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DECEMBER 2017

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a single
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**fixing
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**Reasons
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child
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ISSN 1991 - 0983



VOL 12 ISSUE NO.105

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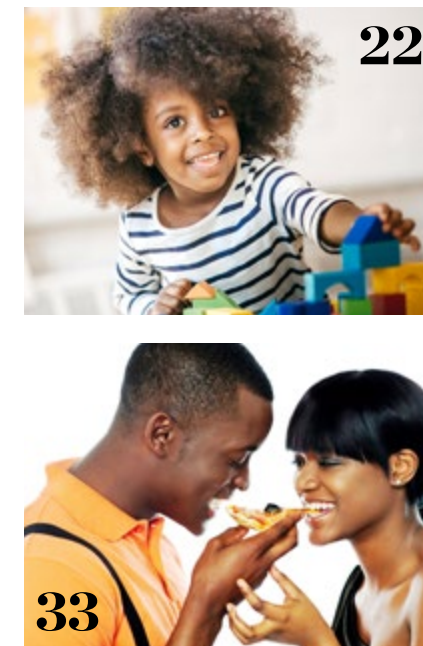
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HAPPY HOLIDAYS!



Hello lovely readers! The countdown to the end of the year is almost over. In a few weeks it will be a wrap for 2017. Did you make every day of this year count? Do you have any regrets? Worry not! Even if one more month was added to this year, what was meant to happen has already happened. What was not meant to happen will still not happen. Let us look forward to 2018 where we can set new goals.

All in all, we have got you covered in this end of year issue. Schools are closed and the kids are home. This calls for a lot bonding time with the family. We have fun

activities that you can indulge in with the kids at the same time keeping fit as a family. We also have tips on how to keep the sibling bond stronger now that they spend more time together. Planning to host an end of year party at your place? We have tips that will come in handy during this moment. Don't forget to check our 'Food Delight' section for interesting recipes for sweet popcorn that will keep those movie nights going. These and a lot of other parenting articles are in store for you and we are sure that you are sorted for this month.

As you prepare to usher in a new year, we thank you readers for your endless support throughout this year. We would also love to wish you happy and safe holidays. For those travelling, be safe, we will need you come next year. We have so much more in store for you. Here's to a Merry Christmas and a happy 2018!

Enjoy the read!

Hilda



Mom AND Dad

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PUBLISHED BY
Media 7 Group Kenya Limited
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+254-20655-1987
+254-20655-1997

DISTRIBUTED BY
Nation Marketing & Publishing
A Division of Nation Media Group
www.media7kenya.com
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Strengthening sibling relationships

Siblings share a close bond with each other. Find out a few tips to strengthen sibling relationships.

All siblings should share a close bond with each other. It improves family ties and makes the relationship stronger. Here are a few interesting tips to strengthen sibling relationships.

Sharing the Same Room

Siblings can share the same room till they are young. This will help them to bond well with each other and improve their relationships.

Treat Equally

Always treat both children equally. This will help them to understand that both of them are valued. Never

be biased more towards one child as this will create feelings of inferiority or inequality.

Spend Quality Time with Both

Always spend quality time with both children. Never give more importance to one than the other. Treat both of them like they are the same irrespective of gender and age differences.

Be Impartial during Fights

Always be impartial while solving fights between siblings. Never take one's side more often than the other. Solve fights amicably and try to reduce them.

Sharing Belongings

Always encourage children to share belongings with each other. Sharing toys, books, etc. can go a long way in improving sibling bonds.

Teach Respect

Teach children to respect each other and love each other. Tell them that they must always support each other and care for each other.

Reduce Dependency on Parents

Teach children to learn from each other and help each other. This will help to reduce dependency on parents. Ask them to go out together and support each other.

Tell them Stories

Tell children good stories every



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day, especially based on sibling relationships. This will help them realise the importance of a sibling in their life and also help them to have fond memories when they are grown up. Tell them stories about your

childhood, their grand-parents, your siblings etc.

Taking Pictures Together

Take lots of pictures together of both siblings. This will improve the

bonding and help to have memories in the future. Whenever you get a chance, take good pictures of them so that they have something to look back on when they are older.

Siblings should always like each

other irrespective of other people. Teach them the importance of having each other and the value of their relationship. Sibling relations can be strengthened using the above tips and methods.

Take them Upcountry

Take the children for a visit up country and tell them stories about your growing up years. Show them around and let them have some fun. Let them explore around and enjoy themselves.

Celebrate Holidays

Ask children to join in decorating Christmas tree for Christmas, finding gifts during birthdays, etc. This will help to improve bonding and help them spend quality time with each other.

Involve them in festive celebrations.

Buying Similar Clothes

It is fun for siblings to share some clothes or wear similar clothes once in a while. This will bring some amusement and make them like each other.

Sending to the Same School

It is good to send siblings to the same school. This will help them to know each other better and share some common friends. It will also help them to have moral support while in school.

Going for Vacations Together

It is good for siblings to share vacations along with the parents once in a while. This will improve their

bond and help them to have good experiences.

Celebrating Birthdays Together

It is nice to celebrate sibling birthdays together if they are born around the same date in the same month. This will improve the bonding and bring in some fond memories. Also, if their birthdays are celebrated individually, new clothes should be purchased for both on each child's birthday.

Z

You can send siblings to some hobby classes together such as guitar classes, badminton, etc. This will be good exercise and a chance to spend time together. They can meet new people and have some common friends. [W](#)



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To-Do list for each pregnancy trimester

Pregnancy is an overwhelming experience, especially for first time moms-to-be. You may be totally clueless on what to do and what not to do. If so, worry not, we have put together a 'to-do list' for each pregnancy trimester and you can follow it for a healthy and complication free pregnancy. There are also very good Kenyan and also international blogs that can guide you as you share your experience with other expectant women.

The first weeks and months of pregnancy are exciting and at the same time exhausting. If you need to get your pregnancy start off properly, check out the to-do-list of each pregnancy trimester. Use it as a guide and do whatever you feel comfortable.

PREGNANCY TO-DO LIST FOR FIRST TRIMESTER

Here is what you should do during the first trimester of your pregnancy.

1) Make Sure You Are Really Pregnant

Many pregnancy tests can be done at home following the instructions provided. Home pregnancy tests are 99%

accurate if performed properly. You can take a home pregnancy test when you miss your period.

2) Arrange Your Appointment with Your Doctor

Get your first appointment fixed when your home pregnancy test results comes positive. Make sure you give your doctor details of

- Your medical history and lifestyle
- What and how to eat and exercise safely during pregnancy

- Get your height and weight measured

- Take your blood pressure
Your doctor will ask you to undergo certain preliminary tests and ultrasound.

3) Take Your Prenatal Vitamin Supplements

It is time start taking vitamin supplements especially try to get enough of folic acid during your first trimester as prescribed by your doctor.



4) Quit Smoking and Drinking

If you smoke, quit immediately. Smoking raises risks of a number of problems. No one is sure how harmful even a smaller amount of alcohol is, so skip the booze completely.

5) Inform Your Doctor about the Medications

If you are taking any medication, let your doctor know about it. Mention everything including the vitamins, supplements and herbs that you take.

6) Avoid Harmful Activities

Some activities and works can be hazardous to your developing baby as well as for you. Learn about the chores you should avoid during pregnancy and stick to it.

7) Eat Well and Nutritious

Do your best to eat well and pay attention to nutrition also. Perhaps the nausea can turn you down, but try to stick to healthy food. You need to eat healthy throughout your pregnancy and after your delivery as well.

8) Follow Proper Sleeping Schedule

Try to go to bed early. Follow a healthy lifestyle for having a healthy pregnancy and a healthy baby.

Pregnancy To-Do List for Second Trimester

Here is what pregnant women do during the second trimester of their pregnancy.

1) Prenatal Exercises

Second trimester is the best time to start with regular pregnancy-friendly workouts after consulting a doctor. Joining a class will not only help you do it under proper guidance, but also help you to stick to it.

Pregnancy to-do list for third trimester

Here is what you must be prepared for during the third trimester of your pregnancy.

1) Keep Track of Your Baby's Movements

Keep an eye on the kicks, twitches and rolls of your child and let your doctor know immediately if you find decrease in that.

2) Talk to Your Baby

Your baby can hear your voice now. You can talk to your child, sing songs to her and tell her stories. This will help you to bond with your baby even before he/she is born.

3) Make Birth Plan

Though childbirth is unpredictable, the plan might help you figure out your preferences. You must also make a list of things that you will need after your delivery and when your baby is born.

Check the to-do list for all the three trimesters and follow them. Pack your bags with essentials when it is time near to due date. Stay calm and keep your doctor updated.



2) Focus Prenatal Tests and Visits

During this period you will see your doctor or caregiver once in four weeks. If you have any complication or other symptoms you might need to make frequent visit. Educate yourself about the things and tests your doctor will do during this trimester.

3) Start Sleeping On Your Side

This is the time when you should try to sleep on your side, especially on your left side. This will help to reduce the discomfort as you would not be able to sleep on your back due to your growing belly.

4) Shop for Maternity Clothes

You will start finding it difficult to fit in the clothes and buying maternity clothes will help you stay more comfortable and relaxed also.

5) Spend Some Time with Your Partner

You can enjoy live music or go for late night movie. Enjoy these things as you will not be able to do when your baby arrives.

6) Moisturize Your Belly

Applying moisturizer on your belly will not only reduce stretch marks, but also reduce itchiness.


7) Do Some Financial Planning

You are going to face new financial responsibilities and so you should plan everything beforehand and prepare for the upcoming errands.

8) Plan Your Maternity Leave

Check out from your human resource department about the formalities of applying for maternity leave and proceed accordingly.

9) Eat Healthy and Drink Enough Water

Pay attention to healthy eating and drink at least 6 – 8 glasses of water daily. 

Dealing with Severe morning sickness

Also known as Hyperemesis Gravidarum, some pregnant women suffer this condition throughout their pregnancy. During the first trimester of pregnancy, many women experience the bouts of nausea and vomiting known as morning sickness.

Despite its name, morning sickness can occur at any time, day or night. It usually begins around the 6th week of pregnancy, peaks around week 9, and disappears by weeks 16 to 18. Although unpleasant, morning sickness is considered a normal part of a healthy pregnancy.

But what's not normal is when morning sickness becomes so severe that a woman persistently vomits several times a day, loses weight, and becomes dehydrated or at risk for dehydration.

When this rare pregnancy-related condition is left untreated, it can interfere with a woman's health and her baby's ability to thrive.

About Severe Morning Sickness

The medical term for severe morning sickness is "hyperemesis gravidarum" (which means "excessive vomiting during pregnancy"). It usually follows a timeline that is similar to morning sickness; however, it often begins earlier in the pregnancy, between weeks 4 and 5,

and lasts longer.

Although some women with severe morning sickness feel better about halfway through their pregnancy (around week 20), some continue to experience it throughout the entire pregnancy. Often, the symptoms become less severe as the pregnancy progresses.

Most of the time, hyperemesis gravidarum occurs during a woman's first pregnancy. Unfortunately, women who experience it in one pregnancy are more likely to experience it again in later pregnancies.

Causes

The cause of severe morning sickness is unknown. Research suggests that it might be related to hormonal changes that occur during pregnancy. Specifically, a hormone called human chorionic gonadotropin, or HCG, might be to blame because the condition primarily occurs when HCG is at its highest levels in a pregnant woman's

body.

Severe morning sickness also might be hereditary because it is more common in women whose close family members (such as mothers and sisters) have had it.

Risk Factors

Certain factors can increase a woman's chances of having severe morning sickness during pregnancy. In addition to having a personal or family history of the condition, the

following can put a woman at risk:

- carrying multiples (twins, triplets, etc.)
- history of motion sickness
- migraine headaches with nausea or vomiting

Effects

The nausea and vomiting that happens in a case of severe morning sickness are so extreme that they can have harmful effects on both the mother and baby. The inability

to keep down food makes it difficult for a woman to meet her nutritional needs. As a result, she might lose weight. And a loss of fluids, combined with the loss of stomach acid that occurs during vomiting, also can cause dehydration and electrolyte imbalances.

If a woman does not receive treatment, it can cause many complications, including organ failure and the premature birth of her baby.

When to Call the Doctor

It's important to call the doctor right away if a pregnant woman has any of the following symptoms:

- nausea that persists throughout the day, making it impossible to eat or drink
- vomiting that occurs three to four times per day or an inability to keep anything in the stomach
- vomit that is a brownish color or has blood or streaks of blood in it
- weight loss



- fainting or dizziness
- decreased urination
- a rapid heart rate
- recurrent headaches
- unpleasant, fruity mouth or body odor
- extreme fatigue
- confusion

Treatment

Although treatments that are commonly used for morning sickness, such as eating dry crackers in the morning or consuming a bland diet, may be recommended for women with extreme morning sickness, they may not be effective on their own because of the severity of the condition.

