

FREE

Issue 33 Summer – Autumn 2021



# London Mums



**Laura Dockrill**



**Michael Ball**



**Jon Batiste**



**Star  
mum**

**BBC NEWSREADER  
KATE SILVERTON**  
“There’s No Such  
Thing As ‘Naughty’”

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



**Award-winning practical and blended paediatric first aid training tailored to your needs**

COVID 19 -  
SOCIAL DISTANCED  
COURSES WITH STRICTEST  
INFECTION CONTROL



**Award  
Winning**  
First Aid Training

**Also available online**

Gain the confidence to help

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

e-mail: [emma@firstaidforlife.org.uk](mailto:emma@firstaidforlife.org.uk)

Tel: 020 8675 4036

**Fully Regulated and Approved**  
**Fulfilling Ofsted and Early Years criteria**

# HELLO

## Editor's letter



Photographer Simon Williams

I emerged from this heck of a long year with an absolutely 'craving' for social interactions. This edition reflects my frenzy chatting activity of the past few months.

You'll agree that star mum and Strictly Come Dancing contestant Kate Silverton is the loveliest newsreader in the world. With curlers in her hair and a charming smile, she talked to me about her first book *There's No Such Thing*

As 'Naughty': *The ground-breaking guide for parents with children aged 0 to 5*, in which she shares her new approach to parenting that helps to make family life so much easier and an awful lot more fun!

Award-winning author Laura Dockrill aka Zombiemum has told me about her mission to empower parents and why she wants to normalise the conversation about mental health and parenthood.

Multi-Platinum selling recording artist Michael Ball has cheered me up with his larger than life personality and has explained me why during the pandemic he has learnt that *we are more than one*.

Golden Globe winner Jon Batiste has entertained me with his eccentric, visionary and genuine personality. His new album *We Are* is a warm hug in pandemic times.

For mums with young children in need of a relaxing break after a tough year stuck at home, I've checked in at the most welcoming location in central Italy: Villa La Radicata in Tuscany, where you can learn how to cook Italian dishes while enjoying *la Dolce Vita*.

I hope you enjoy reading this issue as much as my team and I enjoyed putting it together.

Happy reading!

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

Monica Costa

Editor in chief, Founder of London Mums & mum

of 15-year-old Diego [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk), [@londonmums](https://www.instagram.com/londonmums)

Let me know what you think of this issue

at [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) or via

Twitter/Instagram at [@londonmums](https://www.instagram.com/londonmums)

Register online **NOW** at [londonmumsmagazine.com](http://londonmumsmagazine.com)

and [www.youtube.com/londonmums](https://www.youtube.com/londonmums)

# THE BIG INTERVIEW



**Kate Silverton**

### Editorial

London Mums magazine is produced by London Mums Limited

**Editor and publisher:** Monica Costa  
[monica@londonmums.org.uk](mailto:monica@londonmums.org.uk)

**Editorial Assistant:** Carolina Kon  
[info@londonmumsmagazine.com](mailto:info@londonmumsmagazine.com)

**Head of Partnerships:** Laura Castelli

**Illustrators:** Irene Gomez Granados (chief)

**Contributors:** Emma Hammett, Rita Kobrak, Francesca Lombardo, Julia Minchin, Carley Read, Diego Scintu

**Photography credits:** Photos of Kate Silverton by Sim Canetty-Clarke; Photo of Laura Dockrill by Sonny Malhotra; Photos of Michael Ball by @James Hole pictures; Studio Photos of Jon Batiste by @Justin French; Outdoor Photo of Jon Batiste by @Louis Browne

**POST:** London Mums Limited,  
74 Dowdeswell Close – London SW15 5RL

**CALL:** 07900088123

© Copyright London Mums Limited 2021

### Advertisers & Sponsors

To discuss your advertising requirements, email [info@londonmumsmagazine.com](mailto:info@londonmumsmagazine.com)

**NEXT ISSUE:** The Winter 2021-2022 issue will be out at the end of October 2021 – Deadline for advertising: 15 September 2021

**DESIGN:** Urban52, [urban52@gmail.com](mailto:urban52@gmail.com)

**PRINTED BY** Holbrooks Printers

Views expressed in articles are strictly those of the authors. Every effort is made to ensure that all the information given is correct but London Mums Limited accepts no liability for any inaccuracies, errors or omissions that may occur or their consequences. This publication is copyright and may not be reproduced, stored or transmitted in any form without written permission from the publisher. Unsolicited materials cannot be returned.

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



# IN THIS ISSUE

## SUMMER - AUTUMN 2021

**06** **STAR MUM! BBC NEWSREADER KATE SILVERTON** 'There's No Such Thing As 'Naughty''

**12** **ZOMBIEMUM** Laura Dockrill talks about her mission to empower parents

**16** **MICHAEL BALL** 'During the pandemic I have learnt that we are more than one'

**20** **TRAVEL** Relax and learn family Retreats at Villa Radicata, Caprese Michelangelo, Tuscany

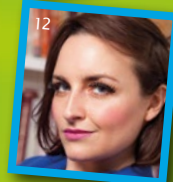
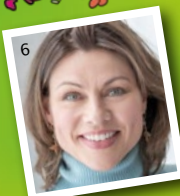
**21** **RECIPE** La parmigiana di melanzane

**23** **BOOKS** Up in the Air by Zoe Armstrong

**24** **GOLDEN GLOBE WINNER JON BATISTE** "My new album is a warm hug in pandemic times"

**27** **COMMANDO DAD** Forest School Adventures

**29** **SHOPPING** Hand-picked essentials for the Summer of 2021



Pick a Poncho...  
perfect for bath and beach!

EXCLUSIVE  
READER OFFER

**10% OFF**  
YOUR SLUMBERSAC ORDER  
when you spend over £40\*

\*Excludes sale items

USE CODE  
**LONDON10**



**slumbersac**

<https://www.slumbersac.co.uk/baby-accessories>



# Star mum!

## BBC newsreader and Strictly Come Dancing contestant Kate Silverton: "There's No Such Thing As 'Naughty'"

By Monica Costa

When we agreed to meet on Zoom to discuss parenting challenges, I rejoiced as I have always loved Kate Silverton's reportage style and her cheerful approach to TV presenting. She shows up with curlers in her hair as she 'wanted to look beautiful for our chat'. Her spontaneity, honesty and charming smile makes our hour together go by so quickly. Mum to two young children, journalist and children's mental health advocate, Kate is passionate about the publication of her first book **There's No Such Thing As 'Naughty': The ground-breaking guide for parents with children aged 0 to 5**, in which she shares her new approach to parenting that helps to make family life so much easier and an awful lot more fun!

Endorsed by leading figures in the field of children's mental health and rooted in the latest science, at the heart of the book is a simple and revelatory way to understand how our children's brains develop and how that shapes their behaviour. Kate's engaging, accessible and warm parenting guide, explained really simply, will redefine how we see and raise our children, with a new understanding that for under-fives, there can be no such thing as 'naughty'.

