

Tantrums can be embarrassing

The column you are about to read is the first for me and I am very excited to have been given this wonderful opportunity to answer your questions and concerns regarding managing children's behaviour and to share strategies, anecdotes and small discoveries for coping, nurturing and surviving the early years with your children.

I hope that other parents will recognize aspects of themselves and their children in my column and remember that, unique though our own experiences may be, not one of us really travels this path alone.

Parenthood is truly what binds us. Our own doubts and questions awaken empathy for parents everywhere, our fierce love for our own children deepens our compassion for all children. I encourage you to write to me and I will try my best to share advice and support that may somehow ease the way for you on your journey with your children.

"The difficulty of the journey sometimes turns out to be its blessing" — **Marianne Williamson.**

Dear Ms. Barber;

Help! Every time I take my three-year-old shopping, she throws herself on the floor kicking and screaming until I buy her a toy or sugary treat that she is requesting. It is so embarrassing and I am tired of the stares and comments from the cashier and other customers as well as the vicious cycle we have developed.

Exasperated with tantrums!

Dear Exasperated: Temper tantrums can be infuriating and embarrassing. Sometimes young children have tantrums because they are tired or hungry and parents are dragging them to places they don't have the skills or resources to handle.

Tantrums are a form of communication and your child is sending a message that she is not able to cope with this outing and that she has needs that should be met. A well-rested child with a full stomach is a more pleasant companion on any shopping trip.



BRENDA BARBER

Dear Ms. Barber

Take along a favourite toy or healthy snack in a special bag for when the child "wants" something. I do not recommend giving in to the tantrum with the purchase of any new and "wanted" item. My mother used to prepare a list of groceries or items to purchase with my brother, sister, and I, including pictures from flyers and one "special" item for us to find at the end of the shopping trip.

Children love to assist in finding items on the shelves. Young children are also easily distracted and this is a valuable tool to use when your children are young. Remember to stay calm and respectful with your reactions and redirections and remember that "this too shall pass".

I hope in time, that the tantrums will subside as your child learns and grows along with positive reinforcement and understanding. Good luck!

Dear Ms. Barber: I am hoping you have some advice and creative ideas on how to keep our non-hockey playing children entertained at the arena while the older child plays or practices?

Ten minutes into the hockey game, my younger children are bored, hungry and start to misbehave and constantly "get into trouble"! I am at my "wits end" and running out of ideas of my own.

Hockey Mom in Canada

Dear Hockey Mom: One of the toughest things about being a hockey mom or dad can be keeping children entertained and happy while their (often older) siblings are on the ice practicing, or playing.

She's walking on eggshells thanks to a daughter-in law

Dear Annie: I am in my late 40s, have a good career, am well-respected and well-educated, and have many friends and acquaintances. I keep in reasonable shape. I love my son, my siblings and my mother, and always want to do the best I can.

The problem is "Janice," my 41-year-old wife of two years. She criticizes me constantly. I can't wash the dishes, empty the trash, drive a car, eat my food, buy the groceries, sleep or blow my nose without her berating me for doing it wrong or irritating her in the process.

Her criticism extends to my 11-year-old son from my first marriage. He is a great kid who does as he is told without talking back or giving any attitude. He gets good grades and is never in trouble. He stays with us every other weekend. When he is here, I know my wife will be moody and unfriendly toward him.

Janice also gossips negatively about my friends and their wives, and then wonders why she isn't invited to their social events. My wife has a terrific career, but whines constantly about her job. Other than her sister, she doesn't have close friends.

Janice and I argue a lot, mostly because I have grown tired of her knocking everything I do. The only reason I stay is because I do not want to be labeled a two-time loser in the marriage department. I have threatened to walk out more than



ANNIE'S MAILBOX

Advice

once, but each time she claims she will be nicer and I believe it.

Janice seemed warm and fun when we first began dating. Now I wonder how our relationship evolved into this mess. I have thought about counseling, but when she barks at me, I can only think of running away. What do I do? -- **Tired of Walking on Eggshells**

Dear Tired: You must first protect your son from Janice's criticism. Insist she treat him with kindness and decency. Otherwise, quite frankly, you'd be better off if she left the house on those weekends so you can spend time with your son. Counseling is still a good idea. It can help you verbalize your frustration instead of becoming too angry to be effective. It also can help Janice understand how her constant negativity and criticism undermine your relationship. Please try it.

Annie's Mailbox appears daily in The Herald.

The causes of sleep apnea

DEAR DR. DONOHUE: My son has sleep apnea. What causes it? He is 43. I don't want him to die in his sleep. What can be done about this? -- **C.D.**

ANSWER: Sleep apnea consists of periods during which the sleeper takes no breaths. The condition has this story line with few variations: The patient usually is an overweight male who's a loud snorer. His snoring builds to a deafening crescendo, and then there's an eerie silence. The silence comes about because the snorer has stopped breathing -- apnea. The period of no breathing lasts from 10 to 30 seconds and is broken by the snorer grunting with an inhaled breath. Snoring and breathing then resume. These spells recur many times throughout the night. Loose, flabby tissue in the throat completely collapses and blocks the passage of air to the lungs -- the apnea phase. The snoring phase comes about from the vibration of those tissues as air passes by them. Sleep apnea has many complications. Sudden death during sleep is not one of them. But it can lead to



DR. PAUL DONOHUE

Your Good Health

a rise in blood pressure. It invites heart attacks and strokes. Daytime grogginess is all but universal. A drop in the snorer's blood oxygen level is the reason why bad things happen.