Medical treatment may include:

- a short period of not eating by mouth to rest the gastrointestinal system
- intravenous (IV) fluids
- vitamin and nutritional


supplements

If necessary, the woman might also receive medicine to stop the vomiting, either by mouth or through an IV. The doctor might recommend eating foods with ginger or taking vitamin B6 supplements to help alleviate nausea. The following can also help:

- consuming a bland diet
- eating frequent small meals
- drinking plenty of fluids when not feeling nauseated
- avoiding spicy and fatty foods

- eating high-protein snacks
- avoiding sensory stimuli that can act as triggers

Additionally, if a woman is feeling anxious or depressed as a result of her condition, talking to a therapist or counselor might help her cope with her feelings. With treatment, a woman with a case of severe morning sickness can feel better and receive the nourishment she needs to help her and her baby thrive. And lifestyle changes can help to minimize nausea and vomiting and make the pregnancy more enjoyable.

With time, symptoms usually do improve, and — of course — resolve completely by the beginning of a woman's next miraculous journey: parenthood. 



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Recent studies have revealed that children are getting acne in much younger age and doctors are providing new guidelines to treat children's acne.

Natural remedies for acne are recommended for all, including children because the most remarkable thing about natural remedies is that they are completely free from side effects. However, the conditions differ from one child to another.

You can also use natural

remedies immediately when there is breakout of acne on your child's face. This will help clear your child's skin quickly and perhaps you can prevent it from occurring also. The main problem that doctors and parents face is that the skin of children is different from adults and they have not even gone through the changes of

puberty. Also, it is difficult to find out how much of acne that has occurred is due to bacteria and not due to change in hormones.

What is Baby Acne?

Baby acne is a skin problem usually seen in children from birth to 7 months old. This is caused because of exposure in the womb to maternal hormones. Usually, doctors

recommend taking some precautions and do not prescribe any medicine or treatment. It goes away with time. If there are some associated symptoms like fever, rashes, poor appetite and others, you should consult the pediatrician.

Tips for Dealing with Baby Acne

Have a quick look at some beauty tips for dealing with children's acne.

1) Cleanliness

Keep the child's face clean. Wash her face gently at least twice a day. Use only soaps recommended for infants. Sometimes soaps create or exaggerate the problem. So, observe and discontinue using soap to see if it gets better.

2) Keep the Skin Dry

Keep the skin of your child dry.

Dealing with baby acne





It is recommended to simply pat dry the face. Be certain that you wipe off your child's face whenever she spits or she is fed because if moisture remains for a long time, it will only worsen the condition.

3) Prevent Touching
Make sure your child does not squeeze or touching pimples because this might create further problem and will leave scars behind as well. In case of baby acne you have to be more careful and prevent your child from scratching her face.

4) Check With Your Doctor
Talk to your doctor about the acne on your infant's face. He will find out whether it is a reaction to any medicine given to her or not. Your doctor will prescribe an alternative medicine so that it does

not cause a skin problem.

If acne does not disappear in few weeks or months, you can ask your doctor to prescribe a stronger medicine to treat acne on your child's face. However, it is advisable to stay patient because it usually clears off in 3 to 7 months of time. Although, baby acne may seem bothersome to you, it most probably does not bother your child.

Just be cautious and watch out any pimple or rashes in any other part of your infant's body. Baby acne is confined to the face of the infant. Therefore, if you find anything that looks like acne on any other part of your infant's body, consult your doctor.

5) Avoid Creams
Avoid oil based creams to

apply on your child's face. Unless your child has extremely dry skin, use a moisturizing baby wash till acne gets cleared.

6) Use Baby Powder
Try using baby powder. Many have found that gently applying baby powder in the affected areas have helped them get rid of the skin problem in their infant. Take care when applying the powder and see to it that it does not enter the child's eyes, nose or mouth.

7) Change Your Breastfeeding Diet
If you are breastfeeding, change your diet. Some mothers have felt that since they took sweet or citrus fruits, their infants had skin problems. You can try changing your diet and take the advice of your doctor regarding that.

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Language development in toddlers and preschoolers

It is important to encourage language development in toddlers and preschooler as well. Language development activities will help them to express themselves more efficiently. Read on to find some tips for encouraging language development in toddlers and preschoolers.



Learning language and mastering it is an amazing journey for every kid and her parents as well. Many parents actually look forward to the language development of their children. Read more to learn how to help your toddler and preschooler in language development process.

Many of the inexperienced parents worry about speech and language development of their children. However, the secret of helping toddlers in mastering language is to talk to them and listen to them. But it is easier said than done and is not an overnight journey.

You should not forget that learning a language is a lifelong process and you are only helping your child to start this journey as efficiently as possible. The first 12 months of a child is more about listening than talking. Gradually, the proportion gets interchanged and by the age of 5 a child starts speaking.

How to Encourage Child's Language Development?

Experts and experienced parents are of the opinion that the best way to help your child learn, understand and use language to communicate is to talk to your baby. The basic communication skills get developed with language and this is crucial for preparing your child for school. This should form during early months and years of childhood.

Talk

There is no set time when you can start talking to your child. You can treat her as a talker immediately after she starts viewing things around. You can start talking to her when she responds with her babbles



words will help your child learn and understand them. Point out family members using snapshots. Books are of great help at this point of time also.

Talk About Present Time

Even if your child is not able to understand everything, talk about things that make sense and continue talking to her. Tell her what you are doing and also about what she is doing so that she understands gradually.

Language Development during Different Stages


Following are the suggestions that will help you encourage language development in infants, toddlers and preschoolers

Toddlers

Again books with pictures of common objects and everyday items will help in the development. Outings, even on a walk, can help strengthen the developmental process.

Preschoolers

Read out books that are age-appropriate and tell them stories. Listen to their stories also. Talk about events and characters in the book. Let the child ask as many questions as she wants and make sure you answer them properly and calmly as well.

With the help of language a child is able to understand and convey feelings. It helps to communicate and express feelings in the best possible way. Not only this, language development supports thinking and problem solving as well as improving and maintaining relationships. The child needs to learn, understand and enjoy language which is the base of reading and writing. 

and sounds. If you finish talking and wait for your baby's response, you will find that she babbles back to you.

Respond

As your child starts making sounds and uses gestures, you should respond to her efforts to communicate.

Read Out

Try to share stories, images and other things described in books. Use different types of books and keep things fresh by asking your child about things in the book.

Introduce New Things

It is very important to keep introducing new things every day. Just make sure you do not overdo or start expecting a lot from your child overnight.

Infants

When it comes to infants you can recite poems that include words like 'so big', 'so small' etc. Point out different body parts like eyes, tongue, nose, ears, head, knees, shoulders and so on. Rhymes with repetitive

Teaching them to make good friends

According to studies newborn babies are ready to socialize in natural way, but researches show that parents play a big role in teaching their kids how to make friends. Read on to learn how you can help your child make good friends.

Right from the time a child is born parents keep checking whether everything is fine with their child or not. Although, physical perfections can be judged, it becomes really challenging to figure out the emotional perspective. However, if you pay attention to some aspects and help your child develop emotional and social skills, you will find there is lot of improvement.

Experts are of the opinion that social skills should be taught right from the time your child is a toddler, but it becomes all the more important when your child starts going to school. Friendships are also important for emotional health and sometimes even one friend is enough to make your child happy.

Even though some children find it very easy to make friends, some



need encouragement. So, if your child is shy or had difficulty making friends in past, there are many ways in which you can teach her not only to make friends, but also good ones.

Tips to Teach Kids to Make Good Friends

Have a quick look at the tips for

helping your child to make good friends.

Teach Them Friendship Skills

Kids like to play with kids of their own age just as we like to spend time with like-minded people and people of same age group. Remember, you are the role model for your child and

if she sees you making friends, she will automatically learn to mix up with other children.

Get Involved

When you are teaching your child to make good friends, do not ever force her to do so. Always keep in mind that everyone is different and it is not necessary that she will relate with friends in the same way you do. She might be having a different style and you should find that out.

Organize Play Dates or Activities

If your child is young the best way to help her make friends is to invite children of same age group to your house. You can organize specific games or make cookies of your child's interest so that she feels good that her friends are welcomed. When your child will grow this step will help you know your child's friends.

Let your Child Choose Good Friends

Friendship helps expand the perspective of a child. Give your child the freedom to choose her friends, just make sure that your child is not in any kind of danger.

Help your Child with Friendship Issues

Misunderstandings can easily happen between two people. If you find your child emotionally disturbed because of her friend, help her work through the issue. Listen to your child, calm her down and teach her to how to deal with specific issues.


Be Realistic

If your child is shy, it is obvious she is not going to make too many friends. You can help her have one or two good friends so that her social skills get improved.

With the support of your love and coaching, your child will continue to grow socially as she progresses in



school. Gradually you will see that children enjoy the journey towards making meaningful friends. A good group of friends will even help your child come out of the shy nature.

Even if she is not the popular kid, her friend circle will make her feel good. With a little help from you, your little one will be able to expand her social circle. 

Getting education for your special child

Once you learn that your child has a health problem or disability that could affect learning, the usual schooling guides are not enough. Your child's milestones will be different, and he or she might need more help to reach them.

That's why experts advise that parents of children with special needs get an educational assessment as early as possible. This will help get the proper supports in place to help your child reach his or her full potential.

Here's a guide to navigating the education system if your child has special needs.

Don't Delay

As soon as you think that your child might be missing important developmental milestones, or if your pediatrician raises a red flag, don't wait. Your pediatrician can refer you to a local early intervention program for infants, toddlers, and preschoolers. In many cases, the earlier a delay is identified, the more options there are for treatment.

Sometimes, learning disabilities are not caught until later in a child's development, such as the teen years. Even then, it's never too late to get your child the services needed to improve and succeed in school. If this is the case, talk with teachers, the principal, or a school counselor or school psychologist about setting up an evaluation to determine your child's educational needs.

Support for Babies & Toddlers: Stimulation Programs

After evaluation, your baby or toddler might be referred for early intervention programs that include physical therapy, speech therapy, and occupational therapy. These services can help your child work on goals related to developmental milestones like rolling over, feeding himself or herself, and saying a first word. These services usually are delivered by therapists who come to your home.

Support for Preschoolers: Early Intervention

After age 3, children receive most services outside the home and in preschools or other educational centers run by the local school district. Kids continue to get the services detailed in their evaluation report. They're also exposed to a typical preschool curriculum, such as reading and language development, early math concepts, art, and music, and will benefit from peer and adult interaction.

Many preschool programs for kids with special needs have opportunities for parents to make connections with other families through support groups or other programs.

Support for School-Age Kids

When your child enters kindergarten, he or she will be re-evaluated to see where educational needs lie. The resulting report is called an Evaluation Report (or Re-Evaluation Report) and it will serve as a guide for your child's academic future.

This report looks at a child's strengths and needs and checks for learning disabilities that may include attention deficit hyperactivity disorder (ADHD); emotional

disorders; cognitive challenges; autism; developmental delays; and hearing, vision, or speech and language impairment.

Recommendations from the evaluation team are used to develop a 504 education plan and/or an individualized education program (IEP):

- 504 plans. These education plans help ensure that students can be educated in regular classrooms alongside their peers,

but with the addition of services, accommodations, or educational aids that they might need. Examples of this include preferential seating; extended time on tests and assignments; reduced homework or class work; and verbal, visual, or technology aids.

- The 504 planning team usually includes parents, the principal, classroom teachers, and other school personnel (such as the school nurse, guidance counselor, psychologist, or social worker).



If these accommodations don't help students achieve satisfactory academic success, as determined by the school, then alternative settings in the school or private or residential programs can be considered.

- IEP. An individualized education program includes goals, objectives, and specially designed instruction for a child, including yearly planning and progress assessments. It establishes a child's current academic level, creates realistic annual goals, and forms a plan for how the school district will help the child achieve them.
- The IEP planning team must include parents and a certified teacher and also can include a vision specialist, hearing specialist, physical therapist, occupational therapist, speech therapist, social worker, and other professionals. For example, a child

with a learning disability might remain in a mainstream classroom environment while receiving one-on-one tutoring with a reading specialist. A child with cerebral palsy or other physical disability might receive physical therapy, occupational therapy, and/or speech therapy as part of the learning program.

- Students with needs that go beyond what the school district can provide through local or district programs might be referred for placement in a specialized school or program. Students who have an IEP and are receiving special education services are entitled to remain in school through the school year that they turn 21.

These educational plans might seem similar, but they are different. The main difference is that a 504 plan modifies a student's regular

education program in a regular classroom setting, whereas an IEP usually outlines educational services in a special educational setting, depending on a student's need.


