



family MATTERS

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

DOCTOR DOCTOR

Studies reveal 75 percent of parents are worried about giving inaccurate doses of liquid medicine to their kids. Cue the new Dentinox dispenser – a device that allows you to administer pre-measured dosages to children as young as three months. £6.99, dentinox.co.uk

Switch off

According to a National Sleep Foundation survey, three out of four children have at least one electronic device in their bedrooms while sleeping.

Children who leave those electronic devices on at night sleep up to one hour less on average per night.

WORK IT OUT

A recent comparison of studies show that employed mums today (who use every moment of their free time for their children) spend just as much time taking care of their kids as at-home mums did in the early 70s.

SHARENTING

74 percent of parents feel another parent shared too much information about their children online. But how much is too much? Experts advise against posts that reveal location and content that may be considered embarrassing.



Life
support

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

I feel like I'm in an impossible situation. My mother is very elderly and I want her to come and live with us rather than go into a care home. My husband is adamant he doesn't want this. There's no animosity between them, he just doesn't want the intrusion into our space. What should I do?

The impossibility here is in trying to put both your mother and your husband first. Your husband has expressed his needs clearly and while you may not agree with him, it would be useful for you to try seeing his perspective so that you can at least understand him.

You should also think about the situation you would bring your mother into – if your husband doesn't welcome her, it is unlikely to be nourishing. It may be worth looking at other options that can keep your mother out of a care home without her having to move in with you. The latter sounds like it would put too much pressure on your marriage.

Have you discussed options with your mother and found out what she would like? Although moving in with a daughter might seem like a good option, it may be more important for her to be able to stay in her own home. There are some wonderful home care companies that offer live-in carers and there are even companies that specialise in pairing up people who have space in their home with younger people who need somewhere to live and have time to help out and offer support.

Failing all this, you can help hugely by playing an active part in researching a good care home that your mother could be happy in. It is clear that you care about her, and she needs to know this if she doesn't already. Your husband also needs to know that you care about him and his needs. He is your primary relationship and as he has been adamant that he does not want your mother living in your home, I think it is unlikely that this would provide a happy situation.