

**FREE**

# London Mums

Summer / Autumn 2010

**Exclusive  
tale by  
Claire  
Carpenter**

**Back to  
school  
features**

**Fun activity  
pages with Colin  
the Coastguard  
and Eddie Catz**

**Angie  
Greaves**

**Magic Radio  
star and  
mumpreneur  
on London  
life and  
motherhood**



**Star  
mum**

**JACQUIE  
BELTRAO**

**'I LOVE THE WAY  
I CAN SHAPE MY  
KIDS' FUTURE'**

**Sky News star Jacquie  
Beltrao openly speaks to  
London Mums**

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# BE INSPIRED

## Editor's letter



Dear London Mums

This issue is packed with tips on how to spend fun times with the kids in and outside of London (p21), plus we road tested toys, clothes and goodies that will come in handy this summer and autumn (p25 & 30). If you have several children, giving them all enough attention can be a challenge – so we added fun activity pages with Colin the Coastguard and Eddie Catz characters (p5 & 17) and an exclusive story by Claire Carpenter illustrated by the magic pen of Pete Duffield (p26-27).

Read the interviews with celebrity London mums Jacque Beltrao, Sports presenter at Sky News (p6-7), and Angie Greaves, the smoothest voice at Magic Radio (p28-29). Don't miss our interview with celebrity chef and London dad Simon Rimmer of BBC show 'Something for the Weekend' (p12) as well as features on the benefits of cord blood (p8) and how to choose the right primary school (p22-23).

Last but not least we are continuing to focus on the importance of introducing classical music to kids early on. From this issue we will be exploring Vivaldi's music as story-telling with illustrations by Guy Downes (p20).

If you haven't done so already, join London Mums by emailing us or by filling in the online form at [www.londonmums.org.uk](http://www.londonmums.org.uk) to enjoy discounts, freebies and more importantly the company of a real group of mums who want to share the joys and challenges of being mothers in London.

Spread the word – London Mums is totally and utterly **FREE!**

Hope you enjoy the magazine!

Monica Costa

*Monica*

*Editor in chief, Founder of London Mums and mum of lively four-year old Diego*

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## Editorial

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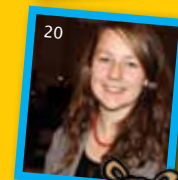
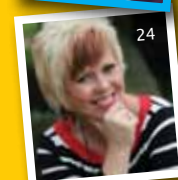
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Have fun with

Colin the Coastguard®

#### Counting with Colin

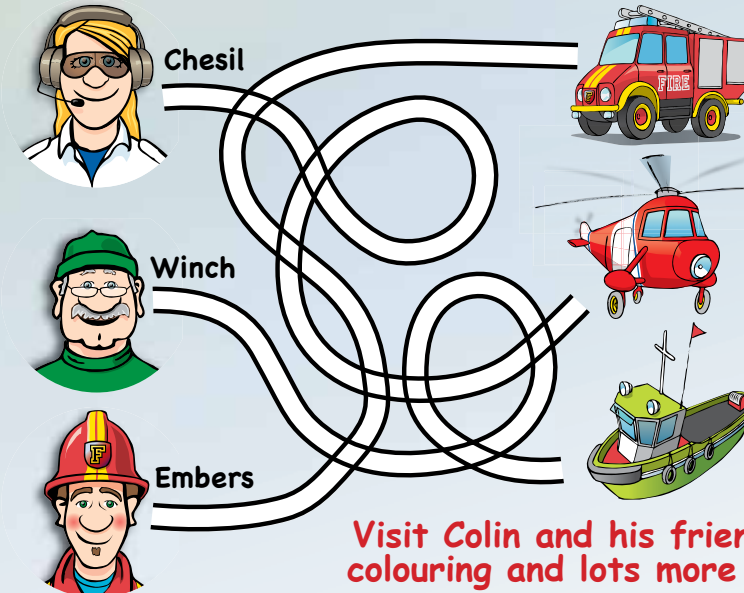
How many of these can you find in this picture?

- Boats
- Lighthouses
- Seagulls
- Colin on Colin

Answers: Boats=2, Lighthouses=1, Seagulls=4, Colin=3

#### Find out how Colin's friends travel!

Use a pencil to follow the path from the name to the picture. Try to keep your pencil inside the paths.



**Spot the Difference**  
Find the four differences between these two pictures.

Answers: Folded Ear, Missing Paw, Missing Tongue, Missing Whiskers

Visit Colin and his friends for colouring and lots more fun at  
[www.colinthe coastguard.com](http://www.colinthe coastguard.com)



# 'I love the way I can shape my kids' future'

Jacque Beltrao



Editor Monica Costa talks to Sky News Sports presenter Jacque Beltrao about London life. You surely recognise Jacque from her early morning sport reports and Wimbledon coverage. She lives with husband Eduardo and their three children, Amelia, Tiago and Jorge in South West London. They were joined by a rescue dog, Maddie, after Jacque met a Dogs Trust's guest on Sky News. Not many people know that Jacque was born in Dublin and that in 1984 she represented Britain in gymnastics at the Los Angeles Olympics.

**Q:** Jacque, You have a very busy life with three lively children and your career as Sky presenter. How does the work-life balance work for you?

**JB:** I get on very well with my co presenters Eamonn Holmes and Charlotte Hawkins, we socialise together a lot and our kids play together. It helps when you can enjoy going to work to create a good balance in your life. All seems to work great also because I leave early in the morning before my children wake up. I am not even sure my kids know that their mum has a full time job. The downside of this is that I have never been there for their first day of school. After work I still have the whole day to enjoy and I can go to the gym, pick up my kids from school, take them to parties and to sport activities and events. I used to work at weekends but then I moved to the Breakfast show and I have now one four-day week and one five-day week. Only twice per year I work at less family friendly times, in June for example during the Wimbledon tournament but my kids love to come and see me there. My new work schedule is much better for my family life because now the weekends are totally dedicated to the family.

**Q:** What's your family like? What are your tips for a London

Mum to keep smiling despite the challenges of a busy life and constant?

**JB:** Enjoy your children as much as you can. I enjoy my kids and I love following their developments in all the activities they do. They play lots of tennis, football, six days a week and they enjoy thriving for high standards in what they do. They also enjoy piano. At home we always cook together for example chilli con carne, cookies. My husband and I love spending time with them and we would never go on holiday without them. It would be awful. When we go to Brazil on holiday (My husband Eduardo is Brazilian and his parents live there and have a fabulous apartment overlooking the Christ), the kids have their routine and they are familiar with the place and this is amazing. They have even started learning Portuguese.

**Q:** What do you like the most about being a mother?

**JB:** I love the way I can show the kids what they can be and the opportunities they have in life. I love the way I can influence and shape their future. It is entirely up to me to give them as many opportunities as possible and develop their true potential.

**Q:** What is your parenting style?

**JB:** I am very bossy and really strict. I am also quite good fun but my kids don't get many chances. They often say to me: 'Mummy, why are you shouting?'. But I think it is important that they know their boundaries.

**Q:** What are your top tips to stay fit?

**JB:** I love running 1-2 miles during the holidays and skipping at home with music as well as yoga at a friend's class. Once I bumped into Andy Murray's trainer Jez Green and he gave me a fantastic tip: to tone the legs do 15 lunges in each leg three times per week. It is very hard but it works!