Support for Teens

At age 14, your child will be evaluated to see what he or she needs to transition to adult life. This is called "transition planning." Transition planning focuses on what your teen wants to do after graduation — such as continuing education, working or volunteering, and recreational activities — and the skills needed to reach those goals.

The transition plan also includes where a young adult might live, whether he or she will need help with activities of daily living (ADLs) (such as eating, bathing, and dressing) and how that support will be provided. It addresses life-skills education (like money management, job seeking, and living independently) and sets a plan for transitioning to adult health care services. As a parent, you are part of the planning team and should be closely involved in this evaluation and ongoing planning with and for your teen.

Support for Parents

Your child's educational journey will be unique. It may sometimes feel like an overwhelming process. Remember that you do not need to go through it alone. It's important to find support. School and community resources are available to tap into along the way — including other parents who have been through it before you. Support groups for families of children with special needs are a great place to meet others with similar challenges and learn from them.

The end goal for everyone is for your child to grow into a happy, productive adult who achieves his or her full potential. 



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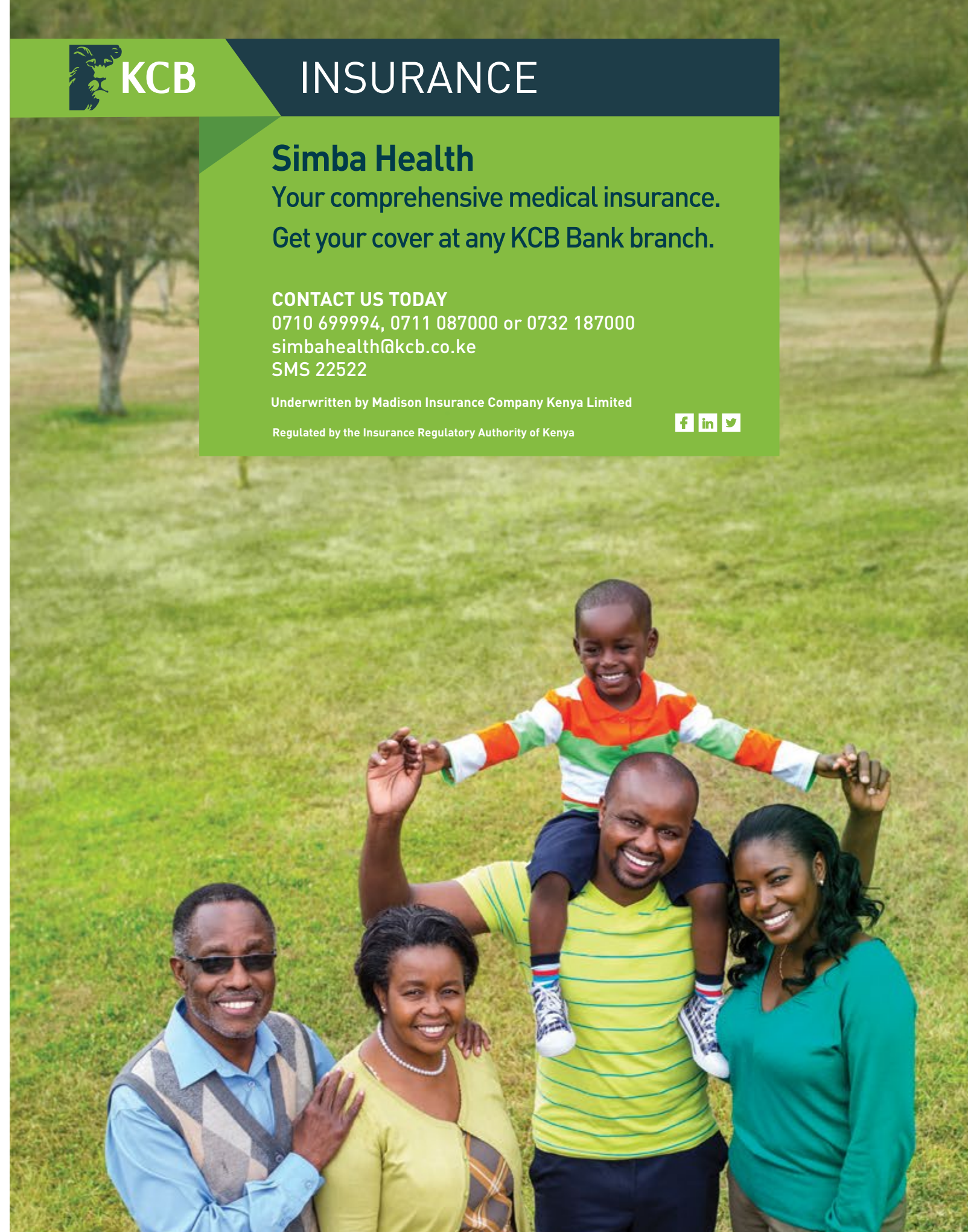
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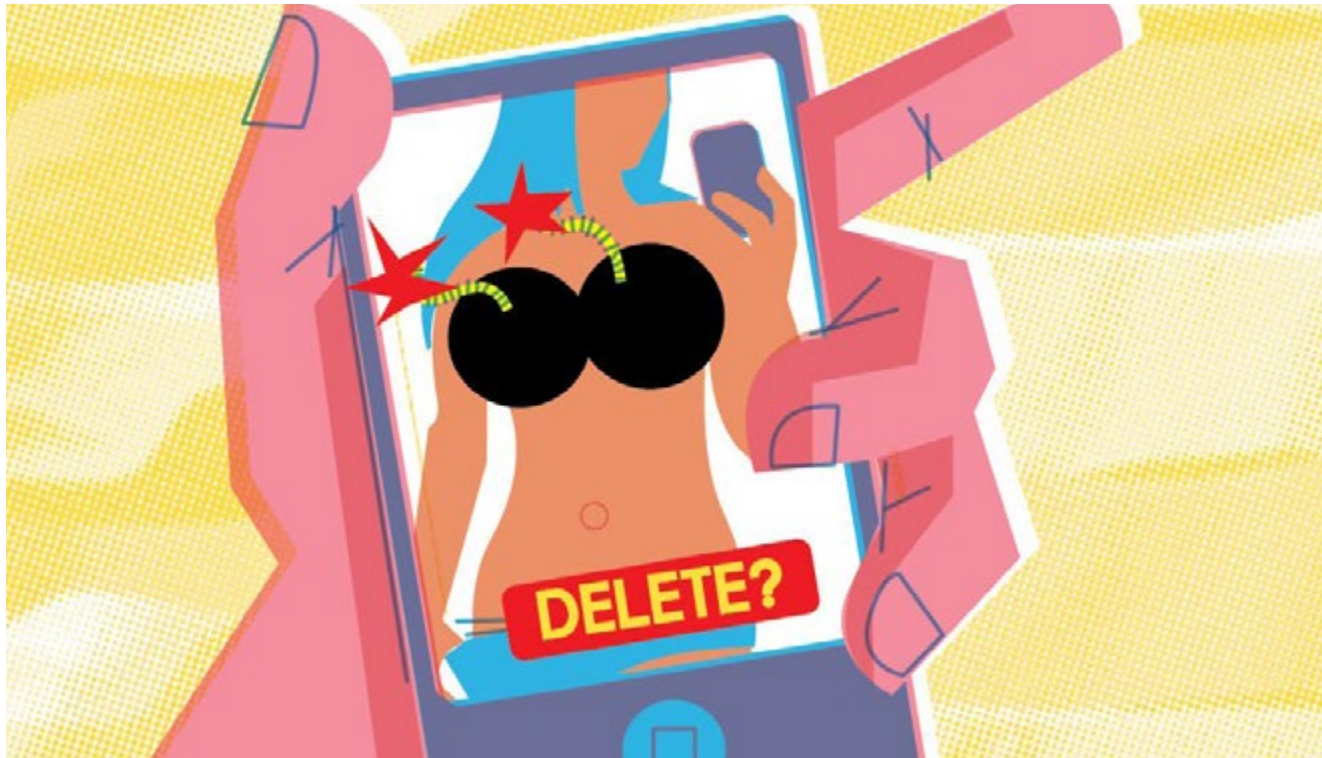
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What parents should know about **sexting**

These days, almost every teen has many ways to get online: via smartphones, tablets, and laptops, all of which can be used in private. It's very easy for teens to create and share personal photos and videos of themselves without their parents knowing about it.

Most of the time, this is no big deal. By sharing something with a friend, your teen could have a memory to enjoy forever. But if what gets shared is a little too personal, your teen's reputation could be harmed. Even if the image, video, or text was only meant for one person, once it's been sent or posted, it's out of your teen's control. It could be seen by lots of

people, and it could be impossible to erase from the Internet, even after your teen thinks it has been deleted. Any sort of photo, video, or message that shows someone doing or saying something embarrassing or offensive can be damaging to a reputation. But this is especially true if there's nudity, sex, or sexually suggestive content involved. This type of sharing, known as "sexting," has the potential to haunt a teen for the rest of his or her life.

What Is Sexting?

Sexting (or "sex texting") is the sending or receiving of sexually explicit or sexually suggestive images, messages, or video via a cellphone or the Internet.

Examples of sexting include sending:

- nude or nearly nude photos or "selfies"
- videos that show nudity, sex acts, or simulated sex
- text messages that propose sex or refer to sex acts

Why Do Teens Sext?

Many girls sext as a joke, as a way of getting attention, or because

of "pressure from guys." Guys sometimes blame "pressure from friends." But for some, it's almost become normal behavior, a way of flirting, being seen as cool, or becoming popular. And teens get some reinforcement for that when lewd celebrity pictures and videos go mainstream and the consequences are greater fame and reality TV shows, not ruined careers or humiliation.

How Common Is Sexting?

It's hard to know exactly how common sexting is among teens. Studies have found that about 1 out of every 5 to 10 teens — guys and girls — have sent sexually suggestive pictures. And about 1 out of every 3 to 8 teens have received them.

The studies focused mainly on pictures, not sexually suggestive comments, messages, or tweets. The percentage of teens involved in sexting goes up if written sexual content is included, but it's not clear by how much. But one thing is clear: Sexting is relatively common among teens.

Consequences of Sexting

Teens should understand that messages, pictures, or videos sent via the Internet or smartphones are never truly private or anonymous. In seconds they can be out there for the

entire world to see. If a compromising image of your teen goes public or gets sent to others, your teen could be at risk of humiliation, embarrassment, and public ridicule. Even worse, it could damage your teen's self-image and possibly lead to depression and other mental health issues.

And don't overlook the potential for legal consequences. In some states, a teen could face felony charges for texting explicit photos or even have to register as a sex offender.

Beyond that, questionable behavior online can haunt a college applicant or prospective employee years later. More and more colleges and employers check online profiles looking for indications of a candidate's suitability — or giant red flags about bad judgment and immaturity.

What Parents Should Know

Teens' decision-making skills, judgment, and ideas about privacy are still being formed. It can be hard for them to grasp the permanent consequences of their impulsive interactions. Just as they might not consider how smoking now can lead to long-term health problems, they can be reluctant to curb their "share everything" tendencies now for the sake of their reputations later.


One of the top responsibilities of parents is to teach their kids how to take responsibility for their own safety and their own actions. It's important to send that message about the virtual world too. Even if a teen's intentions are playful or harmless, if messages or pictures become public, the outcome can be anything.

What to Say to Your Teen

It's crucial to talk to your kids about how pictures, videos, emails, and text messages that seem temporary can permanently exist in cyberspace. One ill-considered picture sent to a crush's phone easily can be forwarded to the recipient's friends, posted online, or printed and distributed. Even an image sent to a boyfriend or girlfriend could lead to problems if someone else sees it or it's distributed after a break-up. Intense peer pressure to take or send nude pictures will pale in comparison with the public humiliation that follows when the images land on Facebook or the cellphones of hundreds of other kids and even adults.

