

Growing up causes physical, emotional changes

Parents feel best when things in their family are going well, which often means children are behaving according to their parent's expectations. But life with children always brings something new.

Just when things are at their calmest, youngsters suddenly begin the traumatic experiences of growing up.

Parents do a better job of living with these emerging adults if they recognize that more is happening than just a few inches of growing here and there. Temper tantrums, dissatisfaction, depression, sporadic jubilation, or aggressive acts are natural reactions of teenagers to their bodies.

Hormones trigger physical and emotional changes in pre-teens and adolescents, explains Marcelle Straatman, Oregon State University Extension human development specialist.

Hormones accelerate the rate of physical growth and development of male and female traits, the maturation of reproductive organs, and affect a teen's emotional state, says Straatman.

"No need to panic, just get set to do some changing in how you balance freedom and control with your emerging adult."

After the tremendous growth of infancy, growth is slow and steady during middle childhood. By the time they reach the 6th grade, vast physical differences

appear between boys and girls.

As they reach the 8th grade, a six year difference between early-maturing girls and late-maturing boys is not unusual. Both are growing but at their own rates.

Sudden growth spurts beginning at age 10 lasting through age 12 occur with girls. During this time they gain 10 to 20 pounds and grow between 3 and 4 inches. Growth continues until 17 or 18 while other changes occur in body shape. Shoulders and hips become more rounded, hips broaden and pubic and underarm hair appear.

The beginning of menstruation is an important event for girls. Although girls as young as 9 or 10 begin menstruating, the average age is 11. Some do not begin until age 17.

Being early or late is not a cause for worry. But young girls need to understand that menstruation is a natural and healthy event, why it occurs, and how they will take care of themselves. They also need to know they are now able to become pregnant.

Growth spurts for boys begin around age 12, which is 12 to 18 months later than for girls. For this reason most boys, ages 11 to 13, are shorter and weigh less than girls the same age.

Boys continue to grow for a longer time period, not finishing growth until age 20 or 21. Their shoulders broaden and boys' legs, unlike girls, grow longer in relation to their abdomen and upper body. After maturity boys have larger muscles, heart and lungs than girls.

The average age of sexual maturity for boys is 14, but it ranges all the way from 12 to 18. Boys do not experience an event similar to menstruation, but they have nocturnal emissions—"wet dreams."

These are involuntary erections of the penis and emissions. Young boys need to know this is likely to happen, that it is a normal experience all boys have, and that sexually mature boys are capable of fathering children.

Physical maturation happens to every youngster, but for each one it's a very personal and sometimes unnerving experience. It becomes more a matter of course if children are well prepared for what will happen to their bodies. Carefree eight-year-olds wear T-shirts and jeans making it hard to tell which is boy or girl. But after age 11, the differences seem suddenly obvious.

Girls gain in height and begin to show breasts and boys begin showing facial hair and develop lower voices. Among a group of neighborhood children is a play-

lot, old pals suddenly seem different.

Physical changes affect the emotions of teens. Increased hormones stimulating growth also affect moods. One moment they're on top of the world, the next they're in the dumps.

It worries teens, and parents don't know how to deal with it. One teen said, "It really scares me because the way I feel doesn't seem to have much to do with what's going on around me."

When parents ask a teen, "What's wrong with you?" the usual answer is, "Nothing."

It's probably an honest answer, says Straatman. It's hard to explain your feet seeming too big, sexual feelings, or that you don't think you look like the ideal boy (man) or girl (woman).

With so many changes, teens worry about a lot of things—girls growing faster than their friends, boys who don't grow fast enough, or pimply faces, are major concerns.

Parents are often unsure whether to comment on a teen's changing body or to ignore it. Some parents tease growing children about body changes or awkwardness, which only makes a teenager more self-conscious. Teens cope better with physical changes if parents:

- *Describe before hand what changes to expect;
- *Explain the reasons for the changes; and
- *Are loving, supportive and encouraging about the progress the teen is making toward being grown-up.

When it's time to clean the entire carpet, you can "shampoo," using a machine to work in detergent foam, then a wet/dry vacuum cleaner. Or you can use the more thorough "hot-water extraction" method, which sprays hot, wet detergent solution deep into the pile, then extracts it with suction.

