

# WORK & FAMILY LIFE

BALANCING JOB AND PERSONAL RESPONSIBILITIES

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Practical solutions  
for family, workplace  
and health issues

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## Easing the transition into fatherhood

A huge amount has been written for women about how to get through a pregnancy safely and happily, but there's not a lot of advice out there for an expectant father. Enter Chris Kornelis, a Seattle journalist, who has a new book out called *Rocking Fatherhood: The Dad-to-Be's Guide to Staying Cool*.

As Chris explains, pregnancy isn't just about getting ready for a baby and giving birth. It's about preparing for a new chapter of your life. And these days, many new dads are making very different transitions to fatherhood than their dads made. Here are some ideas for easing gracefully into fatherhood—and about caring for an infant during the first months of her or his life.

### Early in the pregnancy

When you're ready to announce the good news, just be aware that *how* you say it can result in some serious or mild blowback. As Chris suggests, saying "my girlfriend is pregnant" can get you into trouble. "Oh, *she's* pregnant. You're just, what, a bystander?" And saying "my wife and I are pregnant" is almost as bad. "You're pregnant, too. Are you carrying around a baby?"

During the first trimester, it's easy for a dad-to-be to get distracted and forget what an expectant mother is going through. Which, of course, is something she cannot and does not do.

Chris admits this happened to him early on. When he asked his wife what he might be doing better, here's some of the advice she gave him:

*Give me a compliment every day.* It doesn't need to be a big deal, but I notice on the days when you don't think to say something nice to me.

*Read the parenting books I'm reading*—and ask if you can do anything to help me get ready for the baby.

*When I work a long day,* make dinner for us.

*Massage my back without a pretext* of sex required or insinuated.

*Change the cat's litter box every day* without my nagging you about it. If it stinks, change it twice a day.

### Ask again, ask often

Chris got the message to keep asking both from his wife and from a wise, experienced mother he talked to. Here's her helpful advice for an expectant father.



Dads these days are right there with moms as daily caregivers.

**Be sympathetic.** Your wife is more tired than she looks, especially during the first trimester. She doesn't look pregnant, but those early months are exhausting—and it's hard for other people, especially men, to relate to that.

**Extend your empathy.** Dig a little deeper than you thought you could. Do that extra load of laundry without being asked. Let her enjoy an afternoon nap.

### Later in the pregnancy

**Take the hospital tour with her.** Aside from learning where to park and seeing what a "birthing suite" looks like, it's a chance to get pre-registration paperwork out of the way and assess hospital policies. For Chris and his wife, it was good to know that no more than five guests

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## Easing the transition...

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were allowed in the hospital room at one time and that each one had to wear an ID tag.

**Accept the fact** that you do not know how to install an infant car seat. A study by the National Traffic Safety Administration found that more than 95 percent of people installing car seats made at least one error, depending on the type of seat. Find a local service that can help (it's usually free).

**Go to prenatal classes.** It's not so much for what you'll learn. It's about being supportive to your wife and letting her know you care about what she's going through.

**Go to prenatal checkups as well.** Just don't expect to feel warmly welcomed—Chris even felt like he was viewed with a little suspicion. Just suck it up, he says. You'll be a second ear listening to what was said, and you'll be able to talk about it afterward with the mom-to-be.

**Do fun things together.** Don't get so caught up in preparing for the arrival of a child (the shopping, the stressing) that you forget to invest in each other. Go to a movie. Go to dinner. Do the things you will not be able to do for a while after your baby is born.



Making his baby laugh is one of a new father's daily joys.

### Advice to new parents

#### Reach out to friends and family.

Don't be shy about saying you could use a little help or advice. Chris suggests talking to people you know and trust and others as well. You will not take every piece of advice you get, but some of it will resonate.

#### Be the morning-duty guy.

Chris got this advice from a new dad who told him, "It's an awesome, incredible time, really mellow and quiet, watching the sun come up with the baby in your arms, falling asleep again, feeding and bonding

with your child during the early morning hours."

