

FREE

Issue 37 Winter 2022-2023

# London Mums



Dorothy Wilding, HM Queen Elizabeth II, 26 February 1952. The Queen wears The Girls of Great Britain and Ireland Tiara.

Queen Elizabeth II  
1926 – 2022

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# HELLO

## Editor's letter



This isn't the letter I thought I'd be writing. I had planned to run through more rock 'n' roll topics. But it is over a month after the news of the Queen passing broke and the nation is still mourning. What is a month compared to 70 years of reign... We knew this moment was coming, of course, but that does not diminish the sense of collective loss. This edition is a commemorative one, my personal tribute to the ultimate London Mum, Queen Elizabeth II.

On to one of life's great delights: 80s disco music. Don't miss my chat with multi-talented presenter and musician Myleene Klass who has just released her album *My Lullabies: Motown*, offering over half an hour of pure tranquillity that not only settles little ones into a magical slumber, but pleases parents too. Do yourself a favour and get to know her more on p14.

Elsewhere in the issue, teen pioneers design the world's next gen social media networks; London has its world-class sensory garden; Neurocognitive Therapist offers tips on how to help children's concentration; London Mums' bloggers have put together the ultimate Christmas gifting wish list.

I hope you enjoy this Winter's edition as much as the London Mums' team have loved making it!

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

**Monica Costa**

**Editor in chief, Founder of London Mums & mum of 16-year-old Diego** [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk), [@londonmums](https://www.instagram.com/londonmums)



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# THE BIG FEATURE



## QUEEN ELIZABETH II

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# Farewell Queen Elizabeth

National Portrait Gallery P870(5) Queen Elizabeth II by Dorothy Wilding,  
26 February 1952 © National Portrait Gallery, London.



Garrard & Co. Ltd, Delhi Durbar Necklace, 1911  
Royal Collection Trust / © Her Majesty Queen Elizabeth II 2022



Attributed to Bolin, The Vladimir  
Tiara, c. 1874



Dorothy Wilding, HM Queen Elizabeth II, May 1956  
Credit: © William Hustler and Georgina Hustler /  
Royal Collection Trust  
The Queen wears the Vladimir Tiara and the Delhi  
Durbar necklace.



Dorothy Wilding, HM Queen Elizabeth II, 15 April 1952  
The Queen wears the Diamond Diadem and the  
Nizam of Hyderabad necklace. Royal Collection Trust / © Her  
Majesty Queen Elizabeth II 2022

**On the 8th September 2022, Her Majesty Queen Elizabeth II passed away peacefully at the age of 96 at Balmoral Castle in Scotland. The capital's streets were full of people from all walks of life wanting to say farewell to the world's longest reigning monarch and to join the collective mourning. Editor Monica Costa pays tribute to the ultimate London Mum and her rich life of dedicated service to the United Kingdom and the Commonwealth.**

Elizabeth II wasn't just a Queen, but a special person representing working women, mothers, grandmothers and great-grandmothers. Throughout her reign, the Queen stood true to the pledge she made at the tender age of just 21: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

No matter what personal dramas were being played out in her family, she was always able to show dignity and a deep sense of duty to those she represented. I will miss having an inspirational female monarch in Great Britain. ▶

“When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.”  
Queen Elizabeth II





Official engagement portrait of Princess Elizabeth and Lieutenant Philip Mountbatten taken by Dorothy Wilding in July 1947.  
Credit: © William Hustler and Georgina Hustler / Royal Collection Trust



Queen Elizabeth II by Dorothy Wilding, November 1947  
© National Portrait Gallery, London.



Dorothy Wilding, Her Majesty Queen Elizabeth II,  
26 February 1952  
The Queen wears the South Africa necklace.



Queen Elizabeth II by Michael Leonard, 1985-1986 © National Portrait Gallery, London.



This famous quote is about being strong and growing stronger through whatever struggles one finds oneself in. If you're able to garner a determined and focussed approach to what you want to achieve, you're already a winner.

While walking through St James' Park on 9th September, the Mall towards Buckingham Palace, it didn't quite hit me that we have lost an incredible female leader until we came across the Palace's gates completely covered in flowers and messages left by mourners. She has always been THE Queen even outside of Britain. A world leader and fashion icon for eight decades. A real INFLUENCER. It was weird to see EIR 1926-2022 written everywhere. It was a poignant moment and a time to reflect on history and the future that will always live on and be talked about.

After her death, a lot of old footage has emerged showing a Queen who was much wittier than I expected and not at all as serious as she appears on bank notes and stamps.

Two weeks before the Queen's passing I visited Buckingham Palace's special display *Platinum Jubilee: The Queen's Accession* with my teenage son and friends. The exhibition celebrated the start of Her Majesty's historic reign from her Coronation in February 1952 and focusing on 24 official portraits of The Queen taken by the photographer Dorothy Wilding, who began taking photographs of members of the Royal Family in the 1920s. In May 1937 she became the first official female royal photographer when she was appointed to take the portraits at the coronation of King George VI and Queen Elizabeth.

For the first time, Wilding's original hand-finished prints were shown alongside items of jewellery worn by Her Majesty for the portrait sittings, some of which have never been on public display before. The remarkable series of portraits formed the basis for the profiles and silhouettes of Her Majesty that we see on stamps and coins to this day.

