

Expert tips to motivate the kids

Tried everything to get your kids to help with the chores? **Monica Mizzi** asks the experts for some top tips



Work as a team

"If parents take care of possessions and work as a team, children's brains naturally watch and learn how to do this," explains Janey Downshire, co-founder of Teenagers Translated. Teenagers, after all, don't respond well to being lectured, but they do respond positively to be treated like adults and offered a degree of choice over the chores they do. She recommends parents ask such questions like, "Would you prefer to help prepare the meal or tidy up afterwards?" In her experience, it's ultimately about fostering gratitude and appreciation. "Both go a long way to encouraging future cooperation, accountability and responsibility."

Use screen time as an incentive

Parenting advisor and author Fi Star-Stone offers screen time as a means of incentivising good behaviour. "In this tech-driven world, kids spend a lot of their free time on screens," she says. "So a 'screen time for chores' system works well." She suggests turning off the wi-fi if your child is refusing to help around the house.

Start them young

Author and parenting coach at Parenting People, Judy Reith believes the key to nurturing well-behaved kids lies in establishing good habits early. She advises under-fives do simple, age-appropriate tasks like laying and clearing the table, making their bed, and sorting the washing.

Build resilience

While it can be tempting to become 'Mr or Mrs Fix-It' in your child's life, parenting expert Oona Alexander urges parents to resist the urge. "Allow them to struggle a little," she says. "This will help your child feel more comfortable with the challenges life brings." Alexander also stresses the importance of parents' delivery of the chores. "Model a cheerful, lighthearted mood around chores," she says. "Think of a reward linked to the chore" In Claire Katzenellenbogen's opinion, as the director of Parent Gym, incentivising chores non-financially is the way to encourage children to help. "We shouldn't pay our children to do things they should be doing."

Heart valve disease and the 10-year plan



Heart valve disease is little known but highly prevalent. Across the UK, approximately one and a half million people over the age of 65 are currently affected by it

Heart Valve Voice is the UK's dedicated heart valve disease charity. Formed in 2013, it's a patient-physician charity, bringing together heart valve disease patients and those that treat the disease, including cardiologists, cardiac surgeons, physiologists, GPs and nurses.

Heart valve disease is little known but highly prevalent. Across the UK, approximately one and a half million people over the age of 65 are currently affected by heart valve disease and that number is only expected to rise as the UK's population ages. The OxVALVE study reported that the prevalence of heart valve disease will affect as many as 3.3 million people over the age of 65 by 2056, representing a 122% increase.

Sadly, many people with the condition go undiagnosed and access to effective treatment is variable across the UK. Heart Valve Voice's mission is to improve the diagnosis, treatment and management of heart valve disease by raising awareness of the need for timely detection and intervention ensuring that all patients receive the appropriate care and support.

The NHS recently revealed its 10-year plan and it was great to see that a focus on heart valve disease has been included. This announcement has come just ahead of the launch of Heart Valve Voice's *Gold Standard of Care* report. Over

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the past year the charity has been collaborating with heart valve disease care specialists to produce a report that sets out the ideal process to achieve the perfect heart valve disease patient pathway. For patients with heart valve disease, a consistent patient pathway is key to ensuring they receive the correct treatment at the right time. If heart valve disease is caught early enough, then more severe complications, such as heart attack or heart failure, can be avoided.

"We believe the recommendations found in the NHS's 10-year plan can really help tackle the problem of under diagnosis and treatment," said Wil Woan, chief executive of Heart Valve Voice. "Delivering the best possible treatment for heart valve disease ensures patients can get back to their lives rather than increasing the burden on the NHS."

The report also discusses many other important mission statements, such as improving population health, empowering people and introducing technology to redesign clinical pathways.

Since February is World Heart Month, Heart Valve Voice has chosen this time to launch its *Gold Standard of Care* report to help to address the variations in the quality of heart valve disease services in the UK. The charity is committed to improving patient outcomes and will provide guidance for the NHS in delivering these services more efficiently.

"The UK's ageing population, and the increased risk of developing heart valve disease with age mean that we're going to see a steep rise in the number of cases in the coming years," said Chris Young, Heart Valve Voice chairman and consultant cardiothoracic surgeon at Guy's and

St Thomas'. "Our *Gold Standard of Care* report and the NHS report identify protocols across all levels of the healthcare system to make sure that these patients are diagnosed early and reach the appropriate secondary care team for treatment. This, in turn, will provide patients with a better quality of life and reduce the long-term cost burden on the NHS."



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New life

Modern progress in IVF treatments has led to more sensitive, natural approaches. Barnaby Dracup investigates

Dr Hemlata Thackare, consultant gynaecologist and IVF specialist at one of the UK's leading fertility companies, The London Women's Clinic (LWC), discusses IVF Lite, which involves collecting the one single egg that grows naturally every month without the stimulating drugs given in more conventional treatments. It involves a lower drug dose, fewer risks (from multiple pregnancy and over-stimulation) and a fixed price, so is good value.

"At LWC, there's been a trend in same-sex couples and single women opting for IVF Lite over treatments such as intrauterine insemination (IUI). "This is due to the high success rates we've seen with IVF Lite, and it's cheaper than undergoing three or four IUI cycles," says Dr Thackare.

"IVF Lite is also more suitable for women who suffer with polycystic ovary syndrome, as well as younger women, since it requires fewer drugs, so has fewer side effects.

"At LWC, we've found that 20% of our patients are opting for IVF Lite and 30% for conventional IVF. We believe more patients choose conventional IVF due to a lack of awareness of IVF Lite. Although IVF Lite has been around for 15 years, it's a lesser known fertility option."

Research

Mr Michael Summers is lead consultant in reproductive medicine at The Bridge Centre, where they've carried out preliminary research into the effectiveness of frozen and thawed single-embryo transfer.

"At The Bridge Centre we've carried out preliminary research into this method and it has revealed exceptionally high implantation and ongoing pregnancy rates," explains Mr Summers. "The Bridge Centre's 'OnebyOne' programme offers pre-implantation genetic testing for aneuploidy to all patients, irrespective of age or indication, and vitrification for all blastocysts, which are then thawed and transferred one by one, in managed cycles. Currently, The Bridge Centre is the only clinic in the UK to offer a freeze-all single embryo transfer IVF programme.

"The principle of 'one embryo, one healthy baby' has long been the goal for IVF. The approach used here — if success rates are maintained with larger numbers of patients — brings us closer to realising that goal while not compromising clinical pregnancy and live birth rates. These research findings certainly represent a major paradigm shift for the future practice of IVF."



GETTY

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With so many Cannabis/hemp products now available on the market, it's hard to know which products are safe for you to use; however, these guidelines should help ensure you buy from a reputable company:

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