Preteen girls really need their dads



ALL ABOUT FAMILES important male figure in the life of an 11-to-13-year-old pirl. You may feel you would like to be closer. According: to professionals, you are right. Your adaughter needs you more than to challenge her. Your involvement helps her make wise choices and succeed in life.

It may seem nwkward to remain close at this time when your daughter seed with property. The task for fathers is to be loving and gentle while keeping boundaries clear. If you pull away from your daughter, stepdaughter, or foster daughter, stepdaughter, or foster daughter, stepdaughter, or foster daughter, and you shall sense when to hugher!

'Our daughters need us to

well, you will sense when to hug her?

"Our daughters need us to affirm their mustery (confidence) in handling new experiences) and to affirm their femininty, says Samuel Osherson, Ph.D., a research psychologist at the Har-vard University Health Services. "They need the first important man in their lives to love them fully and to help them feel they are special and beautiful. This love and caring sets the stage for

the daughter's choice of male friends and a future husband."

friends and a future husband."
Dr. Eli Saltz, director of the
Merrill-Palmer Institute at
Wayne State University,
declares, "If fathers start
expressing emotional warmth
and affection when children are
young fand they should), then
is little problem continuing this
when they become adolescents."

Here are some other ideas on ow to support the daughter in your life:

how to support the daughter in your life:

At work: There is no reason to wait for a national event or to wait for a national event or to limit workplace visits to once a year. Giving girls a first-hand look at your work and the work of your friends can have a significant impact on career plans. Your encouragement and the visit helps your pretent to think about what she can achieve, and about vocational choices.

When You Are Away from Home: Whin traveling, keep in touch by deciding with her on a good time to call, or send your daughter a fax or e-mail. If you don't have a fax or computer at home, leave some pre-addressed, stamped envelopes at your office and have a colleague mail the fixes or e-mail to your daughter. Don't forget the joy we all feel from receiving a letter or post-card; carry a book of stamps. Another travel idea: Take your 11-to-13-year-old daughter with you. A business trip with Dad at this age can be a memorable experience for her. One profes-

sional told us it was a lot more fun to spond time with his daughter after a day of meetings than attending parties with colleagues. Plan ahead, though, 11-year-olds still need some supervision.

School: Most schools are more School: Most schools are more used to dealing with mothers than dads. Don't be put off. The key to getting things changed is good humor, persistence, and a positive attitude. Join the PTO, help run the school health fair, or help build a new track or soccer field. Take your daughter to the library and help with school projects. Use your skills and knowledge to help the teacher in science and health classes.

When you younter at school.

classes.

When you volunteer at school, the preadolescent in your life will be enormously proud of you fout may not admit it.) You will reinforce the importance of what she is doing. Especially if you are a stepfather or non-custodini father, don't be discouraged. Success in school for your daughter is dependent upon your deep involvement in every facet of her life, and that includes school. For more information:

For more information: For more information:
In his fine new book, James
Levine, director of the Fatherhood project at the Families and
Work Institute, outlines ways to
stay connected with sons and
daughters—at home, at work
and when traveling: "Working
Fathers: Strategies for Balaneing Work and Family" (Addison-

Wesley, 1997, \$23).

Mary Pipher's book has become a best-seller, and for good reason. Her case studies make clear how much daughters need both parents. She suggests strategies to help daughters thrive in "Reviving Ophelias Saving the Selves of Adolescent Girls" (Ballantine Books, 1996, \$12.60). \$12.50).

Samuel Osherson, Ph.D., has Samuel Osherson, Ph.D., has written a compelling book that details how fatherhood transforms men as their children grow. Very well written, this book provides lots of practical help: "The Passions of Patherhood" (Fawcett Columbine, 1982). Also see Osherson's book "Wreating with Love: How Mer Striggle with Intimocy" (Ballantine Books, 1992, \$10).

Birmingham resident Alice McCarthy, Ph.D., is a nationally known parent educator, writer and editor. She is the mother of five children and graudmother to eight young children. To leave a message for McCarthy, from a touch-tone phone, call (313) 953-2047, mailbox 1894, or write her at The Eccentric, 805 E. Maple, Birmingham 48009.

