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MUMMY & I



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Pride! How It Destroyed My Marriage- A woman cried out for help!

Regina Chukwu

**CEO, Triple R production
Movie producer, Actress and Super Mum**

She shares her experience as a Widow to encourage other women out there, who at one point or the other lost their loved one. " Be strong, be determined and pursue whatsoever you're passionate about.

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Editor's Note.

After a Loved One Passes.

Obviously, the most painful goodbyes are the ones that were left unsaid and never explained. It crushes the fibres of the soul with an intense pain, no one can ever explain, except the victim.

"A young girl was happily returning from school to enjoy the company of her mother. She got congratulated by the School principal for having the best West African Examination Council result (Junior Level). She couldn't wait to share the great news with the only woman, who gave her all the encouragement, time, and moral support she needed, while she prepared for her exams. She got home only to discover her Mother just passed away without a single good bye."

"Where will you start to give such a young girl consolation?"

This is how cruel life can be. After a loved one passes, it is easy for people to tell to pull yourself together, but truth be told, it's not that simple. Once the centre cannot hold, things fall apart. It takes one who has experienced exactly what you have experienced, to give the best advise. People who have had their fair share of pain can easily relate with your situation and advise accordingly.

The weight of pain in your heart, could be heavier than a bag of iron fillings or even more excruciating than labour pains but you need to toughen up, develop thick skin and become a good combatant of life complexities. To everyone reading this edition that lost a loved one, at one point or the other, may God grant you the fortitude to bear the loss. Conclusively, you need to roll with life's punches, for surely, you'll be dealt a few blows.

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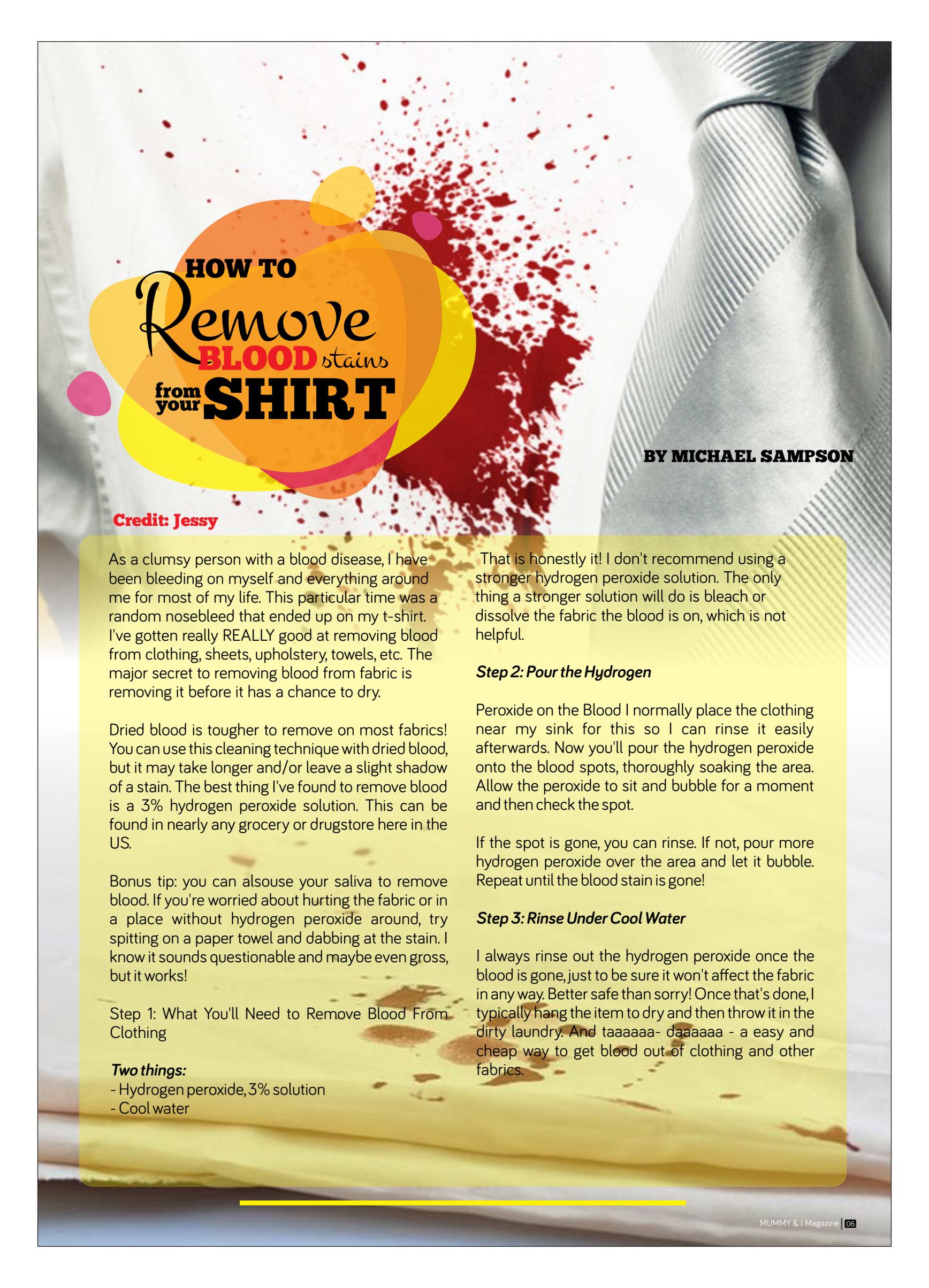
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HOW TO Remove BLOOD stains from your SHIRT

BY MICHAEL SAMPSON

Credit: Jessy

As a clumsy person with a blood disease, I have been bleeding on myself and everything around me for most of my life. This particular time was a random nosebleed that ended up on my t-shirt. I've gotten really REALLY good at removing blood from clothing, sheets, upholstery, towels, etc. The major secret to removing blood from fabric is removing it before it has a chance to dry.

Dried blood is tougher to remove on most fabrics! You can use this cleaning technique with dried blood, but it may take longer and/or leave a slight shadow of a stain. The best thing I've found to remove blood is a 3% hydrogen peroxide solution. This can be found in nearly any grocery or drugstore here in the US.

Bonus tip: you can also use your saliva to remove blood. If you're worried about hurting the fabric or in a place without hydrogen peroxide around, try spitting on a paper towel and dabbing at the stain. I know it sounds questionable and maybe even gross, but it works!

Step 1: What You'll Need to Remove Blood From Clothing

Two things:

- Hydrogen peroxide, 3% solution
- Cool water

That is honestly it! I don't recommend using a stronger hydrogen peroxide solution. The only thing a stronger solution will do is bleach or dissolve the fabric the blood is on, which is not helpful.

Step 2: Pour the Hydrogen

Peroxide on the Blood I normally place the clothing near my sink for this so I can rinse it easily afterwards. Now you'll pour the hydrogen peroxide onto the blood spots, thoroughly soaking the area. Allow the peroxide to sit and bubble for a moment and then check the spot.

If the spot is gone, you can rinse. If not, pour more hydrogen peroxide over the area and let it bubble. Repeat until the blood stain is gone!

Step 3: Rinse Under Cool Water

I always rinse out the hydrogen peroxide once the blood is gone, just to be sure it won't affect the fabric in any way. Better safe than sorry! Once that's done, I typically hang the item to dry and then throw it in the dirty laundry. And taaaaaaa- daaaaaa - a easy and cheap way to get blood out of clothing and other fabrics.



**Tips to
Understanding
your
Child's
PSYCHOLOGY BETTER**
By Vera Uche

According to eminent psychologist Sigmund Freud, babies are initially driven by instinctive and selfish urges but gradually adapt to a more realistic approach by imbibing their parents' values and rules. These play a role in the development of the child's conscience. One of the most important things that you, as a parent, should work on is understanding your child's psychology. No, you need not get a 'degree' in parenting. What you should do, though, is find out about the simple things that tell you what your kid likes or dislikes, what makes him laugh or cry, and what motivates him or causes him misery.

Here, Mummy and I explains you about child psychology and gives tips to understand what's going on in your child's mind.

What Is Child Psychology?

Child psychology, a key part of developmental psychology, is vast and one of the most commonly studied types of the subject. This specialized branch focuses on the psychological processes of children from birth to adolescence. It takes note of the psychological changes that occur from infancy.

The scope of the study includes motor skills, cognitive development, language skills, social change, emotional development, etc.

Need For Understanding Child Psychology

Parents have their way of interpreting their child's abilities and skills, or lack of those. When you don't understand your children, you may misinterpret or misjudge them. Sometimes these misinterpretations can be harmless, but most of the times they are not. Parents' role is key in a child's psychological development. Lack of awareness about child development can often lead to poor judgment of children, which in turn leads to poor parenting decisions.

A studies revealed that children are directly affected by the amount of time a parent invests in their development. Hence, it is important for parents to educate themselves about the different aspects of child psychology and development so that they can contribute meaningfully towards the child's emotional and mental growth.

Tips To Understand Your Child's Psychology Better

Well-known child psychologist Jean Piaget says, "From the moral as from the intellectual point of view, the child is born neither good nor bad but master of his destiny." Parenting is more than just providing comforts for your children. It is being there for the child emotionally, and providing them a sense of security.

Here are a few basic child psychology tips that will help you understand children better:

1. Observation Is Key One of the simplest, yet most effective, ways to learn about child psychology is observation. Show interest in what your children are doing or saying. Observe their actions, expressions, and temperament when they eat, sleep, and play.

Keep in mind that your child is unique and may have a personality that stands out, even as he grows. So avoid comparing your child with other children, as that not only adds stress to parenting, but also makes the child feel inferior.

Do ask yourself a few questions that can help you understand the kids' psychology.

- 1) What does the child like to do the most?
- 2) How does he react when he has to do something he does not like, such as eating vegetables, sleeping early or doing homework?
- 3) How social is he? Is he willing to share or try new things?
- 4) How long is the child taking to familiarize himself with his surroundings? Is he able to adjust to the changes in the environment?

While you answer these questions, remember not to judge the child. Just observe to be aware.

2. Spend 'Quality' Time With Your Children

Parents today are busy juggling work and home. Multi-tasking, as they call it, allows them to take care of many things at a time, one of the 'things' being the child. If you have been spending time with your kid in this fashion, it is time for a change. If you want to understand your children, you need to make time for them.

The time you spend with your kids at the dinner table or driving them to school and back is not enough. You may have to dedicate time to talk and play with them, and spend quality hours that allow you to understand their psychology.

Conversations with your kids let you know what's happening in their life at school and home, what their favorite music or TV show is, and what gets them excited and what doesn't.

Quality time needn't always mean talking or doing something together. Sometimes you can just sit together and silently observe them to gather some insights about their personality.

3. Children Need Your Undivided Attention

When you plan to spend time with your children, plan to do only that and nothing else. Your children deserve your undivided attention. If you try to talk to your kid while you are cooking, driving or doing something else, chances are you'll miss on the most important insights your kid might give you about himself.

Plan at least one activity that allows you to spend time exclusively with your kid. When you pay undivided attention to your kid, he or she feels safe and validated and is likely to open up to you more.

4. Pay Attention To Your Child's Environment

Research has proven that a child's behavior and attitudes are shaped largely by the environment that he is brought up in. To know the child better, you should pay attention to the environment he is in.

Research also proves that the environment can affect the child's brain development, which in turn affects the development of his language and cognitive skills. The link specifically talks about home environment in comparison to any other.

Your child's behavior is largely dependent on the kind of people that are around him and how they interact with him. Take time to gauge the kind of ambiance that has been created at home and his school. For example, if your child is being aggressive or is withdrawing from socialization, you may want to know what or who has influenced the child to behave in such a manner.

5. Understand How A Child's Brain Functions

Parents may often know their child's physiology, but they don't know how the child's brain works. The brain is shaped by the experiences that the child has, and this in turn impacts how he responds to different situations.

Understanding how a child's brain functions can help you learn about the kid's behavior, his decision-making, social, logical, and cognitive abilities. The wrong experiences can result in imprinting negative responses into your child's mind, having an adverse affect on his overall development.

Knowing how his brain works will help you transform negative experiences or meltdowns into positive experiences or opportunities. According to Daniel J. Siegel, author of *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, you can help your children build a solid foundation for a healthy social and emotional life, and enable them to handle difficult situations with ease, by understanding the brain's functions.

