

# FAMILY Ties



## Parenting Teens

### LOVE AND LIMITS STILL IMPORTANT

More than 25 years of research on parenting teens provides some consistent information about what works. Two key findings might help parents of teens stay the course and continue to parent in effective ways.

Research reveals that contrary to popular opinion, most teens report happy, pleasant relationships with their parents. And teens with authoritative parents, those who continue to enforce family rules, monitor their teen and set appropriate limits in a warm and caring atmosphere, show more positive mental health and academic success than those from permissive or very authoritarian homes.

These studies show there are great benefits from authoritative parenting. Lawrence Steinberg, renowned expert on adolescent development, believes that authoritative parenting is particularly beneficial to teen development because it does the following:

1. Warm, parental involvement makes children more receptive to parental influence. This becomes especially important during the independent-striving teen years.
2. The combination of support and structure or limit-setting helps develop self-regulatory skills. When adults are not around, teens have learned some ways to control themselves.
3. Ongoing communication and problem-solving with teens have encouraged their social and mental competence. They are more able to think through situations outside the family setting.

The second key research finding, according to Steinberg, is that typical day-to-day conflicts are less important to the teen than to the parent who is more likely to hold on to the emotion and be more distressed by the negative interaction. While the parent may see the disagreement as a rejection of moral values or a violation of family expectations, the youth may assign much less meaning to the conflict and merely see it as two people disagreeing. Thus, the teen developmentally is moving toward more independence and autonomy, while the parent may feel less valued and challenged in the caregiving role.



Steinberg has found in numerous studies that parents of teens need reassurance. They need to be reminded that their role is still extremely important, that adolescents tend to value the opinions of their parents although often not acknowledging them, and that teens generally do not see parent-adolescent conflict the same way that adults do.

Parents DO make a difference when their children are in the teen years! It's never time to stop being a parent. It's always time to use authoritative parenting by demonstrating love and setting limits with warmth.

## NORTHWEST AREA Family Newsletter

Prepared by Rhonda Rosenboom, Denise Wyland and Phyllis Zylinski

ISUE Family Specialists

"Managing Conflict With Teens" (Pm 1660g) is a publication available from your ISU County Extension office.

## Asparagus

### A TASTE OF SPRING

When choosing fresh asparagus, look for firm, fresh spears with closed, compact tips. Avoid wilted, flat, or twisted stalks that may be tough or stringy. Size is not directly related to quality. Spears may be thick or thin and still be excellent for eating. For even cooking, it is best that the spears be uniform in size.

The best way to store asparagus is to stand the cut end of the vegetable in one inch of water or wrap the ends in a damp paper towel and refrigerate.

To trim asparagus before cooking or eating, hold a spear in both hands. Bend the stalk until it snaps. It breaks at the spot where it naturally begins to turn woody.



### Asparagus Wrap (makes 1 serving)

- 1 whole wheat tortilla
- 1 slice reduced sodium, extra lean ham
- 3-5 asparagus spears
- 1/3 cup fresh mushrooms, sliced
- 2 tablespoons shredded Swiss cheese

Place a slice of ham in the center of a whole wheat tortilla. Top with raw asparagus spears and mushrooms (or stir fry vegetables to soften) and 1 tablespoon cheese. Place in microwave for 1-2 minutes to heat through. Top with remaining cheese to serve.

Serve with fresh fruit - such as strawberries and/or orange slices - and milk for a refreshing lunch.

## Energy Drinks

### BOTTOM LINE

Last year's launch of more than 500 new energy drinks created a \$2.3 million business. *Although energy drinks are frequently touted to provide a 'burst of energy' consumers need to be careful label readers to know where exactly that burst is coming from,* says Ruth Litchfield, Iowa State University Extension nutrition specialist.

Almost one-third of U.S. teenagers (7.6 million) consume energy drinks. They choose advertised drinks when cramming for exams, participating in athletics or looking for a "buzz."

That buzz comes from stimulants, such as caffeine and guarana. Label ingredient lists may include the names of stimulants included in the drink, but not the amounts. So consumers don't really know



what they are getting.

Energy drinks have high levels of sugar. When accompanied by inactivity, those extra calories produce stored energy in the form of weight gain.

Energy drinks have high levels of caffeine. Caffeine is classified as a drug because it stimulates the central nervous system by increasing heart rate and causing an individual to feel more alert. Too much caffeine can cause anxiety, dizziness, headaches, and can interfere with normal sleep.

Energy drinks provide few if any of the needed vitamins and minerals provided by healthier beverage choices, such as low fat or nonfat milk and 100 percent fruit juice. Even plain water is a better choice for most individuals.

## Financial

### SELF EXAMINATION

You know it's important to get regular physical exams and take your car in for oil changes and tune-ups. But what are you doing to make sure your finances are in good shape? It's never too early or too late to make sure you're properly managing your money.

| Date  | Amount    |
|-------|-----------|
| 10/20 | \$ 738.97 |
| 10/21 | 526.82    |
| 10/22 | 590.53    |
| 10/23 | 524.21    |
| 10/26 | 362.24    |
| 10/27 | 308.42    |

card may automatically include, at no extra charge, extended warranties on purchases and insurance for car rentals. This kind of feature can save you money—but only if you know they exist. Your card may offer you points toward airline travel, products and services, auto club member-

#### 1. Review your accounts.

Talk to a customer service representative at your financial institution to make sure you are signed up for the accounts and features that best fit your needs. If you tend to carry a balance on your credit card, find out if you can qualify for a card with a lower interest rate. Ask your financial institution if they offer special deals if you maintain certain balances or use services such as direct deposit of your paycheck.

#### 2. Read “Disclosures” about your accounts.

Knowing the features, fees and options as well as limitations before you open the account and later as you conduct business, can prevent misunderstandings and costly mistakes. For example your credit

ships and other extras, free of charge or for a small fee. You need to read and understand the rules, restrictions and potential costs on these account disclosures.

#### 3. Review Spending.

It is easy to overspend in some areas and neglect other priorities such as reducing high-interest debt, saving for a down payment on a car or home or putting money away for retirement. That's why you should periodically check your spending and make adjustments. When reviewing make sure you have enough insurance to protect your family, such as disability insurance, life insurance, home owner's insurance and health insurance.

## Free copy

### CREDIT REPORT

These reports summarize your history of paying debts and other bills. If you apply for a loan, insurance or a job, or you want to rent an apartment, chances are your credit report will be reviewed for information about your financial reliability. But you should review copies of your report, too. One reason is to correct errors or omissions, which could damage your credit rating and, in the case of a loan or credit card application, cost you hundreds of dollars each year in interest or other charges. Also, by monitoring your credit reports you help guard against identity theft because you can look for signs that a fraudster has opened credit cards or other accounts in your name.

The three nationwide credit bureaus—Equifax, Experian and TransUnion—issue their own reports and they sometimes differ, so it's smart to see what

each one is saying. By law, you are entitled to one free copy of your report each year from each of those three companies. For more information and to order free credit reports, go to the web site established by the three credit bureaus at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or call toll free 1-800-322-8228. Although you can ask to receive copies from all three credit bureaus at the same time, you also can spread out your requests throughout the year to get periodic updates.