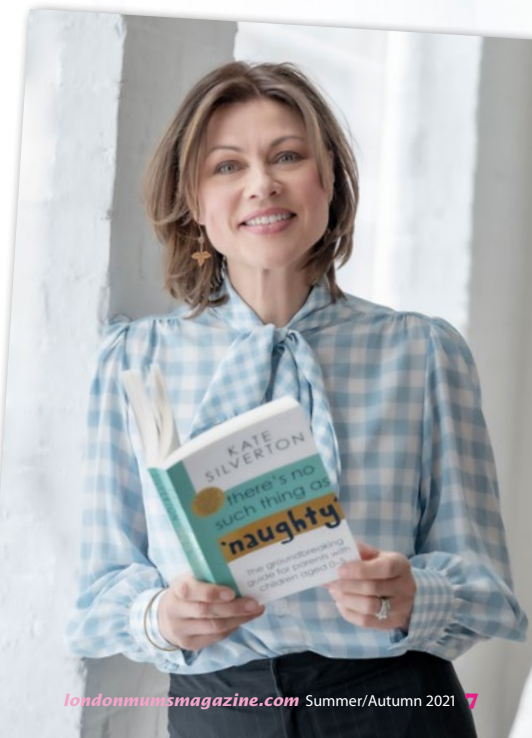
Her new concept ensures parents have techniques and scripts that will allow them to react to their children's behaviour in a caring and considerate way – which is key to futureproofing children's mental health and emotional wellbeing.

She quickly reassures me that I will find useful tips in her manual even if my son is now a teenager because the same principles apply for our teens as much as they do for our toddlers.

Professor Peter Fonagy, CEO Anna Freud National Centre for Children & Families has endorsed Kate's book and has said that 'it is perhaps the most helpful book for parents of children of any age'. Interestingly, all our behaviour is linked to our emotional regulation and to how our brain has formed. We all can fly off the handle at 40 years old as well as 4 years old. In this book Kate uses the science and her creative visualisation to explain how this works and to even understand our own behaviour as adults.

**Q:** In terms of your parenting journey, what have the biggest motherhood challenges been for you? You have been brave Kate to have children later in life. We are the same age, born the same year and in same summer. My son is 15 but yours are younger.

**KS:** I am only just out of the wiping bottom stage! My husband and I did not choose it that way, though. We tried for five years to have children going through IVF and other things but we eventually gave up and were going to apply for adoption. Suddenly, one day, I felt tired at work and my colleagues suggested I might be pregnant. I thought I was going through menopause. But, in fact, I was pregnant! After having my first baby at 41, I felt very grateful. I had two miscarriages after that but I thought I would try one more time before giving up for good. I was extremely lucky and conceived naturally again, having my second baby at 43. ►







**Q:** I have read so many parenting books before my son's birth only to realise – when I had him in my arms – that children don't come with a manual and that there's no one-size-fits-all parenting model. Why did you want to write this parenting book? How does it stand out?

**KS:** Like you, when I came to be pregnant after all this time I thought I had been given the gift of these incredible children. My husband, who is a former Royal Marine Commander – tough as they come – turned to me and said: "This is tough! Parenting is relentless! Why does nobody talk about how challenging it can be and how best to deal with the crying and soothing?". There were so many questions. So, like you, I set out voraciously reading about it to find answers to the many questions. Coinciding with that, there were a lot of suppositions and myths. I have a very curious mind, as a journalist, and with an academic background in psychology. To write this book, I have done lots of research, interviewed psychiatrists, neuroscientists, psychotherapists as well as now as a counsellor on placement working with children in a primary school. I read lots of books revealed how children's brains are still developing when they are very young,

so every aspect of my child's behaviour – from crying to toddler's meltdowns, the terrible twos as they have



come to be known – was actually just a reflection of what was going on internally. All of our children's behaviour is communication, it is language. They are telling us something in the only way they know how. Our children's brains go through their fastest growth rate in these early years. How we respond as parents will support healthy brain development, our parenting can influence how anxious they become, how resilient they are, how empathic they are, even shape their future relationships.

I thought that we all need to know this because we can help our children lay the foundation for their good future mental health. It's that important. When I interviewed numerous eminent scientists, I learnt how our brain dictates our behaviour but science is complicated. Professor Fonagy, the CEO of the Anna Freud Centre for Children and Families, told me to write the book for everyone in a language that everyone could understand.

Parenting can be much easier when we understand the science, because it helps us to understand our children's behaviour and how best to respond.

I wanted to hold the hand of any parent starting out. I wanted to share the secret to tackling tantrums and tears, stopping squabbles in seconds AND help

parents to lay the foundations for their child's good mental health in the process.

We can all dissolve a toddler's meltdown in seconds and we can build a bond with our children rather than battle against them. The first few years of our children's lives are crucial. And for any parent thinking that having a teenager it might be too late – well that's not the case!

There's no such thing as a perfect parent, anyway, but our children's brain develops up to 25 and even beyond that. Our brains are what we consider to be 'plastic' it means they can shape and change and we can help ourselves, as parents too, to become more emotionally regulated and in control of how we respond to different events and situations.

There are a lot of tips in the book for us to become more regulated. We must never worry that we haven't done the right thing. There are plenty of tips that will work with your teenager as well. If we can understand what's going on in their brains, we can help them self regulate and facilitate their communicate with us. I wrote the book to support and empower parents to trust their instincts too, confident in the knowledge that they are supported by the latest science. ►





**Q:** There's a chapter about cuddles. I love how you describe cuddles as 'fantastic ways to relieve stress ... scooping (your child) with your big, wise owl wings'. You seem a very cuddly type of mum. What's your parenting style?

**KS:** I am compassionate and curious. Research shows that if we're parented in a certain way, we tend to either follow exactly the same parenting style or rebel against it. By sharing the science I hope it will help parents to trust their instincts, that they are doing the right thing, perhaps taking some of how they were parented, but changing other elements too. Understanding how our brains develop helps us with that. When we understand that when our children are very young their behaviour is driven by a very primitive part of the brain – what I have called the 'lizard' given it is the same brain reptiles have, we understand that much of their behaviour is simply driven by what will keep them alive. The lizard brain acts instinctively think about a baby crying if they are hungry for example, this part of the brain alerts us to our children's needs.

I explain how, as we grow we develop more 'cortical thinking' or what I call the wise owl part of our brain, which represents our 'higher or thinking brain', the most developed part that gives us powers of reasoning and imagination. Our children haven't developed a fully grown wise owl yet. It is our job as parents to help what I call the fluffy owl, grow into a beautiful wise owl that sees our children have empathy, resilience and the ability to problem solve with others. I have a creative mind and I love Africa which is why I came up with the animal analogies.