6. Listen – Let Your Kids Tell You Their Stories

Talking is good, but listening is important when you have a conversation with your child. Initiate a conversation to get your child talking and then listen to what they are trying to say. Kids may not be able to express themselves clearly, which is why you should pay attention to the words that they use and their non-verbal cues as well.

Focus On:

- 1) Tone: the way they stress a word or phrase.
- 2) Expressions: which tell you how they feel. Try to gauge their emotions when they speak about something to understand if they like it, if they are afraid of it, or if they are stressed about it.
- 3) Body language: watch out for eye-contact, how they use their hands and the posture. Not only should you listen, but also let your child know that they are being heard and taken seriously. Acknowledge what they say and respond to let them know that you understand what they say.

If you don't understand, ask questions for clarity. But be careful not to talk too much or ask too many questions, as that can shut your child off completely.

7. Children Express In Different Ways

Your children can express themselves in more than oneway. Besides talking, kids express their feelings through activities. If your children love to draw, write, or act, encourage them to do that more often. Get them to attend art or painting classes and help them express themselves better.

You can also give them different themes for drawing, without restricting their imagination. Likewise, you can ask your kid to maintain a journal in which they can write about what they did on a given day and how they felt about it.

The more your child writes or draws, the better he gets at expressing himself. Take time to go through their art work to get an idea of what goes on in their minds. Don't read too much into it, or you may end up displacing your emotions as theirs and misjudge their feelings. Let them explain what they are writing or drawing and how they feel about it.

8. Ask The Right Questions

If you want your child to speak, it is important to ask the right kind of questions. Initiate conversations by asking open-ended questions, which would encourage the child to share details. Instead of asking "Do you like this song?", which warrants either a 'yes' or a 'no', ask "What do you think about this song?", which will allow the kid to say more.

Instead of asking who they played with, ask them what games they played. Let them explain it to you in details, and don't cut them off. Also, never dodge the questions your child asks. If you do not have an answer to your child's question, park it and come back to your child with a response later. Brushing away a kid's question as silly can discourage them from asking any questions in future.

9. Educate Yourself About Child Development

Be proactive in understanding the different stages of child development to know how well your kid is faring. Take time to read books, online journals, and speak to a specialist who can give you some insight into child psychology and development. When you don't know what to expect, anything and everything may seem alright or vice-versa. Don't make wild guesses.

10. Observe Other Kids

Sometimes, observing other kids who are of the same age as yours can also help you understand your child better. This can let you understand how your child behaves in a social setting and identify his strengths and weaknesses that determine his personality. This does not mean you compare your child with every kid his age and pass judgment on who is better.

Parents tend to ascertain their children's performance abilities by comparing them to other children. However, this can have a negative impact on the child, in the long-term. While comparison is not always bad, it can be dangerous when you overdo it.

11. Empathize – Step Into Your Child's Shoes

Sometimes you have to think like a kid, and even act like one to reach out to them. Empathy is an important quality that parents should develop if they want to understand their children better. You may be aware of what your children are going through when they tell you about it. But you may not even come close to understanding what they are experiencing if you cannot empathize.

Below are some simple ways to empathize:

- a) Listen to their feelings; try to gauge what they are going through.
- b) Use their language to help them understand you better. Ask yourself this – if you were a child, would you understand adult-like talk, with complicated words and expressions?
- c) When you don't understand your child's behavior, ask yourself – how would you have behaved or reacted if you were in your child's place?

12. What's Your Kid's Emotional Quotient?

“What a distressing contrast there is between the radiant intelligence of the child and the feeble mentality of the average adult.” – Sigmund Freud
For a long time, kids were not considered as important as adults. Their feelings and emotions were taken for granted, for it was assumed that they'd forget all of it when they grow up.

Now, we know it is not true – what a child goes through in his childhood has a significant impact on the kind of person he grows up to be. As a parent, you should never underestimate your child's emotions, or his capacity to manage them.

Emotional intelligence or emotional quotient (EQ) is a person's ability to identify, express, and control their emotions. Children are born with a unique temperament. Some may be outspoken and proactive while others may be shy or slow-to-warm-up. As a parent, it is your responsibility to understand your children's EQ and do what is needed to help them grow into healthy, emotionally intelligent adults.

13. Don't Assume

Do not assume that you know what your child wants or how she feels at any given point of time. If your child is not complaining, you may assume that she is happy. You assume that you are a great parent because your child behaves well in public and does not throw tantrums.

When you assume, you are closing yourself to understanding your children accurately, thereby making poor choices for your kids. Asking them should help clear any air of doubt and you will know for sure what the matter is.

Childhood Psychological Disorders

Children acquire certain behaviors, influenced by their parents, family members and the society. Most children have minor behavioral issues such as being adamant and rude or lacking attention. If these issues get complicated they become disorders.

Here are a few common psychological disorders in children:

1. Attention Deficit

Hyperactivity Disorder (ADHD): Children with ADHD display three main characteristics: inattention, impulsiveness and hyperactivity. They can also be fidgety, aggressive and excitable.

2. Depression and Bipolar Disorder: Children with bipolar disorder tend to have abrupt mood swings, long periods of hyperactivity followed by lethargy, temper tantrums, frustration and defiant behavior.

3. Anxiety Disorder: Children with general anxiety disorder tend to worry excessively about everything. Even the most trivial of issues tend to give them sleepless nights.

4. Asperger's Syndrome: This is a mild form of autism. Symptoms include lack of social skills, dislike in change of routine and the familiar environment, no eye contact, unusual gestures and facial expressions, lack of empathy and awkward motor skills.

5. Learning Disability: This is psychological disorder that makes learning a challenge. Symptoms include inability to pay attention, poor memory, poor coordination, inability to follow instructions or directions, and lack of organization.

6. Disruptive Behavior Disorder: Children with this disorder may tend to bully others, isolate themselves from social situations, destroy property or hurt animals deliberately, lie or even steal things.

7. Eating Disorders: Children with eating disorders like anorexia or bulimia tend to have abnormal eating habits. These disorders are usually the result of obsessive thinking about weight gain and physical appearance. Symptoms include inability to eat anything, vomiting and binge-eating.

8. Schizophrenia: Schizophrenia is not as common among children as it is in adults. Symptoms of this psychological disorder include social withdrawal, sleeplessness, lack of motivation, drop in performance at school, depression, forgetfulness and strange behavior.

If you think that your child displays symptoms of any of the disorders mentioned above, consult a

medical professional immediately. Child psychologists work on two primary theories Development in children is internal, change is innate (nature). Development of children depends on their external environment (nurture).

Experts study development in children under different contexts including:

- Social context: how relationships with parents, siblings, friends, teachers, and significant others affect the development of a child.

- Cultural context: how cultural factors like traditions, preset values, and guidelines to life affect the child's growth and development.

- Socioeconomic context: how the social status of the child, the class, lifestyle and availability (or lack of) of financial resources can affect the child's development.

Take The Challenge

Understanding the psychology of kids can be challenging. If you have more than one kid, the first child's psychology may be different from the middle child's, which may be different from your youngest ones. Believing that all children are the same and using a one-size-fits-all parenting style for your children could misfire.

It might be tedious and time-consuming, but understanding the psychology of a child is the most important thing that you can do to nurture him into a healthy adult.





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Stubborn Child:
Understanding
Strong- Willed Children

By Mrs. Amarachi Ugwu, RN



Dealing with stubborn children is a challenge for parents as getting them to do even basic chores like taking a bath, eating a meal or going to bed is an everyday battle. Parents inadvertently encourage adamant behavior in children, by giving in to their tantrums. The best way to deal with a stubborn child is to show him that his behavior doesn't work.

Pay attention to his good behavior for the desired outcome. Mummy and I has listed down a few tips that child psychologists and parenting experts recommend to deal with a stubborn child.

Characteristics Of A Stubborn Child

Not every kid that exercises free will is stubborn. It is important to fathom if your child is stubborn or determined, before taking any strong action. Strong-willed children can be highly intelligent and creative . They ask a lot of questions, which may come across as rebellion. They have opinions and are “doers”.

A few other characteristics that stubborn children may display are: They have a strong need to be acknowledged and heard. So they may seek your attention often.

They can be fiercely independent. They are committed and bent on doing what they like.

All kids throw tantrums, but stubborn ones may do so more often. They have strong leadership qualities – they can be “bossy” at times. They like to do things at their pace. Managing a strong-willed child may be difficult, but it is not all bad. Research has proven

that children who break the rules often and defy the norms end up as high achievers in education and their chosen field of work. They are less likely to follow their friends down the wrong path.

Stubborn Child Psychology: Understanding Strong- Willed Children

If determination is one of your strong suits, you'd love to see that in your kid as well. But the tricky part is to know the difference between determination and stubbornness. So how do you tell one from the other? The dictionary meaning of determination is 'firmness of purpose'. Stubbornness or strong-will is defined as having an unwavering determination to do something or act in a particular way.

Simply put, it is refusing to change one's thoughts, behaviors, or actions regardless of the external pressure to do otherwise. Stubbornness in children can be genetic or an acquired behavior. It is possible that you have inadvertently taught your kid to be stubborn.

On a positive note, you can now consciously help your child unlearn or change his behavior for good.

TIPS TO DEAL WITH STUBBORN CHILDREN

You may have a stubborn child who refuses to stay in her crib or brushes aside her cereal spoon every time you try to feed her. Or you may have a bullheaded six-year-old who insists on wearing the same clothes every day and stomps his foot to defy every rule or instruction you give him. Here are ten tips that you can rely on to curb their stubborn behavior.

1. Listen, Don't Argue

Communication is a two-way street. If you want your obstinate child to listen to you, you have to be willing to listen to him first. Strong-willed children may have strong opinions and tend to argue. They may become defiant if they feel that they aren't being heard. Most of the times, when your child insists on doing or not doing something, listening to them and having an open conversation about what's bothering them can do the trick.

So how do you teach a five- year-old stubborn child to listen to you? You approach him or her sideways, in a calm and practical manner and not head- on.

2. Connect With Them, Don't Force Them

When you force kids into something, they tend to rebel and do everything they should not. The term that best defines this behavior is counterwill, which is a common trait of stubborn children. Counterwill is instinctive and is not restricted to children alone.

Connect with your children. For example, forcing your six- year-old child, who insists on watching TV past her bedtime, will not help. Instead, sit with her and show interest in what she is watching. When you show you care, she is likely to respond. Children who connect with their parents or caregivers want to cooperate.

Establishing an unshakable connection with defiant children makes it easier to deal with them, says Susan Stiffelman in her book *Parenting Without Power Struggles*.

Take that first step of connecting with your kid today – give them a hug!

3. Give Them Options

Kids have a mind of their own and don't always like being told what to do. Tell your four-year- old stubborn child that she has to be in bed by 9pm, and all you will get from her is a loud "No!". Tell your five-year-old stubborn boy to buy a toy you chose and he will NOT want that.

* Give your kids options and not directives. Instead of telling her to go to bed, ask her if she would want to read bedtime story A or B.*

Your kid could continue to be defiant and say, "I am not going to bed!". When that happens, stay calm and tell her matter- of-factly, "well, that was not one

of the choices". You can repeat the same thing as many times as needed, and as calmly as possible. When you sound like a broken record, your child is likely to give in.

That said, too many options aren't good either. For example, asking your kid to pick one outfit from his wardrobe could leave him confused. You can avoid this problem by minimizing the options to two or three outfits picked by you, and asking your stubborn kid to pick from those.

4. Stay Calm

Yelling at a defiant, screaming kid will turn an ordinary conversation between a parent and a child into a shouting match. Your child might take your response as an invitation to a verbal combat. This will only make things worse. It is up to you to steer the conversation to a practical conclusion as you are the adult. Help your child understand the need to do something or behave in a specific manner.

Do what it takes to stay calm – meditate, exercise, or listen to music. Listen to soothing music, play calming or relaxing music at home so that even your kids can listen. Once in a while, play your kid's favorite music. That way, you can gain their 'vote' and also enable them to unwind.

5. Respect Them

If you want your children to respect you and your decisions, you need to respect them. Your child will not accept authority if you force it onto him. Here are a few ways you can model respect in your relationship: Seek cooperation, don't insist on adherence to directives. Have consistent rules for all your children and do not be lax just because you find it convenient.

