

SOMETHING NEW

Autumn 2021

THE PARENTING MAGAZINE FOR DORSET FAMILIES

THE MENTAL LOAD

What's the mental load and how can you reduce it?

The root of the issue

Top tips on reducing your food waste

WITH ALL MY HEART

Kirri & family's parenting journey takes another turn

Plus...

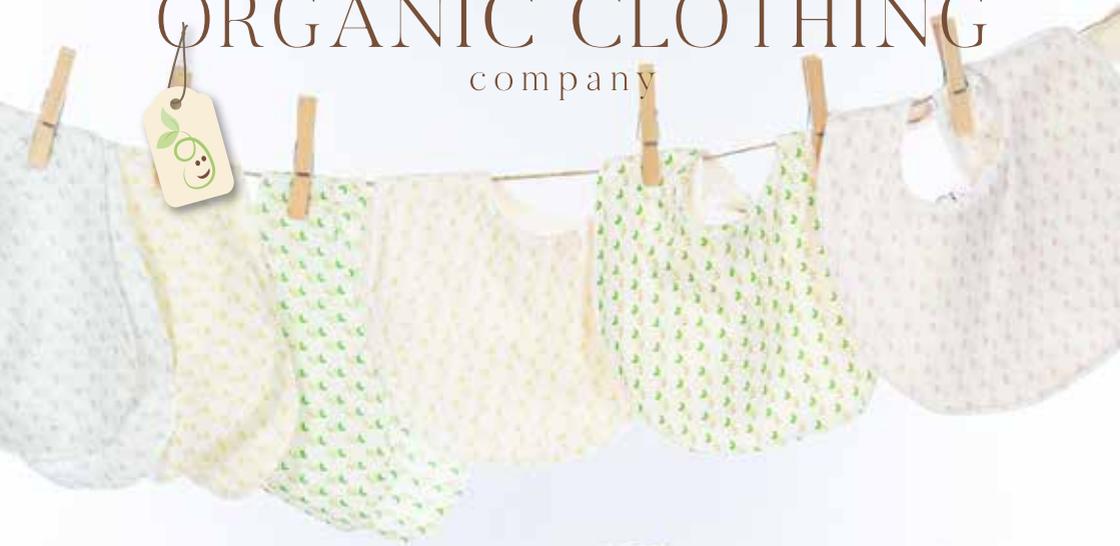
Ask Rosie

Craft ideas

Real life parenting

Recipes & more!

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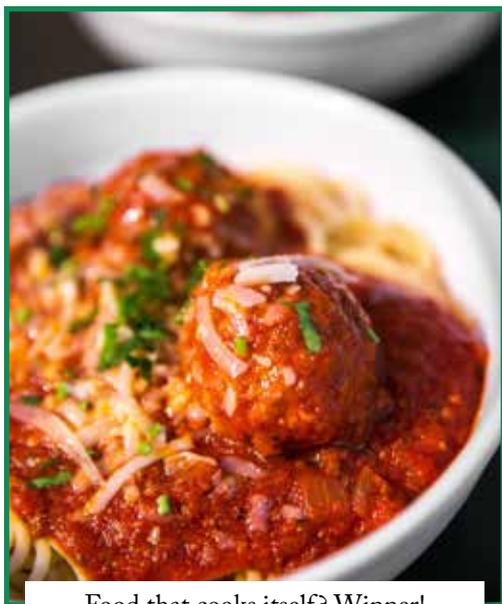
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Thank you to Karen Wiltshire Photography for our gorgeous cover photo.

www.kw-photography.co.uk



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AND SUDDENLY...

I don't know if it's an age thing or if the days, weeks and months seem to slip by in the blink of an eye for everyone. But here we are in autumn *already!*

Last time we were creating the magazine, we were still living with restrictions, looking towards an uncertain summer. And now here we are, the last days of August passing in a flurry of frantic feet measuring, readjusting to getting up and out of the house on time, dreading the influx of morning traffic. But it's not all bad - autumn always fills me with a sense of calm. Perhaps its because it feels like there's less pressure to make the most of every moment. Movie days with hot chocolate are a legitimate activity. The pace slows a little (and not only because of the drizzle) so we can all take stock.

Anyway, enough rambling about the turning seasons! What's for you in this issue of Something New? We are so excited to introduce some new contributors - experts in their field and here to help us all get to grips with parenthood. We hope you enjoy reading this issue - as always, we'd love to hear your feedback!

Eleanor & Sebrina
xxx

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THE
SECOND
NIGHT

So, you've had your baby. What now?! Lots of new parents can feel overwhelmed, especially with their first child and on their first night at home.

No two babies are the same, but there are some behaviours you can look out for and understand because without knowing the reasons for it, it can feel like something might be 'off'.

Louise from **Better Start Baby Club** is a private Health Visitor and Registered Nurse. Here, she shares her tips for your first nights at home...

After an initial alert period your baby is usually quite sleepy in the first 24 hours after birth. What no-one tells you is that then they wake up!! And feed...and feed and feed and feed and feed.

WHY?

- ♥ They realise they are no longer in the womb and this place outside is different. There are different sounds, smells, lights and temperature. The place that is the closest to being back in utero is to be close to you and at the breast.
- ♥ Breast milk has similar flavours to your amniotic fluid and can also help your baby to feel comforted with a sense of the familiar when everything else is different.
- ♥ Sucking is comforting and calming and will settle your baby.
- ♥ Sucking will help to bring in your milk so by comforting your baby as it transitions to the outside world you are also doing the best thing you can do to establish your milk supply.

WHAT HAPPENS ON THE SECOND NIGHT?

You may notice that your baby feeds and seems to settle and fall asleep at the breast but then every time you go to put them down they wake up and start crying again and the only thing that settles them is coming back to you and back to the breast. This can happen over many hours.

TIPS:

- ♥ Understand that this is normal newborn behaviour and it's unlikely that there's anything wrong with you, your baby or your milk. Your baby just needs *you*. This won't last forever.
- ♥ Don't try to separate too far from your baby during this phase, if your baby falls asleep at the breast, slowly and gently unlatch them and just move them up to rest on your chest where they can sleep deeply.
- ♥ Keep your baby skin to skin, the closer your baby feels to you the more settled they will be.
- ♥ Try and optimise positioning and attachment for these feeds. I speak from experience that the only thing harder than your baby feeding for an intensive time period is suffering pain while it happens because the latch isn't quite right.