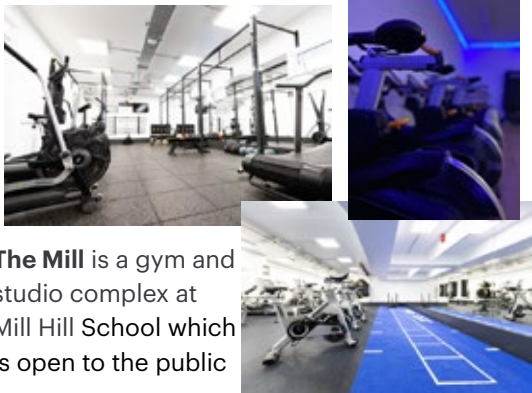
Little did we know that this tour would have been our farewell to a great Queen and woman.



Image by Andrea Chiozzotto







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## TEEN PIONEERS DESIGN THE WORLD'S NEXT GEN SOCIAL MEDIA NETWORKS

Judgement-free, gender positive, no-filter platforms get thumbs up from young Digital Disruptors

A group of young Digital Disruptors tasked with creating a handful of new social media networks have plumped for judgement-free, gender positive, no filter platforms to build a more positive global theme for their futures.

The 15 young digital pioneers put their heads together in a mentored brainstorm session as part of this year's annual Digital Disruptors' programme, a three-day event hosted by digital marketers, the Tomorrow Group.

The youngsters, aged 14 to 16, all from south and south-east London, came up with fresh ideas for social media platforms which ranged from employment to fashion.

Tina Judic, co-founder and chairman of Tomorrow Group, organiser of Digital Disruptors, said: "This year's young Digital Disruptors were utterly inspirational, inquisitive, innovative and incredibly hard-working. Their ideas for the next generation of social media networks show that they are determined for a more positive and friendly, less negative and fake view of the world than some platforms are renowned for today.

"It's always a privilege to host this annual programme which helps young people, who may not know or believe what might be possible for them, to realise that there can be a very bright future ahead."

Four ideas stood out for the panel of judges: **Itfitz** – a fashion platform designed to help people overcome their fears of purchasing online and which focuses on providing a judgement-free, positive network for people to try on an augmented reality of clothes, shoes, hairstyles and nails.

- **Apply** – professional network designed to minimise the gender gap and barriers created as a result of professional competitiveness and which places a higher priority on skills and attributes over experience and qualifications.

- **Interlink** – a network to educate and develop young people's skills, reduce procrastination and enable more school aged students to have their say and build confidence through lifestyle lessons.
- **BeWe** – a no-filters, moderated network, helping young people to be who they are, in a safe but entertaining environment without the pressure of perfectionism, common in mainstream social media platforms.

Prizes from the House of Marley for standout contributions and performance were awarded by the judging panel, made up of Tomorrow Group's digital growth, marketing and data technology companies, Found, Disrupt, and Braidr, along with Digital Disruptor charity partners, The Hebe Foundation.

London-based Braidr, part of the Tomorrow Group, launched last year and has won some big name customers. The agency acts as an outsourced 'chief data officer' for customers, and is the all-important bridge between non-data expert IT and marketing teams.



## Best Plants for a Dementia-Friendly Garden

### Best dementia-friendly plants

For those wanting to add dementia-friendly plants to their gardens, Gardeners' World presenter **Rachel de Thame** shares her top plants for a dementia-friendly sensory garden:

1. **English Lavender** (*Lavandula angustifolia*) – has an evocative long-lasting scent and the flowers can be cut, dried, and used as potpourri
2. **An assortment of other herbs** – Rosemary, Mint, Sage and Thyme all have a beautiful fragrance plus edible leaves that can be used in cooking
3. **Star Jasmine** (*Trachelospermum jasminoides*) – an evergreen climber with glossy leaves and starry white flowers, producing heady perfume from late spring to summer
4. **Lamb's ear** (*Stachys Byzantina*) – forms a carpet of thick, fluffy leaves, with a woolly texture that feels as soft as a lamb's ear
5. **Allium** – beautiful late spring flowering bulbs in shades of purple, add colour to the garden and lovely decorative dried seed heads in autumn and winter
6. **Purple Coneflower** (*Echinacea Purpurea*) – stunning daisy shaped flowers with a distinctive orange cone at the centre, very popular with pollinators
7. **Chocolate cosmos** (*Cosmos atrosanguineus*) – amazing chocolate scented, deepest burgundy flowers
8. **Tree fern** (*Cyathea*) – a striking fern with large textural leaf fronds and a tactile main stem
9. **Feathertop grass** (*Pennisetum villosum*) – soft flowers in summer that feel lovely to touch, and arching foliage which creates a rustling sound in the breeze
10. **African Lily** (*Agapanthus*) – large flowering globes in bright blues, mauve and white, that provide summer colour and structure amid surrounding plants

**Loveday & Co**, an award-winning provider of specialist dementia and senior care in the UK, has realised the power of plants and has made beautiful sensory gardens for their Members to enjoy. Their newest property, Loveday Abbey Road, has a world-class sensory garden which is an enclave of tranquillity for Members, staff, friends and family to enjoy.

Around 850,000 people in the UK have dementia. It is a progressive disease that causes memory loss, confusion, and problems with concentration. Activities such as gardening can help by stimulating the senses and memories, reducing stress and improving general mental and physical health.

Robert Speker, Head of Member Lifestyle and Activities at Loveday incorporates gardening into the weekly programmes at all of the Loveday Residences.

*"Gardening can be hugely beneficial for people living with dementia and their caregivers. Not only is it a physical and social activity but it can also be rewarding, as people watch plants grow and even enjoy the produce such as fruit and vegetables."*

Meticulously researched and designed, the garden at Loveday Abbey Road is thriving with plants selected not only for their aesthetic appeal but also for scent, touch, taste and even sound, helping those with dementia to connect with the outside space.