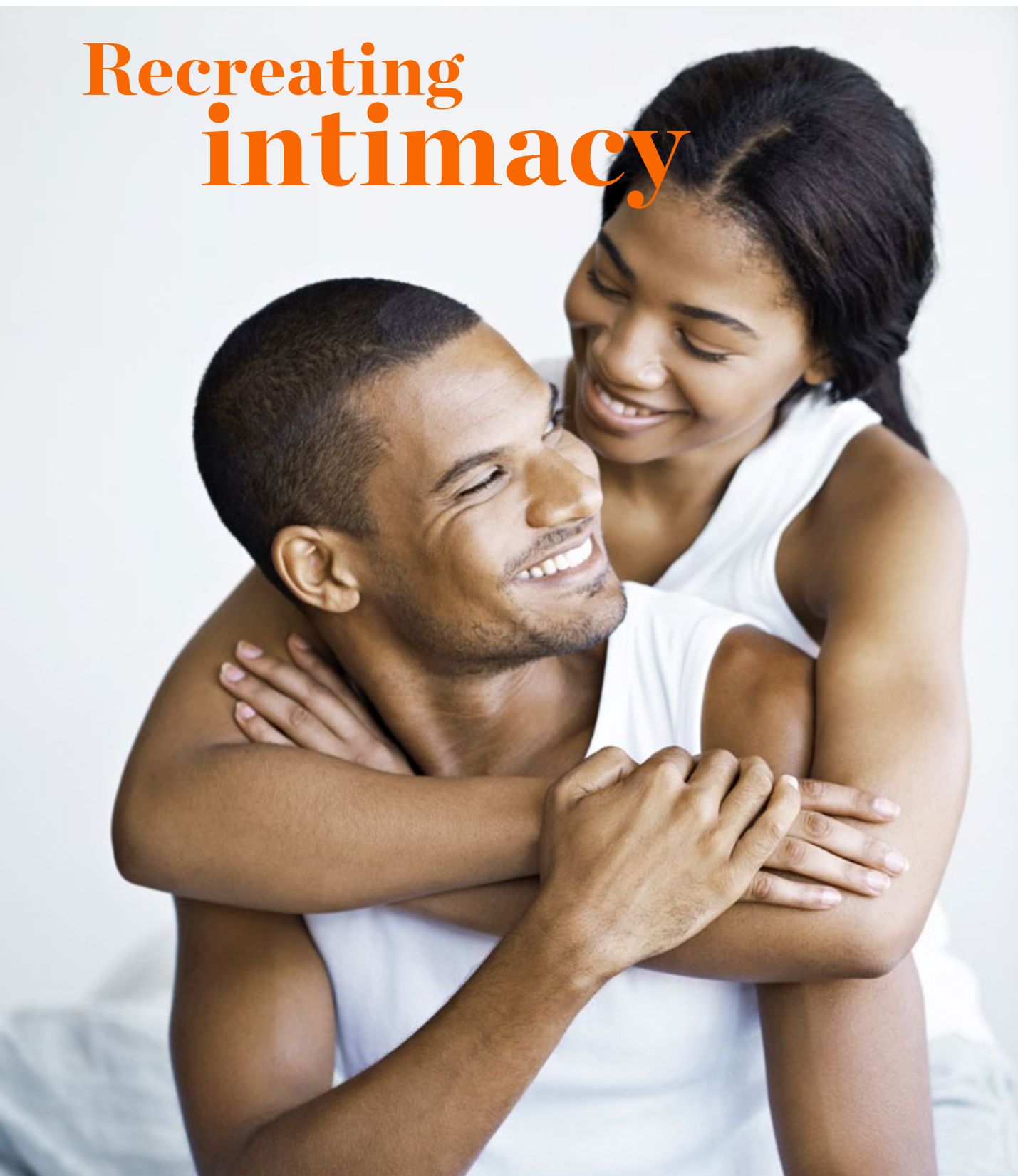
So how can you get through to your kids? The answer is to have open conversations about personal responsibility, personal boundaries, and how to resist peer pressure. Conversations like this should occur throughout kids' lives — not just when problems arise.

Explain to your kids, early and often, that once an image or message is sent, it is no longer in their control and cannot be taken back. It can, and likely will, spread beyond the person who was meant to see it.

In the meantime, parents can make it clear that there will be consequences if their kids are caught sexting, such as taking away cellphones and computers or having limits to when and how they can use these devices. 



Recreating intimacy



Do you need to know how to fix a relationship? Are you and your partner in a slump? Do you find yourself bickering more these days than cuddling? It's totally normal for longer-term relationships to lose those initial fireworks you both experienced the first years together.

But as with any relationship, the slow buildup of the cohabitation doldrums, works stresses and the arrival of children (and the utter exhaustion of it all), can totally put a damper on your sex life and patience

threshold. But even if you hate your partner a lot more than you once worshipped them at the moment, don't throw in the towel just yet. According to The New York Times, two thirds of divorces are initiated by women. So, take a step back, gain

perspective, and as you think on how to fix a relationship, try some of these do-able things to help you fall in love again.

Embrace Change

Don't except it to be like it was. While the beginning was fun, you don't want to over-romanticize the butterflies you once felt every time your partner walked in the room. "It's important to remember that those sensations are actually related to an underlying fear of rejection, so there's an element of risk that creates excitement," says relationship



specialist Ellen Hartson. "The sensation that brings back excitement is a quieter, subtle connection that's more even, steady, and fulfilling. While this feeling is less chaotic, don't mistake it for certainty, because that can lead to stagnation."

Touch More

For some couples it's about finding the right ways to convey a message of love, respect and appreciation. But sometimes words fall short or don't mean as much to certain people than gestures do. Maybe your partner enjoys the power of touch more than you prefer when your partner tells you look beautiful and or that you did an incredible job on that work project. Maybe your partner would appreciate more back rubs, massages, and cuddling to make them feel appreciated on daily basis. Sometimes when there isn't time for sex, touching and caressing one another can be healing in so many ways.

Just Talk

Don't talk about not talking. Another common complaint during slump periods is a lack of communication. Your hectic schedules can get so bad that your intimate time may be simply brushing your teeth next to one another and asking for the toothpaste. Harriet Lerner, Ph.D., who specializes in marriage counseling says that if "you're the one pursuing a distant partner, call off the chase. When you want more connection, suggest an activity, like a movie, restaurant or a walk. Instead of communicating about communication—talking about how you don't talk—just try talking." Then if you finally get that rapport going don't forget to listen. "Many marriages would be saved if we would only listen with the same passion that we feel about wanting to be heard," adds Lerner.

Convince yourself you're in love

Inner dialogue has a huge impact

on how we view our partner, from the way we create tension to the way we tap in to love. The biggest internal shift we can make is to look at what we tell ourselves about our spouse and how we dialogue with our partners inside our heads. When one person is feeling discouraged in a relationship, the first thing therapists want to know is what they tell themselves on a daily basis. If you are engaging in hopeless, negative, or judgmental self-talk, you are actually having a stronger relationship with the spouse inside your head than the real person.

Be Positive

Remember the best thing you can do when your relationship is in the dumps is to think positively and empathetically about your partner to help reframe your dynamic. If you do just two of the suggested tips above, we're sure it will make a difference in your relationship. Love should not have to be a battlefield. ☺

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Fixing a relationship in a rut

Figuring out how to fix a relationship that's in a rut, stuck in conflict or any other of the myriad difficulties that come up when we're trying to make a perfect union usually isn't a one-time cure-all.

Even when you both mean well and sincerely love each other relationships are hard work. Every situation is different but we've got 13 surprisingly easy tips for how to save your relationship that work for just about everyone.

1) Have More Conversations
So obvious, so basic and so

easy to overlook when things get hectic. Communication is vital and not only about the big things — although those are a must. It's also important to listen to each other's day, know what's going on in each other's lives and just share.

2) Couples Therapy
Even if you aren't married, or even engaged, couples therapy can be

immensely helpful for learning how to express yourselves, listen more fully and get a completely objective point of view.

3) Write Love Notes
Not texts — although those are good too — actual handwritten notes. You don't need to be Shakespeare, just a sweet post-it in an unexpected place works wonders.

4) Eat Together
One of the best tips for how to fix a relationship is simply sitting down for meals together on a regular basis. Life is hectic and most of us eat on the go than ever before but it's worth making the time. It doesn't always have to be dinner — meeting for a quick lunch during work days can be quite romantic.

5) Make a Bucket List Together
Everyone needs a bucket list and what better way to bond and get excited about future plans as a couple?

6) Do Something Different
If you really want to know how to save your relationship, you need to break out of your rut and mix things up a little.

7) Play Some Sex Games
Sex games are a fantastic way to find out more about each other's secret fantasies, spice up your love life and be more intimate.


8) Unplug
Turn off all of your devices for an hour or two before bed and focus on being together. You'll stay connected to what's really important and you'll sleep better too. A well-rested couple is a happy couple!

9) Spend the Weekend in Bed
You don't need to go all out and plan a romantic getaway in an exotic locale. Have breakfast in bed, do some serious cuddling, play some sex games, fire up the Netflix, order in and curl up with a bottle of wine.

10) Do a Project
Learning how to make something together is a lot like learning how to fix a relationship together. Just make sure it's something you both enjoy and won't wind up bickering over.

11) Regular Date Nights
It's so important to keep the romance alive and remember the honeymoon phase when you got butterflies waiting for him to come over.

12) Let go of the Past
Make a pact to let go of grudges and move forward on a clean slate.

13) Volunteer Together
Helping others is one of the most rewarding things anyone can do. There's nothing like finding a cause you both believe in and sharing that experience. 

Dads' guide to raising daughters: Infancy to adolescence

By Laurie Hollman

Four Tips for Relating to Your Baby Girl

- Respond quickly to your baby girl's cries simply by talking or humming. When she hears your deep voice, a calm will set in.
- When changing your baby, make it a bit of an event. Talk and sing about anything you wish, and she will respond like changing diapers is a game.
- Hold your infant girl close to your chest and move gently and rhythmically. She will feel your unique tempo that fosters your connection.
- As soon as she begins to coo, join in the conversation. Simply coo back in your low tones, and presto, you are talking together and relating together.

Child Daughters

The 1- to 10-year-old daughter set falls in love with their daddy. You may find that your daughter loves to just be around you, kind of shows off for you, and hangs on your every word. She craves your attention, so give it often.

Four Tips for Relating to Your Little Girl

- Girls love praise from their dads. When you praise, be specific, accurate, and of course, positive. Overpraising can lose meaning, so look for details to point out and your daughter will be grateful.
- Girls build self-confidence when


they feel their dads relate to them. Stretch yourself to learn about your daughter's interests, so you can talk about what she enjoys. When you're interested in what she does, she feels you're interested in who she is. This builds her self-esteem and your dad-daughter relationship.

- Be involved with school work. School is the center of your daughter's life. Be as involved as she wants you to be. That may mean sitting next to her while she does her homework, actually helping with assignments, or organizing a backpack. Whatever it takes!
- Meet her friends. Friends are also at the center of your daughter's life. If she's a social butterfly, drive her to sleepovers, chat with her friends, and look at her photos. If she's more reserved, be interested in her "best friend" and let her know she's a girl that other girls will like and tell her specifically why. She needs to know from you.

Teenage Daughters

Your daughter is more of her own person now, but building her self-esteem is key. When teenage girls believe their dads believe in them, their self-confidence rises.

Four Tips for Relating to Your Young Woman

- Teenage girls need their space, but they build confidence when they know you are interested in what they enjoy. Ask them about their activities, interests and school work. They'll be very pleased you want to know.
- Teenage girls need your approval even if they don't act that way. Find whatever you can to praise—from a cool outfit to a school essay. Deep down you're still her No. 1 guy.
- Ask your daughter her opinions. Teenage girls develop philosophies about life, especially as they get into their later teen years. Your interest in her thoughts matter more than you know.
- Go places with your daughter together, just the two of you. No matter how many kids you have, how busy home and work lives are, your daughter needs to spend time alone with you to remember she is a central part of your world. 



Dads and daughters are a unique pair. Daughters look up to you as their top guy, so it's important to form this precious bond early and maintain it throughout her stages of childhood.

Infant Daughters

You may not carry your growing

baby inside your body, but you sure do carry her inside your mind. The prospect of being a father to a daughter may seem daunting at first because you have a second sense about being with a boy, but girls seem a bit foreign to most guys. But all an infant girl needs is your special voice to key into and the romance begins.

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The simple act of hugging

A hug is the sweetest and simplest form of showing your love and affection to your child. Hug your child and show her how much she means to you. Know why such a simple act it is when performed regularly is important for your child.

Today even doctors believe that love and care helps in healing and recovering faster from any kind of disease or problem in life. There are different kinds of therapies and one of them is hug therapy. Therefore, you must learn why



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your child needs your hugs and how hug therapy can aid in your child's development.

Research studies have shown that hugging is a great healer. Along with helping people come out of depression, loneliness and stress, it also helps in healing different kinds of sickness. Well, here the researchers believe in proper hug and not a formal one. When you hug your child it should be heart pressing with her heart and then it works. Let us take a look at some reasons why your child may need your hugs.

Reasons Why Children Need Hugs

Here are some reasons why your child may need your hugs.

1) Your hug can help your child develop confidence and helps her feel safe and secure. If it is done along with an honest communication, it works wonders.

2) Hugs can immediately make your child happy even if she is angry or suffering from loneliness, anxiety or depression.

3) Hugs are compared with meditation and laughter and are

believed to be even more effective than therapies.