***Better Start Baby Club** is a private health visiting and midwifery team. Louise is a qualified health visitor, nurse practitioner and registered nurse. She founded Better Start Baby Club to connect with new parents and parents-to-be to give them the best possible start in their new role.*

You can find out more at thehealthvisitor.com

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THE IMPORTANCE OF MUSIC IN EARLY DEVELOPMENT

It is undeniable that music plays a huge role in our culture. If you stop and think about your everyday life, music is present in most of our social, educational, and working environments.

The TV shows and films we watch are soundtrack, our high street shops and supermarkets romance us into our purchases with background music, and many offices up and down the country have a radio station playing, helping to break up the day with musical punctuation. But perhaps, more noticeable is the abundance of music in the early stages of education.

Music is a fundamental catalyst in igniting all areas of child development and readying a child for those first steps into the education system. It equips our children with social, emotional, intellectual, language, motor and literacy skills, and has been proven to encourage a feeling of confidence and bravery. Music, and particularly singing, allows children's bodies and constantly developing minds to work in unity.

Engaging their minds in this way improves memory retention functions and this is true throughout life and well into old age. It has been proven that children exposed to music growing up often excel further academically, possibly because music stimulates almost all areas of the brain but particularly those areas responsible for reading, maths and emotional development and motor skills.



Exposing our little ones to music during their early development helps them learn sound as well as the meaning of words and how the meaning of words can change depending upon context and the intonation placed on them: The weather can be hot and it's pleasant, whereas a fire is also hot but dangerous.

Music helps little ones to:

- be in tune with their emotions
- to understand how positive triggers can affect their mood
- recognise these emotions in others

All vitally important in a child's social, emotional and moral development.

Parents have instinctively used music to engage with their children throughout time, and no wonder. Beyond any of the reasons above, or the many, many more you can find evidence of in academic papers across the globe, it just feels good. The fact it soothes our children and can generally improve their development is surely just a bonus.

TREATING BURNS

By Malcolm, Med Star Paediatric

On average in the UK, 110 children are seen every day in Emergency Departments as a result of burns. The most common place to sustain a burn is in the home, and 49% of all burn injuries occur in the kitchen.

TYPES OF BURN

The three most common types of burn in children are:

SCALDS

Scalds are the most common type, representing approx. 43% of all burns. Being scalded is also the no.1 culprit for burns in babies and young children. Approximately 46 children are seen in ED's every day due to being scalded by spilt tea or coffee alone. Children can also be scalded by hot bath water, hot food (i.e. gravy), or hot water/steam from a kettle or cooking pan.

DRY BURNS

Dry burns can be caused by contact with flames or hot objects, for example fires (including bonfires), matches, hot cookers or stoves, hot food plates and cups or hair straighteners.

CHEMICAL BURNS

Chemical burns can be caused by swallowing a liquid or solid/powdered chemical, or swallowing button batteries.

HOW SEVERE IS THE BURN?

SIZE

If a child has a burn injury of ANY SIZE seek medical advice

CAUSE

The cause of the burn can significantly dictate its severity. Chemicals can also be poisonous and electrical burns can cause severe damage within the body.

AGE

Children (and the elderly) are especially at risk following a burn injury.

LOCATION

Burns affecting the face, hands, feet, genitals or burns which completely surround a limb or the body can be especially serious.

DEPTH

Don't forget - If a child sustains a burn ensure that you get immediate medical advice, irrespective of the depth of the burn.

DEPTH OF BURNS

SUPERFICIAL

Only the outer layer of the skin is affected which will be red, very sore and may be swollen.

PARTIAL THICKNESS

The burn has gone deeper, affecting the second layer. The skin will look raw and blisters may form.

FULL THICKNESS

The skin layers have been burnt away down to the fat layer or even deeper. The skin may appear pale, charred, or waxy. Be aware that as the nerve endings in the skin have been burnt away, the child may not be in pain, despite this being a very serious injury.

TREATING BURNS & SCALDS

STOP THE BURNING PROCESS

- Remove the child from the source of the burn, ensuring your own safety and extinguish any clothing on fire:
- *Stop as soon as it's safe to do so. Running with the child can fan the flames.*
- *Drop to the ground with the child.*
- *Try and avoid the burned area itself coming into contact with the ground.*
- *Smother flames on burning clothing.*

COOL THE BURN

This is the new guideline >>>>>

Immediately cool the burn with gently running cold tap water for a full 20 minutes.

- If tap water is not available, use any clean cool liquid (i.e. milk, squash). *The optimum temperature to cool a burn is 12°C, but water up to 20°C can be used.*
- **Don't use ice packs or ice water.**
- **Try not to touch the burn or burst any blisters.**
- **Don't rely on a burn dressing to cool a burn.**

BE AWARE OF SWELLING

Burns and scalds can cause a lot of swelling so gently remove any clothing or jewellery that could cause constriction - if possible *before* any swelling starts.

Do not remove any clothing, fabric or anything that is sticking to the burn.

SEEK MEDICAL ADVICE

If a child is burnt you must always seek medical advice as soon as possible, even if the burn appears to be minor. If the burn appears serious or the child may have breathed in smoke or fumes, dial 999 **immediately**.

COVER THE BURN

- After 20 minutes of cooling, gently cover the burn with a single layer of cling film. Allow the film to cling to itself away from the burn, but don't wrap cling film around a burnt limb as the limb will swell.
- If cling film isn't available, use a clean unused food bag, a sterile first aid dressing or even a cotton pillow case.
- **Do not cover any burns to the face. Just keep cooling until help arrives.**
- **Don't apply creams/lotions to the burn.**
- **Don't apply adhesive dressings or anything that might stick to the burn.**



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What Can Nest Do?



We are proud to offer evidence based, bespoke support, predominantly to families with children aged 0-5 years.

NEST works closely with you and your family in a nurturing and non-judgemental way, to support you in your child's early years

NEST stands for 'Nurture, Educate, Support- Together' and that is an ethos we are incredibly passionate about, and ensure every family receives this high level of support.

NEST is a private Early Years Consultancy Service offering bespoke support to families with children aged 0-5 years.

NEST is proud to have a strong ethos ensuring that every family receives a service which is confidential, informative, and exclusively tailored to each individual family and their needs.

NEST was founded in 2018 by Lucy, a qualified Norland Nanny and Maternity

Practitioner who has ten years of experience, and has worked with families and their children, both privately and in the Community through the NHS. This enabled Lucy to gain a wealth of knowledge and experiences and she passionately believes that no two journeys are the same which is why she felt a bespoke service should be made available.