I have also designed tools like 'code red' to enable and encourage our children to more easily communicate how they are feeling and explain to us rather than 'acting out' the big emotions they feel inside.



I have also developed the 'Stop S'N-o-t' technique to help parents to deal with those pressured, sometimes panicky moments. When faced with a tantrum in public or at home, we must first stop, then take a breath and pause, and remind ourselves that this is not personal. This is not your child being a dark arts master! And they are NOT being 'naughty', manipulative, stubborn, testing ... etc., whatever the old school of parenting might try to tell you. They are not capable of that. Then remember that it's:

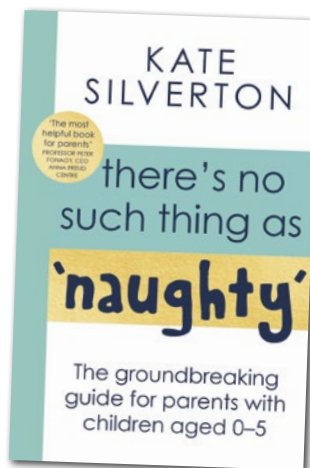
S'N about you – your child might be in the middle of a stress response triggered by something else entirely.  
O – Observe: So what else could be going on?

T – Turn it around: think about the situation from the child's perspective.

As our children's brains develop so too their behaviour will change accordingly, for example teenagers' brains are impacted when the 'sex hormones' kick in – which will see less cortical 'reasoned' wise owl thinking ... and more risk taking behaviour. The good news is that the cortical thinking is restored, research suggests often around 17, so, our good parenting is not lost, after all.

**Q:** You are now retraining as a child psychotherapist. Who has inspired you the most?

**KS:** All the people I mentioned in this manual inspired me particularly leading figures in the field of children's mental health such as Dr Bruce Perry, Professor Peter Fonagy, Dr Margot Sunderland, Dr Gabor Mate' and all those working in charities like the NSPCC and Place to Be. I have been very privileged to have access to all these experts and to learn from them. My passion is simply to share what I have learned, because I have seen the positive impact on my own children and the relationship I have with them now. I wanted to explain the science, in the simplest way possible and hopefully with the concepts, and strategies, easy-to-follow scripts and simple techniques I outline in the book, it will help support and enable other parents to manage those tricky everyday challenges with ease – and help them to enjoy the strongest bond possible with their child, both now and in the years ahead.



# BOUTIQUE GYM & STUDIO

In Mill Hill School

## HASSLE FREE FITNESS

- > No joining fee, no contract
- > Free parking on site
- > From just £26.99 per month

## CLASSES INCLUDE:

Spin, HIIT, Zumba, Dance Fit, Lift Fit, Pilates, Yoga, Box Circuits and more!

## THE MILL Gym Pass

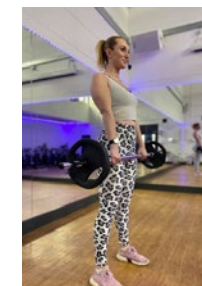
£26.99<sub>pm</sub>

UNLIMITED  
GYM ACCESS

## THE MILL Ultimate Pass

£39.99<sub>pm</sub>

UNLIMITED GYM &  
CLASS ACCESS



JOIN NOW AT [MILLHILL.ORG.UK/THEMILL](http://MILLHILL.ORG.UK/THEMILL)

Follow us @themill\_gymandstudio

FIT FOR PERFORMANCE FIT FOR LIFE



# ZOMBIEMUM LAURA DOCKRILL TALKS ABOUT HER MISSION TO EMPOWER PARENTS

By Monica Costa

Have you ever felt like a Zombie as a parent? If you have, you are not alone. I recently chatted to award-winning author, illustrator and performance poet (with 13 children and young adult books under her belt), Laura Dockrill, who has just launched *Zombiemum*, a podcast normalising conversation about mental health and parenthood. When she first became a mum, the experience was life-changing – but not in the way she was expecting. She woke up on her first Mother's Day in a psychiatric ward, without a clue where she was, separated from her new born, with a diagnosis of postpartum psychosis. Since her experience, she's been on a mission to uncover the psychological effects of bringing a small person into this world and smash the stigma's associated with that. In 2020 Laura wrote *"What Have I Done?"*, a powerful memoir that explores the award-winning author's struggles.

Each week Laura talks to a different guest on the *Zombiemum* podcast, each with their own unique experience, either through being a parent themselves or their own childhood, for a deep dive into the topics that aren't discussed enough. Guests include Paloma Faith, Catherine Cho, Joe Wicks, Candice Brathwaite, Denise Welch, Remi Sadé, Hugo White, Lemn Sissay, Bryony Kimmings, Nikesh Shukla, Bryony Gordon.

**Q:** I loved listening to your honest chats with Paloma Faith and Joe Wicks in which both yourself and your guests share real concerns so openly, including the fact that when you have the baby in your arms you don't feel a bond or connection. Strange but true. How motherhood can be so isolating. I found Paloma Faith's openness so refreshing. It's great to hear someone share their vulnerabilities. What's in store for the forthcoming podcasts?

**LD:** This openness is exactly what the podcast is for, particularly during the pandemic that has made a really difficult climate breeding isolation and depression. Without that kind of community, these things could become quite insidious. The podcast



is there to half these problems. One of my guests is Candice Brathwaite, who entered the scene as a mummy blogger and is a phenomenal author as well as news representative. Her episode is extremely raw. She touches on every aspect of mental health and a lot of struggles she mentioned in her book. It's important to share lived experiences from all different diversities and backgrounds. She also speaks about her relationship with her mother and her upbringing. This is a crucial episode. Then we have Lemn Sissay, who is one of my favourite authors. His book *My name is Y* is an incredible memoir about growing up in the institutional care system and the impact that it has had on him. We've got as a guest also my partner Hugo White, who became a single dad overnight when I was hospitalised with postpartum psychosis. He went from playing the guitar on a tour band to suddenly caring for a newborn. His chat covers also what this crisis situation did to our relationship.

The chats continue with Bryony Gordon, an advocate and ambassador for mental health. We are opening up the conversation to a lot of people – not just women or mums – trying to normalise the parallels ►





between mental health and parenthood. We are all too familiar with the physiological and physical changes that having a baby does to us in labour and in childbirth but it's so much more than that. There's also the ripple effect on our mind. Why isn't anybody talking about this? We all know that your 'fanny' can tear, what about your brain tearing.

**Monica:** My baby was very difficult with sleeping and feeding for the first 4 years. I often doubted my own parenting skills and sanity.

