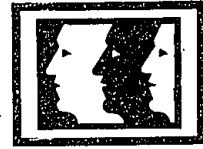


Suburban Life

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The need to talk

With teens, stay calm, control that urge to scream

By Ellen E. Mason
special writer

TALKING TO a teen-ager means mostly listening, Farmington Hills child psychoanalyst Kerry Kelly Novick says.

"It means sympathetically being there but not saying much," Novick told a group of parents at a Bloomfield University School meeting in Birmingham.

"One of a parent's major tasks is to refrain from long lectures because teen-agers need to hear themselves talking to work out their own solutions."

A parent must know what to listen for and "what things should worry us when we hear them," she said.

"FIRST, REALIZE a teen-ager will never talk to you when you set aside time to talk or in a class discussion period. He or she will always want to talk when you're peeling potatoes, the phone is ringing, someone is at the door and you have to be gone in five minutes."

"They talk when they need to talk. So be ready to listen. The things they lay on us at these inconvenient times are the things that concern them most."

THROUGHOUT THE teen years, a parent should try to stay calm, said Novick, who is the mother of three children, ages 5, 10 and 12.

"There are so many fashionable disorders that we tend to panic when our teens panic. But where parents are cru-

cial is in staying calm and steady and letting teens know what's important and what the parent values."

"I never met a single adolescent — normal or otherwise — who didn't worry that he or she wasn't crazy or weird. It's important to let them live through it. Maybe the best thing to do is to not react prematurely to it. It may be an ordinary hiccup in their lives."

Novick, who trained at Anna Freud's Hampstead Clinic in London, England, described three stages of adolescence as roughly ages 11-12, 13-15, and 15 up.

"AT ABOUT 10 to 12, children are beginning to learn to be in charge of their own bodies. One day they will come to you for advice and be sweet babies and the next day swing away and be unpleasant, sullen and sulky."

"This is the stage where the battle is over the basics like food, clothes and a messy room."

"Set some limits, but maybe a little wider than you might like at this stage. You can figure the stage is coming to an end when there's no hot water left in the bathroom."

TWO DANGER signals can fly in the 11-12 age bracket. Watch for a child who constantly battles all grownups and cannot find even one adult he or she likes. The other danger signal is the always-compliant child.

"If Mom is the villain, okay. But, if even the mom down the street isn't any good, I'd worry."

"I'd also worry about the child who always does what he or she is told and doesn't begin to develop some individual identity."

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— Kerry Kelly Novick,
child psychoanalyst

"Neither case is cause for real alarm, however, unless it goes on and on and on."

Between 13 and 15, children begin to establish a sexual identity.

"They get very sensitive and very touchy. They spend a lot of time comparing themselves to others."

Telling children positive things about themselves is very important at this stage, although parents often feel as if it doesn't really do any good, she said.

"TEENS TALK a lot about sex at this point, especially with each other. And peers are important at this point. This is when the phone bills go bananas."



At roughly age 15 to 16, a teen takes the first steps toward establishing relationships with the opposite sex, she said.

"It's heart wrenching. They wonder if anyone will ever want them. The tricky thing here is knowing what is normal depression and depression that is symptomatic of something else."

"Teens can be awfully miserable when they're miserable. And you'd be worried if an adult felt like that."

"And the sadness can be really intense sadness. But it has to happen. They have to learn that Mommy can't always kiss it and make it better."

"THE TEEN years include moving

away and looking at parents. And then coming full circle and they come back."

"And then you can have a real conversation with this kid. It doesn't mean they know everything, but they feel much more confident. And you as a parent can feel much more confident, too, because you don't have to pretend to be some way."

"They will tell you when they have come full circle. They'll have a cup of coffee and discuss the newspaper with you. That's the plateau."

Specific teen problems include poor grades, she said.

"Before you panic, look at whether the child is learning or not. Maybe they're doing the spirit of the law and we're asking the letter of the law. Or, maybe the child's potential just wasn't as great as everybody thought. This is especially true for girls, who tend to be early bloomers."

"WHAT I'M saying is the emotional stuff is not the first thing one should jump to. Neither is letting poor grades go on for more than one marking period a sensible solution."

"Maybe honesty is what's called for from parents and teachers. The teen should know that they have a chance to create who they are going to be. But they have to start somewhere and that's with who they honestly are."