To access McCatthy columns

To access McCarthy's columns on the Internet via O&E Online, her address is:

http://observer-eccentric.com/main/mcc/mccin-dex.html

Couple wants help paying for medicine



RENEE MAHLER

money.

A. The program I think you are referring to is the Michigan Emergency Pharmaceutical Program for Seniors. This program, administered by your local Area Agency on Aging, could provide you with free prescriptions for several months.

There are, however, the following the property of the program of t

There are, however, the fol-

There are, however, the following requirements:
You must be 65 or older before
applying for the program
Your monthly household
income if you are single or widowed is \$568 per month and
\$1,295 per month for two people.
A married person must have
drug expenses of at least eight
percent of their current net joint
house income.

You cannot be on Medicaid unless the MEPPS is needed for

unless the MEPPS is needed for spend-down.
You cannot have other insurance coverage for prescription drugs.
You have unfilled new prescriptions or authorized refills for medicine which fall due with seven days of your application date.
For more information, contact the MEPPS Program at your local Area Agency on Asing, You can find them in your telephone book.

Q. My family has a history of osteoporosis. What are the chances that I will get it

A. Osteoporosis is a disease and gradually weakens bones to the point where they can easily break or fracture. Approximate-ly 20 million women, in the

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stary Products for Hom & Dad Too

Q. I understand that there is a place that helps pay for drugs for senior citizens. Both my wife a senior citizens. Both my wife a senior citizens. Both my wife a senior citizens. Both my wife and I are in our 89s. Our income is limited and it seems that the medicines we have to take have to take all our gram I think you to is the Michigan harmaceutical proors. This program, by your local Area I is vitally important that

prone to the disease.

It is vitally important that women talk with their doctors about osteoporosis. A painless bone-density test may be recom-mended. This would help your doctor diagnose and treat the disease. There are treatment

doctor diagnose and treat the disease. There are treatment options.

Q. My sister is in an adult foster care home. I do not think she is being treated well. Who do I contact to have the home looked at?

A. Adult Foster Care Homes are under the direction of the Michigan Department of Social Services, Division of Adult Foster Care Licensing. This agency licenses and regulates adult foster care homes. To register a concern, contact the Michigan Department of Social Services Adult Foster Care Licensing Office at your local Department of Social Services. The office conducts complaint investigations. You can call the office, listed in your phone book, or write. If you write, you will receive a written report of the investigative findings. The Division of Adult Foster Care Licensing will take the appropriate action if the home does not meet its licensing rules and regulations. If you choose, you can tell the agency you do not want your name connected with the investigation. Everything then will be strictly confidential.

Course concentrates on meditation, motivation

Reaching Higher, a meditation and mativation course designed to empower people to be the best they can be, begins a fall session wednesday, Sept. 17, at Cran-brook in Bloomfield Hills. "People have fears and nega-tive beliefs about themselves,"

tive beliefs about themserves, says Sue Dahlmann, course cre-ator and instructor. "Through the class, we positively 'repro-gram' you so you can live life

with a passion."

The course uses a time-tested form of meditation, which helps alleviate stress, reduce fatigue and overcome addictions, Dahlmann said.

"The bottom line of the course is to help people take charge of their lives. The course is a synthesis of their experiences and the way they want their lives to be," says Linda Hanniford, who

instructs with Dahlmann.

Each week the eight-week course focuses on a different topic including Positive Life Choices, Overcoming Fears, Love, and Creating Happiness Through the Power of Giving.

The pair studied with Deepak Chopra, M.D., author of "The Seven Laws of Spiritual Success and "A Path to Love.

Dahlmann is a Union Lake resident, is a Dale Carnegin instructor and public speaker. She is associated with the Pro-

sional Speakers Association of chigan. She also was an ele-Michigan. She also was an ele-mentary schoolteacher for 25

ears. Linda Hanniford of the Linda Hanniford of the Brighton/Mowell area is a teach-er, public speaker, trainer and crisis counselor/minister. She is the only person in Michigan, and one of only 200 people in the world, certified to teach Chopra's Primordial Sound Meditation. For more information, contact Dahlmann at (248) 366-9135 or Hanniford at (517) 7436.













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