

Better Parenting: Preparing Kids for the Teen World

By Cline/Fay Institute, Inc.
Presented by Sonia Spackman MA, MFT

The way we discipline our kids in elementary school sets the stage for the type of teenagers they become. In elementary school, both right and wrong ways of correcting our kids work for the most part. **However, while wrong methods may work during a child's younger years, they fail to prepare a child for their teen years.**

By following a few guidelines during the elementary school years, parents can help their children glide through the teen years with a small amount of difficulty.

#1 Give your kids as few rules as possible, and as many as absolutely necessary.

Generally, it is best to let the child make mistakes. Their consequences are usu-

ally far less severe in elementary school than in high school.

#2 Let natural consequences occur.

Grounding, anger or lectures teach the child to resent or blame the parent rather than learn from natural consequences.

Wise parents, taking a cue from the airlines say, "We are leaving at eight o'clock. If you are ready at that time, you may go with us." Or "Grandma will visit with you until we return," if you are not wanting to leave your child home alone.

#3 Wise parents impose consequences to take care of themselves.

Effective consequences that parents impose include isolation of the child or having the child perform extra work around the house to "pay the parents back" for

family items they have abused. Wise parents say, "Why don't you take a walk around the block and cool off? We will be happy to see your face again when there is a smile on it." When we take care of ourselves, children learn how to take care of themselves.

#4 Get the child's opinions and thoughts first.

Ask with genuine interest and without suspicion or accusing them.

#5 Parents should mean what they say, and say it only once.

Often we give our kids warnings: "Now I mean warnings: "Now I mean it!" (which implies we don't). Try instead with, "Will you guys please take it outside now!" The kids may say, "What did we do?" A good response is "Outside is the place to figure that out!"

#6 Use spankings very sparingly.

A rare swat on the rear by a parent may be appropriate when children are very small and learning basic obedience issues such as "come," "sit," "no," "go" and "stay." However, regular spankings are generally ineffective.

To make these approaches more meaningful, discuss their pros and cons with your partner, friend or a close relative before implementing any of them with your child.

Next time we will explore turning your words into gold and/or consequences for different behaviors. If you have something you would like to see in a column or you have questions feel free to contact me at soniaspackman@msn.com anytime.

Resources: Cline/Fay Institute, Inc.

Physical Therapy Comes to Vernonia *continued from front page*

and she told me the story of Vernonia; about the flood and about how hard the community had worked to rebuild the city. I heard that and I realized that my project was really meaningful and important to them."

Lang says his first trip to actually visit Vernonia really sealed his bond to the community. "The day I came out it was snowing. I arrived early and had a chance to drive around and see the downtown, see the lake, see the new school campus. Then I met with Heather and she showed me the plans for the new clinic and everything they were trying to do there and then we toured the old clinic building. The tipping point for me was when I met with members of the Vernonia Health Center Board of Directors. These were people who had worked very hard, applying for grants to move the clinic and create this awesome medical model in Vernonia."

Lang says that the Vernonia Health Center is really something very unique, even to places like Portland, because they provide several different services all in one location, including primary health care, behavioral health care, and now physical therapy.

"Through the Affordable Health Care Act and the advent of CCOs, Medicaid reimbursement has been better," explains Lang. "When I started my own practice in Portland and it started growing, I checked back in with the VHC and asked whether anyone was doing Physical Therapy here. When they said no we spent several months talking about it and now I'm out here treating people."

Lang says there are many different ways that he works with clients to improve over all function—through exercises that promote full muscle strengthening or stretching, through soft tissue massage, through joint mobilization, and through targeted exercises to promote continued flexibility and strength.

Lang says the reason he chose PT as a career is because it's one of the least invasive of health care treatments in medicine. "When we see someone our goals are to maximize their potential and relieve their pain by working with what they already have and get them where they need to be, without giving them any narcotics. I think that is really unique and special in medicine today."

"Anyone with any kind

of pain can come in and talk to me and access our services," says Lang. "It's good to get an examination and be evaluated and then I can tell you whether it's something I can treat. Maybe we can follow up with additional treatments, maybe it will be one treatment and they're done, or maybe it's something that is out of my scope of care. It's nice to have that opportunity right here in Vernonia."

To schedule and appointment with Brian Lang in Vernonia contact Whole Body Health Physical Therapy at 503-223-1856.

Home Sweet Home!

continued from page 10

es in the past year and a new rule requires that they have their cat on a leash anytime it goes outside. Jason says they also like being able to park in their own driveway right in front of their house when they come home.

The Smiths have installed a new roof and replaced all the windows in the house. The interior was gutted and a shed was demolished outside. The furnace was replaced and a wood burning stove insert was installed. They have an entirely new kitchen with plenty of cabinet space (Jessica is a self admitted huge coupon shopper!) and brand new appliances. Both bathrooms received all new

fixtures. A new washer and dryer was set to be delivered. The new bamboo flooring and interior paint, along with exterior paint, complete with cedar shake trim, completed the Smith's renovation.

According to CAT staff, the Smiths purchased their home for just over \$70,000 and borrowed about \$60,000 to purchase materials for the upgrades and repairs. Similar homes that have recently been renovated in the neighborhood have been selling for over \$160,000, so the Smiths already have established plenty of both sweat and financial equity in their new home.

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