

Avoiding Power Struggles with Your Kids

(ARA) - One of the most difficult and emotional challenges of being a parent is having conflicts with your children. Some people think like they've failed as parents, and may even feel embarrassed about the power struggles they have with their kids. The truth is that it's a common problem that, with a little training, can be overcome. Parents can often find themselves inadvertently creating power struggles and reinforcing their child's troublesome behavior. The problem starts when a child experiences a stressful event, like frustration or failure. Stress activates a child's irrational beliefs that nothing good ever happens to them, or all adults are unfair. These negative thoughts trigger your child's feelings. His feelings, and not his rational forces, drive your child's inappropriate behavior. That negative behavior is what incites you. As a parent, you pick up on your child's feelings. But where many parents start to have trouble is when they mirror their child's behavior during a conflict. They find themselves yelling back, threatening and so on. This negative reaction increases your child's stress, escalating the conflict into a self-defeating power struggle. And although your child may have lost this battle, he wins the war by reinforcing his irrational beliefs. Then, he has no motivation to change his beliefs or inappropriate behaviors.

The first thing you, as a parent, can do is to recognize some common irrational beliefs children can have. Some examples include, "Everything must go my way all the

time." "I should never have to do anything I don't want to do," and "I must be stupid if I make mistakes."

When your child has those irrational beliefs and their feelings are triggered, they may resort to bad behavior. Your response to that behavior is critical in de-escalating the conflict between you and your child. As a parent, you could be sending what's known as "you" messages that make the argument worse. These include, "Can't you do anything right?" "You apologize immediately!" and "Don't you dare use that language with me!"

Fortunately, experts in the conflict management field say you can overcome the cycle of conflict. Jennifer McElowney, executive director of No Disposable Kids, a national training program that encompasses parents, school children and educational staff, says you can break the cycle by changing those "you" comments to "I" comments.

"I comments are less likely to provoke additional aggression, are less threatening to your child, and are a model of honest exchange between two people," McElowney says. "I messages are also helpful in interrupting a power struggle and in releasing adult stress in a healthy way."

No Disposable Kids has a number of additional strategies developed by its parent organization, Starr Commonwealth, that you can use for managing conflict with your child. Remember to stay centered, appear calm and controlled and try, hard as it may be, to put yourself in the psychological shoes of your child. Also, be aware

of the nonverbal messages you send and be willing to accept responsibility for your contribution to the conflict.

As the parent, you make a choice to permit your child's irrational behavior, tolerate it, stop it, or prevent it. The key, according to McElowney, is to create a structured and predictable environment. "Come up with clearly stated rules, and stick to them," she says. "Establish rituals and routines and maintain a daily schedule as best you can."

If you'd like more information on No Disposable Kids, and its multi-faceted training programs that help schools identify their strengths, analyze their weaknesses and utilize practical prevention-oriented tools for creating safe and productive school environments, call (800) 315-8640 or visit the Web site at www.ndk.org.

Founded in 1913, Starr Commonwealth is a private, non-profit organization. It serves children and families from locations in Albion, Battle Creek, and Detroit, Michigan as well as Columbus and Van Wert, Ohio. The gamut of services ranges from foster care to residential treatment, and from in-home counseling to programs that help young adults learn to live independently. For more information on Starr Commonwealth, call (800) 837-5591 or visit the Web site at www.starr.org.

-- Courtesy of ARA Content

REDUCE PROSTATE CANCER RISK WITH PREVENTION AND EARLY DETECTION

LOS ANGELES, CA- September is prostate cancer awareness month. Prostate cancer is the most common type of cancer found in American men other than skin cancer. The American Cancer Society estimates that there will be 220,900 new cases of prostate cancer in the United States this year and 28,900 men will die from the disease. Fortunately, the death rate for prostate cancer is going down and early detection is on the rise. Timothy Wilson, MD, director of Urology at City of Hope Cancer Center in Los Angeles, emphasizes that prevention and early detection can reduce the risk of prostate cancer and improve treatment outcomes for those who are diagnosed with the disease.

"The exact cause of prostate cancer is unknown but risk of its development is associated with age, family history, race, environmental

exposure, and certain nutritional deficiencies," says Dr. Wilson. "Prostate cancer is often called a 'silent disease' because it frequently develops without obvious symptoms."