**Be there, every day.** Another dad who studies fatherhood, masculinity and gender roles reminded Chris that a lot of men were not trained as boys to take care of their partners or their kids—and part of the beauty of parenting is that men learn to serve others in ways that are instructive and enriching.

**Parenting takes practice.** Caring for a helpless infant can be scary sometimes, and it takes practice. Even those men who have had a positive father figure to look up to

still have not actually experienced parenting until they had a child themselves. New mothers don't know how to do it automatically either.

**Learn to do everything.** Get a handle on the child-care basics early on: diapering, swaddling, bathing. This is important for lots of reasons, says Chris. You'll help the new mother get some rest, and you'll set a good example.

And, if you can do everything she can do

(except for the breastfeeding, of course), you can spend more time with the baby. If only one person is able to provide daily care, that person always has to be on duty.

Plus, as Chris learned, when you take your newborn out on your own, you feel a sense of pride and accomplishment from knowing you can deal with anything that comes your way.

### The caregiving basics

Months after their son Thomas was born, Chris discussed with his family's pediatrician some of the basics every new dad needs to know. Chris says his own list was short: swaddling, soothing, feeding and cleaning. The pediatrician had some broader suggestions:

**Love your wife.** Support her in any way you can. Love your baby. Enjoy everything he or she does.

**Trust your instincts** and meet periodically with your pediatrician.

**If your wife and family** are high on your priority list, that will show up in your children. They will feel loved and nurtured—and they will approach their lives with greater confidence. ♦

—See the Parenting page for a discussion of the impact dads have on their kids' lives as they grow up. For more about Chris Kornelis's new book, see We Recommend on page 8.

## Watch out for signs of maternal depression

Lots of women get the "baby blues" a couple of weeks after birth. But depression is a different animal and it happens more than you might imagine.

On the mild end, it can turn what should be joyous days into a time of fear and anxiety. On the darker end, it can cause women to do extremely harmful things to themselves and their infants or young children.

To get some ideas about what men can do to help, writer Chris Kornelis talked to the cofounder of the Postpartum Resource Center of New York. She told him to watch out for following symptoms in a new mother:

She has trouble sleeping while her baby sleeps.

She feels numb or disconnected from the baby.

She has scary or negative thoughts about the baby. She worries that she will hurt the baby.

She feels guilty about not being a good Mom or ashamed that she cannot care for the baby.

### The postpartum expert recommends:

Remind the new mother that it's not her, it's the illness—and it's treatable. Reach out and get help right away.

Many new moms are embarrassed to talk about mental health issues. Dads need to speak up at the doctor's office, too.

Consider the new mother's family history. Her mother may have struggled with depression, too.

Expecting to "have it all" can lead to dark times. A busy working mom who is suffering with a mood disorder can put way too much pressure on herself.

If a failure to breast-feed is a factor that led to depression, remind a new mom that formula is a perfectly safe, acceptable, healthy option. ♦

## INTERCHANGE

# A fun time when toddlers are learning to talk

Q My two-year-old is putting words together and starting to make sentences. It's just precious. I'm wondering how to correct him when he mispronounces words or says things the wrong way.

—C.H., Houston

A It's fun and exciting when kids start to express themselves with words. At this age, all you need to do is to correct garbled words and sentences in a gentle, indirect way. For example, toddlers often refer to themselves as "me" instead of "I." When they do, just keep the train of thought going. "Yes, you and I are going to the park."

Or if your child points to a

peach and says "apple," just say, "Oh, you want to eat a peach."

Here are some other ways to support young children's language development.

**Respond to your child's intended meaning** rather than the actual words. For example, if he says, "I want to carry you," you could just say, "You want me to carry you." By correctly stating what the child is trying to say, you're letting him know that you understood him and, at the same time, have reinforced the proper word order.