If your son is overweight, weight loss might be the thing that cures him. A mouth guard that pulls the chin slightly forward keeps throat tissues from collapsing. The family doctor or dentist can direct him to a place that sells these devices. Sleep apnea is best diagnosed in sleep labs, where a multitude of body processes are measured during sleep.

Cryptoquote

A XYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

1-3 CRYPTOQUOTE

V G K I E Y B L C W ' V V E B L D K

H E M K D K M ; V G K I E Y B L C V E

A M K Y V K C E Q K V G L W I V G Y V

U L B B . _ A G N A Z X Y B Y G W L N Z

Yesterday's Cryptoquote: COURAGE IS THE DISCOVERY THAT YOU MAY NOT WIN, AND TRYING WHEN YOU KNOW YOU CAN LOSE. — TOM KRAUSE

Good news from Google

TORONTO (CP) — Canadian Google users have long been frustrated by having to wait until new features are implemented north of the border, and reading about cool online toys they can't try. But if Chris O'Neill has his way, Canadians could eventually get first crack at some of the web leader's exciting new innovations.

O'Neill, who took over as Google's country director for Canada in September, said he hears all the time from Canadians who wish they could use features like Google Voice or Google TV, which are currently only available in the U.S.

"My vision for Canada is that we reverse that trend altogether, meaning, Canada becomes a hotbed of innovation and we actually test things here first," O'Neill said.

In terms of population and a potential user base, Canada is a much smaller market than the U.S., so we're often overlooked when products are first rolled out. And while Canada's web users have proved they're incredibly engaged and eager to embrace new technologies, the Canadian business world has been slower to adapt, O'Neill said.

They say it's your birthday

Beatles' and Paul McCartney (solo) producer Sir George Martin is 85. Oscar-nominated actor Robert Loggia (The Jagged Edge) is 81. Actor Dabney Coleman (On Golden Pond, 9 to 5, Downhill Racer) is 79. Hockey great Bobby Hull is 72. Singer Stephen Stills is 66. Bassist John Paul Jones of Led Zeppelin is 65. Actress Victoria Principal (Pamela Ewing Barnes on Dallas) is 61. Actor and Oscar-winning director Mel Gibson (Braveheart) is 55. Formula One race car driver Michael Schumacher is 42. NFL quarterback Eli Manning is 30. Child actor Alex D. Linz is now 22.

SUDOKU

7	5			8		9	1
4			2			5	
			9	1	5		
5	3	8	2			4	
				6	1	7	3
6	4		1			3	
		8	6	4			
	2				9		5

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

5	7	9	6	8	3	7	2	1
7	1	6	2	7	9	8	7	3
8	2	3	7	5	1	6	9	4
2	5	8	4	3	7	9	1	6
3	1	7	3	6	6	5	4	8
9	6	9	1	4	7	8	3	5
4	7	3	7	5	1	9	2	8
6	8	5	3	7	2	1	6	4
1	9	1	8	2	9	4	3	5

ANSWER:

LIFESTYLE TV								1/3/11		
60 - Shaw 00/00 - Persona O/K (000) - Bell (000) - Star Choice										
	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30		
19 HGTV 59/26 (600) (564)	House Hunters	House Hunters International	Holmes on Homes "Two Steps Back" Cement staircase.	Property Virgins "Sean"	My First Place Condos in Chicago.	Income Property "Bonnie & Merv"	Marriage Under Construction			
36 FOOD 35/269 (603) (561)	Pitchin' In "Chicken" Heritage French birds.	Good Eats "Yes We Have No Banana Pudding"	The Best Thing I Ever Ate "With Fruit"	Glutton for Punishment	Diners, Drive-Ins and Dives Viewer favorites.	Unwrapped Black and white delights.	Top Chef "History Never Repeats" The chefs must recreate a dish.			
123 D-HLTH 265/265 (604) (563)	The Baby Borrowers "Toddlers: We're Back!" One couple must throw a birthday party for toddlers.	Nanny 911 "Rock Family" Tantrums.	Little Miss Perfect "Asia vs. Kaylee" Asia, an accomplished beauty queen.	Dad Camp "Wake Up Call" Responsible fathers.						
125 FASHION 283/283 (605) (571)	FaceTime With Jeanne Beker	FaceTime With Jeanne Beker	etalk Presents: Ones to Watch 2011	etalk Presents: Best of Fashion 2010	FashionTelevision 25th Anniversary Special The innovators in the fashion scene.	Fashion Television	In Fashion "Year in Review"			
128 TRAV+E (527) (572)	Bizarre Foods With Andrew Zimmern "Surf It Up" Eating strange ocean creatures. (N)	Getaway Great Barrier Reef; Stonehenge.	Stratusphere	Samantha Brown: Passport to Latin America	Samantha Brown: Passport to Latin America	Bizarre Foods With Andrew Zimmern "Iceland" Glaciers and volcanos of Iceland.				
135 DIY 291/291 (607) (565)	Rock Solid Houseboat walls with stone veneer.	Rock Solid Elvis mosaic.	Sweat Equity A couple update their exterior.	Renovation Realities Building a deck.	House of Bryan Having a wife as a customer.	Family Renovation	Rock Solid Houseboat walls with stone veneer.			

New Year's Sale

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Living Room, Dining Room, Bedrooms, Mattresses

SAVE 1000\$\$\$

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We will be closed for the Christmas break, beginning Friday December 24th. We will reopen Tuesday January, 4th.

Have a great Christmas, and we'll look forward to serving you in the new year!

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