Empathize with them – never dismiss their feelings or ideas. Let your children do what they can for themselves, avoid the temptation to do something for them, to reduce their burden. This also tells them that you trust them. Say what you mean and do what you say.

Lead by example is the mantra you should follow here because your kids are observing you all the time, according to Betsy Brown Braun, the author of "You're Not The Boss Of Me."

6. Work With Them

Stubborn or strong willed children are highly sensitive to how you treat them. So be watchful of the tone, body- language, and vocabulary you use. When they become

uncomfortable with your behavior, they do what they know best to protect themselves: they rebel, talk back, and display aggression.

Changing the way you approach a stubborn child can change how they react to you. Rather than telling them what to do, partner with them. Use statements like “let’s do this...”, “how about we try that...” instead of “I want you to do ...”. Use fun activities to get your kids to do something.

For example, if you want your stubborn kid to put his toys away, start doing it yourself and ask her to be your “special helper”. You could also time the activity and challenge the kid to put the toys away faster than you can. This is a sneaky trick that mostly works. Remember that the purpose of working with your children is to become their friend.

7. Negotiate

Sometimes, it is necessary to negotiate with your children. It is common for kids to act out when they aren’t getting what they want. If you want them to listen to you, you need to know what’s stopping them from doing so. Start by asking a few questions like “What is bothering you?”, “Is something the matter?”, or “Do you want anything?” to get them to talk about it.

This tells them that you respect their wishes and are willing to consider them. Negotiation need not necessarily mean that you always give in to their demands. It’s all about being considerate and practical. For example, your child may not be willing to go to bed at the set hour. Rather than insisting, try and negotiate a bedtime that suits both of you.

8. Create A Congenial Environment At Home

Children learn through observation and experience. If they see their parents arguing all the time, they will learn to imitate that. Marital discord between parents can lead to a stressful environment in the house, affecting the mood and behavior of the kids.

According to a study, marital discord may lead to social withdrawal and even aggression in children.

9. Understand The Child's Perspective

To better understand your stubborn kid’s behavior, try to look at the situation from their perspective. Put yourself in your child’s shoes and try to imagine what they must be going through to behave in such a way. The more you know your kid, the better you can deal with their stubborn streak.

For example, if your child is not willing to do his homework, it is possible that he or she is overwhelmed by the task. If there is too much to do or if your child is not able to focus, you can help by breaking the homework into smaller tasks that can be completed in short time. You could include short, one or two-minute breaks between the tasks to make the activity less stressful for him.

10. Reinforce Positive Behavior

There will be times when you would not know what to do with stubborn children, to control their anger and aggressive behavior. But if you react without thought, you may develop a negative attitude towards the problem and even reinforce his negative behavior unwittingly.

For example, your kid may be saying “No!” to almost everything you say. Think about it – do you say “No” a lot? If yes, you are reinforcing negative behavior by example. One way to change your stubborn kid’s negative responses is the “Yes” game, a clever strategy recommended by marriage and family therapist Susan Stiffelman.

When playing this game, your kid has to say “yes” or “no” to everything. Questions like “You love ice cream, don’t you?”, “Do you love playing with your toys?”, or “Do you want to see if your dinosaur floats in the bath tub tomorrow?” You are likely to get a “Yes” from your child.

The more your kid responds positively, the more he is likely to feel like he is being heard and appreciated.

Common Problems With A Stubborn Child

1. How To Potty Train A Stubborn Child?

Potty training is difficult as it is, but when you are dealing with a stubborn child, it can become a pain. You can potty train your three-year-old stubborn and aggressive child by:

- a) Talking about it.
- b) Explaining him how it is done.
- c) Making it fun – don't get serious if your kid refuses to use the toilet.

Remember that a stubborn child may take longer to learn to use the toilet than an obedient one. It is important that you remain patient and work with your kid to help him reach the goal, rather than push him towards it.

2. How To Get A Stubborn Child To Eat?

Children tend to be very fussy when it comes to food. That said, you cannot always feed your kid what he or she wants. The best way to make sure your stubborn kids get what is good for them is to make dinner time fun.

Use creative ways to present the food to your little one.

Get them involved at the dinner table (ask them to set the table up, serve, etc.).

Encourage them to try the food (just one bite) before rejecting it. Serve them small portions of everything and let them choose.

Reward them with a dessert or treat if they finish their meal.

3. How to punish a stubborn child?

Children need rules and discipline. Your kids should know that there will be consequences, good or bad, for their actions. Make sure that they are fully aware of the consequences of breaking the rules.

Consequences should be immediate, especially when you are dealing with kids so that they can connect their actions to the result. Time-outs, cutting down playtime, or TV time and assigning little chores can be a few ways to discipline the kid. You could also get creative with consequences, based on the problem.

Remember that the idea is not to punish the child, but make him realize that his behavior is wrong.

If you have other tips on how to handle a stubborn child and want to share your story with other mummies, feel free to send or share your experiences via mummyandimagazine@gmail.com

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What are the **Available** **Business Opportunities ?** **FOR A STAY-AT-HOME MOM**

By Redahlia

I was thirty-nine years old and pregnant with my third child when I was told by the doctors that it was best for me to quit my job. I cried like a five-year-old kid who had just gotten her candy taken away from her by her classmates. Yes, I complained about using the toilet frequently, getting tired easily, headaches and having blurred vision, but I thought all these were just signs. That night before going to bed, I could still hear the doctor's voice in my head saying, "Madam, you have PREECLAMPSIA and I think it is best you quit your job for the safety of the baby and yourself."

At that point, I felt like I had failed; I had dreams, big dreams. I knew bouncing back after giving birth was going to be hard. There were friends I know who automatically became full-time housewives because they couldn't get a job or because they found it hard switching back to their normal career lifestyles... I didn't want that. My career was looking good. I was already a manager at my present place of work and letting go was hard. The decision had to be made.

It's been three years now since I quit my job and I am proud to say that even as a stay-at-home mom, I get to make my own money by working from home. It is amazing. I am sure you are wondering how possible this is. Well, just go ahead and read this article as it answers everything a stay-at-home mom would possibly want to know.

How do you describe a stay-at-home mom?

It is simply, just as the name implies, a woman whose job is managing her home and family, taking care of the kids, cooking, cleaning, buying groceries, and doing any other domestic duty with, maybe, the exception of heavy duties traditionally reserved for male handling. What most people fail to understand is that this is one of the hardest jobs any individual can take up. It is time-consuming, tests your patience, changes you, brings out another side of your being you never thought existed.

In this kind of job, you are dealing with a strange class of humans – children. You have to understand their way of thinking and the meaning behind every tear. All these, in addition to household chores. I could go on about how tasking it is to be a stay-at-home mom, but that's not our purpose here.

Every stay-at-home mom dreads these four words: "What do you do?" because it begins to question their identity. Yes, you can easily say, "Oh, I am a stay-at-home mom," but many times the real quest for the questioner is to know what you do besides staying home and taking care of the kids. I am sure you don't want to run into having an identity crisis.

Such questions make you remember when you used to be so good at something. But now you are seated at home trying to figure out what your three kids would eat when they get back from school. Darling, do not be fazed. Becoming a stay-at-home mom doesn't put an end to your career.

You are still cool, waking up early in the morning, preparing your kids for school and heading to the office. The only difference here is, your office is your home. Thanks to commuting technology, you can still work

from your own convenience.

As a stay-at-home mom, you need to be very creative and find a business opportunity where others do not see one. Discover something you are good at and make money out of it or build a skill. There are different business opportunities for stay-at-home moms and the list is endless.

Business ideas For The Stay-At-Home Mom

1) Day care centre

I can still remember as a kid, my mum would drop me off at a particular woman's place and pick me up on her way back from work. She had her own kids and staying there was fun because I got to mingle with my age mates. I later discovered that this was her own medium of making a living because she was paid for her services.

As a stay-at-home mom, have you ever thought of starting your own day care centre? I think this is easily one of the best jobs any stay-at-home mom can possibly do. Imagine you put up a poster or distribute flyers, saying career mums could drop off their kids at your place with a monthly fee of 20,000 naira. So let's imagine five mums are interested in your services.

This means you have made a sum of 100,000 naira for that month by looking after kids. Running a day care allows you spend a great deal of time with your kids while looking after other people's children as well. This business idea is a



good choice for women who already have experience in caring for kids.

2) Transport Business

I am sure you are wondering what I'm up to talking about the transport business. We are in a world where most people still find it difficult moving from one location to another. As a stay-at-home mom, saving up and buying two or three motorbikes (also known as okada) is something you should think of doing.

You give these bikes out to individuals you trust and they come back to you every day with the total amount made from the day's job. You then decide on the percentage they take. By doing this, you have automatically become an employer of labour.

3) Medical Consulting Services

If by chance you studied medicine in school, then starting your own consulting service is a business idea you should consider. I have been to a hospital where people pay 2,500 naira as consultancy fee. You could also advertise and offer your services online and get paid for it.

4) Business Plan Writing

Writing a business plan can be very stressful and most entrepreneurs do not enjoy the task. If you are good in drawing up a comprehensive business plan, then you should consider it as a form of business. Most entrepreneurs need convincing business plans to help them get sponsorships from corporate organisations. If you are good at creating convincing business plans then turn it into a form of business.

5) Writing

You could be an excellent creative writer, or you write about trends or happenings in a particular field. There are many platforms which have been created to help authors sell their books online. On Okadabooks, a Nigerian self-publishing app, authors make up to 20,000 naira from the sales of their own books. Keying into this to keep you busy as a stay-at-home mom is another way of making a profit.

6) Skincare and Makeup Artistry

As a beautician, you can learn how to make soaps using natural products. You could even decide to diversify into different areas like cream making and makeup artistry. Learning how to be a make-up artist and training others is now considered one of the fastest ways of creating wealth and generating income in Nigeria.

The skin care industry has been described as a fast-growing business sector and it is highly competitive. In Nigeria, the beauty and skincare sector in 2016 was valued at 620.2 million USD, according to a Euromonitor International report.

7) Jewellery Making

If you love making clothing accessories, then jewellery making is a job you should consider. You could make jewellery from pearls, beads and even wood. Putting up your finished work online is a way of getting people to see what you do. Another way is creating a website for the business where people get to place orders. You can even begin to make custom jewellery for some of your patronisers which will serve as a way of making money for you.

8) Knitting

This is one skill I know most women learn and know how to do. For a stay-at-home mom, you could start by knitting wears like sweaters, for your kids. Then putting your knitted wears online. Knitting can be time-consuming and it is advisable that as the business grows you employ more hands.

9) Proof Reading/Editing

There are lots of authors who are in search of proof readers and editors, to help them go through their manuscript and boost their writing. You have to be skilled and have an eye for detail to take on this. With this kind of job, you do not need to leave your house as virtually everything is done through the email. From research, a very good editor charges up to 150,000 naira to proofread and edit a manuscript. Imagine if you get two manuscripts in a month.

10) Internet Research Business

Some people are very good at conducting research. It is a very good business opportunity for stay-at-home moms. Starting your own internet research company, helping people conduct online research and getting paid for it is another way of making money without leaving your home. Being a stay-at-home mom is not the end of your working life. It is surprising to see how many stay-at-home moms still provide for the family. Get up, push yourself and be productive.



How will I notice

my
Baby?
has a cold



By Vera Uche

It's quite hard to imagine just how shocking it must feel for a baby the first time they get a proper cold. There they were, happily enjoying all of life's pleasures (breasts, cuddles, rattles) and all of a sudden, bam! A leaking nose, a painful throat, aches, shivers. Of course, we parents know that that the sniffles shall pass.

But actually, that doesn't make it any easier to watch your baby suffering, even if it is with a common cold. It's natural you should worry. The first thing you may notice is your baby becoming fidgety and irritable.

How will I notice my baby has a cold?

Colds tend to come on slowly. The first thing you might notice is your baby becoming fidgety and irritable. Then there will be a bit of nose stuffiness, which will progress to nostrils dripping like leaky taps. A day or two in, your baby might get a fever. And at the height of their cold, they'll have all the horrid symptoms they can't tell you about – perhaps a headache, a sore throat, aches and pains – well, you know what a cold feels like.



Often a cold will linger for a little while, usually with a rasping cough which is caused by all that mucus, but the major symptoms should have gone within a week or so.

How can I help my baby?

