

The 4 Common Mistakes Parents Make

(Continued)

Not spending enough time with your children

One of the biggest mistakes that parents make is not paying enough attention to their children!

"This is the most common error we find in all of our studies," Dr. Ilg says. "American children are starving in a land of plenty! Too many parents don't know their children because they don't devote anywhere near enough time to them. But the more you know about your children and the more experience you have with them, the more effective a parent you can be. A child needs more time alone with each parent. Many mothers and fathers, though, spend more time pushing their children out of the way than in doing things with them!"

A good relationship between parents and teen-age or pre-teen children is more important than rules and regulations. "This good relationship doesn't just blossom out when your child reaches 13—it has to be nurtured over the years," Dr. Ames says. Mothers generally realize this. But many a father believes he can start paying attention when his child reaches an "interesting age"—only to find that the youngster then, usually, hasn't the time for him!

Parents who neglect to spend enough time with their children fail to understand, among other things, fluctuating teen-age behavior. Adolescents aren't necessarily "rebellious" against the world, Gesell investigators have found. More often, they are merely testing their wings through trial and error. Deep down, most adolescents love their parents, families and homes.



Too many parents don't spend time to get to know children.

As Dr. Gesell puts it, "A child will nearly always tell us where he is and what he needs, if we will only listen. Nature has given us parents a second and last chance to develop further through our children. What a pity that so many of us let this golden opportunity slip by!"

The Gesell Institute has this final bit of advice for America's parents. "Don't worry about the mistakes you have already made. Most children forget and forgive parents' errors. Your children have a way of growing into well-adjusted adults in spite of your mistakes. So relax and remember there is leeway for some errors. Children are tough creatures who can take a lot with few aftereffects. The important thing is to recognize—and learn—from your mistakes."

For further information on child development, readers may wish to consult some of the following Gesell books: "Infant and Child in the Culture of Today" (1943); "The Child from Five to Ten" (1946); "Child Behavior" (1955); and "Youth: The Years from Ten to Sixteen" (1956).

Is "iron-hungry blood" making you only "half" a woman?



Are You So Tired and Run-Down You Can't Give Your Husband Real Companionship?

Discover the Wonderful Blood-Strengthening Action of This Special Iron Tonic for Women!

How tragic when a woman feels so tired, so weak and run-down, she just *can't* be a real companion to her husband and family! This can turn marriage into misery! Luckily, it's often due to "Iron-Hungry Blood" (*simple iron deficiency anemia). Then it's needless for most women to suffer this awful weariness.

Now, a wonderful iron tonic can help relieve this condition... thus renew your vigor and vitality. It's Lydia E. Pinkham's Tablets, *only* blood-enriching iron tonic made especially for women!

See How Fast You Can Feel Fine Again! Rich in iron, Pinkham's Tablets start to strengthen "Iron-Hungry Blood" *within one day!* Thus they quickly help build rich, red blood... to restore your strength and

energy... so you feel fine again fast... able to enjoy life and your family again!

Besides blood-building iron, Lydia Pinkham's Tablets contain a unique combination of other ingredients. That's why they can also bring blessed relief from functionally-caused "female distress". Even torturous monthly cramps and "hot flashes" of change-of-life were relieved in case after case reported by doctors. No wonder so many women use Pinkham's Tablets *all through their lives!*

If *you're* tired, weak and run-down due to "Iron-Hungry Blood", get marvelous Pinkham's Tablets from druggists today. See if you don't soon feel "all" woman again—the same charming, cheerful girl your husband married!

FOR TESTED RELIEF OF MONTHLY PAINS, CHANGE-OF-LIFE remember that Lydia E. Pinkham's Vegetable Compound (liquid) has also been famous for 84 years. Doctors' tests prove it quickly relieves the painful discomforts of monthly periods and change-of-life.