

Mums behaving badly



Wiping their noses on their clothes, letting them eat food off the floor and turning a blind eye to weeing in the bath – we all have some sloppy parenting habits. *Karen Iley* probes readers' **top 10** slack attacks

CONFESSION

When they have snotty noses I tell them to wipe it on their sleeves
We say: gross but harmless

1

I LET MY KIDS EAT SUGAR-COATED BREAKFAST CEREAL EVERY DAY. EXCUSE: IT'S THE ONLY CEREAL THEY'LL EAT

We all know we should try to limit our sugar intake for the sake of our teeth and our waistlines. But kids are only human, and given the choice between rabbit-food muesli and a big bowl of Frosties, we know which we'd plump for – and surely it's better to have something for breakfast than nothing at all?

Stephanie Karl, nutritionist at Dubai London Clinic (04 344 6663) says, 'Breakfast is essential to kick-start the day and it's a great habit to get into eating cereal, especially with milk. Cereals are often enriched with other goodies – iron, calcium and vitamins – and they are also a good mid-afternoon snack.'

But should we be concerned if they're munching through sugary varieties every morning? 'A varied diet is what is eaten over a week and not just what is eaten at one meal or in one day,' says Karl.

'Aim to widen your children's food tastes and get them involved in shopping at the supermarket and trying new foods whenever possible. Read the label to get an idea of the sugar content and compare to other options, and make sure they clean their teeth afterwards.'