**Q:** Do you have any beauty secrets for time-deprived London Mums?

**JB:** Always take your make up off and, if you can afford it, do botox. If not, do a lot of headstands - they're a natural face lift.

**Q:** What's your favourite London area and why?

**JB:** It has to be Wimbledon Village. I love to stop at a Wimbledon café after a walk or have a nice meal at the lovely restaurants with my kids or without in the evening. We live in middle-class New Malden and we are very close to the Village. There is a lot to choose from. I rarely go away from Wimbledon in my free time.

**Q:** What would you do with kids in London for a fun day out (or in, depending on the weather)?

**JB:** In Winter we love skating at Ice Rinks at the Natural History Museum and at Kew Garden. We love to go to the O2 to watch tennis as it is easy to reach on public transport from Wimbledon. We never drive and sometimes we use the boat service to get there because there is no traffic and a stunning sightseeing especially at night with all the lights of the London's buildings reflecting on the Thames. Or when the weather is good we love walking and having picnics in Richmond Park. Our weekends are always very busy with the kids' sport activities.

**Q:** What are your most memorable TV interviews?

**JB:** David Beckham is very charming and has real star quality. The first time I met him I was a young reporter and five years later I interviewed him again, he was very famous but still remembered my name and gave a lot of consideration to all my questions. He is extremely polite with all journalists even after doing ten consecutive interviews. Thierry Henry is also very nice. And, believe it or not, the Jedward duo was quite charming. One of my favourite interviews has to be the one with Rafael Nadal. He is incredibly smiley and polite. And Roger Federer always gives the perfect interview. He is a genius because everything he says is almost too perfect to be true.

**Q:** If you weren't a TV presenter, what do you think you'd be doing with your life?

**JB:** I would be an interior designer as I am creative and constantly resurrecting old furniture. I am a serial home renovator and have done up and sold several houses. I love to turn them into modern accommodations with a French-

Swedish style. There is a lot of satisfaction in DIY.

**Q:** Do people recognise you on the street?

**JB:** People recognise me mostly when I look hideous, for example when I am shopping in Tesco with no make-up on.

**Q:** Is there anything else you want to tell London Mums?

**JB:** My husband Eduardo is a very patient man - he has to be because sometimes by the evening I am a bit grumpy... I must work on that.



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# EVERYTHING YOU NEED TO KNOW ABOUT CORD BLOOD AND STEM CELLS

By Carrie Dewar



www.memorygate.co.uk

## What type of diseases would the cord blood stem cells cure?

Over the past 20 years exciting developments have taken place using stem cells taken from umbilical cord blood, and it is now standard medical practice in treating various forms of leukaemia, blood disorders, anaemia's and auto immune conditions. There are also numerous clinical studies into stem cell transplantations for heart repair, type 1 diabetes, brain injury, and cerebral palsy to name just a few. If this is what we can do now imagine how many lives can be improved and saved in another 20 years time!

## Why should people go for it?

Pregnancy and parenthood is all about decisions and choices and as a midwife I am aware of just how many you are going to have to make from the moment you become pregnant! Choosing to preserve your baby's cord blood stem cells is just one of these choices available to you now. The many reasons people choose to do this are:

- The procedure is simple, painless and non invasive
- The compatibility of the cells is 100% for your child and significantly probable for the rest of the family
- The cells are immediately available to you or your family should you require them at your request.
- Finding a suitable bone marrow sample could prove difficult.
- Cord blood stem cells occur in higher concentration than bone marrow stem cells, making them particularly useful for transplants
- If your family has any predispositions to cancer or other diseases it could be advantageous.

I suppose it's a bit like an insurance policy for your child's future health, no one likes to think that their children may become ill, but if they do you would want to do everything in your power to help.

## How does it work?

It's all very simple and hassle free! During your pregnancy you can order a collection kit from Future Health and take this with you when you are having your baby.

After your baby is born the cord is clamped and cut and the cord blood (and tissue, if you choose this) can be collected by an appointed, trained phlebotomist, nurse or midwife. It is then couriered to our specialist purpose built laboratories, processed and stored for up to 25 years all on site in the UK.

At Future Health we have numerous packages and payment plans to make this an affordable option.

## Is it available on the NHS?

Yes it is! The NHS provides a public rather than a private bank. You donate your cord blood and it is made available for public use, unfortunately there are only 5 NHS hospitals that collect for the public bank. If you store in a private bank it is stored for your family use only.

## Ethical and religious implications

Cord blood and Tissue banking is 100% legal and very carefully regulated. Although they are very different there is sometimes confusion with embryonic stem cells. Cord blood stem cells are collected aseptically by a qualified and trained Health Care Professional, remembering the cord / placental blood and tissue is classed as a waste product and is normally discarded, this does not therefore run into the same ethical and religious issues associated with embryonic stem cell research.

**THE AUTHOR:** Carrie Dewar, Registered Midwife and Midwifery Advisor for Future Health Technologies. For more information call Future Health Technologies customer care team on 0800 9545335 or visit [www.futurehealth.co.uk](http://www.futurehealth.co.uk).

# AMANDA HAMILTON'S NATURAL WEIGHT LOSS PROGRAMME

What's the hottest topic of conversation amongst yummy mummies beyond what their bouncing babes are up to? In my experience, the post-baby body is pretty much up there. Yes, by the time the babies are sleeping through the night, thoughts can well and truly turn to the skinny jeans still lurking at the back of the wardrobe or the "did you see?" celebrity Mummy comparisons. Sound familiar?

I've been there, done that, got the t-shirt. As a Nutritionist, TV Presenter and weight loss expert I am more familiar than most at the tricks of the trade for getting back into the aforementioned denim.

Pregnancy is a long haul and the struggle to get your body back can fair an unfair uphill battle; after all, didn't you just give birth to the world's most beautiful and clever child? Nature owes you one.

My job is to make that particular task easier. I've long been known as "Queen of the Detox Scene" (Sunday Times) and my detox and weight loss retreats have been made into more than five TV series shown around the world. But, most importantly, I am also a Mother of two young children.

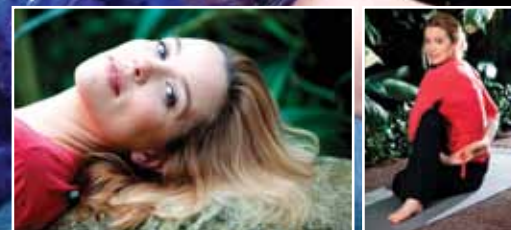
I've designed retreats where you can come, with or without baby, to get your body back and enjoy the pampering you truly deserve. Nothing is more satisfying than hearing clients say "I feel reborn - like the 'old' me again," or, "you've given me back my body - and my confidence." Just as exciting is the new Natural Weight Loss programme that is based on the success of the retreats but can be followed in the comfort of your own home.

Of course, it is much more than just weight loss. The shape change that comes with pregnancy can be difficult to handle. The muffin top may be cute and cuddly the first few months but storing excess fat around the middle is a known health risk. The fatigue that accompanies post-pregnancy is another factor. How can you be expected to look after yourself if your tank is empty by mid-afternoon?