**Because toddlers are still sorting out** the difference between "I" and "you," it helps to refer to your-

self as "I" rather than "Mommy" or "Daddy." Instead of saying "Mommy doesn't want you to do that," just say "I can't let you do that."

**Avoid quizzing a young child** and continually asking, "What is this?" And you don't need to push a child to pronounce words exactly as you pronounce them.

**Kids learn language** most easily through everyday interactions in an unpressured atmosphere. Talking about what you're doing as you do it helps kids learn new words and their meanings. And, of course, reading to your child is a wonderful way to bond and also build vocabulary. ♦



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This is your column. We invite you to send questions about work and family life or tell us how you solved a problem that you think a lot of people face. Write: Dr. Susan Ginsberg, Work & Family Life, 305 Madison Avenue, Suite 1143, New York, NY 10165. E-mail: workfam@aol.com.

## RESEARCH REVIEW

# Some teams are just smarter than others

Most of us have been part of project teams that were successful and some that were not. Smart people, working together as a group, can make great decisions—or horrible ones. Researchers have been looking at group behavior for a long time.

Recent studies by psychologists at the Tepper School of Business at Carnegie Mellon University and the Sloan School of Management at MIT suggest that some teams, like some people, are just smarter than others. And a team's intelligence is not a function of the IQs of the individuals in the group.

One study found that the smartest teams were distinguished by the following characteristics:

□ **MEMBERS CONTRIBUTED MORE EQUALLY** to the team's discussions, rather than letting one or two people dominate the group.

□ **MEMBERS SCORED HIGHER** on a test called "Reading the Mind in the Eyes," which measures how well people can read complex emotional states from images of faces with only the eyes visible.

□ **TEAMS WITH MORE WOMEN** outperformed teams with more men. It wasn't having "equal numbers of men and women" that mattered the most for a team's

intelligence, but simply having more women. This was partly explained by the fact that women, on average, were better at "mindreading" than men.

Another study compared teams that worked face-to-face with teams that worked online, without seeing their teammates.

Here's what they found:

□ **ONLINE TEAMS CAN STILL DEMONSTRATE** collective intelligence. Social ability matters as much when people communicate purely by typing messages.

□ **THE IMPORTANT INGREDIENTS** for a smart team remained constant regardless of its mode of interaction. It was having members who communicated a lot, participated equally and had good emotion-reading skills.

"This last finding was a surprise," says Carnegie Mellon Professor Anita Woolley. "Emotion-reading mattered just as much for the online teams as for the teams that worked face-to-face. What makes teams

smart must be not just the ability to read facial expressions, but a more general ability to consider and keep track of what other people feel, know and believe. ♦



## Study suggests feelings of trust grow over time

Researchers have identified one trait that grows stronger with age. It's trust. Older adults report greater trust in other people than younger adults do. But why?

"If you live long enough, you have a lot of encounters with a lot of different people," says psychologist Michael Poulin of SUNY at Buffalo, coauthor of a study that was published in the journal "Social Psychological and Personality Science."

If most of those encounters work out in our favor, we adjust our inclinations accordingly. And, as we grow older, we tend to spend more time with folks we actually like, so people in general start to seem more trustworthy. An added benefit is that the more we trust, the more willing we are to have positive interactions with others.

Yes, trusting people can sometimes be risky (see Elder Issues), but Dr. Poulin and his colleagues suggest that the benefits of trust outweigh the risks. ♦

# Protect against common scams targeting elders

Part 1 of a 2-part series

**F**raud against older people takes many shapes and forms, and it costs its victims nearly \$3 billion a year. That's why it's so important to recognize and resist schemes and scams.

Here's some new information to share with your older relatives.

## Anatomy of a scam

Whether it's someone trying to sell a new roof or an email claiming you won a lottery you don't remember entering, the pitch will include these common elements:

**A distracting 'hook'** that causes you to let your guard down. The appeal may be money, an urgent need to help someone or fear.

