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Issue 26 Spring 2019



London Mums



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EXCLUSIVE!
Katherine Jenkins

**talks motherhood
and her latest album
'Guiding Light'**

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Dear London Mums

Spring is in the air and the brighter days bring positive energy. My two interviewees are gorgeous and talented: global singing sensation mezzo-soprano Katherine Jenkins talks motherhood and her latest album 'Guiding Light' while mumpreneur and former Strictly winner Abbey Clancy shares her tips for achieving a work life balance with us.

The good weather makes me want to go out and on adventures. In my travel feature I take you to the gorgeous slopes of Alpe d'Huez in France which have been a very pleasant discovery and made me fall in love with skiing again after 30 years (don't you dare calculating my age!).

In this issue you'll find a few interesting education features too. Schooling is a sensitive topic, after all. Ranulph Tees tells why tutoring can be a force for good if done right while Stella Bataille explores the challenges of raising a bilingual child even if you can't speak the language yourself.

London Mums' first aid contributor Emma Hammett explains what it means for our kids having first aid training as a mandatory part of the curriculum in UK schools.

Last but not least London Mums' globetrotting reporter Rita Kobrak shares her favourite Italian recipes inspired by her life at Villa Radicata in Tuscany with us.

The London Mums' shopping pages are crammed full of ideas for new games inspired by Toy Fair as well as toys and gifts for kids and parents. For additional gift ideas check our London Mums' dedicated site londonmumsmagazine.entstix.com where you can get up to **60% OFF** tickets for West End shows and lots of London attractions. Check also our YouTube channel www.youtube.com/londonmums I hope you will enjoy reading this Spring issue as much as the London Mums' team have loved making it!

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Monica

Monica Costa
Editor in chief, Founder of London Mums & mum
of 12-year-old Diego

Let me know what you think of this issue
at monica@londonmums.org.uk or via Twitter at [@londonmums](https://twitter.com/londonmums)

THE BIG INTERVIEW



Katherine Jenkins

Editorial

London Mums magazine is produced by London Mums Limited

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Photography Credits: Cover Image of Katherine Jenkins is by David Venni ©venni; Photo of dog sledding on pg 19 is by ©capitaine citron / Lemon Captain www.click.book.fr / www.tomtom.book.fr.

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NEXT ISSUE: The Summer/Autumn 2019 issue will be out mid June 2019 - Deadline for advertising: 10 May 2019

DESIGN: Urban52,
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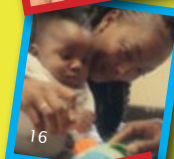
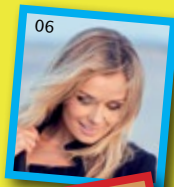
PRINTED Bishops Printers Contact:
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Exclusive!

Katherine Jenkins

Super star & new mum talks motherhood and her latest album 'Guiding Light'

By Monica Costa (MC)

Fans of the mezzo-soprano Katherine Jenkins will be delighted about the release of a new album called 'Guiding Light' featuring an original song dedicated to her son, 'Xander's Song', and another with her daughter Aaliyah's vocal input. Other songs on the album include 'Never Enough' from 'The Greatest Showman', 'Make Me A Channel Of Your Peace', 'Morning Has Broken' and a cover of artist Stormzy's 'Blinded By Your Grace'.

Katherine has been really busy in the last few years recording but mainly having children. In this heart-warming interview she opens her heart about her parenting challenges and her love for motherhood.

MC: So, Katherine, you've become a mum. Welcome to the club!

KJ: It's a great club, it's a great club.

MC: After becoming a Mum, you now have a new album out this month and a tour planned for the spring. So what's the inspiration behind this album?

KJ: It's been four years since my last album came out and in that time I've had the two children and in that four years, it's changed me so much. Now I'm very much in a place of, you know, a happy place, a settled place, thankful, and I thought that was a very nice feeling to take into the studio and make new music. So, it wasn't about going in and oh, let's see how many high notes I can sing, and that kind of album. It was actually more about emotional music, things that touched me that I wanted to perform in a very intimate, personal way and share these songs that have really touched my heart. The album's got quite a lot of traditional hymns, and songs, and classical music that people would expect, but then there's also some more contemporary, modern things. So it's a real mix of different types of music.

MC: And your daughter is part of one of the songs.

KJ: She speaks. There's a cover of Stormzy's Blinded by Your Grace. Throughout the song we've got children speaking in different languages, and then Aaliyah, says the one in English right at the very end of the song, and so to me, it was really special. When I started making the album, I was seven months pregnant, and that was in the spring, and Aaliyah couldn't even say "Blinded by Your Grace" in a sentence, at that point. We had to split it down, we had to break it down word

for word, and then when we finished the album, the very last thing we did was record Aaliyah saying it, "Blinded by Your Grace," and she was able to say it as a sentence, so it was like actually a mark of how much she'd progress. Also, whenever I hear her do that now I definitely have a proud mummy moment. Every time I hear, I cry ...

MC: It's very touching. How has motherhood changed the way you approach your work?

KJ: I know very clearly what I want and what I don't want to do. I know the things that are important and the things that I won't do, because they're going to take me away from my children unnecessarily, so, for example I don't do a lot of the big international touring at the moment, while they're still little. I will go ... I still go to do things in Asian and Argentina, as I'm doing next year, but I go for much shorter times, and I come back as soon as possible, so it means that it's actually quite an action-packed trip for me, but I'd rather do it and come back to be with the kids straightaway.

It's also made me just drawn to things that are much calmer. Becoming a mum made me a better version of myself. That's how I would describe it. It's made me more patient. It's made me calmer. I'm definitely the most tired I've ever been, and yet I seem to have got more energy. It's made me happier and more sympathetic to other people, and understanding of other people, and all of these advantages have had such a positive effect on my life, so it's definitely affecting the music that I choose to record and the music that I choose to sing.



MC: How difficult is to actually make classical music at a time when classical music is not as popular as it used to be?