For more information on Loveday & Co or to arrange a tour visit: [www.lovedayandco.com](http://www.lovedayandco.com)



# Top Klass Lullabies with Myleene



New album sees the talented mumpreneur record with her children for the very first time

By Monica Costa

Musician and presenter, Myleene Klass has combined two of her passions in her latest project as she unveils a brand-new album, *My Lullabies: Motown*. Going back to her classical roots and creating music with little ones in mind, the album is a charming collection of 13 tracks including Motown classics such as *My Girl, I'll be There* and *Endless Love*, offering over half an hour of pure tranquillity. The album also sees Myleene recording with her own children for the first time, making this a truly special launch.

*My Lullabies: Motown* will not only settle little ones into a magical slumber, but parents will like it too! It's a win-win at the touch of a button.

**Q:** We met in 2012 for the London Mums' magazine (Jubilee issue) cover interview. So much has happened since. What have your life & career highlights been since then?

**MK:** Well, that's a question spanning a decade since we last spoke! I would say the biggest changes are I now have a baby boy Apollo, a fiancé, Sim, a teenage daughter, Ava and Hero who's in double digits so a whole new life really! The highlight was getting my rainbow baby and finding a new avenue of working which means I get to enjoy working with my daughters and literally building my own band.

**Q:** You have a very versatile personality and have managed to build a diverse career (TV/Radio presenter, entrepreneur, fashion brand builder, musician, composer) while raising a family. What's your secret? What's your favourite activity of all?

**MK:** The secret to having the versatility in my career is to ignore what everyone else says and not 'stay in your lane'. People will often project their own limitations and insecurities onto you, not necessarily out of malice but often because if they've never seen it done, they can't imagine it. I always show my girls that it's about your environment. If the soil you're planted in is good, you'll grow and develop.

I love trying new things, testing my own abilities and potential, otherwise, how do you grow?

**Q:** What was your motivation to produce the album *'My lullabies: Motown'*?

**MK:** In lockdown, when everyone was shifted to online schooling and no one was teaching music, I formed #MyleenesMusicKlass and taught lessons and made videos with my daughters. They were free, curriculum based and went viral. They were added to school timetables including, would you believe it, my own daughters! It was amazing to be able to teach

those that weren't getting access to lessons but also, for my daughters to get recognition as musicians in their own right. Couple this with a friend of mine saying she was frustrated and isolated not getting to baby classes, so I then formed Wednesday Lullaby sessions. I would suggest a musical genre online such as 80's music, David Bowie, ABBA and mums would message in their requests and I'd play them in a lullaby style. Motown was such a hit that out of lockdown, I just had to record an album. And of course, my girls performed on the album too which was amazing working in the studio together.

**Q:** I love how you mixed the ocean sound with the piano on *Three times a lady*. But *Don't leave me this way* is possibly my favourite one. What's yours and why?

**MK:** One very poignant track is 'what becomes of the broken hearted'. I lost four babies before having Apollo and it felt both cathartic and important to include something for the mums to angel babies and acknowledge them too. I recorded it with tears ▶







streaming down my face but in a healing and grateful way. The other tracks I love are Tracks of my tears as it might just be the first ever lullaby album with a trumpet on it! Hero's an excellent trumpeter so it would have been a shame not to include her on cornet and Ava laying down cello track on Don't leave me this way. It's very special to have my own babies on an album for all babies.

**Q: Who are your biggest music influences?**

**MK:** My music influences go right across the genres.

I adore Mozart, Rachmaninov, Liszt, Vaughan Williams through to Madonna, Jlo, Beyoncé, Dolly Parton, Johnny Cash and Lana Del Rey.

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

**MK:** Next, performing the album live with my girls as well as my new book They don't teach this at school which has just become a Sunday Times bestseller. It's full of essential life hacks that everyone, not just our kids could do with knowing and has saved four lives already. One Mum saw the section on choking and saved her baby from choking on chicken. That makes me feel extremely proud.

**My Lullabies: Motown is available on iTunes, Spotify and all other streaming services. Read the full interview on London Mums magazine online.**



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# “BRIGHT BUT NEEDS TO CONCENTRATE!”

Neurocognitive Therapist, Usha Patel, gives insight into why some children are unable to concentrate and what can be done to help them improve.

Some children finish their homework. Others find it impossible to start, distracted by any number of other things. What's the difference?

In the last twenty years scientists have learned a huge amount about the brain's ability to focus. They have discovered that poor concentration is down to something they call 'Working Memory Deficit'.

## What is Working Memory?

Working memory is your active short-term memory. It holds onto data and uses it to work out other information. If I asked you to add 39 and 137, your Working Memory remembers the numbers in this mental maths task and manipulates them to do the calculation.

Think of your Working Memory as a small container with a lid that holds information in the moment. Those with Working Memory Deficit can only manipulate small amounts of data at one time, and can't keep hold of all the information that's needed. So it's like having a smaller jar than others, with a lid that doesn't fit.



## What Working Memory Deficit looks like

- Often late or forgetful about time
- Overwhelmed with verbal instructions
- Easily distracted
- Has trouble waiting his/her turn
- Struggles to complete multi step tasks

## What can help the situation?

Here are three things to try at home with your child, using visual clues not verbal instructions.

- Often late leaving the house? Draw a clock face with the time you need your child to be ready. He/she can refer to this instead of forgetting.
- Can't follow the homework timetable? Assign a subject and a colour to a day, eg Monday is a 'red' day on the wall chart, and red means English.
- Not keeping to task? Use a special clock that helps your child track how long is left on a task. Called a Time Tracker, it shows visually the time left available.

