



# family

## MATTERS

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

### KEEP IT REAL

Aim for the stars and you'll land on the moon, or so the saying goes. But research shows that this attitude can be detrimental when it comes to your child's education; when parents have unrealistic hopes for their children's academics, it can lead to underachievement.

### Start right

A new study demonstrates significant positive associations between breakfast consumption and educational outcomes. The research found that the odds of an above-average teacher assessment score were up to twice as high for pupils who ate breakfast, compared with those who did not.

### KISS IT BETTER

You can't keep children from catching colds, but you may be able to reduce the number of days they stay sick; probiotic supplements were recently found to shorten the infection period in kids. Stock up with Wild Nutrition's Multi Strain Children's Biotic ([wildnutrition.com](http://wildnutrition.com)).

### STAY AWARE

*Adolescence is a time when many youngsters may consider experimenting with alcohol or drugs. New research shows that parents can reduce this risk by maintaining a healthy and open relationship with their children and also their children's friends.*



### Life support

Relationship expert  
Jan Day shares her advice  
([janday.com](http://janday.com))

*My husband's daughter, who's 26, has spent the past five years blaming me for her parents' divorce. I've been banned from all family events as my husband wants to 'keep the peace' and I can feel myself becoming increasingly resentful towards both of them. How can I deal with the situation?*

'Keeping the peace' whilst storing up tension and resentment for the future seems to be a pattern for both you and your husband. The two of you need to learn to deal with the discomfort that arises from sharing your true feelings with each other.

Your situation is uncomfortable and will require a conversation between both parties separately, starting with your husband. You'll need to share your distress with your partner and let him know that the issue is having a negative impact on your relationship.

Before you address the problem with your husband, you should clarify what you want as an outcome. For example, you want to feel that your husband is considering you as well as his daughter, or you want his help to forge a friendly relationship with his daughter, or even that you want to be invited to family gatherings thereby letting his daughter choose whether or not she would like to attend. Be careful not to set this out as a demand, however. It should be approached as more of a guide; a way to help you stay on the course towards what you really want.

You will then need to make it clear that you can't put up with the situation any longer, and that together you will need to find a compromise or solution that you can both feel good about.

This situation aside, the underlying issue of 'keeping the peace' is an unhealthy pattern that you should try to avoid. This means being willing to share much more of your inner life with each other and clearing up any difficulties as they arise. This will make your marriage stronger which is, most probably, what you ultimately want.