4) Hugs show that love flows from both the ways. It is equally given and taken.

5) Your hug can make your child feel relaxed and can help to release her tension almost instantly.

6) If you lengthen the time of the hug you will find that your child's mood is improved and has made her happier.

7) Hugs help strengthen immune system and can keep your child free from any disease making her healthy.

8) Hugs are even considered as self-esteem boosters. When a child is born and brought up in a loving family her level of self-worth is found higher. This is because right from the birth the child knows that she is loved and is special. Hugs help us love ourselves.

9) Hugs help balance the nervous system by relaxing and exchange of moisture and electricity of the skins of both the person who are hugging each other.

10) Hugs help strengthen relationships and the main reason behind this is the exchange of energy between the two people. It boosts compassion and understanding between the two.

No matter how old she is, she will certainly get boosted up and you will see the sudden change in her mood when you hug her. In fact it is believed that if you get or give an extended hug to your child or spouse, it will provide a health boost to mind, body as well as spirit.

Health Benefits of Hugging

Let us take a look at some health benefits of hugging.



- Releases oxytocin, a hormone that makes you feel good
- Helps fight diseases
- Gives good sleep
- Boosts memory
- Improves honest communication
- Lowers stress and anxiety
- Lowers risk of heart problems

When it comes to newborns, doctors believe that hugs help them grow better. In fact, some doctors believe that children without physical holding and affection might not even survive. No matter how disturbed your small child is, if you give her a hug, she would calm down in few seconds.

As soon as one enters adulthood need of physical affection is most often confused with sexuality which keeps one deprive of this amazing healer. However, researches have shown that our physical well-being depends largely on our emotional health. Doctors say that touch affects the area of the brain from where positive emotions come from. Hence feeling of trust and affection is released when one hugs another person. In addition to health benefits, hugging helps in improving and strengthening relationships also. Both you and your child will find stability and comfort with an extended hug.

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Estate planning

-Every tycoon's nightmare

By William Maema*

Whenever a prominent Kenyan dies, especially if he was rich, his immediate family suffers a double portion of grief. In the first instance, because of the loss of the family patriarch and provider but more poignantly, the fear of the unwelcome but almost certain emergence from the woodworks of a swarm of claimants staking a claim for a share of the estate.



William Maema

Some of us are so steeped in superstition that we believe writing a Will is like taunting death. Unfortunately, by failing to plan, we leave our immediate families with a myriad of problems which deny them the chance to enjoy the fruits of our labour.

Intestacy is the legal term for the situation that arises when one dies without leaving a Will. Intestacy may also occur where a person made a Will which is later invalidated by the

court or he revoked the Will but died before replacing it.

One may also die partially testate and partially intestate. This happens where a person's Will covers some but not all of his assets e.g. those situated abroad where for legal reasons a Kenyan Will may not take effect. It can also arise where the Will lacks the *omnibus* clause 'all the assets of which I die possessed, wherever situate, anywhere in the world' to cover property acquired subsequent to the date of the Will. In

both cases, the assets falling outside the scope of the Will are dealt with as if the owner died intestate.

When one dies intestate, the Law of Succession Act dictates how his property is to be distributed amongst his descendants including those who may be unknown to the immediate family. The law is clear that all the children of the deceased, whether male or female, legitimate or illegitimate, regardless of age, are entitled to a share of his estate. In this context, marriage is irrelevant. Indeed, contrary to common misconception, the beneficiary does not even need to be the biological child of the deceased in order to inherit. Any person acknowledged by the deceased as his child or dependant during his lifetime, whether sired by him or not, is entitled to inheritance.

Most of the succession battles pending in courts arise out of intestacy. The economic and social impact of succession litigation is huge. Such litigation paralyses the estate and leads to disintegration of family relationships. Usually, while the litigation is ongoing, all dealings in the estate are suspended to avoid what the Law of Succession Act calls the offence of 'intermeddling with the estate of a deceased person'. This is the story behind the many vacant plots and dilapidated buildings on prime locations in our towns and cities worth billions of shillings which have remained undeveloped for decades as the families engage in

internecine wars over inheritance.

While estate planning does not guarantee the absence of family feuds over inheritance, it can, if done well, significantly reduce the possibility of their occurrence, foster harmony in the family, preserve the estate and unlock the value of the assets left behind.

The key to achieving stability in estate management is to ensure that everyone who by law is entitled to inherit, whether known or unknown to the immediate family, is adequately provided for. Section 26 of the Succession Act empowers any dependant who has not been provided for in the distribution of an estate to challenge such distribution in court. Many Wills have been invalidated by the courts on this ground.

It should, however, be noted that adequate provision does not mean an equal share of the estate among all beneficiaries. There is no such requirement under the law and courts have affirmed that children who maintain a good relationship with their parents are justified to receive a greater share of the inheritance than those who do not.

Estate planning is broader than merely having or not having a Will. It is a complex legal process which, in certain cases involves the expertise of various professionals such as lawyers, accountants, investment advisers, actuaries and even counselors depending on the complexity of one's personal life and the vastness of the estate.

Various legal instruments have been devised over the centuries to help in estate planning. The Will is the bestknown although it is not the only one. The Law of Succession Act confers upon any person of sound mind aged at least 18 to dispose of his property by Will as he deems fit, subject only to making a reasonable provision for his dependants. One is

thus free to dispose of his property to any person, cause or charity as he wishes.

Trusts are another vehicle used in estate planning. Provided that the Trust is well set up, the property transferred to it is automatically removed from the estate and can only be distributed to the beneficiaries named in the Trust Deed. Unfortunately, Trusts are not very well understood in Kenya and Kenyan law on the subject is largely undeveloped. Hopefully, the courts will seize the opportunity presented by the case of **Albert Kigera Karume & 2 others v The Trustees of the Njenga Karume Trust & 5 others [2015] eKLR** to definitively pronounce the efficacy and legal effect of Trusts as viable instruments of estate planning in Kenya. Suffice to say that this is a very effective tool of estate planning especially in the UK where Kenya has derived most of her laws.

Transfer of property *inter-vivos* (during one's lifetime) is another mechanism for estate planning. This may sound like free legal advice to those with dependants who, for any number of reasons, may not be named in a Will. The downside, however, is that the process is irreversible and may lead to regrets if the beneficiary subsequently turns rogue or becomes greedy and starts demanding more.


Joint ownership of property as a tool of estate planning entails registering property in the joint names of the owner and the beneficiary as joint tenants. By operation of law, upon one's demise, his share of the property automatically passes on to the surviving joint owner without any legal process being undertaken save for furnishing the Registrar of Lands with the proof of death.

This is a commonly-used instrument by spouses especially

where there are multiple wives/partners. Its main advantage is that the subject property is excluded from the operation of the Law of Succession Act. The downside, however, is that when the relationship goes south or a divorce occurs, the process is irreversible.

Joint ownership is not to be confused with *tenancy-in-common* under which, upon the death of one of the co-owners, his portion passes on to his estate rather than to the co-owner.

Finally, one can provide inheritance to selected individuals by taking out a life assurance policy in which such persons are nominated as beneficiaries. Insurance proceeds do not constitute part of the estate and are normally paid out directly to the named beneficiaries without regard to the succession process.

In conclusion, the uncomfortable truth is that as Kenyan law stands today, children, whether born within or out of wedlock, are an integral part of their father's life and cannot be wished away either by him or his immediate family. The only way, therefore, to mitigate the risk of their appearance after one's death to torment the immediate family is to make peace with them during one's lifetime by making a reasonable provision for them using one or more of the legal methods mentioned above. That said, greed and malice remain inherent frailties of human nature. Therefore, the provision should be made within an airtight contractual framework that not only guarantees confidentiality of the arrangement but contains a legally binding waiver of all claims which such dependants may file against the estate in future. 

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Reasons behind child abuse and its effects

Child abuse, no matter whether it is physical or emotional, creates a very deep wound. Children who are victims of child abuse feel lonely, worthless, unloved and scared. Have a quick look at the reasons behind child abuse and its effects on children.

Child abuse is one of the most talked about topics and matters of concern these days. One of the most important points that all should note down is that child abuse is not just physical violence. It includes emotional abuse and neglect which leaves scars and these children lack healthy psychological and social development.

Studies show that child abuse occurs because parents are unable to cope with their stress level in life. The surprising fact is that child abuse is not limited to a specific society, but it has crossed social, financial and ethnic boundaries nowadays. Here are some causes behind child abuse to help you understand how you can prevent it.

Why Does Child Abuse Happen?

Although there is no specific cause behind child abuse, some of the most common reasons are discussed here.

1) Lack of Education and Understanding

Recent survey of people has shown that many people do not know the exact consequences of the problem of child abuse. In fact, the consequences vary from suffering from individual psychological problems to having low self-esteem in the victim. Since most child abuse cases are not registered, they are considered as accepted methods of disciplining or punishing children. This leads to child's safety issues also at times.

2) Parents' Background

Usually those adults who suffered abuse or neglect in their childhood abuse their own children. There are two reasons behind this – parents do not know that the method used is not right for proper development of children or they do it because they have gone through the same trauma. It is important to educate yourself and learn about the long term effects these methods of parenting leaves on an individual's mind. There are classes held that teach parents to deal with parental stress that happens while raising children.

3) Very High Expectations From Children

Some parents have unrealistic expectations from their kids. These parents are usually immature and lack understanding of the child's developmental stages or behavior.

These parents start deciding what their children should achieve and this leads them to become harsh. They forget the actual amount of love, attention and care that the kids need for proper and overall development.

4) Isolation of the Families

Parenting is stressing and parents who lack support from families and friends are more likely to abuse their children. When there is no one, partner, family members or friends to support and help with the demands of parenting, parents unknowingly get into the progression of child abuse.

5) Stress

There are different kinds of stress in life. Some parents find it very difficult to handle financial

pressures, medical problems, unemployment, taking care of a disabled family member or similar problem. The problems increase stress level and overwhelm parents which often results on child abuse of one form or another.

6) Alcohol and Drug Problem

Parents who are addicted to alcohol or illicit drugs often leave their children in unsafe environments. Most often these parents also turn to violence against their children or partners. Drugs and alcohol causes people to lose control over their senses and this leads them to abuse or neglect their children.

7) Physical or Emotional Disorders

Parents who suffer from any

serious medical problem are more likely to take refuge to child abuse in order to raise children. This is more with the parents suffering from depression, anxiety disorder or any other mental illness. Usually, these people find difficulty caring themselves and so caring for a child becomes additional burden for them. These people either neglect their children or become prone to physical violence.

Effects of Child Abuse

Let us take a look at some harmful effects of child abuse.

Physical Effects

Physical abuse results in injuries which are one of the most noticeable effects of abuse. Even if physical injuries are minor, they leave much

deeper psychological effects in the form of pain and suffering. Sometimes injuries may also lead to permanent or recurring health problem. Children who are victims of physical abuse are more likely to suffer from asthma, bronchitis, arthritis, high blood pressure and ulcers when they grow up.

Psychological Effects

Children who suffer from abuse in childhood feel lonely, isolated, fearful, worthless and untrusting. Usually, the psychological effects of child abuse are long lasting and they result in lifelong consequences like low self-esteem, depression and relationship problems in the suffering child. Some of the problems like depression, eating disorder, sleeping problems, anxiety, suicidal tendency, panic disorder, attention deficit along with language difficulty and academic problems are found in victims of child abuse.

Behavioural Effects

Child abuse leads to teen pregnancies, drug problems in teens and many criminal behaviour problems. Most of the people who suffer from child abuse treat their children in the same or even harsh manner themselves.

Both men and women are responsible for physical and emotional abuse as well as neglect. The parent who spends more time with the child is often the main guilty party. Studies have shown that majority of the child abuse cases are from inside the homes rather than from strangers.

It is time for parents to educate themselves about the facts and consequences of their parenting methods of children. In extreme cases, parents should discuss changes in child's behaviour with professionals.



Having less materialistic holidays

“The gimmes” are all around us during the holiday season. It can be hard for kids — and parents — to look beyond all of the product-driven hoopla and remember what the holidays are really about.



It's not the gifts but what's behind them that's important—the spirit of giving. Help your kids learn the fun of giving, and how rewarding it can be to look for, make, and wrap something special, or do something special for people they care about and others who are in need.

Here are five ways to curb materialism in your kids and reinforce the real reason for the season:

1) Marketing Messages

From the TV commercials

during cartoons to the promos on the backs of cereal boxes, marketing messages target kids of all ages. And to them, everything looks ideal, like something they simply have to have. It all sounds so appealing often, so much better than it really is.

The ads kids see around the holidays can help foster unrealistic expectations and lead to disappointment. After imagining their “wish list” items all around them, it's hard for reality to measure up when they actually open their gifts.

