

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly

tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

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Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to

each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

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Health

Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some

sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA



Study suggests new dads can suffer from a form of depression. ISTOCK

Money

Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs

means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.

- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

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