You can rent either type of equipment, or you can hire a professional. How well the carpet is cleaned depends greatly on the skill of the operator—amateur or professional. Used carelessly, the rotating brushes of the carpet shampooer can abrade the pile. And if the carpet gets too soaked by the hot-water extraction machine's detergent solution, the carpet could shrink.

Use buying aids

If you do your clothing shopping from a catalog, don't neglect to use the buying aids the catalog provides.

Sizing charts in catalogs usually give details on taking measurements, comparing personal measurements to standard measurements and selecting sizes. There are usually sizing charts for women, men, children, shoes, hats, underwear, gloves and rings.

The photographs and descriptions give information on style, color, design details and fiber content, finishes and care

required by the fabric.

As you browse through the clothing illustrated in the catalog, ask yourself questions such as: Does the garment coordinate with other items in your wardrobe? Does it fit into your wardrobe plan? Will it enhance your body type and personal coloring?

Other catalog shopping aids include the index to help you find items, directions for placing an order, the order blank, chart of shipping costs and information on billing, refunds and returns.

These suggestions will help streamline catalog ordering:

- Print clearly or type all information on the order blank to assure proper delivery. Be sure to date it for future reference.
- Include the complete catalog number, page number, description of items and any other special information requested on the order form.
- State clearly on the order form whether you wish to receive substitute items.
- Check to see if the items can be returned. On reduced items, refunds, credits or exchanges returns are not always allowed. In most cases, items personalized with monograms cannot be returned.
- Keep a copy of your order, including date the order was sent. Other items to keep on hand include a copy of the catalog advertisement, the page the ad was on, the company's guarantee statement and details about home trial of items.

Although having only one parent in a home has become less 'different' than it was in the past, it still brings traumatic changes within a family. Changing from a two-parent to a one-parent household requires more changes in living habits, outlook or responsibilities than any other family crisis.

Divorced or widowed parents are not only faced with reorganizing their family goals and routines, but need to find ways to maintain family solidarity. When everything seems topsy-turvy, keep in mind that research repeatedly emphasizes that the relationships among family members have a more important effect on children than whether their parents are married or divorced.

We can most likely add 'bereaved' to this statement since it's the loss of a personality in a family that causes grief reactions and necessitates a new



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Watch childrens' caffeine intake

Does your child have a caffeine habit? Caffeine is one of the most widely consumed drugs in this country.

Children consume caffeine from soda pop, chocolate, hot cocoa, tea, and coffee. Soda pop alone accounts for 60 percent of the caffeine intake of children.

The soda pop habit begins early. According to a USDA survey, 40 percent of all one and two-year-olds drink soft drinks.

The symptoms of too much caffeine includes headaches and jitters in children as well as adults. Insomnia also bothers many caffeine consumers. In children, a lack of sleep may affect their attention span and cause learning problems.

The physical effects that caffeine produces depends on body

size. When a 30 pound child drinks 12 ounces of a soft drink containing caffeine, he or she suffers effects equivalent to those of a 120 pound adult who has just consumed four cups of instant coffee. And remember that caffeine is habit forming.

Be sure you know what your child chooses for a snack, and read product labels to see which ones contain caffeine.

If you suspect your child consuming too much caffeine, substitute fruit juices and milk drinks for colas and other caffeine-containing soft drinks. Serve hot apple cider instead of cocoa, or fruit and cookies instead of chocolate bars.

Changing habits is more likely to be successful than removing all the "offending" foods and beverages at once.

Tips given on caring for and cleaning carpets

The most important tool in taking care of a carpet is a good vacuum cleaner—an upright or a canister vacuum with a power nozzle.

Mechanical action is the only way to shake loose the grit that works its way deep into the carpet and grinds away at the fibers.

Vacuum often. In a room that gets a lot of use, it's best to do the traffic lanes every day, and the entire carpet once a week. Move the vacuum slowly, giving it a chance to suck up the dirt it dislodges.

