

SUNDAY

**PG (Parental Guidance) - It's all about the family**

STAR-LEDGER STAFF

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study

Declining divorce

Remember those alarming statistics indicating that many couples married in the late '70s weren't going to make it to their 25th wedding anniversaries?

Two University of Pennsylvania professors say it ain't so. According to **Betsey Stevenson** and Justin Wolfers, assistant professors of business at the Wharton School, the information is misleading because the Census Bureau data comes from a survey from mid-2004, and for one in 10 of the couples surveyed, 25 years had not passed since their marriage.

If you look at the data just after that date, the researchers found that most of the couples in the survey - 53 percent - did reach their silver anniversary.

Since the '70s, they conclude, the divorce rate has been steadily declining, from 22.8 divorces per 1,000 married couples in 1979 to 16.7 divorces per 1,000 married couples in 2005.

More recent marriages are also stronger, they found. Couples who tied the knot in the '90s were more likely to celebrate their 10th anniversaries than those who wed in the '80s. - Peggy O'Crowley

craze

Those boots

Somehow, Uggs morphed from an obscure Australian sheepskin boot, popular with surfers, to the must-have footwear of little American girls.

As usual, we can blame Oprah for this.

The shoes, invented in 1978, were touted by Oprah in 2000 and soon were seized upon by grocery-shopping celebrities, who often paired them with hot pants, especially if those celebrities were Pamela Anderson.

Soon, ordinary women and teens started to wear them, until they trickled down to 6-year-old girls, a trend that achieved critical mass this year.

The shoes, which range from \$90 to \$150 in children's sizes, have spawned a backlash of Ugg haters and a nickname for knock-offs: "Fuggs," for "fake Uggs."

You can buy them, or boots that look just like them, practically anywhere. The Ugg site, however, includes a history of the shoe and a lengthy explanation of why anyone would want sheepskin on their feet. Convince yourself at [uggaustralia.com](http://uggaustralia.com). - Carrie Stetler

site seeing

Read this

There's such a thing as a library, you know.

But libraries charge money for overdue books, unlike BookSwim, the online book rental service that works like Netflix.

You order books online - including, of course, kids' books - and ship them back whenever you're done. No late fees.

BookSwim, founded by two Jersey guys from Monroe, has more than 200,000 titles, and you can order unlimited books per month, provided you return your quota before getting the next shipment.

Hopefully, unlike Netflix, which offers no incentive to see a movie within one night, resulting in endless procrastination, BookSwim doesn't encourage the same inertia. It does, however, help the environment, according to the company. The service "aims to balance out virgin paper used in book-printing production."

Selfishly, we don't care so much about that, but we would like to avoid library fines.

A monthly membership to BookSwim ranges from \$14.99 for two books to the superbookworm's plan of \$35.99 for 11 books. You also can pay annually. Join at [www.bookswim.com](http://www.bookswim.com). - Carrie Stetler

kid spot

Perfectly Pooh

Times are busy in the Hundred Acre Wood: Winnie the Pooh must catch a Heffalump and search for Eeyore's missing tail; Rabbit needs help to trick Kanga and Roo, and Owl is giving out advice.

Based on A.A. Milne's stories about Christopher Robin and the silly old bear and all his friends, "Winnie the Pooh" takes the stage at 1 and 3:30 p.m.

Sunday in the Theatre at Raritan Valley Community College. Theatreworks USA will bring many of these classic stories to life as part of the theater's Sampler Series, recommended for children ages 4 and older.

Tickets are \$10. Call (908) 725-3420 or visit [www.rvccARTS.org](http://www.rvccARTS.org). The school is at Route 28 and Lamington Road, Branchburg.

- Allison Freeman PG tee

Wee ennui

Eye-rolling and teeth sucking can't hold a candle to a shirt that says, "You Bore Me."

For your little cynic, or you're alienated teen in training, this sweatshirt is from Ophelia's Art, which makes Goth wear for kids and pregnant women. It's \$19.99 and comes in kids sizes small (6-8) through large (12-14).

Get it at [cafepress.com](http://cafepress.com). - Carrie Stetler

good stuff

Value added

DHA is the hot new additive for pregnant women and babies.

The fatty acid, found in both fish oil and breast milk, is an ingredient in new products by Beech-Nut and Stonyfield Farms, makers of YoBaby organic yogurt.

YoMommy is fortified with folic acid, vitamin D and DHA, all important nutrients for pregnant women.

Beech-Nut's DHA Plus is baby food with the additive, which has been proven in studies to benefit the central nervous system, vision and brain development. For more information, visit [stonyfield.com](http://stonyfield.com) and [beechnut.com](http://beechnut.com). - Carrie Stetler

Lifeline

Health and happiness

Many of us make New Year's resolutions, and that can include kids, too. The American Academy of Pediatrics recommends these health resolutions for children of all ages.

For preschoolers:

I will clean up my toys. I will brush my teeth twice a day, and wash my hands before eating and after going to the bathroom. I won't tease dogs - even friendly ones. I will keep my fingers and face away from the dog so I won't get bitten.

For school-age children:

I will drink more milk and water, and cut down on fruit juices and sodas. I will put on sunscreen before I go outside, and try to stay in the shade whenever possible and wear sunglasses.

I'll try to find a sport or activity I like - such as jumping rope, playing tag, dancing - and do it at least three times a week. I always will wear my helmet when riding my bike or scooter, and I'll always wear my seat belt in the car.

I'll be nice to other kids, especially those who are shy, or new to my school or neighborhood. I'll never give out personal information to strangers or on the computer, including my name, home address, school name or telephone number. I'll never send pictures of myself online unless I get my parents' permission.

For teenagers:

I will eat at least one fruit and one vegetable every day, and will cut down on the amount of soda I drink. I'll take care of my body through exercise and good nutrition.

I'll watch nonviolent television shows and play nonviolent video games, and I'll limit play to two hours a day. I'll help out in my community through volunteering.

I'll try to cut out negative "self-talk," such as "I can't do it" or "I'm dumb," and when I feel stressed out, I'll take a break and find constructive ways to deal with stress, such as exercising, reading, writing in a journal or talking to a parent or friend. I'll discuss difficult decisions with my parents. I'll be careful in my choice of dates, and I will treat those people with respect. - Peggy O'Crowley

#### QUESTION OF THE WEEK

The sisters Spears

The Spears sisters seem to be in moral free fall.

Are you talking to your children about Britney's crisis or Jamie Lyn's pregnancy?

What do they think about it all?

If you've got an answer or a story to share - anonymously, if you must - e-mail [pg@starledger.com](mailto:pg@starledger.com) or visit the Parental Guidance blog at [blog.nj.com/parentalguidance](http://blog.nj.com/parentalguidance).

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