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Issue 5 Winter 2011/Spring 2012

# London Mums



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Jo Frost**



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**Davina McCall**

**Talks motherhood and marriage. Her tip to mums: 'Have sex with your husbands!'**

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## Editor's letter



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

Dear London Mums

I am getting very excited about the imminent London Olympics 2012 and I am working on a special Olympic issue for you. The London Mums magazine aims to deliver only positive stories as well as suggest practical solutions for busy urban mums. It does not cover

provocative news or shocking revelations but offers mums a 'Feel Good' read packed with inspiring mothers' stories.

This issue covers exclusive mum-celebrity interviews with Davina McCall (p6-8), Gail Porter (p16-17), Patsy Kensit (p23) and Natasha Kaplinsky (p28-29) as well as our super mums' interviews (p12-13) with lots of tips on things to do in London with the kids. And find out how to get the Strictly look with make-up tips by Head Makeup Hair and Designer on Strictly Come Dancing Lisa Armstrong (p22).

Our parents' Agony Aunt Supernanny Jo Frost answers your letters and gives useful tips on how to be positive parents (p24-25). We also road-tested unique Christmas Gifts (p26-27) and Pretty Things (p30). And we have amazing competitions for you to enter (p18). Last but not least our fun page (p5) populated by the characters from The Pickled Onion Gang app will provide entertainment for the children when you need some timeout.

Enjoy your **FREE** magazine (also fully readable online at <http://londonmumsmagazine.com/magazine>) and send us your feedback!

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*Monica*

Monica Costa

**Editor in chief, Founder of London Mums and mum of lively five-year old Diego** [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk)

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### Editorial

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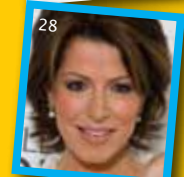
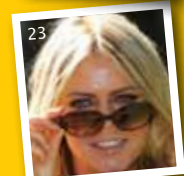
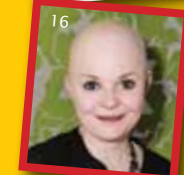
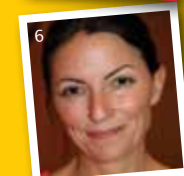
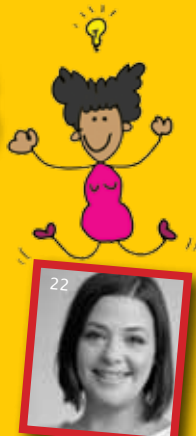
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PLATFORM 1	PLATFORM 2	PLATFORM 3	PLATFORM 4
Grantham	Doncaster	Peterborough	Cambridge
Peterborough	Edinburgh	Doncaster	
Doncaster		Hull	
Edinburgh		Bridlington	

1 Piccalilli wants to go to Hull, what platform does she want?

2 Cucumber wants to get to Edinburgh, what train gets him there the quickest?

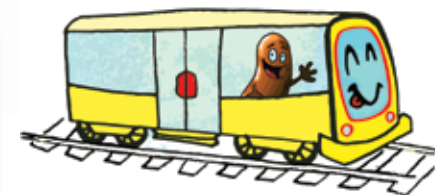
3 How many trains go to Doncaster?

4 How many trains go to York?

5 Which train has only one stop?

6 Chilli Pepper wants to go to Edinburgh but has caught the wrong train on platform 3

3 Where does he get off to get back on the right train?



Download the fun and educational App from [www.pickledoniongang.com](http://www.pickledoniongang.com)

All profits from the Pickled Onion Gang App go to the Thai Children's Trust.



## Davina McCall Talks motherhood and marriage. Her tip to mums: 'Have sex with your husbands!'

BB star reveals all about her life from Narcotics Anonymous to Super TV Stardom.

Editor Monica Costa and a group of London Mums recently met Lady Extraordinaire and super mum Davina McCall at a Culture Baby event at Electric Cinema in Notting Hill.

Davina McCall needs no introduction. *This is Davina* is not just a well-known catchphrase from Big Brother but is also the Twitter name Davina uses when chatting to her 780,000 followers. The Million Pound Drop presenter is a very friendly and down-to-earth 44 year-old superstar who met London Mums out of her passion for motherhood. Davina could talk about motherhood all day long. During our meeting she opened her heart and revealed that she has been a member of Narcotics Anonymous for nearly two decades and recently celebrated her 19 years clean time birthday. In her bright orange Karen Millen dress she looked 10 years younger and could barely stay away from the babies. She told us all about her wonderful relationship with her husband and gave us great tips for a long-lasting marriage.