Colds can't be cured – even cold remedies for adults only treat the symptoms. But there is lots you can do to ease your baby's discomfort while the cold works its way out of their system. Offer your little one frequent feeds (either breast or bottle). They might be a bit off their milk when they have a cold, so little and often is the way to go, to keep them hydrated (you can also offer water to babies over the age of four months).

Although some babies lose their appetite when they have a cold, others simply find feeding difficult because of their nose being all stuffed up – they need to be able to breathe. If this is the case, pop along to your local pharmacy and buy some saline drops.

You can put a couple of drops in each nostril 15 minutes before a feed (which will loosen up the mucus in the sinuses) and then try using a nasal aspirator to suck out some of the snot.

Keep plenty of tissues or wipes to hand. Be warned, though – nasal aspirators are not the easiest things to use – and there aren't many babies who enjoy having something stuck in their nose, cold or no cold! You could always try the old fashioned method – put your mouth over your baby's nose, and suck it all out yourself. A sure sign of a parent's love if ever there was one...

Keep plenty of tissues or wipes to hand, to dab at the constant stream coming from that little nose. But be very gentle, because your baby's skin will quickly redden from all the dampness. Try wiping some petroleum jelly between the nose and top lip to soothe and protect the area.

Should I be worried about a high temperature?

Although colds are not generally serious, in very young babies, you do need to keep an eye on their fever. Any baby under three months whose temperature goes above 38°C should be seen by a General Paediatrician. And babies under six months should be taken to a doctor if their fever goes above 39°C.

their immune system is and that makes them more prone to secondary infection. If your baby's cold seemed to be getting better, but then a fever returns, along with any new symptoms (such as listlessness, or pulling at or rubbing their ears), take them to your GP to have them looked at.

Can I give my baby medicine?

It's essential you don't give your baby any cold and flu remedies, or decongestants, which are intended for adults, because they include ingredients which are unsafe for young children.

However, you could give them the correct dose of liquid paracetamol (as long as they are older than two months), or liquid ibuprofen (as long as they are older than three months, and weigh over 11lb/5kg).

Both these medicines will help to reduce your baby's fever, and relieve aches, pains, headache and sore throat, so they might perk up no end. Always follow the dosage instructions to the letter, never be tempted to add a little extra for good measure.

In between doses, do continue to check your baby's temperature. If it's raised, but at a safe level, give the medicine and you should see your baby's fever drop away within half an hour.

Can I prevent another cold?

It can be hard to know when there is a cold virus lurking. Colds are transmitted through the air as a result of people coughing or sneezing, but also on hands, toys and so on, so that makes it tricky to avoid the bug.

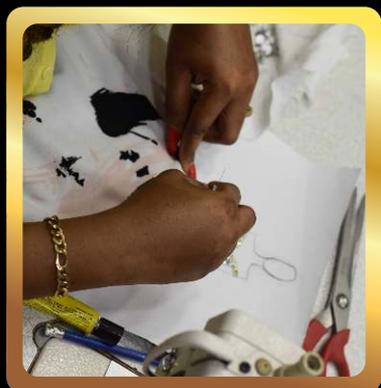
That said, there are measures you can take to minimise the chances of your baby catching another one.

- Breastfeeding provides your newborn with antibodies that can help them to fight off infection, so if you can, then do. Don't smoke around your baby, or allow anyone else to, and wash your hands frequently. All these things decrease the chances of a nasty cold.

Unfortunately, with hundreds of known cold viruses doing the circuits at any one time, your baby is sure to catch another cold at some point. But the older they get, the easier they'll cope with it – in the meantime, keep your stash of cold-battling apparatus/medicine stocked up – especially in the winter!



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Our Helpful Neighbours (1)

Dr. Uche Anyanwagu Ph.D

“...Chuba, please tell us a story...” echoed Nwa as we all gathered that night as we are always wont whenever we are home. I can’t recall the event we all came home for, but I do remember that the 13 of them (as they then were) were present.

They all circled around me. Who no like gist sef? Earlier that evening, we had all tried out a “shaming song” we adapted from Ice Prince’s “Oleku”. They all sang hilariously taking on each of them and the bad habit that person is known for.

Ogueji was worst hit because as the Pastor of the house, he never believed he could be picked to be shamed for his own excessive eating habit.

After we have all been calmed from the little uproar that arose from this, Nwa’s desire for a story was welcomed by all. Awele, Agodi and Nkpola took to the front as I sat at the middle like a great Rabbi.

“...Chuba start nah...” Nwa urged me on. I cleared my throat like a sage and went philosophical (with no bearing to any fact or truth). “We all have good neighbours, or at least desire to have one...” They all simultaneously nodded but Rachi and Dede couldn’t understand where that was taking us all to.

I ignored their puzzled look and continued, “...They make things a whole lot easier. Even the so-called village people we deride, at most, are also very good neighbours. After all, the Holy Book enjoins us to love our neighbours as ourselves...”

Nwokoroma shook his head like someone who had very strong reservations about village people. “What has an 11-year old seen in life? I thought aloud. “Oma kwanu gini?” (loosely translated, what does he know?).

“...Who then is my neighbour?” They asked me the very same way the disciplines of JESUS asked him before the parable of the Good Samaritan.

“See, eh, I am not going to tell you any story...” Chuba, Ijay, Nkume and Ella’s countenances changed like people who have been scammed by the yahoo boys. I could feel their disappointment. It was obvious they didn’t see this coming.

“Yes!...” I quickly interrupted their surging emotional tide. “...I would love to share about some neighbours I have met in my line of duty. Let us look at these sets of neighbours.

Case 1

A 2-year old child was once admitted in our hospital because she could not swallow. It was a very tense moment for the poor child and parents.

I can vaguely remember the story, which was of her neighbour - a very friendly and kind one at that - who gave her caustic soda to drink in order to stop her from vomiting.

She met the child shivering and vomiting and “innocently” gave her this “anti-vomiting” drink so as to stop the vomiting. I can’t recall how she got the caustic soda or whether she has tried it out on herself or anyone else before that but before us was an irritable, traumatised child...”

I saw the look on their faces as their heads dropped one after the other. I guess they couldn’t wrap their heads around it. As Nwa couldn’t take it anymore she burst out: “Chuba! What then happened to her?”

I put my arm around her shoulder reassuringly and told her that the little child had severe chemical burns all through her oesophagus. “...Ehe! I guess you remember that lady that said she can’t have (or was it, marry someone who has) oesophagus?...” It was this same oesophagus that was badly burnt and shrunken.

We passed a tube through it at least to prevent it from being permanently closed and to also feed the poor child...”

“Did she die?...” Nwobilo asked immediately. “She did not...” I replied. “...We later transferred her to the Surgeons and I didn’t see them again but I knew that not all help offered by a neighbour is helpful...”

They all shook their heads. I could feel their pulse. Silence is indeed both golden and none with children. I could feel all shades of it here. “...let’s go to the next one which I will call Case 2”. They all heaved a sigh of relief.

Case 2

“Another little child was brought into the Children’s Emergency Room (CHER) with severe scalding burns and on her stomach, arms and feet. She was almost roasted.

It was obvious this was not what my children expected when they demanded for a story. They were terrified by how such a night of bliss (without Pastor Chris, of course) went south. This was not what our typical “tales by moonlight” had been.

I could sense their displeasure or fear. In the midst of this, I saw the curiosity which I had planted that cloudless evening in their fertile minds. I beamed with smile at the innocence of their ignorance; their sense of judgment; and their hunger to learn which the gory tales could not terrify.

Latching on these gains, I continued and told them that the child had high fever which was followed by seizures (convulsions). So as the young parents panicked, their neighbours swooped in and offered very candid and practical advice and help on how to abort seizures.

At the heat of the heat, a fire was set up and many herbs (fetched from a nearby bus) found their way into the smouldering fire. To abort her seizures, this child’s torso and limbs were first coated with palm kernel oil and placed over the fire like suya (may be, point-and-kill fish).

As they continued to turn to expose almost all parts of the child to the steaming herbs and glowing charcoal like an ambitious Mai Suya in active service; the seizure worsened.

Helplessly, a half-baked child was finally brought to the hospital, all thanks to their helpful knowledgeable (trad) doctor-neighbours.

This was like the climax of the emotional outburst as they started sneaking out one-by-one. Nkume showed some bravery and asked if those neighbours were arrested. Sincerely I had no answers because every neighbour in Nigeria seems to be a Counsellor, Pastor, Doctor and even a Judge.

SOCIAL MEDIA ACCOUNTS

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by Esther Ijeoma Ogbuka



“...Please, you all should come back...” I shouted.

“...I have more stories to share. I promise you, it won't be as scary as the previous ones. Let's talk about case 3...” They reluctantly filed back and I went on with my good neighbours' tales.

Case 3

“A fortnight ago, an elderly man collapsed and was brought to our hospital in coma. It was found out that his blood pressure (BP) was too low which made him to collapse.

Agodi coughed mischievously and I got his drift. Understandably, he wanted a sweeter story and not the type gradually unfolding before him and his peers.

I ignored him and continued lest I lose my audience once more.

“...we later found out that he was recently told that his BP was high. He had been afraid of seeing his doctor due to high cost of drugs and medical consultation and had met his neighbour and friend who is a known hypertensive for past 6 years on some BP medications.

He offered him some of his BP meds without any checks or follow up. Unfortunately after a few days on these drugs, his BP plummeted and he had some kidney injuries.

“Chuba! Why did this happen? Why did he collapse even when his friend was fit and well?...” asked Nwa with a worried passion.

“Intelligent question, Nwa...” I exclaimed. “...Please hold on for a moment. I will explain in details what happened... Ok!...”

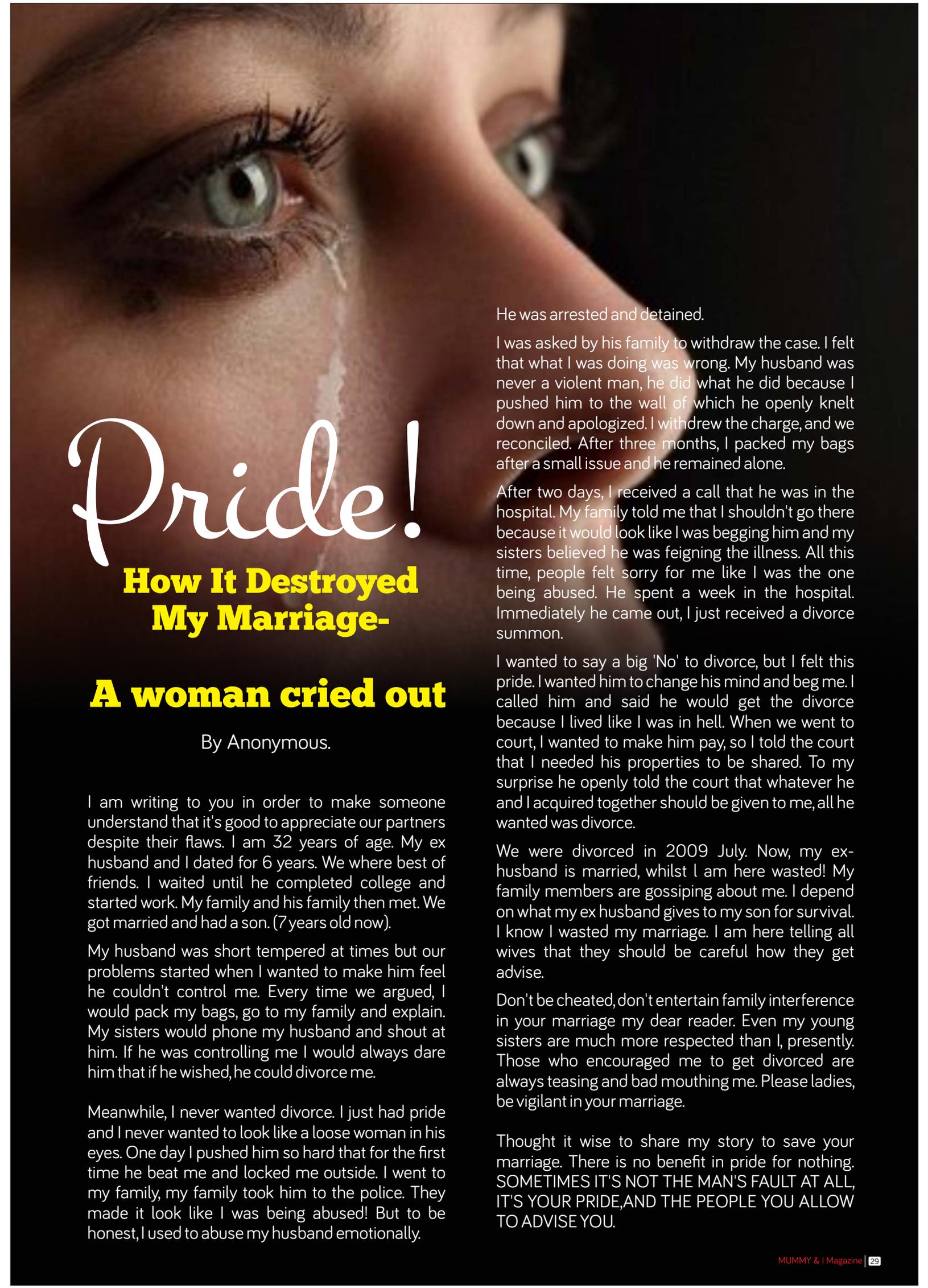
It took me by surprise how I gained control of my erratic audience. Everyone sat down at my feet. Once again, my rabbinical order was restored. They were not only eager to know but to learn.