Of course, it's nearly impossible to eliminate all exposure to marketing messages. You can certainly turn

off the TV or at least limit your kids' watching time, but they'll still see and hear ads for the latest gizmos and must-haves.

Explain, when your kids ask for products they see advertised, that commercials and other ads are designed to make people want things they don't necessarily need. And these ads are often meant to make us happier somehow. Talking to kids about what things are like in reality can help put things into perspective.

Ask what they think about the products they see advertised as you're watching TV, listening to the

radio, reading magazines, or shopping together. Ask thought-provoking questions, such as “Do you think that product really looks, tastes, or works the same way as it seems to in the ad?”

To limit exposure to TV commercials, choose public television stations, recorded programs (without the ads), and children's videos and DVDs.

Teach your kids that not everything they want can always be theirs. The

key is to want things in moderation and to fully appreciate what you're given. Emphasize that the holidays are a special time to be with family and friends, and that a lot of love and thought is put into gift giving.

2) Family Traditions

Traditions that focus on family or friends can be a great way to put meaning back into the holidays. Here are a couple of ideas:

- Talk about which family

traditions your family loves the most. Then figure out how you can put more emphasis on them. If you love the tradition of lighting the menorah, get together as a group to make your own candles. If you enjoy the family trip to pick out a tree, make it an all-day event and head to a tree farm to choose your own.

- Find out what the holidays mean to others. Have your kids talk to a grandparent, parent, uncle, or aunt about how they spent the holidays growing up. Some holiday traditions that used to be strong such as neighborhood caroling are all but lost today. Maybe you'd like to revive some of these as a way to share some holiday spirit with your family, friends, or community.

- Build some new traditions. If you don't have any family traditions, it's never too late to start. Get together around activities that you all enjoy, such as cooking. Ask your kids what they would enjoy doing every year and make an effort to do it. If you can't all decide on one thing, make traditions out of several, so that everyone feels like part of the festivities.

3) Teach Kids to Give of Themselves

Volunteerism, especially around the holidays, offers an ideal opportunity for families to have fun and

feel closer to each other at the same time. Community service helps to drive home the message that giving is much more than laying down cash for the hot gift of the season or scrambling around to buy mounds of presents.

Volunteerism can show kids that giving your time, effort, and kindness is more rewarding than just expecting to receive lots of presents.

Also, if volunteering begins at an early age, it can become part of your kids' lives — something they just want to do. It can teach them:

- That one person can make a difference. A wonderful, empowering message for kids is that they are important enough to have an impact on someone or something else.
- The benefit of sacrifice. By giving up a toy to a less fortunate child, a child learns that sometimes it's good to sacrifice. Cutting back on recreation time to help others reinforces that there are important things other than ourselves and our immediate needs.
- Tolerance. Working in community service can bring kids and teens together with people of different backgrounds, abilities, ethnicities, ages, and education and income levels. They'll likely find that even the most diverse individuals can be united by common values.
- To be even more



appreciative of what they have. By helping others who aren't as fortunate, kids can better see all the remarkable things to be grateful for in their own lives.

Choose to help an organization or group that fits with your family's values and the things you believe in. Just a few ways you can help out in your community and beyond:

- Sponsor another family in need or purchase some presents for less fortunate children through a holiday donation program. Let your kids pick out and wrap the gifts themselves.
- Give back to the elderly in your area. Help out at a nursing home; visit with older people who could use a little extra joy and company around the holidays; bring gifts or meals to those who are homebound; or lend a hand to elderly neighbors with decorating, cooking, or wrapping presents.
- Volunteer your family's time by helping out at a children's hospital or homeless shelter or building or refurbishing housing for people in need.

Community service can teach kids that giving comes in many forms, not just as presents. Emphasize that

giving of their time, effort, and caring can mean so much more — and last longer — than any gift that money can buy.

4) Meaningful Gifting

Of course, gift giving will always be a large part of the holiday season. And with good reason — it can teach kids to really consider what might make others happy and what's important to people they care about. Watching loved ones' faces as they open presents that your children put a lot of heart and thought into can make the holidays more worthwhile for your kids.

But presents don't always have to be purchased in a store. Teach your kids how to put some real meaning and feelings into their gifts this year and beyond. Making their own presents can help show just how much kids care and can make the experience of giving more rewarding for both kids and their gift recipients.

Here are some ideas to get your family started:

Make homemade gifts together.

- Create photo albums that family members can carry around with them. Not only does this capture

precious memories and show just how much they mean, making photo album gifts also shows loved ones that a lot of thought and time was put into their presents.

- Print and frame favorite digital photos of friends and loved ones.
- Create customized stationery for people on your family's list using your home computer and printer.
- Have your kids create their own customized artwork - collages, paintings, drawings, etc. and put them in fun frames. They can even decorate the frames.
- Create a customized family tree for family members (something grandparents would especially appreciate).
- Create personalized family videos for long-distance friends and loved ones.
- Give philanthropic gifts. Many communities hold fairs where you can buy gifts by making a donation to causes your family and friends care about. Others offer actual gifts made by people with special needs.
- Instead of giving gifts of things, teach kids to consider giving gifts of time. For example, their grandmother may welcome their help in learning how to use a computer program. Or their little sister may want to learn how to knit.

5) Be a Good Holiday Role Model

Show your kids that the holidays can be joyous and fulfilling, not just a stress-ridden time that revolves around marathon shopping trips. Emphasize early on that it's not about tons of presents, but giving and receiving a few heartfelt gifts.

By starting early with traditions that emphasize the true meaning of the holidays and the caring thoughts behind gift giving, you can help to mold your kids' perspectives on the holiday season and what it means to both give and receive all year long.

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Using turmeric for a beautiful and clear skin

Turmeric has been used as a beauty product since a long time in history. It is one of the most common spices and easily found in any house. It possesses one of the most economical and most effective home remedies for many skin problems.

The immense benefits of turmeric hence make it a must have natural beauty product for skin problems. Make use of most of the skin benefits of turmeric and get beautiful and clear skin right away. It is

also the most commonly used spices in India. It is not just used to add color and flavor to food, but is also used for cosmetic purposes. It is an economical and indigenous beauty aid. Most of the sunscreens include turmeric as one of the

main components. Turmeric pastes helps clean and beautify skin. It has antiseptic and healing properties that help prevent and cure pimples and many other skin problems also.

Let us take a look at the top 10 benefits of turmeric for having flawless and beautiful skin.

1) Skin Brightener

Turmeric when mixed with gram flour or rice flour and few drops of lemon mixed with little raw milk or curd, works magically and helps brighten skin regardless of your age.

2) Anti-Wrinkle

Turmeric can do wonders on fine lines and wrinkles. Add turmeric to raw milk, tomato juice and rice flour and apply this paste on your face. Let it dry. Wash your face with lukewarm water. Turmeric powder added to sugarcane juice and buttermilk also works best on dark circles and wrinkles.

3) Exfoliating

Apply a paste of turmeric powder with honey on face and neck. This helps exfoliate skin and keep a check on pores as well.

4. Glowing Skin

Make a face mask of turmeric powder and sandalwood powder with edible oil and apply it on your face. Leave it for 15 - 20 minutes and then wash it off with cold water. You will have a glowing skin in 15 - 20 days.

5) Get rid of Unwanted Hair

Apply paste of turmeric powder and warm coconut oil on your skin. This will stop the growth of superfluous hair on your skin and make it petal soft as well.

6) Cracked Heels

Add little bit of turmeric powder to warm coconut or castor oil. Massage this oil on your heels. It

will not only help heal the cracks, but also fight with the roughness.

7) Acne and Scars


Add few drops of water and lemon juice to turmeric powder and apply this paste on the acne affected area. Leave it for 15 minutes and then wash with plain water by gently scrubbing. For scars, use the paste of turmeric powder and water and leave it for 10 minutes on the scar. Wash with lukewarm water.

8) Stretch Marks

Mix gram flour with turmeric and make a paste with the help of

curd, raw milk or water and apply it on stretch marks. This will help reduce it and gradually make it vanish also.

9) Burns

Turmeric has antiseptic qualities and so if you burn accidentally, you can turn to this natural antiseptic for relief. Make a mixture of turmeric powder and aloe Vera gel and apply it on the wound. Due to its excellent exfoliating effects on skin and this helps in fighting with the ageing of skin as well. The above mentioned are some of the many skin benefits of turmeric you can try. 



Understanding travel insurance

Travel insurance can minimize the considerable financial risks of traveling: accidents, illness, missed flights, canceled tours, lost baggage, theft, terrorism, emergency evacuation, and getting your body home if you die.

Each traveler's potential loss varies, depending on how much of your trip is prepaid, the refundability of the air ticket you purchased, your state of health, the value of your luggage, where you're traveling, the financial health of your tour company and airline, and what coverage you already have.

For some travelers, insurance is a good deal; for others, it's not. What are the chances you will need it? How willing are you to take risks? How much is peace of mind worth to you? Take these considerations into account, understand your options, and make an informed decision for your trip.

Insurance Basics

The insurance menu includes five main courses: trip cancellation and interruption, medical, evacuation, baggage, and flight insurance. Supplemental policies can be added to cover specific concerns, such as identity theft or political evacuation. The various types are generally sold in some combination — rather than buying only baggage, medical,

or cancellation insurance, you will usually purchase a package that includes most or all of them. "Comprehensive insurance" covers all of the above (plus expenses incurred if your trip is delayed, if you miss your flight, or if your tour company changes your itinerary).

Insurance prices can vary widely. The policies available vary as well. Note that some travel insurance, especially trip-cancellation coverage, is reimbursement-only: You'll pay out-of-pocket for your expenses, then submit the paperwork to your insurer to recoup your money. With medical coverage, you may be able to arrange to have expensive hospital or doctor bills paid directly. Either way, if you have a problem, it's wise to contact your insurance company immediately to ask them how to proceed. Many major insurance companies are accessible by phone 24 hours a day.

“Jittery travelers are fretful about two big unknowns: terrorist attacks and natural disasters. Ask your company for details. A terrorist attack or natural disaster in your hometown may or may not be covered.”

Types of Coverage

Policies can differ, even within the same company. Certain companies and policies have different levels of coverage based on whether you purchase the car rental, hotel, or flight directly on your own or through a travel agent. Ask a lot of questions, and always read the fine print to see what's covered (e.g., how they define "travel partner" or "family member" — your great-aunt might not qualify).

Trip-Cancellation or Interruption Insurance

It's expensive to cancel or interrupt any prepaid travel, and for a small fraction of the trip cost, you can alleviate the risk of losing money if something unforeseen gets in the way. Before purchasing trip-cancellation or interruption coverage, check with your credit-card issuer; yours may offer limited coverage for flights or tours purchased with the card. A standard trip-cancellation or interruption insurance policy covers the nonrefundable financial penalties or losses you incur when you cancel a prepaid tour or flight for an acceptable reason, such as:

- You, your travel partner, or a family member cannot travel because of sickness, death, layoff, or a list of other acceptable reasons
- Your tour company or airline goes out of business or can't perform as promised
- A family member at home gets sick (check the fine print to see how a family member's pre-existing condition might affect coverage)
- You miss a flight or need an

emergency flight for a reason outside your control (such as a car accident, inclement weather, or a strike)

So, if you or your travel partner accidentally breaks a leg a few days before your trip, you can both bail out (if you both have this insurance) without losing all the money you paid for the trip. Or, if you're on a tour and have an accident on your first day, you'll be reimbursed for the portion of the tour you were unable to use.

This type of insurance can be used whether you're on an organized tour or cruise, or traveling independently (in which case, only the prepaid expenses — such as your flight and any nonrefundable hotel reservations — are covered). Note the difference: Trip cancellation is when you don't go on your trip at all. Trip interruption is

when you begin a journey but have to cut it short; in this case, you'll be reimbursed only for the portion of the trip that you didn't complete. If you're taking a tour, it may already come with some cancellation insurance — ask.

Some insurers won't cover certain airlines. Many are obvious — such as companies under bankruptcy protection — but others can be surprising. Make sure your carrier is covered.

Buy your insurance policy within a week of the date you make the first payment on your trip. Policies purchased later than a designated cutoff date — generally 7 to 21 days, as determined by the insurance company — are less likely to cover tour company or air carrier bankruptcies, pre-existing medical

conditions (yours or those of family members at home), or terrorist incidents. Mental-health concerns are generally not covered.