**Q: Home is...**

A: I love living in Tunbridge Wells (Kent), because the atmosphere is quieter and more relaxed than in the capital. But I get nostalgic about Notting Hill when I come to town: I used to live here before having children and it was fun.

In London there's a lot more peer pressure on mums and everyone feels they need to get the kids to do everything such as ballet, Stagecoach on weekends, football when the kids simply want to spend time at home with the parents. I did that with my kids at first and then I stopped. Now my boy is the only one who goes to football because he loves it so much.

**Q: Let's look back at your motherhood experience and the secrets to your long-lasting marriage...**

A: When I had my first child (Holly Willow now 10), I felt really isolated, I was on my own, I had no friends who had babies, I moved from London to the countryside.

I have wanted to have a baby since I was 17 years old. My husband (Matthew Robertson, actor and presenter of Pet Rescue) said that when he met me I was a walking ovary. If he hadn't given me a baby, I practically would have just made one on my own. I would have been a scientific miracle because I was that desperate to have a baby!

When I met Matthew we were exchanging love messages on post-it notes everywhere, calling each other million times a day, spending Saturday afternoon in bed. We were real lovebirds before our first baby came along.

When my first was born I did not feel amazing. I was exhausted after 48 hours labour. I had a natural birth at my home and did not feel that great at first. I am passionate about home birth as I am quite hippy at heart. Holly was a great feeder and I felt isolated and so tired. Luckily I could afford a night nanny but for one day a week for 5 weeks – I wanted to look after the baby but I could not sleep. I can't believe they allowed me to drive a car. I was so tired. My husband felt terribly abandoned when the baby came

along. From Mr and Mrs Post-it notes, always together and in love, suddenly I felt different – it was hard at first, the night nanny would bring me the baby to feed in the middle of the night and I could sleep. I could lay next to my husband and we would cuddle all night long.

I was mortified to go back to work but I was the main breadwinner at the time. Now that I think about it, if I suddenly would not need to work anymore I would still work a bit. I work only 3 or maximum 4 days per week if I really need to. It is nice for me to go out without having to carry a child. I felt so guilty leaving my baby with someone else but it was important for me to work and socialise with other people. Even if I did not need to work for a living I would still do it for myself as I love it so much and is

good for kids to see their parents work. But I still feel guilty even saying that I enjoy going to work.

When I had my second baby (Tilly Pippy now 8), the birth was easier and I knew everything about bringing up a child, but my marriage really suffered. We went to marriage counsellor and it was absolutely fantastic afterwards. We are still together now because we did that. We now work as a team. It was worth it. Mums, if you need to, do it before it's too late!

My mother taught me that my husband is a very important part of my life. Matthew is an alpha male, he changed fewer nappies with every baby, he has to have the remote control, he is a chest-beating man but

I really love him because he makes me laugh. And I still find him hugely attractive. What helps me having a better home life is the acceptance of my husband the way he is.

Write a 'husband gratitude list' and always bear it in mind. Someone once said to me that you 'borrow' kids and they then go and grow up and live their lives. But man and wife are a team for life.

My mum was not very present when I grew up but she gave me a great piece of advice: have sex with your hubby! Matthew and I go out alone (maybe just to the cinema) once every 2 weeks and sometimes we don't chat much

***"Write a 'husband gratitude list' and always bear it in mind."***

***"I feel guilty even saying that I enjoy going to work."***







throughout the evening, only in the car, but it's nice to be in each other's company and not always going out with friends. Keep some intimacy. If men don't get any sex they'll go shopping somewhere else!

Matthew never sees me with make up on and I am a bit of a tomboy always in jeans and t-shirt. I used to only dress up to go out with other people. Now I make an effort and I dress up when I go out with Matthew. I recommend you do that too, mums.

***"I want to be a better mother, a better sister and a better wife and person. I am nowhere near what I want to be."***

I always remember how important Matthew is for me when he is not around. And there are certain things that he is best at with kids like some games and the kids tell me that dad is better at that than me. I make sure my kids then tell dad and make him feel as important as he really is.

