

# Living With Children

**By John Rosemond**  
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Q: When our daughter, an only child, turned thirteen and entered the 8th grade, it was like a switch was flipped. Almost overnight, she went from being a sweet, respectful and obedient child who had never given us any serious problems to being petulant, sassy, and often belligerent. She wants nothing to

do with us anymore and makes that perfectly clear in often very hurtful ways. She stays in her room, on her smart phone, most of the time, often refusing to even eat dinner with us. We tried taking her phone away, but she threw such an out-of-control tantrum – shrieking, throwing and breaking things, even – that we became concerned gave it back to her. Her grades are beginning to suffer as well. We just don’t know what to do. Should we perhaps put her in counseling with someone?

A: My finding – obtained over the past forty-five years – has been that professional counseling with young teens frequently makes matters worse. All too often, professional mental health counselors give children your daughter’s general age the impression that not only do their feelings “rule,” but that their rebellious, disrespectful behavior is in some way justified by their parents’ failings. In all fairness, that may not be the intention, but it is the all-too-frequent outcome. For that reason, I rarely recommend professional counseling or therapy for a child or young teen.

As I’ve said before in this column and elsewhere, I am not aware of a body of objective studies that would verify the reliable effectiveness of counseling or therapy with children or teens (or even adults, for that matter). However, studies report averages, not individual outcomes. You might be able to find a counselor for your daughter who would be a good “fit,” but you would be rolling the dice by making the attempt.

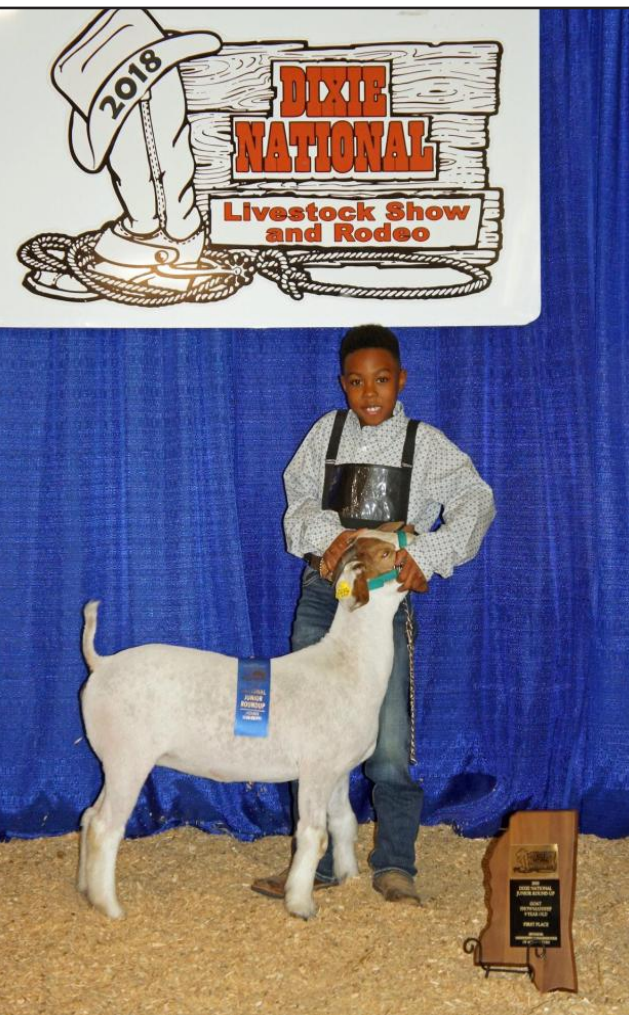
My first recommendation is that you take away your daughter’s smart phone and give her an old-fashioned flip phone instead. It’s becoming increasingly clear that smart phones are exerting a highly negative influence over children and teens. To begin with, there is no doubt that they are addictive. The tantrum you witnessed when you made the attempt to take your daughter’s phone away is a strong indicator of exactly that, but the rest of your description also fits the profile. Unfortunately, she has discovered that she is capable – by acting like a lunatic – of intimidating you, even frightening you. The next time you make the attempt, if you are even willing to do so, the storm is likely to be even more intense. If you capitulate to or compromise with her on this issue, then I would predict things going downhill from there.

If that fails to restore the daughter you’ve known for

the first thirteen years of her life, then take her door off her room while she’s at school and inform her that to restore her privacy she must act like a normal human being and family member for one straight month. To be perfectly clear: I’m talking about an incident-free thirty days. If there’s an “episode” of some sort during the month – disrespect, belligerence, refusing to join you for dinner, etcetera – then her month without a door begins anew the next day.

Parents who have delivered the one-two “punch” of making a teen’s smart phone disappear (or simply taking it off their account) and removing the door to his/her room usually report that things go from bad to worse for three days to a week and then begin to improve. I don’t make guarantees, but the weight of these testimonials leads me to predict a positive outcome with your daughter. You have going for you the fact that she’s been a good kid for a whole lot longer than she’s been a pill.