Jittery travelers are fretful about two big unknowns: terrorist attacks and natural disasters. Ask your company for details. A terrorist attack or natural disaster in your hometown may or may not be covered. You'll likely be covered only if your departure city or a destination on your itinerary becomes the target of a terrorist incident within 30 days of your trip. Even then, if your tour operator offers a substitute itinerary, your coverage may become void. As for natural disasters, you're covered only if your destination is uninhabitable (for example, your hotel is flooded or the airport is



Other Insurance

Evacuation insurance - covers the cost of getting you to a place where you can receive appropriate medical treatment in the event of an emergency. (In a worst-case scenario, this can mean a medically equipped — and incredibly expensive — private jet.) This is usually not covered by your regular medical-insurance plan back home. Sometimes this coverage can get you home after an accident, but more often, it'll just get you as far as the nearest major hospital.

Keep in mind that medical and evacuation insurance may not cover you if you're participating in an activity your insurer considers to be dangerous (such as skydiving, mountain climbing, bungee jumping, scuba diving, or even skiing). Some companies sell supplementary adventure-sports coverage.

Baggage insurance - for luggage that is lost, delayed, or damaged — is included in most comprehensive policies, but it's rare to buy it separately, and there's a strict cap on reimbursement for such items as jewelry, eyewear, electronics, and camera equipment. If you




check your baggage for a flight, it's already covered by the airline (ask your airline about its luggage liability limit; if you have particularly valuable luggage, you can buy supplemental "excess valuation" insurance directly from the airline).

Flight insurance - ("crash coverage") is a statistical rip-off that heirs love. It's basically a life insurance policy that covers you when you're on the airplane. Since plane crashes are so rare, there's little sense in spending money on this insurance.

supplemental (or "secondary"), so it covers whatever expenses your health plan doesn't, such as deductibles. But you can also purchase primary coverage, which will take care of your costs up to a certain amount. In emergency situations involving costly procedures or overnight stays, the hospital will typically work directly with your travel-insurance carrier on billing. For routine care, a visit to a doctor will likely be an out-of-pocket expense (you'll bring home documentation to be reimbursed). Whatever the circumstances, it's smart to contact your insurer from the road to let them know that you've sought medical help.

Theft Protection

Theft is especially worrisome when you consider the value of the items you packed along: Laptops, tablets, cameras, smartphones, and e-book readers are all expensive to replace. One way to protect your investment is to purchase travel insurance from a specialized company which offers a variety of options that include coverage for theft. Before buying a policy, ask how they determine the value of the stolen objects and about any maximum reimbursement limits for jewelry, electronics, or cameras.

It's also smart to check with your homeowners or renters insurance company. Under most policies, your personal property is already protected against theft anywhere in the world — but your insurance deductible still applies. Before you leave, it's a good idea to take an inventory of all the high-value items you're bringing. Make a list of serial numbers, makes, and models of your electronics, and take photos that can serve as records. If anything is stolen, this information is helpful to both your insurance company and the police. 

Medical Insurance

Before buying a special medical insurance policy for your trip, check with your medical insurer — you might already be covered by your existing health plan.

Even if your health plan does cover you internationally, you may want to consider buying a special medical travel policy. Much of the additional coverage available is

gone). War or outbreaks of disease generally aren't covered.

You can avoid the question of what is and what isn't covered by buying a costly "any reason" policy. These offer at least partial reimbursement (generally 75 percent) no matter why you cancel the trip. But the premiums are so hefty that these policies appeal mostly to deep-pocketed nervous Nellies.



INSURANCE

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Decorating the bathroom

We spend so much time in the bathroom, and yet most of us neglect doing it up. Just because your bathroom is small, does not mean you cannot make it look good.

Here are a few tips to help you redecorate your bathroom without spending a lot of money.

Everyone's bathroom can be segregated into three areas - the sink

and mirror area, the toilet area, and the shower.

Tiles

Go for neutral shades when selecting tiles for your bathroom.

Although patterned tiles look good in a kitchen, they may not look overwhelming in a small bathroom, since the tiles will be all over the walls. If you like a particular pattern, use it as a border, and stick with soft shades.

Avoid using white tiles in a bathroom. They look sterile, and don't lend a lot of character to the bathroom. However, if your bathroom already has white tiles and you don't want to spend money to re-tiling it, consider changing just the top row of tiles so as to make a border.

Mirror

Mirrors look best when placed

directly on the wall, instead of on a cabinet. Mirror cabinets or medicine cabinets make small bathrooms look even smaller, since they eat up a lot of space above the sink. If you have a small bathroom, let the mirror run almost along the entire breath, above the level of the sink. You don't need to frame the mirror - you could border it with tiles, or you could just leave it the way it is.

Sink

Don't let the sink stand by itself, unless it is a really fancy glass sink or something very plush. Make a cabinet under the sink, and let it run along the entire length of the mirror. Use the space inside the cabinet to place the waste paper basket, laundry basket, extra rolls of toilet paper, mops, toilet cleaners and so on. If you want more storage in the bathroom, you could have a few drawers built into the closet under the sink, or you could simply have semi-circular racks with railings attached to the inside of a slim door. This will give you more space than a drawer will.

Always separate the bathing area from the rest of the bathroom, no matter how small it is. If you don't, then every time you take a shower, the entire bathroom will get wet and dirty - everyone knows what happens when they step into a wet bathroom wearing shoes.

Separate the bathing area with a shower curtain or with a glass door. Needless to say, a shower curtain will be a lot less expensive. Go for a shower curtain that is white, that matches your tiles, or that is transparent.

Place a small wicker basket on the shelf besides the sink, in which you can place your make up, shaving creams, etc.


Towels

Place a towel rack above the pot



or in the shower area. Let the towel rack be such that up can fold towels and place it on the rack, or you can hang wet towels to dry from little hooks. When expecting guests, roll up a few small hand towels, and place them in a small tray-like basket near the sink.

Shelf

All you need is one small shelf near the bathing area, in which you can keep your soap, shampoo, conditioner etc, and one small shelf with flowers - and you are all set, with a beautiful, neat and functional bathroom. 





Raising your child as a single parent

Raising children as a single parent is not easy. Here are some parenting tips for single parents coping with divorce and separation.

Life is full of unexpected twists and turns which can also be in a form of divorce or separation from spouse. In these instances, the custodian of the child has to take control of the situation and play the parts of both mother and father so that the child does not feel the absence. The development of an environment conducive to proper growth is important for the child and the single

parent must bear the responsibility.

Acceptance

Acceptance is the first step towards becoming a great single parent. The separation from spouse is always traumatic but you need to accept the fact that you will have to lead your life independently. The earlier you come to terms with the truth, the quicker you can sort out the various aspects in your life and focus

on the proper development of your kid. Your child is going to depend only on you from now and you have to remain strong. Remember, you have the freedom to raise the child any way you want to and so it becomes important to redefine and rediscover associated responsibilities and roles within the family structure. Never isolate yourself or your child from society. If you deem it necessary, you can contact self-help groups and

other similar organizations.

Regularity

Separation is one of the most unfortunate events in the life of a person but despite that, life goes on. So, you need to start forming connections and increasing the closeness with the people around you. Teach your child to do the same; never keep him or her cooped up and allow the kid to mix freely with his or

her peers. As you both interact and create relationships, you are bound to feel better and experience a rise in your self-esteem levels. Your child will understand that there are other things to look forward to in life. Make sure you do everything in your power to keep your child happy, comfortable and relaxed in her environment.

Confidence

For children, parents are always


their first role models. They inspire and encourage the child and assist in their development. Single parents will find the whole focus of their kid directed towards them. They learn how to talk and behave from you, though it might be unconsciously. Therefore, your attitude towards life will impact your child to a great extent. Never make your child feel that your family is incomplete; rather, enable her to consider it as a new family unit.

Accessibility

Make sure that you are always there for your kid whenever he or she needs you. Clear out a portion of your schedule to spend some quality time with him or her on a regular basis. This not only makes her feel loved and secure but increases the family bond shared by you. Learn to open up about your feelings since this makes your child feel important. Value her opinions and provide her with the confidence necessary to overcome tough times. Instill good moral values in your child.

Perspective

Being a single parent, you must learn to think from the perspective of your kid at some points. This will help you resolve arguments with your child. It will give you an insight into her way of thinking and allow you take positive decisions. Moreover, if you are considering entering a new relationship, do not fail to inform your child beforehand or it might come as a rude shock to her. Make her understand that moving on is a necessary part of life.

The growth and maturity of a kid is connected directly with her environment. If she is brought up by a single parent, the dad or mom is the lone parental figure in the life of the child, ensuring the fulfillment of her emotional needs and comfort. 



Planning a party? Checklist

This is officially the season of throwing parties! Are you planning to host your friends or family for an epic party? Or even get-together?

It's a good idea to prepare a checklist so there's no cause for last minute panic when you suddenly remember something crucial is missing. Here are a few points to bear in mind.

Drinks

Even if you are having your party catered from outside, it is always a good idea to arrange for your own drinks/alcohol. If you are having few close and special people over, you

can always use your best bottles. But if you are throwing a large party, save your expensive and delicious wines for another day, and invest in a few regular bottles available at your local store. If you buy in bulk, always remember to ask for a discount. Arrange for your alcohol earlier, as you may be able to get it at a good price if you ask around. This will

enable you can save quite a bit if you plan to buy a large quantity.

Food

Will you be making the food at home, or will you be getting it catered? If you are getting it catered you need to book well in advance to make sure you get the caterer of your choice on the date you require. Also, you will need to select the dishes, go

for a tasting and so on. If you plan to make the food at home, the first thing you need to do is prepare a menu. Make a list of the ingredients required and then run a quick check at home to see what you have and what you require. Vegetables will need to be purchased, but other ingredients like baking soda, cocoa, sauces etc. may be lying at home. You don't want to reach the store

and then start wondering if you have a particular ingredient at home. Plan to make just one trip to your neighborhood supermarket, and try and be as organized as possible.

Decor

You will naturally want your home to look beautiful on the day of the party, but needless to say, there's no point in getting out and purchasing new furniture or paintings! Make good use of flowers and candles. Place a large bowl on the main table and on the centre table and fill it up with water, petals and floating candles. Even a single large floating candle looks pretty in a bowl. Place fresh flowers in any empty vases you may have. Make sure all your candle stands have candles in them, and light all candles for the party.

Washrooms

Don't forget the toilet! Make sure it is spic and span. Wash soap dishes, the sink and of course, the pot. Scrub tiles a few days before the party, when you have more time. The morning of the party, place a number of small towel napkins in a little basket by the sink or hang a number of little towels from the rod. Place a little laundry basket on the floor, so people can use towels and throw them for wash. Give your bathroom a decorative touch by placing a few fresh flowers in a vase, and lighting a scented candle next to the vase. If you have a ventilator fan, then make sure it is switched on for the duration of the party so no one stinks up the bathroom!

Checklist

Always make a checklist of your own requirements as soon as you start planning the party. Keep adding to the checklist as certain things come to your mind. A well planned party is a great party! 🎉



Doing some activities with kids provide a means to a great workout and also quality time to be with the kids for parents. Be a friend to your kid and give your entire body complete workout with these activities.

Kids pop and play with friends without even being aware that they are engaged in a healthy activity. As they grow up they get involved in different activities and fitness takes the back seat often. Even parents can stay fit by involving themselves in kid's activities.

All of us know that exercise is good for heart and health but very few of us are aware of the fact that exercising is good for brain also. If you keep exercising you will feel light and confident and will never feel old no matter what your age is.

However, there are certain children like activities that can help you stay in shape and it is not hard to

make your body moving. You can get a fun and interesting way of keeping yourself and your heart healthy.

7 Fun Activities for Staying Fit with Kids

Here are some fun activities which parents and children can do together to stay fit. These are also some fun ways to spend quality time with children.

1) Catch Me

This is one of the most favourite games of small kids. You simply need to ask your preschooler or even a little older kid to catch you. If you are tagged you can do the same thing. Playing this game at least

for half an hour will help you reduce a lot of calories.

2) Cycling

If your child is too small you can help her ride her bicycle or run after her cycle to help her get confidence in riding. If she is a bit older, you can go cycling with her around the estate or plan a trip to paradise lost or Karura forest where cycling is allowed. In both the cases you will be able to shred some extra weight and get into shape in some time.

3) Hula Hoop

Hula hoops are colourful hoops that not only appear to be fun freshness for parties, but also help shape your waist, thighs and abdomen. Initially you might not find it easy to work on hula hoops, but gradually you will find this a completely fun activity especially if your child gets involved in it.

4) Hopscotch

Hopscotch is one such game that has gained popularity worldwide. Kids love to play this and if you want to lose some weight and get yourself into shape, you can join this hopping game with your kid. This is a simple game in which you hop or jump while throwing something in spaces in which numbers are drawn on ground. This game will give your legs a good workout and help you keep them in shape. It will also improve your balance.

5) Skipping

Skipping with the rope is a game that young children love to play. This will help you remain in shape and will work out your arms and legs along with other parts of the body. Taking chances with your child will help your heart get rest in between turns as well.