KJ: I honestly think that it's all about how classical music is introduced to you. I learned about classical music when I was ... because I started ... I loved singing because I was singing in church, and then I feel like I had a great introduction to it. It wasn't that my mother and father were taking me to the opera. I didn't have that kind of privileged upbringing, and I do believe that it's all about breaking down the barriers and making it as accessible as possible, which I've always tried to do. Something that I'm actually working on at the moment with my husband, so we created a children's educational TV show called *Symphony Street*, which is about all the characters, all the instruments of the orchestra are children that go to school together. They live in families and it's aimed at the sort of four to eight year olds, and we're in production at the moment, and it will be coming out within 2019. We have partners internationally, so I'm not sure what the UK channel will be yet. I felt very strongly that if you can introduce children to all the amazing parts of music, and different genres of music before they decide ... before they're even aware, you know, cool not cool, what's acceptable, what's not. You just make it music for everybody, and make it fun, then I really believe that the music then speaks for itself, so that's my aim with this show. I feel like there's so much of the cutting back to the funding of music, the arts in schools that I think that it's really important that we have ways of continuing that for our children, and I see my children react so well to music, and I believe all children will if it's presented properly.

MC: What would you recommend to parents who have classically talented children, and how can they support them?

KJ: I look back at my parents and how they did it, and I'm so thankful, because they really made me feel like I was supported. My father retired early, and he drove my sister and I round to choir practice, and piano lessons, and singing lessons and, in doing that, he made it very clear that he was supporting me in a time and energy way. My mum and dad weren't pushy parents in any way. They almost held me back. It was more when I wanted to go on a summer singing course, or something like that, they'd ask me 'do you really want to? Have you thought that you're not going to be with your friends?', and they would almost try and talk me out of it until they realised that I really, really wanted to go, and then they were fully supportive. Parents need to try and find that balance of being encouraging, but just not being pushy, and

then my advice to young musicians is always to get as much experience as possible. Many of these things don't cost money. Join local choirs, and orchestras, enter competitions, go into your local amateur operatic society and be part of the musical that they're putting on. Do things like this because there are opportunities. I was in *Oliver!*, when I was seven or or eight, and that was a great experience for me. I loved doing that in our local amateur operatic society. All these things help develop you as a musician, give you experience so that one day when there is an opportunity you're prepared for it.

MC: You clearly have raw talent. How do you train to actually maintain it, compared to what I call the manufactured talents, those that you often see on these reality shows ...

KJ: I attended the Royal Academy of Music, and I think there they taught me very much to look after my voice, and I never think that I know it all. I still go back to Wales to have lessons with my singing teacher, and it's because you can be 70 years old, and still be learning more about singing. That's really important to never think, "I've had 13 albums out." I know what I'm doing. I'm always checking that I'm doing things correctly, and trying to be a better singer.

MC: What do you like to do in London in your spare time?

KJ: I love London. I've been living here since I was 18, and it's my second home, so I love the theatres of London. I love going to see things on date night with my husband and to take my daughter to children's theatre and museums, which I think are really important. We're so spoiled for choice in London with such amazing culture and arts that almost you can't get around to see everything that there is.

MC: What's in your handbag? Everybody wants to know what's in the Queen's bag ...

KJ: I don't go anywhere without antibacterial hand gel because, obviously, when you're a singer you meet people all the time. You really can't catch colds and things like that, so I always try to keep myself as healthy as possible, so antibacterial hand gel. I'll always have wet wipes in my handbag. Wet wipes and rice cakes for the children. I always carry organic rice cakes for them, and then I'm very old-fashioned in that of course I have my schedule on my phone, but I also like to carry my hardcover diary. I like to write everything down. If I don't write it down, I don't remember it, so that's always in my bag. I'm looking in, as I peer in I have two kinds of tea. I always carry Matcha tea and throat tea, i.e. throat coat. It's

like a herbal tea to look after your voice.

MC: What's your guilty pleasure?

KJ: I really don't get much time to sit down and watch TV, so if I do get the time to, sometimes I like to watch really trashy TV. There's a show on at the moment that's like this Hollywood medium. I love that program. Or, maybe it's something like the *Housewives*' show, or something. Something completely silly like that is so different and far-removed that doesn't involve any brain power.

MC: What's your parenting style?

KJ: I would say that I'm definitely firm, and very big on Aaliyah having manners. To be kind is very important. I'm very firm with her, but I also feel like I'm a very hands-on and very affectionate with her. I tell her all the time how much I love her. We kiss and cuddle all the time and it's full on. I enjoy my time with her but I definitely make sure that she doesn't run wild. It's very important to me that she knows when she's done wrong. She knows when she needs to say sorry. But I also encourage her and build her up and try and give her as much confidence as possible and tell her how much we love her, so it's a little bit of both.

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The platform also includes Slumbersac's innovative sleeping bags with feet. These are just like their regular sleeping bags but with openings for feet, so children can walk around while staying in their bag! Designed so that children's feet fit inside the sleeping bag when sleeping, and when they wake up, they can pop their feet through the openings and walk or crawl around in it. Perfect for active toddlers as they start learning to walk.

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**Star
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Abbey Clancy

Mumpreneur and former Strictly winner shares her tips for achieving a work life balance with London Mums

By Monica Costa

Mum-of-three and businesswoman Abbey has recently launched her glamorous debut collection with Lipsy London. We caught up with her to find out how she juggles being a busy mum with having a successful career in

fashion. She also talked female empowerment, where she finds inspiration and what keeps her motivated, her style inspiration, top tips to looking and feeling stylish as well as letting us in to a few of her beauty secrets!

Q: Who inspired you the most as a female entrepreneur?

AC: Stella McCartney and Victoria Beckham have done phenomenally. I also admire the Kardashians – you have to hand it to them, they've built an empire and have become remarkable businesswomen.

Q: How do you manage to stay balanced with being a mum and having a busy career?

AC: Having a baby, and becoming a mum is always a huge decision for a woman in business, it can often mean having to put your career on hold. Having my mum around really helps. I literally couldn't do it without her, she helps me so much! I'm lucky enough that I don't work every single day so I can pick and choose and then I can arrange the kids around that. The kids come first but it is important for me to work as it keeps my identity and my independence and I enjoy it!

Q: What is the best career advice that you have ever received that you want to pass on to London Mums?

AC: Be yourself and don't compare yourself to anyone! Never give up and follow your dreams. Have patience, if you believe in yourself you should never give up on it. You should do your best to try and make a difference, even if it's only to your life. Make an effort- time flies and before you know it, it's over.

