

just one
more story?

fact file

This month: beating the bedtime blues |
table tips | sponsor a pup | facing flu head-on

<< VOX POP

We asked parents how they manage the daily trial of getting their kids to bed minus the fuss.

> "The children get my undivided attention for half an hour before bed – games, books, whatever they want. In return, they usually go to bed happily." *Zoe, 28*

> "I try and let my children run in the park or around the house for an hour to wear them out. Then I make sure they don't have any sugary food for a few hours before going to bed." *Tim, 31*

> "When I taught my son where seven o'clock was on the clock, life became easier. When that big hand reaches the top, it's bedtime – no excuses." *Sol, 33*

> "I let my kids listen to a tape of stories at bedtime. By the time it's finished, they're asleep." *Jodie, 30*

> "It's all about routine. In our house, it's milk, teeth, hide-and-seek, story – then goodnight. The repetition probably bores them into submission!" *Asheera, 40*

For similar cute jarmies try the **one-piece sleeper** in Gelato Stripe or Marine Stripe, \$39.95, Snugglum. For stockists, see page 160.

HOW TO... TIP AT RESTAURANTS

>> A tip is a voluntary payment for good service, not an expected due.
>> Food's not the decider – you're thanking the waiter, not the chef.
>> When abroad, suss out the tipping customs of the country you're in. Courtesy of David Meagher, author of *It's Not Etiquette: A Guide to Modern Manners* (Random House \$29.95).

LEFT Platter, \$14.95, Maxwell & Williams. Rattvik wine glasses, \$4.50 each, Ikea. Tealight holders, \$19 each, David Jones.

puppy love

If you can't have a dog of your own, sponsor a puppy for under \$1 a day with the Pups With Promise Club. Call 1800 804 805 or visit Guide Dogs Australia at www.guidedogsaustralia.com to link to your state or territory association.



>>**BEAT THE LURGY** About 2000 people die each year in Australia from flu or related problems. It takes about two weeks for the vaccine to become effective, so book yours with a GP today. If you're under 65 (after which it's free), expect to pay about \$15.