**LD:** Your story does not sound unusual. The conspiracy of people saying 'being a mother is so rewarding' etc is terrible. How the hell can people keep this as a secret? The only people who seem to ask you how it is having a baby are pregnant women and you don't want to go 'It's the worst thing ever. Please don't do it'. My experience is extreme, but how do we survive as a species, how come we haven't died out because this is so hard. My sister did the whole hospitalisation with me, she was by my side the whole time and a year and half later she had her baby and she knew it was going to be hard. And yet, even knowing this, there's nothing harder than the first year with the baby. You are so vulnerable in those early days despite the resilience. Becoming a mother is so exhausting. You turn into a lioness trying to protect your creature and keep it alive. That's a massive responsibility which nobody prepares you for, especially if you have already started on the backfoot with a traumatic labour or a difficult pregnancy and maybe you are already sleep-deprived. It's a lot to ask.

**Monica:** Looking back I wish I had been more honest. But I was afraid of being judged.

**LD:** But Monica, you are so good and you have done an amazing job providing such a safe space for mums to connect with each other!

**Q: What other issues would you like to discuss with your guests?**

**LD:** The podcast is about love and fear. This is not just mums speaking. We all have been a child. We have seen parents who have raised us. What we have learnt from it and can take from that experience when we decide to have a child. It's already becoming much larger than my initial idea.

*Zombiemum* is an extension of my book *What Have I Done?*, opening up the floor to have a much-needed conversation, to throw light onto the darkness. I wanted to speak the unapologetic real talk I craved, capturing true lived accounts from real people that had done it and lived to tell the tale. It's not just for new parents either, these are raw human stories told from the front lines covering many themes

from a range of points of view about the human condition, stories that touch us all. Broccoli Productions has given me support and a safe space to talk to some incredibly inspiring, courageous and generous sur-THRIVERS that have been through some tough stuff and made it out alive. *Zombiemum* is a hand in the darkness.

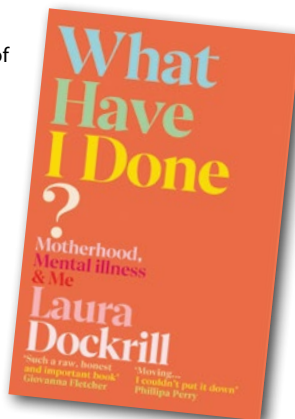
**Q: What are you up to next?**

**LD:** We are doing a televised adaptation of the book, a fiction series on tv. On top of that the paperback will be launched.

**Q: What has motherhood taught you?**

**LD:** Acceptance. I am so grateful for my illness because it has taught me how to truly take care of myself. I naively believed that I would never suffer from mental health problems. I feel privileged to have had these issues in my 30s so now I can use my knowledge as my power to move forward with my new skills and teach my son how to cope with this. I wouldn't have known how to tackle these problems otherwise.

Watching a little person love you unconditionally really gives you acceptance of yourself. Taking the time through the pandemic to stop and be grateful and just recognise that there's this massive comfort in this universal thing that we are all clubbed into this life in these uncertain times. We are all just as scared and as uncertain as each other. So, holding on to that is empathy and kindness.



## A CLEANER, GREENER WAY TO WEAN:

top tips for an eco-friendly weaning adventure



We're all more aware of our impact on the planet and looking to make more eco-friendly choices.

As our children come up to their key milestones, there's so much to think about. The same goes for weaning, which usually starts when your baby is around six months old.

That's why it's great when brands come up with solutions which fit our environmental values, while making it easy and affordable for us to make greener choices.

Leading baby brand Nuby has done just that, launching its new rice husk tableware which is 100% eco-friendly and even better for the environment than bamboo.

The adorable range includes cutlery, a section plate, bowl and beakers, and is made of earth-friendly rice husk material, so as well as being practical and high performing – it's great for the planet!

Nuby is sharing some clean, green ways to wean for London mums looking to embrace eco-friendly parenting options, which are also fun for all the family.

### Grow your own

Gardening is a great way of sustainably sourcing your own fresh fruit and veggies and it offers lots of stimulation for your baby!

From an early age they can watch what you're doing, and they can see, touch and smell everything that's growing in the garden until they're ready to get involved themselves.

As your little one grows, it also teaches valuable lessons in responsibility, patience and care, as well as learning the value of the food they eat, building their confidence and encouraging an interest in healthy eating very early on.

### Weaning waste? Compost it!

If you are growing your own veggie garden, why not take it a step further and start your own compost heap?

Make the most of your food waste and let it become a fertiliser for your garden – it's a fantastic way to make the most of the food that baby doesn't end up eating!

What's great about Nuby's new eco-tableware is that it's 100% compostable too. Once your child has moved on from the weaning tableware, it can all be broken up and thrown in your compost heap to decompose back into the earth.

### Plan your meals

Planning your meals ahead of time can really help to save on food waste and save your money. Batch cooking is another great way to avoid waste and can also save you lots of time and energy. Weaning is enough of an uphill battle as it is!

Nuby has some great resources you can download to help you plan your weaning week ahead.

Look for non-plastic tableware options

Plastic takes hundreds of years to decompose and with new products on the market, like the Nuby eco-tableware range – there's a much more sustainable way to wean.

Nuby's range is made by taking waste rice husk products and combining them with naturally occurring starch. It's safe for little ones and free from any nasty toxins, as well as being great for the planet – win, win!

And finally .... Weaning is an adventure for all the family and can be a great way to learn about food and the environment. Most of all, it should be fun – so get stuck in, embrace the mess and enjoy this exciting stage in your child's development.





**EXCLUSIVE! MICHAEL BALL:**  
**“During the pandemic I have learnt that we are more than one”**



Monica Costa caught up with the multi-Platinum selling recording artist and much-loved TV and Radio presenter Michael Ball, who enjoyed the time and headspace lockdown have him to write and record a brand-new album entirely at home, 'We Are More Than One', recently released on Decca Records.

It's been a tough year for everyone, and Michael is no exception. He and his partner Cathy both suffered Covid early on in the pandemic and like many, much of Michael's work was stalled as theatres

closed across the UK. However, he managed to turn lockdown into a positive experience and is now urging everyone to seize the moment!

After a Number 1 selling solo album in 2019 and number 1 Christmas album in 2020 with best friend Alfie Boe, Michael's new album sees him looking within himself for an album even more personal than the last. After learning how to write and record remotely, every track on this record has an inspiring story to tell.

**Q:** Michael, what is the most valuable lesson you have learnt during the pandemic?

**MB:** I have been really busy trying to make the most of the time that I had. It would have been really easy not to get motivated to do something. Not wanting to be cheesy but I have learnt that 'We are more than one'. We need other people and our family. The interaction, the communication, the community spirit, being with others are essential to our wellbeing. We'll find a way to make it happen even if it's in a different way from before.

Lockdown freed up the space in my life to focus on writing and recording the entire album at home and the chance to work virtually with some amazing collaborators. I urge everyone to make the most of what's left of this time to really put energy into achieving that one thing you've always wanted to do... now is your chance!

