

Sign up for a starring role

The relationship between parent and child can be tumultuous, fiery and emotional

MUCH has been written about the art of parenting but forget about naughty corners, time out and groundings – maybe there's a simpler approach.

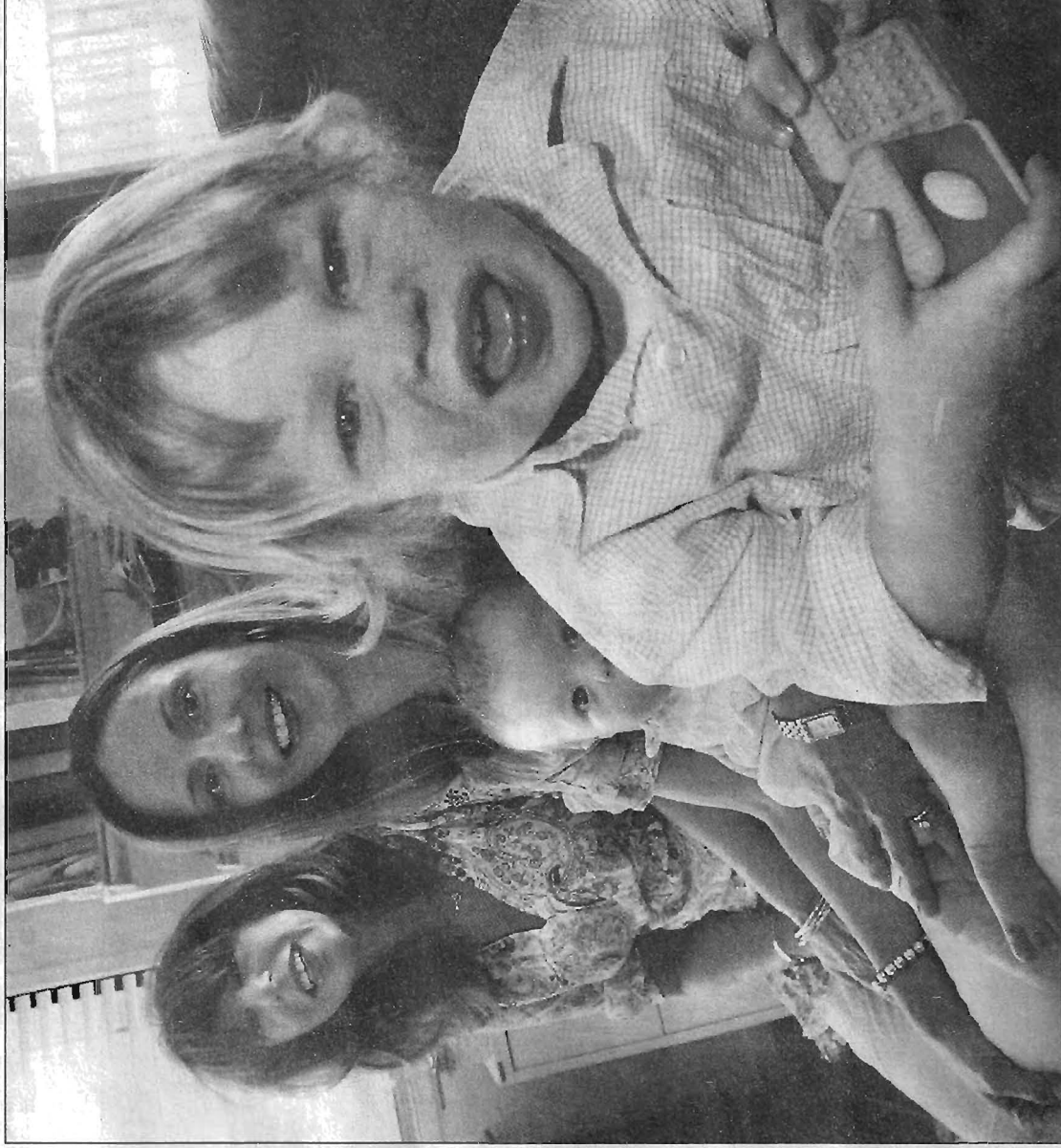
Gold Coast astrologer Nellie McKinley says mums and dads should look to the stars for inspiration on how to relate best with their kids.

She says parents should consider their child's star sign and related personality traits when deciding how to parent them.

Parenting a hot-headed, strong-willed fire sign is a totally different ball game to parenting a sensitive, creative, and often insecure, water sign.

Curious, sociable air signs respond well to word pictures and stimulation, while independent, stubborn earth signs should be encouraged to be less serious and more playful.

