



# family

## MATTERS

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

### BABY TALK

If you're eager to hear your little one's first words, listen up! A recent study has shown that babies find it easier to learn words and phrases with repetitive syllables. Think 'mama' instead of 'mummy' and 'night-night' instead of 'good night'.

### TAKE A BREAK

According to recent studies, children as young as five are missing out on quality dialogue with their parents due to increased screen time - think tablets, smartphones and TV screens. Time for a toddler tech detox? We think so!

### Mixed signals

Your reaction to your child's failures has more impact than you may think. Studies show that kids whose parents view failing as a negative, harmful event are more likely to believe that intelligence is fixed rather than something that can be improved upon.

### WORK IT OUT

*Delaying family life to focus on your career? You'll be pleased to know that despite all the stigma regarding ageing and conceiving, children of older mothers are healthier, taller and obtain more education than those of younger mums.*



### Life support

Relationship expert  
Jan Day shares her advice  
(janday.com)

*I recently discovered that my husband had been unfaithful. I chose to forgive him for the sake of our three children, but I'm beginning to regret my decision. I'm suspicious every time he leaves the house and I'm often tempted to read his emails. Is there much hope for us if I can't trust him anymore?*

It sounds as though you forgave him too early. By that I mean that you chose to forgive him without going through the gnarly ordeal of processing everything that you needed to feel and express. You won't be able to forgive until you allow yourself to experience the hurt, pain, anger and disappointment that has arisen in response to your husband's unfaithfulness.

Perhaps you numbed out because it was so painful; grabbing at forgiveness as a way of moving forwards and salvaging security. Whatever the case, the first thing you need to do is explore what you are feeling. Do so without the aim of getting a resolution or result. You simply need to vent and allow yourself to connect with your true, undisturbed thoughts no matter how unpleasant they may be. This might take a bit of time, but you can help it along by writing, drawing, dancing and walking. Once you have engaged with your feelings, you will be able to move from numbness to responsiveness and you'll be in a position to make some sound decisions about what you want to do.

The next step is to sit down with your husband and admit that your earlier forgiveness wasn't based on solid ground. You'll need to express your feelings to him and know that he has really understood you. This is also true in reverse and you may need to delve into why he strayed in order to understand him. After this stage, you can both begin to look at what needs to change and what is missing in your relationship. Consider how to go forward based on building honesty, trust and mutual respect. It's really only after you have had this conversation that you can make a decision about whether you can forgive him and whether you want to stay in a relationship with him. Remember that the answer to these two questions may not be the same.