NEST can provide support in any of the following areas:

(please note we are not a medical service, if you have any medical concerns about your child then please contact their GP or Health Visitor)

- Transition from milk to solid food (Weaning)
- Toilet Training
- Behaviour
- Family Life Adjustments (new sibling, moving house, etc)
- Infant Feeding (bottle & breastfeeding)
- Sleep
- Separation Anxiety
- School Readiness

ASK ROSIE

Each issue, *The Parenting Coach*, Rosie tackles your parenting questions. There is no subject we won't cover and privacy is guaranteed. Send your questions to eleanor@somethingnewmag.co.uk



Q My 6-year-old daughter constantly comes downstairs after I have put her to bed; bedtime is taking hours – help!

I recently encountered this exact same problem with my eight-year-old daughter. She would happily go to bed without a fuss but would then come downstairs multiple times for all sorts of reasons: one more kiss good night; needing the toilet; wanting one more hug; needing to be tucked in; wanting a drink of water; can't find her favourite cuddly toy; hearing a funny noise; pain in tummy, foot, hand, ear, etc. The list of reasons was endless; my patience wasn't! So I started using a 'bedtime pass'.

A bedtime pass is a small, credit-card sized piece of card with the words, 'Bedtime Pass' written on it. It can be decorated with stickers or even a photo of your child in their pyjamas ready for bed. When you put your daughter to bed, give her the card to keep next to her in bed. If she comes downstairs after bedtime, whatever the reason, she needs to hand you over the bedtime pass which you then keep until the following night. Make a big fuss of her when she uses the pass, saying things like, "Thank you for using your bedtime pass! You are such a grown-up girl!" If she comes down again once the pass has been used, take her straight back to bed without giving her any attention, either positive or negative, and just say, "You have used your pass tonight so you need to stay in bed now."

Some children will need to start with three or four bedtime passes to get them used to the routine. Gradually, over time, you can reduce this amount. Eventually they will just be happy to have the pass next to them in bed and not even need to use it.

You will find this is a very successful method of keeping your daughter in her own bed in the evening. Children love handing over their pass in return for the one thing they need i.e. one last hug, a trip to the toilet, a drink or just a tucking in. You will also find the pass useful if you are in an unfamiliar environment, such as: on holiday or if your daughter is staying with a friend or family member. You can even get your child involved in making her bed time passes, adding stickers or her favourite colours. Sweet dreams!



Q My toddler is such a fussy eater. One day he loves something; the next day he refuses to eat it. The list of food he'll eat is getting smaller and smaller. Some days I feel like he eats nothing at all. I'm worried he is missing out on important nutrients.

Toddlers are notorious for being unpredictable with their eating patterns; this is totally normal but also very frustrating for us parents! After a period of rapid growth in their first year, a toddler's growth rate tends to slow down and this is often reflected in their appetite. It is common to find that a toddler seems to eat less than they did as a baby. The first thing you need to do is to remove all parental pressure – would you feel like eating if someone was sat opposite you watching you every time you put a mouthful in? When your child does eat something, don't make a big deal of it, keep your reaction minimal. Remember also that toddlers love to be in control and refusing certain foods can be one way of them exerting their power. Power struggles like this can be avoided by giving your toddler a sense of control through age appropriate choices. For example; your child can't choose what is for dinner but they can choose which plate they'd like to use or which colour cup they are going to drink from. Here are a few other tips to help encourage your child to eat:

- Be aware of toddler portion size – start small as it can be overwhelming to have too much food on their plate at once.
- Be sure to serve a 'safe' food along with other unfamiliar or less popular foods at every meal, that way you know your child will eat something on the plate and you will avoid getting in and making them a different meal.
- Remember that children may need to try a new food up to 15 times before developing a taste for it so continue to give them food even if they have tried it before and said they didn't like it.

- Provide a small bowl next to them on the table to put unwanted food in. This avoids any temptation to throw unwanted food on the floor (something which toddlers are inclined to do!)
- Use a range of different eating utensils such as tongs, unusual forks and spoons, fun tooth picks as this can make meals more enjoyable and encourage your child to engage with the food more (just make sure you supervise your child at all times when eating).
- Serve food in little pots and containers such as colourful silicone cake cases or shaped bowls (a friend of my daughter's said she loved coming to tea at my house because I always served baked beans in mini heart-shaped bowls!)
- Offering healthy dips such as yoghurt, humous or ketchup with meals can make mealtimes more fun.
- Children also love sprinkling things onto their food. Seeds, croutons or grated cheese work really well on savoury dishes.

It can also be helpful to think outside the box when it comes to your child's eating. Would they benefit from having their main meal at lunchtime if possible and a lighter/ snack-like tea if they are more tired in the afternoon? If your child is hungry before dinner is ready, give them their vegetables to eat as a starter (even raw!). It is also important to look at your child's food consumption throughout the day or even over a week rather than at each meal in isolation as young children's appetite can vary hugely.

Finally, please remember if you have any worries about your child's growth and development, make sure you discuss these concerns with your GP or health visitor.



THE MENTAL LOAD

It was only when my daughter started school three years ago that I realised I carried a burden that my husband didn't.

Perhaps it was the addition of so many life-admin tasks, or perhaps I just finally took stock of things. Either way, I became aware of just how much stuff I kept on top of.

The 'stuff' included things like car insurance renewals, remembering to set up direct debits, sorting utilities when we moved, managing Drs appointments (and remembering where the red book was), making meal plans, arranging play days, buying gifts, vet trips...you know, all the many things that make up modern life.

Now, my husband is what my nan called a 'hands-on dad' - a term that really grinds my gears. But, to his credit, he is fully involved in home life. However, he's taken a backseat when it comes to the organisation of family life. Oh sure, he'll sort something if it's delegated, but I still find I need to remind him to do it.

Anyway, this is not a swipe at my lovely husband. It's more to illustrate my point.

Women seem to carry the mental load.

I'm not saying that it's exclusively mothers, some dads and partners take it on. And I also know that lots of families have got the coordination of life down pat. But it's my experience, and that of the many women that I know, that mums are the ones that bear the brunt of the endless to-do lists.

I bet you could pick any mum in the street and ask her what she's been thinking about that day and within that will be a stream of things that need to be done/should be done/will be done. Washing, school shopping, forms for after school clubs, hair cuts, MOTs. It's a lot. It's a lot to carry around, and if you're anything like me, things pop in to your head at the WORST times. Remembering I need to call the dentist to change appointment times? I'll think of that as I'm driving to Lidl and will forget by the time I get home. Because we're not machines. We can't do it all, no matter how hard we try.

