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Having children can apparently make you live longer, according to research. Experts in Sweden tracted the lifespan from the age of 60 of all men and women born between 1911 and 1925 living in the country. They found that men and women who had at least one child experienced lower death risks than childless men and women. I'm joined on Skype by parenting author Liz Fraser. Surprised? Not really actually. We have to be rather tongue in cheek with this because people will be sighing and thinking really? The first thing when we think of when we think of children is exhaustion, or lack of sleep, you would imagine our lives would get shorter because we are knackered all the time but there is a huge payoff. Most people when they get pregnant actually start to look after their health more, maybe drink less, if they smoked at the

stop and that can continue for the rest of your life. A lot of parents drank less after they have children, I think there is a point where you drink a lot more and that maybe evens out. But there are many health benefits, it's weird, even being happy, it sounds odd but the joy, especially young children, not so much teenagers, bring can generally create all kinds of changes in your mental health and physical well-being. And then there is our end of life where we would hope when we are older maybe there might be some kind of payback where they start to look after us a bit more and that would make your life in old age better and easier. My son said to me the other day that he would put me in a home, but he would come to visit me but only once just to make sure I was not spending his

inheritance. What about the stress involved, Jason has said on Twitter, four children in their teens is enough to stress any parent, so there is a lot of stress involved? Yes, obviously, as in all of these surveys, my favourite bell curve, there will be people at one end who are massively stressed by it and others at the other who are not and in the riddle all the rest of us. There is a balance across your life and of course there are many carrots, you have a child who requires an enormous amount of care for one reason or another which can put an enormous amount of stress on them and their life and family and everything. Different situations for everybody. I think the survey would say on average people who have at least one child do an average live longer. It is funny, I notice as a mother of three teenagers, if I'm out and about and there is a young

child I feel so happy and I will go and talk to them and I get a sense of well-being and joy which you just don't get when your children get beyond the age of about 12 or 13 when it is this grudging misery and have you got any money and there is no food in the fridge and I need best that and the other. That can wear you down. Lovely that your children talk to you! What about grandparents, they can enjoy that but then hand them back which makes you happy as well. I cannot wait to be a granny, I am hanging in there. That is true, you see it quite often with elderly people, maybe they are winding down and don't have much going on and then suddenly they have a grandchild and you can see a new lease of life, something to live for, something to look forward to. The mind, I run a mental health website and it's a very strong

thing, if you have something to make you happy and keep you going it's amazing what positive health benefits that can have and genuinely prolong your life. A quick thought on positivity, for people who don't have children, there are benefits as well? Absolutely, of course. You have more free time, more expendable income, you can go on holiday whenever you like. It's life choices, or it's not always a choice the way it works out, but yes, if they are finding that then I am sure in some cases that is the case. On balance I am glad I have children that all I can say. Good to talk to you, thank you. Sarah has just said on Twitter to say as a parent I am supposed to live longer, you stress about them when they are a little and then you stress about them when you are older, stress, stress, stress. I know how you feel! Keep your thoughts coming in on all our stories, a lot of people having fun on what to call the United Kingdom if Scotland leaves.