



*Discover the Freedom of  
Clearer Vision through  
WaveFront Custom LASIK*

- ◆ LASIK
- ◆ LASEK
- ◆ MICRO-LASIK
- ◆ NEARVISION CK
- ◆ LENS SURGERY
- ◆ WAVEFRONT CUSTOM

**Robert T. Lin, M.D.**

- Named one of America's Top Board Certified Ophthalmologists
- Offering no-cut, radio-wave Nearvision CK procedure for reading
- Graduate and Assistant Clinical Professor at UCLA School of Medicine
- Has performed over 15,000 LASIK and WaveFront Custom Micro-LASIK procedures
- Pioneered and published studies on Micro-LASIK, a safer alternative to conventional LASIK

**CALL TODAY (877) IQ-CENTER**  
**(472-3683)**

**LASER IQ VISION**  
[www.iqlaservision.com](http://www.iqlaservision.com)

18725 E. Gale Ave. Suite 140  
City of Industry, CA 91748  
Los Angeles • Westminster

# Proper Praise for Your Child

by Dr. Jenn Berman



**W**e all want our children to feel good about themselves, to believe that they can accomplish anything they put their minds to and to feel special. However, we want so much to encourage our children that sometimes we just throw out praise unconsciously, lavishly and, even worse, undeservedly.

A series of studies by Carol Dweck at Columbia University shows the negative effects of certain types of praise. In a study of fourth graders, Dweck gave a simple test to the students. When they finished, they were given their scores and a single line of praise. Half were praised for their intelligence ("You must be smart at this") and half were praised for their effort ("You must have worked really hard"). Then the students were given a choice between an easier

and a more difficult puzzle for the second round. Of the children who were praised for their effort, 90 percent chose the more difficult one whereas the majority of the children praised for intelligence chose the easy one forgoing the more challenging work.

In another study done by Dweck with fifth graders, the children were given a test designed for a much higher grade level and were expected to fail. The researchers found that students who had been praised for the effort assumed they simply hadn't focused hard enough whereas the students praised for their intelligence assumed they weren't really smart at all. When they were given a second round of tests, the group praised for their effort improved by 30 percent and the group praised for intelligence actually did 20 percent worse than they had on the original test.

Dweck's studies speak to the importance of parents focusing on process over outcome as well as the perils of praise. According to Dweck, "emphasizing effort gives a child a variable they can control. They come to see themselves as in control of their success." She believes that labeling a child "smart" doesn't prevent her from underperforming. It actually may create it. Children who are given the "smart" label become so concerned with keeping that image that they are not willing to take a risk or experience failure, which is so important to learning.

### Me, Me, Me!

There is rising concern from experts that all this unmerited praise is creating a generation of narcissists. A 2006 study that administered the Narcissistic Personality Inventory to more than 16,000 college students found that two-thirds had above average scores, which is 30 percent higher than a similar sampling taken in 1982. When children who are accustomed to receiving praise and are rewarded constantly enter the work force they are in for a rude awakening. As a result, they are likely to have trouble performing and ultimately keeping a job.

### Praise That Helps

All this research doesn't mean that we should stop praising our kids altogether. To go to the opposite extreme can be just as detrimental. The key for parents is to give thoughtful praise that reflects awareness of your child's accomplishments and efforts. I recommend parents endeavor to give their praise the following qualities:

- Be specific.
- Emphasize the effort, not the outcome.
- Be genuine and believable.

Children need to have parents mirror positive yet accurate reflections of who they are. We owe it to our kids not to pay lip service to them by giving false compliments. Often parents resort to saying things they don't believe to be true because they don't want their child to feel bad; but an important part of developing resilience is coping with disappointment.

*Dr. Jenn is a licensed Marriage, Family and Child Therapist in private practice. She is the author of the Los Angeles Times bestselling book The A to Z Guide to Raising Happy Confident Kids. Her "Dr. Jenn" column won the prestigious Parenting Publications of America award in Parenting and Child Development. She has appeared as a psychological expert on hundreds of television shows including The Oprah Winfrey Show, The Today Show, and The Tyra Banks Show. Dr. Jenn lives in Los Angeles with her husband and twin daughters. For more information on Dr. Jenn go to: www.DoctorJenn.com. ■*

Instead of	Try
Good girl!	That was great how you put one hand in front of the other and crawled!
You're so smart.	You must have worked really hard to get such a good grade.
You're a great baseball player.	It was great how you didn't give up even when you struck out. That must have been difficult.

# Heavenly Cosmetic

Aesthetic Medicine & Weight Loss

Medical Spa

## START LOSING WEIGHT TODAY!

We can help you lose 10, 20, 40, or 80 pounds.



### Medical Weight Loss Program

**\$165** per month reg. \$200

includes Office Visit & Meal Planner, One Month Worth of Medications & Monthly Diet Shot! Our combination of medications promotes weight loss by:

REDUCING APPETITE • FEELING FULL • BURNING FAT  
INCREASED METABOLISM • DECREASING WATER RETENTION



### LIPODISSOLVE

#### BETTER THAN LIPOSUCTION

Gain back your gorgeous look without surgery. You can get it all without surgery in as little as 4 weeks!

**LIPODISSOLVE \$200** (PER TREATMENT / PER AREA)

Areas: Abdomen, (Upper or Lower), Love Handles, Low Back, thighs (inner, lateral or posterior), mid Back or axillary.

## SPECIAL PACKAGES

Package A: Lose up to 10 lbs. and up to one inch from waist in 4 weeks. Includes one treatment of Lipodissolve on 3 areas: abdomen (upper or lower), love handles and lower back. One month medical weight loss program.

\*Monthly payment of \$55 for 12 months.

**\$665**

Package B: Lose up to 10-15 lbs and up to 1-2 inches from waist in 4 weeks. Includes 2 Lipodissolve treatments on 3 areas: abdomen (upper or lower), love handles and lower back. One month medical weight loss program.

\*Monthly payment of \$97 for 12 months.

**\$1165**

NO INTEREST • PAYMENT PLANS FOR 12 MONTHS

**SAVE \$100**

FROM ANY PACKAGE ABOVE  
expires 11-30-08

**RESTYLANE®**  
**\$425** per cc

**BOTOX®**  
**\$160** per area  
(Forehead, Glabella, Crows Feet)

**JUVEDERM/ PERLANE**  
**\$500** per cc

FINANCING AVAILABLE  
through "Care Credit"  
Subject to approval. Results may vary.

Saturday Appointments Available.



We Have 2 Locations • Free Parking

**STUDIO CITY**  
11390 Ventura Blvd. • Suite 5  
CALL NOW! (818) 361-3788

**SAN FERNANDO**  
501 MacClay Ave.  
CALL NOW! (818) 361-3788

[www.heavenlycosmetic.net](http://www.heavenlycosmetic.net)