“Let me tell you what happened...”

This discussion still goes on. Ngwanu, before the concluding part of this chat next week, drop your own “good neighbour tales” in the comment box.

I am Uche Anyanwagu. I can't tell the type of neighbour I have so far been.

This is the 12th in a series of short stories on “Medical Myths - Tales by Doctors”



Pride!

How It Destroyed My Marriage-

A woman cried out

By Anonymous.

I am writing to you in order to make someone understand that it's good to appreciate our partners despite their flaws. I am 32 years of age. My ex husband and I dated for 6 years. We were best of friends. I waited until he completed college and started work. My family and his family then met. We got married and had a son. (7 years old now).

My husband was short tempered at times but our problems started when I wanted to make him feel he couldn't control me. Every time we argued, I would pack my bags, go to my family and explain. My sisters would phone my husband and shout at him. If he was controlling me I would always dare him that if he wished, he could divorce me.

Meanwhile, I never wanted divorce. I just had pride and I never wanted to look like a loose woman in his eyes. One day I pushed him so hard that for the first time he beat me and locked me outside. I went to my family, my family took him to the police. They made it look like I was being abused! But to be honest, I used to abuse my husband emotionally.

He was arrested and detained.

I was asked by his family to withdraw the case. I felt that what I was doing was wrong. My husband was never a violent man, he did what he did because I pushed him to the wall of which he openly knelt down and apologized. I withdrew the charge, and we reconciled. After three months, I packed my bags after a small issue and he remained alone.

After two days, I received a call that he was in the hospital. My family told me that I shouldn't go there because it would look like I was begging him and my sisters believed he was feigning the illness. All this time, people felt sorry for me like I was the one being abused. He spent a week in the hospital. Immediately he came out, I just received a divorce summon.

I wanted to say a big 'No' to divorce, but I felt this pride. I wanted him to change his mind and beg me. I called him and said he would get the divorce because I lived like I was in hell. When we went to court, I wanted to make him pay, so I told the court that I needed his properties to be shared. To my surprise he openly told the court that whatever he and I acquired together should be given to me, all he wanted was divorce.

We were divorced in 2009 July. Now, my ex-husband is married, whilst I am here wasted! My family members are gossiping about me. I depend on what my ex husband gives to my son for survival. I know I wasted my marriage. I am here telling all wives that they should be careful how they get advise.

Don't be cheated, don't entertain family interference in your marriage my dear reader. Even my young sisters are much more respected than I, presently. Those who encouraged me to get divorced are always teasing and bad mouthing me. Please ladies, be vigilant in your marriage.

Thought it wise to share my story to save your marriage. There is no benefit in pride for nothing. **SOMETIMES IT'S NOT THE MAN'S FAULT AT ALL, IT'S YOUR PRIDE, AND THE PEOPLE YOU ALLOW TO ADVISE YOU.**



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7 Unusual Signs That You're Lacking Vitamin D and Should do something about it



By Brandon Marji

Did you know that before the year 2000, most doctors believed that none of their patients could be vitamin D deficient? But as technology to measure for vitamin D became affordable, more studies were conducted. It's important that you look for signs of vitamin D deficiency. According to Dr. Michael Holick, who is one of the leading vitamin D researchers, The Centers for Disease Control and Prevention (CDC) reported that 32% of adults and children in the US were vitamin D deficient. With more research being conducted, it is believed that about 50% of the general population may be at risk of vitamin D deficiency.

The only way to know for sure if you are vitamin D deficient is by a blood test. But the signs and symptoms that come along with this deficiency could be helpful as well. If any of the following signs apply to you, it might be a good idea to go see your doctor and have your blood checked, because you might be vitamin D deficient.

For Darker Skin

Holick explains that if you have darker skin, you may need as much as 10 times more sun exposure to get the same amount of vitamin D as an individual with pale skin. He adds that your skin pigment acts as a natural sunscreen, so the more pigment you have, the more time you need to spend in the sun.

You Have Low Mood or Feeling Depressed.

One of the signs of vitamin D deficiency is having a low mood. To prove this theory, researchers studied 80 elderly patients and they found that those who had the lowest vitamin D levels were 11 times more likely to be depressed than those who had healthy levels of vitamin D.

You're At Least 50

According to the International Society for Clinical Densitometry, about 95% of senior citizens may be vitamin D deficient. The reason is not just because they spend a lot of their times indoors; another reason is that they produce less when they're exposed to the sun.

They add that an elderly individual over the age of 70 produces 30% less vitamin D than a younger person with the same sun exposure.

Obese, Overweight or High Muscle Mass

Holick explains that vitamin D is fat-soluble, which means that the body will collect it. So, if you are overweight or obese, your body will need a lot more vitamin D than the average person. The same goes for those who have a lot of muscle and body mass, he adds.

Aching Bones

Holick says that many patients who visit their doctor and complain about aching bones and muscles are misdiagnosed with fibromyalgia or chronic fatigue syndrome. It's not an uncommon mistake, but what I recommend is that before the doctor diagnoses you, ask for a vitamin D blood test just so you can rule it out if it comes back negative.

Sweaty Head

According to Holick, a sweaty head is one of the first signs of vitamin D deficiency. He adds that many physicians used to ask new mothers if their newborn child was experiencing a sweaty head. Excessive sweating in newborns that's due to neuromuscular irritability is still described as an early symptom of vitamin D deficiency.

Gut Issues

As mentioned earlier, vitamin D is fat-soluble, so if you are having gastrointestinal issues that affect your body's ability to store fat, you could have lower absorption of fat-soluble vitamins such as vitamin D, says Holick.

Certain gut conditions that are common include Crohn's, celiac and non-celiac gluten sensitivity, and inflammatory bowel disease.

Sources of Vitamin D

The following are great sources of vitamin D: grain products, orange juice, plain yogurt, deli meat, pork, beef liver, salmon, eggs, and fruits and vegetables. Just remember, if you experience any of the symptoms mentioned, go consult your doctor, because you may be vitamin D deficient.



This Instructable lists ten of the many unusual uses for the well known soda called Coca-Cola .

Step 1: Clean a Toilet Bowl



1. Pour Coke into the bowl. Pour it around the rim so it flows over the stains around the inside of the bowl.
2. Let it sit for at least an hour. The acids in the Coke will break down the stains.
3. (Optional) Use a brush to scrub the toilet bowl.
4. Flush the toilet. Most of the stains should have been dissolved by the phosphoric acid in the Coke

Step 2: Make BBQ Sauce Ingredients:



- 1 cup of Coke
- 1 cup ketchup
- 1/4 cup Worcestershire sauce
- 1 teaspoon liquid smoke
- 1/4 cup A-1 steak sauce
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper

Directions:

1. Combine the ingredients in a heavy saucepan and gradually bring to a boil over medium heat.
2. Reduce the heat slightly to obtain a gentle simmer.
3. Simmer the sauce until reduced by 1/4, 6 to 8 minutes.
4. Transfer the sauce to clean jars and let cool to room temperature, then refrigerate until serving.

The sauce will keep for several months, refrigerated. Use as you would any sauce, noting the strong affinity this sauce has for chicken, ribs, and pork.



Step 3: Fertilize Azaleas or Gardenias

Watering azaleas or gardenias with Coke increases the the acidity in the soil, which azaleas love, and boosts plant performance. The sugar in the Coke feeds microorganisms in the soil, increasing the organic matter in the soil.



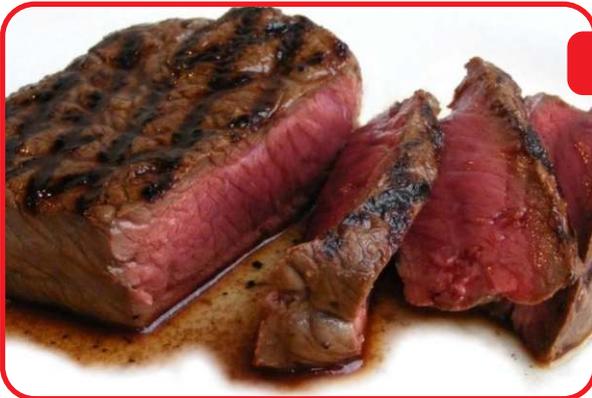
Step 4: Clean Milk Stains From Clothes

1. Saturate the milk stains with a can of Coke.
2. Let the garment sit for about five minutes.
3. Launder in your regular wash.



Step 5: Clean Eyeglasses

1. Pour Coke over the eyeglasses.
2. Rinse clean with water.
3. Dry well.



Step 6: Tenderize Beef

1. Place the meat in a freezer bag.
2. Pour a can of Coke into the bag.
3. Seal the bag securely.
4. Let it marinate for two to three hours.



Step 7: Loosen Rusty Nuts and Bolts

Apply a cloth soaked in Coke to the rusted bolt for several minutes.



Step 8: Neutralize Skunk Odor

1. Pour four two-liter bottles of Coke into a bucket.
2. Sponge yourself down in a shower.
3. Rinse clean.



Step 9: Soothe a Jellyfish Sting

Pouring Coke over a jellyfish sting relieves the stinging pain.



Step 10: Kill Mice

Put Coke in a bowl and set it out where you have mice. The mice love Coke, drink it, and unable to expel the gas, die.





An Interview with

Regina Chukwu

By Esther Ijeoma Ogbuka

Regina Chukwu is the CEO Tripple R productions. She is one of the leading household names in the Yoruba movie industry and have distinguished herself by virtue of consistency, determination and hardwork which has land her multiple awards. She has done so many blockbuster movies that her name rings as loud as the very best in the industry. What seems to put everyone in awe is the fact that Regina Chukwu is not a Yoruba woman. She's Igbo, but her footprints and evident landmarks in the Movie business can only be found alongside top Yoruba acts.

She has an estimation of ten movies to her name and they are- Ogusho, Idaro, Akun, Ebolo, Iwatomi, Stella, My Husband My Concubine, Two Mothers, Bridal Shower and Encounter. These movies were produced from a heart so passionate for nothing short of excellence. Her enthusiasm is worthy of emulation and her resilience has taught many that 'focus' is all you need to get from one level to the other.

But like they say, there is no champion without a scar. Regina has had to pay some prices to be where she is today. Having lost her beloved husband to the cold hands of death, Regina took up the gauntlet to ensure her children have all they need to live an improved life. In this engaging interview she talks about her late husband, her struggle as a single mother, and her word of hope for other single mothers out there.

THE MEDIA CHAT.

1) Can we know more about what you do?

I am Regina Chukwu. I'm Igbo, I'm from Enugu State. I am a Movie maker, I act and produce movies. That's what I do.

2) Do you have any other business venture aside movie making?

I do strictly movies.

3) What kind of Movies do you produce?

I do all kinds of Movies. Once I can speak the language, I go for it.

4) Your name is Regina Chukwu but you speak Yoruba so fluently. What has influenced you so far?

I was born and bred here in Lagos State. I have spent

years here in Lagos and have lived all my lives with Yorubas. So, it's natural for me to speak the language. When it comes to entertainment, I started with Yoruba speaking movies in the industry and I'm doing really great. That's just it.

5) But you do mostly Yoruba Movies?