"It's hard for kids of all ages. We look so competent to them."

"I remember a little boy who wouldn't read, even though he had been ready for over a year. It turned out he

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Artist-in-Residence

Commission includes teens in prize-giving tribute

The Artist-in-Residence program, started by the Farmington Arts Commission to recognize the talent of an area artist each year and extended several years ago to honor arts contributors, has expanded again.

For the first time, area high school students will be included in the 1995 tribute.

All students living in the Farmington School District are eligible to vie for five cash prizes that run from \$50-\$300 by picking up application blanks that

are now available in all high school art departments and in both Farmington libraries.

Slides or photographs of one piece of original art must be received by May 1, and entrants must be prepared to present the actual work for judging, should they be selected as a finalist.

Winners and honorable mentions will be guests of honor, along with the 1995 Artist-in-Residence, the individual and the group selected for 1995's "Service to the Arts" award June 2.

The spring reception for the winners

Health Care offered

Arthur Weaver, cancer surgeon, professor at Wayne State University and director of Better Living Seminars, a non-profit health-related organization, will be hosting the seminar's annual Health Camp May 19-20 at Ranch AUS-able in Grayling.

Programs to be offered include a live-in stop-smoking clinic, weight control seminar, stress management and creative cooking without meat classes.

Other activities include canoeing, horseback riding, exercise classes, bird watching, ceramics, walks along the

nature trails, health and lifestyle counseling.

"Good health," according to Dr. Weaver, "is more than the absence of discernable disease. Good health is a positive attitude and feeling of well being in the physical, mental, social and spiritual dimensions of life. It includes creativeness, enthusiasm about life, and a vibrant and active lifestyle."

Cost for the eight days at Health Camp is \$290 per person or \$495 per couple. Family rates are also available. For a brochure, write Better Living Seminars, P.O. Box 574, Plymouth 48170 or call 892-7346.

Seminar designed to help the new entrepreneur

"The New Entrepreneur," a series of three lectures, has been designed for contemplating starting their own business, those thinking about starting a business, and those wondering about offering a consulting service and how to go about getting clients.

The series begins at 7:30 p.m. Wednesday, April 24, in Farmington Community Center, led by Ruth Brodsky, president and founder of Ed-Text, a business that specializes in organizational and professional development.

"The difference between a success

and a failure is that a success continues to do that which he may not like to do but understands has to be done," Brodsky said.

She adds that the seminar "will probably provide you with all the answers you need to get started."

Legal requirement, career pathing, financial reporting, marketing, pricing, advertising, goal setting, stress as a company owner, and time management are among the topics she will focus on during the class.

Fee for the three sessions is \$95, payable with in-person registration in the center on Farmington Road, north of 10 Mile.

is a traditional, open-to-the-public affair held in Farmington Community Center for area residents to meet the honored artists. It is sponsored by members of Farmington Arts Commission.

EDEE JOPPICH, a Farmington resident and nationally known artist who took the Artist-in-Residence Award for 1978, will judge the entries for the commission's "Student Award."

On her involvement in the Artist-in-Residence project this year, Joppich said, "Whether you are known internationally or just starting out, all of the winners, I know, will be as excited as I was on the day of presentation."

Of all the many prestigious awards Joppich has won, she said she will never forget "that very exciting day" in 1978.

"I am so very pleased to live in a community that honors its artists. Perhaps that is why so many artists choose to live in this area. I know its made a difference for me," she said.

Alice Nichols, named Artist-in-Residence for 1992 and among those on this year's selection committee, said, "I think it is fantastic to give a boost to young people. All artists need support."

Fayann Kaufman, head of Farmington High School's art department, echoed her support for the expansion. "We have some very talented students here, some beautiful artists and sculptors. They are going to be thrilled to be in on this and we all look forward to the challenge."

FARMINGTON Area Arts Commission, consisting of nine representatives from the two cities, promotes appreciation of all art forms in the community.

The commission sponsors extensive art programming in the schools. It offers camp scholarship, has arranged for ballet performances, demonstrations by painters and poetry reading.

Commission members initiated the student award competition to encourage creativity by promising teens in the visual arts with a total of \$700 in prizes.

The winning young artists will be in good company. They will be listed along with renowned achievers in painting, pottery, photography, music, musical composition, architecture, and drama, as well as teachers of various art forms.

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