

Kidding around

Is first in, best dressed best?

As a result of the first-come, first-served policy in many Australian before- and after-school care centres, parents in inner-city areas of major cities are being forced to camp out from as early as 3am to obtain a place for their child. Parents from outer suburbs who work in town are using inner-city centres because they are convenient and more affordable. And with the first-come, first-served policy in place, local residents are not prioritised. Councillors in these areas are looking into changing this policy so locals can gain places for their children first.

Be window aware

In New South Wales alone, around 8,000 children are hospitalised each year due to falls. With the summer season upon us, it's worth ensuring that your windows and balcony doors are secure. Here are a few simple precautions you can take:

- make sure windows cannot be opened more than 10cm (except by an adult) or install a window guard
- keep furniture and climbable objects away from windows and balconies
- ensure that railings are at least 1m tall (1.3m ideally) and remove gaps that a child can fit through or use as a foothold
- don't rely on flyscreens as children can fall through them.

Visit invisi-gard.com.au for more information and for ideas on making your home safer.



1/5

of children aged between four and eight aren't meeting the recommended daily intake of vegies

Juggling act Have you ever considered juggling as an alternative to traditional sports? Not only does it improve hand-eye coordination, dexterity, fitness, motor skills and balance, it can also help build your child's confidence and self-esteem.

HEAVY HEARTS

Behavioural economists from the Queensland University of Technology conducted a study on the levels of happiness in different age groups. The results showed that kids experience a decline in happiness between the ages of nine and 14 at similar levels to the elderly. Theorists believe this could be due to changes in friendships over this period as children head towards the high-school years. The study also revealed that kids who are conscientious students are happier, possibly due to the praise that they receive from their teachers and parents, which makes up for a phase of changing friendships and schools.

15 to 20 percent of children are shy. Infants who are shy tend to grow out of it after six or seven years of age

Does my child have OCD?

Your child may have an obsessive-compulsive disorder (OCD) if they:

- display an obsession with neatness and cleanliness, such as over washing their hands or tidying their room excessively
- are unable to perform tasks such as walking up steps without having to count
- hoard items
- demonstrate generalised fears and anxieties, such as worrying about what they say to people or the safety of their parents.

If you are concerned about your child, consult your doctor or an OCD specialist.