



family

MATTERS

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

SLEEP TIGHT

Experts cite nasal congestion as a common cause of disruption to a child's eating and sleeping patterns. Put a stop to it with Snufflebabe – a range of gentle solutions specially formulated for children.

Nutritional advice

New research shows a link between high doses of iron in baby formula and late-life brain disease like Parkinson's and Alzheimer's. If your child's haemoglobin levels aren't low to begin with, you may be better off with a low-iron formula. Check with a doctor to be sure.

DARK THOUGHTS

A recent study reveals that teenage goths are three times more likely to be clinically depressed. Experts suggest keeping a close eye on kids that fall into this category as refusing to let them express themselves may push them further into despair.

RHYTHM OF LIFE

Music training, even when started as late as secondary school, can help to improve children's responses to sound and sharpen hearing and language skills, suggests a new study.



Life
support

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

My husband has wrestled with a gambling addiction for most of his adult life. I thought he had it under control, but I recently discovered that he's been dipping into our son's university fund. I'm at the end of my tether. What should I do?

It's important that you sit down and talk with your husband, but first you should get some support for yourself so you can deal with your emotions and steady yourself before the conversation. In the midst of a gambling addiction, he's likely to be feeling a lot of guilt and shame. While it's important that you can talk to him openly, it won't be helpful if you're feeling out of control at the same time. You may find it useful to contact an organisation that supports both gamblers and their families such as GamCare or Gam-Anon.

The next step is that vital conversation with your husband. Beforehand, make a list of the things you'd like to say so you can get your thoughts clear. Try to tell him how his gambling is affecting you, but avoid getting over-emotional as this could cause him to close down and deny the problems.

Ideally, you'll be able to negotiate some agreements that reduce the risk of further financial problems and he'll face up to the fact that he needs outside help to get him out of the grip of this addiction. Encouraging him to contact the aforementioned organisations could be useful, although you'll need to be careful not to coerce him as these programmes generally rely on the addict wanting to get help, so demanding won't work.

To limit further financial damage, you could agree to change your bank accounts to require two signatures or temporarily remove him as a signatory on your joint accounts. But a lot depends on whether he is ready to face up to the issues that he's covering up. If he isn't ready, forcing him will be useless and you'll need to find a way to manage your own life with support from the outside.