisions.

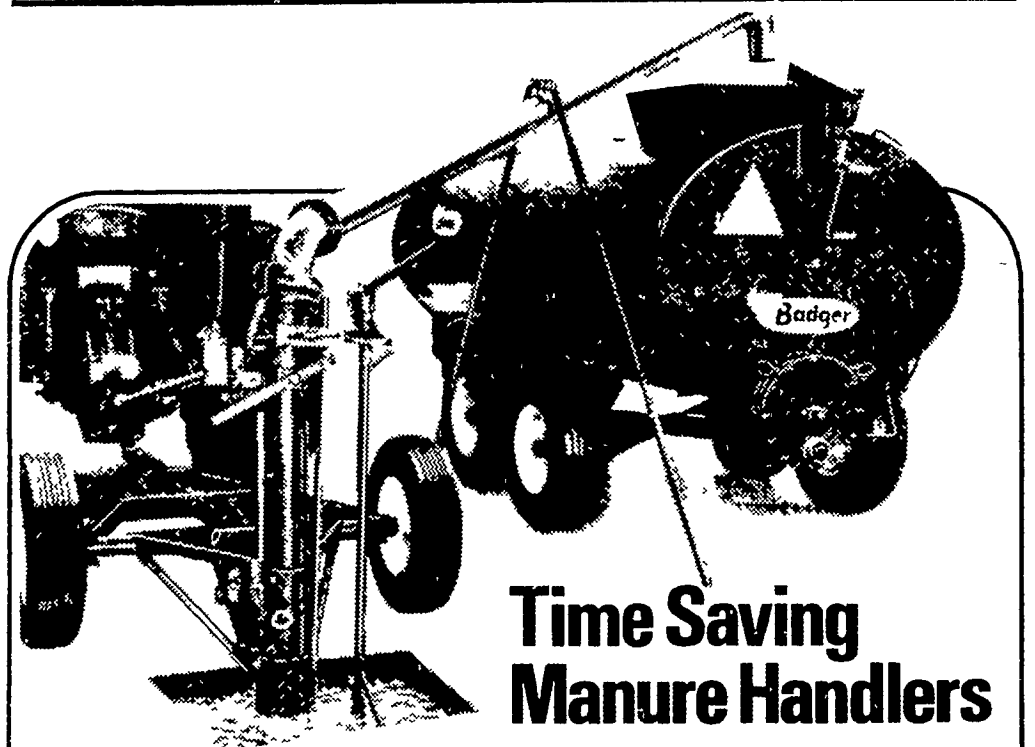
There will be times when teen-agers won't fare well with the responsibilities given to them. If they make mistakes, one should avoid criticism and blame, and discuss the problem and what has to be done about it. Parents must be supportive and willing to offer help and encouragement when necessary.

Adolescence is a trying time for parents and teens alike. There are always ups and downs, but these make parents and young people grow. This growing time can be less hair-raising if parents use love, patience, and above all a sense of humor.

## Mowrer family

(Continued from Page 111) producer in the Owen J. Roberts Young Farmers Association.

As the four neared it's end, a visitor asked Mike what season he liked best. "I look forward to every season" he replied, "when a new one comes up, there is always something new in store."

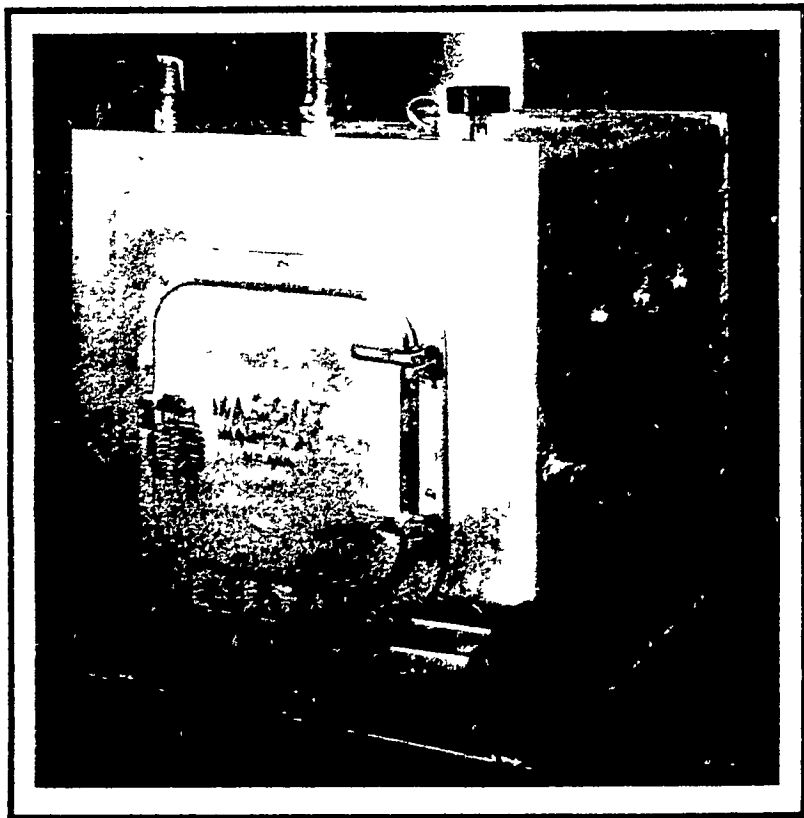


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