

# Family Living

## Coping: Respect Your Child

BY DR. CHARLES W. FAULKNER

Recently, I wrote about the many negative effects that result from beating a child, and why I am completely against this destructive practice.

Child beating is the by-product of the absence of respect. The parent who beats his child, does not respect him or her. Neither, does he respect himself.

To respect a person means to be aware of that person's feelings and to avoid offending them. Respect means thinking about your own behavior before you act and asking yourself this question: "Will this person's feelings be hurt by what I am going to do?" If your answer is yes, you simply refrain from carrying out the behavior. The normal individual gets no benefit from hurting another person, except in cases of self-defense.

No benefits are obtained from beating your child. If you feel the need to beat someone, then you need to see a counselor, fast. It takes maturity, sophistication and intelligence, rather than volatile emotions such as anger or hatred, to effectively deal with people.

The parent who beats his child is saying, "I don't give a damn about your feelings. Beating you puts me in control. It gets rid of my anger stress and insecurity. I don't care what it does to you." This is a pathetic attitude that, unfortunately, parents who beat their children do not realize is at the bottom of their behavior.

When the parent humiliates the child in the presence of others, threatens the child with violence, talks abusively to the child and unfairly abuses the child, the negative effect could last for a lifetime. Make no mistake about it, psychological abuse is torture.

If you respect yourself, you will certainly respect others. Your children will raise their children with the same respectful methods that you used to raise them. And they will respect you, too.

If you are not familiar with the modern methods of psychology that you can use to help raise your children, consult your library and get a good book on basic psychology or simply ask your city social services department to give you some advice.

Here are some tips:

1) Spend most of your time teaching and demonstrating what you want your child to do. Try not to continually tell your child what not to do. Teach the right thing. Avoid focusing on the wrong thing.

2) Always give easy-to-understand reasons for what you tell the child to do. Ask the child for his/her ideas.

3) Be courteous. Respect your child's feelings. Don't try to control your child, but be a patient teacher. Be a good guide.

4) Be considerate and understanding, if your child makes a mistake, be a teacher not a dictator.

5) Be kind. Treat your child the same way that you would want to be treated.

6) The most important years in child rearing are the first three years of life. During this time, your child is just beginning to develop an opinion of him (her) self. Help that opinion (self-image) to be a good one. Be positive.

7) Award your child for success. Praise your child, even for mistakes. After all, your child is only human - he/she will make mistakes, just as adults do. But a mistake does not turn a good child bad.

8) If you run into problems with your child's behavior, consult the school psychologist, or a private child psychologist. Don't panic. Determine if your child is the problem, or if your methods of child rearing are at fault.

9) Never, never refer to your child as stupid, dumb, ugly or bad. Praise, praise, praise, your child.

Your child will eventually grow up. Don't you want your child to be a mature, kind and respectful adult? Don't you want him or her to treat you with respect? Don't you want your child to come to you when he/she wants something important? I know that your answers are "yes." All of these good things can begin for your child now, with your respectful and loving training.

Remember: Nothing can come from any kind of abuse. If you abuse your child, it will come back to torment you (and society) when he or she becomes an adult.

Write to Dr. Faulkner at: 5722 Green Street, Suite 302, Philadelphia, PA 19144.

## OMSI joins "Say No To Drugs March"

The Oregon Partnership holds its 12th annual "Say No To Drugs" March on Friday, May 16, 1997 in downtown Portland. In the spirit of this year's slogan "We've Got Better Things To Do Than Drugs!", OMSI (Oregon Museum of Science and Industry) joins The Oregon Partnership to provide students with three hours of open exhibits.

