

Teens and parents

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idealistic about life. As a result, parents, who may subtly envy their youthful children, may find it difficult to help insecure children with self-concept.

When these life changes occur simultaneously in a family, there may be a heightening anxiety, impatience, frustration, and misunderstanding between egocentric parents and adolescents in conflict with themselves and each other, Cherry explains.

"Just when parents are feeling that they may be losing their vitality, health, and physical attractiveness, their children are approaching their peaks," Cherry points out. As a result, many

parents may experience a blend of envy, resentment, rivalry, guilt, and yet have pride in their children.

"Our society is so youth-oriented that many middle-aged adults feel that they are no longer attractive because they are not youthful," says Cherry, a senior Cooperative Extension associate in the New York State College of Human Ecology at Cornell University.

During middlecence, parents also may admit that they're too old to change their lives very much and become increasingly aware of unfulfilled dreams and bad decisions. They may become even more frustrated if they feel that their children are not taking full

advantage of the multitude of opportunities open to them.

Conflicts in the family also may increase during a child's adolescence because differences in child-rearing attitudes of the parents may peak at this time.

"If a mother has done most the child-rearing, she may insist that the father begin getting involved when she becomes exasperated with an adolescent," states Cherry. "When he finally does something, though, it often isn't what she wanted. This can create additional strain in the family."

Cherry points out that by stressing communication parents can minimize family conflicts and misunderstandings.

"If you can't give your child the support or caring that he or she needs at any given moment, tell the child that you need some time for yourself but will be glad to talk

about it later," Cherry suggests.

Other suggestions include:

— Be aware that you're going through change and that some of your tensions and frustrations may be coming from yourself and not from your teenager.

— Let your child be aware of some of your stresses such as family budgeting problems and hassles at the office, being careful not to overload your children with problems they could not possibly solve.

— When you're feeling good, make a conscious effort to interact socially with your teenager to keep communication open and flowing.

— When you're feeling down, express that to your child.

— Train yourself to listen to your child although you may feel preoccupied.

— Acknowledge that you are listening, even though you may not be able to respond at the moment.

— Rather than give advice to your adolescent, help him or her understand the options and probable consequences. Then, let your child make the decision.

— If you have to give your teenager a directive, be informative about why.

"If parents are aware of their emotional and life-stage changes, the interaction of the different changes in the family actually can result in greater understanding and sharing," concludes Cherry. "It need not be a time of family conflict."

4-H Dairy Club

The Ayrshire, Jersey, and Brown Swiss dairy club meeting was recently held at the home of Jules Kerdeman.

The group started off with a picnic lunch, followed by a business meeting and an update on necessary preparations for the District Dairy Show at Harrisburg.

A car wash fund raiser is planned for September 8 from 10 a.m. to 3 p.m. at the home of Kenneth Eshleman. The group will also have a meeting that day.

After the meeting, the members went swimming at Pinch Pond, Mt. Gretna.

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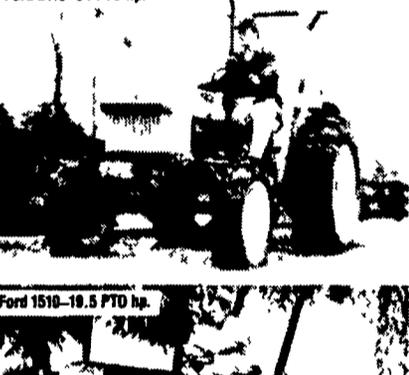
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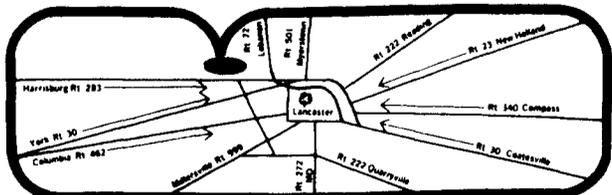
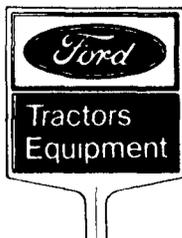
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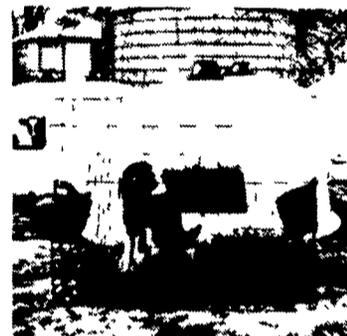
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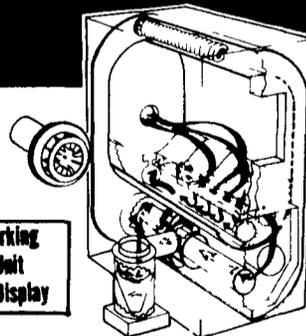
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