

Pointers For Parents

School Smarts For Parents

(NAPSA)—Teens are not the only ones fretting over school. Many parents are worried about how to help their kids get prepared every day, too.

“School is the biggest part of most teens’ lives,” said Julia DeVillers, teen lifestyle expert and author of *Girlwise: How to Be Confident, Capable, Cool and In Control*. “There is bound to be a lot of pressure to look good.”

Pressure on their children usually results in undue stress for parents. “The best thing that parents can do to help their children at this time is to make sure that they feel good about themselves when they head to school,” added DeVillers.

Here are a few simple ways that parents can help their children look and feel good for school:

Clear Up Skin

Being comfortable in your own skin is one of the best ways to ensure confidence. Good skin care begins with finding a daily regimen that is customized to fit your teen’s needs. At the very least, teens should clean their face at least twice a day to remove dirt, oil and makeup that can clog pores and lead to a variety of skin problems, including blackheads.

“Blackheads are a common skin problem for an overwhelming majority of teens,” said New York-based dermatologist Dr. Doris Day, who is also a parent of teenage children. “Blackheads are formed from oil and dead skin cells that clog the pores and appear as tiny black dots, mostly on the nose and forehead.”

Dermatologists recommend using skincare products contain-



Teens can look and feel confident when they head to school.

ing a proven acne-fighting ingredient to help treat and prevent blackheads. CLEAN & CLEAR®, a leader in skincare products for teens, introduced the first line of products focused on treating and preventing blackheads, including CLEAN & CLEAR® Blackhead Clearing Scrub, Blackhead Clearing Daily Cleansing Pads and Blackhead Clearing Astringent. For more information and advice on teen skin care, visit www.cleanandclear.com.

Start A Fitness Routine

Stress can lead to many adverse health conditions. Parents might consider enrolling their teens in yoga, karate or dance classes. Do-it-yourself workout tapes are also a good option for the child who prefers to exercise at home.

Get In Gear

Teens want to fit in and look great at school. To learn what’s en vogue for teens, parents should browse through teen beauty, fashion and lifestyle magazines, such as *Seventeen*, *YM*, *CosmoGirl!* and *ElleGirl*. Also, parents might take a trip to area malls to see what teens are wearing.