### FAMILY MATTERS

**Setting rules to take stress out of festive season**

> The holidays are around the corner and many families will have a busy social calendar. Having visitors or going to visit friends and relatives can lead to a variety of problem behaviours in children such as showing off for attention or having tantrums. Children can learn problem behaviour if observed when others are around and can see it as an opportunity to misbehave, turning what should be a one-on-one situation into a stress-filled time for parents.

> In some families, Tip: Plan ahead! Prepare your child for having visitors. Tell your child who is coming and what you would like him to do.

> In other useful to plan some activities to help children entertain or take some activities with you. Try to plan visitors or visits at times that don’t disrupt your child’s usual routine. Many young children are less likely to be happy.

> Rules Saying these simple rules can remind your child what is expected at home.

> For example, say excuse me if you need to speak to another child, ask your toys, play near others. Toss the rules with your child along with rewards and consequences and remind them of the rules.

> Agree on a small reward with your child if they follow the rules.

> Praise Give your child lots of praise each time you see them behaving well so they are not having to misbehave to get attention.

> Check in on them every 15 minutes or so engage with them in different activity if they are starting to get bored.

> Consequence If your child does misbehave, get child and gain their attention by letting them know that they have what you want them to stop doing and what you would like to see them doing instead.

> Follow up with a consequence if they do not do as you have asked.

> Reward Once you have reviewed what went well with your child to reinforce the behaviour you would like to see next time.

> If there was a problem following one of the rules remind your child of the rule and set a goal for next time.

> Community Family Care, based at Staunton helps families, children and young people in need of additional support community@lancarcs.com

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**Don’t know what gift to get your teenager? Let this cool kid help**

> It’s never too early to buy gifts for teens and tweens, as their taste may change each stage. But if you’re looking for inspiration on what to buy a relative or friend for your son or daughter this Christmas, Jenk Oz, tech guru, can help.

> For the 7-year-old CEO of iCoolKid, the UK’s biggest website for eight-to-18-year-olds, and her top 10 picks for the coolest presents to buy for tweens and teenagers are happy teenage faces when your gift is unwraped. Here are his top 10 cool Christmas gifts guide:

1. **DYNAMOTOY TOP QUAD-COPTER** £89.95, Maplin

   This drone, with a removable HD camera, has a transmission range of up to 1000 feet and seven minutes of flight time. Use it both indoors and outdoors. Jenk says: “Drones are still very much a new commodity, and they have become much more affordable. That Quadcopter is one of my top very picks.”

2. **BLUETOOTH WIRELESS SPEAKER** £27, Curry’s PC World

   These wireless speakers have a battery life stop at eight hours. It also looks like a dog wearing shades and comes in red, black or white. Jenk says: “This really nice speaker promises to deliver sound and quality despite being pocket-size. Completion of your teenage’s dirty dance – what’s not to like?”

3. **LEGO LADYBRICK AND POWER MARKET** £69.99, Prezzi

   Based on a kardboard box, the LEGO version allows you to create the perfect Lego version and is a great way to make a difference into Christmas. Jenk says: “This is a great gift for the music lover.”

4. **PICOL PROJECTOR, £13.99, Amazon**

   This projector will turn your phone into a projector and for some kids, it might be better than the real one.

5. **NEWBORN AND PORTRAIT攝影機** £29.99, Very

   This camera has a transmission range of up to 27m and six minutes of flight time. Use it both indoors and outdoors. Jenk says: “This camera is very much a new commodity, and it has become much more affordable. That Quadcopter is one of my top very picks.”

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### CUSTOM SKATEBOARD

> Price £42.94, Instant VARIOUS of cool, ready-built designs at instantv.com

> Jenk says: “If you have a dance enthusiast in the family, look no further” says Jenk.

### HOT RUBS CAMEL

> ON SALE, £16.45, Argos

> Put your office away, stay out to 22 midnight from this, and spend your little time with your family. The hot rubs will be sure to keep your family warm.

> Jenk says: “If you do have to do is the button up to your wish list to the bath, deep away and start snapping.”

### SPOOKY PRO PHOTO PRINTER

> £29.99, TP

> VINTAGE EDGES use this portable printer with Bluetooth compatible to take photos anywhere.

> Jenk says: “This has a cool photo personality option, allowing you to add simple borders and more to your photo.”

### BRICK YOURSELF KEYRING

> £19.99, Funkos

> CREATE a personalized mini version of your teenager attached to a keyring, bar around your watch, to the keyring of your backpack, or the back of your phone. It’s a small plastic (small but needs) version of them to-dance.

> Jenk says: “You can create the personality option, allowing you to add simple borders and more to your photo.”

### 10 START-E-GAMES

> £19.99, John Lewis

> THESE game on-screen are a combination of games and toys, and they have a new price. Jenk says: “These are in a way plastic (small but needs) version of them to-dance.

> Jenk says: “These are a great way of taking a challenge into Christmas in never-ending.”

### JENK’S SAYS:

> Have your friends and family out and about, so your kid’s birthday can be a success, although don’t decide too late. Jenk says: “This is a great gift for giving the option to your friend with the button.”

### KIDS’ PUZZLES!

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### WORDSEARCH

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### SPOT THE DIFFERENCE

Can you spot the six differences between the pictures below?