## Working Memory Training from Cogmed®

Visual clues like these make sense for children with concentration issues. However more robust help is available too. Cogmed® Working Memory Training is a software programme developed by neuroscientists who specialise in Working Memory. It has impressive results – a good Cogmed® Provider, who leads the process, can help your child increase working memory by up to two years in just a month or two.

This is a clinical product, delivered remotely as a series of brain training memory tasks and repetitive games. The child plays the games on a computer over several weeks and the Cogmed® Working Memory Training programme adjusts to the changing results of the player. The training stimulates and strengthens neural pathways to an impressive degree.

## Test your Working Memory for free

Not sure if your child has a concentration problem? Take our self check test online. It's free and available at Raviv Practice London website [www.ravivpracticelondon.co.uk](http://www.ravivpracticelondon.co.uk) (under the Resources tab). Or just call us for advice on 020 3887 0486.



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# The 5-in-1 children's sleep solution hailed as a 'godsend' to weary parents



Most parents will know the stress of having a baby or child that won't sleep – it can be an extremely emotionally and physically draining time for the whole family. However, a new sleep aid that helps babies and children to nod off in a matter of minutes is now being hailed as a 'godsend' by weary parents. Within months of launching the product had sold out and has now been snapped up by more than 200,000 families in Australia and across the world.

**Glow Dreaming** is the 5-in-1 sleep aid that is scientifically engineered for sleep. It is the creation of one desperate parent who struggled with their daughter's inability to fall asleep. The device combines the following techniques which work together to relax and calm babies and children and help them fall asleep:

**NASA LED Sleep Light** – NASA uses this specific red LED light therapy to help its astronauts sleep. Red spectrum light helps stimulate the body's production of melatonin, the hormone responsible for telling us it's time for sleep. This function also assists in the development of children's circadian rhythm (internal sleep body clock), helping them to develop a healthy, non-habit-forming relationship with sleep. Conversely, blue light, the light emitted by devices such as phones and tablets, has been found to hinder and disrupt sleep.

**Pink Noise** – Studies prove that Pink Noise, a combination of sounds naturally found in nature, is the best sound for sleep. Glow Dreaming has worked with Dr. Stephane Pigeon, one of the world's leading sound engineers, to develop the sleep aids pink noise component. The sounds are a combination of frequencies commonly heard in waterfalls, rain and thunder. Pink Noise enhances brain activity associated with the deep phases of sleep, improving memory retention and focus, as well as cognitive functions. It is similar to White Noise in sound, but that's where the similarities end. Unlike white noise generators, the unique sound has been specially



calibrated to compensate for speaker imperfections and encourage sleep. The Glow Dreaming produces sounds that are safe for developing ears.

**Aromatherapy** – The Glow Dreaming includes organic, medicinal grade essential oil, designed to relax the muscles and calm the mind ensuring that babies and children fall asleep. The oils have been specifically designed by Dr. Bo Hendgen, who specialises in paediatrics.

**Humidifier** – Cool mist technology helps ease breathing, prevents snoring, and creates the ideal sleep environment by stopping the spread of airborne viruses and maintaining a more even room temperature.

**Sleep Support** – Changing behaviours, especially around sleep, is never easy. Glow Dreaming provides a customer care team to help parents through the process. They use the latest scientific findings and personalised programmes to make the sleep process as easy as possible. The company also offers a sleep specialist service for no extra charge, allowing customers to speak with an expert for added support.

To find more useful information, visit [glowdreaming.co.uk](http://glowdreaming.co.uk)

## iCandy Unveils the Core, a world first for pushchairs

The iCandy Core is yet again a truly ground-breaking new pushchair designed by the iconic British company. The Core has been expertly designed for every journey; a multi-mode pushchair, adaptable for every age and stage of a child's development. You'll only ever need one pushchair.



The exquisite new design showcases striking styling and cutting-edge features such as the Multi-Mode Wheelbase and pioneering LED Visibility Hub Light. The iCandy Core prioritises comfort for baby and ease of use, all whilst providing the multi-use functionality and longevity demanded by modern family life.

Customers will receive a multi-mode chassis and two wheel sets, enabling them to change the pushchair mode depending on their activity. The 'Rural' set comprises a longer, more substantial wheelbase, offering the functionality and performance of a larger pushchair, whilst the 'Urban' set is a shorter and lighter wheelbase, creating a lightweight, compact city stroller.

Infusing functionality with finesse, the revolutionary new LED Visibility Hub Light is unlike anything the industry has seen before. The side positioning of the rechargeable USB light ensures this new feature is particularly powerful when out and about in low light conditions. The Core is the only pushchair on the market to offer this detachable light feature and demonstrates iCandy's dedication to innovation and design.

The brand new, distinctive styling creates a truly striking aesthetic, whilst the thoughtfully developed knitted jersey fabric provides a luxurious feel and super soft touch. The extra spacious basket with its unique 'fan' design creates a bold, standout side visual and allows chassis adjustment without compromising its aesthetic appeal.

The iCandy Core can be bought as a complete travel system that takes baby from birth to 25kg, and can be used with a compatible car seat. The carrycot, like all iCandy carrycots, is suitable for permanent overnight sleeping and features a super soft, luxury fleece liner with stitched detail.

The Core also boasts the largest seat unit in the iCandy range, with a pop-up calf rest giving unrivalled size and comfort, making it suitable for each stage of a child's development. The clamshell seat can recline into four positions, with the lie-flat position being suitable from birth. The pushchair can be folded with just one hand, all with the seat unit still attached – ideal for on the go!

