

# Manners maketh man

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21st Century Parenting

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Are you, like me, amazed at how few children today actually say please and thank you?

What amazes me even more is that their own parents (who have good manners themselves) don't seem to notice, don't insist on it and are letting their children's manners, or lack thereof, slide.

Yes, it does take time and effort to bring up children who will eventually automatically say, 'Thank you very much for having me,' when they leave someone's house, or 'Thank you very much for the .....,' when they are given a gift.

You have to remind them at every opportunity when they are little and continue to prompt them, when necessary, while they are in primary school.

It seems it is one of the few things that children do not necessarily learn from just watching their parents. They actually need conscious training in the art of good manners.

I was blown away recently on the first night of a holiday shared with friends, that all three of their children, from ages five, 11 and 13, took their own plates to the kitchen when the meal was over, without anyone saying a word.

Some good parenting and a positive ex-

pectation were clearly the order of the day. During the preparation for every meal they asked if there was anything they could do to help.

Catering was a pleasure! Hey, and they also had good table manners too – another rare find these days!

Beware of dinner in front of 'the box' – it doesn't lead to good manners.

Do you know that you can actually take your child to classes to learn good manners?

This just shows the extent of the problem. I am sure attentive and conscious parents can be far more effective though, after all, the opportunity to instill good manners doesn't take place once a week, but many times each and every day.

A child with good manners at any age leaves an impression, stands out in a crowd and is remembered in time to come.

This is not a bad thing when you consider that first jobs are highly likely to be offered to your child by an older adult one day.

Remember the saying: 'Manners maketh man', or at least they are a good start and the earlier the better.

And those children who came on holiday with us – they can come again!



# Brilliant Buyi is back

DUSCHANKA HITZEROTH

Affectionately known as Buyi, Life Empangeni Garden Clinic Public Relations Officer (PRO), Zibuyile Mthiyane, is back home and ready to hit the ground running.

Originally from eNseleni, this charismatic 26-year-old has her hands full with the overall branding and marketing of the hospital.

'I am responsible for the co-ordinating of events, dealing with customer service and delivery concerns, service quality, brand and hospital image, marketing and ensuring the smooth running of communication and the following of protocol,' she said.

Having previously worked at St Mary's KwaMagwaza Hospital in Melmoth, and later at Christian-based NGO 'Youth for Christ' in Pietermaritzburg as the Marketing Assistant, Buyi plans to stay in eNseleni and build her career.

The second eldest child from a family of four and a Public Relations Management graduate of Durban University of Technology, Buyi is an alumnus of Aquadene Secondary School and the first to accomplish a tertiary qualification among her siblings.

## Education is important

During her high school career, Buyi was an RCL member, debating enthusiast, public speaking title holder and award-winning actress, but always ensured there was time for her books.

'Having a teacher for a mother meant that education is something very important in my home. Growing up I saw the difference having

an education makes in your life and I knew it was vital,' she said.

It is said nothing good comes easy and Buyi agrees challenges will arise.

'People have often questioned my career choice. I have been told by many ignorant people that Public Relations is not a career for black people and is predominantly 'white' field.

'I deal with so many different people on a daily basis, it requires impeccable communication skills and patience, which I am thankful to have, otherwise I would never have cut it,' she chuckled.

## Driving force

Despite difficulties, Buyi says her family is her source of strength.

'My family is my driving force. They get me up every morning and just keep me going.

'My parents have always ensured I stay grounded, focussed and on track and they continually give me courage to achieve my goals. In them, I have the biggest support structure,' she said.

If this bubbly beauty is not branding or coordinating events, she enjoys quality time with her loved ones or treating herself to a well deserved 'mani and pedi'.

Fluent in French, Buyi hopes to travel to Paris someday.

'In University, I took up French as one of my subjects. It is such a beautiful language and I would love to travel to a French-speaking country just to soak in the language of love,' she chuckled. 'Also, I have this insane fascination with Lagos, Nigeria. It is so rich in culture. I would just love to experience that,' she said.

# Stress – the common cause of acid reflux

DUSCHANKA HITZEROTH

It may at times be that ultra spicy curry from a great dinner party, or that pie you quickly gobbled down to stay alive between meetings, but research shows that heartburn and acid reflux is largely caused by stress.

A national poll among pharmacists has revealed a steep rise in the number of South Africans complaining of heartburn and acid reflux of late.

According to Pharma Dynamics, the prevalence of heartburn and symptoms associated with acid reflux has risen dramatically over the last decade.

Currently more than 1.5 million South Africans suffer from this uncomfortable condition daily and the figure is growing annually.

While it may be true that South Africa rates among the 'most stressed' nations in the world, could the increasing demands and stress of modern life be the likely culprit behind the growing incidence of heartburn?

Pharma Dynamics spokesperson, Mariska van Aswegen, cites a study done some years back which involved 2 000 participants where both men and women reported a spike in acid reflux after a busy day at home or the office; when travelling for business or working extended hours.

## Reduce symptoms

'Heartburn severity also appears to be linked to major life events and other studies point out that exhaustion, in particular, is very closely associated with a worsening of acid reflux symptoms.'

'Poor diet and lifestyle choices such as lack of exercise and smoking contributes to heartburn, but stress has the added effect of making you feel the symptoms more intensely than you otherwise would,' she said.

To avoid the unpleasant feeling of heartburn, here are some stress relief tips to reduce the symptoms of acid reflux.

Firstly, do whatever calms you down – even listening to music. Do something that you really enjoy, whether it's pottering in the garden or any other hobby that you find relaxing.

Exhaustion may exacerbate heartburn symptoms, so be sure to get enough shut-eye and try to sleep elevated. Also, get moving! Exercise helps loosen up tight and tense muscles and let's not even mention the amazing benefits it will have on your figure.

Most importantly, learn to say no and prioritise people and activities.

Laugh more! And stay away from spicy foods, chocolate, citrus fruits, tomatoes and caffeine.

Maybe not so much the chocolate...but, everything in moderation ladies!



The new Life Empangeni Garden Clinic Public Relations Officer, Zibuyile Mthiyane  
PHOTO: Duschanka Hitzeroth