THE PONCA CITY NEWS
PONCA CITY, OKLAHOMA

LIFESTYLES

Carey Head, Lifestyles Editor

A Lot Happens When Parents Clash Over Kids

By LEANNE ITALIE
Associated Press Writer

Meals. Bedtime. Discipline. The reasons parents clash over the kids are endless, especially now that more unemployed dads are filling in for back-to-work moms as the turf wars enter grands through a second year.

Nurses are definitely last on today's home front, contemplating the challenge for parents looking to navigate and negotiate disparate views on child rearing.

"I've never seen such stress in parents and families," said Nicholas Bayha, a psychologist and mother of three boys who has written 22 books on parenting. "The recession is causing stress, number one. And number two, it's a pressure-packed world. Parents are very often at that level when they think being a to-do list is more important than who they are."

Bayha and other parenting experts suggest a game plan that recognizes differences among partners as positives rather than sources of scorn and blame, that reversing long-standing parenting patterns while managing the to-do can be daunting.

"Our roles are stretched out," said Jennifer Aaudevich, who with husband, Bill, is raising daughters Celia, 17, and Tess, 2, in Branford, Conn.

"He's the fun dad and I'm the mom who's always saying 'No.' You'd think after 20 years of marriage you'd have it worked out," she said. "We met in law school and we joke that we fell in love while we were learning to argue."

Jennifer, 44, works part time as a consultant to nonprofit groups and Bill heads a substance abuse facility. With a 19-year spread between their girls, they've learned to differ parenting styles through humor and knowing when to walk away from a disagreement over the kids.

"There are moments when the worst of us comes out and we merely cut in a huff, muttering under our breath, and it's a complete meltdown, but that doesn't usually happen," Jennifer said. "Tell me mother how careful you are. There's always the lurking danger that you're going to view yourselves as being on separate teams. That's the biggest challenge of parenting."

Kyle Pruett, a child psychiatrist and co-author with his wife, Marsha, of the new book "Partnership Parenting," said parents too often fuel their relative keeping score.

"The idea of team counting, of 50-50 parenting, is just bankrupt," he said. "I'm doing more sandwiches than you. I'm changing more diapers. There is this wrong-headed and tragic misunderstanding that parenting is an repeatable prize set. It can't possibly be. You're not clones of each other."

Consistency is perhaps the top parenting cheer, said Bayha, who has written a new telephone book-size tome called "The Big Book of Parenting Solutions: 101 Answers to Your Everyday Problems and Wildest Worries."

"When the parental unit in a household is weakened due to conflict, it can have a major impact on the children's sense of confidence and safety," she said, suggesting parents work toward crystal-clear rules on such things as punishment and resolve not to shift from one "kindly solution" to another in search of quick fixes.

"Our society generally are telling kids have free reign, and the next thing we know, we are crashing and afraid to let go," Bayha said. "Not only are the stakes opposite confusing and frustrating for kids, when the problems end up resurfacing down the road, we do the arguments with your spouse."

The issue is made even more difficult when parenting roles change.

Kathlyn Odria, 27, and husband, Mark, live in Carrollton, Texas, with their 7-year-old son, Nicholas, and 8-month-old daughter, Eva. After a mid-career switch into real estate in 2007, Mark was laid off the following April. He was out of work for eight months, got a job selling door to door in January of this year only to be laid off again in July.

Kathlyn has always worked, but they let their nanny go and Mark is now caring for the kids full-time.

"Mark is very good at taking care of the kids and keeping the house up, but I'm the more focused one," she said. "If Nicholas won't pick up his toys, my husband's reaction is, 'If you don't pick them up, I'll throw them away,' where I'll give him a second or a third chance. My husband gets upset because he thinks I'm undermining him."

While Mark's role has changed, he too has approach to discipline has not. Kathlyn wishes for a secret signal to help them stop back while they search for solutions.

"If he and I could have a code with each other, like I could say a code word and he would know I'm not agreeing," Kathlyn said. "It's just really hard for me not to say at least something in the moment."

Bayha urges parents to consider the implications of child rearing thrice over time:

— Your kids will lose confidence — in you.