My third child (Chester Micky now 5) was probably the most fun and rewarding. Now that he is going to school full time, I can start thinking about my own life, I want to share my experience, I have done a lot: I have been an addict, I recovered from my addiction, I fought for a job I really wanted, I didn't take no for an answer, I read every single self-help book under the sun, I was relentlessly annoying, I have been in counselling all my life. I want to be a better mother, a better sister and a better wife and person. I am nowhere near what I want to be.

**Q: What do you think about Attachment Parenting?**

A: I loved it when the baby was constantly with me. I used to cook with the Baby Bjorn. You can still do your housework when you are hands-free. It wasn't that long ago when kids where in the other room and were only heard not seen. It is much better these days with slings that allow mum and baby to be close.

**Q: If there was a Big Brother type of TV camera in your home at what point can you say you could not cope?**

A: For me personally, I know there is something going wrong when I start shouting. And I have such self-loathing when I see myself shouting. I had a 'shouting phase' some time ago and one of my friends suggested to set the alarm one hour earlier in the morning. That was it! I stopped shouting to my kids while getting ready for school and now I am more organised. I'd do anything to avoid shouting.

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


A: I would get businesses to have creches in the office. A lot more mums would go back to work if this was widely available. If there were nurseries in offices, mums could take breastfeeding breaks and could keep their jobs. I would also make working hours in Britain more family-friendly. They are the worse in Europe.

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

A: I am setting up a new website called 'NICE for a better life'. It started as a Facebook page but I want to develop it into a proper website where I can share tips on how to make your life better, it's like a social networking self-help site. The site will be 80% social media and interaction, exchange of ideas and 20% experts' comments. I am sharing information all the time, such as reference books, products I found useful and ideas to make our lives nicer.


**Culturebaby was borne out of a desire to offer engaging cultural activities to parents of kids under twos.**

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



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McAnallen family, Les Menuires, Feb 2011

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Children get the chance to help Farmer Tim bottle-feed lambs, watch the pigs, feed the goats and chickens and collect freshly laid eggs. For many feeding the animals is their most treasured memory. Twice weekly pony rides are also incredibly popular.

The indoor heated pool is always a toasty 30 degrees and is 1.2 metres throughout, so it's easy keeping your children safe. It's well-appointed, with spacious changing facilities.

Your children will love the Soft Play Room, its play frames, soft shapes and ball pool. Windows looking out on to sweeping farmland, comfy chairs and sofas, free, fresh-ground Lavazza coffee, a selection of daily papers and magazines make it as enticing for you as for your children.

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The Play Barn sandpit has over ten tonnes of play-sand, a Wendy House & slide to provide hours of fun. There's also table tennis, table football and pool, should you choose to relive your former glories.

There are plenty of opportunities for outdoor play too. Tredethick is incredibly child-friendly with freedom to wander to the outside play area, giant trampoline, ride-on tractors and scooters.

Holidays with young children and toddlers can often leave you really needing a holiday. Tim & Ashlyn don't think it has to or should be like that. So although your children will find plenty to entertain (and tire!) them, you won't run short of opportunities to relax either. In your cottage's garden you'll find everything you need to unwind with a book, a drink and they're happy to help out with a sitter so that you can experience the lovely local eateries. Tredethick is a place where with young children you can relax, recharge, enjoy and long to return.

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01208 873 618 [www.tredethick.co.uk](http://www.tredethick.co.uk)





# SUPER LONDON MUMS

MARY

**MARY (Mum to Alexander Abigail and Amelia based in South East London)**

**Favourite London activity:** Playing in local Brockley park Hillyfields, visiting our local Horniman Museum and picnicking in its award-winning gardens.

**Family friendliest venue:** Nandos! The children love it and the cooking is almost "home cooking" enough to feel that we're not being too naughty while giving them a treat.

**London challenges:** With the exception of our parks in London, I would like to see more areas where the children can be really free to climb, explore and rough and tumble in the fresh air. There are plenty of indoor activities, but I sometimes feel that children here spend far too much time indoors. Also, some places can be expensive.