So, I've started trying a few things to make the weight of the mental load a little lighter. Some work well, others not so much. But if you're finding it hard to stay on top of all the things, here's some ideas to try.

Eleanor

DELEGATE

This is one that can be a struggle. Letting go of a task means letting someone else do it their way - and if you're anything like me it can be hard to accept that it may be done differently.

Also, mums parenting alone, I see you. I see that there is no one to delegate to (the dog, though loyal, can't do the online shop). But setting reminders on Alexa, Siri or Google can at least mean you don't have to recall everything without prompt.

FIND YOUR TRIBE

The saying 'a problem shared is a problem halved' is true. A support network of other parents that are dealing with similar issues not only gives you the validation that you may need, it also gives you a team of people to problem-solve with.

R & R

Even God took a
Plan a day where you don't
It might not make your
it will allow you a day t



GET ORGANISED

Often we're darting all over the house doing jobs as we find them. Not only does this waste more energy, it also means you miss things. Apps like TOMM or Tody can help you plan your household chores so you get into a routine.

Meal planning is a game changer for lightening the load. You don't spend the day wondering what to cook/if you have the right things in/relying on the same meals. Future you will thank you for taking the time to plan ahead.

day off.
n't do the things.
load lighter, but
o de-stress.

LET IT GO

Queen Elsa was on to something. If the pressure is too much, it's ok to step back. Sure the task might need doing, but does it need doing NOW? If it's not urgent then there's no harm in letting it slide for a while.





FIGHT FOOD WASTE

**Reduce your food waste, help combat climate change
& save money!**

The edible food we throw away contributes to climate change. Not only are we wasting food, but also the valuable resources that go into creating it - from fertilisers and water used for growing it, to greenhouse gases created from its production and transportation.

Here are some handy tips on how to reduce your food waste:

MAKE A LIST

Before you go shopping, plan your meals and make a list. It will help you buy only what you need.

GET YOUR PORTIONS RIGHT

A quarter of a standard mug of uncooked rice or two generous handfuls of uncooked pasta per person are a good rule of thumb when estimating quantities required.

STORE FOOD CORRECTLY

Bread is best stored in its original packaging in a cupboard or bread bin, not the fridge where it goes stale more quickly. Potatoes should be kept in a breathable bag/sack (not plastic packaging) and stored in a cool, dark place.

GET THE BEST OUT OF YOUR FRIDGE/FREEZER

Setting your fridge to 5° Celsius will keep food fresher for longer. All kinds of foods can also be frozen on their “use-by” date, including milk and bread.

EAT EVERYTHING EDIBLE

Use up every edible part of your fruit and vegetables, including broccoli stalks and cooked potato skins.

KEEP AN EYE ON LABELS

'Best before' refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. 'Use by' refers to safety: you must not eat food past the 'use by' date. 'Display until' and 'Sell by' dates are just for the retailers. You don't need to worry about these.

USE UP LEFTOVERS

Leftovers could make a lunchtime snack e.g. for fillings in sandwiches or baked potatoes, or to make an evening meal.

AND FOR THE INEVITABLE FOOD WASTE

Consider home composting, and make sure you use your weekly Food Waste kerbside collection.

For more hints and tips, plus lots of tasty recipes for using up leftovers, visit [lovefoodhatewaste.com](https://www.lovefoodhatewaste.com)

Dorset Council Waste Team



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Let's Eat!

Mealtimes can be a chore, especially after a busy day at school and work. Try these easy and tasty recipes for a filling meal.

POTATO, SWEETCORN & TUNA CAKES

Crispy coated potato cakes make a yummy tea that kids will love!

Easy prep and quick cooking time make these a great lazy weekend meal.

Serves - 6

Preparation Time - 30 minutes

Cooking Time - 15 minutes

INGREDIENTS

500g potatoes, peeled, coarsely chopped

185g can tuna in oil, drained, flaked

1 celery stick, finely chopped

1 carrot, peeled, finely chopped

100g sweetcorn

2 tbsp chopped fresh parsley

1 egg yolk

90g breadcrumbs

2 tbsp olive oil



1. Steam potatoes over a pan of simmering water until tender. When ready, mash until smooth and then place in fridge for 1 hour.
2. Add tuna, celery, carrot, sweetcorn, parsley & egg yolk to the mash and mix everything together.
3. Split the mix into smallish balls and flatten to make burger shapes. Cover with breadcrumbs and place in freezer for 10 minutes to firm up.
4. Heat oven to 200°C and place potato cakes on oiled baking tray. Bake for 20 minutes, flipping half way through.

SLOW COOKER MEATBALLS

Save hassle and stress at the end of the day by getting your evening meal ready in the morning! This slow cooked meatball bolognese is delicious and filling.

Serves - 6

Preparation Time - 20 minutes

Cooking Time - 8.5 hours

INGREDIENTS

BOLOGNESE

400g tin chopped tomatoes

500g carton Italian passata

3 tbsp tomato purée

1 beef stock cube

1/2 medium onion, diced

1 carrot, finely chopped

Spaghetti, broken in half

MEAT BALLS

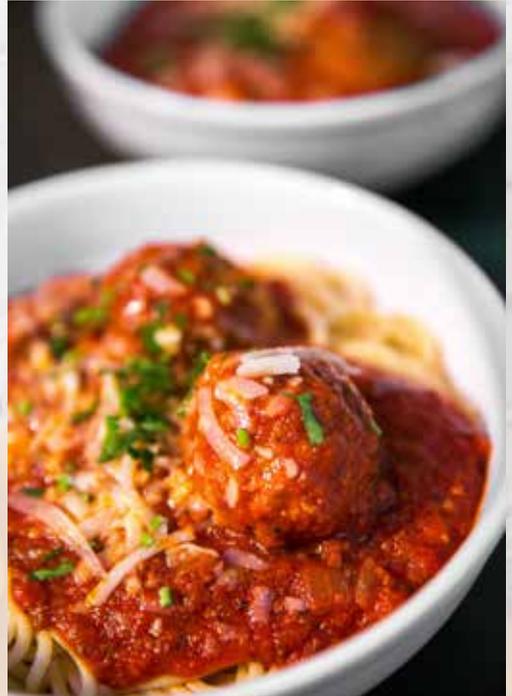
500g mince

4 tbsp porridge oats

1 garlic clove, crushed

Spray of oil

1. With the mince in a large bowl, add the oats and garlic and mix everything together with your hands. Divide the mixture into 20 pieces and roll into a small ball shape.