Tony Martinez, morning traffic reporter for KPTV 12, will serve as master of ceremonies for the opening ceremony, featuring the Oregon City Girl's Basketball Team, beginning 9:30 a.m. at Tom McCall Waterfront Park. The 1.8 mile March steps off at 10:15 a.m., with participants marching east over the Burnside Bridge, south down Martin Luther King, Jr. Blvd. to OMSI. Pat LaCrosse, Executive Director at OMSI says,

"OMSI is delighted to be the destination for this year's Say No To Drugs March! The commitment of thousands of kids to this important event makes a hopeful statement about the future of our community."

The Oregon Partnership "Say No To Drugs" March is open to students from Portland Public, David Douglas and Parkrose school districts and all students from Clackamas and Clark county school districts.

This March is the culminating event for local youth who have received drug abuse prevention curriculum during the school year. Sheri Philips, Director of Public Affairs for The Oregon Partnership says "Our goal is to keep kids off of drugs! When kids participate in events that clearly uphold the public standard to be healthy and drug-free,

it makes an impact!"

OMSI is joined by OR National Guard, Navy League, Walgreens Drug Stores, Key Bank of OR The Oregonian, PGE, Adidas America, NW Osteopathic Medical Foundation, TOSCO Corp., Coca-Cola and American Medical Response to sponsor The Oregon Partnership's 1997 March.

Six other community Marches will be held across the state during the same week. Marches for Washington and Marion county schools and the Willamina-Grand Ronde community will also be held on May 16th. Gresham holds its March on May 23rd, Lincoln County on May 14th, and Coos Bay/North Bend on May 17th. Overall, an estimated 15,000 kids will march against drugs this May!

## New rehabilitative residential facility

A new home for persons with serious mental illness will be opening in North Portland in May. "Andrea Place" is located on N. Portsmouth, just north of Lombard Avenue and replaces the out-dated Perry Houses facility located nearby on N. Maryland.

The new residence is within walking distance to many community amenities including Delaunay Family of Services, the non-

profit mental health agency that provides services to Andrea Place residents.

Andrea Place will serve 15 people in a new rehabilitative residential program that includes an "independent living" suite where residents will have the opportunity to practice cooking their own meals, doing their own laundry, and other independent living activities. Partners in the project include the

Mental Health and Developmental Disability Services Division, the Oregon Department of Housing and Community Services, the Portland Development Commission, and the Enterprise Foundation.

Contact: Vicki Skryha, MHDDSD, (503) 945-9722; Delores Morgan or Mary Devenan, Delaunay Family of Services, (503) 286-1107.

## Study "Fat-Free" label for children

Parents should study the label carefully before buying "Fat-Free" foods for growing children.

"In some cases, even where the dietary fat has been reduced, the serving size may have a considerable amount of calories," says Dr. Janice Stuff at the USDA's Children's Nutrition Research Center. "Children may tend to eat more servings, which may cause them to gain more weight."

Stuff reminds parents that fruits and vegetables are fat-free snacks. Carrots,

apples, celery and bananas all make good healthy snacks. Products like reduced-fat yogurt and skim and 2 percent milk are also good.

However, stuff says, children need fat in their diets, especially during growth spurts. The energy fat provides them helps them maintain normal bodily functions and supports the increased growth in muscle, skin and bone.

"Based on present knowledge, 30 percent of a child's caloric intake should come from

fat. Fat satisfies a child's appetite," said Stuff, an assistant professor of pediatrics at Baylor College of Medicine in Houston. "Fat also helps the body absorb fat-soluble vitamins like A, D, and E. Some of the fat-free offerings may not be as balanced in these vitamins."

It's not wise to completely cut fat out of a growing child's diet.

"The daily required amount helps children grow into strong, healthy adults," Stuff said.

## Family conference "Building on family strength"

Family-centered social services and mental health services are the emphasis of a three-day conference that will bring hundreds of mental health professionals and family members to Portland May 8-10.

The conference, "Building on Family Strengths," is presented by the Portland State University-based Research and Training Center on Family Support and Children's Mental Health. It will be held at the Portland

Hilton, 921 SW Sixth Ave. Registration costs \$240. For more information, call conference coordinator Kaye Exo at 725-5558.