Yes, I do mostly Yoruba films because I found acceptance among the Yoruba artistes. It is what I started it and most comfortable with it. But I am trying to go into English- speaking movies soon.

6) But have you done any English-speaking movie at all?

I have done a couple of them; I have starred in some English soaps. I was in Family Ties, and Family Tussle. I have also starred in Face to Face, and I once starred in Super Story but it was just a minor role.

7) What are the challenges you faced as an Igbo trying to do Yoruba films?

If I must be sincere, I cannot remember any. No one ever saw me as Igbo or anything like that. I don't know why it is so, maybe because the Yorubas are very accommodating. The challenges I faced are the usual industry challenges and the most annoying one is piracy. It does not kill only financially It also kills creativity.

Pirates are everywhere and the most annoying part is they reap heavily where they did not sow.

Are there roles you cannot take on because of language limitation?

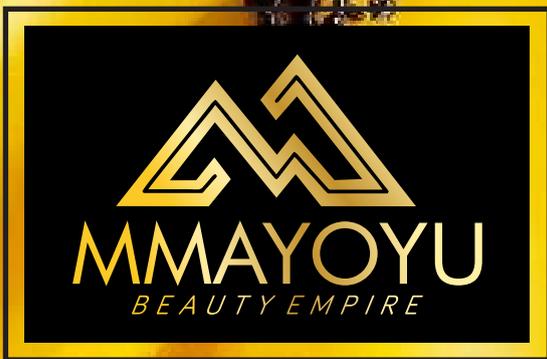
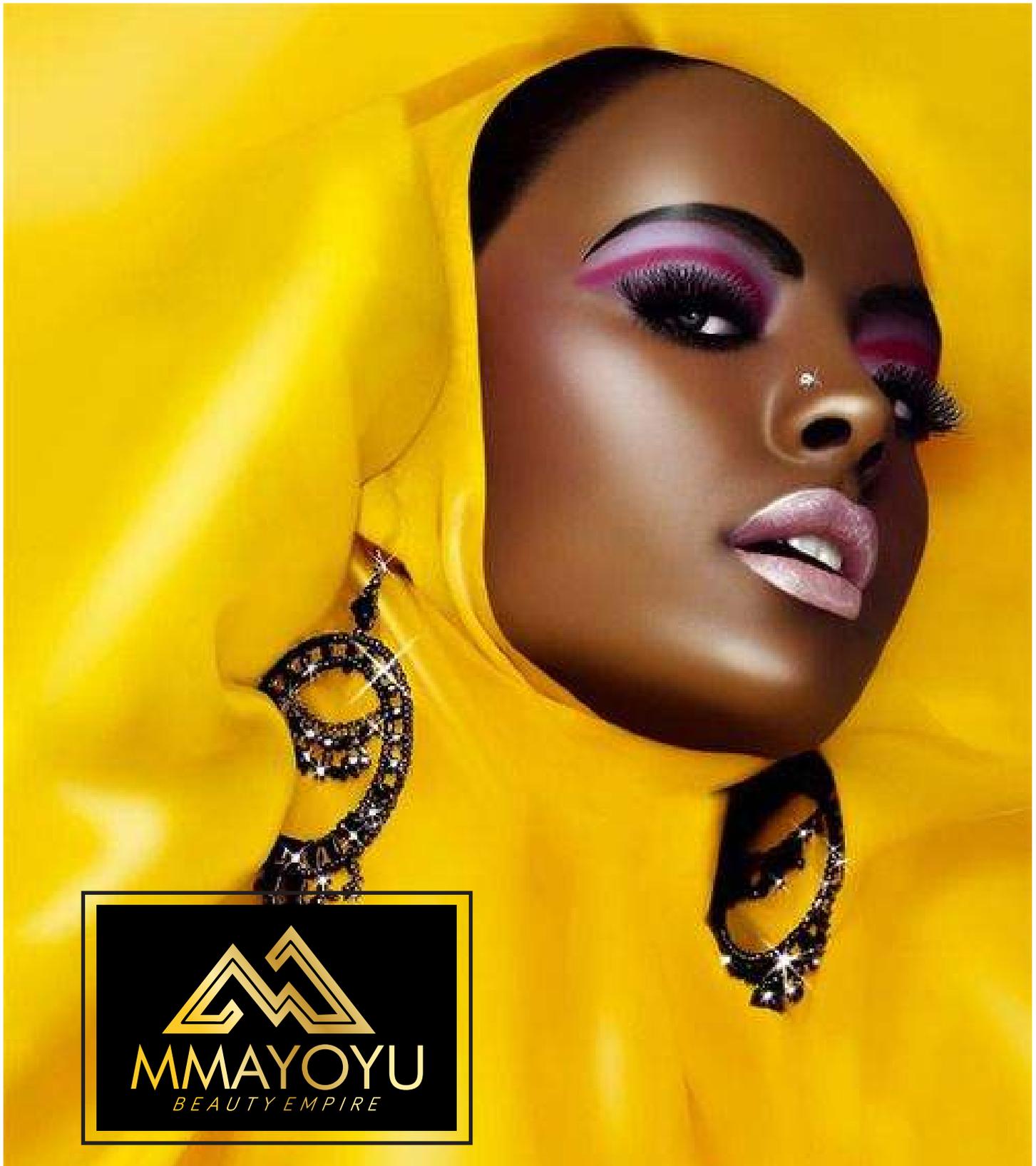
Like i said earlier, I grew up in Lagos. You must realise I was born and bred here in Lagos. I have no language barriers whatsoever. Apart from some dialects, like Ijebu dialect and others there is no Yoruba accent I cannot deliver perfectly. I can even speak as a Yoruba village girl, infusing the right accent as required. I have no limitations at all when it comes to languages especially Yoruba language.

8) Are you married?

Yes! With two children.

9) You hosted your 30th Birthday Party and your children were not present. Why?

As you can see, it's an adult party. Not for Kids. They are still kids. One is 17, and the other 15.



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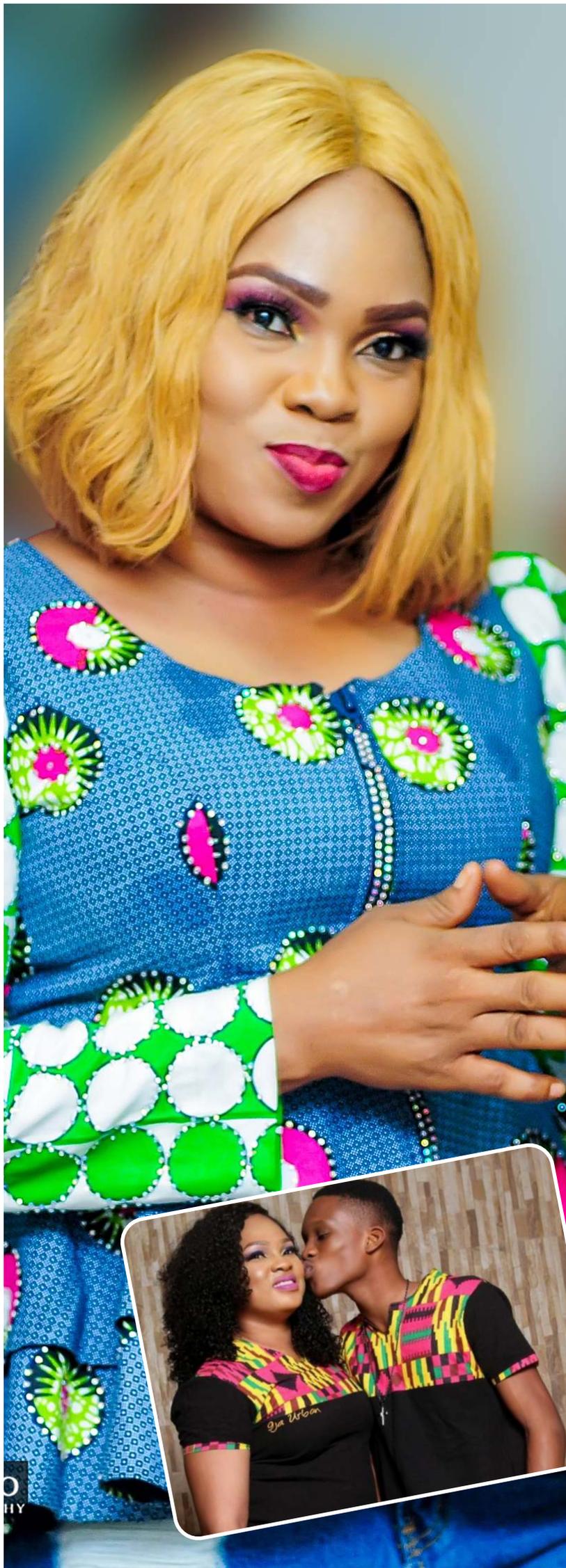
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Happy Birthday Regina





10) Why is your style of parenting different from what we see most Celebrities do? Most of them expose their children to a whole lot of stuffs especially Social Media at such tender age. Why is your ideology so different?

Probably because I'm different. My kind of life style is not the kind of lifestyle the said 'Celebrities' live. Your kind of lifestyle will definitely reflect on your child. I don't usually go for what is in vogue. I do my thing as, "This is Regina." When I do something, even if I happen not to be present as at the time of questioning, people will know it is Regina that did this.

I don't do things or venture into anything because everybody is doing it. I think that's what really influenced my style of parenting, and made me have different ideology, altogether. My lifestyle definitely must reflect on my children. They are on instagram, though but they can't misbehave. Probably because of their upbringing, they just know they have limits. It's just God's grace.

11) How many movies have you produced so far?

Close to ten movies.

12) What are the names of the Blockbuster Movies?

The first Movie I produced is Ogusho. The one that brought me to limelight is 'Akun'. I have bridal shower coming on the way. I just finished producing 'Encounter'. Conclusively, I produced Ogusho, Idaro, Akun, Ebolo, Iwatomi, Stella, My Husband My Concubine, Two Mothers, Bridal Shower and Encounter. That's ten.

13) That's great! How have you been able to combine your busy roles as a Movie producer, an actress and a Mother. How do you strike a balance so they don't affect each other?

Sincerely, I'll say I'm really favoured because my parents and my siblings are always there for me. Sometimes, my children stay with my parents, because they live just two bus stops away from my house. I'm always on the road. So they live with my parents anytime I'm away. When I'm around, I spend quality time with them. My parents have really been so supportive.