On my retreats, we treat all aspects of body, mind and spirit with a vast array of classes and treatments such as pilates, water aerobics, massages, seaweed wraps, detox cuisine, colon cleansing - in fact, it is pretty much the most thorough body MOT you'll ever go through. If it is results you are after, the average post-baby weight loss is 9lbs! - A significant step towards those skinny jeans.

Lastly, nature is a great healer. My retreats run in locations such as the Turkish Aegean coast, the French Alps, the Tuscan hills, Scotland's most stunning spas and, for those that need something closer to home, two world-class spa hotels within an hour of London.

I am committed to delivering the retreats myself; they are my passion. I have a wonderful support team or guest experts and resident therapists just waiting to get their hands on you!



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Amanda



# Top tips



## for maintaining good oral health in your child

By Dr Evelyn C Sheehy



### 1. Brushing

Plaque is a build up of bacteria on the teeth and if not regularly removed may cause tooth decay, gum disease and even tooth loss. Start to brush your baby's teeth once the first tooth appears. Encourage your toddler to start toothbrushing at an early age also but always make sure that you still clean his/her teeth twice a day as well. Brush for a full two minutes. Brushing your child's teeth at night time is particularly important. Children can generally brush their teeth by about 8 years of age but continue to supervise their toothbrushing. You can check how well your child is brushing by using disclosing tablets which show the areas where plaque has been left.

### 2. Fluoride

Fluoride is very important to prevent tooth decay. Use a toothpaste with approximately 1000 ppm / 1100 ppm of fluoride for your child and always make sure that you dispense a small pea-sized amount on your child's toothbrush. Your child should spit the toothpaste out and should not rinse his/her mouth after brushing. He/she should avoid swallowing the toothpaste as too much fluoride can be harmful.

### 3. Diet advice

When plaque reacts with sugar in the mouth, it produces harmful acids that are the main cause of dental problems. The more sugar in your child's diet, and more importantly, the more often sugar is in the mouth, the greater the opportunity for the bacteria to produce acids that cause tooth decay. Stop bottle and breast feeding your infant by 12 months of age. Never put sweet liquids such as juice in your infant's bottle or in a feeding cup.

Avoid sugary snacks (e.g. sweets, chocolates, dried fruits, biscuits) and sugary drinks (e.g. fruit juice, soft drinks and fizzy drinks) between meals and bedtime. If your child is thirsty between meals, give him / her plain water. Use sugar-free medicines where appropriate.

### 4. Fissure sealants

The fissures and grooves on the biting surfaces of the primary and permanent molar teeth may be particularly deep and inaccessible to proper toothbrushing. Your paediatric (children's) dentist may recommend the placement of sealants (plastic coatings) on the biting surfaces of these teeth in order to prevent tooth decay. This is a very worthwhile preventive measure especially if applied on the first and second permanent molar teeth once they are fully erupted. Your dentist will monitor the fissure sealants as they will wear over time and need repairing or replacement.

### 5. Flossing

There is generally spacing between your infant and toddler's teeth when they first appear in the mouth. These gaps tend to close between the molars after the first few years. Flossing can help to clean the surfaces between teeth which a toothbrush cannot reach. Decay can begin between the teeth but flossing may prevent



this. The use of a flossette may help to make flossing your child's teeth easier. Generally, your child will need help with flossing until their teens.

### 6. Prevention of Trauma

More than a third of all children experience injury to their front teeth by their teenage years. If your child damages his/her front teeth, contact your dentist or a paediatric dentist immediately to get advice about what to do.

Make sure that if your child plays contact sports (e.g. football, rugby, baseball, etc.) that you ask your paediatric dentist about making a mouth guard for your child. If your child's upper front teeth are very prominent, your paediatric dentist may refer your child to an orthodontist so that braces can be considered to straighten your child's teeth.

### 7. Regular dental check-ups

Schedule an appointment with a paediatric dentist when your child's first teeth appear or at least by about 12 months of age. It is important to take your child to your paediatric dentist from an early age and ask about preventive care so that problems such as tooth decay and gum disease can be avoided. Your paediatric dentist will also monitor normal growth and



development of your child's teeth and mouth. Your paediatric dentist will schedule visits for your child every 6 months or more frequently if needed. Your paediatric dentist will aim to provide your child with a positive dental experience so that maintaining a healthy mouth becomes a lifelong goal.

**THE AUTHOR:** Dr Evelyn C Sheehy, BDS, PhD (University of London), FDS (Paediatric Dentistry) RCS (Royal College of Surgeons of Edinburgh), Certificate in Paediatric Dentistry (Tufts University, USA). Dr Evelyn C Sheehy is a Consultant & Specialist in Paediatric Dentistry currently available at the Dentexcel Practice [www.keithcohen-dentist.co.uk](http://www.keithcohen-dentist.co.uk)

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**Monica Costa interviews  
Simon Rimmer, resident  
Chef of BBC show  
'Something for the Weekend'**

**Q:** Simon as a father of 2, you have certainly come across the difficulties of fussy eaters during the toddler years. What are your top tips to overcome this issue?

**SR:** I think you need to introduce unpopular foods gradually, a tip of mine would be to disguise greens in food, for example hide some spinach in a bolognese sauce.

**Q:** If in one series of Masterchef the judges would be children instead of seasoned food experts, which criteria do you think they would use to judge the wannabe chefs?

**Would they be fair  
judges and  
why?**

**AND NOW...  
EAT THE CHEF!**

**SR:** I think children would look for slightly different criteria if judging Masterchef, the three main ones would be; for the food to look nice, taste nice and probably to fill them up. I think they would be great judges because kids are far more honest than adults.

**Q:** What would be your recommendation to time-deprived London Mums for a quick Sunday lunch to impress husband and kids?

**SR:** One of the easiest thing is fish, the ultimate fast food, how about some roasted salmon, some roasted baby potatoes and some fresh spring vegetables with a touch of lemon, this is not a massively time consuming Sunday lunch but a very tasty one.

**Q:** What's your favourite family friendly London restaurant and why?

**SR:** Fontana, it's a Lebanese restaurant near Paddington, my kids love it because they can eat picky starters of all their favourites like hummus, aubergine dip etc. and then delicious fresh grilled meat for main.

**Q:** In your spare time what do you like doing with your family around London?

**SR:** My kids love the London Eye so that is a regular favourite, and as I usually stay near Regents Park, occasionally we hire a boat and spend a relaxing couple of hours on the water.

**Q:** Is there anything else you want to tell London Mums?

**SR:** Check out my new website [www.eatthechef.com](http://www.eatthechef.com) and upload a recipe on it. We are building a foodie community to allow people to share their recipes and cooking talents with the world.



**Launch promotion: win  
one of 100 signed Simon  
Rimmer cookbooks**

To celebrate the launch of eatthechef.com, here's a tasty opportunity to get your hands on a cooking treasure: a signed, personalised copy of Simon's cookbook The Seasoned Vegetarian. The next 100 people to upload their own cookery video onto [eatthechef.com](http://eatthechef.com) will receive their free personalised copy.

**fashion trends**

**The Capsule  
Wardrobe**

As a firm believer that having a capsule wardrobe makes our life easy and helps us look stunning all the time here are my top tips for building your own capsule wardrobe;

Do you have a wardrobe, or two full of clothes but feel you've got nothing to wear? It's time for a detox! The secret of having a capsule wardrobe is that all your items can be worn as a standalone or with each other, trust me it makes life less stressful .

