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Issue 4 Summer/Autumn 2011



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# BE INSPIRED

## Editor's letter

Dear London Mums

This summer /autumn issue coincides with the launch of our new interactive website [www.londonmums.org.uk](http://www.londonmums.org.uk). If you haven't done so already, apply for your FREE membership online now. This will give you access to freebies, advice and to other mums and mumpreneurs via online forums, events and playgroups.

With the Royal Wedding buzz still in the air and the excitement for the imminent London Olympics 2012, London seems THE perfect place to be right now. This is why we are launching a Photography competition with London and family as the theme (p10-11).

Don't miss our exclusive mum-celebrity interviews with Melinda Messenger (p6-8), Annabel Karmel (p12-14) and Nicky Hambleton Jones (p28-29) as well as our super mums' interviews (p18-19) with lots of tips on things to do in London during this summer and autumn. And find out how to have fun with kids while living a greener life in London (p16-17).

Our parents' Agony Aunt Elaine Halligan answers your letters and gives useful tips on how to deal with difficult kids (p24-25). We also road-tested pretty things (p30) and fashionable clothing for this summer (p26-27). And we have lots of competitions for you to enter (p20). Last but not least our fun page (p9) will provide entertainment for the children when you need some timeout.

Enjoy your FREE magazine (also available online) and send us your feedback!

Spread the word - London Mums is totally and utterly FREE!



Monica Costa

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

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**Melinda Messenger**

# **'I LOVE BEING 40'**

**'MY Life gets Better and BETTER'**

Melinda Messenger became famous in the 90s as a topless model. But now she is a domestic goddess, a married mum of three transformed from glamour girl to yummy mummy. Monica Costa interviewed her at the launch of a new EA Sports game. Here she tells us all about her domestic bliss.

**Q: Home is...**

A: Close to Reading in Berkshire.

**Q: You have one of the most charming smiles in Britain. How do you keep cheerful with your children's tantrums? What's your parenting style?**

A: My thing is always to parent as consciously as I can. I try to be aware all the times of what messages I am giving my children, how I am treating them, my behaviour. Parenting is about imitation. My behaviour is key: you can't be shouting and tell them not to shout. I never ask them to do things I can't do. Every child is different. I have three children and I need a different approach for each of them and different levels of discipline. My eldest son was very easy but my middle son was pushing me a lot. It works if you parent in a way that you never lose control. I give lots of love, encouragement, praise and reward. You have to have strategy in place to cope with stressful situations. Give yourself some space and give both yourself and the kids some timeout. One of my strategy is to keep the kids busy at all times. If it's good weather we go outside. Sport is brilliant. Get kids involved in a game. It's better to avoid the big clashes. Find ways to get through the problems.

**Q: You turned 40 this year. You absolutely don't look like it. How do you keep fit having a busy schedule and being a mum of three?**

A: I am really excited about being 40. I feel very confident and I would not turn back time. For me life gets better and better. Keeping fit is essential part of my routine. I appreciate that wellbeing is the greatest investment in life. The active EA sport platform is really good because it's interactive and you don't need to leave home so for mums with kids it's an ideal way to get a good workout in the comfort of your home. If you don't want to go to the gym and are not confident with your body this is a great solution. In addition to that I do yoga and I am a fair weather runner. I do a lot of cycling with my kids too. There are lots of ways to incorporate fitness into your life. Once you get motivated you will start seeing the results.

**Q: You are known to be a genuine beauty with no interest in plastic surgery. Any easy tips for time deprived mums on how to look effortlessly stunning?**

A: Mums need to give themselves time. For us mums it's natural to sacrifice our own time and very little is left for 'me-time'. Give yourself an hour a day. Even half hour is good. If you do that, you nourish yourself and you have more to give. It feels as you are selfish but it's not at all. A good principle comes from aeroplanes' safety procedures, telling you not to fit an oxygen mask to a child before your own one. I have just completed a painting course. It was really important but my kids' benefit from me doing it too. When you take care of your inner wellbeing it will show in your face. I have seen lots of women full of botox and they look a bit dead with little

facial expressions and no human look any more. Lines show that you laughed and cried. For a quick make up fix I apply mascara and a bronzer.

