

PROGENY



## A Father Deals With Puberty Again

BY BOBBY WHITE

Acne, pimples, zits...whatever you want to call them, I saw them and I'm not amused. I guess I thought this would never happen, but there they are. My 11-year-old son's face is breaking out and I just don't know what to do about it.

He's really quite blasé about the whole thing. "Yeah, they've been there for a while." I tried to hide my true reaction — panic — and launched into a discussion of how he needed to start washing his face day and night. "We'll go buy some special soap that will help."

I've been there, gone through this, and I'm remembering all the other things that happen to a pre-teen. Now I'm on the other side of what my parents went through. The Talk - what have we covered; what's the right topic for this stage of puberty? But if I observe my son, he seems to be handling

this all better than I did! Then again, at least he's talking to another man, not his MOM! Now THAT was embarrassing! But change is really what

the last days we'll be this close, at least until he's been on his own for a while and realizes that I did, indeed, know what I was talking about.

*I've been there; gone through this, and I'm remembering all the other things that happen to a pre-teen.*

it's all about, right? Not only the physical changes, but the attitudes, mood swings, and spur-of-the-moment rows that bring the dogs howling.

Let's face it; what's really bothering me is the fact that my little joy is growing up. Gone are the days of Little League, ice cream treats and "Dad's best friend." Soon it'll be driver's license, car dates, and no time for Dad. These are

For now, I'll be happy if he remembers that baseball caps keep the hair matted down and prevent the skin from breathing. If nothing else, kid, lose the cap! After that, I'll take what I can get and try not to begrudge the rest.

Time and space, the two most important things to a teen. Time and space! ▼

*Michael Gigante, Ph.D.*  
Psychosynthesis  
Counseling & Therapy

(802) 254-8032 15 Myrtle Street, Brattleboro VT 05301

**Susan McKenzie MS.**

Licensed Psychologist—Master

*Experienced therapist specializing in the individual and relationship issues of Lesbian Women and Gay Men*

Quechee

802 295-5533

Insurance Accepted—Sliding Fee Scale



**Feminist Therapy**

**Leah Wittenberg**

Licensed Mental Health Counselor

Psychotherapy for individuals and couples

2 Church St, Burlington  
sliding fee scale

(802) 865-4568

**MHP**

- ▼ HIV/AIDS Information
- ▼ Community Support
- ▼ Domestic Violence Info
- ▼ Discussion Groups
- ▼ Workshops and Forums
- ▼ Social Events
- ▼ Tea Dances
- ▼ Events All Over Northern VT

**YOUR  
GAY MEN'S  
HEALTH PROJECT  
AT WORK FOR YOU**

**Call to Speak to  
an MHP Staff  
Person Today!  
800 649 2437**

A Project of Vermont CARES.