2. Put a little oil in a frying pan and gently cook the meatballs until they start to brown.
3. Place chopped tomatoes, passata, beef stock, onion and carrot into a slow cooker. Stir in meatballs until well mixed.
4. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
5. Add the uncooked spaghetti, cover and cook on low heat for an additional 30-40 minutes, or until spaghetti is tender, stirring once.



CAPTURING YOUR SPECIAL MEMORIES

Karen Wiltshire
PHOTOGRAPHY

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SOMETHINGNEW

Loves

Skincare

Let's face it, when it comes to self-care parents tend to come waaay down the list. Some days even brushing your teeth and hair can feel like a luxury! But your skin needs a little pampering; the sleepless nights, daily stresses, caffeine-fuelled living and too much sun/wind/chill at the park all add up and take it's toll on your body. Thankfully Dorset is jam-packed full of clever dogs skincare creators... You can replenish your complexion AND support a local business - YAY!



BAO

BAO is the brainchild of Beth, a Poole entrepreneur. Her skincare range is exquisite, with fans from all over the globe.

We think all dressing tables or nightstand's should have a jar of BAO's Recovery face cream. Containing calming Chamomile, it's soothing on sensitive skin and the Hyaluronic Acid helps cell regeneration so you can get that glow back.

baoskincare.co.uk

BLACK MUSTARD

Black Mustard is a Ringwood-based business run by Beauty Therapist and Product Creator Paula.

Black Mustard sells delicately scented candles, waxes and balms. Our fave is the Foot Soufflé, which, after a summer of flip flops, is certainly needed! Give your feet a decadent and restorative treat!

blackmustard.co.uk



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lytchettbaysoaps.co.uk

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eleanor@somethingnewmag.co.uk



A BEAUTIFUL AVA BUTTERFLY!



HARPER'S SMILE HAS US SPINNING



BRANDON THINKS HIS CHEEKY
FACE IS HILARIOUS!



COULD JOSEPH GET ANY CUTER?!



JOJO IS READY FOR FLIGHT SCHOOL...

Wild Mama

PHOTOGRAPHY

Birth Photography covering Dorset,
Hampshire and Wiltshire

wildmamaphotography.co.uk



LOOKS LIKE RYAN IS HAVING
A GOOD TIME!



AURAEILIA AND FRANKIE ARE
KING OF THE CASTLE



HARLEY GOT THE MEMO
ABOUT CHEEKY FACES



TOMMY AND HIS THRONE

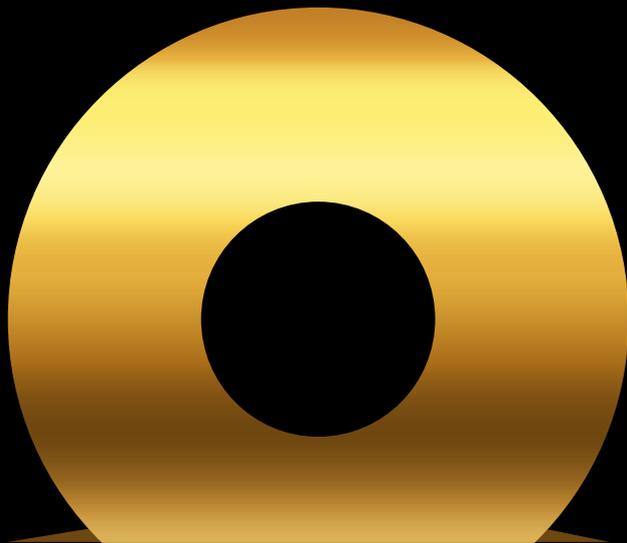


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The Unlucky, Lucky Mum

Kirri & her husband Doug have had one of the toughest, most heartbreaking parental journeys - filled with love, sorrow and everything in between. She shares her highs and lows with us. Following last issue's heart-wrenching story of Kirri & Doug's loss of Felix, here's another of Kirri's blogs...

You can read more on her blog:
theunluckyluckymum.family.blog

When I read back this particular blog I get goosebumps thinking of how things could have been. We spent several days on more than one occasion not knowing if our Little Lady would make it into this world and worrying what the future may hold for her. I write my blog in the hope that any family who has been through any kind

of trauma with their children may feel that they are not alone. In this particular instance ultrasound anomalies and difficult discussions, they can all be really traumatic. It's also scary how common these issues are, and yet how little support there is for these families.

I know now that every decision we made with Arlia was the right one, but it can be so hard to see the road ahead when you are in a difficult position.

I hope that our story can help anyone out there who may have faced difficult discussions and decisions know that there can be light at the end of the tunnel.

Kirri x



L7 /
P4 /
SRI

SPECIAL LITTLE LADY...

I think most parents can relate, that there is a point after you've had a baby where they are just starting to become a toddler and you think... ahhhh wouldn't it be nice to have another baby?

We felt that after Jasper, despite saying all along he was our last. So for a split second we thought yes, why not, let's have another baby.

Within a matter of days the boys were driving us mad, the house felt like the walls were getting smaller with us all cramped in, we decided perhaps we were fine as we were. However, fate had other ideas, and within a few weeks.... I knew! Having been pregnant several times now, I had that feeling. I took a test and sent Doug a message at work... we were having another baby! Despite us deciding that we would stay as we were, I was secretly ecstatic and a tiny part of me longed for this baby to be a little girl. Don't get me wrong, I love my boys with all of my heart, but I had always wanted to be "The Mother of the Bride",

to plait a little girls hair and choose the girly clothes, but I kept quiet and said to Doug, "of course I will be happy either way".

At 12 weeks we had a scan and the sonographer, after much deliberation said she thought that there may be an issue with the baby's cord, and that they wouldn't survive pregnancy.

I couldn't believe this was happening... We were referred to Southampton Maternity, and within a day had an appointment. The consultant was great, and after a lot of prodding and head tilting, we were reassured that everything looked fine.

Wow! What a relief. I felt so impatient now and convinced that this baby was special, so we booked a private scan at 16 weeks to find out the gender. We didn't tell anyone, we wanted to surprise them.

We went for our scan on Halloween; Jasper dressed as a bat and Sonnie as a vampire.

We both stared at the screen with bated breath. "What do you think it is?" She asked us. "A boy?" We both said convinced, after thinking we'd seen a little pee pee on the screen. "Well, you're wrong, it's a little girl!"

I burst into tears, I couldn't believe it.
A mini me!!! (God help her)

For the next four weeks we were in shock, thinking ahead of how our lives would be changed again and beaming every time we let on to our close family and friends that we were having a little girl.