**Q: You have a reputation for being a domestic goddess and a super cook. What is your top quick and easy meal for the kids?**

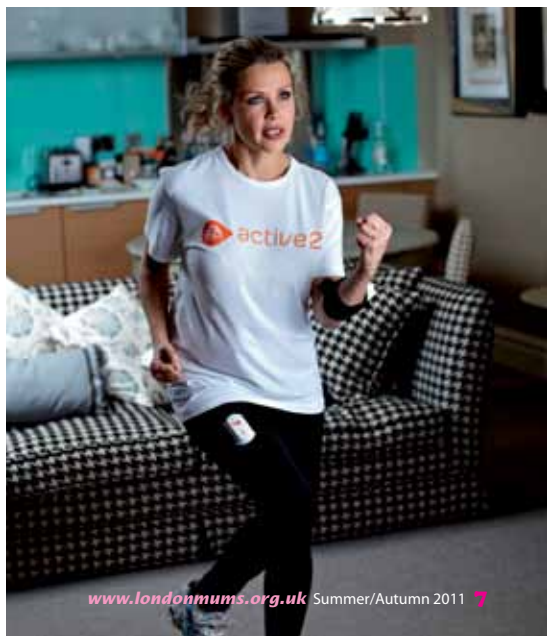
A: Wholemeal pasta with pesto. My kids love it.

**Q: A few years ago you temporarily split from your husband Wayne Roberts after ten years of marriage before a reconciliation. What advice would you give to fellow mums on how to manage the tough times in a marriage?**

A: See this as a phase under the umbrella of marriage, which is an all-life commitment. It makes you stay in there. Sometimes inevitably it results in a split but we are happy now despite our daily challenges. We have been together for 16 years now. We still need to tell each other what's going on. Not take each other for granted. Make a little time as a couple. For us it's simply just going for a coffee together and talk about fun stuff.

**Q: You overcame postnatal depression. How did it feel then? And where could mums go for help if they get it?**

A: Recognise that you are going through grief. Back then I spoke to my health visitor and doctor. If you feel something is wrong, don't be afraid to ask for help. Go somewhere else if you are still not happy. Push for help and don't give up until you get it. Just know that you will overcome it at some point. There are so many women with this problem who feel desperate but there is definitely light after the tunnel.







**Q: What are your favourite London activities with the family?**

A: Museums such as the Natural History Museum, the Science Museum, Hyde Park, and we love the Christmas time in London with ice skating and hot chocolate. Priceless!

**Q: What's the best family meal you've had in London?**

A: At the Rainforest café.

**Q: What's your earliest London memory as a mum?**

A: Taking the kids to the theatre with my mum to see The Lion King.

**Q: What would you do as a Mayor of London for the day?**

A: I would give everybody a day off.

**Q: What are your up to next?**

A: I am working on the next series of Cowboy Builders and a Cookbook.





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# Photography COMPETITION



## Through London Mums Eyes

*London Mums' life can be very exciting and the backdrop of our iconic capital with its beautiful buildings and vibrant street life provides endless photo opportunities for mums and mumpreneurs on a daily basis. As busy London Mums, we all have a view of London that is unique and special to us.*

London Mums has partnered with **a fish in sea** and **Never Mind the Botox** to launch the 'Through London Mums' Eyes' competition, giving mums and mumpreneurs passionate about photography the perfect excuse to get snapping around the capital; there are three great prizes to win:

### \* 1st Prize:

A 1 hour intensive photography lesson with Photography Course London, Your own banner or product placement on the new London Mums interactive website for two months  
A large size canvas print of the winning photo, 1 x signed copy of Never Mind the Botox: Alex

### \* 2nd Prize:

2 adult tickets to the Design Museum, a medium size canvas print of the runner-up photo, a signed copy of Never Mind the Botox: Alex

### \* 3rd Prize:

A signed copy of Never Mind the Botox: Alex

**TO ENTER: [www.londonmums.org.uk](http://www.londonmums.org.uk)  
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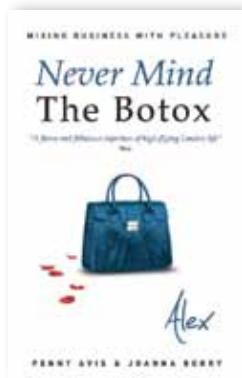
Deadline to submit your photos is 10th October 2011. The winning photo will also be published in the London Mums magazine issue 5 winter 2011/spring 2012 out mid October 2011.

