

Parents Should Answer Questions

Dealing with your children's questions on sexuality isn't easy. Yet according to Dr. Leo Hawkins, extension human development specialist, North Carolina State University, parents are the most important sex educators their children have. Therefore, the first step parents should take is to get accurate information on sexuality for themselves.

"If you can't provide accurate information on sexuality," Hawkins said, "then your son or daughter won't see you as a reliable source of information. And if they think you won't have the answers, they won't ask the questions."

Parents can use books, pamphlets, films and the help of competent professionals to reinforce their knowledge. "But," cautions Hawkins, "these alone can never take the place of an understanding parent in helping a child find satisfying answers."

"It is important to answer questions as they come up," Hawkins points out. "Children and teens will learn best when they are motivated. Of course, if the question comes up in a public place, it is not appropriate to launch into a full course explanation. Then you must defer the question until you are alone."

Always tell the truth; but at the same time, keep it on the child's or teen's level. Hawkins said other parents may not complain if someone teaches a falsehood like babies coming from storks. Yet they may be angered if your child tells their child the truth about how babies are born. Therefore, you may need to tell your child that it isn't necessary to share all of the "new" information with everyone. Help him or her understand that sexuality is personal and not a topic for playground discussion.

"You may be asked the same question more than once," Hawkins observes. "Don't be surprised or discouraged — repetition is a good teacher. Questions may also come in groups as one thing leads to another. There could be long periods of silence as well. This usually means the child is satisfied with the information you have given."

Misconceptions about sexuality are learned from movies, radio,

television, books, peers and even professionals, Hawkins said. This may cause teens to have unrealistic ideas.

Parents need to point this out because they are the best source to deal with the emotional, moral and social aspects of sexuality. And they need to help their children and teens understand that sexuality isn't everything. It's one part of life that needs to be put into perspective.

Doctor Named Diplomate of ABFP

KANSAS CITY, MO. — Dr. Terry R. McGuinn of Tryon, N. C. has been named a diplomate of the American Board of Family Practice (ABFP) as a result of passing a certification examination offered by the ABFP. He is now certified in the medical specialty of family practice.

The intensive 2-day written examination is designed to prove the candidate's ability in the areas of internal medicine, surgery, obstetrics, gynecology, pediatrics, psychiatry and community medicine.

To qualify for the examination a physician must have successfully completed three years of residency training in family practice. There are some 382 such training programs in teaching hospitals and university medical centers across the United States.

Children's Sleepwear

By Jan Christensen, NCSU

Preppy looks and Superhero designs are popular in children's sleepwear, notes Judieth Mock, extension clothing specialists, North Carolina State University.

For gowns and pajamas, little girls like the lace and eyelet collars, ribbon ties, and tucking that are a part of the preppy look.

Little boys like the Superman, Captain Marvel and Batman look in their sleepwear.

Disney characters, Snoopy and the Muppets are other strong contenders in kid's sleepwear, the specialist adds.

Mothers should be pleased to know that no matter what the design, sleepwear fabrics are soft, cuddly and easy care.

Use of yogurt can be traced back 2,000 years in the Balkan countries.

The Upstairs

Nov. 6, Potemkin 1925 masterpiece by Sergei Eisenstein, 8:15 p.m.

Nov. 19, opening reception Multiplicity, 2-5 p.m.

Nov. 16, Going Baroque. Baroque music ensemble will perform works by Handel, Hayden, Telemann and Bach.

7:30 p.m.

Nov. 20, Films: Night and Fog. Alain Resnais' portrayal of a nazi camp, and Leaf a 7 minute film of a leaf's change of color, 7:30 p.m.

Nov. 22, Bob & Bob Performance art duo from Beverly Hills, Ca. will show their new film and talk about their new book, 8 p.m.

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