Q: What do you think about the recent wave of female empowerment?

AC: I think it's great and it's about time! Home life is important to make my children feel empowered and raise them alongside my husband Peter in a happy home environment so that they can be as confident as possible and trust their instincts.

Q: What clothes would you choose to make you feel empowered?

AC: A tailored sharp power suit! My Lipsy London black tux suit is perfect for this. When it comes to colours that make me feel happy and fabulous, I say it's all about black or nude! They're my go to tones for feeling confident.

Q: What's your view on friendships?

AC: Friendships are key to helping me feel motivated and supported and I recognise that it is so important to have strong relationships with your friends – there's certain things you might not want to tell your mum, or your husband and you do need your girlfriend's advice.

Female friendships are great, as you can tell them anything and they won't judge you, they'll support you and help you out. I'm really lucky I have just that with my friends.

Q: What's your main inspiration?

AC: The key to feeling inspired is being happy and feeling confident. I love to see people doing well, no matter what it is - whatever it is that makes them happy. I like feeding off good energy and good vibes and I love to see people doing well and that definitely inspires me as I think you can take a bit of their motivation and apply it to whatever you want to achieve.

Q: What are your top style tips for London Mums?

AC: Don't just follow trends – stick to what suits you rather than what you think you should be wearing because everyone else is. Everybody is different! Rather than splurging on season-specific trend pieces, which have no guarantee of being long-term, you should buy classic pieces that can take you through different seasons and have a much longer style lifetime. Embrace your individuality, just because something is 'on-trend' doesn't mean you should conform to it. Invest in classic pieces like a blazer, a biker jacket, a good pair of black boots or a handbag.

Q: What's your style inspiration?

AC: I like that off-duty model look. I am a huge fan of Kate Moss and Rosie Huntington-Whitely but love that off-duty casual style which is often rocked by some of the Victoria's Secret models when they are travelling or enjoying themselves at a festival when they aren't working. I do need some daytime pieces that women can wear for Sunday lunch or go for a walk in the park with the kids in, it's important to get a balance.

Q: What are your beauty secrets?

AC: For when I'm on the move or off on holiday, I'm always keen to use products that hydrate my skin. I recommend facemasks by Patchology, they hydrate the skin and are amazing for after flying. I like Skinceuticals ce ferulic serum as well.

For long-lasting coverage with make-up, mineral powders are always good, they stay on and you get good coverage and it also gives you that nice skin look rather than too much make up. You don't have to keep topping up. A good booster for me is having a pamper night, I'll take a nice bath, get my tan on, treatment in my hair and get an early night.

Abbey's debut Lipsy X Abbey Clancy collection is available online now at

www.next.co.uk/lipsy/abbey-clancy.

Tutoring can be a force for good, but it must be done right

By Ranulph Tees

A lot has been written recently about the boom in private tutoring “fuelling an education arms race”, and how the rise of tutors has increased pressure on pupils and parents. However, these articles confuse the difference between **tutoring done well** and **tutoring done badly**.

Tutoring done badly is damaging. Pupils learn by rote, the experience is unpleasant, and the pressure increases. This is pointless, and if it's done really badly then pupils may see no improvement at all.

But tutoring done well leads to phenomenal benefits. Pupils develop a unique bond with an expert in their field, who can individualize lessons in a way that is impossible in a school setting.

The very best tutors utilise assessment-led learning. This approach is the best for tutoring because it maximises the gain from every single lesson. The tutor starts each lesson knowing exactly which topics to focus upon, tailoring the strategy to improve areas of weakness and maximise strengths, and they can do this because they're guided by assessments based on cutting-edge research. No time is wasted, and the results achieved through these methods are exceptional.

But there is another side equally important to tutoring. Parental and

pupil anxieties are driven by a fiercely competitive schools' market, particularly at the 11+ stage. Top independent schools have applicant-to-place ratios in excess of 10-to-1, and for some grammar schools it's as much as 30-to-1. Assessment-led tutoring delivers results and helps pupils get into the best school for them, but the stress surrounding the process remains huge.

As such, there is a major role for tutors to play in order to reduce pressure on both pupil and parent, taking a critical responsibility for welfare. Having a tutor means a great pastoral figure can enter a child's life, someone they can talk to about their worries and who can help them overcome any anxieties they face, and someone who focuses as much on their welfare as their academics.

So when tutoring is done right it can be a major force for good, in particular when it is assessment-led and welfare-focused. This is the approach at Cavendish Milton, who are London's leading tutoring agency specialising in the 11+. They have an exceptional success record as a result of this approach which speaks for itself, and you can contact them using the details below.



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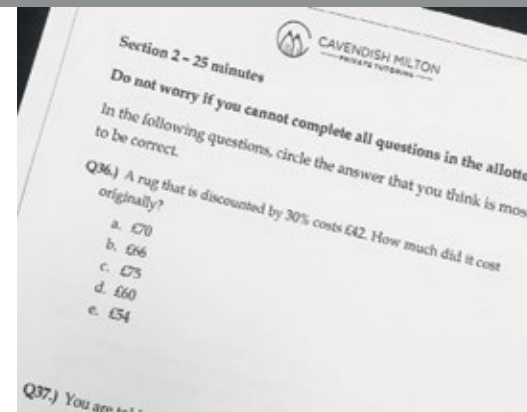
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How to raise a bilingual child even if you can't speak the language yourself

By Stella Bataille

THE BENEFITS OF LEARNING A SECOND LANGUAGE AT AN EARLY AGE ARE WELL DOCUMENTED, BUT WHAT MANY PARENTS DON'T REALISE IS THAT ANY CHILD CAN BECOME FULLY BILINGUAL EVEN IF THE REST OF THE FAMILY AREN'T!

The benefits of learning a second language at an early age are well documented, but what many parents don't realise is that any child can become fully bilingual even if the rest of the family aren't!

How can parents help their child embark on the wonderful journey of bilingualism when the second language isn't spoken at home? Some parents are under the false impression that a child needs to live, or be educated in, a bilingual environment to become fully proficient in that language and to attain an authentic accent.

