

PARENTING GAZETTE

Parenting Just Got Easier

JANUARY 2009 - VOLUME 1



Want Your Child/Teen to Be Successful? Encourage Reading!

A recent research study found a connection between reading and career success. Results of the study showed that, of the adults surveyed, most who rated themselves as poor readers believed that their low reading skills limited their job potential. Most of those surveyed who had professional and management positions reported that they had good reading skills.

Education Department, American Association of School Librarians and Statistics

Overweight Preschoolers Likely to Be Obese by Age 12

A recent study by the National Institute of Child Health and Human Development found that overweight toddlers and preschoolers are much more likely to be obese by the age of 12 than young children with average weight. This is noted as the strongest research evidence yet linking excessive weight in the early childhood years to later obesity.

Pediatrics

TVs in Teens' Bedrooms Have Negative Effects

A national study of nearly 800 teens indicates that those who had televisions in their bedrooms tended to have lower grades, to exercise less, and to have a poorer diet than teens without a TV in their rooms.

University of Minnesota School of Public Health

Chippewa Valley Schools Students Confirm a Rise in Prescription Drug Abuse

At Focus on Youth – Strengthening Our Community, a youth forum held on December 3, 2008, Chippewa Valley and Dakota High School students reported that teen abuse of prescription drugs and over-the-counter medication has increased over time. Students said that youth who abuse prescription drugs often get them from medicine cabinets at home and from the homes of relatives and friends.

Chippewa Valley Coalition for Youth and Families

Youth Abuse of Prescription Drugs Rises

A national study of youth conducted in 2008 reveals that 15.4% of 12th graders surveyed reported abusing prescription drugs, such as Vicodin and Oxycontin, medications for treatment of ADHD, including Ritalin and Adderall, and other prescription drugs. Abuse by youth of over-the-counter medications, including cough and cold remedies, was reported to be on the rise.

Monitoring the Future

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.