**Your single most important piece of advice to other London mums:** Network with other mums, get out and about, and make good use of the many special offers that exist, so that your children can experience this wonderful, vibrant city. Our museums are fantastic and they are free - you can spend



the whole day at just the Science Museum alone, so do make good use of them. They are a fun way to educate your children.

**From mum to mumpreneur:** Mary Cummings is a Virtual Assistant, freelance writer and founder of Work Your Way Magazine, the new magazine for freelance, self-employed mums and entrepreneurial. [www.workyourway.co.uk](http://www.workyourway.co.uk)



**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)

EMILY

**(Mum to Matilda and William, based in Fulham)**

**Favourite London activity:** Walking or cycling along the Thames tow path from Putney to Hammersmith. On a beautiful day it makes me feel so lucky to live in London and its great not to have to worry about the kids getting run over for a bit!!

**Family friendliest venue:** Pizza Express - it's one of the only places where we ALL enjoy eating out!

**London challenges:** Balancing my new business against the high cost of childcare in London has been really hard and I still finding travelling on the bus with a buggy really stressful! Work-wise, travelling and traffic congestion is always my biggest bug-bear about London, especially as I am so often very pushed for time.

**Your single most important piece of advice to other London mums:** Enjoy living in this vibrant city and make sure you take full advantage of everything that's on offer here for families:

great parks, lots of cultural activities, museums and day trips... There's always a new experience just around the corner...

**From mum to mumpreneur:** Emily Goodall, is the founder and inventor of BundleBean, the only 5-in-1 waterproof baby blanket with an ingenious and unique design that means it fits snugly on to all buggies, bike seats, baby carriers, infant car seats and can open out flat for use as a picnic rug or play mat. Emily invented BundleBean after becoming frustrated at the amount of expensive kit required to keep her new baby warm and dry in different circumstances. [www.bundlebean.com](http://www.bundlebean.com)



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!

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## Gail Porter

### 'My daughter and I go crazy on Simple Saturdays'

Editor Monica Costa recently met Scottish comedian and TV presenter Gail Porter at retro furnished restaurant Tibits (off Regent Street).



#### Q: Home is..

A: I live in Belsize Park with my daughter Honey (now 9) who goes to a really lovely local school there.

#### Q: The last six years have been very difficult for you like a rollercoaster. What has been the light out of the tunnel during the tough times and why?

A: Yes indeed I had six tough years. I was anorexic for nine years and I was told I could not have children. When I found out that I was pregnant I completely got rid of my eating issues and I did not want to be selfish any more. Becoming a mum is the most amazing thing in the whole world. Honey is my Everything and I could not imagine my life without her.

#### Q: What's your parenting style? Do you have tips for our single mums?

A: My parenting style is eclectic. Honey and I have Simple Saturdays which means that we are really well behaved during the week, we go to bed at the right time and we eat healthy food then on Saturdays we go crazy. But when you wait until Saturday she has so many ideas in her head that by the time she had a pizza she is done and she wants to go to bed early at 8 o'clock. The idea of it makes it very exciting. It works in my favour. It's motivation to be good during the week. Honey and I we are best mates because I am a single mum.

There are so many single mums in this city. London can be very isolating, my mum passed away. My dad is in Scotland and I am not married. What I learnt recently is not to be ashamed to go to friends and tell them when I am struggling. But I am very proud and strong. I had issues in the past few years and I went to a friend and broke down and she said to me 'why didn't you come to me earlier'. Don't hold it in as it's not going anywhere. And it's making it worse.

#### Q: Despite the baldness you are known to be a genuine beauty. Any easy tips for time deprived mum on how to look effortlessly stunning?

A: I have a cold shower every morning and I don't wear make up not even foundation. I put make up on only if I do a shoot but then when I am finished I remove it. I have a good skin. With regards to my hair, it fell off again in January 2011. I don't feel embarrassed about the boldness as I have a sense of humour. I hate wigs as they are so uncomfortable. It's better to have a laugh about it!

#### Q: What are your favourite London activities with your daughter (indoor and outdoor)?

A: If it's sunny our favourite activity is to have a big pic-nic at Hampstead Heath Park with freesby and our dog. I am like a big kid. We love flying a kite outside. Honey is not that interested in spending lots of money for entertainment. She loves to be in the park. We both run and Honey is also a member of a running club. I also run three times a week.