**Make 3 piles;**

1. Keep
2. Charity / Swishing party
3. Say bye bye

• If you have not worn something for a year and it is not seasonal then it needs to be lovingly placed in one of the above piles. There are some fab places who sell your clothes for you or you can advertise them yourself if good quality. You may get paid for clearing out your wardrobe...how cool is that?

• Keep items that look fab and that you can build on, these will be your base items i.e. jeans, black trousers, jacket, skirt, dress etc.

• When shopping think of what you have in your new cleansed wardrobe and how any new items will go with that you have, think of colours, styles etc.

• Accessories such as jewellery, belts and scarves are amazing and are wonderful to jazz up any outfit. I recommend to hang your accessories on your hangers in your wardrobe, that way they become another piece of clothing you see when you open the door. It saves you time!

• Keep best neutral shoes/boots to go with everything but shoes with colour look amazing especially in the Spring/Summer months.

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[www.box2.co.uk](http://www.box2.co.uk)



## FRANCESCA SATHAN

### 1) Where do you live and how many kids do you have?

I live in Kilburn right next to brilliant Tricycle Theatre and I have one son, Joseph James and a new addition to the family will be arriving in August.

### 2) What is your favourite London activity?

I would be lost without Queen's Park. When I was on maternity leave, we would go every day, sometimes even twice. It has a great sandpit and animal corner and organised children's events during the summer. Our social life definitely revolves around the park.

### 3) What is the family friendliest venue in London?

To eat we love Carluccio's and Giraffe and also Cafe' Caldesi where they always make a fuss of JJ. We've become members of London Zoo which gives us unlimited access for a year.

[www.zsl.org/zsl-london-zoo](http://www.zsl.org/zsl-london-zoo)

### 4) What is the most challenging thing of bringing children up in London?

My greatest worry is schooling.

### 5) Since becoming a mum, do you see London with different eyes?

Yes, the sense of community with local families is a very welcome surprise. We love being able to walk down the road and say hello to people we know. Central London can feel like a close knit village too!

### 6) What's your favourite family holiday destination?

Sicily which is where my parents originally come from. Everyone made JJ feel very special, which of course he is!

[www.regione.sicilia.it/turismo](http://www.regione.sicilia.it/turismo)

### 7) What is the single most important piece of advice you would give to a new mum in London?

Seek out your local NCT bumps and babies group to make friends with mums in your area with young babies. Those sleep deprived walks in the park will seem so much easier with some sympathetic adult conversation.

[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com)



## LETTER - Jassen Sathan

At the end of 2008, I was made redundant. My wife, Francesca was at home on maternity leave with our 1 year old son, Joseph James and our financial situation looked bleak. Francesca was due to return to work at the beginning of 2009 so it made sense that while I searched for a new job, I looked after our son rather than sending him to nursery.

Well, that first day on my own, I worried that I would lose him, drop him, forget to take him out with me and all of the other irrational fears that we have as parents. My wife came home that night and we all put on a brave face when discussing our day. The following day, I ventured out to a playgroup and spent the entire time feeling awkward and uneasy, being the only man in a room full of women, until one kind mum struck up a conversation with me and introduced me to her friends. As the weeks progressed, I became a regular on the mums' circuit, discussing sleepless nights, poos and teething, and despairing at the "Blackberry Dads", you know the type, someone who is pushing their child on the swing with one hand, while checking his emails with the other.

Being a man in a predominately woman's world has taught me many things, not least how to multi-task and how to enjoy the golden hour, when your child is down for their lunchtime nap and you can put your feet up, have a coffee and check

your emails and Facebook.

Of course, we mustn't forget the curse of the shuffle, when you are chilling out and listening to your iPod and suddenly, the theme tune to Charlie and Lola comes on!

It's been more than a year since I started looking after JJ full time and my wife is pregnant with our second child, so time to start looking for a full time job and get back to the corporate world and into some clean clothes. But let's face it, looking after a child is the most rewarding full time job anyone could ask for and I look back on the past year with great joy, remembering the summer days in the park, being barefoot in the sandpit and playing in the basement at the Science Museum, whilst thinking that losing my job wasn't such a bad thing after all.

What started out as an awkward and uneasy period has turned into a relaxed and fulfilling time, in part due to the friends I have made along the way. So if there is one thing that you can go away with it's this, next time you see a dad, micromanaging his child, say hello, because, after all, we are just like all the other mums out there, we just want to talk about something other than Iggle Piggle's blanket, and instead, whether the Pontipines should be reported to social services for losing their children all the time.



Get involved!!!! If you want to share your parenting tips with other London Mums and want to be interviewed for these pages send us an email [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) and we will reward you with a thank you gift!

## SUSANNA ROSTI ROSSINI

### 1) Where do you live and how many kids do you have?

I now live in Kent and I have got one daughter who is 36 months old. She spent her first year and a half in Putney, London.

### 2) What is your favourite London activity?

My favourite London activity used to be going to Kew Gardens with my daughter. [www.kew.org](http://www.kew.org)

### 3) What is the family friendliest venue in London?

I would say Eddie Catz in Putney. [www.eddiecatz.com](http://www.eddiecatz.com)

### 4) What is the most challenging thing of bringing up children in London?

Surviving through the London traffic and the crowd of people.

### 5) Since becoming a mum, do you see London with different eyes?

Definitely, I think before being a mother I was experiencing much more of London, whereas after becoming a mother my journeys around town became fewer and I started discovering more in depth the district I was living in, Putney. I discovered

a parallel world, which was totally unknown before, quite fascinating!

### 6) What's your favourite family holiday destination?

The seaside in Sardinia, in Italy.

[www.sardegnaturismo.it/en](http://www.sardegnaturismo.it/en)

### 7) What is the single most important piece of advice you would give to a new mum in London?

I want to say to any new mum: Trust your maternal instinct all the time!



## LETTER - Patricia Henchie, grandmother and head teacher of Lowther Primary School (Barnes)

What is a "good enough" mummy or daddy?

I'm Pat Henchie, a 59 year old mother of 2, a head teacher for 18 years and a very proud grandma to 3 grandchildren. So what do I mean when I say we should rejoice in being "good enough"?

I remember when in 1976, my son Matthew was born, I just wanted to stare at this bundle of joy so the house, the cooking and the washing became a tip. I started to panic that my "high standards" had slipped and everyone would sit in judgement - "Poor Pat, she just can't cope with the baby, look at the house". I was in danger of getting onto the treadmill of setting myself excessive goals that would rob me of time to learn about my child.

But isn't that the wrong judgement?

Matthew was thriving and I was discovering amazing facts about a child's earliest developments and I have used this knowledge to improve my skills and passion for teaching, family life and now my best job yet - a grandma.

I was lucky to have a wise old neighbour who took me under her wing and said "does it matter if the duvet isn't ironed because that is a "good enough" reason for having more time and energy for family life."

I believe in the "good enough" approach to life especially when you become a parent. Don't spend time worrying about how good you have to appear to yourself and to others, your children know that you are "good enough" for them and that's why they love you.





