



family

MATTERS

The latest news and holistic views
to keep your clan in tip-top shape

BUGS AWAY

Using insecticides can cause a significant decrease in the cognitive performances of children. Scientists discovered that verbal comprehension and working memory suffered the most due to increased levels of pyrethroid metabolites, 3-PBA and cis-DBCA.

Mummy talk

Now there's no need to feel embarrassed about your baby voice - research shows that its exaggerated vocals and high-pitched tones are particularly attractive to infants. It may even help to kick start the crucial processes involved in learning how to talk.

PLAY NICE

Bullying can be a traumatic experience whatever your age, but recent studies show that those who experience it in their teenage years are more likely to develop depression later on in life.

SWITCH OFF

Children who watch as little as one hour of television a day are more likely to be overweight. Keep it under 60 minutes to promote a healthier lifestyle.



*Life
support*

Relationship expert

*Jan Day shares her advice
(janday.com)*

My partner wants his teenage daughter from another relationship to move in with us. We don't have any children together and I don't feel like I can say no. How do we manage this massive change?

You're about to make an agreement with your partner about someone coming to live in your home. You need to be actively engaged in this process so that you don't feel disempowered or resentful later.

The first steps in making a real agreement are to listen deeply to each other's concerns, needs and wishes. In doing this, it's likely that you'll want to set some boundaries around how the living spaces are used. Think about how meals will function, who is responsible for clearing up etc. It is important that you can state these things clearly because once the move has happened, it may be difficult to enforce standards that have not been previously discussed.

You may want to talk about how your relationship with his daughter will be managed and what your role, if any, as a step-parent will be. You'll need to agree how much time to set aside for you and your partner to be alone together and how often you'll schedule time to discuss and resolve any issues that are arising.

As well as the practicalities of managing the space in your home, you'll need to acknowledge and put forth the less comfortable feelings that are likely to arise when you have to share much more of your partner with his daughter.

Remember that you're choosing to compromise and you'll need to find ways to make it work for both of you.

Although teenagers aren't generally known for their capacity to be considerate and live in harmony with those around them, it's worth remembering that we were all teenagers once and hopefully you'll benefit from the vital life energy of having a young person around.