**The con artist seems trustworthy.** Scammers are just really good at manipulating people.

**An urgent deadline.** This is a dead giveaway that it's a scam. If something's not going to be around tomorrow, it's likely not legitimate.

These scams are making the rounds currently in a variety of formats.

## Sweepstakes or contests

It can be a "foreign lottery," a "random drawing" or a "millionth customer" that entitles you to a cruise, money or new computer. The common components are:

**A request** for the "winner" to send a check or wire money to cover taxes and fees. Legitimate contests never ask for money upfront.

**A request** for bank information to direct-deposit your winnings. This is an attempt to steal your identity and wipe out your bank account.

**A name** that sounds official like "National Sweepstakes Bureau" or "National Consumer Protection Agency." Neither exists.

## To stay safe, take control

**Never wire money** to someone you don't know. It's the same as handing over your cash.



"My favorite grandson? I'll need a whole lot more information."

**Never pay to collect** prize money. Legitimate lotteries deduct what you owe the IRS from winnings.

**Don't trust caller ID.** Scammers make you believe a call is coming from your area or Washington.

**If you suspect** an older relative is being scammed, talk to them about it. Look around for "guaranteed winner" mail or packages containing jewelry or other "collectibles."

## Grandparent scams

"Grandma, it's me. Please don't tell Mom." This scam comes in the form of an urgent phone call from someone who claims to be "your favorite grandson" or just says "it's me," prompting the older person to supply the needed name.

The "emergency" varies. But typically the "grandchild" is out of town and needs money wired fast.

## To stay safe, take control

**Never wire money** to anyone without verifying his or her identity. Don't rely on recognizing a voice. Verify that you actually know the person on the other end.

**Tell the caller** to give you the contact information of the law enforcement agency, hospital or car repair shop they're dealing with to verify that the story is accurate.

**Before sending money,** speak to another member of your family to find out if the person is actually out of town and in need of help.

## Home improvement scams

These are often aimed at older people who own their homes. Common approaches include:

**Drive-bys.** Contractors "just passing by" may claim to have done work a few blocks away and have leftover material. Or they notice something is wrong. Their offers for quick, cheap repair usually

result in low-quality work. They typically demand payment upfront and, if they actually finish the job, it probably won't last.

**Free inspections.** Scammers offer "free inspections" and then find a problem that needs an expensive solution: a costly pump, excavation work on the foundation, a new chimney or new windows.

## To stay safe, take control

**Be suspicious** about any unsolicited offer to work on your home.

**Check out the contractor** with the Better Business Bureau. Get references. Use local companies whose address you can verify. Get written estimates that include details about materials. Make sure the contractor is licensed, insured and has necessary work permits.

**The lowest estimate** may not be the best deal. Check out the quality of materials. Get a written contract with a cancellation option.

**Don't pay the full amount** up front and never pay cash. ♦

*In part 2 next month, we'll talk about identity theft, telemarketing and direct mail come-ons and charitable giving.*

## Internet safety tips

**O**nline scams and identity theft are increasing problems as the Internet becomes a larger part of everyone's lives. Here are some ways to stay safe and take control.

**Create strong passwords.** Try to make them easy for you to remember but hard for other to guess. Don't use personal information or obvious choices like the names of your children or pets. Include symbols and numbers and use upper and lower case.

**Use secure sites for shopping and banking.** Make sure there's an "S" at the beginning of the site's name: as in https:// and look for the padlock icon on the browser's window. Click on the padlock and make sure the name matches the site. Use credit cards rather than debit cards for purchases. If your credit card information is stolen, you're typically liable for \$50 in fraudulent charges. If debit card information is stolen, the money is gone.