Fun parent-child activities for staying fit



6) Throwing Ball


Though it seems there is not much effort done when you throw a ball, throwing a ball back and forth will not only keep you occupied and make you happy, but also relax your mind and body, improve your coordination and tone your muscles. It is, in fact, great for your entire

body. Ask your child and grab a ball to start with.

7) Kick the Ball

Instead of making hard rules, you can simply kick the ball and play with your son or daughter for some time to sweat yourself out. This will give your entire body

complete workout and you will also feel relaxed and happy after the game.

Since moms are usually busy they do not get time for workout. With the help of above mentioned kid's activities you can not only get in shape, but also spend some time with your children. 



Popcorn: The ultimate happy food

It is a perfect party appetizer, late-night snack, and most importantly, the ultimate companion for movie nights. Below we share various sweet-popcorn recipes that give your ordinary salt and butter popcorn a twist!

Chocolate & coconut popcorn

Ingredients

- 1 cup of unpopped popcorn
- 2 tsp. of coconut oil
- ½ cup chocolate chips (your choice: milk chocolate, dark chocolate, white chocolate)
- ½ cup sweetened coconut flakes
- ½ cup toasted coconut flakes
- ½ tsp. salt to taste

Instructions

- If you're going to toast your coconut flakes, start with that by putting ½ cup of sweetened coconut flakes in a thin layer on a baking sheet and baking them at 350 for 7-12 minutes or until browned to your liking.
- Next, put 1½ tsp of coconut oil in the bottom of your popcorn popping pan and melt.
- Add three kernels of popcorn and once all 3 pop, pour the rest of your unpopped popcorn into the pan and continue to shake (or stir the handle if you're using a popcorn maker) until the popping slows. Remove from heat.
- Next, melt your chocolate with ½ tsp of coconut oil (to make it drizzle better)
- Then spread your popcorn out on a layer of wax paper on a baking pan and drizzle with chocolate, sprinkle with coconut flakes, and add a dash of sea salt.
- Let the chocolate harden, then add to bowls and enjoy!



Salted caramel popcorn



Ingredients

- 1/3 cup popcorn kernels
- 2 tbsp. oil of choice

Caramel sauce

Ingredients

- ½ cup maple syrup
- 1/3 cup coconut cream
- 2 tbsp. coconut oil
- 1 tsp. vanilla extract
- 1 tbsp. butter*
- 1 tbsp. coconut sugar**
- ¼ tsp. salt
- Instructions

- Place all ingredients into a pot over the stovetop and bring to a boil, stirring so that everything is combined.
- Once mixture starts boiling, turn heat on low and simmer mixture for 25 minutes, stirring occasionally.
- After 25 minutes, stir the caramel continuously for the remaining 5 minutes, allowing it to thicken.
- Pour caramel in a jar or container and allow it to cool; this will help the caramel thicken up a bit too.
- Heat oil in a large skillet over stovetop and place 3 popcorn kernels in it; place

- lid over top of skillet.
- Once those kernels pop into popcorn, pour additional kernels into skillet, reduce heat to medium and shake skillet over top of burner; popcorn will begin to pop.
- Once all popcorn is popped, pour caramel sauce over top and stir everything together with a large spoon or spatula.
- Pour caramel popcorn into a bowl and either A) eat immediately or B) allow time for the caramel to cool and harden. Enjoy!

Vanilla almond popcorn

Ingredients

- 1/2 cup organic popcorn kernels
- 2 tbs. coconut oil
- 2-4 dates
- 2 tsp. vanilla extract
- 1 tbs. almonds
- 1 tbs. water

Instructions

- Preheat the oven to 325 degrees.
- Pop the popcorn.
- In a food processor, combine the



- coconut oil, dates (remove seeds), vanilla, almonds, and water. Process until smooth, scraping down the sides as needed.
- In a large bowl, combine the popcorn with the sauce. Transfer to a large roasting pan and bake for 8 to 10 minutes, stirring every 2 minutes. The popcorn is done when all the pieces are no longer soggy.
- Cool on a wire rack, then store in an air-tight container.🍷

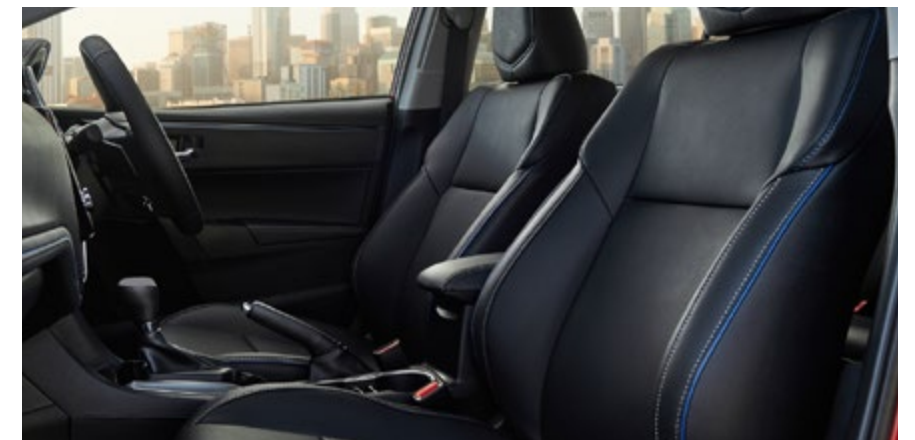
2017 Toyota Corolla

– Practical, reliable and assertive

The Toyota Corolla is one of the best nameplates ever manufactured. Now well into its 11th generation, and more than 50 years since being introduced onto the market, there is no doubt that Toyota has had enough time to perfect the Corolla recipe. Not only does it remain the world's best-selling nameplate in automotive history, it is still one of the most popular vehicles in the Toyota line-up.

Cumulative worldwide Corolla sales exceed 39.7 million, since the nameplate was launched in 1966, and is sold in more than 150 countries. The Toyota Corolla is the quintessential economy car. It is small, inexpensive, fuel-efficient, and reliable. Put gas in it, give it the occasional oil change and it will provide dependable transportation well past the 100,000-kilometre mark.

The 11th generation model, which has been on sale since 2013,



has received numerous upgrades include exterior front- and rear-end refreshments and enhanced interior modifications to give it classier feel.

Design

The 2017 Corolla adopts Toyota's 'Under Priority and Keen Look' design language, which was introduced by the C-HR SUV concept. The front has been completely restyled to highlight a wider vehicle stance and a more prestigious design. The front end features a small upper grille is flanked by new headlamp clusters, and there is a revised front bumper incorporating a lower grille. The design is further accentuated by the LEDs. The bonnet has also been raised and the bumper corners have been deeply sculpted to enhance the Corolla's aggressive look.

Muscular front and rear wheel arches dominate the 2017 Corolla's profile. The door handles receive a new chrome trim finish, enhancing the character line running from the front to the rear of the vehicle. A choice of new 16-inch and 17-inch alloy wheel designs is available. The rear styling has been enhanced through the adoption of LED tail lamp clusters. The redesigned chrome boot handle further emphasises the vehicle's width.

Performance

The 2017 Corolla engine options remain unchanged. The entry-level power plant is a 1.3-litre Dual Variable Valve Timing-intelligent (Dual VVT-i) unit with an output of 73 kW (97 hp) and 128 Nm of torque. Fuel consumption is pegged at 6 l/100 km

while 0 to 100km/h is dealt with in 12.6 seconds. The dial will continue to the 180 km/h mark. Paired with the 1.3-litre engine is a six-speed manual. The mid-spec performance package is a 1.6-litre Dual VVT-i engine that churns out 90 kW (120 hp) and 154 Nm of torque. The 1.6-litre power plant consumes 0.6 litres more compared to the 1.3-litre unit. Acceleration times are 10.5 and 11.1 seconds for the manual and 7-speed Multidrive S automatic (CVT)

transmission respectively.

Maximum speed is 195 km/h (manual) and 185 km/h (Multidrive). Top of the range models are fitted with a 1.8-litre unit, which delivers 103 kW (138 hp) and 173 Nm of torque. The 7-Speed Multidrive S automatic transmission is paired with the engine as standard. The 0-to-100km/h dash comes up in 10.2 seconds and top speed is recorded as 195 km/h. Fuel consumption rate is a reasonable 6.4-litres per

100 km. The 2017 Corolla retains the proven front MacPherson strut and rear torsion beam suspension systems of its predecessor. However, significant revisions to both front and rear systems promote improved ride comfort combined with greater agility.

The Multidrive S automatic (CVT) transmission has been revised to deliver shifts that are quicker, crisper and smoother with better matching to engine speed. The CVT also helps generate suitable engine braking when downshifting, including deceleration control that activates the fuel-cut system and holds the pulley ratio to maintain revs and enable easier re-acceleration.

Interior

Taking styling cues from the bold new exterior, the saloon's indoor environment plays up the width of the cabin with a strong horizontal dashboard design. The



instrument panel has been updated with a layered structure that hides joins, along with a redesigned climate control panel and circular air vents. Topped by a soft, non-reflective upper surface, which flows seamlessly over the driver's instrument binnacle, the dashboard face combines convex, soft touch padding with a recessed centre console panel finished in piano black. The Audio Touch Screen/DVD

increased from 6.1-inches to 7-inches. The operational feel of the pedals and shift lever has also been refined.

The pedals have been positioned to help prevent unintended operation, and the stroke and firmness of the shift lever have been optimised for a smoother shift feel. All occupants benefit from the capacity and usability of the 2017 Corolla's comprehensive range of storage space. They include

a glove box, coin box and lidded compartment in the dashboard, a centre console box and cup holders, overhead sunglasses storage, front door pockets designed to hold a 1.5 litre bottle or a road map and rear-door-pocket space for a 0.5 litre bottle.

Verdict

Toyota has always remained true to its original principles of building a car of superior quality, enduring durability and indisputable reliability, with the Corolla. If you are looking for a small sedan that covers the basics well, the 2017 Toyota Corolla is a smart choice. Although rivals have sportier designs and more entertaining driving dynamics, a Corolla nonetheless makes an excellent choice for those seeking a comfortable, reliable, and economical compact car. Visit Toyota Kenya, located along Uhuru Highway in Nairobi, for more information on the 2017 Corolla. ■

Grey Hair

Mona has a beautiful and naughty daughter called Sona. She is very naughty and mischievous. One day, the little Sona with great curiosity asked her mom, 'Mamma why your hair is turning grey? I don't like it.'

Mona decided to teach her child about good behaviour and replied, 'Dear, my hair is turning grey only because of you. Whenever you do any bad action, one of my hairs will turn grey.'

Sona was thinking for a while in silent and laughed loudly. Mom asked, what happened?

Sona replied, 'Momma now I understand why grandma's hair is completely grey!'

Which song Tarzan like to sing on the Christmas day?
Jungle Bells Jungle Bells!

Why did the Christmas tree go to the barbershop before the Christmas eve?
Because it want to get trimmed before the eve!

What do cows say on Christmas morning?
Mooooey Christmas to all!

When you cross a Christmas tree with an apple, you will get?
A pineapple!

A man shoplifted a calendar on Christmas Eve. What did he get?
He got all the 12 months!

What is the best thing which you can put into a Christmas cake?
Your teeth!

What type of Christmas candle burns longer, a green candle or a red candle?
Neither, because candles always burn shorter!



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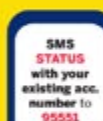
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NEW CUSTOMER SERVICES SYSTEM

Following the successful launch of the new Integrated Customer Management System, the below information is meant to further empower you, our esteemed customers as you start to use the new system.



1

Do I get a NEW account number in the upgraded customer management system?

Yes, you will have a NEW account number sent to you via SMS. To query your new account number, send the word **STATUS** with your existing account number to **95551**. E.g. if your existing account is 1234567-01, send **Status1234567** (*Don't include the suffix 01, 02*) to **95551**.

2

Will I use my NEW account number to make payments?

Yes, going forward, your NEW account number will be used to make payments and will be used to access your details for all other enquires. It is therefore important to have it on easy reach.



3

Did I need to register NEW E-billing details for the NEW account number given?

No, we migrated all billing data from the old system, however if you would like to make any changes, visit our Customer Care Offices or send SMS to 95551 for registration.

4

If I need to query my bill through my cell phone, which are the steps to follow?

Send a message with **your NEW account number** to **95551** and feedback on your bill status will be sent to you.



5

How do I access my bill via Self Service Module?

The new system has a Self Service Module which can be accessed via the Internet and on a Mobile App for the following services:

- Bill or Token Query
- Application for Power Supply
- Change of Contract Name
- Reporting of Power Outages
- A listing of Power Interruptions (Planned and Unplanned)