#### Q: What's your earliest London Memory as a mum?

A: Honey was nine pound when she was born. I remember my ex husband Dan looking outside the window and saying to Honey 'This is London!'. So shallow! When we brought our baby home, we had paparazzi waiting outside and I remember being like a lioness thinking 'don't come near me'. But I was proud to live in such a multicultural environment and I thought that Honey is such a lucky girl to be brought up in London.

#### Q: What are your guilty pleasures?

A: Apart from Simple Saturdays with Honey, when I am on my own I love a glass of champagne, a cheese board, my feet up, pijama on and a great emotional movie. I also love 'The everyman cinema' in Hampstead with a warm and friendly atmosphere, an excellent food and drink selection and massive armchairs and service. They also have children's days.  
[www.everymancinema.com](http://www.everymancinema.com)

**'Honey is my Everything and I could not live without her.'**





# UP FOR GRABS

## To enter

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### WIN 1 OF 10 SETS OF MAGGIE & ROSE BOOKS

Maggie, Rose, Oscar and Bentley are four friends who just love to make and grow stuff. They have oodles of fabulous ideas and now you can get making and growing too with these totally amazing activity books. For your chance to win one of ten sets of This Book Totally Makes Stuff Grow and This Book is Totally Rubbish answer the following question: Where is the original Maggie and Rose club based?

TERMS: The closing date for all entries is 7th January 2012. The lucky winners will be drawn at random from correct complete entries and notified accordingly.

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# Get the Strictly look

**Head Makeup Hair and Designer on Strictly Come Dancing Lisa Armstrong reveals her secrets for time-deprived London Mums who want to inject some 'Strictly' magic into their party looks!**

- If you're going for a full-on party look, I think it's best to work on your eyes first, before you even think about foundation and concealer. It sounds counterintuitive, but when you're using lots of high-pigment shadows, you tend to get a lot of 'droppage', which can end up as a mess below your eyes. This way, you can simply use a cleansing wipe to clean the skin underneath. Then apply your concealer and foundation. The result will be much fresher.
- Working on your eyes first also helps you judge the balance of the rest of your look. If you've gone for a heavier eye, you'll probably want to pull back on cheeks and lips.
- Use lighter colours on the inside of your eyes to 'open' them out. But remember; avoid any blocks of colour by blending really well.
- When using highlighters or shimmery bronzers, the best places to apply them are over your brow bones, cheek bones and along the jaw line. This works well with party lighting, which is often quite

extreme – dark in some areas, super-bright in others. Your face will look more sculpted in the shadows and gorgeously glowy in the spotlight.

- If you're wearing a strong colour on your lips, use a lip liner for a crisp finish (it must be the same shade or tone as your lip colour as opposed to something darker). And you should apply it after lipstick. Don't forget to dust a little loose powder around the line to stop colour 'bleeding'.

I would suggest for any time-shy mums an easy way to guarantee flattering makeup tones is to use a Strictly Look Book. The make-up colour selection works in perfect harmony. Complementary shades for eyes in soft golds and chocolate browns work with berry-coloured lip glosses. Always perfect your eye shadow by keeping it understated and well blended. The cheeks can glow with warmth and the lips can shine with style. It will result in a Strictly Beautiful look.

**Lisa has put together the new season Strictly Makeup Collection exclusively for Boots. Each set and product is inspired by an aspect of dance: the glamour and elegance of ballroom, the feisty salsa siren and the drama of Latin.**



## Five minutes with Patsy Kensit



**Q: Home is...**

**A:** Hampstead (North London).

**Q: You act, sing and dance. If you weren't an actress what would you be? Is there anything you always wanted to do but you haven't managed to achieve yet?**

**A:** I was acting since I was 4 years old and I since worked my entire life in show business. This is always what I wanted to do. I love acting and I am lucky enough to be able to do what I like.

**Q: You are a stunning genuine beauty. Any easy tips for time deprived mums on how to look effortlessly stunning?**

**A:** Ah ah... When I finished working in Holby City I started Strictly and then the Strictly Live tour which kept me fit. I am a full time mum with no nanny so I am busy in the household too. I also do a lot of exercise and I don't drink any alcohol.