When the 20 week scan came, we were not expecting what was coming.

For 3 hours I had a sonographer pressing on my tummy, making me jump up and down, walk the corridors, drink loads of drinks and just kept getting told she was in a funny position and so they couldn't see all the chambers of the heart. In the end, she said she would refer me to a consultant at Poole Hospital for a second opinion, but not to worry. (Who says that in this scenario?!)

On the Friday I saw the consultant, he took so long to do the scan. The longer he took, the more I was realising something wasn't right. Finally he said to me, "Sit up and come and take a seat over here, we need to talk"...

After an agonising weekend of worry, it was back to Southampton to see a specialist, this time not such a speedy appointment and confirmation that yes, there was an issue with our babies heart. She had what is called an 'interrupted aortic arch'.

We were advised that she would need open heart surgery within days of being born,



and that this heart defect was not what they would consider one of the most common; it's usually synonymous with genetic conditions. Therefore, we should consider an amniocentesis.

I know this is quite a hard topic as a lot of people believe that this is too invasive and the risk is too high.

When I was pregnant with Felix we were told that we were high risk that he may have Down Syndrome. We decided that it didn't matter and we would continue with the pregnancy without any genetic tests.

This felt so different, with everything that we had already been through losing Felix, and now knowing that she had a heart condition, which we didn't know the full extent of, and if she did have a genetic condition how this would affect her life.

We decided to have the amniocentesis.

The wait for the result was two full weeks, it was agonising. Not knowing how this baby was developing, whether she may have a life threatening genetic condition, whether her heart condition could be fatal - we just couldn't understand why we were being punished again.

Finally the wait was up. It was Friday evening and I received a call from the specialist nurse and she confirmed, 'yes, your baby does have a genetic disorder. It is known as 22q11 deletion, or DiGeorge syndrome.' She told us to look on the NHS website and she would be in touch next week, to "see what we wanted to do"....



I couldn't believe these words. How could you just say this and then leave us in the dark. I was now 22 weeks pregnant and I could feel the little lady moving. I put Doug's hand on my belly and he felt her little kick. My heart was breaking all over again.

The thing we needed to know was, is this life threatening? Was there a high chance that she wouldn't live a full life? Could we risk the devastation of losing her as a child? How would this impact the boys? This didn't feel like a decision, it felt like torture.

It was the week before Christmas and I also knew that this late on, I would have to go through a full natural labour. How could we decide to end this little life and go through this devastation, when we just didn't know what this all meant?

The Monday came and the nurse specialist called back. She advised that we spoke to a geneticist and return for another scan. The information we had found online was so vast and so negative, we were torn up inside.

The geneticist called and she was lovely. She told us that the heart condition is a symptom of 22q and other than that, there is a good chance that she can live a very normal life. She said some people have this condition and don't even know it. She also gave us some of the other possibilities, that she may have some altered features, that she may need help at school, that her immune system may be lowered and that she may have feeding difficulties...among other things.

At this point, it didn't matter, our minds were made up. I was right all along, she was a special little lady and we would give her every fighting chance to live her best life.



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The Allendale Centre, Wimborne - 10am - 11.30am

To book a sellers table or buyers tickets please visit www.littlepicklesmarkets.co.uk/dorset



For further details visit:
www.littlepicklesmarkets.co.uk or info@littlepicklesmarkets.co.uk

Draw With Rob

by Rob Biddulph

Eleanor Says:

Both Tabby (7) and Roo (4) love drawing, so Draw With Rob seemed like a great birthday present for Tabby's seventh birthday in August.

She's been copying YouTube 'how to draw' videos for a little while and we thought this would help her try different styles.

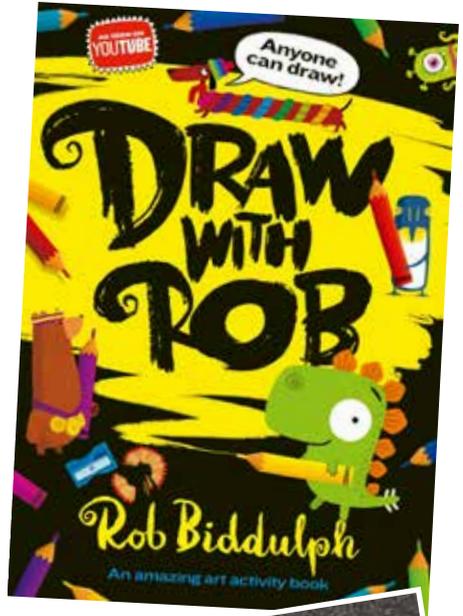
Rob Biddulph has a range of children's books published - I didn't realise until we started drawing some of the characters that I recognised! His book 'Grrrrr!' was one of my favourites to read at bedtime, so seeing main character Fred pop up was fun.

Each page gives the reader a new activity; some are step-by-step guides to drawing the characters, others are colouring in pages or challenges. The pages are perforated so you can easily pull out your artwork and display it too.

Draw With Rob has been a hit in our house, and we're excited to add more of his books to our collection.

If your children enjoy being creative or you're looking for a rainy day activity, then we definitely recommend checking out Rob Biddulph's range.

Draw With Rob is available to buy from Amazon, Waterstones, WHSmith & some supermarkets.





THE BIG QUIZ 2021



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Big Quiz Trophy & Medals presented to winners

Entry fee: £17.50 per team member, includes hot meal on arrival

Sponsor a quiz round for £75

Food served from 6.30pm Quiz starts at 7.30pm

Big Quiz 2021 Booking Form

Please return completed form to Jo Dunne at:

jo@lifeeducationwessex.org.uk or Life Education Wessex, 2 Barnes Croft, Coles Lane, Milborne St Andrew, Dorset, DT11 0LG

- Yes, I'd like to bring a team of _____ (insert number) people to the Big Quiz 2021 at £17.50 per person
I enclose a cheque made payable to Life Education Wessex for £ _____ OR
I have transferred £ _____ to Life Education Wessex (sort code 20-99-40 account number 60979481) quoting reference {your surname}/Quiz2021
- No, I cannot attend but would like to donate a raffle prize of _____ and/or make a donation of £ _____

Please provide the following number of vegetarian meals _____

Team Members (maximum of 6 per team)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Your Name: _____ Team Name: _____
 Company: _____ Telephone: _____
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SET HOLIDAYS AFLAME

Guernsey is a channel island just south of the UK, about 20 miles north of France. From Poole it's a 3 hour ferry ride with Condor ferries - you can go for a family holiday or even just for an unusual day out!