The conference will showcase the latest research and programs relating to social services aimed at children and their families. Special presentations will focus on improving services to families with children and adolescents who have emotional, behavioral or mental disorders.

The conference will attract researchers, family advocates, social service agency administrators, policy makers and service providers.

"Family members who have ideas for research, researchers who conduct the studies, and advocates who can use study results for shaping policy all come together in one place," said Barbara Friesen, director of the Research and Training Center.

## Medically Fragile Children's Unit collaborates

(Statewide) - In its first year of operation, the Medically Fragile Children's unit has served 52 children with intense medical and nursing needs, stretching limited resources by coordinating services, helping provide family support, in-home daily care, and authorizing medical services. The unit was formed in January of 1996 in the Oregon Department of Human Resources, and is a unique collaboration of the Office of Developmental Disability Services with the Senior and Disabled Services Division, State Office to Children and Families, and the Office of Medical Assistance Program. Children receiving services are 18 years or younger, have very intense medical/nursing

needs, and many are on ventilators. Contact: Tina Kitchin, DHR's Medically Fragile Children's Unit, (503) 945-9795.

## Birth Announcements

**Atzae Lari Goldsby**

April 24, 1997, Female  
7 lbs 10oz; 20"

**Mother:** Nika R. Sanders  
**Father:** Albert L Goldsby Jr.

**Girviantae' Leon Clay**

Male; April 24, 1997  
6 lbs 6oz; 19"

**Mother:** Regina Sonnier  
**Father:** Givin Lee Clay

**Lauryn Jayshon-**

**Jonae Moore**

Female; April 5, 1997  
8 lbs. 9ozs.

**Mother:** Gayleen Danylle Guyton  
**Father:** W. Zachary Moore, Sr.

**Monet Helen Minniweather**

Female; April 19, 1997  
7 lbs 5 1/2 oz; Length: 21"

**Mother:** Irene Minniweather  
**Father:** Matthew Minniweather



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PRICES EFFECTIVE MAY 1997						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
11	12	13	14	15	16	17

Prices Effective Wednesday May 7, 7am  
through Tuesday May 13, Midnight

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## Mother's Day SUPER SAVINGS!

### Beef Rib Eye Steak

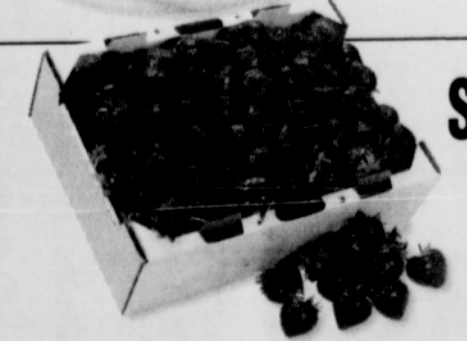
- Bone-in • Valu Pack 4 or more steaks
- SAVE up to \$1.72 lb.



**2.97**  
lb.



- Smaller packages,  
\$3.17 lb.



### Select Ripe Strawberries

- Half flat, 6-pint • Grown in California
- First 2
- SAVE up to \$2

**2.98**

EXPIRES 5/13/97 SAFeway (S) COUPON

### Lucerne Gallon Milk

- 1%, 2%, Non Fat, Dairyland or Skim Supreme • First 1 with coupon



**1.25**

Limit one item per coupon. One coupon per customer. Coupon valid 5/7/97 thru 5/13/97 at your Oregon Safeway stores (except Milton-Freewater) and S.W. Washington Safeway stores serving Clark, Wahiakum, Clatsop, Skamania and Klickitat counties. COUPON CANNOT BE DOUBLED.

Nonfat Milk PLU# 8000  
1% Milk PLU# 8001  
2% Milk PLU# 8002  
Dairyland Milk PLU# 8003  
Skim Supreme Milk PLU# 8004

NOBODY DOES IT BETTER FOR LESS.