# Never mind the Botox

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Alex is published in June. For more information go to [www.avisberry.com](http://www.avisberry.com)



## a fish in sea

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Penny Avis, co-author of Never Mind the Botox commented "We found *a fish in sea* through a series of internet searches. What first drew us to them was the broad range of services that they offered, and that they were just around the corner from us in Wandsworth. Although so much can be done online, I still liked the idea of being able to pop round to see them!

The team from *a fish in sea* designed our book covers, our website, a leaflet style flyer about the book series, business cards and compliment slips – all with a common brand identity. The photo of 'the bag' was a huge part of our design process and became the cornerstone of our brand image - being used across all of our media in different colours. The service they provided at every step was outstanding, fast, responsive, patient (as we deliberated!) and, very importantly, affordable.



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## ANNABEL KARMEI, "I AM A PERFECTIONIST LIKE BREE FROM DESPERATE HOUSEWIVES AND MESSY IN MY WORK. BUT I AM A VERY GOOD MUM!"

WE ALL KNOW ANNABEL KARMEI AS THE WORLD'S FAMOUS CHILDREN'S FOOD EXPERT. BUT WHAT IS BEHIND THE SUPER HUMAN FAÇADE OF THE WOMAN WE ALL ASPIRE TO BE? ANNABEL REVEALS IT ALL TO EDITOR MONICA COSTA



*Annabel Karmel has 37 books on cooking for babies, children and families under her belt, written in 24 years and sold all over the world. But more importantly she is the proud mum of Nicholas (22), Lara (21) and Scarlett (18). And not many people know that she had a very successful music career before becoming a mum. Also it is not well known that what inspired Annabel's career was the tragic death of her first baby daughter Natasha. Over the years I met her at Baby Shows and I always wanted to know what is behind her super human façade. The secret is out in this interview.*





**Q: Home is...**

A: St John's Wood (North London). I chose to work for myself so I could be at home and spend time with my children. These days mums can be mums as well as mumpreneurs and run a business using the internet. You can do a lot more by working from home.

**Q: The death of your first daughter Natasha aged 3 months triggered you to start your business back in 1987. How did you cope with the sudden death of your baby? What advice can you give to London Mums on how to cope with such a tragedy in a mum's life?**

A: It was terrible. You think your future is gone and that you will never be happy again. I desperately wanted another

child but I could not get pregnant again so I took a fertility drug, which worked after a few months. I needed to have another child and be a mother again to feel happy. When I went into labour with my second baby the ambulance didn't come, I did not plan a home birth. But I had the baby at home with no doctor and no pain relief on the floor. It felt awful as I could not bear the idea of losing another child. But I so wanted the baby! The doctor suggested to grief first before having a second child but I felt ready and I did not wait. I did not understand why the doctor wanted me to wait. My first baby died when she was 3 months old not at birth. I felt that for me it was no point in grieving for the lost baby. When you are alone it's too painful. My baby was my whole life. Being busy is the best thing to do to



cope with grief. For me this was the therapy. I suggest to do things you love and you are passionate about. With Nicholas I used to go to a playgroup and pass on recipes. If it wasn't for Natasha I would not have become what I am today. I was a professional musician before having Natasha but I was happy to give up my career for my baby.

**Q: You went through divorce as well.**

A: By the time you are divorcing the children know that things are not working well with their parents. And at the end of the day they want mums and dads to feel happy. I got nothing, not even a penny from the divorce, because I am a working woman. Women who work, don't benefit from a divorce. I don't have anybody to support me. Anything I have I use to support my children and my mum. I need to work! When I divorced my children were 18 and older so they were not dependent on us anymore. When things don't work out with your partner, you need to be honest with yourself.

**Q: You remind me of Bree from Desperate Housewives? Do you have lots in common with her?**

A: I love her and I feel like her. The passion is what we have in common. On the outside she is cold but underneath she is a romantic person, like me. The difference with me is that my office is messy unlike Bree's ones. I am messy when I work. But like Bree I am a perfectionist. I would do things many many times until it's perfect.