**Q:** What were the challenges of recording your album from home?

**MB:** First of all I never set out to write an entire album because I don't know how to do it. I had to find a way of working with people remotely. That challenge ended really quickly, within the first hour of me starting the project. The biggest challenge was the technical side because I haven't got a clue. But I am not afraid to reach out and ask for help. That was a huge lesson. The fulfilment that you feel when you finally get something right is incredible. Less than a year later I had the finished record.

It's lovely to release the album 'into the wild' now. I have been living with this for a year and have watched it progress from the first idea for a song to a full album. I am incredibly proud of this work and honestly think people will enjoy it. I hope it will encourage people to come together and live life doing what they have always wanted to do, with people they love, in what we hope will be a brighter future.

**Q:** I love your rendition of Bee Gees' Heartbreaker.

**MB:** The only reason this is on the album is because I was in lockdown with my partner Cathy for a year and she wanted me to record that song. I included it just for her.

**Q:** Your duet 'You'll Never Walk Alone' with Captain Tom Moore was so touching last year in the middle of the pandemic ... You recently said that for your 'home-made' album you were inspired by Dickens and by Captain Tom. Can you tell me more about this?

**MB:** Yes, Charles Dickens quote 'it was the best of times, it was the worst of times' sums up how I and many others feel about this last 18 months. The worst of times is pretty self-evident. The fear, uncertainty, isolation and at times mind-numbing boredom have taken their toll on everyone, myself included but for me there were moments when it was indeed the best of times and this album is the result of those.

My association with Captain Tom begun when he just started his walk to raise funds for the NHS. I got him on my radio show when he had just raised a few thousand pounds. He was the first person I interviewed having just come back from being ill myself with Covid. I became inspired by his positivity and determination. He galvanised me into believing I needn't just sit around desperately looking for the next box set on Netflix, but I could try to use this time creatively and do what I'd always promised myself I would do one day and write and produce my own album.

Captain Tom's story became huge overnight and millions were coming in. On the day he finished his 100th lap, BBC asked me to talk to him on BBC Breakfast and sing a song to him. I chose 'You'll Never Walk Alone' for him and suggested to do a duet to make the song into number one for his 100th birthday. I made the record in 14 hours ready to go on sale straight away. Captain Tom was the kindest, most humble, generous of men from that generation which is a breed apart.

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

**MB:** I have started rehearsals for *Hairspray* at the Coliseum in the West End opening on 21st June until the end of September. And I have just finished filming a travel programme called *Wonderful Wales* for Channel Five which will be released in July. Of course, I also continue to do my radio show. My dance card is full!





## SPOTLIGHT ON NEW BUSINESS:

# Founder of community marketplace Yearn, Carley Read, on business inspiration and chasing happiness

By Monica Costa

What I love the most about my job as a journalist is finding inspirational people and letting them bare their souls to me. In my latest chat, founder of community marketplace Yearn, Carley Read, told me all about how she has managed to go from an initial practical idea to the creation of her green-orientated business during the pandemic.



**Q:** How did the idea for your business come about?

**CR:** I had the initial idea almost two years ago and it was to do with furniture. I'd relocated from London to New York, moved around Manhattan a lot, then to San Francisco. Every move was expensive and stressful. When a friend moved to SF and was struggling to furnish her home as I was putting all of my items into storage, again, it created the spark of the idea. Very quickly I knew I wanted it to be more than just furniture, that we could help people in the big life moments: setting up their first home, moving to a bigger one, or starting a family. We need so much stuff at certain times in our life but not necessarily for very long. At the same time there is an abundance of quality items people don't need or have any easy/ environmentally friendly way of disposing of, or making money from. I became passionate about creating a community that helps each other and the planet.

**Q:** How did you come up with the name for your company Yearn?

**CR:** I spent an inordinate amount of time on this! I wanted something that reflected bringing the two sides of the marketplace together and was emotive. Yearn is a feeling, to want something and I liked that you could say you yearned it – you wanted it/ you got it/you made money from it. I also had the problem that people kept getting confused about who the renter/rentee was so it became this perfect storm when I decided to name them Earners (people that make money from items), Yearners (people that want items) and the brand became Yearn (Y&E).

**Q:** If you were to write a book about yourself, how would you name it?

**CR:** 'Today is all we have'. If we do what makes us happy each day, we live a happy life. Not that if we do X, Y or Z that we will be happy in the future, because that means you're always chasing happiness. I don't mean that I feel happy every day but I try to do something that does make me smile and if I'm in a situation I don't like or I think I can be happier then I change it. It may be uncomfortable or scary for a bit but in the long run it's better.



## Get ready for your next chapter...

Yearn is a parent-to-parent marketplace to rent Baby & Kids items from people and small businesses in your community or make some cash if you have items you don't need right now.

### Rent or make money from items in these categories:

**Bedroom & Nursery** – furniture, decorative items and electronics such as monitors.

**Feeding** – highchairs, dining chairs and tables, to breast pumps.

**Around the home** – bouncers, stair gates and playmats etc.

**Out & About** – from the obvious prams and car seats to bike attachment seats.

**Coming soon:** musical instruments and toys.



## The Community

**EARNERS** (people that make money from items) Whether they need the money, space or want to help others less fortunate, they can rent items for as long as they like, and then decide to sell, donate to charity, or have them returned before their next child needs them.

**YEARNERS** (people that want items) Can focus on creating important memories with their children without spending endless hours researching and shopping for everything that they need. Whether they rent short-term or long-term they can save cash and help Mother Nature.

**COORDINATORS** (the parent version of an Uber driver) Pick up, disinfect and drop off between each parent. They help families while creating a side income.

Yearn is on a mission to help parents create lasting memories and positive impact through convenient, sustainable, and affordable rentals. For every rental we plant trees and adopt bees, we have also partnered with charities like Great Ormond Street Hospital, Baby Basics baby bank and the Child Rescue Coalition.

Email: [hello@yearn.club](mailto:hello@yearn.club)  
Website: [www.yearn.club](http://www.yearn.club)



## Relax and learn family Retreats at Villa Radicata, Caprese Michelangelo, Tuscany

By Rita Kobrak  
(London mum now  
living in Tuscany)



**Discover cooking and Yoga retreats this summer and autumn in a stunning, undiscovered part of Tuscany, with plenty of activities that suit all the family's needs for a stress-free, relaxing and fun holiday.**

Our philosophy here at Villa Radicata is for our guests to enjoy themselves and relax, doing as much or as little as they like, in a peaceful location immersed in nature and love. Our villa is set up for families so that while parents enjoy an aperitivo or yoga class, the children are being entertained and looked after by trained staff. We practise a gentle Ayurvedic yoga outside by the pool, with views of the Tuscan hills and listening to the sounds of birds.