# The importance of Imaginative play

We all realise that imaginative play is crucial to our child's healthy development and encourages children to be creative while developing physical and emotional strength. It is through play that children at a very early age engage and interact with the world around them, mimicking others and teaching them how objects work. It is all too easy in today's society to allow our children to watch too much TV, play with electronic gadgets and computer games, rather than encouraging free play. Spottiswoode Trading recognises the

importance of imaginative play and has designed many toys that allow our children's imagination to run free and have lots of fun. Spottiswoode toys are so good they have been awarded many practical pre school awards that identify and reward excellence in toys suitable for children for use in an educational setting. Simple and classical with their bright contrasting colours, they are instantly attractive to babies and children and, most importantly, they are FUN!

Boys and Girls love to play at fishing and this beautifully crafted fishing basket is the ideal thing for the job. A variety of sea creatures and a handy magnetic rod are contained in the basket with a handle – ideal for take along play. **£27**



The medical case from Spottiswoode is just the toy for playing 'doctors and nurses'. The patient will surely improve when treated with all these instruments carried in the smart case. **£35**



The tool kit is just the kit for helping with those DIY jobs. Hammer, saw, spanner and a screwdriver are all the right size for small hands – as are the gloves. **£30**



This charming musical set has all the instruments the budding musician will need, neatly packed inside the colourful drum. Each one makes a gentle sound to stimulate the young mind. **£30**

Safari Train – All aboard the colourful animal train with its teddy driver and 6 animal passengers. The engine with two carriages makes the perfect first train for any baby or toddler and will not mark the furniture. **£35**



The whole collection is beautifully made of cotton with a soft polyester filling. The toys are of the highest quality, incorporating all the British safety standards, and the attention to detail is second to none. The emphasis is on imaginative play to stimulate young minds.

For more information please visit [www.spottiswoodetrading.com](http://www.spottiswoodetrading.com) or call 01903 733 123 for a brochure

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Can you spot the  
**5**  
differences

Answers:  
Tusk, Trunk,  
Tail, Toe-nail, Eye.

## MAZE CRAZE

Putney, Wimbledon & Newbury (opening June 2010)  
Contact 0845 201 1268. [www.eddiecatz.com](http://www.eddiecatz.com)

### 2 for 1 On a Child's Admission

**VISIT US!**

This voucher can be used at any Eddie Catz centre • Vouchers are not transferable or exchangeable for cash  
• Vouchers must be presented at time of purchase or booking • One voucher per family, per visit, per day  
• Vouchers cannot be used in conjunction with other discounts, offers or memberships • Eddie Catz reserves the right to withdraw any offer at any time without prior notice • Vouchers have no cash value.

To take advantage of this offer please provide the information below:

Name   
Address   
Email   
Contact number

Voucher expires 30th September 2010

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**HAVE YOUR OWN PARTY!**

This voucher can be used at any Eddie Catz centre • Vouchers are not transferable or exchangeable for cash  
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• Vouchers cannot be used in conjunction with other discounts, offers or memberships • Eddie Catz reserves the right to withdraw any offer at any time without prior notice • Vouchers have no cash value.

To take advantage of this offer please provide the information below:

Name   
Address   
Email   
Contact number

Voucher expires 30th September 2010



# Win Win Win

## How to enter

All you need to do is to send an email to [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) stating the prize you want to win, along with name, address, email, age(s) of your children and where you picked up our magazine, and you could be in with a chance of winning!



### WIN 1 OF 2 IDEAL PAMPERING GIFTS FOR EVERY OCCASION

'Winter in Venice' recently won top awards for its design and paraben free natural formulation. Ring 0845 652 1223 or visit [www.winterinvenice.co.uk](http://www.winterinvenice.co.uk)



**BEE MY BABY - WIN 1 OF 5 TODDLER BUMBLE BEE COSTUMES** sponsored by Nelsons Sootha™ RRP £18 Nelsons Sootha Children's Cough Syrup costs £3.89 for 150ml and is available from selected Boots stores, Boots.com. For more information visit [www.teetha.co.uk](http://www.teetha.co.uk) Always read the label.

### WIN A MAMAS & PAPAS AUDREY BABY BAG RRP £125

The Audrey leather changing bag is ideal for carrying all your baby's essentials. With print lining detail for the perfect finishing touch, it contains a co-ordinating print wet and dry bag, changing mat and dummy / bottle holder. Available from [www.mamasandpapas.com](http://www.mamasandpapas.com)



### WIN A PAIR OF WIZARD JEANS

If you are worried the diet or gym don't seem to have worked...try some gentle cheating with a pair of Wizard, the instant nip/tuck jeans. If you can't wait to win a pair, go to [www.wizardjeans.com](http://www.wizardjeans.com) and enter code WLMUMS to claim your £20 discount.



TERMS: The closing date for all entries is 30th September 2010. The lucky winners will be drawn at random from correct complete entries and notified accordingly. We will not pass on your details to any third parties, but we may send you the monthly newsletters as part of your free London Mums membership. If you really don't want it, please let us know.



Register for **FREE** online

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[www.londonmums.org.uk](http://www.londonmums.org.uk)

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- London Mums play groups and regular face-to-face gatherings
- Best family parties in town
- Biggest London Mumpreneurs' support group
- FREE access to top experts
- Freebies and a lot more!

## DATES FOR YOUR DIARY

### 20 June 2010

Father's Day Games for dads and kids -1-3pm (while mums go shopping): Calling all "Dads" who'd like to play in the World Cup! To celebrate Father's Day we would like to invite you to take part in the London Mums/Eddie Catz Table Football World Cup and Air Hockey competition. Kick off will be at 1pm with the tournament finishing just in time to watch Italy v New Zealand at 3pm. There will be prizes for the winners.

Entries are limited so tickets must be purchased in advance.

The "Dad's Ticket" is £5 and includes:

- Entry into Eddie Catz for Dad
- A complimentary beer or glass of wine and nibbles for Dad

- A Daddy goodie bag with discount vouchers and cool stuff

*Bring along friends and family and let them play whilst you watch the match in peace.*

### 30 September and 25 November 2010

London Mumpreneurs' evening networking event – check page 29 for more details.

### 3 December 2010

London Mums Annual Christmas Party 5-7pm

### 4 February 2011

London Mums Annual Carnival party 5-7pm - Entertainment by Tricolore

For all these events book tickets online:  
<http://shop.eddiecatz.com>



# STORY TIME

Music and Story Telling: Vivaldi's Summer

What strikes me most when remembering my own childhood experiences of music is the limited appreciation of the connection between, sound, image and feeling. The idea behind this article is to try and combine these senses and to help make music more accessible to children.

I decided to use Vivaldi's 'Four Seasons' concertos because they were inspired by four paintings of the seasons by the artist Marco Ricci. The music in turn inspired Vivaldi to also write words to his music.

Perhaps read the story below, then listen to the music and see if you can fit both together in your own way, adding to the story as you go. There are two further movements in 'Summer' so you could continue making up the rest of the story. Of course this is just one idea of where your imagination might take you during the music!



They stop, (sudden quiet 3 note groups) before reaching the elephants and cautiously approach to tell of a terrible tragedy (Listen for the long sad drone note played by the cello). Everything becomes mystical as the elephants wonder what on earth is going on.

With great sadness, the leader of the antelope begins to cry out that their homes have been set on fire and their friends, kidnapped (listen for this in the high sounds of the violins)! A solo violin plays (a fast, high trill) warning the antelope that they must run on.