I live a very healthy life with no help. If I don't go to the gym, I run early in the morning and I try to walk to school with my son at least twice a week. I often walk from my home to the West End through Regent's Park. It takes me one hour and half and it is amazing. Plus it doesn't cost anything. I would recommend mums to walk more if they have the chance.

I also use the Nivea Cream in a blue pot for body firming as it's great and very reasonably priced. On top of that, I watch what I eat and I cut sugar from my diet.

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

**A:** I love walking through Regent's Park. It's glorious.

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

**A:** The other day I walked past the Portland Hospital and a mum was walking out with a newborn baby. I am so blessed to have my boys. In that moment I appreciated my life. I am not going to have more children but it was so emotional passing by and seeing a mum with a baby in her arms. I enjoyed that beautiful moment.

**Q: What will you do with your kids during the London Olympics 2012?**

**A:** I don't think that far ahead. I am so excited about it and we will surely make plans something nearer the time. My boys are big football fans so we will definitely go and watch football.



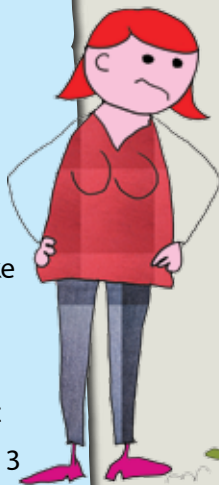
# Readers' letters

Our Agony Aunt Supernanny and TV Star Jo Frost responds to your questions



*How do parents know how much food they need to give to their kids? How do we know when it is enough? Marina, Chelsea*

We need to look at the national standard of serving sizes and portion sizes and we can gauge on a child's calorie intake. It's important to have our 5 a day with regards to our fruit and our vegetables. We are looking at a small amount of Protein and Carbohydrates and an intake of dairy that require that nutrition for them and when we weigh that up with a child's calorie intake it allows us to understand the proportion sizes. A child's plate is between 6 and 7 inches and when you start to pile that up into adult portion it's not necessary. For example, you wouldn't expect a 2 year old to eat a whole breast of chicken. Looking at 3 ounces of food is quite handful for a child.



*My 3-year old daughter can't ask for something without whining or screaming? Besides not giving it until she asks nicely what else can I do to stop this behaviour? Roxanne, Putney*

It's not behaviour. You need to teach your child how to communicate properly. Do what I call 'show and tell'. You show the child the tone and behaviour you expect and then you ask her to parrot that behaviour. So you teach her how to ask in a conversational voice and not in a whining pitch. Children are used to use a baby voice and it continues and it becomes a wine. 'Show and tell' is very good as you show the child and you tell them exactly what it is and how you want them to talk. And do what you have already done: don't give up until she has asked for what she wants properly.

*Why do children behave well with the nanny and the teacher and less so with the parents? Tracey, Barnes*

Because there are different rules and expectations. And if one is consistent and the other one is not then you get two different types of behaviour. It doesn't even need to be mummy or nanny. If one person has expectations and is consistent throughout the day with the child and the other person isn't and there are different ways in which they deal with things, then one would encourage better behaviour than the other. When you have nanny and mum on the same page you don't get that problem. The importance of nannies teaching parents their expertise and the importance of parents reaching out and asking for the expertise and then both supporting each other, bring more welfare to the child on every level. That's what a nanny is supposed to do: to provide a service for a parent to feel that security and for the parent to feel they hired a nanny to provide that for the child. It's all for the welfare of the child.



**NEW BOOK!** Jo Frost's Confident Toddler Care was published by Orion on 28th June 2011 (£16.99 hardback, £7.99 eBook)

Most London Mums' dilemmas can find a solution in this practical manual where Supernanny Jo Frost

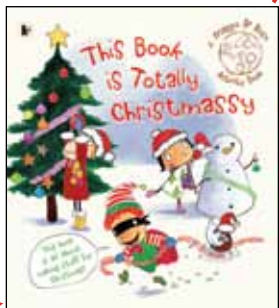
shares her wealth of knowledge and years of experience to help raise toddlers with confidence. The book is packed with practical tips, reassurance and simple yet effective techniques to help parents deal with all the challenges that raising a toddler involves.