**Don't be "phished."** Scammers masquerading as your bank, online store, credit card company or Internet service provider claim there's a problem with your account. If you open the email, you'll be asked to click on a link to fix the problem. Don't do it. It will give the scammer access to private information and your entire online address book. Contact your bank or the company directly if you have any questions. ♦

# How dads make a difference in kids' lives

By Kyle D. Pruett, MD

Our Front Page feature talks about becoming a new dad. This article describes how important dads are in their kids' lives, how they do things differently and their impact on a child's development.

It's almost a given these days that new parents will share the responsibilities and decision-making of child-rearing as well as children's daily care. Men from every walk of life say they want to be involved. They want to father their kids more actively than they were fathered.

What makes a dad so influential? How does being an involved father go about shaping a child's maturation and growth?

## Dads' impact on growth

Father-influences are important precisely because they are influences *not* of the mother. A dad enhances his child's autonomy by balancing the powerful pull toward the mother.

His very differentness as a physical being—his smells, textures, voice, rhythms and size—promote a child's awareness that it's okay to be different and that's it okay to desire and love the inherently different entities of the world.

Researchers have found that the *quality* of interaction between father and child counts even more than *quantity*. What's most important, it seems, is dad's sensitivity to his child's needs and reactions.

## What fathers do differently

There are many differences among individuals and families, of course, but here are some of the characteristic ways mothers and fathers nurture their kids.

- Moms tend to pick up their infants the same way over and over (usually to care for them). Dads, on the other hand, often pick up their kids to *do* something with them—and they pick them up differently each time.



Who knew helping Dad shave could be so much fun?

- The “toy” a father often uses in play with a young child is his own body. Dads tend to make everyday bathing and dressing more physical and playful than many mothers would like, but most babies love this kind of interaction.
- Dads support novelty-seeking behavior by encouraging kids to explore the world around them a bit more vigorously than moms do. Dads are more likely to let kids master tasks on their own before offering help, while moms typically assist a fussing child earlier.
- Moms tend to discipline by emphasizing the relationship costs of misbehavior. For example: “I can’t believe you threw your milk like that. How do you think I feel having to clean this mess up?” Dads tend to talk more about what they see as real-life consequences. For example: “If you’re selfish with your toys, you’ll have trouble making friends.”
- Dads tend to use more complex speech than moms do. Fathers do adjust their speech patterns for infants, but when they talk to pre-

schoolers, they typically use bigger words and longer sentences.

## Research findings

- Infants who have had positive interactions with their fathers are more likely to explore the world with vigor and interest. They’re more curious and less hesitant in new situations. The combination of a dad’s more active play and his somewhat less immediate support in the face of frustration seems to promote adaptive and problem-solving competencies in a child.

- Children whose fathers have regularly changed their diapers, burped them, rocked them to sleep and read to them enjoy a reserve of strength in dealing with stress and the frustrations of everyday life. They are less rigid in the gender stereotyping of their peers and in their response to other children and to society in general.

- School-age kids with hands-on dads are better able to wait their turn for their teacher’s attention. Young children whose fathers were involved with them in a positive way have also been found to be less impulsive and to display more self-control, particularly in unfamiliar social situations.

- Researchers focused on feelings of sympathy and compassion in a study of five-year-olds—and again, when those kids were adults. They found the strongest predictor of empathy and concern for others was a high level of paternal care they received as kids.

- Kids also benefit *indirectly* from paternal involvement. A mother who feels supported by a father is more patient, flexible, emotionally responsive and available. ♦

—Adapted from Dr. Pruett’s book “*Fatherneed: Why Father Care Is As Essential As Mother Care for Your Child*” (Broadway Books). He is Professor of Child Psychiatry at Yale University.