Heavy, hot rain begins to fall on the animals as they start to run again in search of safety (listen for 3 notes grouped into a pattern). The animal chase gets louder and sounds deeper as the elephants begin to run too.

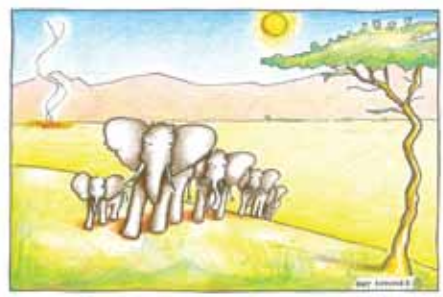
Feel the music becoming slow and quiet while the animals come to a steady halt. A mother antelope suggests that the animals should do a count up to check everyone is still there (singing line of the solo violin). Listen to the slow, steady count of the elephant played by the cello. And on top, the faster scaly patterns of the violin sounding the antelopes count.

The lead antelope (solo violin) sings out that five of their calves are missing. As the rest of the tribe realise what has happened a terrible sadness sweeps across the pack.

The elephants try to comfort the antelope but they also realise that fire is spreading quickly from behind them and they must run on (held low note in cello and two rising notes in harpsichord). If they do not they will all die!

And so the chase to find safety continues, the animals run on into the horizon.

**THE AUTHOR:** Alice Rose Bowmer, [alice.bowmer@gmail.com](mailto:alice.bowmer@gmail.com)  
**ILLUSTRATIONS BY:** Guy Downes, [www.guydownes.com.au](http://www.guydownes.com.au)



## Story

Our story begins in the grassy plains of the African Savannah. The atmosphere is tense; it feels as though something is just about to happen. Its hot and sticky, the air is heavy and everywhere is deserted. No animals, no trees, just the dusty sand under foot and a lingering smell of burning.

After half a minute we hear a pattern of high notes in the small violins and viola, followed by a pattern of low notes in the larger cello and harpsichord. All the instrument sounds are moving downwards, picture a heard of small and large elephants plodding down a sand dune in the distance.

While we watch, the temperature around us begins to get hotter as the elephants inch their way closer to us.

Suddenly, a tribe of terrified antelope run toward the elephants in a mad panic.

## Mini Maestro Series - Family Concerts at St Martin in the Fields

Come and enjoy fun and friendly Family Concerts, a musical playground with full orchestra where everyone can listen, learn and join in lots of fun and games. You might even get to conduct the orchestra! 2010 mini maestro dates: 12th June, 25th September, 30th October, 20th November (all starting at 4.30pm). Family Carols concert on 11th December (at 4pm). Visit [www.stmartin-in-the-fields.org](http://www.stmartin-in-the-fields.org) and search for LMA family concerts. They are great fun for both kids and parents. Highly recommended by London Mums.



# FAMILY FUN

## Visit a farm with kids inside and outside of London

In London there are 16 City Farms – and many are free. Website: [www.visitlondon.com](http://www.visitlondon.com) (and search for city farms for all details).

If you want to go outside of London but not too far, the best one is the Bucklebury Farm Park. London Mums visited this amazing farm park, situated in the beautiful Berkshire countryside close to the picturesque village of Bucklebury. It offers a great day out for kids of all ages from early Spring to late Autumn, whatever the weather. Attractions include: A Deer Park with opportunity to feed the stags from a tractor plus a newly launched Deer Safari programme, Farm Animals including curly pigs and lambs kids can feed with a bottle, Pedal Go Cart track, Tractor and Trailer Rides, and a great indoor play area with fun slides.



[www.buckleburyfarmpark.co.uk](http://www.buckleburyfarmpark.co.uk)

After the farm visit you can stop at the newly opened edutainment centre Eddie Catz in Newbury for a fun break before heading back home. Check details online. [www.eddiecatz.com](http://www.eddiecatz.com)



## Combine shopping in an outlet village with fun for the kids

Amanda's Action Club brings its unique mix of fun, fitness and music to Oxfordshire with the opening of its first indoor play centre. Club founder Amanda Frolich has a huge following in London and the Home Counties and celebrity clients have included the David and Victoria Beckham, Jade Goody, Matthew Pinsent, Sarah Beeney and Catherine Tate. The centre, based in Murdoch Road, Bicester, is aimed at children aged four months to 12 years old. It boasts a gigantic play frame, bouncy castle, a soft activity area, a new café and an outdoor area. There will also be a crèche facility for parents who need to pop out for nearby outlet shopping.



## Bored in London?!

Have your own party with Squiggle the Story-Teller or Charlie the Clown for hours of fun at a reasonable cost! *Highly recommended! London Mums hired him for the Carnival Party*

[www.charlietheclown.co.uk](http://www.charlietheclown.co.uk)  
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Clown Pirate Story-Teller Wizard

# CHOOSING A PRIMARY SCHOOL

## HOW TO FIGHT YOUR WAY THROUGH THE SCHOOL JUNGLE

By Eve Wilson, MA, B Ed (Hons), OfSTED Qual, Author and Director of Learn4life and Bright Starters



Choosing a primary school is comparable with choosing a home: immensely difficult, time-consuming and impacts hugely

not only on your child's life but your family as a whole. Furthermore for some, the decision can also be expensive! So how do you make the decision? Do you base it on an emotional reaction "what feels right"; wade through reels of OfSTED reports and SATs results, look at the facilities and extra-curriculum activities, consider the area it is in – or all of these? Of course this is assuming you can actually get into the school of your choice without some skulduggery or tweaking of post codes.



It is important to remember a school should not only develop your child academically but support them socially and emotionally as well; one child's utopia maybe another child's nightmare. To help you choose the most appropriate school to suit your child's needs we have compiled a 7 point checklist of what to look for, ask, investigate and observe.

1. Firstly and most importantly does your child have any special needs? The term covers a wide range of specific learning requirements at both ends of the learning spectrum, including autism, speech problems, SPD and gifted children. Most conditions are normally identified during preschool; if not a good school should be able to identify them within the first term of schooling. The right help must be given early to reduce the potential effects on

learning and development (also self-esteem). Early intervention can also enable the child to slot back into mainstream teaching. How does the school assess the children? Do they take into consideration the age of the child: summer - born may be nearly one year younger than others in the same class!

2. Reading is a huge issue for all parents, after all reading is the key to all other learning. What is the school's reading policy, that is, does the school follow a reading scheme or use a banded system? A good school will use a range of techniques to teach reading including; phonics, shared reading schemes, word games for high frequency words and individual reading. How often are the children assessed by the class teacher? Do they have a reading diary? What age can they get library books? Can parents go in to hear readers? What information is given out to parents on how to support children at home with their reading? Some schools run courses and talks for parents on reading.



3. Is there a special programme to welcome the fledgling pupil? A school will seem an enormous place to a young child but good schools will have systems to ensure that starting school is an exciting time. These include a home visits by the class teacher and visiting days whereby your child is invited in to spend an hour in their prospective classroom (normally in the term preceding). Some run a 'Buddy System' where an older child is nominated as the younger child's 'buddy' - helpful during break times. Schools may run different playtimes for the new children, or have staggered starting times, sometimes having half days moving onto full days.