Synonymous with all iCandy pushchairs, the integrated Ride-on Board is iCandy's future-proofing innovation that offers a seamless solution for families with a new baby and toddler. The integrated Ride-on Board not only saves on future costs, but also eliminates the need for an additional cumbersome attachment, allowing a young child to stand securely and safely within the handlebar space.

The iCandy Core offers both parent and world-facing seat configurations, plus the option to add elevator adaptors to aid interaction so baby can join in with meals without having to worry about the need for a highchair.

The iCandy Core is available now at [icandyworld.com](http://icandyworld.com)





# British nutrition brand teams up with Roald Dahl Story Company to help children enjoy taking their vitamins every day

British award-winning nutrition brand BetterYou has teamed up with the Roald Dahl Story Company to bring you a new range of vitamin and mineral supplements and skincare to support children's health, wellbeing and sleep.

The range features characters from the beloved Roald Dahl stories, including Matilda, The BFG and James and the Giant Peach, to help make taking essential vitamins and minerals extra fun.

## The Range:

**The Magnesium Sleep Bundle (£26.95)** – A dream-inducing magnesium range helps relax and prepare your titchy little whipper-snappers for sleep. Using 100% pure Zechstein magnesium, the range is dermatologically tested and suitable for sensitive skin.

**Included in this bundle:** Magnesium Sleep Kids' Bath Flakes(750g), Magnesium Sleep Kids Body Lotion(135ml) , Magnesium Sleep Kids' Body Spray(100ml).

## Available to buy individually:

- **Magnesium Sleep Kids' Bath Flakes (£9.55)** – 750g
- **Magnesium Sleep Kids Body Lotion – suitable from 1 years old (£9.55)** – 135ml
- **Magnesium Sleep Kids' Body Spray (£9.55)** – 100ml

**Immune Health Kids' Daily Oral Spray 25ml (£9.55)** – Tailored nutritional support for young immune systems,

containing an expert blend of five immune supporting ingredients, including

**vitamin D, selenium and zinc.**

- A fuss-free way to support their immune system
- A scrumptious raspberry, grape and orange flavour
- Sustainable packaging made from plant-based plastic

**Vitamin D+K2 Kids' Daily Oral Spray 15ml (£9.55)** – An expert blend of vitamins D3 and K2 to support immune health and the development of healthy bones and teeth.

- Fuss-free and easy to deliver
  - Sustainable Packaging made from ocean waste plastic
  - A scrumptious raspberry, grape and orange flavour
- Multivitamin Kids' Oral Spray 25ml (£9.55)** – 14 essential nutrients specially formulated for picky diets – providing perfectly balanced nutritional support for growing bodies.
- A fuss-free way to support their immune system
  - Sustainable packaging made from plant-based plastic
  - A scrumptious chocolate and marshmallow flavour

BetterYou is an innovative natural health company specialising in the supplementation of the growing number of key nutrients lost through our dramatically changing diet and lifestyle. Our products stand alone in the marketplace by their unique levels of quality and effectiveness.

**For more information on this range of products, you can visit [www.betteryou.com](http://www.betteryou.com).**

**BetterYou wellbeing and nutrition products are available from leading retail stores, including Boots, Amazon, Holand & Barrett, Planet Organic, Wholefoods and independent health food store retailers and pharmacies nationwide.**



## LUXURIOUS CHRISTMAS BEAUTY RITUAL GIFT SETS

**PHYTOMER delivers the very best of the miraculous properties the sea has to offer, so everyone, everywhere can have healthy, beautiful skin. So, what better gift to give someone this Christmas than the opportunity to indulge in a luxurious PHYTOMER Beauty Ritual.**

**The Hydration Beauty Ritual gift set** provides immediate and lasting hydration using Hydra Original moisturising melting cream. It boasts 97% natural ingredients and boosted efficacy with a formula enriched with Weaving Algae Oil for intense and long-lasting hydration. Hydra Original Cream also provides an optimal sensory experience, thanks to its light melting texture, and its delicate marine fragrance with fresh and floral notes.

This is combined with Hydrasea, a light and creamy mask with weaving algae that delivers a dual moisturising action. It has an instant thirst-quenching effect and rehydrates the skin for a long-lasting result. The skin regains comfort, becomes incredibly soft and remains hydrated for longer.

**£53.75**

**The ultra-luxurious Supreme Youth Beauty Ritual gift set** contains Pionnière XMF supreme cream. Pionnière XMF has 100% natural advanced ingredients with exceptional youth preserving properties. This luxurious and comfortable "second skin" cream instantly smooths wrinkles and plumps the skin. In just one hour, wrinkles are visibly diminished.

This is combined with Pionnière XMF Exfoliating Mask-to-Oil. This unusual mask brings together 3 key beauty steps in an exceptional texture. This precious balm offers all the benefits of a smoothing mask, a gentle exfoliant and a comprehensive anti-aging treatment to reveal hydrated, smoother skin



with a refined skin texture. As you exfoliate, the gel transforms into an oil. Then, when it encounters water, it turns into a milky veil. Day after day, pores are tightened, wrinkles are visibly reduced, and skin radiance is boosted.

**£152.50**

**The Radiance Beauty Ritual** is designed for radiance and comfort using Cyfolia Organic hydra-comforting radiance cream. Certified organic, Cyfolia algae, native to Brittany, leaves skin radiant and glowing once more. This exfoliating cream is flecked with organic argan kernel and pomegranate seed particles; two natural exfoliants that gently scrub the skin. Its creamy texture soothes skin and envelops it with a fresh, vegetal accord of aloe vera, rose, and cedarwood, enhanced by a spice aroma formulated with pink peppercorns. Day after day, skin is visibly smoother, softer, and more radiant.