*Family psychologist John Rosemond: johnrosemond.com, parentguru.com.*



Jordan Brooks is pictured with his Meat Goat after having won the Junior Division of Meat Goat Showmanship at the recent Dixie National Livestock Show in Jackson. This show was Jordan’s second year to win that honor as he continues to exhibit outstanding skills in the show ring. Jordan is the son of Hillary Griffin of Cruger. (Photo by Betsy Padgett)

## LETTER TO THE EDITOR POLICY

The *Holmes County Herald* welcomes your comments on editorial opinions and news items on most subjects important to you. All letters-to-the-editor should include the name, address and phone number of the writer, and must be handsigned by the writer. Letters will always be checked for verification purposes only. Letters may be no more than 250 words. Letters may be delivered to our office or mailed to P.O. Box 60, Lexington, MS 39095 with a copy emailed to [hcherald@gmail.com](mailto:hcherald@gmail.com).

The *Holmes County Herald* reserves the right to edit or refuse to publish any letter deemed inappropriate.

## PUBLIC HEARING NOTICE RURAL AREA PROGRAM

The **Sunflower-Humphreys Counties Progress, Inc.** of Indianola, Mississippi, is considering applying to the Mississippi Department of Transportation, Public Transportation Division, for assistance through its Rural Area Program to provide public transportation services within **Holmes County**. Funding is available to state agencies, local public bodies and agencies thereof, non-profit organizations, operators of public transportation services in locations other than urbanized Area, and, under special circumstances, private operators of public transportation on a competitive basis to undertake eligible transportation activities.

The goals of the Rural Area Program are: to enhance the access of people in non-urbanized Area to health care, shopping, education, employment, public services and recreation; to assist in the maintenance, development, improvement, and use of public transportation systems in rural and small urban Area; to encourage and facilitate the most efficient use of all Federal funds used to provide passenger transportation in non-urbanized Area through the coordination of programs and services; and to provide for the participation of private transportation providers in non-urbanized transportation to the maximum extent feasible.

The purposes for which these funds can be used are capital purchases that include such items as support vehicles, communication equipment, wheelchair lifts, etc.; administrative costs that include such items as salaries, office supplies, insurance, etc.; and operating expenses that include such items as driver's wages, fuel, oil, etc. More specific details regarding eligible activities, program requirements and the program criteria will be provided at a public hearing which will be held at **12:00 pm, on February 27, 2018** at 303 Yazoo Street, Lexington, MS.

The purpose of this hearing will be to obtain citizen input into the development of the application.

### \*Firearms

(Continued from page 1.) sell stolen firearms. He will be sentenced in Jackson by Judge Carlton Reeves on March 29. He faces a maximum penalty of 5 years in prison and a \$250,000 fine.

On January 18, Jermaine Griffin pled guilty to possession of a stolen firearm. He will be sentenced in Jackson by Judge Tom S. Lee on April 19. Griffin faces a maximum penalty of 10 years in prison and a \$250,000 fine.

Last week, co-defendant Estelle Cook pled guilty to being a felon in possession of a firearm. He will be sentenced in Jackson by Judge Carlton Reeves on May 15. He faces a maximum penalty of 10 years in prison and a \$250,000 fine.

Hughes will be sentenced in Jackson by Judge Carlton Reeves on June 11. He faces a maximum penalty of 10 years in prison and a \$250,000 fine.

The case was investigated by the Bureau of Alcohol, Tobacco, Firearms, and Explosives.

It is being prosecuted by Assistant United States Attorney Jennifer Case.

### \*Suspects

(Continued from page 1.) \$800,000 by Fisher, all three are being held at the Holmes-Humphreys Regional Correctional Facility.

# CALENDAR OF EVENTS

**DEADLINE: 4 p.m., FRIDAY**

<b>WEST GROVE M.B.C</b> West Grove M.B. Church in Lexington will have its Black History Program on Sunday, February 25 at 11 a.m. 2-15,22	will host its annual Musi- cian Appreciation Program on Sunday, March 4 at 2 p.m. 2-22,3-1
<b>CSLC</b> The Community Students Learning Center in Lexington will host its annual scholarship banquet on Saturday, February 24 at Holmes County Central High School in Lexington at 6 p.m. For more information call 662-834-0905. 2-15,22	<b>BEULAH BAPTIST</b> Beulah Baptist Church in Lexington will have its spaghetti supper fundraiser on Friday, amrch 2 starting at 5 p.m. Plates are \$10.00, dine in or carry out. All proceeds will go toward replacing the church heating and air unit. 2-22,3-1
<b>HEALTH FORUM</b> The Delta Alliance for Congregational Health (DACH) in collaboration with the Mississippi State Department of Health/Lead Poisoning Prevention and Healthy Homes Program and the Holmes County Board of Supervisors is sponsoring a community health forum on lead poisoning, healthy homes, asthma and safe drinking water on Friday, February 23 at 10 a.m. in the CMI Building in Lexington. For more information call 6621-347-8325. 2-22	<b>TRINITY M.B.C.</b> Trinity M.B. Church in Lexington will host its annual “Dollars and Dimes” Program on Sunday, March 4 at 11 a.m. 2-22,3-1

## MEMBER MPA

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