



## FROM THE *editorial team*

Christmas – time of comfort and joy? Or time of stress and distress? Family is our greatest source of strength but it can also be our biggest source of frustration. So how to deal with anger if it crops up at family gatherings over the hols? Psychologist Renee Mill, whose latest book is *Parenting Without Anger*, has some great pointers.

First, she suggests, drop the romantic view of Christmas being an ideal time, and instead be realistic. “It may be a calm and loving time but it may equally be complicated. See it for what it is and enjoy it nonetheless. The word ‘should’ causes anger, acceptance reduces anger.”

As many of us know, sharing kids among blended families can be tricky. Renee advises to focus on the good of the children instead of on your needs. “Allowing them to spend time with their relatives is a gift you give your children, and more valuable than a toy.”

And what about that bane of family gatherings, free advice? “One way to cope with

unwarranted advice from someone like your mother-in-law is to seek it out,” says Renee. “That way you feel in charge. As soon as you can, approach mother-in-law and ask for advice. She will love you for it (good for the relationship), you can feel good for taking her annoying ways in good spirit, and you can move on when you are ready.”

Sounds good to us!

As the long, lazy days spin out over January, plans for the next school year take shape. Our world is changing, and education is changing with it. That’s why in 2018’s CHILD mag, we’ll introduce a regular Education page reporting on great school initiatives around the country, and the latest education research.

Wishing you a terrific Christmas, however you spend it, and may you start the New Year with enthusiasm, energy and hope!

**Natalie Ritchie & the CHILD Mags Team**

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## The Bees Knees

Get the kids into the Garden and explore the intriguing world of bees. Visit the stunning pollination flower display, make bees-wax candles and taste fresh honey from Botanic Garden bees.

**15 – 20 January 2018**  
**The Calyx, Royal Botanic Garden Sydney**  
[www.rbgsyd.nsw.gov.au/holidays](http://www.rbgsyd.nsw.gov.au/holidays)

THE CALYX | ROYAL BOTANIC GARDEN SYDNEY

## Can speech-controlled games help children with speech sound disorders?

Speech pathologists at the University of Sydney are developing interactive speech games for treatment of childhood speech sound disorders including dyspraxia.

The study involves up to one hour of your time where your child plays the games and gives us feedback either at the University of Sydney speech therapy clinic in Lidcombe or in your home.

Does your child have • a speech sound disorder • is 4-12 years of age • understands what is said to them • has normal hearing • speaks Australian English and has no other developmental diagnoses?

If you would like more information please contact  
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Revise & Reinforce Key Concepts & Topics

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## ASAT

# Australian Selective Achievement Test

## YEAR 6

ASAT test papers mirror exactly the same format of the actual Selective High School Placement Test.

ASAT provides parents with the most relevant information regarding their school choices based on the most reliable database built upon the biggest comparison group.

**21/ JAN /2018**

Registration will close on  
**Saturday, 13th January 2018 (5:00pm)**  
 Register & pay now for ASAT  
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 or Register at your nearest Pre-Uni New College Branch