



# family

## MATTERS

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

### THE THREE 'R'S

By repeatedly exposing a child to a certain food (repetition), eating it first to show them how tasty it is (role modelling) and praising them afterwards for trying it (rewards), parents can help to positively and permanently change their child's attitude to food.

### Dance off

Studies show that group dance classes tend to provide limited amounts of physical activity, with over two-thirds of the class being spent on light activity such as stretching, standing and listening. Opt for one-on-one tutorials with a professional tutor or ask to sit in to get the most out of your session.

### TEAM EFFORT

Regular extracurricular sports may help children to develop the structure they need in order to engage effectively in the classroom. Scientists believe it's down to the unique sense of belonging to a team with a common goal.

### TALK IT OUT

*Sexual abuse may be a topic that you instinctively try to shield little ones from, but research shows that children who are well versed in the subject are more likely to tell an adult if they have been victimised.*



Life  
support

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

***My 17-year-old daughter wants to go abroad for a long weekend next month with her friends, but I feel very strongly that she isn't ready. She is furious and refusing to speak to me. Please help!***

Before you ban your daughter from going away, it would be wise to consider your reasons for doing so. What makes you think she isn't ready? Do you think she will drink too much, take drugs or have sex? Or is it simply that you will be wrought with worry in her absence and fearful that you'll lose her to her friends and their influence?

Unless you believe that your daughter's agenda is likely to be dangerous, it would be a shame to deny her the freedom to learn from her own mistakes. This is, after all, how she'll come to prepare for life's future challenges.

Maybe there is a way to reach a compromise. After all, being on her side in a position where you can support and offer advice is far preferable to not being on speaking terms at all. Before you reach out to her, I suggest you reflect on the adjustments needed to ensure you feel OK about her departure. Then tell her you've been thinking it over and you'd like to sit down and talk it through with her. Tell her what you're worried about and how you'll be feeling while she's away. For example, 'I know you're almost an adult now, but I'll be imagining that this could happen to you and it's really hard for me. You might then propose a weekend in the UK first or ask her to talk through what they have planned.

Of course, it may be that your suspicions are justified and the trip is too risky to go ahead. In which case, offering a compromise that allows her to go somewhere a bit less dangerous would be a good option.

The most important thing is to find a way to keep communication in tact and to let her know that you love her and want to help her to find her way in the world.