4. Look at the facilities, extra curriculum activities and the Parent Teacher Association (PTA). All schools

are required (by the end of 2010), to offer access to child care (breakfast, after school and holiday clubs), a varied menu of activities, easy access to specialists help and community access. Is there a Parent Teacher Association (PTA)? A good school will have an active and supportive PTA, providing not just funding but a social link between the school and parents. Is it active? Could you get involved (should you wish to)?

5. Just as a picture paints a thousand words, so a visit to a prospective school will tell you far more than any prospectus. Is there a working 'hum' of noise in the classrooms? Remember early years classes should involve a large amount of play, play being the child's work! Children should not be sitting quietly for long periods of time nor should they be running wild. Are the children all engaged or are some looking bored and distracted? Take note of the wall displays: is there a good display of work showing a range of achievement or is just the best on show? (Look at the names - are they the same?!) Is the work displayed with care or is it tired and tatty? How welcome are you made to feel? How do the children interact with the staff? Is there a general level of business and order?

6. What do people and the prospectus say? Ask other parents what they think? Look at the school prospectus what does the school want to tell you about itself? What are they proud of?

7. Finally, look at the numbers: OfSTED and SATs results can give some clues to the success of a school. But beware: an OfSTED report provides a snapshot of a school at a given time and a school can change dramatically very quickly, particularly with a new head teacher. SATs indicate how well the pupils are doing against a notional 'norm' but do not show how well any individual child is doing for his individual ability. It is worth reading both, but do not let a poor result sway you if your overall impression of the school is a positive one.



Good luck - fighting your way through the schools jungle isn't easy, but with time and dedication, it can be done, may even be fun and will be one of the most important decisions you ever make for your child.

**THE AUTHOR:** Eve Wilson, MA, B Ed (Hons), OfSTED Qual, Author and Director of Learn4life and Bright Starters.



Created by an OfSTED Inspector



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# Readers' letters

## Our Agony Aunt SUE ATKINS responds to your questions



*I don't know how to communicate the death of the grandmother to my four-year old son. What's the best way to do it? Jasmine from West Hampstead*

How you handle death and grief is providing a blueprint for how your children handle death and grief in their own emotional lives.

As a parent, you are a real-life role model for your children. Children are sensitive, intelligent younger people who need to be listened to and asked how they feel about the loss of one of their grandparents. They have their own personal, unique relationship with them and need to be allowed to express their grief.

Anger is often a common reaction to grief, and because grieving is a process for you, as well as for your child, it is not linear. It can suddenly overwhelm you, or your child, at any time. A record, a photograph, an everyday memory or a family occasion can trigger it. Talking and crying together helps heal the grief. It unites you as a family as you come to terms with the loss and changes. Don't be afraid to be completely natural in your grief. Don't hide it away from your children. It's a natural emotion.

Sadness is part of life and by talking it through together your child can experience the healing process first hand.

*To slap or not to slap. I grew up with parents who gave me and my siblings slaps from time to time if we were very naughty. These days you get the dirty look if you give the occasional slap to your child. Is it really that bad? Geeta from Finchley*

I often get the parents I coach to jot down on a piece of paper some of the common phrases that pop into their mind when they think of smacking. Things like "I'll teach you a lesson", "I can't let the kids get their own way", etc. As this helps you notice what you feel around this subject. Also I get parents to write their child's name on a piece of paper and to stand on it as their child – asking themselves: What do I see? What do I hear? How do I feel? When Mum or Dad smacks, slaps or hits me. What do you notice and learn from doing this as it will give you clarity about how you want to go from here.

One of the biggest problems with smacking is that things can very quickly spiral out of control. Some parents find that they need to slap harder and harder to get a result. Also if you smack at 2 or 4 where do you go when your children are 14 and 16 and are not listening or heeding you?

Respect is the key energy of any happy family so you may find that there are many healthier alternatives to smacking as research has shown that children who are regularly smacked have low self esteem and resort to physical lashing out later on in life as that's what they have been taught to do instead of using their words to find compromises.

Check chapter 10 of my "Raising Happy Children for Dummies" book including alternatives to smacking.

**OUR EXPERT:** Sue Atkins is a Parent Coach, former Deputy Head with 22 years teaching experience, mother to two teenage children and is an NLP Master Practitioner and Trainer trained by Paul McKenna. She has written many books on self-esteem, toddlers and teenagers and has a collection of Parenting Made Easy Toolkits available from her website (including Coping with Change, Bereavement, Behaviour Management, Toddler Tantrums and Bullying). She is also the author of "Raising Happy Children for Dummies" one in the black and yellow series published worldwide and a Judge for the National Family Week Family of the Year Competition. [www.positive-parents.com](http://www.positive-parents.com) and [www.positive-parentsclub.com](http://www.positive-parentsclub.com)

**@ DO YOU HAVE A PARTICULAR DILEMMA YOU WANT ADVICE ON BY OUR LONDON MUMS' EXPERTS OR SIMPLY A QUESTION? Send us a letter to [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) and we will respond to all questions.**

*My daughter will start school in September and I am very anxious thinking that I have to leave her with the schoolteachers after looking after her for 4 years on my own. The media are portraying a very poor school system. Is home schooling an option and if so, what should I do to make it work? Laila from Ealing*

As a former Reception teacher, and mum of two kids myself, I know first hand how you feel about this new stage in your child's development. From the moment you play peek-a-boo with your baby you are preparing them for the process of moving away from you and learning about independence. Separation can be a difficult emotion for both of you, not only for you as a parent but also for your child. As your child matures and gains in confidence they grow into independent beings and it is important that you prepare them to fly the nest one day and keep that bigger picture in mind.

Feeling nervous and anxious occasionally is completely natural for a child when they are faced with an unfamiliar or new situation. From toddler to teens, life is full of challenges and sometimes a natural reaction is for your child to retreat from the situation and to look to you for more reassurance.

These are all normal reactions to life but I would look at what are your anxieties about letting go of your child as

your little one will pick up your anxiety, nervousness and vibes first and will react to starting school taking their lead from you first.

School is a place away from home where your child will have some of their greatest successes, challenges, failures and embarrassments. It is at school that your child learns about how the world works and meets and interacts with people from outside your family, perhaps for the first time.

School is a place beyond your control so of course it can appear stressful and unfamiliar to your child regardless of their age.

It is also a place where your child learns about themselves, their strengths, their weaknesses, their own individual interests and how they relate to others socially. Children learn to perform in a way they never have to at home and they learn that they are unique, different and separate from you. So school can appear fun and exciting but also rather daunting and stressful. There are new expectations placed on them whether it is starting school for the first time or starting secondary school.

Starting school can be an exciting new adventure or a terrifying nerve-racking, nail biting experience – but it actually starts with you. So if you are upbeat, optimist and excited about this new phase in your child's life – they will be too.

## School Essentials



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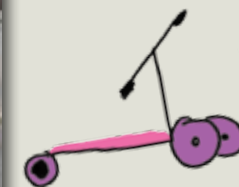


Pencil Case by Trunki [www.trunki.co.uk](http://www.trunki.co.uk)



**Jamie Brunning**

4 year old winner of Mini Microscooter competition in our Winter 2009 issue - [www.micro-scooters.co.uk](http://www.micro-scooters.co.uk)





# Something odd

By Clare Carpenter



Come gather round and listen well,  
I have the strangest tale to tell,  
It's very weird – hard to explain,  
It's something odd about your brain.

