

MAKING PLANS

An estimated 80 to 90 percent of parents with young children do not have a legal will with formal instructions detailing who would care for their children if both parents die. Further complications are caused by the proliferation of single-parent and blended families.

When a single parent does die, court battles over custody can drag on for months, leaving children in limbo. Lawyers and estate planners are urging their clients to make detailed guardian arrangements in their will.

LIKE PARENT, LIKE CHILD

Parents set the pace for physical fitness in the home, and in-shape mothers and fathers usually raise children who also become physically fit. That was the result of a recent U.S. Department of Health and Human Services survey. Kids were found to be more fit if they had a parent who exercised regularly. The new report said that kids are fatter than children were 20 years ago, and only 35 percent of kids are enrolled in physical education classes at schools where P.E. is not required.

A HOME AND A HAND

More than a million adults in the United States provide direct physical care for their aging parents or relatives, while millions more provide financial assistance or help out with the day-to-day chores such as housekeeping and shopping for food.

When it comes time to discuss health, legal, or financial matters with an aging parent, there are several steps to take: You should explain the purpose of your conversation clearly, give your parent a maximum sense of control, learn to be assertive when you need to be, and don't make promises you may not be able to keep; for example, "Don't worry. No matter what happens, I'll never put you in a nursing home."

"YOU'RE TOO STRICT!"



If you are not disciplined, and everyone undergoes discipline, then you are illegitimate children and not true sons. Hebrews 12:8

How true this verse from the Bible is. An undisciplined child feels like he does not belong in the family, despite the "love" of his parents. This bit of biblical wisdom has been confirmed by a recent study at the University of California.

Over 2,000 normal middle-class boys and their families were studied, beginning at the boys' preadolescence and following through to young manhood. They were then identified as having either high or low self-esteem. The high self-esteem children clearly had been more loved and appreciated; yet they had come from homes where their parents' approach to discipline was significantly more strict. Also, family ties were strongest in the homes where discipline and self-control were a way of life.