**Q: You experienced rejection at the beginning of your writing career. What kept you focused and motivated as a mumpreneur?**

A: I spent two years writing a book without finding a publisher. It was difficult to get the book published 24 years ago. But at that time there was nothing written about baby food. I always believed it was the right thing to do. If you really believe in what you do, it will happen. At the beginning, you might get rejected and unfairly criticised. But the rewards are huge when you succeed. For the kids it is brilliant to have a successful mum. And you can guide them to a career. To be a mum is the hardest job in the world and I am proud to say that I am a very good mum to my children! If you can find a career you can build up slowly while your kids grow, it can be the best thing in the world.

**Q: Are your children involved in the business?**

A: My son works in the media business on my new TV series. My daughter works once a week with me. It's fantastic to work with my children. Eventually she will work with me all the time. It's a great way to always keep together.

**Q: What's your earliest London memory as a mum?**

A: I felt very isolated but I started running my own playgroup and on the first day we had 60 mothers and babies. From that playgroup I understood that mums had problems with their children. I charged £5 to buy for the toys we used. It got me in touch with other mothers. Without that I wouldn't have written any book.

**Q: What's your favourite dish?**

A: I am specialised in quick and easy recipes for mums who don't have time. Everybody wants the best food for their children so my books have universal appeal. Recipes are free online. And we have a new app for the phone you can check when you are at the supermarket while shopping.

**Q: What are you up next?**

A: A new book series with the BBC called 'Kitchen table' including 100 of my favourite recipes for adults. Not many people are aware that I also make food for dinner parties. Also I recently launched a TV programme to teach kids how to cook called 'Annabel's Kitchen' on CITV, which is fun and quirky with singing cupcakes and penguins. In August 2011 I will publish a new book with 100 meals a minute for baby and toddlers. [www.annabelkarmel.com](http://www.annabelkarmel.com)





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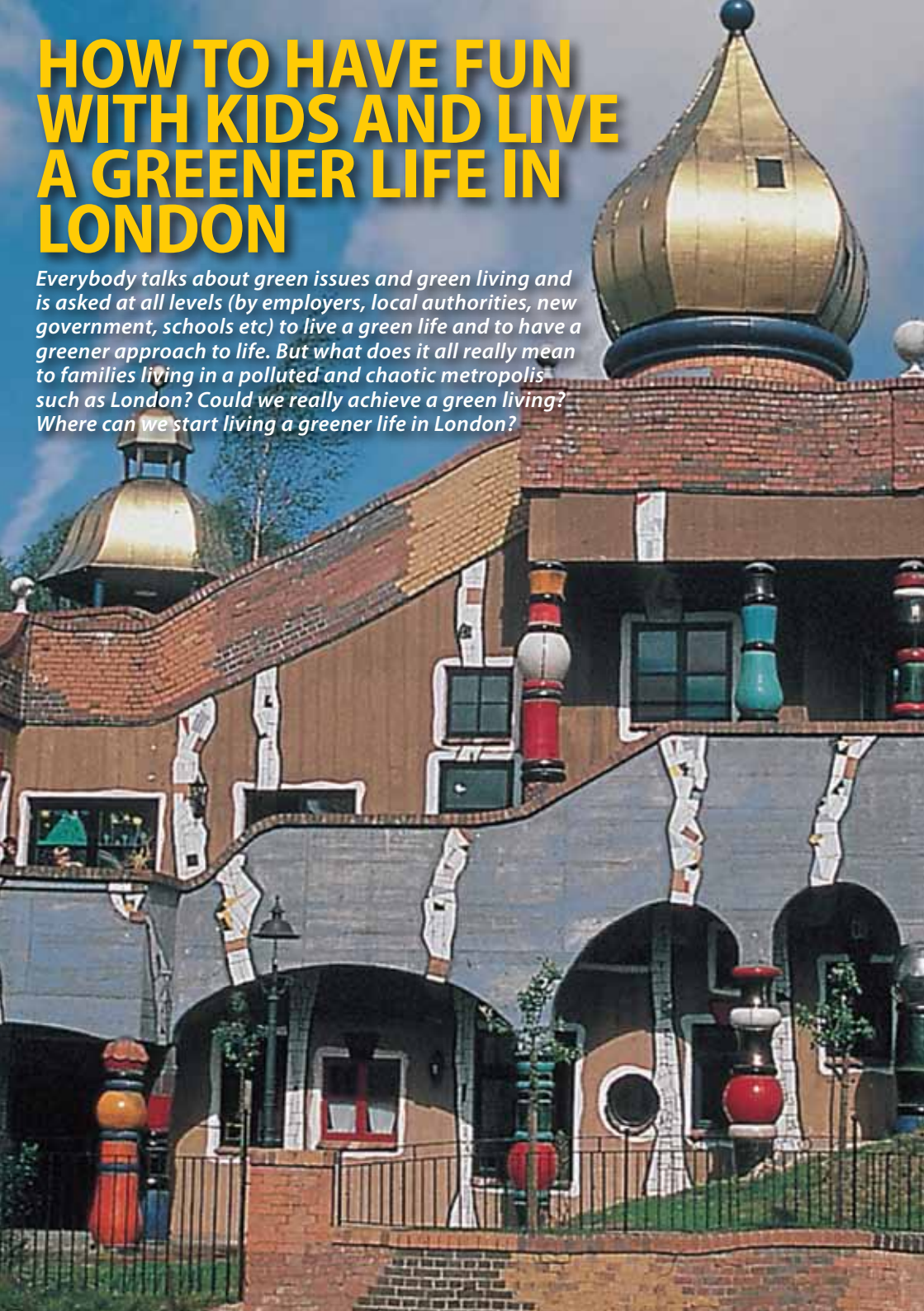
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# HOW TO HAVE FUN WITH KIDS AND LIVE A GREENER LIFE IN LONDON