Now you might think the brain is smart,  
And you'd be right – at least in part.  
But there are times when it's a twit!  
It's when you say these words to it:

"I Can't!" – that's all you have to say.  
Two tiny words, but straightaway  
Your brain will cry "hip hip hooray!  
And I'll make sure it stays that way!"

All because (and this sounds crazy -  
but it's true) your brain is lazy!  
And give him half a chance, that dope  
Won't even try, he'll lounge and mope...

...not working hard, or helping you  
Learn how to master stuff that's new.  
So careful, careful, what you say,  
Don't say "I Can't" – or you will pay.

A little girl who's known to me,  
A girl called Alexandra C,  
Was very keen to learn to dance,  
She took some steps, but lost her stance.

She yelped and waved her arms a lot,  
And landed flat upon her bot.  
But did she up, smooth down her dress,  
And tell herself to start afresh?

I'm sad to say that she did not.  
Instead she shouted you-know-what.  
Yes, Alexandra C did chant,  
"It's just too hard, I can't! I can't!"

Her pesky brain sat up, took note,  
And promptly said, "Alright! I Won't!"  
And after that she stood no chance.  
That little girl just could not dance.



Now don't get cross, or mad or sad,  
It doesn't mean your brain is bad,  
No need for you to get upset,  
This story isn't finished yet.

There's something else you need to know  
(Be warned, it does sound crazy though)  
Yet every word of this is true:  
Your brain is not as smart as you!

That's right, my dears, you clever lot,  
It's YOU who is the boss, and not  
That sleepy brain, that layabout,  
(who's dozing in your head no doubt).

So, next time someone asks of you,  
To try something that's hard or new,  
Don't stamp your foot and shout "I can't",  
Or fold your arms and say "I shan't",

(For as you know your brain will smile  
Go back to bed and rest awhile).  
No, this is what you do instead:  
You lift your chin, you tilt your head,

You tell yourself "Why, yes I Can"  
You say it loud, "Of Course, I Can!"  
Because the words "I Can" my dears,  
Will make your brain prick up his ears

Jump up in half a second flat  
And say "I Can? Well fancy that!"  
And then your brain won't hesitate,  
He'll quickly start to concentrate,

He'll work all day and all night too,  
Yes really, kids, that part is true,  
While you are tucked up warm in bed,  
He works away inside your head.

He's frankly like a maniac,  
Won't even stop for drink or snack,  
Like crazy will he work until  
At last he'll stop, and all goes still.

He'll down his pen and whisper now,  
"You're right - you can, I'll show you how.  
This tricky thing you have to do,  
I have it all worked out for you."  
Now watch what happens this time round  
When Alexandra hits the ground,  
She jumps right up and shouts "I Can!  
I Can do this! I Can! I Can!"

Her brain begins to whirr and whizz,  
(listen close – you'll hear it fizz),  
It's calculating which foot where,  
And should the arms be here or there.

And very soon this little girl  
Has done the most amazing twirl,  
And not long after, it would seem  
She's turned into a dancing queen!

The moral of this tale is clear  
Don't say "I Can't", as then I fear  
Your sleepy brain will always choose  
To settle down and have a snooze.

Yes, always say "I Can", my dear,  
Loudly, so your brain can hear,  
And then you'll find the strangest thing:  
You're capable of ANYTHING!!

Illustrations by Pete Duffield  
[www.clarecarpenter.com](http://www.clarecarpenter.com)







**'I knew I had to go back to work when I was talking more about the Tweenies than Denzel Washington'**

## Magic Angie opens her heart to London Mums



Editor Monica Costa met Angie Greaves, the 'smoothest and sexiest voice' on the radio. She is the very first female presenter on London's No. 1 commercial station, Magic 105.4. London born Angie can be heard every day from 5 to 8pm on the More Music Drive Time Show. Angie lives in Surrey with her husband and her two girls aged 8 and 11 years.

**Q:** Angie, you are a true Londoner, born and bred in the British capital. What do you consider the highlights of your London career?

**AG:** London has to be in your life if you work for the largest radio station in the city. I love working for Magic and my career highlight has to be my current slot on the radio as I know I am talking to many parents. I am on the radio at the time of day when most after-school activities have taken place and London Mums are getting dinner ready while checking their children's home-work, and it is lovely to be part of this special time of day.

London is an ever-changing city with influences from many different communities (my own parents are from Barbados) and learning a second language has now become essential. London parents are now bringing up multicultural kids.

**Q:** Your two beautiful daughters are both very keen voice artists and also love the theatre. How do you support their interests?

**AG:** My girls have only ever known me to work in radio and so for them it's second nature to be in

a studio. Sound media is great for kids as there is not the same pressure of looking good that you might find in child modelling. It is a much healthier environment for them and they love coming to the radio station with me.

**Q:** What do you like the most about being a mother?

**AG:** Mothers almost feel compelled to always give very positive statements about motherhood but being a mother is the hardest unpaid job on this earth: there is no probationary period, no change of departments and no-one to go to for a pay raise. But, it is also the most rewarding and fulfilling job you could ever have, and as my mum always says, with kids 'you get out what you put in'. I loved pregnancy which almost acts as your 'probationary period' and then you dedicate yourself totally to this lovely bundle for his or her first two years learning step by step. I am a lot more organised since becoming a mother, I think we have to become organised, but I knew I had to go back to work when I was talking more about Milo from the Tweenies than Denzel Washington.

**Q:** What would you do with kids in London for a fun day out (or in, depending on the weather)?

**AG:** London parks are fab in the summer. I love Hyde Park and the pirate ship at Kensington Gardens. During half term kids travel for free and there are lots of theatrical workshops for them to get involved with. On the outskirts of London there are also amazing parks in Kent and in Surrey. As a family after

shopping on a Saturday we love eating at Savannah Jerk in Wardour Street, it serves the best Caribbean food in London.

**Q:** What's your most memorable celebrity interview?

**AG:** Among the many people who have blown me away I would have to mention Jackie Collins for her openness and her music choices, Lionel Richie for his warmth and his bubbly personality (we spoke honestly one to one as parents, it was incredible to hear his views on parenthood), James Earl Jones (legendary actor and the voice of Mufasa in the Lion King, Darth Vader and of course CNN) for his humbleness – he did not know why people liked his voice so much!

**Q:** If you weren't a Radio presenter, what do you think you'd be doing with your life?

**AG:** I always wanted to be a school teacher. It just seemed like the perfect job, you are on holiday when you're children are on holiday. However, society has changed so much now I really don't think I would have lasted that long!! The good thing is I can still use my gift of communication on the airwaves.



### NETWORKING EVENTS FOR LONDON MUMPRENEURS – SAVE THE DATES!

**30 September 2010 - London Mumpreneurs' DIY Public Relations networking workshop**

- \* Understanding PR
- \* Practical advice on running a PR campaign
- \* Writing effective Press releases
- \* How to approach the media

Guest speakers to be announced

**25 November 2010 - London Mumpreneurs' DIY Funding networking seminar**

- \* Funding advice for your startup
- \* Funding for business growth
- \* Meet experienced entrepreneurs
- \* Pitch your business to potential angel investors and venture capitalists

Guest speakers to be announced

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