Carpet first aid

Clean up spills fast. With some spilled substances—children's fruit drinks, for instance—you have only minutes before the stain sets permanently. Here are some other suggestions for carpet first aid:

Have on hand a dry-cleaning solvent (from the supermarket or hardware store) for greasy, oily stains. Use a detergent solution (one teaspoon dishwashing liquid per cup of water) for water-soluble spills. Some spills are both. For them, use the dry-cleaning solvent first and then the detergent solution. Do the same for unidentified spills.

Blot or scrape up as much as possible. Then cover the spill with a pad of several paper towels and stand on the towels for a minute or so. Then apply the cleaning solution—the dry-cleaning solvent to a rag or paper towel, the detergent solution directly on the carpet. Don't overwet the carpet. Blot, don't rub. Repeat

those steps until the spill is cleaned up. Cover the wet spot with a half-inch pad of paper towels, weight it down, and let dry.

For smelly stains such as pet urine, use a solution of one part white vinegar to two parts water; blot, then use the detergent solution. For acidic stains such as vomit or fruit drinks, use a solution of one tablespoon of ammonia in a half cup of water to neutralize the acid (but don't use ammonia on wool, as it sets stains on that material).

Before using any of these solutions, test them on a carpet scrap or in a inconspicuous place—in the corner of a closet, for instance.

Copious spills that penetrate through the carpet to the backing and even the floor are a special problem. If the substance is on that smells, you may have to have the carpet lifted and cleaned professionally.

Household products that contain bleach or some other oxidizing agent can cause irreversible damage. A leaking container of laundry bleach is an obvious villain. Other products are more insidious. The damage caused by acne medications containing benzoyl peroxide, for instance, often doesn't show up right away. Those medications, typically hard to wash off the hands, have ruined many a carpet. Other products to watch out for: swimming pool chemicals, mildew removers, liquid plant foods, and pesticides such as malathion.

Spring Cleaning

At some point, vacuuming isn't enough. You can forestall



Four Warm Springs 4-Hers were among about 40 people who participated in a two-day campout near Mt. Hood. The trip was organized by Hood River County.

Family status changes lifestyles

approach for the future.

For children, the effects of loss of a parent usually occur when that person is no longer in the home.

At this point, disruption of the family becomes a reality and a child is likely to feel abandoned by both parents. Although half of youngsters in a recent survey said the pre-divorce period was the most stressful part of the whole thing, others felt a sudden reduction in the amount of physical care and attention they received afterward.

Naturally two parents can offer more attention than one even if part of it may not be positive. There are limits to the endurance and energy of a single parent even in cases where divorce or separation has relieved a great deal of tension.

Regardless of the reason for loss of a parent, a family is still a family and can become very strong, healthy and happy. Families have the capacity to give members the support needed to get through any of life's rough spots.

Commit yourself to building your family unit by:

- Telling your children often that you love them. Emphasize that their absent parent loves or loved them too. When appropriate, assure children that they in no way caused the death, divorce or disappearance of the missing parent. Maintaining good feelings about the missing parent is important for healthy personality development. Your angry feelings need not be shared with children. But it's not necessary to make the child think that parent was a saint either.

Food poisoning not obvious

Do you ever sniff a food to determine if it's still okay to eat?

Sniffing will help you determine if the food is spoiled—but your nose can't tell you if the food can cause food poisoning. Food spoilage and food poisoning are caused by different organisms.

According to Mollie Driscoll, Warm Springs Extension agent, a major difference is the temperature the two types are able to grow in. Most poisoning bacteria like room temperatures. They don't divide and multiply at low refrigerator temperatures.

The organisms (some bacteria, yeast and molds) that cause food to spoil can grow at lower temperatures, even in the refrigerator at 40 degrees Fahrenheit. They make the food look or smell "awful."

But the bacteria that commonly cause food poisoning are not so obvious.

Most types of food-poisoning bacteria don't cause foods to smell or taste any different than they normally do. You only know they were there when you end up with mild-to-severe intestinal flu-like symptoms.

That's why you need to keep hot foods hot—at least 140 degrees F. And keep cold food cold, at 45 F degrees or lower.

Foods, such as dairy products and cooked meat, cooked vegetables products (including beans, potatoes, or ice), and mixtures of these, if left in the danger zone (45 degrees F to 140 degrees F) for more than two hours, could cause illness due to bacterial growth. Cream pie fillings fall into the same category.