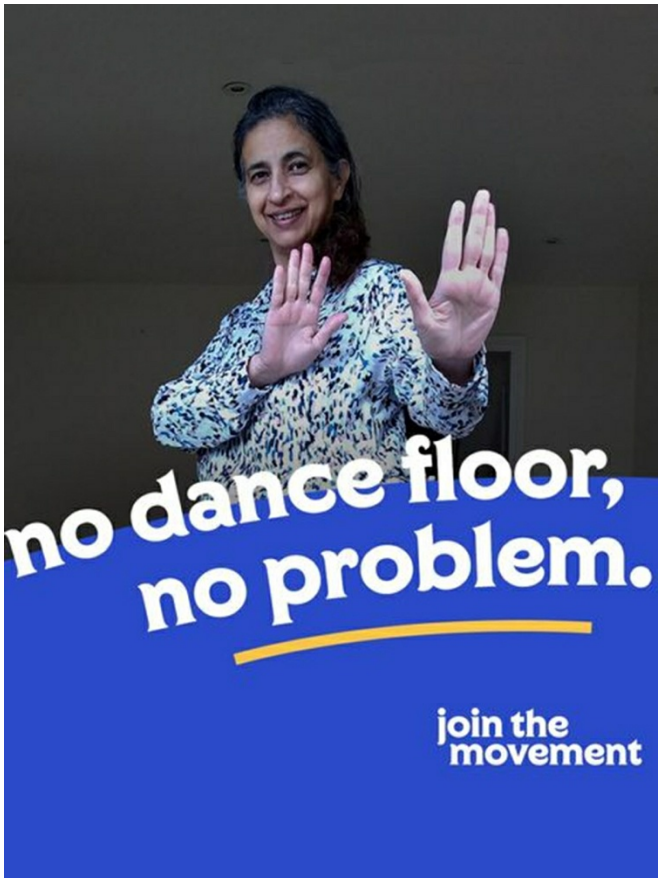




CHANDINI WILSON





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MEET AVANI.
AVANI HAS DIABETES.



ADVERTISEMENT FEATURE

'Many women can't accept compliments'

Supply teacher *Chandini Wilson*, 55, says she makes an active effort to compliment her grown up daughter

Working as a supply teacher, every day is like starting a new job. I need to be interesting, alert and kind, with a fresh set of small children. It's fulfilling, but challenging. On the first day back after the long summer break, it was a struggle to get into the flow. So I was surprised when the teaching assistant commented on how much the kids took to me. It ought to have affirmed that I'd done a good job, but I'm a perfectionist, and always feel I should do more. It doesn't surprise me in the least that many women can't accept compliments. We're our own harshest critics. As for looks, well, I have unusual colouring, being Indian with green eyes. Since I was little people have commented on how striking they are, and I've brushed their words away. But two years ago, I heard my grown-up daughter tell her cousin that I don't say nice things to her about her looks and brains. Now, I deliberately tell her how silky her hair is, and she responds by admiring my jumper. Reciprocal compliments have boosted both our self-esteem. The compliments I do accept are those from my group of girlfriends when they tell me that I'm making them laugh; I notice quirky habits and love to gently mimic. I believe in my wit, so I'm happy to enjoy the applause!

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'RECIPROCAL COMPLIMENTS HAVE BOOSTED BOTH OF OUR SELF-ESTEEM'

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Dad's dementia is killing me

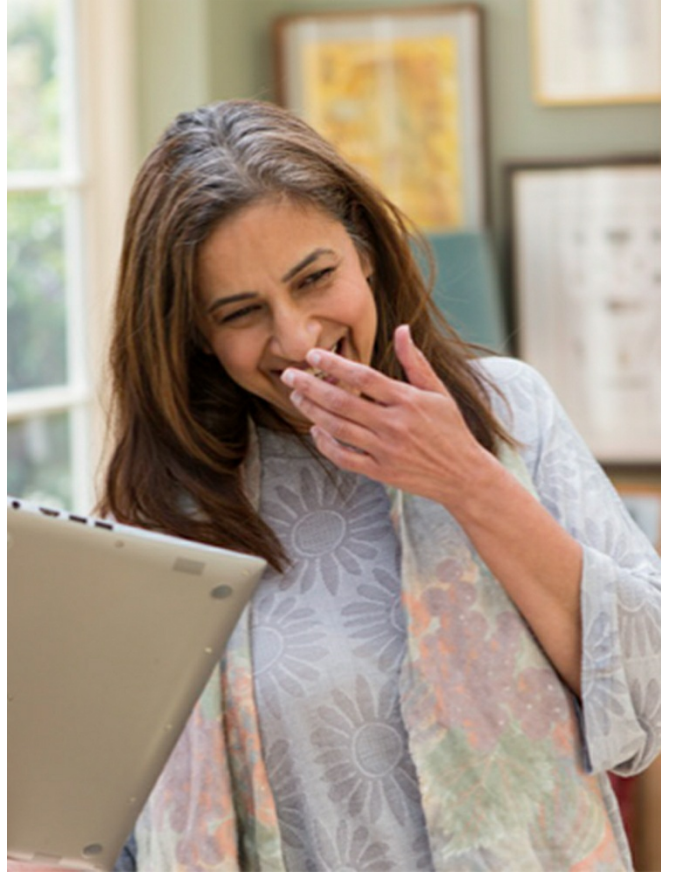
Without support, a dementia diagnosis claims more than one life. Sign the petition to reform social care.

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Alzheimer's Society Dementia Action Week Supported by Santander

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