*Everybody talks about green issues and green living and is asked at all levels (by employers, local authorities, new government, schools etc) to live a green life and to have a greener approach to life. But what does it all really mean to families living in a polluted and chaotic metropolis such as London? Could we really achieve a green living? Where can we start living a greener life in London?*





**Monica Costa, founder of London Mums, and Stefania Pelloni, Head of Schools Education at Villaggio Globale in Ravenna (Italy), found inspiration to a truly happy green life in the Hundertwasser philosophy.**



Friedensreich Regentag Dunkelbunt Hundertwasser (1928–2000) was an Austrian painter, architect and ecologist. He became one of the best-known contemporary Austrian artists, although controversial, by the end of the 20th century. The greatest merit of Hundertwasser is to have let us discover our childish soul, to have built dream cities and worlds in harmony with the natural environment and with the respect to the nature and living spaces. He has left us with the hope that our dreams could come true one day too. Although Hundertwasser first achieved notoriety for his boldly-coloured paintings, he is more widely known for his environmental campaigns. His immense respect for nature aroused in him the desire to protect it against the attacks made on it by man and industry. He is a forerunner of modern environmental campaigners, an artist who donated his artwork to educate humanity to respect the environment. His famous manifestos are very contemporary and have huge public appeal. Hundertwasser always campaigned in person and demonstrated that working together as a community is the only way to change the world. In his lifelong and peaceful campaigns he planted more than 60,000 trees and fought against 'evolution that destroys humanity'. He indicated the way to embrace ecological and practical projects in our day-to-day lives.

How can London families start embracing the Hundertwasser philosophy and live a greener and happier life? Here are some tips:

1. Start **RECYCLING** everything in the house to make something else, including toys for your kids – they can actually make them by themselves and have fun in the process. London Mums run various playgroups across London where you can learn how to find a new life in every 'old' object from your household and become Mister Makers. In addition, steer clear of products that use excessive packaging.
2. Try and find ways of **RE-UTILISE** your unused items (including clothing, shoes). Charity shops are great or websites such as ebay or gumtree for selling your old stuff,

Freecycle, for giving things away and receiving things for free, are brilliant. There is always someone out there who might find your old stuff vintage and useful.

3. **WALK** or **CYCLE** as much as you can with your kids instead of driving everywhere – live more locally. Drive less and consider a hybrid car – all can reduce CO2 levels and improve fuel efficiency.
4. Eat **LOCALLY** farmed foods that are grown organically. It takes less energy to get them to market and organic farming uses no synthetic pesticides.
5. **REPLACE** regular light bulbs with energy efficient ones – they use less electricity, resulting in lower carbon dioxide (CO2) emissions.

Small steps and individual responsibility can make a huge difference all over the world – get started today, and encourage others to do the same! Ultimately have fun with your kids by going green!