The desire for children to learn a second language early on in life is growing, as parents become increasingly aware of the numerous benefits. Countless studies have concluded that learning a second language increases critical thinking and creativity. Multi-lingual children do better in both verbal and numerical tests at school than those who speak only English.

All well and good for children born into bilingual – or even trilingual – households, but what about the rest of us, who struggle with the simplest exchanges of conversation in another language?

Well actually, there are lots of things you can do to help your child along.

Start Early

As young children are less inhibited and able to learn through play, the earlier you expose your child to another language, the better. After all you learnt your own native tongue at birth and even before! Recent research on brain scans of toddlers at King's College London suggest before four years old is the "optimal window". Songs and rhymes are an excellent place to start as children absorb vocabulary and grammatical structures, and they can also practise their accent. The Club Petit Pierrot CD is a great place to start – it features 36 original songs and rhymes.

Take them to a fun immersion class

Babies and young children have an insatiable appetite to learn and communicate. They don't mind in which language they do this, as long as the exchange is full of meaning and fun! So choose a class where the emphasis is on communication. You'll be amazed how quickly they pick things up!

At Club Petit Pierrot there is no translation whatsoever. Instead, children are fully immersed in the language and learn actively. They get involved in a wide variety of stimulating activities which are age appropriate, such as songs, dances, arts and crafts, cooking and there are fun language games and worksheets for the older children too.

Find a Native Teacher

Your child will copy an authentic accent and a native teacher will pass on all the intricacies of the language and its culture. All the Club Petit Pierrot teachers are enthusiastic native French teachers and are passionate about teaching French to young children.

Have fun

Learning is much easier when you're having fun! In the right environment children will learn without pressure through play and exploring. They will learn without even realising it and the results will be far better – gone are the days of sitting down with flash cards! At Club Petit Pierrot they sing, they dance, they create, they read, they imitate, they play...they have fun!

Don't force them

It is important not to force a child to speak in a second language. They will only speak if there is a need to, or if they want to! So keep it practical and fun without putting any pressure on your child. This is confirmed by the feedback which Club Petit Pierrot receives. Recently a parent reported to the teachers that while on holiday near Bordeaux in France, her two and a half year old

daughter was spontaneously using all the vocabulary and phrases learned during the classes.

Relax and get involved

As adults we become self-conscious and inhibited. Thankfully, most children don't have that problem. Follow their lead and unleash your inner child! Speak, sing, dance and play along with your child at home, and don't worry if your accent isn't up to it or you're not pronouncing the words perfectly. We all make mistakes and that's part of the learning process. Some of the best classes are the ones where parents join in – and the children really benefit from seeing their ultimate role models having fun! Just don't be upset if your child makes much more rapid progress than you.

Play at home

You can also reinforce what they learn in their language classes at home by finding online language videos, cartoons, films, songs and rhymes, books, exercises and even apps. Join in with them and have fun!

Any child can learn a second language. They learn it in exactly the same way as they learnt their native tongue, but learning a second language does take commitment. Regular exposure to the language is crucial if bilingualism is to be achieved. That does take dedication, but with proven benefits for the young (and



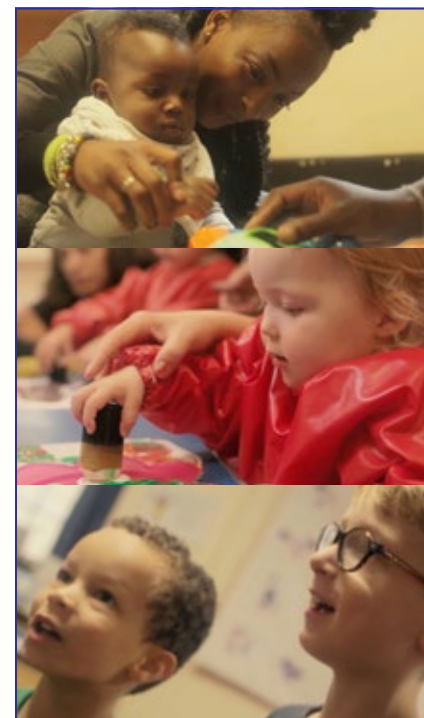
also now for those with, shall we say, more mature grey matter!) it's a fantastic and extremely rewarding activity for the whole family to engage in.

So there's no excuse – launch your child on a wonderful journey to bilingualism today!

About

Founder/Director Club Petit Pierrot – Fun French lessons for babies and young children since 1993

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FAMILY SKIING IN ALPE D'HUEZ

THE TRIP THAT MADE ME FALL IN LOVE WITH SKIING AGAIN

Like its gorgeous slopes, Alpe d'Huez in France has something for everyone, finds Monica Costa.

My first exciting trip of 2019 was to the mountains surrounding Lyon in Southern France. Ski aficionados will tell you that the slopes in Auris-en-Oisans www.auris-en-oisans.fr/en and Oz-en-Oisans www.oz-en-oisans.com/en have something to offer to all levels of expertise.

Alpe d'Huez resorts are great for family trips because of the varied offering available including an excellent ski school, affordable accommodation, healthy nutritious food suitable for every palate, friendly and charming people as well as cutting-edge skiing gear and lifts. As an Italian used to the beautiful Dolomites mountains, Alpe d'Huez Grand Domaine Ski resorts have been a very pleasant discovery.

Flights

The direct flights from Heathrow airport to Lyon with BA or from London Gatwick to Grenoble with easyJet from £55 make it easy to travel with kids from London.

Skiing

This special trip has made me fall in love with skiing again after 30 years. Last time I went skiing I was a teenager. An instructor made me hate the sport and I decided to hang my ski boots for good. But my 12-year old son's passion for snow sports has forced me to revisit the experience. My French skiing instructors of the ESF ski school at Alpe d'Huez, Mathieu and Clement, were charming, patient and key to my change of heart. I managed to advance from the 'green' slopes to more ambitious terrains within hours. I was still a bit cautious on the 'red' slopes but also surprised to find spacious areas for me to practice and improve even in a short period of time. It's been a priceless experience that helped boost my confidence.