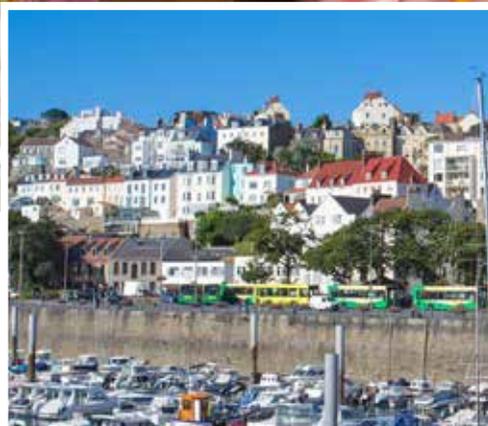
The island measures just 12 miles long and has a population of 63,000 people. The island is surrounded by beaches, coves and a 33ft tidal range, there are the most amazing water sport opportunities.

You can expect a quaint and relaxed way of life with a far less commercialised vibe. There are wonderful restaurants to try, being an island, obviously seafood plays a large role in Guernsey's identity.

With holidays taking a different approach this year, we thought we'd share our love for this little island.

GUERNSEY CANDLES

Our absolute favourite place as a family is Guernsey Candles. My children have been raving about Charlotte Martel, the social media influencer who boasts 1.8 million



followers worldwide. Charlotte works at her family's boutique and candle-making experience on the island.

Fans love Charlotte's open, sweet nature and passion for her craft; watching her create candles is mesmerising. And in person Charlotte is as utterly wonderful as her online persona is.

A Guernsey resident, she has grown up candle making. It's a family legacy, since her Granddad, Peter Martel, opened the business in 1973.



The candle making experience is brilliant and we all had a blast. It felt rather therapeutic; the rhythmic process of repetitive motion lets your brain switch off and your mind rest. Ideal for reducing sensory overload, relaxing and calming after a year of stress!

We put on aprons, washed our hands, stood on the amazing steps covered in colours of wax, it's beautiful. Acacia (12) and Ophelia (3) were up first. They started the 'dunking' stage, building their candles. Dipping it in wax and then water over and over, changing colours and watching the candle grow in the process. Once the candle was complete, it was hung up to carve.

Charlotte and team helped us, showing us styles and patterns and giving us options and ideas, but encouraging us to make something unique and personal.

The next step is the carving. Surrounded by candles made by candle creators, we began the process of pulling, twisting,



turning, carving and decorating our candles. We can't believe how engrossed, engaged and completely immersed in this process the girls were!

These candles are more than something pretty to look at; they represent an accomplishment and sense of pride. Each time they see their waxy works of art they'll remember our little trip to Guernsey Candles!

Sebrina



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Dads love baby massage too!

While it is essential for mothers and their babies to develop a deep connection, it's also important for fathers and non-birth parents to spend quality time bonding with their babies.

Some dads feel bonded to their baby within the first few minutes or days of birth, but it may take a little longer – and that's perfectly normal. After all, a brand-new little human has just landed in your lap! Take it easy on yourself, and know that the bond will develop before long.

An increasing amount of research suggests a strong correlation between early father-infant bonds and the happiness of the entire family. When dads spend time with their newborns and begin developing a strong relationship with them from the very beginning, they reap a number of benefits.

- A child's physical and mental development is significantly boosted when the second parent has played with them from the start, compared to where there is a more 'hands-off' approach.
- Fathers experience less stress and increased confidence when they have their own special time with their newborns.



- Strong parental bonds can help counter issues such as depression later on in life.
- Men who report that they had a good relationship with their fathers during childhood were found to be better equipped to handle stress.

There's no doubt that mums, dads and caregivers each bond with their babies in their own special ways. When these bonds are supported from day one, parents and children alike enjoy a lifetime of benefits.



Autumn

Children's gardening writer and mum of three **Katherine Miller** shares some great autumn activities

I love autumn. Summer can be so disappointing sometimes; too hot, too wet, unexpectedly chilly... but a nice autumn day feels like such a bonus. On days like these I try to get our family out of the house on a woodland walk, a farm visit or a coastal picnic somewhere new. After a summer of 'enforced day trips' I have become quite adept at flinging a picnic together, turning off all the screens and ordering everybody into the car. Dorset has so much to offer and so much to see, without crowds and with little expense.

We usually reserve a Saturday in October to visit a pick-your-own farm, specifically for pumpkins. It's marvellous to see fruit and vegetables ready for harvest in such vast quantities, great for kids who haven't got gardens and for those of us who haven't grown our own. I am always hopeful for a family photo when we go out together. On our last trip to the farm, our youngest child refused to pose for a picture with us and wouldn't explore the pumpkin patch either. She had her eye on some other autumnal jewels



PICK-YOUR-OWN

We visited The Cat & Fiddle Farm in Hinton, and enjoyed their on-site shop and café. Their sister farm at Sopley has a brand new bakery.

For more information see:
www.dantanners.co.uk

- huge, juicy blackberries! I like blackberries too, so to swerve a toddler tantrum we found a punnet and went for a walk. Meanwhile families all over the farm were having the same debate about how to select the best pumpkin. I left my husband refereeing our boys and wandered through the rows of blackberry bushes, picking fruit and enjoying the sun. A perfect autumn afternoon.

SOMETHING NEW

to try at home...

LONG-LASTING POTS

These simple planting suggestions create colourful pots or window boxes that will last from autumn, through winter and burst into life again next spring, with little maintenance, just occasional watering in dry spells.

You will need: a pot with drainage holes, some gravel (or similar) in the bottom and some compost. Kids might find it easier to arrange plants and bulbs on a layer of compost first and then use a large spoon to add more compost at the end.



We used: Cyclamen plants which flower throughout autumn and winter. Winter flowering pansies will flower throughout autumn, self seed and die back. Narcissi bulbs, which are best planted in autumn, will start to appear in February and flower in early spring, year after year.



PATCH UP YOUR LAWN

Autumn and spring are perfect seasons for adding grass seed to patchy areas in the lawn. It should grow really quickly as the earth is warm and moist at this time of year. A fine covering of compost over the seed will deter birds. And whilst the grass seed is out, try making a grasshead...

How to make a grass head

You will need: An old sock (tights or pop socks work well too), grass seed, cotton wool or sawdust for the filling, jiggly eyes or buttons and an elastic band.