**ACT NOW!** We are keen to start creating a Hundertwasser inspired Community in London. As part of this we need to connect with like-minded people interested in recycling, community living and artwork. As a small step towards that, we challenge London Mums and the local schools/nurseries to start a mini Hundertwasser project: Look into your recycling bin once a month and create something beautiful, fun or even useful! Then share your photos with us on Facebook or the London Mums website. Over the next 6 months we will pick winners and after the Olympics in 2012 we will have an Art & Craft festival to showcase all your artwork.

London Mums have the mission to bring the Hundertwasser green approach to life to London and is looking for all your support. If this relates to you, please send a message to [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) and let us know how you are living greener. We will report on this in the next issues of the London Mums magazine.

CHILDREN'S DAY-CARE CENTRE HEDDERNHEIM, Germany, 1988-1995;  
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HUNDERTWASSER HOUSE MADE OF CARDBOARD – Source:  
<http://pestehundertwasser.blogspot.com>



# SUPER LONDON MUMS

## ROXANNE

**(from Canada but now based in Putney), mum of Kaden (5), Ashlyn (3), Liam (1)**

**Fav activity:** Biking through Richmond Park complete with picnic

**Family friendliest venue:** Eddie Catz in Putney ([www.eddiecatz.com](http://www.eddiecatz.com)): There is something there for all my children and for me!!

**London Challenges:** Transportation, with no car and 3 small children, it is a daily challenge.

**Advice to other mums:** Sometimes the only way through is one minute at a time.



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



## TERESA

**(from the States but now based in Ealing), mum of Nicholas (6) and Fiona (4)**

**Fav activity:**

Going to the Diana Memorial Playground in Kensington Gardens, followed by feeding the ducks and 'tea' at the Orangery. The playground rocks! The kids love climbing and playing on all things Peter Pan - it has a massive ship, sand, water, forts. My kids can spend HOURS here and the best bit is it has a security gate so it feels really protected despite the

big city. We generally then go for tea at the Orangery (also in the park), despite its location and beauty, they are fine with casual and are great with the kids.

**Family friendliest venue:**

When we want to grab a bite locally with the kids in tow, The Plough in Ealing and The Drayton Court near West Ealing both have playgrounds which make it possible to have an adult conversation as the kids are generally off playing! We of course always enjoy a good dose of Carluccios and Giraffe, both fab with kids given their activity packs and kid menus.

**London challenges:**

Getting anywhere in under an hour using public transport!

Ok actually developing our own support system (our family is all out of the country) to allow both my husband and I to have our careers and a chance to get out and enjoy each other once in a while.

**Advice to other mums:**

Being a Mum does not have to mean giving up all of what makes you. I love my kids but I also need time for me.

I find my 40 minutes of daily exercise and working with [www.theprettycompany.com](http://www.theprettycompany.com) to grow its online presence are not only critical to my mental well-being, but also enable to be more engaged with my children when I'm with them. Remember to find time for you, your needs are just as important.



## CLARE - A LONDON MUM IN MOSCOW

Dear London Mums,

When our family got the chance to move to Russia we decided it was time to put a little bit of adventure in our life. We packed up, said our goodbyes, and moved to the Moscow suburbs at the beginning of 2010 'for 18 months or so'...

Now we're settled in – nearly 18 months later – and life here is both rewarding and challenging. For starters, there's the language. Fewer Russians speak English than locals in most European cities, so learning to read the Cyrillic alphabet and picking up some basic vocabulary was a must if I wanted to be at all independent, to do my own shopping & interact with the store keepers, and most importantly to drive on it's famously mean streets. Actually, the traffic informs many people's lives here; driving is fraught with difficulty and the jams are legendarily bad. People start work early and leave work late in an attempt to beat them, and when we eventually come back to the UK I will never again complain about being stuck on the A4!

Traffic aside however, we're happy, and my children love it here. We took the decision that rather than have them sit in

traffic on their way to school for an hour each way (as they would have done if we had lived in the city centre), we would find a home within walking distance of the school gate, so friends, playdates and after-school activities are all on our doorstep in a way they weren't in London.

And if your children are at one of the International schools in Moscow - as mine are - there is a thriving expat community that it's easy to become a part of. It takes a certain type of open-minded individual to move to a city where life can be quite challenging (did I mention the bureaucracy, lack of fresh vegetables in the winter, and the weather?), so I'm thankful for a support structure that can help me through tap into the seemingly never-ending round of rich cultural events, concerts and exhibitions that happen here.