Ski school:

Ski lessons can be booked with ESF. For a full price list check www.aurisesf.com

Lift passes:

A six-day adult lift pass for Alpe d'Huez Grande Domaine Ski costs from 272€ / £245. www.skipass.alpedhuez.com

Nordic Walk and Wellness

Failing the skiing challenge, there are Nordic walking excursions to be had featuring staggering panoramic views. Quite frankly, I could have sat and just admired the peaks for a week and gone home a happier and better person. The Nordic walk was very brisk and energising. It can be done in combination with skiing. Packages are available for more than one session and/or with wellness packages. 5 sessions + 1 pool/sauna ticket 120€, 3 sessions 75€, 1 session 28€. www.esf-ozenoisans.com

Accommodation

HÔTEL RESTAURANT Le Beau Site

Price per night from 89 € / £80 for a double room
www.hotel-lebeausite-auris.fr

Hôtel Eterlou

Price per night from 88 € / £79 for a double room
www.chaletsoz.com

Dog sledding

The Nordic Quest sledding ride is truly fascinating, an unmissable activity for kids and Huskies' lovers. 'Wolf Pack' leader Ludovic explains everything about his dogs – their personalities and roles within the pack – before the dogs take you for a ride – puppy cuddles are included. www.facebook.com/NordicQuest/

Photo by ©capitaine citron / Lemon Captain www.click.book.fr

La Folie Douce Alpe d'Huez

If you love grooving, this is a fantastic outdoor disco at the top of the slopes in Oz-en-Oisans for après-ski. www.lafoliedouce.com

Restaurants and bars

Auberge de la Forêt is a cosy French family restaurant with the best homemade food I've had outside of Italy in a long time and lovely hosts who made our dinner memorable. www.aubergedelaforet-oisans.com

La Potée Oz, Oz-en-Oisans

For those missing home, there is a lovely 'pub' called La Potée Oz in Oz-en-Oisans where the locals and the skiers gather for drinks and food at the end of the day. I drunk the best mulled wine in Oz and had a delicious Montagnarde, which is Raclette cheese with a fried egg on top.

Traiteurs Monts & Merveilles

Monts & Merveilles deliver dinners to your holiday home in Oz, Vaujany, Villard Reculas so you don't need to cook after skiing. The menu I sampled was sophisticated and nutritious. It included Salmon tartar with avocado and herbs, Poulet Crevis (chicken crayfish and ravioli and mushroom gratin) and Sheep yogurt panna cotta with marinated prunes and granola. For 125€ per person you get 5 homemade meals per week. Children get 50% discount. www.oztraiteur.fr

FIRST AID TRAINING TO BECOME A MANDATORY PART OF THE CURRICULUM IN UK SCHOOLS

By Emma Hammett RGN



Every year, 60,000 people in the UK experience a cardiac arrest and 50% of these incidents happen in the community. 270 children die at school as a result of sudden cardiac arrest. To give someone the best chance of survival, bystander CPR should be given immediately, however often this doesn't happen as people simply don't know how to help. By the time an ambulance arrives, valuable time has been lost and, in many cases, any chance of saving the casualty has gone. In England, the ambulance services attempt to resuscitate approximately 28,000 people each year, of which less than 10% survive. The more people in the community trained to help and able to give prompt CPR and use a defibrillator, the better the chance of survival and prognosis for all of us.

These programmes have resulted in an increase from 8% to 22% of patients arriving at hospital alive following a sudden cardiac arrest. By 2011, the provision of CPR by members of the public more than doubled and survival from out-of-hospital cardiac arrest tripled. The results across the rest of Scandinavia with similar training programmes are equally impressive.

Sadly, the survival rates for the UK are desperately disappointing. You have a substantially reduced chance of surviving a community cardiac arrest in the UK, less than a third success rate compared to countries where first aid is taught in schools. Therefore, the Government has made the landmark decision to make

first aid training a mandatory part of the English PSHE curriculum from September 2020.

First Aid for Life has been providing first aid training in schools for many years and in response to this new legislation, we have developed a brand-new set of free teaching resources – PowerPoints, PDF handouts, posters, videos and infographics – designed specifically for primary and secondary schools to help introduce their students to the complex subject of first aid. In addition, we have modular online first aid training courses to give students an excellent grounding in first aid before ideally being taught practically by our experienced First aid training professionals. First aid is a vital life-skill and its importance cannot be over-stated. Gaining these skills empowers students to be more risk aware, to be able to help themselves and others if involved in a medical emergency and could save their life.

For **FREE** teaching resources or more information please visit www.firstaidforlife.org.uk or contact emma@firstaidforlife.org.uk 02086754036



Denmark has remarkable cardiac arrest survival statistics. Since 2005, they have had various campaigns to improve CPR education:

- All children are taught CPR skills from elementary school stage.
- Learning CPR is a mandatory part of passing the driving licence.
- There are community-based training courses throughout the country, open for all to attend.

Popularity of kids clubs and activities continues to soar



Parents across the UK are spending hundreds of thousands of pounds every week on extra-curricular past times for their children. Whether for newborn babies, toddlers or school-aged children, clubs continue to soar in popularity with parents keen to expose their little ones to new learning experiences. According to recent research from ClassForKids (the easy to use booking and payment platform for the kids activities sector), sports-themed clubs continue to be the most popular choice currently with 63% of all bookings being linked to sports-related activities, putting it ahead of music, art and dance.

For children's sports however, there is one clear trend; gymnastics is by far the most popular children's activity, with well over a third of children attending these classes across the UK. But with an ever-increasing range of new clubs and activities to choose from, parents also find themselves juggling multiple payments and bookings for their children, not to mention the weekly drama of ferrying them to and from their sessions, which all in all, can become quite a stressful process.

Thankfully, most club providers are starting to wise-up to the need to make life easier for busy parents who are often managing work, family life and multiple children within their daily routines. In fact, many clubs have started to operate through simple payment and booking platforms like ClassForKids whereby parents can book and pay for their clubs automatically using any device, at the click of a button. So no more

turning up at a class to find it's been rescheduled or cancelled and no more worries about securing your child's place. It also means that club organisers can share key information directly with parents and add important dates straight into their calendars, meaning they can check in on class information at any time through the parent portal.