This is combined with Cyfolia Organic Radiance Moisturising Mask, which combines natural red clays and organic Cyfolia algae to leave the complexion fresh, visibly plump and restores the skin's natural comfort and radiance. Its creamy and comforting texture envelops the skin. Day after day, the complexion is revived, and the skin is visibly more beautiful.

**£57.25**

These gift sets are available in PHYTOMER Spas and Beauty Salons and the PHYTOMER UK website. [www.phytomer.co.uk](http://www.phytomer.co.uk)





# THE MOST EXCITING CHILDREN'S BOOK SERIES YOU HAVE NEVER HEARD OF!

## Turмали and The Light Savers: The storyline.

Turмали is a mystical world set high in the sky where no one can see it. Made up of seven lands (that have similarities to our continents) that are connected by 'Rainbow Bridges'. (The bridges are powered by Tourmaline gemstones.) The people of Turмали can travel freely between the seven lands by crossing the 'Rainbow Bridges'.

They live an almost perfect life until, one day their world is invaded by aliens from a distant galaxy, who hate light of any kind and especially the brightness created by Tourmaline gemstones. The alien invaders set about finding and hiding away the Tourmaline stones, the consequence being that the 'Rainbow Bridges' lose their power and fade away. The people of Turмали become isolated on one of the seven lands and their world becomes dark and unpleasant.

The 'Elders' of Turмали get together and decide to seek the help of 12 children from different countries on Earth. These children have each received a magical Tourmaline gemstone which is why they have been chosen.

The Turмали and The Light Savers stories take each of the children on amazing adventures as they set about helping the people of Turмали to defend their world from the alien invaders.

The first book in the series 'How it all began' introduces the storyline and prepares the reader for the following 27 books (13 currently in print with the final books set to be released in 2023.) Each of the remaining books each contain 5 stories about one of the characters and describes how these young heroes try to defend the magical world of Turмали from the invading aliens. (Each book has around 300 pages and 45 full colour illustrations.)



## What makes this series unique?

By producing exciting stories in short, manageable chapters, we aim to encourage children to become passionate and avid readers who learn about the world and other cultures through these well-researched stories.

Our multi-national 'Light Savers' who need to come together and get along in order to defeat the aliens, develop an ethos of diversity and inclusivity. The 12 children must problem solve, grow in confidence, show determination to achieve their aims.



A special discount code is available to London Mums magazine readers, simply put in LMM25 at checkout to receive a 25% discount. (valid until March 31st 2023)

All the books can be found at [www.turмали.com](http://www.turмали.com)

Reading  
eggs

Learn to Read in 30 Days  
**FREE!**



Reading Eggs is the multi-award winning online reading programme for kids aged 2-13.

Trusted by over 20 million users around the world, Reading Eggs can boost your child's confidence and motivation in **just 15 minutes a day**. In fact, **91% of parents report a noticeable improvement** in just a few short weeks!

See for yourself and sign up for a 30-day free trial below!

Reading Eggs Junior	Reading Eggs	FAST PHONICS	Reading Eggspress	Mathseeds
Ages 2-4	Ages 3-7	Ages 5-10	Ages 7-13	Ages 3-9
<b>First Steps</b> Delight your toddler with fun games and activities that build alphabet knowledge and ready-to-read skills.	<b>Learning to Read</b> Children follow structured, one-on-one lessons that teach phonics, sight words and reading skills.	<b>Mastering Phonics</b> Fast-paced lessons cover key phonics skills, perfect for both emergent and struggling readers.	<b>Building Confidence</b> Older children can continue building key literacy skills that will help them succeed in school.	<b>Learning Maths</b> Nurture an early love of maths with structured lessons and activities that build essential maths skills.



**FREE 30-DAY TRIAL**  
[readingeggs.co.uk/ldnmum](http://readingeggs.co.uk/ldnmum)

Scan QR code for 30-Day **FREE** trial



Available on the  
**App Store**

GET IT ON  
**Google Play**

\*This 30-day free trial offer allows you to add up to 4 children. You will be charged at the end of the trial period unless you cancel before this time. You can cancel any time by selecting the 'Cancel Subscription' option located on the 'Manage My Subscription' page in your family dashboard. Offer is valid for new UK customers only.



# Meet Rudy the werewolf & get ready for a howling-ly good adventure with Oxford Children's MAJOR middle-grade launch for 2022

Paul Westmoreland's debut gothic-inspired middle grade series will forge a love of reading in little ones with an appetite for adventure... Packed with mischief, irresistible characters, colourful illustrations & lots of heart, Rudy is the perfect spooky read for Halloween!



Rudy is a celebration of the 'power of the pack': family, friends, loved ones; your pack is where you feel you are home. Bridging the gap between picture books and independent reading, the series explores the importance of building friendships through an exuberant character whose nose for adventure is powered by strong bonds: and a belief that kindness and empathy for others will always win the day.

Amidst Rudy's scent for adventure are underlying messages about managing responsibility, developing strategies for problem-solving, building mental and emotional resilience and the strength of teamwork.

With boundless energy and an impulsive nature, Rudy is always ready to follow the scent of adventure! And with his loyal pack of friends by his side there's nothing he can't achieve.

## Rudy & the Monster at School

There's a new boy in Rudy's school called Frankie, and everyone says he is SCARY. Which is really saying something, as Rudy's class is full of ghosts and ghouls, and his teacher is a vampire. But when Frankie gets upset and runs away, Rudy knows he has to help him. The trouble is, Rudy's wolf senses lead him towards the really spooky castle on the hill. Is Rudy brave enough to follow his nose, and find out the truth behind the monster at school?



