



family

MATTERS

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

L PLATES

You may have more sway than you think when it comes to passing down road safety knowledge to your children. Young drivers are keen to show their parents that they can be trusted, meaning you actually hold greater power enforcing driver restrictions that their instructors!

Noise pollution

Mute the TV, pause your favourite playlist and turn the radio all the way down! A new study has revealed that the presence of background noise in home or at school can make learning new words more difficult for toddlers.

HARMFUL HYPE

It seems that exposure to several different types of alcohol marketing is positively associated with heavy drinking among adolescents across Europe. Experts chalk it down to the glamorous lifestyle that alcohol brands tend to display as part of their promotional material.

LIGHTS OUT

Now you can ignore bedtime protests safe in the knowledge that science is on your side. Recent research suggests children who experience inadequate or disrupted sleep are more likely to develop depression and anxiety disorders later in life.



Life support

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

I'm bored of my relationship. I still love my partner, but we go through the same routine every day. Nothing is new anymore and nothing is exciting. What can I do to liven things up and reignite our spark?

Settling into a familiar lifestyle pattern is a way of creating safety within the relationship. By falling into regular habits, you are reducing the risk of rocking the boat and potentially damaging a partnership you feel secure in. I see it with couples all the time, so it's great that you have woken up to this for yourself. In doing this, you have gained a deeper level of intimacy with yourself and I congratulate you for having the courage to do that.

The next step is to take an even bigger risk. Now, instead of just facing yourself and your own inner world, you need to take steps to reveal yourself to your partner, sharing with him what you are feeling and perhaps what you would like to change. It's possible that he will disagree with you, or disagree with your suggestions and you'll find yourselves in a conflict situation. This is healthy and can form the basis for a new level of intimacy between you. It won't feel so cosy, it may even feel very scary because at some level you are risking loss, but as you have already realised, you are risking that anyway.

I suggest you start by paying attention to what you're saying yes to, that actually you'd rather say no to. Identify the things you are doing because it's what you always do, whether it is eating at the same restaurant, making love in the same position or watching the same TV programmes. Next you should think about what you would like to be doing that is new and different? What would take you out of your comfort zone?

If inspiration is lacking, you could try going away and doing something new with your girlfriends for a weekend. This will give both you and your partner a bit of space to come back into connection with yourselves again and enable you to find your way out of being merged into each other.