It's also super simple to rebook for next term's classes too. Just a couple of clicks are all that is needed to keep parents and their children's extra-curricular lives organised. Most parents using systems like ClassForKids have said that aside from the ease of use, they find there is no longer a need for awkward conversations about outstanding payments not to mention dashing around the house hunting for spare change prior to leaving for an activity session. Visit the ClassForKids website below to see how platforms like these have transformed the way parents manage their kids activities for the better and if your club organiser isn't using it, 'why not?' is a good question to ask them! clubs.classforkids.co.uk/case-studies/parents

Image Credit: Courtesy of Cricket Tots



WE HAVE HAD AN UPGRADE!

MILL HILL SCHOOL NW7

Did you know that Mill Hill School has a Sports Centre which is open to the public? It is a little gem of a centre with great equipment, attentive staff and a large variety of facilities.



During the summer 2018, the Fitness suite had an upgrade of brand new Startrac equipment and we listened to our users who wanted a Stairmaster and Leg press, both of which are now installed and are being well used. At the same time, the weights room had new free weights installed as the popularity of the weights room has become more and more apparent. Our fabulous fitness instructors and Personal Trainers are on hand and available to be booked for one to one lessons and are full of enthusiasm and energy.

With the focus on health and fitness in the news, Mill Hill School has a number of classes held during the week and over the weekend and vary termly.

There are also rooms to rent, outside tennis courts and a large sports hall for badminton and five-a-side football. The hall can also be hired for children's parties.

The outdoor space is equally as impressive on The Mill Hill School Estate, with a large astro turf, cricket pitches and fields, all available to rent in the summer months.

And nestled in a picturesque backdrop is a large indoor swimming pool, which is kept at a pleasant constant temperature, with swimming lessons and public sessions running during the evening and over the weekend.

Booking is easy via SchoolHire just click
www.millhill.schoolhire.co.uk you are able to view what facilities are available and when and secure your preferred time for most of our facilities.

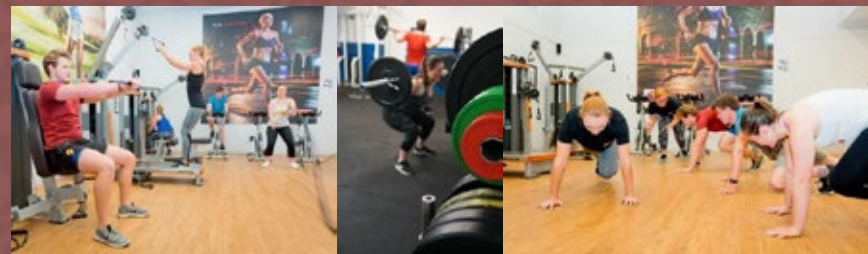
The school can also be booked for weddings and special occasion parties, with our caterers providing a tailor made service. Additional information can be found on our website www.millhill.org.uk/hire-the-school. If you would like a tour and hear what options are available to you, please call us!

Public opening times and tours call **0208 906 2322**

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www.millhill.schoolhire.co.uk

TRAVEL WITH KIDS TUSCAN RECIPES FOR ALL THE FAMILY

By Rita Kobrak

We moved to Tuscany two years ago from London and one of the things we love, along with the great climate and laid-back lifestyle, is of course the food. Tuscan food is simple to prepare, the key is good quality ingredients that are fresh and in season. Kids love helping and it is a great way to get them to eat more vegetables when they can take part in preparing the dishes.

Here are a few of my favourite recipes.

Panzanella

This is a great salad if you have old, slightly stale bread at home.

Soak the bread in oil, a little balsamic vinegar and water. Squeeze it dry and add to chopped cucumber, onion, tomatoes and lots of basil. Drizzle some oil and add a little salt and you have a simple tasty salad.



Pappa al pomodoro

This is again a bread-based dish but this time a soup. Dice onions and fry in olive oil.

Take out seeds and press the tomatoes through a strainer. Cut the tomatoes and add to olive oil and onions. Add a little chilly and salt, cook for around 30 minutes. Stir in basil and slightly stale crushed bread.

Serve in bowls with a drizzle of good quality olive oil.



Baked asparagus

Place asparagus, tomatoes, pine nuts and a little garlic. In a baking tray and sprinkle with salt, pepper and lots of good quality Tuscan olive oil.

Bake 29 minutes in the oven at gas mark 4.



Tirami su' (literally it means pick me up)

As farmers used to have it in the morning, the coffee plus the raw eggs and sugar gave them the strength to go out and do a hard days' work. Note the Tuscan version doesn't have any alcohol!

For six people

2 tubs of Mascarpone

5tbsp sugar

5 organic eggs

Espresso coffee Pavesini or Savoiardi biscuits

Grated chocolate

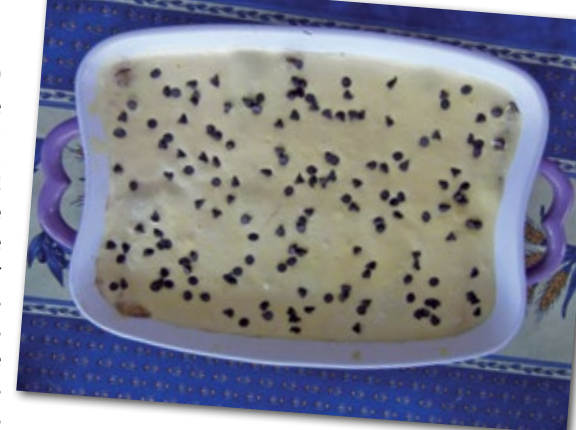
Separate the egg yolks from the whites

Mix the sugar and egg yolks for about five minutes with an electric whisk. Add the Mascarpone.

In a separate bowl whisk the egg whites until stiff and add to the Mascarpone mix.

Dip the biscuits in the coffee (you could add some Marsala liqueur to the coffee if you like) and layer them in glass dish. Spoon the Mascarpone mixture on the top. Do another layer and grate Chocolate on the top.

Keep in fridge for at least two hours before serving.



Zuppa di farro (spelt soup)

2tbsp spelt per person

1 onion

2 carrots, Celery stick

1 courgette

4 chopped Tomatoes

A little vegetable stock

2 sausages (optional)

Cook farro for 20 minutes with a little salt.

In another pan add onion with oil until softened. Add all the other ingredients and simmer for 30 minutes.

