



PARENTING GAZETTE

Parenting Just Got Easier

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Eating Dinner Together Creates Physically and Emotionally Healthier Children and Teens

Two studies highlight the importance of families eating together. The first, a study by the Harvard School of Medicine, found that children and teens who shared meals with their parents eat healthier foods, including more vegetables and fruits. A second study conducted by Columbia University discovered children/teens that regularly eat with their parents are much more likely to believe that their parents care about them and that they can talk to their parents. This study also found that teens reported that family dinners were the best times to talk about their concerns with their parents. **Connect over dinner!**

Harvard School of Medicine, Archives of Pediatric and Adolescent Medicine

Girls Much More Likely to Be Long-Term Bullying Victims

New research conducted by two British universities suggests that girls who are bullied (physical aggression and threats) by peers during their elementary school years are far more likely than boys to continue to be the victims of bullying over later years. **The need for parents and schools to intervene when bullying occurs was highlighted.**

Channing Bete Educational Resources

Technology/Phone Use Can Interfere with Sleep for Teens

A recent study indicates that many youth use computers, cell phones, or text message during the night, significantly interfering with their sleep. Inadequate sleep can result in headaches, moodiness, low grades, and weight problems. **Parents are advised to monitor the use of technology and phones at night.**

Kaiser Foundation

Many Youth Initiate Drug Abuse by Using Inhalants

A recent national study shows that many youth (17% of those who use drugs) begin the use of drugs by starting with inhalants. There are over 1,000 household and other products that can be abused by inhaling, including paint, glue, typewriter correction fluid, air-conditioning solvent, felt tip markers, air fresheners, and cooking sprays. Inhalant abuse is very dangerous as it can damage the brain, kidneys, liver, bone marrow, and other organs. Inhalant abuse can cause death (Sudden Sniffing Death Syndrome), even the first time inhalants are used. **It is important that parents educate themselves about inhalant abuse, so that they can talk with their children/teens about the dangers.**

Visit www.inhalants.org for more information.

Trends in Adolescent Inhalant Use: 2002-2007, Substance Abuse and Mental Health Services

The Chippewa Valley Coalition for Youth and Families joins parents, school and community in promoting safe, healthy and drug-free youth and supporting families. For more information, please call 586/723-2360.