Mmayang | Ude aki | Mai Kwakwa | Adin dudu

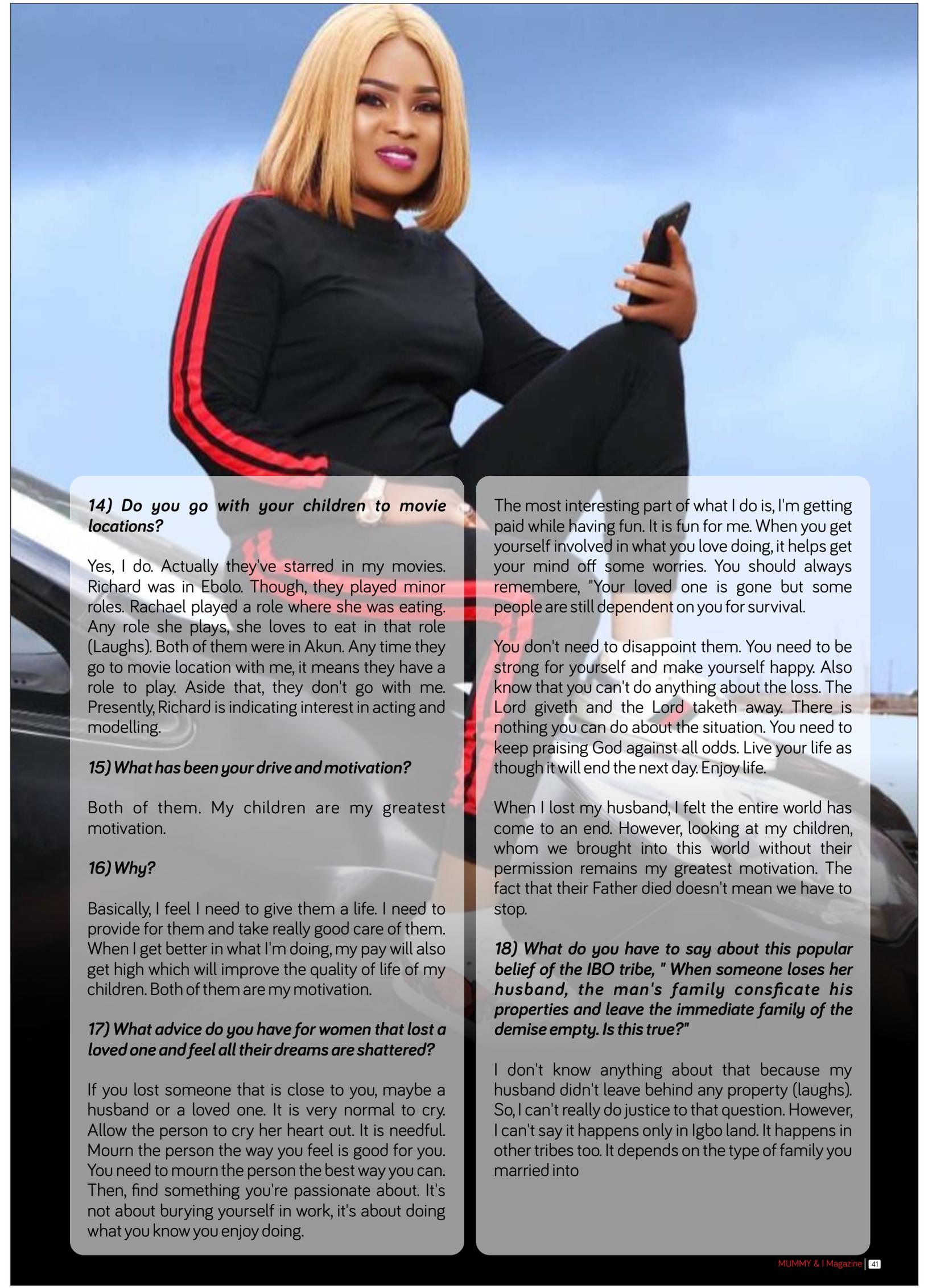
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14) Do you go with your children to movie locations?

Yes, I do. Actually they've starred in my movies. Richard was in Ebolo. Though, they played minor roles. Rachael played a role where she was eating. Any role she plays, she loves to eat in that role (Laughs). Both of them were in Akun. Any time they go to movie location with me, it means they have a role to play. Aside that, they don't go with me. Presently, Richard is indicating interest in acting and modelling.

15) What has been your drive and motivation?

Both of them. My children are my greatest motivation.

16) Why?

Basically, I feel I need to give them a life. I need to provide for them and take really good care of them. When I get better in what I'm doing, my pay will also get high which will improve the quality of life of my children. Both of them are my motivation.

17) What advice do you have for women that lost a loved one and feel all their dreams are shattered?

If you lost someone that is close to you, maybe a husband or a loved one. It is very normal to cry. Allow the person to cry her heart out. It is needful. Mourn the person the way you feel is good for you. You need to mourn the person the best way you can. Then, find something you're passionate about. It's not about burying yourself in work, it's about doing what you know you enjoy doing.

The most interesting part of what I do is, I'm getting paid while having fun. It is fun for me. When you get yourself involved in what you love doing, it helps get your mind off some worries. You should always remember, "Your loved one is gone but some people are still dependent on you for survival.

You don't need to disappoint them. You need to be strong for yourself and make yourself happy. Also know that you can't do anything about the loss. The Lord giveth and the Lord taketh away. There is nothing you can do about the situation. You need to keep praising God against all odds. Live your life as though it will end the next day. Enjoy life.

When I lost my husband, I felt the entire world has come to an end. However, looking at my children, whom we brought into this world without their permission remains my greatest motivation. The fact that their Father died doesn't mean we have to stop.

18) What do you have to say about this popular belief of the IBO tribe, "When someone loses her husband, the man's family confiscate his properties and leave the immediate family of the demise empty. Is this true?"

I don't know anything about that because my husband didn't leave behind any property (laughs). So, I can't really do justice to that question. However, I can't say it happens only in Igbo land. It happens in other tribes too. It depends on the type of family you married into.



Say No To

Children Dressing Sexy!

Shun Indecency By Mark Idiahi

Parent competition on making children go astray.

Few weeks ago, I was at the local airport and as I waited in the departure lounge, I noticed there were many children roaming about but it was understandable since it was summer holiday. One other thing I noticed was the way most of the children were dressed. Most of them, especially the girls, were dressed in bum shorts, halter necks, cut off jeans, etc.

The clothes in themselves weren't the issue per se; it was the overall look of the children that had me bothered. That was definitely not the first time I noticed it. A few months before, I had taken my kids to a birthday party and found myself in what could easily have been a night club for kids. Scanty clothing such as tight or very short clothes, bum shorts, long weaves, etc, seemed to be the dress code.

I noticed my son glancing around, probably wondering, "What in God's world are these other children wearing?" Or something like that. Not long after, the kids were called out to dance to the hit songs of the season - these songs in my opinion should be rated PG 16. 4 - 6 year olds trooped to the dance floor, miming the sexually explicit songs and gyrating their bodies in the most sensual manner.

They could have given Beyonce a run for her money. They ran their hands over their bodies, shook their booties hard while their parents cheered them on. The boys had their upper shirts unbuttoned and rapped along perfectly to gangsta raps while doing flawless break dance. Those who danced like actual children were shooed off the dance floor while the lewd ones were cheered on.

As I watched, my child stared out of this circle looking longingly at the others dancing. I knew it was time to leave. As we left, we went to an eatery where I bought them ice cream and gently explained to them the concept of decency and dancing with decorum. Another time, at a game arcade for kids, I ran into a lady who had made-up her kids' faces like they were mannequins for Tara or Mac beauty products.



Their skirts were so tight, that running up and down the slide was uncomfortable for them. So the question is, why are we sexualizing our kids? Why does your 4, 6 or 9 year old girl have to look like a chick? Why does she have to be hot or sexy? Should your 8 year old son go around with a comb in his hair and his pants sagged almost to his ankles?

If your child wears bum shorts out of the house at age 3, why should she be expected to wear longer ones at 15? If she wears 2 rings and 12 bangles at 6, why won't she pierce a second ear hole at 17 and her bellybutton at 19? Why won't your son pierce his own ear at 15? Are you setting your children up to be immodest and indecent? What trend are you starting them on?

That all these are fashionable or trendy doesn't mean it's ok. What happened to children wearing dresses. Children can look very nice and decent, they can be well covered and still look good. In this age, when children are being abused. Is it wise to make your child an object of anyone's sexual attention? When I hear some children belt out sexually explicit lyrics, I ask myself how they became exposed to this songs!

As a parent, you can't play the CD of such songs and not expect your children to pick them up; the same goes for watching Mtv Base, Channel O, etc with your children. Studies have shown that children exposed to a high level of sexually explicit information tend to become sexually active early. Is that your goal as a parent?

Being a parent involves sacrifice. You will need to avoid listening to such music where your children are. Most of those lyrics demean women and teach your daughter that she's just a sex toy and her body is for squeezing. It teaches the boys that money is everything and women are things to be used to satisfy their primal urges. These music introduces them to a degrading pop culture.

Our children have their lives ahead of them, let's set them on the right path by teaching them to dress decently and sing nice or age- appropriate songs. Let your children be children. Train up a child in the way that they should go and when they are old, they would not depart from it.!

Credits: Igbafe Oluseye

Mark Idiahi CEO of Juninetin Innovation , Brand Strategist and the convener of one of the Largest youth conferences, 'Future Leadership Conference'. He also runs a prison ministry called "Love Without Bars" because of his undying passion to reach out to the unreached and those sect segregated and ostracized in the society. He has an affinity for young people. To reorient their mindset is his target.



Husbands,

Stop Wasting Your Time Praying If You Are Not Treating Your Wives Well.

Find out more to help your marriage!

BY OLUWAYEMISI FASHOLA

Benson and his wife don't sit next to each other during Church services.

Even when going to Church services, they go in different vehicles; and when they travel in the same car, it is usually a very quiet and uncomfortable ride.

Benson sat at his usual spot in the Church service; the fourth line on the far left row. His wife sat on the center row.

The Pastor took to the podium.

"Husbands, stop wasting your time praying" the Pastor began.

The congregants got alarmed. No one expects to hear a pastor saying prayer is a waste of time.

I am not here to discourage you to pray, but to encourage you to pray right.

Husbands, stop wasting your time praying if you are not treating your wives well.

You come to church driving your expensive cars, giving your offerings and tithes, active in Church, some of you are Church leaders; but how are you treating your wife?

You may look good to us Church members, but it is your wife and children that know who you truly are" said the Pastor.

Benson turned to face his wife. She looked at him. Benson could see her eyes.

Her left eye swollen from the blow he gave her last week when she confronted him about his alcoholism, pornography use and mischievous behavior.

People couldn't tell she had a black eye because of the make up she had on, so well done.

The Pastor continued, "People have perfected the art of cover up. Here in Church, so many are hurting but you wouldn't know.

People come here wearing their nice clothes, shiny smiles, they are active in ministry but hurting a lot in their marriage.

"We have become numb and plastic, brushing things under the carpet. But today we shall heal; and shall address those wounds we hide."

The Pastor cleared his throat and continued, "Many of those who are hurting their spouses are using the church to hide.

They think that because they give offerings and tithes, because they make public prayers, because they read the Word or because they hold a Church leadership position that they are right with God. God is also interested in what you do in your marriage and in your family.

The Word says that when you treat your wife badly, it hinders your prayers. Men, you claim to be prayerful?

Hear this, "Your first ministry is your home. Stop trying to blackmail God with your service in Church yet you are mean and hurtful towards your spouse."

Many of the members of the congregation got restless and unsettled.

The Pastor continued, "Many of those who are being hurt by their spouse hide their pain and want to project an image that all is well to validate that they are blessed and in control.

Some of you are active in Church to run away from the pain in your marriages".

The congregation was silent. Some straightening their ties, others fidgeting with their Bibles, adjusting their sitting position.

This pastor was preaching truth and it was uncomfortable.

The Pastor continued, "The husbands are not the only ones guilty here... Wives, don't you know the Bible says when your husband found you he found good virtuous woman and you brought favour?"

Then why are you the source of your husband's headache and stress? Have you been so toxic that you have turned your prayerful husband into a prayer-less one?

Do you make him regret marrying you because you bring more complications than he had before marrying you?

How you treat your husband can be a stumbling block in his walk with God or an environment that encourages growth.

Many of you wives married your individual husbands primarily because of their relationship with God, so why are you now destroying their relationship with God instead of celebrating and nurturing it?

Why are you being a burden to your husband emotionally, spiritually, socially, sexually and financially instead of being one who brings favour?"

Benson's wife looked at her husband. Benson looked at her, and she looked away.

The Pastor paused to drink his glass of water.

And he continued, "When I am thirsty, I drink a glass of water.

When your spouse gets thirsty, will you allow God to use you to bless your spouse?"

You've been told many sermons that focus on you as an individual, that God will make you prosper as an individual.

I am here to tell you your blessings are tied to people, you are blessed to be a blessing to others. Our God is not an individualistic God.

Your blessing is tied to your marriage, your family. It's not about you; it is about Jesus and Jesus is about love.

What good is it to prosper and be successful when you have no love? It is all vanity.

God cares about your family, how you treat your spouse and children"

Silence. Silence. Silence...

"Yes, we pray. But what kind of prayers does your spouse pray because of you?"

When your spouse prays, is it largely to cry to God because of the hurt you bring?"

Is it to plead with God to change you from the monster you've become?"

Is it to plead for grace to deal with how difficult you are? Or is to give thanks for you?"

Silence. Silence as graveyard

"Are you really prayerful? Do you really value prayer? What is prayer?"

Then why is it that many of you find it easy to come to us pastors for us to pray with you as an individual, you find it is easy to pray in public, in a Church service or Bible study, but find it so hard to pray with your spouse?"

Isn't that telling of what is going on in your marriage? Don't you know that the more you pray with your spouse the stronger your marriage will be?

But how can you find it easy to pray with a spouse you hurt or who hurts you?"

The Pastor paused and looked at the congregation. Eyes staring at him.

"I challenge you. I challenge you to pray with your spouse and to treat your spouse well. You must save your home, your marriage, your love!

Husbands, you are the head of the home. I challenge you to stand up and go to where your wife is and pray with her as a start of a more prayerful chapter in your marriage.