## Tips for moms, if dads are not around

Not all children have a father in their life on a regular, or even irregular, basis. In this situation, here are some suggestions:

- Try to enlist surrogate dads—brothers, uncles, grandfathers, friends—to contribute a male presence in your child’s life.
- If you are close to a family with children around the same age as yours, ask the father to take your child on his round of Saturday errands along with his own.
- Look into afternoon or weekend sports and art programs that can provide your child with a male coach or mentor. Big Brother programs are good sources, too.
- Find books with male heroes who are nurturing, kind and giving.
- Resist the urge to bad-mouth your child’s father. Kids have their own feelings about their dad’s absence. They deserve an image that is not destructive—because children base their identity on both their mother and father. ♦

# Making way for Generation Z at the workplace

**R**eady for Generation Z? It's an important question because we need to get to know this huge new cohort that's been called "Millennials on steroids" and a "breed apart."

Gen Z, even accepting its rather narrow boundaries—born from the early 1990s to the mid-2000s—has about 60 million native-born American members. It outnumbers its Millennial siblings by nearly a million, according to U.S. Census data.

The first wave of Gen Zers have already arrived at the workplace. By 2020, 80 percent of U.S. workers will be post-boomer—more than 20 percent Gen Z.

## Some distinct characteristics

What's different about this new cohort? "To begin with, it's the first truly digital and global generation," says Bruce Tulgan, an expert on young talent. Gen Zers were raised with smartphones and social media. Many have made their closest relationships from Tumblr, Instagram, Snapchat and Facebook.

"They've had more guidance, direction, support and coaching from parents, teachers and counselors than any generation in history," adds Tulgan. "They have strong relationships with their parents and they have soaked in the advice to stay in school, never stop learning and stay up-to-date with the times."

## Where they came from

Millennials saw their world dashed by the September 11 attacks and the economic crashes in 2000 and 2008. "Theirs is a story of innocence lost," writes Alex Williams in a report on Generation Z in *The New York Times*.

By contrast, Williams suggests, members of Gen Z had their eyes open from the beginning. They grew up in the era of the war on terror and the Great Recession.

"They have seen parents and grandparents who've had to go back to work, take part-time jobs, or have had their life savings either wiped out or partially wiped out," says Paul McDonald, an HR consultant with Robert Half International. "So they might be seen as a 'reality-check' generation."

So if Hannah Horvath character from the television show "Girls" is the typical Millennial (self-involved, needy and flailing as her expectations of a dream job and life collide with reality) then Alex Dunphy from TV's "Modern Family" represents the Generation Z antidote, suggests Lucie Green, director of the Innovation Group at the J. Walter Thompson agency.

"Alex is the true Gen Z," says Green. "Conscientious, hard-working, somewhat anxious and mindful of the future."

McDonald agrees: "Gen Zers are used to being taught and they are poised for growth. They just need to settle down, hone those listening skills and they'll go far."

Another strength is their creativity, says Tulgan. "They're great at looking for ways to change, improve and improvise. Also, their diversity and their mindset about diversity will be a huge driver of their innovation."

## Some skills need adapting

Gen Zers are quick to adopt new technology and highly adept at using it. "We take in information instantaneously and lose it just as fast," says 18-year-old UCLA student and lifestyle blogger Hannah

Payne. "I can almost simultaneously create a document, edit it, post a photo on Instagram and have a conversation on the phone, all from the user-friendly interface of my iPhone."

Clearly, Gen Zers grew up in an age of shorthand writing. But the abbreviations, emoticons and lack of punctuation that work well for them on social media may not work in every workplace. They'll



"I'm learning how to run a small bakery."

need to adapt to different audiences, purposes and more formal communication settings.

On the plus side, experts agree that members of Generation Z are good learners and ready for coaching. They understand the benefits of collaboration and know how to work on teams and individually. They've also seen Gen Xers and Gen Yers screw up by posting way too openly. It's why they're more cautious.

## Put it all together

In some ways, Gen Zers look less like Millennials and more like their grandparents or their great-grandparents who were part of the so-called Silent Generation that

was shaped by the Great Depression and a world war.

"The parallels are obvious," says Neil Howe, the author and social trends consultant. "There's been a recession, jobs are hard to get and you can't take risks. You've got to be careful what you put on Facebook. You don't want to taint your record."