Serve with a drizzle of olive oil and lots of Parmesan.



VILLA RADICATA

At Villa Radicata we hold yoga and cooking holidays for all the family. Mums can relax with massages and yoga while children from 3 months to 12 years old are entertained and looked after. Fun pasta, pizza making and cooking lessons for all the family in a beautifully restored villa with pool in the stunning Tuscan hills.

Contact Rita ritakobrak1@aol.com or phone 0039 349 5018679
WhatsApp 0044 7983821282 mum-and-baby-experience.co.uk
Weekly self-catering holidays also available
at Villa Radicata www.holiday-villa-in-tuscany.com



Toy Trends 2019

2018 was a challenging year for the UK Toy industry which went 7% down due to Brexit economic uncertainty. Editor Monica Costa went to Toy Fair London and identified the top six trends for 2019.

Customisable collectibles that include a surprise element

Affordability and personalisation are going to be key drivers in 2019. Kids can now alter toys and figurines with DIY touches for personal appeal.



#Snapstar fashion dolls by YULU™ for girls ages 5-11 – Kids can create their own looks with accessories, removable hairstyle, green screen and a free app, make movies with their dolls and connect with 'tween fans in a way they can relate. #SNAPSTARS will be available from Smyths from 1st April 2019. **RRP £17.99**



Rainboella is a brand-new range of completely customisable dolls from the British designers at Mookie, allow children to create and make their own figures and collectables made using light-activated gel which turns from liquid to solid using the special Rainboella curing machine.



Throwback Toys

Toys that tap into nostalgia and create a bond between kids and parents are growing in numbers. 2019 will celebrate big anniversaries in the entertainment world's most beloved characters and movies as well as iconic toys and games that will ignite a wave of nostalgia for parents and grandparents back to their childhood. Parents are looking to share toys and characters that played a big part of their childhood with their kids and this will include classic low-tech games with cutting-edge features.

Friends themed Monopoly

This is a classic board game reinvention. No surprise about this as a recent survey of 2,000 UK adults born between 1960 and 2000 found that wholesome family favourites which encouraged group play, such as Monopoly was the sixth most requested retro toy from the 60s. **RRP £29.99 by Winning Moves**



Monopoly Cash Grab

is a new social and dynamic game based on the classic board game. **RRP 19.99 by Hasbro**
Amazon.co.uk



Llamas, Pigs and Sloths

While 2018 was all about mythical creatures, 2019 sees a surge in toys featuring real animals such as llamas, pigs and sloth. The surge of the llama is linked to omnipresent video game app Fortnite and will be seen in many toys throughout 2019. Chinese year of the pig will influence the toy market too. Disney's Zootropolis 2 will increase the popularity of the sloth Flash which was the funniest character in the first movie.



Llamas in all sizes available from HGL
www.ozbozz.co.uk



Dog poo with fly in it
£0.99 from HGL
www.ozbozz.co.uk



LEGO® Movie 2 Key Lights collection

Includes favourite characters, each with pose-able features.
Priced around £8 each, age 6+, available from
www.recreationltd.co.uk

Movies themed toys

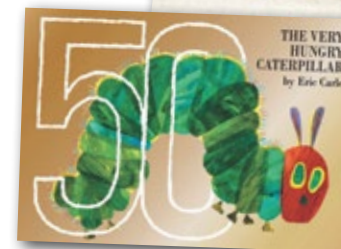
It looks like 2019 is going to be a busy year not only on the big screen, but also for licensed toys and games. Several big family-friendly movies and live-action remakes will be released including *The Lion King*, *Aladdin*, *Toy Story 4*, the next *Star Wars* and *Avengers* instalments, as well as the sequel to the hugely popular *Frozen*. 2019 will also be remembered as a year dominated by superheroes: the new movies will change the Marvel Universe and the tie-in toys of the *Avengers*, *Captain Marvel*, *Spiderman* will flow at the speed of light.



Captain Marvel movie doll
by Hasbro – Ages 6+
RRP £12.99

50th Anniversary of The Very Hungry Caterpillar™

The Very Hungry Caterpillar has been part of our lives for half a century and the toy industry is celebrating the longevity and the momentous anniversary of Eric Carle's evergreen brand with the launch of new products for kids. Rainbow Designs has created the 'Tiny and Very Hungry Caterpillar' collection featuring a beautiful selection of nursery toys crafted specifically for the newborn to 18 months age range. Puffin Books have also re-printed the classic story with commemorative golden book covers.



Toys from TOBAR

By Julie Pittilla

As part of our series of articles looking at the people behind the products, we are taking a look at TOBAR. This toy manufacturer and distribution company covers all aspects of the toy industry. From Pocket money putty to high end radio control vehicles and drones and everything in between.



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If it's on trend or traditional, TOBAR will have a version to suit all pockets. This year, the toy fair trade season has just finished. So now is a good time to take another look at the toys you, the customer, will be searching out in 2019. We met David Mordecai the CEO of Tobar to talk toys for the coming year. Here's what he had to say...

'There are some great new items to choose from with a big emphasis on pocket money toys and the more cost effective price points. Hot on the heels of the Unicorn passion of last year are the Llamacorns. These magical meets material creatures are a combination of the two best loved creatures for 2019. Llamas and Unicorns. This great merger features in products as diverse as night lights, magic putty, balloon balls, money banks and even growing and hatching Llamacorns!'

2018 saw the media draw attention to safety in toys. David wants to reassure all Tobar customers.

He says 'With over 45 years of experience within the industry we have seen many changes and updates to toy safety regulations, which as a company, we take very seriously.'

We pride ourselves in supplying great quality, innovative and most importantly SAFE products. We want everyone to have fun and enjoy our products. At TOBAR products go through a long assessment and testing process and are not launched until we are sure they comply with the Toy Safety Directive.'

Putty and slime are here to stay and TOBAR have even got a special planet putty solar system so the love of science can be combined with the play power of putty! Oosh cotton candy cuties are a new collectable range of sweet smelling foamy putty which hides a collectable character. Again at pocket money prices.