Nellie is regularly consulted by Gold Coast parents seeking tips on how to handle their child. She prepares detailed horoscope charts to provide parents with a clearer picture of their child's strengths, weaknesses and emotional needs.



Nellie McKinley, left, with Kate, baby Jessica and two-year-old Will Sutcliffe

Dinner in
20 minutes

The clock's ticking, you've just arrived home from work, the kids are starving and going ballistic. What will you cook for dinner? Stop looking, we're here to help. Each day we will include a fast, simple recipe guaranteed to be a hit with the kids and most importantly it will only take 20 minutes (or less) to whip up.

Chicken antipasto pasta



Ingredients (serves 4)

- 375g dried penne pasta
- 6 slices prosciutto
- ½ large barbecued chicken, skin removed, shredded (see note)
- 150g semi-dried tomatoes, chopped
- ½ cup pitted black olives, chopped
- 50g finely grated parmesan cheese
- ¼ cup Lupi extra-virgin olive oil
- 2 tablespoons lemon juice
- ½ cup finely-chopped fresh basil



Alice Gorman

PARENTING

ships between adults of opposing star signs, children and parents whose star signs are very different will often clash.

But Nellie believes these differences can be overcome if the parent seeks to understand what makes their child tick.

"My relationship with my mother always had us in opposition. We had different views on life, different perspectives. It can be confronting when you have a child who thinks a different way.

"I have witnessed over many years how mothers and children relate. It is very much based on psychology as well as star signs. Children's personalities are very obvious from a very young age."

"First and foremost there are all sorts of factors that influence a person's character," says Nellie.

"People are their own person and each star sign comes with its own characteristics.

"But I have found there are certain characteristics of each star sign which help you to encourage your children to direct their energy in a certain way.

"A Piscean child is very intuitive, idealistic, a bit of a daydreamer and creative. Parents must understand their children and concentrate on certain things and not others.

"Aries children need lots of outdoor space. They are very energetic and strong minded, strong willed."

Just like the relation-

"We were keen to have his strengths, weaknesses and personality attributes highlighted.

"It's much more in-depth than just reading your horoscope in the paper. It considers a range of other factors which may have an impact, including the time of birth and how the stars were aligned at that time.

"Nellie gives you a snapshot of the attributes which that star sign generally has.

"It's certainly showed us which way his personality tended to lean and he is definitely a true Leo. He's a pretty outgoing and social fellow and as time has evolved a lot of the things Nellie told us did ring true."

Nellie when her son Will was just six months old.

She did it to gain an insight into this new person in her life and how to cater for his strong Leo needs.

Will is now a two-year-old and Kate says many of the predictions made by Nellie have come true.

"It's been really interesting," says Kate.

Nellie also believes a child's star sign has a lot to do with which parent they form a close bond with.

Water and earth signs are heavily influenced by their mother and orient towards their mother, while the air signs look to father for influence.

Southport mum of two Kate Sutcliffe consulted

Nellie McKinley's astro advice on managing kids

GOLD Coast astrologer Nellie McKinley offers a special 'how to' stars guide to managing your child.

Fire Signs - Aries, Leo and Sagittarius

These children are idealistic, have lots of energy, need space, are freedom-loving, active thinkers, impatient, often the father is a role model and a strong bond usually exists, seeks respect, inquisitive, responds negatively to unreasonable restrictions, craves lots of attention.

Pointers for managing a fire sign child: Apply reason when disciplining, allow for plenty of outdoor activities and games, offer encouragement, they can

Air Signs - Gemini, Libra and Aquarius

Stronger orientation to the father, curious, intelligent, sociable, scatterbrained and easily distracted from tasks at hand, strong communicators, can display a couple of personalities.

Pointers for managing Air Sign children: They tend to be restless so need to be encouraged to stick at finishing a task at hand. They respond to word pictures and ideas, as they are easily bored so an interesting and stimulating play environment is a plus. Encourage them to build relationships with a wide variety of friends. They respond well to routine, order and patience, but don't particularly enjoy

overt displays of affection, and live in their minds so need physical outlets as a counterbalance to TV.

Earth Signs - Taurus, Virgo and Capricorn

Independent, strong, stubborn, single-minded, practical, the mother plays a strong role, materialistic, placid and usually well behaved, mature quickly.

Pointers for managing Earth Sign children: They need to be valued and to be less serious and encouraged to be more playful. As these children are self-contained and tend to do their right thing, they can be taken for granted by the parents and become isolated. They respond well to discipline and structures for all activities.

