



family

MATTERS

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

LAUGH OUT LOUD

We all know that laughter is the best remedy, but scientists have found that humour can also help toddlers to learn new tasks; when a grown-up demonstrates an action in a funny manner young children are more likely to copy.

Duck, duck, goose

According to scientists, prompting children to take a three-minute walk in the middle of sedentary activity can cause a significant improvement in blood sugar levels, helping to prevent the development of conditions such as obesity and diabetes in later life.

TIME MATTERS

Now you can resist their pleas with conviction. Research shows that an extra hour spent watching TV, browsing the internet or playing computer games a day can negatively affect GCSE results by as much as two grades! Time to dust off those old books then!

CUDDLE UP

A recent study revealed that one in five fathers stop hugging their children aged 10. Over half said that it was because they felt their kids were too old for cuddles.

We beg to differ!



Life support

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

My daughter has always had a fiery personality and it's one of the things I adore about her. But recently I feel that it's affecting the confidence of her children. My granddaughters are shy and sensitive and I fear that their mother can make comments in jest that they take to heart. How can I fix it?

In this situation, where it is more a matter of perception than abuse or serious harm, the first guideline I'd give you is to be sensitive to your daughter and her need to be herself in her parenting. Be careful not to be perceived as interfering or criticising. She is clearly doing a pretty good job, albeit somewhat differently than you would. None of us grow up with parents who do everything 'right' because apart from anything else, there is no right way. Different ways of doing things promote different strengths and weaknesses in our children. You may be surprised to discover, for example, that their mother's fieriness enabled them to overcome some weaknesses and actually made them stronger. We learn in all kinds of different ways.

Whatever the case, your grandchildren will find their way to deal with it and it is much more important that your relationship with your daughter remains strong. This will also give your grandchildren the opportunity to experience you and your way of being with them. It is also essential that you're available to talk, listen and reassure your daughter. You might initiate a conversation with her about what it is like to be a parent herself now, and maybe reflect on some of your own flaws as a parent and ask her what she has experienced. You'll be opening up a possibility for a deeper conversation, but without her feeling judged or blamed. It may be that she knows that she is being very strong in her jesting and doesn't know how to handle herself or her own emotional landscape any differently. She may ask for your advice and reveal a vulnerability that lies behind it all. Once again, the most important thing here is to avoid criticising her because that is more likely to lead to a rupture in your relationship with your daughter than an improvement in your daughter's relationship with her children.