As a distributor for the Zuru Robo Alive and Pets Alive ranges, Tobar have the animated market sewn up from lifelike spiders to mythical red dragons. These moving creatures make a great

gift at prices from £7.99 for the creepy crawly cockroach to a mere £25 for a dragon that breathes fire! (well a light up representation of it!). The star of London Toy Fair was Boppi the Dancing Llama! This fun loving Llama twirls her head and shakes her booty to three unique tunes! A really fun item for this year.

The Animigos range of soft toys with sound and movement have been very popular for TOBAR – so this year the company have introduced New Born Animigos. A bunny, a kitten, pug, and guinea pig stepped on stage this year and were warmly received. Cute and cuddly they each come with a feeding bottle and make sipping sounds.

Of course TOBAR keep an eye on trends outside the industry too and new movie releases can be a big factor. With this in mind, a whole flock of products have been released to coincide with the launch of Angry Birds 2 in the summer. From slot car racing and radio control vehicles to collect and construct characters in surprise bags the company are prepared for a flurry of activity!

Again all price points are covered with a host of pocket money items. There are outdoor items too, including an Angry Birds Hopper and indoors TOBAR have fantastic radio control vehicles that will fly out of the shops.

David went on to discuss some of the toys that TOBAR distribute for other manufacturers. With an extensive background in diecast vehicles, David was the perfect person to act as the 'go to' expert for the leading manufacturers in the field. Bburago and Maisto. His experience in selecting and retailing these items has led to an impressive portfolio of vehicles which suit all tastes from children who just want to play, to collectors who really want authenticity and quality.

The TOBAR collection is extensive – check out what they have to offer at www.tobar.co.uk

TOYS WISH LIST

ALL THESE TOYS ARE AVAILABLE FROM WWW.TOBAR.CO.UK

Tobar



Angry Birds Hatch and Race

Collectable and Constructable, bang on trend and in time for the new Angry Birds Movie this summer. There are six collectable Angry Birds characters that each come with their own vehicle. Buy them individually and wait and see which character you get! All the vehicles in the range can connect with each other.

RRP: Around £3.99

Available from all good toy retailers from early summer.



Pets Alive Boppi

The fantastic booty shaking Llama, she twirls her head and shakes that booty! Plays three unique tunes and dances the night away!

RRP: Around £25

Available from all good toy retailers from May 2019



Rockzilla from Maisto Tech RC

This radio controlled Monster Truck has everything you need to ride over the roughest terrain. Made by diecast specialists Maisto. A high quality and very impressive gift.

RRP: Around £75



Oosh Cotton Candy Cuties

The perfect combination of collectability and cuteness. Each globe contains a different character encased in sweet smelling stretchy foam like putty.

RRP: Around £8.00



New Born Animigos

A collection of cute baby animals that interact with their new owners! Packaged in designer carryboxes these babies won a place in the Good Toy Guide at London Toy Fair this year.

RRP: Around £9.99



EMERGING TRENDS IN TOYS FOR KIDS AGED 0-3

Being able to spot emerging trends is essential to making or breaking it in the kids' toys business. And Hippyck, which caters to the 0-3 market, is one that has always come up trumps when it comes to identifying what's hot and what's not since it was founded twenty years ago.



London Mums spoke to Julia Minchin, Hippyck's founder, to get the low-down and to uncover her trade secrets.

but rumour has it the way they express themselves is by humming. Cue the new Vilac alpaca ride ones which are to be launched as part of the Hippyck portfolio this year.

Coral is the Pantone colour of the year. We are developing some Hippyck accessories to match this trend this year, but we are expecting sales of our Nattou Octopus in coral, Piu Piu, to accelerate. Piu Piu is part of a collection called Nattou which has built its reputation on a combination of colour pallets based on trends in nursery design. Piu Piu, available in several colours as well as coral has velvety tentacles designed to resemble the feel of the umbilical cord. It makes a fabulous gift for new-borns, including preemie babies.

Sloths are getting some well-deserved attention too with their smiley faces. Any London Mums out there with an idea for a Sloth toy that we can help bring to fruition? We'd love to hear from you.

Though trends are important, we also place huge emphasis here at Hippyck on quality, functionality and toys that promote activity and development. Combining these essential values with fashion trends is what seems to have been our formula for success and we look forward to that continuing for at least another 20 years!

The first toy product we took on when we started 20 years ago was Wheelybug, a ride-on toy that goes backwards, forwards as well as round and round. We just knew, when we launched the original Ladybug design, that it was going to be a hot ticket item. And it's proved to be so, offering quality construction with immense play value. Since we launched Wheelybugs in the UK, there have been literally hundreds of me-toos that have flooded the market. But ours is well-regarded as the original and the best, and we have the exclusive rights to sell it in the UK.

We often look to fashion forecasters to see what's trending, and unicorns have been big business for some time now, with no signs of abating. This resulted in a new Unicorn Wheelybug introduced last year that has weaved new magic into the collection.

Forget a horse and carriage. Alpacas are currently the big thing at weddings. The power of social media has brought this trend rushing full (alpaca) pelt to the UK. These gorgeous creatures not only look absurdly cute



To find out more about Hippyck's portfolio of toys and nursery accessories, visit www.hippyck.com

Pretty things

London Mums' favourite gifts for this Spring



Vilac Plush Rocking Alpaca
RRP £120.00
Available from www.hippyck.com



Nattou Piu Piu the Octopus
RRP £14.99
Available from www.hippyck.com



Plush Unicorn Wheelybug
RRP £69.95 Available from www.hippyck.com



Love Light Life Candles

This elegant 100% natural candle will create the perfect atmosphere for your home. Made with 100% natural wax and lavender, ylang ylang and geranium essential oils and its universal message of Love will enhance your well-being. May this luxury candle bring you "Love Light Life" every day.

RRP £32 www.lovelightlifecandles.com
Instagram: @lovelightlifecandles.



New eco-adventure Dolphin Kick

Is about a boy who makes friends with a lost dolphin on holiday and a film the whole family will enjoy.

Out on DVD and to download 1st April

NORM OF THE NORTH: KEYS TO THE KINGDOM is out to download and on DVD now. The DVD cover features London Mums' own quote: "Ice Age meets Smallfoot" We love it because it's a 'beary' funny crime-comedy animation for the whole family.





Magical fun for
little people

www.hippychick.com 01278 434440

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