Conflict leads to loss of confidence and feelings of safety in children, making it more difficult to discipline them but also "harder for you cute to soothe a child who is upset or worried," she says.

— Feelings of powerlessness.

Parents who feel unsupported by a spouse experience a dramatic drop in the ability to solve problems, search for solutions and communicate effectively — in parenting and in their marriages, Bayha says.

— Stronger alliances between parent and child.

Taking a child's "side" when two spouses disagree instead of presenting a united front is a protective instinct, she says. "Don't do it. Doing so not only undermines the authority of the 'opposing' parent, it sets up a dynamic that encourages kids to play you and your spouse against one another in the future."

Sometimes, Bayha says, the only thing left is to admit to your kids — and each other — that you don't have all the answers.

"Learning how to fight fair," she says, "is half the battle."

FROM LEFT: Nicholas Odria, Ava Odria, Mark Odria, and Kathlyn Odria make cupcakes in their kitchen at their Carrollton, Texas, home. (AP Photo)

Hunter's Moon Risin'

THE FULL MOON rises in the eastern sky this week providing extra illumination for hunters climbing out of their deer stands. According to www.farmersalmanac.com, while it appears to be round, the Moon is actually egg-shaped with one of the smaller ends pointing toward Earth. A good set of binoculars or telescope will show some of the three million craters on the Moon's surface. (News Photo by Carey Head)

Frugal Living

Sara Neal
Newspaper Enterprise Assn. 52009

Buying and Selling on eBay

The auction site eBay has become a primary and supplemental income source for many. It's the perfect way to sell products or simply declutter without having to create an e-commerce Web site. It's also a great place to buy merchandise.

I've been successful selling on eBay by making sure that I have clear photographs, offering multiple methods to receive payments, taking time to research what similar items are selling for, and being clear on my shipping and handling policy.

Keep in mind when buying from eBay that you should read the listing carefully and pay close attention to shipping costs and the condition of the item you're comparing, and check seller's feedback. Today's readers share additional tips.

BUYING:

• Get a sniping program. This way, you can enter the highest amount you are willing to pay without others seeing that you are bidding. I use Auction Sentry, $10 for a lifetime subscription. — Arkell, Connecticut

• I bid my highest amount, but with an odd number. For example, with an item ending soon that has a bid of $5.50, I'm willing to pay $10 and I'll raise my high bid to $10.01 or $10.51. Sometimes that penny makes all the difference. — Dennis, Georgia

• With clothes, I ask for additional pictures and measurements. — Tammy, Alabama

• I have found I get the best deals when the item ends on a holiday. — Marvin, Missouri

SELLING:

• I usually list my auctions on Sunday night for seven days and end them on Sunday night. If you are going to sell a bunch on eBay, I would invest in a postage scale. That way, you can know ahead of time how much your actual shipping would be. I ship my items by priority mail and just print the label right through PayPal.com. It's convenient, and I don't have to wait in line at the post office. — Kim, Michigan

• To research what an item has sold for in the past, do an advanced search for the item and check off "completed listings." — Michelle, Massachusetts

• Visit eBay and click on the Answer Center and the discussion boards. If I want to sell books, I go to the completed items listings after entering the title or author of my book. I find one that has been sold recently. If there are several listed, I look for the one with the highest price and check to see what category it was listed in and what the starting price was.

L'Oréal Paris Honors Clinton Resident Lillian Collins as 'Woman of Worth'

Oklahomans invited to vote online for Collins' charity, Eastside Academy, to win additional $25,000

CLINTON — Clinton resident Lillian Collins has been honored as a Woman of Worth by L'Oréal Paris for her unwavering commitment to her community through her work for Eastside Academy. Collins is one of 10 honorees from across the country that will be recognized for extraordinary volunteer achievements and positive influence on her community.

Lillian Collins

From Nov. 9 through Nov. 24, a public online vote will take place at www.womanofworth.com to nominate one National Woman of Worth honoree. The National honoree will receive an additional $25,000 donation for her non-profit organization.

Collins founded Eastside Academy in 2003 to provide help in reading and math to African American children. Most of the students live in a drug-infested area where it is critical that they have positive alternative activities.