We're certainly having an adventure that I never for a moment anticipated I would start in my forties – and that 18 months has suddenly started to seem way too short. We may even stay on a bit!

Clare Taylor

Clare blogs at The Potty Diaries ([potty-diaries.blogspot.com](http://potty-diaries.blogspot.com)) and also at In The Powder Room – amongst other places

**JOB OPPORTUNITY!!** If you want to become a London Mums leader in your local area, please contact us via our website [www.londonmums.org.uk](http://www.londonmums.org.uk)

# UP FOR GRABS

## To enter

All you need to do is register online [www.londonmums.org.uk](http://www.londonmums.org.uk), let us know the prize you want to win and where you picked up the magazine, and you could be in with a chance of winning!

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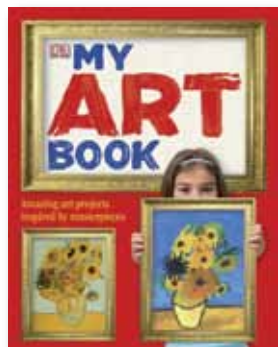
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# Readers' letters



Our Agony Aunt Elaine Halligan responds to your questions



*My five-year old son gets really aggressive and angry if he does not get what he wants. How do you cope with that as a mum? Are there any anger management techniques that work with kids? Narinder, Ealing*

He needs to know his feelings are ok so don't get cross with him for having them! Take some deep breaths and tell yourself you can help. Help him manage his emotions by putting them into words e.g. "You're really mad at me because I said you couldn't have any more time on the computer. I know you love that game you're playing." When he's not upset teach him a strategy like doing something physical to let off steam such as punching a pillow or using a visualisation strategy such as imagining a big red balloon swelling and then popping.



**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 six-year old daughter struggles to stay at her desk to do her school homework. She prefers playing to reading. What can I do to help her focus? Tabitha, Essex*

It's normal for six-year olds to prefer to play – that is how they learn. At this age she shouldn't be required to spend more than 20 minutes on homework – check with school to see how long they expect it to take. Take an interest in what she's learning or the story she's reading and praise her descriptively for tiny examples of effort, attitude and perseverance. Praise specifically whenever you see any sign of focus, for the way she sounds out words and any expression in her reading. Read her stories she loves to motivate her to want to learn.



*How can I reward my daughter for doing chores around the home? Jaime, Greenwich*

**Children of all ages should be involved in doing chores around the house, not least because of the huge impact on their self-confidence. Some families link the earning of pocket money to chores but if you want to avoid material rewards the only limit is your imagination. Make sure you always acknowledge the completion/commencement of the task orally and perhaps visually via a chart or a token (e.g. a pasta piece) in a jar. Set things up so that treats such as TV/computer time/outings are earned. The reward most children really appreciate is spending time playing with their parents.**



**OUR EXPERT:** Elaine Halligan has been a parenting facilitator for 6 years with The Parent Practice ([www.theparentpractice.com](http://www.theparentpractice.com)) having trained at The New Learning Centre in 2002-2004; she has done work with Landmark Forum and trained under Bonnie Harris

in "Connective Parenting". She has helped hundreds of families with practical skills to encourage cooperation, raise self-esteem, encourage self-reliance and ensure great communication between parent and child.

# Fashion Trends

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# DON'T TRY TO BE A MUM, BE YOU!

**MONICA COSTA MET STYLE GURU  
AND ANTI-AGEING EXPERT  
NICKY HAMBLETON-JONES AT  
THE BABY SHOW TO TALK ABOUT  
FASHION AND HER LIFE AS A MUM  
IN LONDON.**



**Q: Home is...**

A: Battersea.

**Q: What are your biggest challenges as a mum?**

A: The birth of my son Benny (now one) was a big challenge to start with. But also juggling work and motherhood. Especially when you are in the public eye all the time you always need to look great. I didn't expect the relentless routine, homework, emails to be so daunting. Sometimes I get freaked out by the relentlessness of the baby routine. I have an angel baby but it is still tough.