- Put a tablespoon of seed into the sock and shake it all the way to the toe.
- Pack the sock tightly with sawdust or stuffing.
- Pinch out a nose shape and secure it with an elastic band.
- Tie a knot in the sock to create a head (this will prevent the stuffing falling out). Leave the sock un-trimmed to help water travel up to the grass seed.
- Stick or sew on some eyes and allow to dry.



- Soak the grass head in water until the filling is saturated.
- Sit the grass head on a cup of water making sure the base is touching the water.
- Place on a window sill and in a few days you will see the grass seed sprouting.



Keep the water level topped up and when the grass is long you can style it or give it a haircut!

We'd love to hear how you get on with our activities!



The arrival of new eatery Slim Chickens set Dorset abuzz! Located in the BH2 complex in Bournemouth, Slim Chickens makes the ideal choice for a family mealtime before or after enjoying the rest of the facilities!

Slim Chickens has been hugely popular in the US and Bournemouth is lucky enough to be home to one of the handful of UK branches.

Known as 'fast-casual' dining, Slim Chickens is a step up from fast food but not as formal as a traditional restaurant.

Given the name, it's no surprise that the menu heavily features chicken. But not just any chicken - fresh, buttermilk marinated, hand breaded chicken tenders served with a variety of dipping sauces.

Thanks to the 'fast' in fast-casual, food is served quickly so no having to distract kids with technology or endless rounds of eye-spy. The restaurant itself is extremely clean and there's a great vibe.

The milkshakes were a hit with my girls – a very nice treat!

If you're looking for quick, quality food, then you can't miss Slim Chickens (there's options for vegetarians too). You can even order online ahead of arriving!

www.slimchickens.co.uk



mbuntu Cocktail Bar BISTRO



We have heard great things about husband and wife team Prince and

Dorothy Ogbuji, thanks to their fantastic Bournemouth restaurant, Nativ. Prince Ogbuji is an Award-winning chef and the couple's latest venture is Mbuntu, in Southampton.

Mbuntu is pronounced 'Mm-Boon-Too' and is an African word meaning 'I am who I am, because of who we are'.

The menu is varied so whether you're popping in for a quick lunch or making an evening of dinner and cocktails - you'll have a great time!

mbuntucocktailbar.com

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Find me on Facebook and Instagram at [theparentingcoachuk](#) or email me at the address below.

Rosie



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FESTIVAL FAVES



A time where magic *really* happens, guaranteed smiley faces, up early, bed late, the wind blowing in your hair and the fresh air surrounding you.

All the happy vibes are at Camp Bestival; a community atmosphere where everyone is seeking fun and memories - and you're all in it together.

CB has always been geared at families, with plenty of entertainment for everyone. From the circus area, dance classes, live acts, mud kitchen, magical fairy walk, daily story times and plenty of space to run about - it really is impossible to do everything in three days! If you're like us, you'll leave planning your next visit...

As we visited Camp Bestival 2021 pregnant with a one-year-old, three-year-old and a 13-year-old we feel able to give you some advice and tips on festival-ing with kids.

Here's our top must-haves for festivals with under 5's...

Wagon/Cart

If you buy a wagon, a solid one will likely last you longer as the terrain at CB is fairly uneven. Since the site is fairly large, you soon rack up your step count! A wagon allows you to pop the kids in with pillows, blankets and torches for dark. They can rest a little and you don't spend the whole time shouting 'stay where I can see you!'.

Back Pack Reins

For those more adventurous toddlers, back-pack reins gives them a sense of freedom while giving you peace of mind.

Water Bottles

As with any festival, buying drinks on site can get costly. CB has a number of water stations around the site, so taking your own makes keeping hydrated easy.

Wellies & Flip Flops

Ah, British weather - it can turn in a moment. Take wellies and flip-flops to be prepared for any weather!

Portable Potty

We all know what festival toilets can be like. Even though the CB ones were ok, some kids just don't like using them. A portable potty makes the whole experience calmer.

Fancy Dress

Each year has a fancy dress theme, which is announced in the weeks leading up to the festival. People tend to go all-out so don't be afraid to get creative! This group was one of our faves this year.



Ear Defenders

An absolute must for little ones, it can get very noisy so protect those ears! Even if your little ones are little ravers and want to be up all night, they can help with sleeping. Ophelia is a real Fat Boy Slim fan since this year's CB!

Puddle Suits

Puddle suits mean smalls don't get grumpy in wet clothes. Just don't forget a bag to take them home in!

Anti-bac Gel

Goes without saying - take plenty!



About Camp Festival

Camp Festival is a three-day music festival that takes place at Lulworth Castle.

for ‘Camping Plus’ which is a premium add-on. For an additional cost you can have a reserved pitch meaning that you don’t end up next to the loos (or miles from them), there’s a shower block and a food stall. Camping Plus gave us peace of mind, knowing that we’d be able to turn up whenever we wanted and still have a decent pitch.

As it’s close, if camping isn’t your bag you can make the most of being so close to this event either by visiting just for the day or commuting back and forth over the weekend.

One of the concerns many parents have with camping around so many others is noise. Either noise from the festival keeping young children awake or noisy children waking up fellow campers in the morning! As a family event, there’s no problem with early-risers (in fact, you get first dibs on the loos/showers) and as for late night noise, kids seems to have a magical ability to sleep through it!

Eating at a festival is expensive. There’s no escaping that fact - you *can* bring your own food, but chances are, once you’re in the main arena, schlepping back to the tent for lunch is a pain. Having an allowance for each day helps you plan your meals, and there are lots of choices where the portions are a good size so can be split for smaller eaters. Packing snacks and cereal helps to reduce the cost, but unless you’re uber organised/dedicated taking a weekend’s worth of food is waste!

Early bird tickets are on sale now and there’s a payment plan available.

The years we have attended we have opted

Check out campfestival.net for details.

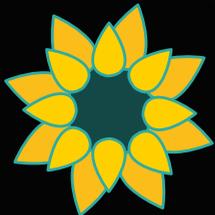
Candles on the lake

Reflect, remember and celebrate loved ones by taking part in our memory walk and floating candles on the lake event.

Saturday 16th October

6pm – 8pm, The Ark, Poole Park

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CROSSWORD

TROPICAL ANIMALS



Answers

- 1. Jaguar
- 2. Turtle
- 3. Antelope
- 4. Lion
- 5. Monkey
- 6. Rhino
- 7. Snake
- 8. Kangaroo
- 9. Koala
- 10. Giraffe
- 11. Zebra
- 12. Elephant
- 13. Alligator





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