Ayurveda yoga is a class that helps balance and benefit your mental state and physical constitution through specific yoga postures, breathing and meditation exercises. Yoga helps us reconnect and balance ourselves in this stressful time by not only toning the body but also by lowering blood pressure and stress levels and benefit our gut and nervous system. Practising Yoga immersed in nature rather than in a gym studio, amplifies these benefits producing an overwhelming sense of peace and well-being which is our aim at Villa Radicata. You will go home feeling energised but also relaxed and healthy.

The yoga is combined with Italian cooking classes for all the family. Nonna Fernanda will show you how to make homemade pasta and tiramisu and the whole family will have fun making and baking pizza in our outside pizza oven.

You can choose various activities including yoga, cooking, wine tasting, Italian language classes (your Italian will be much better after the wine tasting!), massage, health talks or you can just enjoy the surroundings and swim in the pool or hike in the woods. You can even walk with our local Peruvian alpaca through beautiful chestnut forests or spot deer and fireflies while sipping your Aperol spritz on the terrace. Horse-riding and guided excursions can be arranged.

Villa Radicata is a restored farmhouse set in chestnut woods with a private pool, lake and mountain views. There are 5 bedrooms, four bathrooms plus a small adjacent flat. Plenty of toys, games, books, table football, trampoline and bikes on request. Close enough for day trips to Florence, Siena, Cortona, Perugia and Arezzo but far away from noise, pollution and stress.

We organise retreats and also self-catered holiday rental weeks.



### The recipe: La parmigiana di melanzane

Ingredients (for 4 people): Two eggplants (total weight: about 500 gr.); 4 eggs;

flour about 200 gr.; Salt;

Olive oil;

Mozzarella, 300 gr.;

Parmigiano, 200 gr.;

Tomatoes;

Garlic;

Basil.

**Method:** Wash and dry the aubergines. Cut them in slices of about 15 mm making 12 round disks and put them in a bowl with a bit of salt for half an hour. In the meantime cut thin slices of mozzarella and grate the parmesan cheese.

Put the 4 eggs in a bowl and mix them for a few minutes adding some salt. In another large bowl add the flour.

Take a frying pan and add some vegetable oil. As soon as the oil is hot enough (just add a drop of egg and see if it starts frying) add two/three slices of aubergine that you have first breaded in the flour and then dipped in the eggs.

Let them cook for about 3/4 minutes and dry them with some cooking paper. Continue until you have cooked all the aubergines.



Take a baking tray and put a sheet of baking paper on it. Start creating your mini aubergine parmigiana. Start with 4 slices of fried eggplants leaving a space of about 15 cm

Add some parmesan cheese, a slice of fresh tomato, a pinch of salt, a leave of basil, a slice of mozzarella, and repeat it two times.

On the top add a slice of aubergine and some parmesan.

Put the baking try in the oven for about 20 minutes at 190 degrees. Take out the mini eggplants parmigiane from the oven and add a basil leaf on the top of each parmigiana.

Can be used as a starter or with aperitivi!

**Buon appetito!**



**Nearest airport is Perugia. Pick up can be arranged.**

[www.holiday-villa-in-tuscany.com](http://www.holiday-villa-in-tuscany.com)

00393495018679 Whatsapp 07983821282

Facebook – holiday in Tuscany-villa Radicata

Instagram @tuscanyfamilyholidays

**10% discount code "Londonmums"**





## THE READINGMATE APP INSPIRES THE HABIT OF ENDLESS POSSIBILITIES

Readingmate is on a mission to get children to fall in love with reading using their world first data driven habit tracking and reading journey app. The enjoyment of reading has been reported as more important for children's educational success than their family's socio-economic status (DOE, 2002).

The all-new app, complete with data from teachers, librarians, literacy experts and children's reading charities is launching today, after already gaining over 10,000 downloads in its initial trial release.

Readingmate aims to shift children's perceptions of reading from something they *must* do to something they *want* to do.

For parents, the volume of choice for children's books is staggering. Having to decide which books will inspire and challenge your child can be an unnecessarily stressful process. The Readingmate App is an **always free tool** for parents to use to track and encourage their child's unique reading journey.

**How are parents supposed to know what to choose and when to introduce it?**

Positive reading journeys require a fine balance between challenging content and excitement about the habit itself. After completing a book, the user will be asked how easy the child found it, and how much they enjoyed it, both measured on a simple one to five scale. The app will offer a range of suggestions for their child to read next. All the information is ready, waiting and always free within the app.

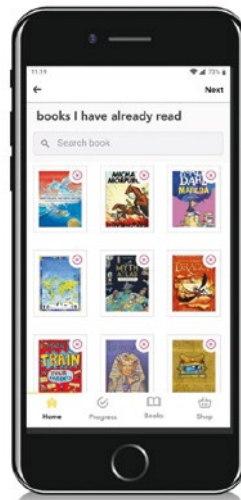
Parents are also supported with a host of information, available in app, on how to further promote the love

of reading. Recent articles include the impact of using phonics to develop a child's speech and 10 easy ways to improve your child's language skills.

Readingmate co-Founder Hannah Rix has spent many years teaching English after completing her studies in English Literature at university. Hannah believes that the love of reading starts with the right book, *'I was lucky enough to be surrounded by books from an early age. My love of books started with 'We're Going on a Bear Hunt' and continued all the way to university. It's a pleasure teaching English but the increasing pressure on students has put reading at the bottom of the list of priorities. There's no magic to getting your child to read, it's simply about helping them discover why they love reading.'*

The technology and the app are core to Readingmate but their goal is to support parents and children with their love of reading. Readingmate believe that every child should have access and opportunity to read, every single day.

The Readingmate app is available to download in both the **Google Play store** and on the **Apple App store**. The app is completely free to use and will remain completely free to use forever.



## UP IN THE AIR

This Summer DK brings you Zoe Armstrong's *Up In The Air*. This wonderful children's illustrated book celebrates the nature around and above us, encouraging children to look, listen, and take notice.

From cloud patterns to constellations, the chirrup of a single sparrow to the cacophony of the dawn chorus, and from trees that rustle in the wind to butterflies that flit about, this beautifully illustrated book encourages children to look, listen, and feel nature all around.

*Up In The Air* looks at the habitats above our heads, uncovering the insects that make their homes in tree trunks and the animals that move from tree to tree in towering rainforests. It develops sky-watching skills so children can track the migration of birds and name the stars and planets of the night sky.

As well as discovering the joy nature can bring to us, children will learn about how the living things inside this book are vital for our planet's future, whether they are insects pollinating plants or trees helping to make the air we breathe.

