

# School talk

*Mothers' education key to kids' academic success*

**RESEARCHERS HAVE FOUND** that the academic success of your kids depends a lot on the education provided by mothers, as children born to relatively older and educated mothers learn math and reading more quickly than children born to younger mothers.

Trends indicate that mothers who give birth during adolescence have much lower rates of high school completion and college enrolment in comparison with their counterparts who delay their pregnancy, found the study.

Children of mothers who are 19 and older usually enter kindergarten with higher levels of achievement, showed the study. These kids continue to excel in math and reading at higher levels through eighth grade when compared with children of mothers 18 years and younger, pointed out the study.

"These results provide compelling evidence that having a child during adolescence has enduring negative consequences for the achievement of the next generation," said Sandra Tang, a psychology

research fellow at the University of Michigan in the US.

The negative consequences of teen mothers not only affects the child born when the mother was an adolescent, but also affect the mother's subsequent children as well.

"These children - and others born to the mother when she was not an adolescent - never catch up in achievement across time to children whose mothers had them after completing their education," said Pamela Davis-Kean, associate professor of psychology at the University of Michigan.

In 14,279 cases, the children's math and reading scores were collected in third, fifth and eighth grades.

As growth in achievement normally stays the same across time for math and reading, these patterns highlight the importance of investing in early interventions that target adolescent mothers and provide them with the skills needed to promote their children's learning, concluded Tang.

The findings appeared in the *Journal of Research on Adolescence*. IANS



## Get some sleep

*Enough shut-eye can help you lose weight*



**EVEN THOUGH DIET** and exercise are the prime weight loss weapons, there is a secret one that takes a lot less effort - getting enough sleep.

Here is how getting your eight hours can help you shrink your waistline, reports huffingtonpost.com.

**• It helps you eat less:** Sleep affects levels of the hunger-regulating hormone leptin, which helps your body realise it's full, and ghrelin, which stimulates appetite. Not getting adequate sleep lowers levels of leptin while raising levels of ghrelin, which can cause overeating when you're sleep-deprived. A recent study found that women who didn't sleep enough ate an average of 300 more calories than those who got adequate sleep.

**• It reduces belly fat:** Anxiety and stress are two major contributors to belly fat; getting enough sleep is one way to beat both.

**• It may suppress fat genes:** A recent study found that women who slept seven to nine hours a night weighed less than those who were sleep-deprived. Researchers believe that those who slept fewer than seven hours a night, or more than nine, were more affected by any genetic pre-dispositions to be overweight or obese.

**• It gives you energy:** If you've gotten a good night's rest, then you're more likely to have the energy to tackle your workout for the day. And, since exercise helps you sleep, revamping your sleeping habits can be the start of a beneficial cycle. IANS

## ALIGN YOUR LIFE

### *Chakra Balancing*

**A**ll our chakras go off balance from time to time as we embrace the fast-paced hectic life. For centuries now, spiritual practitioners have been working on developing their chakras and balancing their energies. However there are some simple meditations that can help you to balance your chakras at home without having to shell out huge sums of money. The following visualisation will guide you through a simple process that will help in cleaning and balancing your chakras.

Begin the session by relaxing on the floor or sitting in a comfortable position. Take a few deep breaths and follow the steps listed below to balance your chakras.

Imagine a red flower made of light emerging from the tip of your spinal cord and gently rotating in your lower back. Feel the red flower rotating and the warm energy spreading.

Imagine an orange flower made of light emerging from your lower abdomen and gently rotating in your lower abdomen. Feel the warmth of the orange light spreading.

Imagine a yellow flower of light emerging from your naval and gently rotating in your naval area. Feel the warmth of the yellow light spreading.

Imagine a green flower of light emerging from the centre of your chest and gently rotating in your chest. Feel the warmth of the green light spreading.

Imagine a blue flower of light emerging from the centre of your throat and gently rotating in your throat. Feel the warmth of the blue light spreading.

Imagine an indigo flower of light emerging from the centre of your eyebrows and gently rotating in your forehead. Feel the warmth of this indigo light spreading.

Imagine a violet flower of light emerging from the area above your head and gently rotating above your head. Feel the warmth of this violet light spreading.

Visualise yourself now being showered in a bright white light and your body will feel lighter.

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