When symptoms are present, they may include some of the following:

- * a weak flow of urine
- * frequent or painful urination
- * blood in the urine or semen
- * pain in the lower back, pelvis, or upper thighs

Dr. Wilson recommends that all men over the age of 50 visit their physician for a yearly exam. This exam should include:

- * a discussion about risk factors and possible symptoms
- * a digital rectal examination (DRE) to detect irregularities of the prostate
- * a prostate specific antigen (PSA) blood test

Men who are at high risk for

prostate cancer - especially African Americans or men who have close family members with prostate cancer - should consider beginning these tests at an earlier age.

Prevention is the best way to reduce the risk of prostate cancer. Men should take proactive measures to live free of the disease. Dr. Wilson suggests the following:

- * eat a balanced diet, high in fruits and vegetables and low in fat
- * watch your weight, and exercise daily
- * limit alcohol consumption
- * know the risk factors and be aware of changes in your body
- * see a physician for a yearly exam

For more information about prostate cancer research and treatment at City of Hope Cancer Center, call 1-800-826-HOPE or visit www.cityofhope.org.

Many Workers Find Little ToCelebrate This Labor Day

By The Associated Press

Many workers had little to celebrate this Labor Day, gripped by worries about layoffs, health care costs and other economic woes.

In the Philadelphia region, several teachers unions were threatening walkouts over salary and health care issues, while a Labor Day parade went on in Pittsburgh Monday despite fears the city's budget crisis would cancel the annual event.

work in the manufacturing sector.

"You have to train yourself if you are going to be in the job market for any length of time," said Pat Bruno, legislative chairman of the Erie Central Labor Council. "The downside is that probably 90 percent of the people even after they take their training are probably going to start out at less money than they made before."

tried to plan for the future are being hit. Pilot Michael Bonnette, 47, of Pine, lost his job with US Airways in January. Three weeks later, the airline terminated his pension, meaning his family of six will receive half the original benefit, or about \$1,000 a month when he turns 60.

"After more than 15 years with US Airways, I was furloughed on Jan. 7, on my birthday," Bonnette said.

"I'm trying hard to find something more in the salary range I was at," said George Gray, 26, of Coraopolis, a laborer who lost his \$10-an-hour job at the American Bridge company in January.

Gray isn't excited about possible prospects in the retail industry, which now employs 13 percent of the Pittsburgh work force, surpassing the 12 percent who

One analysis of state and federal data shows Pennsylvania has lost 20,400 jobs since the latest recession ended in November 2001. The "State of Working Pennsylvania 2003," an annual report on the health of Pennsylvania's economy released by the Keystone Research Center, also indicates that Pennsylvania lost 180,000 manufacturing jobs from 1990 to 2002.

Even workers who

Meantime, a potential teacher strike loomed for 22 high schools run by the Archdiocese of Philadelphia, while schools in suburban Springfield Township, Montgomery County, would not open Tuesday because of a teachers strike.

The Philadelphia-area archdiocese continued talks of avoiding a strike by about 1,000 lay teachers.

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Sound Transit, the Central Puget Sound Regional Transit Authority, hereby gives notice pursuant to 49 Code of Federal Regulations Part 26, issued by the U. S. Department of Transportation, that Sound Transit will adopt the following DBE utilization goal for 2003-04:

**Federal Transit Administration
Federally Assisted Projects:
15%**

To accomplish this goal Sound Transit will seek to meet 10% DBE Participation on Construction Contracts, and 18% DBE Participation on Professional Services Consulting Contracts.

Sound Transit has submitted the above-referenced DBE utilization goal to the Federal Transit Administration. Background information on the goal and how it was determined is available for review until September 19, 2003 during normal business days from 9:00 a. m. until 4:00 p. m. at Sound Transit's address shown below. Persons interested in obtaining a copy of Sound Transit's submittal to the Federal Transit Administration may contact JoAnn Koplitz via phone at 206-689-4914, email at koplitzj@soundtransit.org or write to the Sound Transit address below.

Sound Transit will accept written comments on the DBE program and goal until September 22, 2003 addressed to Sound Transit, Union Station, 401 S. Jackson St., Seattle, WA 98104-2826, Attention: Diversity Programs Office.

Comments may also be directed to the Federal Transit Administration, Region X, 915 Second Avenue, Suite 3142, Seattle, WA 98174-1002, Attention: Regional Civil Rights Officer.

Joni Earl
Executive Director