*Up In The Air* by Zoe Armstrong is published by DK, £9.99, DK.com





# Golden Globe winner Jon Batiste: “My new album is a warm hug in pandemic times”

By Monica Costa



Out of the hundreds of celebrities I have come across over my 20-year and journalistic career, Jon Batiste is definitely the most eccentric, visionary and genuine of all. Meeting him (although only on Zoom) was a joyful experience. In 2021 he won a Golden Globe for Best Original Score in Disney's Motion Picture *Soul* and released a soulful new 'black pop' album called *We Are* on Verve Records. Jon Batiste is also a multi Grammy & Emmy nominated recording artist, TV star and activist. His music has been the soundtrack of my lockdown walks so I will treasure it as a sweet memory forever.

**Q:** You have just won a Golden Globe for Best Original Score in *Soul*. Tell me a fun behind the scene story...

**JB:** I feel great, I feel blessed, I feel happy. *It's All Right* is the credit song from the movie *Soul*. I wanted to incorporate a conversation between Kemp Powers, who co-directed the film, and I. Kemp was working on the movie *One Night in Miami* at the same time as he was doing *Soul*. That's a fictionalised account of a 1964 meeting of Malcolm X, Muhammad Ali, Jim Brown, and Sam Cooke in a room celebrating Ali's surprise title win over Sonny Liston. We wanted to have *Soul* to incorporate the black diaspora. In the first scene of *Soul*, the main character, Joe Gardner, a middle school band's teacher, is telling his students all about his love for Jazz and how he first got in touch with Jazz. I wrote the words in the script of that first scene. What Joe is saying was an improvisation that I recorded in the studio. The filmmakers liked it and used it.

**Q:** Your latest single *I Need You* is so energetic and swingy that it makes your feet want to move irresistibly. The video is lots of fun with a mix of contemporary vibes and the '30s swing look and feel. Tell me how that musical video was made.

**JB:** There were lots of preparations prior to filming. We wanted to create a video that captured the spirit of the song which was joy but it was also this 1930s Juke Joint mixed with modern Hip-Pop.

On *I Need You*, we fuse the sound of early 20th century black social music, with modern pop production and a hint of hip-hop storytelling. We had the idea to pay homage to Harlem era swing dances of the 1920s, 30s and 40s, with hints of New Wave film.

We took Lindy Hop, which is a style of dance from Harlem from the 1930s, and blended it with contemporary movement in popular culture. All that you see in the video was shot in one day in Covid times with many obstacles – masking, distancing, testing with Covid compliance officers on set. It's unheard of!

We had two sets, two different forms of choreography which was so hard and physically demanding to nail every time including throwing people in the air and doing splits.

This song is a vibe cleanse. After 2020, this is like a warm hug. Let's bring the vibes back!

**Q:** All your soulful pieces – from *I Need You* and *It's all right* – have the ability to connect generations. How do you manage to achieve this? Where does your inspiration come from?

**JB:** What I want to do is to take from the past, blend it with the present to create the future. I am always thinking about ways to take the past and be inspired by it and blend it with the present so I can then create something new. We take it even further by playing ►





the instruments in different ways and sonically creating something that feels contemporary and blending it with other things that are of today. You just have to have the curiosity and ability to put it all together. I strive to do this all the time.

**Q: Your new album *We are* is so joyful. The album structure is interesting: It has a song on boyhood then adulthood. What did you have in mind?**

**JB:** Music is a natural expression of life when it's at its greatest. And it doesn't sound like music but it sounds like life. It evokes feelings of your life and feelings of knowing what someone else is experiencing even if you are not there. You listen to the album and you feel like you are living that experience even if the song is not about that, just the essence of the person's life is somehow present in the song even if the song is about cotton candy or about 'dance the night away'. You can sense that. That's what I have achieved with this album. For the first time I was able to synthesize my life and experiences in all the music that I know. With *We Are* I have made something that is so varied and so layered but is still very singularly me in that specific genre without fitting in a category. It's a great moment for me as an artist.

**Q: How does your music reflect who you are? How would you like to be remembered?**

**JB:** My music reflects my desire to build more love, joy and community in the world. With my music I want to help people achieve that.

*We Are* is a message of love for humanity, of humble reverence for our past, and of a hopeful future, in which *we are* the ones who can save us. The art reveals its motive to you. You just have to wait for the Spirit to tell you what it wants.



## COMMANDO DAD: FOREST SCHOOL ADVENTURES

If you're looking for some fresh ways to entertain your squad this summer, then be sure to lay your hands on a copy of **Commando Dad: Forest School Adventures** by Neil & Tara Sinclair. Ex-Commando, Neil is the bestselling author of **Commando Dad: Basic Training**, which has been read and enjoyed by HRH Prince William and Andy Murray, and he's back with this briefing on how to inspire and entertain the kids in the great outdoors. This perfect field guide is loaded with dozens of activities, games and crafts for the whole family to enjoy, including:

- Building a shelter in the woods
- Touching the trees blindfolded
- Making a hotel for creepy crawlies
- Getting creative with leaf printing
- Share campfire stories

These Forest School mission briefs will make sure your troops learn valuable skills, stay safe and have loads of fun. Embrace the tried-and-tested Commando Dad approach to parenting and embark on some unforgettable outdoor adventures. Published by VIE books in Paperback on 08 July 2021, priced £10.99 (ISBN: 978 1 78783 987 8).

### MISSION: BUG HOTEL

#### MISSION BRIEF

**Ground:** the woods in autumn are particularly good for materials such as dry grass and hollow plant stems

**Situation:** all year round, but in autumn, when mini-beasts are looking for a place to hibernate is particularly good

**Mission:** to create a bug hotel to help the wildlife on your doorstep

**Skills:** using a range of materials for construction, conservation, dexterity

#### KIT LIST

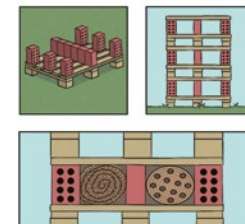
Your bug hotel will need a sturdy frame separated into compartments and a roof to keep the contents dry. For the frame, used wooden pallets are perfect.

You will need to create smaller compartments in your frame by recycling old materials you already have. For example:

- Old house bricks with holes
- Old roofing tiles
- Stones
- Broken plant pots
- Sections of drainpipe
- Canes
- Corrugated cardboard

To fill the smaller compartments you've created, you will need to use natural materials you can find on the woodland floor to create warm, dry, safe places for creepy crawlies to hide. Good materials include:

- Twigs
- Dead wood
- Dry grass
- Moss
- Dry leaves
- Bark
- Pine cones
- Acorn cups
- Hollow stems



### INSTRUCTIONS

**Build your frame** and create layers using your recycled materials.

**Use the natural materials from the forest floor to fill the compartments you've created.** There are no hard and fast rules, but everything does need to be packed in tightly but not squashed. The idea is to create tiny nooks and crannies. **Create a roof for your hotel** using old tiles or wood.

#### Why build a bug hotel?

Building a bug hotel will continue to help your troopers engage with nature and the environment, and for older troopers you can talk about sustainability and conservation. Your trooper will be helping to provide mini-beasts with a safe place to shelter, lay their eggs, raise their young, and hide from predators. In turn they will pollinate flowers and help to keep your gardens free from pests.





