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FAC NEWSLETTER - SEPTEMBER 2005



ISSUE #104

More Women, Fewer Men at Work

“During the last century, the most significant feature of the labour market has been the entry of women.

“Over 80% of all women aged 25-54 are now in the paid labour force, compared to 52% in 1976. For the first time ever, young women aged 15-19 are more likely (55%) to be in the paid workforce than young men of the same age (54%). The typical female now retires at 60 years of age.

It used to be that married women were much less likely to work for pay than other women, but “marital status is no longer the most important determinant.”



“Over 80% of all women aged 25-54 are now in the paid labour force, compared to 52% in 1976.”

“The types of jobs held by women continue to be somewhat different from those held by men. The impact of having children is very significant. About half of wives with children work at ‘non-standard’ jobs, which include part-time jobs, self-employment, or multiple jobs.” Younger women with children are most likely to have flexible arrangements to balance paid work with housework and child care.

“The labour-force-participation rate among men has been declining slowly over the last three decades. Fewer young men aged 20-24 are in the labour force as record numbers continue their education. There has been a small decline in the percentage of men aged 25-54 in the labour force, to 92% in 2003 from 95% in 1976.

“The biggest decline has been for men aged 60-64, where the rate fell from 67% in 1976 to 53% currently. **The typical male now retires at 63 years of age.**”

Profiling Canada’s Families III, VIF (2004)

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PARENTING TODAY - PART II

PREVENTING TEEN SUBSTANCE ABUSE

Now let's talk about some of the risks that teens face. First, let's look at drugs and alcohol. These are a few things you can do to help your teen stay away from drugs and alcohol.

1. State your expectations clearly.
2. Pay attention to where your teen is.
3. When your teen leaves home, ask her to tell you where she is going. Ask for specifics.
4. If your teen says he is going one place but actually goes somewhere else, consider restricting his freedom for awhile.
5. Remember that your teen is innocent until proven guilty. Stay open to the possibility that there is a reasonable explanation for any story you might hear.
6. Build relationships with other parents and agree on the rules. If none of the kids in the group have complete freedom, there will be less peer pressure and more safety.

TEEN DEPRESSION

Teens are known for their mood swings. It is common for them to feel sad or gloomy. Many parents become concerned about a teen's mood. Depression is different from the blues because it lasts longer and is more intense. Clinical depression is an illness that can lead to very serious problems, with lifelong implications. Some of the warning signs that your teen may have something more serious than the blues are:

1. She shows less interest in her appearance.
2. She seems to feel hopeless.
3. He seems to hate himself.
4. He seems indifferent about most things.
5. She seems numb.
6. She lacks energy.
7. He talks or thinks about death and dying.
8. He changes his sleeping or eating habits.
9. She loses interest in her friends or hobbies.
10. She stops caring about her pets or cherished possessions.
11. He has a sudden change in his grades at school.
12. He complains of extraordinary stress.
13. She withdraws from people.



HOW TO BUILD YOUR TEEN'S SELF-ESTEEM

Having strong self-esteem is critical, especially during the teen years. You can help your teen build and maintain his or her self-esteem in the following ways:

1. **LISTEN** to what your teen is saying to you, in words and actions.
2. Ask your teen's opinion about things and accept it.
3. Ask why he thinks the way he does.
4. Remind yourself that your teen needs to differentiate herself from you. That is her job as an adolescent, and it is healthy. Allow her to do it.
5. Let him know that you **LOVE HIM**.
6. Let her know that you will always be there for her.
7. Don't be threatened when she expresses herself.
8. **ENCOURAGE** him to express his feelings appropriately.



GUIDELINES FOR PARENTING COORDINATION

While I was on the Board of Directors for AFCC, the Board commissioned a task force on guidelines for Parenting Coordinators. Originally, the designation of Special Master was defined as someone who helped with high conflict families and made sure that judicial orders were followed. A Special Master was someone who had the authority of the Court. Many jurisdictions in the United States and in Canada, due to restrictions in the law, could not use the Special Master title. The AFCC newest guidelines changed the wording to 'Parenting Coordinator' instead of Special Master.



In family matters, a Special Master in Canada has been defined on the Justice Canada website: http://canada.justice.gc.ca/en/ps/pad/reports/2004-FCY-1/chapter_7.html.

The guidelines for the parenting coordinator role

“The role of the psychologist, regardless of the use of the term parenting coordinator, must be clearly defined.”

can be obtained at: www.afccnet.org (Refer to the last page for Canadian content).

Some lawyers may wish to use the term parenting coordinator for other aspects of resolving discord with high conflict families. The role of the psychologist, regardless of the use of the term parenting coordinator, must be clearly defined, as this helps the clients and the psychologists avoid conflict of interest or dual roles.

Larry S. Fong
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MENTORING REWARDS ARE PRICELESS

This year marks the 10th anniversary of the Alberta Mentor Foundation for Youth, which has paired more than 1,000 young people with mentors to date.

The organization was founded in 1995 by a group of business professionals and educators concerned about the high number of youth dropping out of high school.

“She really inspired me to do a lot of things with my life.”

Martha Kott signed up to be a youth mentor because she's passionate about keeping kids in school, but the relationship with her protégé is flourishing into a lifelong friendship.

Kott began mentoring her most recent student, Shantelle Barthelette, when the teen entered Grade 7 at Jack James High School in Forest Lawn.

Barthelette, 17, graduated high school this year and will begin studying at Bow Valley College in the fall.

“It's exciting for me to see her blossom into the individual that she has,” said Kott.

For Barthelette, Kott has been someone to turn to for support and guidance.

“She really inspired me to do a lot of things with my life.”

Kott will begin mentoring a new student in the fall, but Barthelette has no doubt their friendship will continue.

“She's one of my best friends,” she said.

Source: T. White (2005). *The Calgary Herald*.

SUGGESTIONS/COMMENTS?

Do you have any suggestions for future articles, or just a comment regarding this newsletter? We welcome your feedback. Please contact Val Schuster at 266-2017 or at vschuster@worldpsych.ca.