**Q: What are your fashion tips for London Mums?**

A: Buy a few Jersey dresses you can throw on quickly: they are comfy and just differentiate you from other people. You get out the door looking stunning. My second tip is to get a nice flat over-the-knee patent (shiny leather) pair of boots. The patent makes them look more dressy and elegant. They are practical and look gorgeous.

**Q: What are your favourite London activities with the family?**

A: London is so vibrant and is just nice to be out and about. Going through the parks with the pram is brilliant. My son Benny loves looking at the flowers and scenery. You don't necessarily need to go to playgroups or classes to entertain a child in London.



Images of Nicky Hambleton Jones and her son by Daniel Halpin/Prima Baby/  
National Magazine Co Ltd.

**Q: What are you up next?**

A: The launch of my new anti-aging site for women who get older but do not want to get older. I provide them with anti-aging knowledge. [www.lookandfeelyounger.tv](http://www.lookandfeelyounger.tv)

**Q: What's your best tip for our London Mumpreneurs?**

A: As a mum in business you need to do something to fit around your child. Something that puts you in control of your job and your career so that you are able to structure your time around your baby. This is the way to be successful and guilt free. You don't lose a sense of who you are and the sense of yourself. Don't try to be a mum, be you! If you try to be the mum too much then you can lose the sense of who you are. You may not be a natural mum. You can be a great mum but you still need to be yourself. Keep that going! Don't compromise what you like doing. Go easy on yourself! There's so much pressure to do too much in the beginning. Use your environment, keep it to your neighbourhood. Have a nap when baby is having a nap.

As a mum you need to do a lot of things, so you might need half hour and want to provide some entertainment to your child. I use Baby Can read DVDs. These DVDs really stimulate the baby's brain while having fun. Benny would watch these videos for more than half hour and if in 12 months he can read, it's brilliant. [www.yourbabycan.co.uk](http://www.yourbabycan.co.uk)



Image by Gianni Diliberto.



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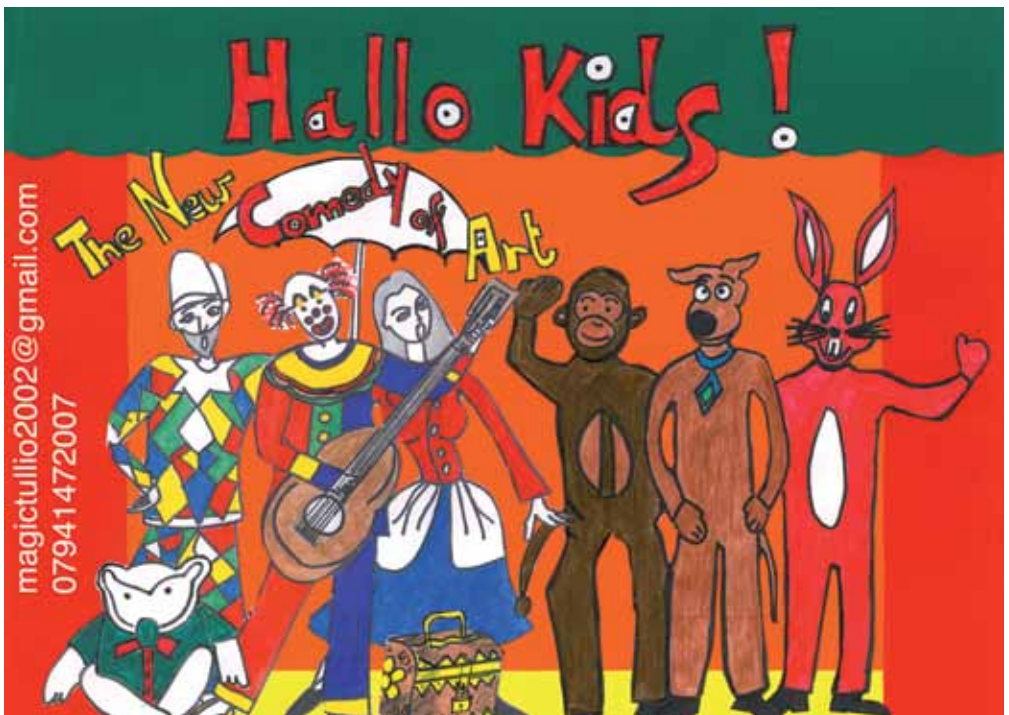
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