At the workplace, Gen Zers will be looking for clear paths to opportunities and promotions. "They want a robust work experience," says McDonald. "If they don't get it, they will look elsewhere for growth."

## An independent streak

Gen Zers tend to be independent thinkers, says Alexandra Levit, author of *They Don't Teach Corporate in College*. And now that they are seeing a healthier economy, they are showing how different they are from Millennials.

Levit met lots of teenagers at a recent Generation Z Conference at American University in Washington. "They're already out in the world," she says, "curious and driven, investigating how to obtain relevant professional experience even before college."

Levit encourages companies to "get into their schools, provide mentorships and education, and put yourself in a position to help shape their career decisions. They are eager to listen."

## Making an impact

Where Gen Zers are similar to Generation Y Millennials is in their quest to make a difference and have a positive impact on society. Both generations embrace diversity and feel the weight of having to save the world and fix our past mistakes.

"And given their global mindset," McDonald suggests, "many Gen Zers will not hesitate to travel for their jobs or work internationally. ♦"

## Helpful guide to choosing a nursing home

It can be one of our most difficult decisions: choosing a nursing home for an older relative with dementia. To help you make that choice, senior care adviser Joanna Leefer offers a guide called "Almost Like Home." See her website at joannaleefer.com.

Leefer suggests asking the following questions when you are assessing a facility.

- Is the dementia unit large enough so the resident will not feel confined?
- Does the unit offer activities appropriate for the person's intellectual abilities?
- Is the environment positive—colorful, but not too stimulating or confusing?
- Will there be music and singing? (Many residents with advanced dementia are able to sing or play musical instruments even if they can no longer express themselves in other ways.)
- Is the staff well trained to handle patients with dementia and Alzheimer's?
- How does the staff deal with patients who act out?
- Are residents in the dementia unit kept clean and well dressed? Are they treated with the same respect as those in other parts of the facility? ♦

## Nice surprise about walnuts

A study by the Department of Agriculture found that heart-healthy walnuts are 21 percent lower in calories than experts previously believed. A one-ounce serving (about 14 halves) contains 146, not 185 calories. The reason has to do with "fat absorption" or, more precisely, the lack of it. ♦

# 'Power foods' are good for the brain

We can't control our genes, which are mostly responsible for declines in brain function as we age. But promising new studies suggest a link between diet and cognition.

It just takes more than eating fish or blueberries once in a while. "It's what we eat as a whole," says Martha Clare Morris, ScD, director of nutrition and nutritional epidemiology at the Rush University Medical Center.

She recommends the MIND diet, a hybrid of the heart-healthy Mediterranean and blood-pressure-lowering DASH diets. Basically, it limits red meat, butter, margarine, pastries, sweets, fried and fast food and cheese.

Dr. Morris and her colleagues studied the diets of 1,000 older adults over a period of four and a half years. They found that eating the right foods in the right combination can take years off your brain. People who followed the MIND diet only some of the time still lowered their risk of developing Alzheimer's by 35 percent.

Here are the foods that can help keep your mind sharp and your body healthy.

**Vegetables and leafy greens.** Try to eat a cup of raw or half a cup of cooked greens and half a cup of other cooked vegetables every day.

Mix a handful of baby spinach or kale into a pasta dish or soup. The heat will wilt it.

**Nuts.** Eat at least five one-ounce servings a week. Toss a handful on your salad instead of croutons. Stash 100 calorie snack packs in your bag or desk for the midday munchies.



**Berries.** Eat one cup twice a week. The antioxidants in berries work to "clean out" parts of cells that have become damaged. Toss frozen berries into a smoothie or heat them in a saucepan and use them as a topping for oatmeal.

**Beans.** Try to eat half a cup four times a week. You might cook white beans with rosemary and garlic or drizzle some beans with olive oil for a healthy side dish. Or snack on hummus.

