

PARENTING GAZETTE

Parenting Just Got Easier

MAY 2009 - VOLUME 1



Children Who See Adult Programming More Likely to Be Sexually Active Earlier

Research conducted by Children's Hospital Boston that tracked 6 to 8 year olds through their teen years found that those who watched adult-targeted movies and TV programs were much more likely to engage in early sexual behaviors than those who did not view adult shows. **The American Academy of Pediatrics recommends that children do not view adult programming, do not have a TV in their rooms, and watch no more than 1 to 2 hours of TV per day supervised by their parents.**

Children's Hospital Boston

School Success - Strong Family Relationships Are More Important Than Parent's Income

Research conducted by America's Promise Alliance found that teens who reported being close to their parents and having parents who monitored their activities and were involved in their lives, performed better in school, regardless of family income. **Maintaining close ties with teens pays off!**

America's Promise Alliance

Good Parent - Teen Relationships Can Prevent Teen Drinking

A study of 364 teens over 2 years showed that those that had close relationships with their parents were less likely to drink alcohol. Teens that did not report alcohol use were more likely to state they could talk to their parents about their problems and that their parents listened. **Parents are important in the prevention of teen drinking.**

Journal of Studies of Alcohol and Drugs

Binge Drinking Destroys Brain Cells in Teens

New MRI brain research conducted by the University of California at San Diego found changes in the white matter of the brains of teens with a history of binge drinking. The study found that even infrequent exposure to large amounts of alcohol created brain changes. White matter is an area of the brain that continues to develop through the teen years and is involved in brain performance, including learning, memory, and higher level thinking. **Parents! Talk to your children and teens about the negative effects of underage alcohol use.**

Journal of Alcoholism: Clinical and Experimental Research

This is the last Parenting Gazette for this school year. The Gazette will resume in September 2009