# FOUNDERS OF BRITISH DOG BRAND WUFWUF ANNOUNCE MYMEOW PACKAGE

WufWuf, the no. 1 subscription box brand in the UK, has released a box for cats – MyMeow. This new monthly box of toys and treats will be priced at £22.90 per month, and promises equally exciting produce as its WufWuf counterpart.

## WHERE DID THE IDEA COME FROM?

With over 10,000 customers in 33 countries, WufWuf founders Umut Ilhan and Caner Bayraktar are eager to respond to customer requests – a box to satisfy their cats. 'We have been thrilled to see the growth of our dog-dedicated family,' says Ilhan. With the pet industry seeing unprecedented growth during the pandemic, Ilhan believes that the creativity and strategy that made WufWuf a success can 'satisfy our feline friends'.

Over the past two years, cats too have taken a liking to the boxes originally intended for dogs. 'Many of us also being cat parents noticed them playing with them, [and] liking to squeeze into them' says Ilhan. This idea materialised to 'create one just for cats with a scratcher at the bottom, a hole to punch, and lots of treats and toys'. Ilhan adds 'it took 6 months, and we are finally ready to meow'.

## WHAT'S WITH THE BOX?

MyMeow will contain 5+ items approximately £40 in value. Ilhan promises that 'nothing will be wasted on delivery,' as the box itself is 'designed for cats'. Each box features a scratch-plate for your cat's amusement, and for the safety of sofas.

## CATS PLAY TO STAY HEALTHY

An enhanced interest in the pet industry reflects the need for more animal care and attention. According to PDSA, 51% of UK adults own a pet, of which over a quarter are cats. Owners have reported that many cats have displayed increased anxiety and stress during this uncertain COVID period, forgoing their supposedly confident reputation.

Cats pick up on any turbulent feelings around them, and so need frequent interaction. Play aids weight management, digestion, and helps to mellow predatory instincts and heightened nerves. Ilhan believes MyMeow can provide cats with the crucial care and stimulation they need, especially given some owners' busy work schedules.

Last April, WUFWUF LTD secured £600,000 in investment, and has recently added 8 fresh faces to its growing team. It currently designs its products in-house in the UK – the innovative WufSalad, for instance, being designed to slow a dog's eating pace. WufWuf keeps growing through its genuine passion for the welfare and entertainment of our dogs and cats, and it is excited to create future possibilities for our pets.



# WISH LIST



## Natural Birthing Company Cool it Mama Cooling Body Spritz

Natural Birthing Company's 'Cool It Mama' Cooling Body Spray is the perfect addition to any outdoor social plans, for a quick spritz cool down and pick me up. With a combination of natural ingredients, including Neroli, Ylang Ylang, Menthol, and Grapefruit it cools hot flushes, calms mood swings, eases headaches, and soothes sore and swollen aches and pains. No wonder it's a bestseller with 5\* reviews!

RRP: £8.99  
Available from Boots



## Happiness Habits Jars

Practice self-kindness and build resilience to life's ups and downs. These handmade jars are filled with a month of motivational quotes, mindful activities and affirmations.

RRP: £12.50  
Free delivery from adbra.co.uk

## Micro classic scooter: Team GB

Micro-scooters has introduced millions of adults to the world of scooting. The original two-wheeler is built for speed, designed for convenience. Loved for its low effort aluminium deck that provides extra stability, and its large 200mm wheels that deliver optimal transfer of energy into pace over the ground. This limited-edition Team GB adult scooter is simply gorgeous.

RRP: £149.95  
www.micro-scooters.co.uk

## Clarks CICA Off White Suede Shoes

Designed to meet the demands of action sports, CICA's innovative technology and responsibly sourced off-white suede, ensure these shoes deliver maximum shock absorption, comfort and sporty elegance. Feet feel fresh all day and flexible construction makes moving freely a breeze.

RRP: £60.00  
www.clarks.co.uk





# SUMMER ESSENTIALS

HAND-PICKED ESSENTIALS FOR THE **SUMMER OF 2021**



## Frugi Sustainable Swimwear for Kids

Bursting with vibrant prints, Frugi's new season's sustainable protective swimwear made from recycled materials has a UPF 40+ rating to help shield against UVA/UVB rays.

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

## TotsBots Reusable Swim Nappy

Save money with TotsBots Reusable Swim Nappies for every water-baby in sizes 10-20lbs and 20-35lbs. With an outer fabric made from recycled plastic, reusable nappies are ideal for the beach, pool and anywhere else little ones need to splash.

RRP: £10.99

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



## Modibodi Reusable Nappy (4 Pack)

Modibodi's Nappy is the most absorbent reusable on the market. It's also comfier, cuter & cheaper than disposables. Better for baby, better for the planet.

RRP: £75.00

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



## Moore Maxxam Swimwear for kids

Innovative clothing brand Moore Maxxam® has converted its fabric designs for kids to an over 50% recycled version as part of its Eco Pledge to becoming fully regenerative and sustainable. Designs are made using Q-NOVA®, a highly ecological product which aims to reduce CO2 emissions, consume less water, and use renewable energy.

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

## Carmen Surf Boots

Carmen luxury Australian sheepskin short boots in 5 cool colours. Perfect for slipping on after a swim, surf or paddle.

RRP: £60

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



# Fun SUMMER GIFTS for kids



## Waboba Wingman

With its unique aerodynamic design, the indoors and outdoors safe Wingman flies over 130 feet and doesn't veer off course to leave you or your partner hanging. With its silicone material, you can catch it easily by squishing it in your hand and fold away to fit snugly in your pocket.

SRP: £5.99

Available from [www.amazon.co.uk](http://www.amazon.co.uk)



## HGL Pushpoppers

The latest craze, they are everywhere, this new fidget toy which is like everlasting bubble wrap! Pocket money prices from tie dye keychains to glow in the dark! Available from all good toyshops.

## Ozbozz Neon Skateboards

Now that skateboarding is an Olympic sport you can stand out with a neon skateboard.

RRP: starting at £15

Available from The Entertainer in a variety of sizes.

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



## Wooden skateboards from Ozbozz

Now that skateboarding is an Olympic sport start them young with a well-made wooden Skateboard available in lots of funky designs.

RRP: £15

Available from Amazon and good toy shops



## Koala Car Wheel Toy

This award-winning car seat toy develops babies' motor skills, imagination and emotional intelligence. Features a clicking steering wheel, gears and lots of buttons to press with car sounds, lights and melodies.

SRP: £29.99

Available from [www.halfords.com](http://www.halfords.com)







Seriously stylish Summer bike rides with Trybike

20% off everything at Hippychick

Use code LONDON20

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

@hippychickbaby

01278 434440