The Eastside Academy after-school program, implemented by Collins, does more than educate students; it is a safe haven for most kids. Volunteers offer the children love, support and guidance as well as opportunities to participate in ballet lessons, sports programs, receive tutoring and obtain sports scholarships.

"I am extremely delighted to be honored as a L'Oréal Paris Woman of Worth," said Collins. "It is truly a privilege to be among the company of these 10 amazing women who have all worked so hard to positively effect their communities, showing that one person CAN make a difference."

The 10 honorees represent women from all across America, dedicated to a range of causes and are extraordinary examples of the power of grassroots activism. They were chosen from nearly 2,500 applicants.

Collins will be honored at the CNN Inspire Summit in New York City where she will receive $5,000 for her charitable cause plus a matching $5,000 monetary donation will be made in her name to The Ovarian Cancer Research Fund, the 12-year charitable partner of L'Oréal Paris.

The Women of Worth initiative is inspired by L'Oréal Paris' iconic brand philosophy, "Because You're Worth It," and recognizes the achievements of real women who possess self-confidence and are committed to distinguishing their own lives by making a difference in the lives of others.

The other 2009 Women of Worth honorees are:

Brittany Bergquist — Norwell, Mass., established Cell Phones for Soldiers, Inc. to keep toxic waste out of landfills and provide phone cards for troops serving throughout the world.

Anne Giether — Sammamish, Wash., founded Sandcastle, which provides staff and services to youth of all backgrounds and abilities for the development, management and accomplishment of their goals to help others.

Mainah Karnes — Idaho Vu, established Tapestry Foundation, which provides meals, financial assistance, emotional support and inspiration to younger women affected by breast cancer.

Shawna Lambert — Minneapolis, Minn., founder of Pandora's Project, a community where women who have survived rape can connect and support one another.

Brenda Murray — Cherry Chase, Md., has been transforming conditions and providing educational opportunities for thousands of women behind bars for the past 20 years.

Ora Roberson — Sacramento, Calif., takes their people with special needs, helping these young people have a chance to experience success and stay committed to their education.

Carol Ross — Whittier, Calif., founded Bridge of Faith to provide families of incarcerated women with mentoring and social service referral services.

Holly Trees — San Francisco, Calif., created Yoga Bear, an organization that provides free yoga classes to cancer patients.

Rhonda Vinner — Boston, Md., provides local community resources to parents in her school to obtain their GED, housing, food and health assistance, transforming the school into the hub of the community.

For more information about the Women of Worth Program and to vote for the 2009 Women of Worth National Honoree, please visit http://www.womanofworth.com. Voting ends Nov. 24.

Note: The Carrot Cake Cheesecake recipe featured in the Thursday edition of Lifestyles did not specify an amount for raisins and carrots. This is because those ingredients are included in the Duncan Hines Decadent Carrot Cake boxed mix. See? Even simpler than you imagined!

BRING THIS AD
Direct From the Boats
Fresh Shrimp
Blue Crab Meat Also
Truck at Super S Mart • 301 S. 14th
Sunday, November 8th • 11 am - 1 pm
FABIAN SEAFOOD CO.
Galveston, Texas
$1.00 Off with this Ad
www.fabianseafood.com

CHAPMAN SHOES & BOOTS • CHAPMAN SHOES & BOOTS
Chapman Shoe Emporium
2601 N. 14th, Ponca City • OPEN DAILY
Come Shop Our Spacious
New Look!
EXPANDED DEPARTMENTS!
NEW DISPLAY LAYOUTS!
We have remodeled our store's interior, from the entrance ...
... to the convenient display cases ...
... to the skateboards and other specialty items. See you soon!
We offer the area's largest selection of shoes and boots, plus
Sneakers • T-Shirts • Rugs • Boots • Hats • Wallets
Handbags • Backpacks • Socks • Belts • Dance Shoes
Skate Decks • Sport Bags • Steel Toe • Belts • Laces
Polish • Cleaners • CASUAL & DRESS SHOES
HARD-TO-FIT SIZES • ARCH SUPPORT, WIDE WIDTHS!
CHAPMAN SHOES & BOOTS • CHAPMAN SHOES & BOOTS