## Rudy & the Wolf Cub

When Rudy finds a lost wolf cub at the skatepark, he knows he has to help him. Rudy tries everything he can think of to find the cub's pack, but they're nowhere to be seen, or smelled, and time is running out. Can a howl in the night change the fate of the little cub? How-how-harroooooow!

## Rudy & the Wolf Cub Rudy & the Monster at School

Written by Paul Westmoreland  
& Illustrated by George Ermos

Oxford Children's | 6th October 2022  
Paperback | £6.99 | 5+ | #Rudy



'Tis the season for great Christmas gift ideas, courtesy of our ASDA photo's 2022 Christmas Collection!

Discover our range of high-quality personalised Christmas gifts, where you can customise your Christmas gifts by adding photos, text, messages and more to create a thoughtful and personal present for loved ones and friends this year.

No matter what you have in mind, we've got their wish list covered... without breaking the bank!

Our wide variety of personalised gifts offers you a great range of gifts ideas for all the family. So this year make their Christmas extra special, with a photo gift from the heart.

## Best-selling Christmas gift ideas

For the lady who loves her home comforts, our personalised cushions and blankets make for a cosy addition to her living room or bedroom. We also have a range of beautiful wall art prints and canvases, which are perfect for adding a touch of personality to her home.

For the man who loves his gadgets, we have a range of personalised phone cases, available for a range of different phone models. Whilst our personalised keyrings help him keep track of his keys

Gift ideas for kids are always popular! Add a unique touch to games nights with our personalised pairs game and jigsaws. Our magnets and desk art are great for transforming your kids designs into beautiful gift ideas for the office.

Whilst our personalised calendars and tea towels make perfect gifts for grandparents, especially if they have pictures of the grandchildren on!

## Secret Santa Gifts & Stocking Fillers

Getting a small meaningful present can be challenging. At ASDA photo, we have a range of photo gifts, suitable for all ages and more importantly – for a range of budgets allowing you to create a unique and thoughtful present, that will be cherished for years to come.

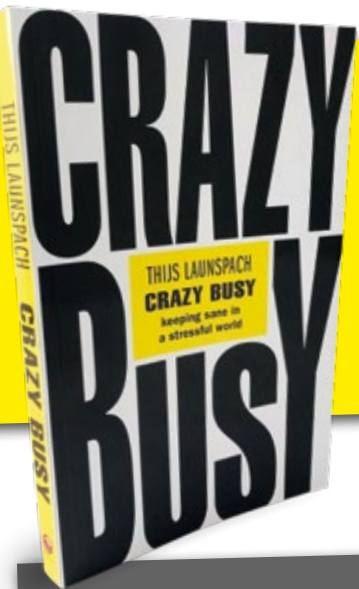
## Sacks and Stockings

We have personalised sacks and stockings that are perfect for even the biggest kid! Our popular Santa sacks are made from high quality, durable hessian, which makes them perfect for filling right to the top. Those looking for something a little smaller, our stockings make a nice personal touch to any mantelpiece or bed frame at Christmas.

From stocking fillers to unique gift ideas; whatever your budget, you'll find something that's one-of-a-kind for this festive season!







# ABOLISH STRESS REDISCOVER JOY REPLENISH YOUR ENERGY

Our lives today are almost invariably crazy busy. Being busy is one of the hallmarks of the modern era. But the pressure is taking its toll on us.

Meetings, deadlines, breaking news, e-mail notifications, social media updates, a thousand consumer choices per day, our free time filled to the brim with social activities – the life we lead nowadays can be incredibly busy. And we seem to like it that way. We like to feel productive. We value hard work. We enjoy our leisure activities. All things considered, we regard a busy life as a good life.

But given the incredibly hectic lives we lead today, is it even possible to find enough time to relax and unwind?

Why are our lives so hectic? Have we all become workaholics? Why are we so susceptible to FOMO (the Fear Of Missing Out)? And, most importantly, what can we do to cope with the stress in our lives?

There may not be a lot wrong with leading a busy life, if you're able to manage the excesses and find ways to recover from the busyness, that is. If you're not careful, however, being 'nicely busy' can easily tip over into being 'crazy busy'. And if you're crazy busy all of the time, this can lead to all kinds of trouble: exhaustion, anxiety and even burnout.

In *Crazy Busy: Keeping Sane in a Stressful World* author and psychologist Thijs Launspach examines why we often work ourselves to the bone and what we can do to prevent this.

Drawing on the latest scientific knowledge, the methods used by experts, and the stories told by those who have learned the hard way what stress can do to both body and mind, *Crazy Busy* explains to readers in a very practical manner how to cope with stress, create more peace and calm in their lives, and prevent a burnout.

As Thijs says, "Remember, you are the one who decides how to live your life. And how you manage the stress in your life is your choice, too. But if you don't choose, others will force their decisions upon you. If you're unable to make the hard choices, you will be left with a diary that is permanently full to bursting, an eternally hectic life and a perpetual feeling of haste."