Don't do it because I asked you to but because you want to. Your choice"

One by one, the husbands present stood up.

Benson stood up too.

Benson walked to where his wife was.

The face of Benson's wife overwhelmed with love, she looked on as her husband walked to her.

She almost stood up but he gave hand gestures at her to stay seated.

Benson reached where she sat. Their eyes met.

Benson knelt down. He stared at her then kissed her swollen left eye.

"I am sorry" he said.

"Can I pray with you?" He asked.

She got up from her seat and knelt down too.

There, on the floor as the Church service was still ongoing, husbands prayed with their wives.

Benson prayed kneeling with his wife.

They prayed for forgiveness, for thanksgiving, for love, for renewal, for peace, for direction; for their marriage.

Marriages were healed.



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Are you a
Wife
with a
Difference.
ENJOY THIS DRAMA

BY MICHAEL SAMPSON.

Phone Rings
(Wife Picks up)

Wife: Hello Love.

Husband: Yes Honey, get ready we going out today.

Wife: Hmm where exactly are we going? Besides am kind of busy today.

Husband: Stop whatever you are doing and prepare yourself for our special date.

Wife: Alright Love.

Husband: Sharp, I will be there in 30 minutes time.

Wife: Ok, bye.

Husband: Cool(he dropped the call)
In 30 minutes time he arrived at home as per promise.

Husband: Anybody home??? (Knock! Knock! Knock).

Wife: (peeps through the window) Ngenani(come in).

Husband: Baby what's wrong with you? You haven't prepared yourself yet?

Wife: Of course, not until you tell me where exactly you are planning on taking me.

Husband: What's the date today?

Wife: 30th of January.

Husband: Great! Today is my pay day besides I got a salary increment, so I want to go and spoil you big time. Now hurry up go and take a quick bath.

Wife: No my love, am going nowhere with you.

Husband: What does that suppose to mean?

Wife: My love, I know you love me, but that shouldn't be reason for you to be spending extravagantly on me.

Husband: what is wrong with that? You are my woman, my first love, mother my children and I have all the right to spoil you rotten.



Wife: My love, last time I checked your young brother was chased from school because of unpaid balance. You know you are the only one your family depends on. That house your mother lives in, is in a dilapidated state and it needs to be renovated.

Husband: (listening attentively)

Wife: Instead of spoiling me, use your salary to support those that entirely depend on you for their well being. To me those people comes first, moreover I don't love you because of your money, I love you for who you are.

Husband: But bae.....

Wife: (cuts in) But bae nothing, now hurry up and go and pay the school fees for your brother and help other in serious need as much as your salary can support. If they will be any amount remaining, you can come and share it with me. I see a husband in you not a bank account.

Husband: (tears drop) What more can I ask from God? He has blessed me with a wonderful woman. I Love you so so much my wife, you are one in a million. I see a true and genuine wife in you not a slut or the so called Slay Queens of our generation.

Wife: I love you too my husband.

Husband: Come here(he spread his arms for the hug) They shared a warmth hug..and the Husband sat with the wife to plan how they could spend the money wisely in an effort to help those in genuine need of their help.

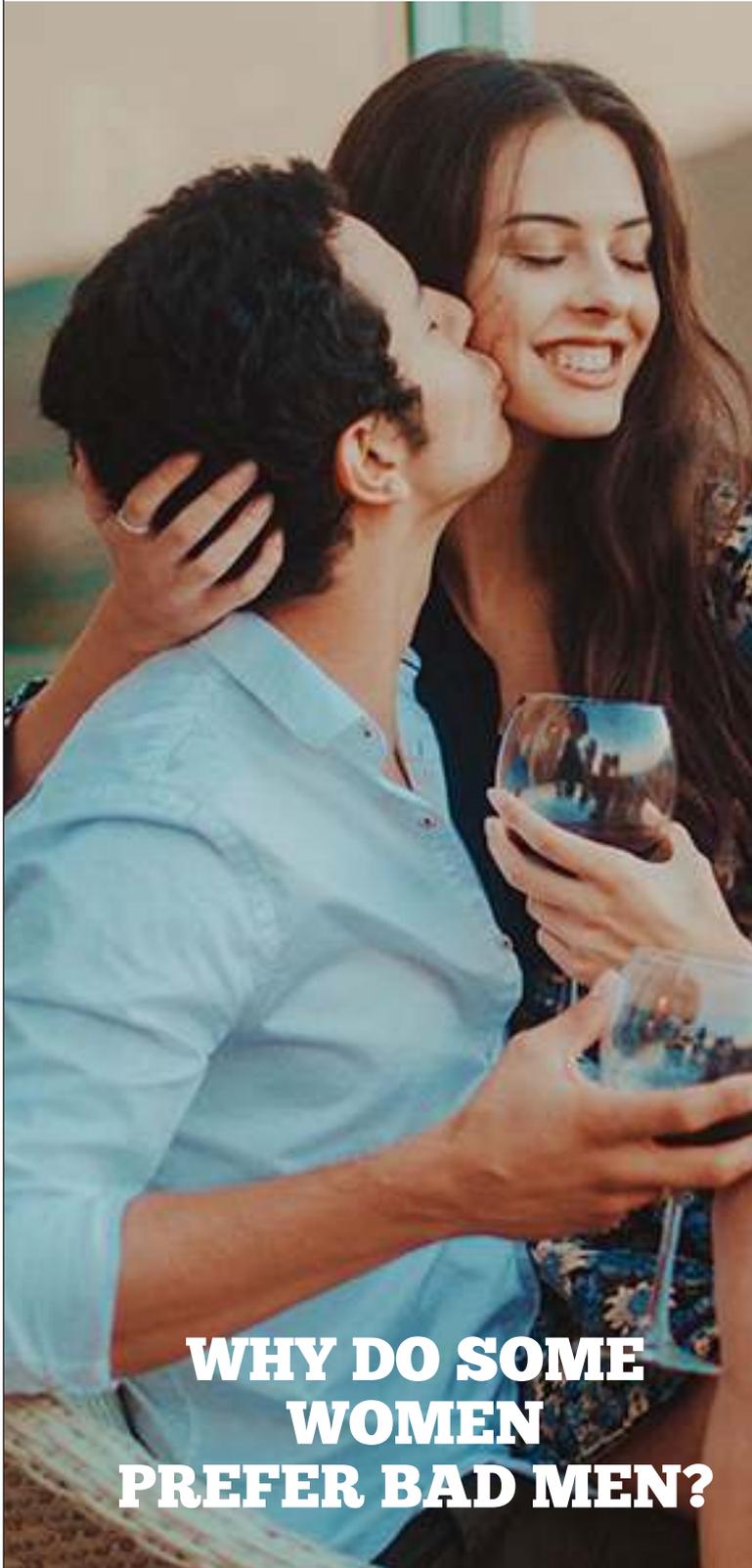
Now That's Real Love

The Question is:

DO SUCH WIVES STILL EXIST IN NIGERIA?

If you are a woman reading this message, how do you evaluate yourself? What are you doing about becoming a better wife that your husband will constantly desire to consult from even in serious decision making.

Be a wife with a difference.



WHY DO SOME WOMEN PREFER BAD MEN?

By Esther Ijeoma Ogbuka.

This is a funny question guys often ask but i want everyone to understand that you can't lump all women together. People are strictly individuated likewise every woman. Some women go for bad Men as a result of quite a number of variables.....not just a singular reason due to the complex nature of Human psyche which often is so complicated. Hence, the variable of factors. Life itself is not 2D....and there is always a two-sides in a dice.

Some women want excitement, some are fixated on a particular feature in a Man, some are wilful, some are programmed by the Media, some by parents, some lack esteem, some are genuinely deluded, some are outright rebellious, some are pleasurable hooked and addicted to sex, some are so myopic that they can't think about tomorrow, some want instant gratification at the expense of their motherhood, some finds danger so captivating, some are lurching from one extremity to the other.....from one premarital relationship to another....i call them 'Relationship drunks'.

While some simply don't care, some are not worldly nor spiritually wise....they are sitting on the fence, some can't read Character, some are psychological illiterates, some are too young and naive, some are academic intellectuals but failures in the school of Common sense, some are swept off easily with material possessions, some taste Lips instead of Spirits, some don't evaluate consequences, some have Messiah complex syndromes.....always wanting to save and change a Man, some just want a Thing on trousers around them....no matter the kind, some enjoy pain alot, some find brutally rough axe-headed guys super-amazingly sexy, some enjoy playing *wife role* to a Man they are not married to, some love a guy that brings out the BAD-GIRL in them, some women have suicidal inclination.....the list goes on and on as i can give you hundreds of reasons for such toxic relationships.

Having enlisted all, please do not be deceived and misled. Every woman deserves a man who loves her deeply. For who she is. A man who loves her beyond facial appearance and is willing to go the extra mile to care and express his love for her. Don't remain in a toxic relationship because time is far spent and your biological clock is ticking faster with menopause getting closer. You need to be a happy woman and enjoy your man to the fullest.



JoelsBlog Media

Giving you The Breaking News in Nigeria

JoelsBlog is a Nigerian controversial gossip blog owned by a young mediapreneur, Joel Hechimenum Williams, founded on the 18th of February 2016 and gets an estimate of 20,000 views and 12,000+ visitors daily.

How did Joelsblog become the fast rising Nigerian entertainment blog?

JoelsBlog gained popularity after its first controversial article, An article of a Facebook user criticising David Ibiyeomi for buying a private jet from the proceeds (offerings) of the poor in his church, it went viral after it was shared on Nairaland, the strength of this Article gained so many views and critics and supporters, To the surprise of many, The Article trended on so many Nigerian blogs including Nigeria's biggest News Media carried the news but they never gave credits.

JoelsBlog striving in its goal to publish unique articles for its readers kept growing and gaining popularity but something went bad, JoelsBlog Facebook page got deleted on the 3rd of December 2017 along with its huge readers, till today no reason was stated as to why the page was deleted which was a huge blow to the entire team and a very challenging one as well. It suffered a decrease in the numbers of views but a month later it sprang up again as readers took to using google search to locate the blog.

What Inspired the birth of JoelsBlog?

JoelsBlog formerly called (Joelwilliamsblog) became a reality after Joel Hechimenum Williams decided to open a small blog for his literatures, then the blog got 100 to 150 views daily on the free blogger publishing platform. On the 23rd of October, 2016 JoelsBlog bought its first domain, www.joelwilliamsblog.com.ng, then it had 1500 - 2000, views daily, on seeing the growth after moving out of the free publishing platform Joel Hechimenum Williams decided to make it an Entertainment blog, that earned him his first 10k views, he kept pushing the blog till it got to where it is today.

Why and what caused the Change of Name?

The reasons for why Joelwilliamsblog changed its name was because of the following reasons,

Readers kept complaining that the URL was too long for them to type or even search, that cost me a lot of readers despite having the traffic the blog gained.

Readers complained about the inability to engage themselves (comment) due to the rigorous process they had to go through, like logging in their gmail to comment, most people can't remember their password not willing to go through the stress of getting a new one..they just remain like thin air on the blog, some readers said they didn't understand the Google recaptcha Bot detector and didn't want to go through the stress of verification. A lot of things led to the change of Name and URL.

How was your first day on your New platform/New Domain?

My first Day on my New platform was a special and happy day because I got the highest number of views that day, over 47,000 views, it kept coming because I anticipated the coming of the new URL/Name and it yielded a positive response from my readers and visitors.

What decreased the views to 20k then?

It's something I don't know, maybe JoelsBlog competitors converted them, I tried to figure out the reason why my traffic dropped, after my research I found out that my blog did nothing wrong, it was just that the views that came that very day was as a result of the give away we did on the blog, perhaps they left because we couldn't keep up with the give away because we weren't getting much money for Ads.

You said WE are there other people working with you?

Yes I have a total of 3 publishers, with names;

Joel Victor - Manager
Elias Ifeanyi Alex - Editor
Emmanuel Okafor - Author and myself.

Witlux Baby of the Month



Baby wipes
Witlux[®]
For the best hug & pampering

My unalloyed gratitude goes to "Witlux diapers" for choosing my baby as "Witlux Baby of the Month." I have tried many brands of diapers but "Witlux" stands out as the best among others. My Baby suddenly stopped having rashes on her pubic region.

All thanks to "Witlux Diapers".



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