



# family MATTERS

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

## SIMON SAYS

Research shows that two-thirds of parents fear social media is bad for their child, despite the fact they use it extensively themselves. The 'do as I say, not as I do' approach won't help either, as the same study also revealed a close relationship between how much parents use social media and how much time their children spent on the same activities.

## Snack time

36 percent of children experience a drop in energy by the mid-afternoon, causing them to struggle with activities such as chores and homework. Give your child a natural boost with Little Fruit Bowl fruit sticks and fruit fingers  
**(fruit-bowl.com)**

## SMOKE AND MIRRORS

Most underage smokers report that they don't light up every day. These teens are less likely to identify as smokers, even though they face health risks comparable to heavier tobacco use. Ensure your child is clued up on the dangers of smoking by talking them through all of the implications.

## SLEEP TIGHT

*Brain health experts at Equazen omega supplements have found that 10 minutes a day spent reading bedtime stories with your child can have a significant impact – not only on their education, but on their behaviour and emotional wellbeing too!*

## LIVING



## Life support

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

*Four months ago I found out I was pregnant. The due date is getting closer, and although I'm excited, it's been causing tension between my husband and me. He wants me to quit my job to take care of the baby, but I've worked hard to build my career and I don't want to leave it all behind. How can I make him understand?*

I suggest you start by talking to each other about how you both feel, taking the time to highlight your anxieties and worries in regards to being new parents. Reassure your husband that the welfare of the baby matters to you a great deal and listen intently to what he has to say in return. You should also make sure he knows that intellectual stimulation and career prospects are important for your psychological health and this will in turn affect the wellbeing of your child – a bored and resentful mother isn't going to build a great environment for a baby.

Working part-time or hiring a nanny may be options to consider carefully. When you will be returning to work may also be an important factor – i.e. after a month or after a year? You may want to discuss possibilities with your HR department at work and see what pathways are open to you.

It is worth remembering that whatever you are feeling now may very well change completely once the baby is born. Rather than attempt to come to any final decision at this stage, it would be good to formulate an agreement on how you can look after each other and how you can both be flexible. The optimum would be to leave as many options open as possible throughout the pregnancy and the first year after the birth. It is quite common for women to be taken aback by how they feel when the baby comes along and they're faced with the decision to return to work or not, even if they were previously 100 percent sure of how they were going to handle things.

The most important thing at this stage is to build the quality of support in your relationship so that you have a firm foundation from which to understand each other during the first years of your child's life and beyond.