**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.**



# CHRISTMAS GIFT GUIDE



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## NATASHA KAPLINSKY SPEAKS ABOUT HER ROLE AS PASSIONATE AMBASSADOR FOR SAVE THE CHILDREN, HER PARENTING STYLE AND AN EXCLUSIVE STRICTLY GOSSIP

Editor Monica Costa met Natasha at the launch of the report 'Missing Midwives', held at the Royal College of Obstetricians and Gynaecologists.

**Q: How did you get involved in Save the Children's campaign?**

A: We are called on by a lot of different charities to address all their needs. There's something very special about Save the Children especially because I am a new mum myself. It's like a layer of your skin that peels back and you realise that you have a responsibility. We have a global commitment, we are mums and it's important to understand that we are so privileged and we can do so much to help people.

**Q: What was the most interesting experience during your Save The Children trip to India?**

A: The contrast to people's lives, the realisation of the love that families have throughout the world, it makes no difference whether or not you live in a slum in Delhi or in Knightsbridge you still love your children you want so much for your children. And the fact that we have so many opportunities to give to our children and actually they don't have that. We should be happy with what we've got.

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

A: I am firm but very loving. I can't help but completely spoil both of them. I am not strict but firm. My big thing is to make them as polite as possible and I am trying very hard to instil that in the children because it's important to learn that as a child. If you understand respect for other people right from the beginning, it makes a big difference throughout your life.

**Q: What would you do if you were Mayor of London for the day?**

A: I would make everybody who bought a cappuccino or coffee or any drink every single day just give that amount of money to Save the Children to make people realise that it is small donations that makes a difference and can change people's lives.

**Q: What would be the piece of news you would like to announce live on TV?**

A: It is difficult because most news is negative. It would be very nice to have some positive news. I would love to be able to announce that all the objectives that Save the Children have, have been satisfied, the health workers have been found, malaria nets have been purchased, there is an end to child mortality, mothers don't die in labour. I'd love to be able to announce all of those stories on news. Unfortunately we are probably quite a long way off and unfortunately news channels generally focus on the negative. I would love that.

**Q: What do you like the most about your job?**



A: It's a tough job but it's very important to deliver people information. It's about communication. I feel very passionately that people need to be educated about the world around them and we are all global citizens. We do need to understand the difficulties that people have in different walks of life. That's my biggest joy. The job that I do is communicating the state that we are in and helping people understand how lucky we are and the fact that we can make a difference.

**Q: What's your favourite London activity?**

A: We have two dogs and two children so we spend a lot of time in the park. There's nothing better than seeing my son and the dog chase after a stick while my daughter in the pushchair is giggling. I love walking on the Thames near where we live in West London. See the change of the seasons is a real pleasure.

**Q: Can you reveal us a little gossip about Strictly Come Dancing?**

A: My Strictly Come Dancing days are long ago now. As the first winner, I still have my trophy. Unfortunately, the day before I gave birth my husband dropped it and it is in a thousand little pieces. He promises me he is going to glue it back together again but I somehow don't think that will ever happen. This is very exclusive! I haven't told anybody!



Natasha Kaplinsky is one of the high profile celebrities (including singer Sophie Ellis-Bextor, former Ballykissangel actress Dervla Kirwan, X Factor star Stacey Solomon and film director Gurinder Chadha) who back Save The Children 'No child is born to die' campaign. The report Missing Midwives, launched at the Royal College of Obstetricians and Gynaecologists in April 2011, reveals that almost 48 million women – one in three – give birth around the world every year without expert help, and of them two million deliver their babies completely alone – often with devastating consequences. In some countries, cultural reasons mean that husbands sometimes deter their wives from seeking any help at all, leaving them to face the riskiest moment of their lives alone. As a result, 1,000 women and 2,000 babies die every day from birth complications, which could be easily prevented.

Save the Children estimates that if the global shortage of 350,000 midwives was met, not only would many mums be saved, but more than a million more newborn babies would survive every year instead of dying from easily preventable problems.

The report shows that the discrepancy between the developed and developing world is at its starkest at the moment of birth. In the UK, only 1 % of women give birth without trained help; in Ethiopia the figure is 94%. In the UK – where there are 749,000 births a year – there are 26,825 working midwives while in Rwanda – where 400,000 babies are born a year – there are only 46.

The report can be downloaded at [savethechildren.org.uk/missing-midwives](http://savethechildren.org.uk/missing-midwives)





# Pretty things



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