**I cannot guarantee that after reading this book your life will be completely free of stress. But I can promise you that the tips in this book will help you handle stress more effectively. Not a bad prospect, really, considering how crazy busy we all are these days.**

**Crazy Busy by Thijs Launspach is out now priced £12.99, published by Capstone (@thisiscapstone)**

# EXCITING FOR CHILDREN – GOOD FOR THE ENVIRONMENT

*The first sustainable PLAYMOBIL product range WILTOPIA launches*

We live in a breath-taking world filled with abundant species that are worth loving and protecting. Wiltopia raises and even expands the fascination for our big blue planet. The product range makes knowledge accessible in a child-friendly way and helps explain complex contexts from everyday life and our world. The products' innovative material and the educational approach add a special value to children's play. In an exciting way, they demonstrate how important animals and the environment are for the continued survival of Earth. From September, children will be able to discover the Amazon region with the second Wiltopia wave including six colourful items. Durable quality – the environmentally friendly way

Wiltopia is the first product range from PLAYMOBIL to be made from an average of over 80% sustainable material. PCR plastic – i.e. plastic that has already been used by consumers and then fed back into the recycling loop – as well as bio-based plastics are used. Discarded recyclables are given a new life and provide the source of material for a colourful and extraordinary play theme. Their use conserves resources and, above all, protects the environment. The new material makes the play sets shine in a refreshingly new pastel look.

All new items of the Wiltopia range naturally meet the proven quality standards of PLAYMOBIL.



Wiltopia is all about growing up in a world where animals and nature are respected and protected. To achieve this, it is vital to share knowledge – children can only value, love and protect what they actually know. Sets with animals from all over the world will provide lots of collecting and playing fun, combined with some extra knowledge. Among the 12 baby animals and 15 medium-sized and large adult animals from all continents, everyone is guaranteed to find their favourite animal! In addition to the flexible animal figures, each animal set contains accessories to immediately open up creative role-play and a collectible animal card with exciting facts about that animal species. The QR code on the collectible card leads to even more content. An audio clip with child-friendly information on each and the option to project it directly into ones home via the AR feature is included in the web app. Who hasn't always wanted a selfie with a giraffe?





# Christmas Gift Guide



## Pear Shaped

Have a rocking good Christmas time in this fast and frantic game of pairs, with a fruity twist. Match by object, colour or number in a race to grab the rocking pear. Ages: 7+  
RRP: £14.99  
Available from [www.camdengames.com](http://www.camdengames.com)

## Barbie® Gym Playset

Barbie Gymnast Playset includes a gymnastic training environment featuring the Barbie Gymnast doll in a colourful metallic leotard. She also comes with an extra outfit, a warmup suit, shoes, towel, snacks and a gym bag.  
RRP £26.99  
Available from [www.bmstores.co.uk](http://www.bmstores.co.uk)



## Vilac Wooden Tea Set by Hippychick

The Vilac Wooden Tea Set is the perfect gift for children (or grandchildren) of dedicated tea drinkers. The tea bags are just the sweetest!  
**London Mums can take advantage of 20% off discount using code LONDON20 at checkout.**  
RRP £36.00  
At [www.hippychick.com](http://www.hippychick.com)



## Barbie® Scooter Doll

Perfect gift all year round, this classic Barbie doll wearing fashion and stylish accessories on a pink and white vehicle includes a kickstand, a basket on back and wheels that roll.  
RRP £14.99  
Available from [www.bmstores.co.uk](http://www.bmstores.co.uk)

## Travel Barbie® & Accessories

Barbie doll can take her puppy, a pink suitcase, and young dreamers, around the world with this travel-themed set. It comes with so many pieces to help imaginations take off.  
RRP £16.99  
Available from [www.bmstores.co.uk](http://www.bmstores.co.uk)



## Winter sleeping bag by Slumbersac

Winter sleeping bag for babies and toddlers ensure safe sleep even at low temperatures but is breathable at the same time. London Mums can take advantage of **10% off winter sleeping bags when you spend over £40 using code LONDON10 at checkout.**  
Available at [www.slumbersac.co.uk](http://www.slumbersac.co.uk)

## Crane 2.0 4-in-1 Humidifier with Sound Machine

This thoughtfully designed humidifier safely releases moisture into the air. Super stylish and easy to clean, the whisper quiet 4-in-1 humidifier features an ultrasonic cooling mist, 3 soothing sounds, an aroma tray to enhance relaxation and an optional nightlight.  
RRP £110  
Available at [www.cheekyrascals.co.uk](http://www.cheekyrascals.co.uk)



## Thumbs Up Vlogging Light

This flexible LED light is the ideal tool for London Mums to get the best shots for vlogging, streaming, selfies and even Zoom calls. Allowing hands-free filming it has three light settings for complete control and tone. It is portable, compact and USB powered with a large clip to fix securely onto most surfaces.  
RRP £19.99  
From ASOS



## Family First Aid is in the Bag with Must Have Kits

Mini First Aid, best known for delivering multi-award-winning first aid classes to the nation through its 70 strong franchises, has launched a new large family first aid kit to keep at home or in the car including 115 items from essentials to extras (foil blankets, gloves, a digital thermometer, a cold pack, and a resuscitation shield).  
RRP: £26.99  
Stockist: Boots, [www.minifirstaidshop.co.uk](http://www.minifirstaidshop.co.uk), Toys R Us [toysrus.co.uk](http://toysrus.co.uk)



## Ladies Hiker casual ankle boots by Landrover

Car manufacturer Landrover has designed an exclusive range of hiking boots for Deichmann for the whole family. Walking shoes need to be comfortable, durable and strong enough so that you can walk, climb and hike through other harsh conditions. Great gift for active parents and children.  
RRP £44.99  
Available [www.deichmann.com](http://www.deichmann.com)



## Period Lingerie

No more old pants from the back of the drawer – update your period wear with these super comfy pants. They're washable, reusable and sexy with a snug fit and soft feel. They're as comfy as your normal pants.  
Available from [www.bodyform.co.uk](http://www.bodyform.co.uk)







Beautiful toys built to last for generations

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20% off everything Hippychick

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