**Fish and poultry.** Eat at least three ounces of fish and six ounces of poultry (not fried) a week. Replace tuna with canned salmon in salads or make salmon burgers. Roll chopped chicken breast into a whole-wheat wrap with a quarter cup of avocado, half cup of shredded lettuce and two tablespoons of salsa.

**Olive oil.** Eat a little every day. Cook with it and use it on salads and vegetables.

**Whole grains.** Try to eat half a cup of cooked grains or a slice of whole-grain bread three times a day. Start the day with a bowl of oatmeal. Toss some wheat berries with chopped vegetables, beans, olive oil and vinegar for the alternative to a pasta salad.

**Wine.** Moderate drinking, one glass a day, has been linked to better brain health. But too much wine makes matters worse. A University of South Florida study found that adults who averaged more than four ounces of wine a day increased their risk of developing dementia. And if you are at a high risk for cancer, talk to your doctor about how much you should drink. ♦

—Adapted from *Consumer Reports' On Health* newsletter.

## Dancing is a great exercise for your body and your mind

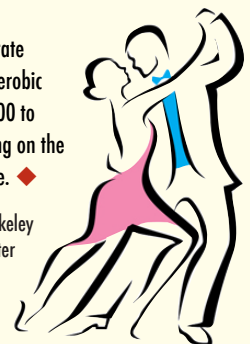
Dancing has been found to improve balance, even in frail older people. Researchers have looked at jazz, tango, folk and several slower, low-impact dance movements. Their studies have shown improvements in gait, walking speed and reaction time as well as in cognitive and fine motor skills. Among the findings.

- Dancing helped control "emotional eating" in overweight women who eat as a response to stress.
- People are more likely to stick with dancing because it's more fun than other forms of exercise. For example, at the end of a study that compared dancing the tango to mindfulness meditation, 97 percent of the participants chose to receive a voucher for a tango class rather than one for mindfulness meditation. Other

research found that attendance was higher with waltzing than conventional exercise.

- If dancing gets your heart rate up, it can be a good form of aerobic exercise. You can burn from 200 to 350 calories an hour depending on the speed and activity of the dance. ♦

—Adapted from the UC Berkeley Wellness Letter



# A dad-to-be's new guide to staying cool

When Seattle music writer Chris Kornelis found out he was going to be a new dad, he had lots of questions about fatherhood and parenting. Good for him—and good for us. His thoughtful new book *Rocking Fatherhood* has wonderful advice and it's fun to read.

Now the father of two young kids, Chris learned that while having a baby is an important transition in life, it doesn't change everything. You don't have to start a new life in a bigger house. You don't need to give up your old friends. And you don't have to be current on every new study of child development.

Chris's message to other new dads is pretty basic: Be aware of your role as a father and a spouse, love your baby, pay attention to the good advice you are given—and everything else will fall into place. (See our *Front Page* feature.)

His new book takes you through an entire pregnancy starting with Weeks 1 to 4. It continues through childbirth and Weeks 40 to 967, with a tongue-in-cheek final chapter called "No Child Has Ever Been Brought Up Right."

Unlike many other books about pregnancy, Chris does not address

every situation or scenario a growing family might encounter.

Rather, he gives advice on a variety of topics that were important to him. Some are smaller details such as techniques to swaddle a baby, what to pack in your diaper bag and why you should use a crock pot.

Others are larger challenges such as managing paternity leave and picking a pediatrician you actually like.

Kornelis has solicited wisdom from doctors, scientists, parenting experts and other

new dads, which is interspersed throughout the book. For example: "One of the most enriching and emotionally rewarding experiences a man can have is to be an involved parent and an involved partner."

Whatever issues expectant and new parents are dealing with, the author encourages them to make decisions based on what *they* think is best for their family—not to conform to someone else's definition of ideal.

*Rocking Fatherhood: The Dad-to-Be's Guide to Staying Cool* (Da Capo Press) is available in bookstores and online in paperback and Kindle editions. ♦



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