

SOMETHINGNEW

WINTER 2020

THE PARENTING MAGAZINE FOR DORSET FAMILIES

Isolation Salvation

Our guide to surviving
self-isolation

CHOKING FIRST AID

A step-by-step guide on what
to do when a baby chokes

Plus...

Ask Rosie
Easy Eco Swaps
Christmas Crafts
Cooking & more!



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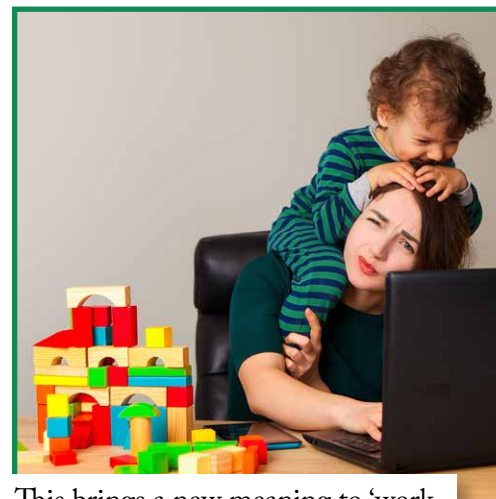
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This brings a new meaning to 'work is getting on top of you'!

Thank you to Karen Wiltshire Photography for the incredible cover photo.
www.kw-photography.co.uk



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Season's Greetings!

Well, 2020 didn't quite go as expected, did it? But amongst the horror show, it did give us some lessons; lessons in working together as a community, on valuing family and in good hygiene.

We can step into 2021 a little bit wiser, a little bit weary but with a little bit of hope on the horizon. *This too shall pass.*

In the future we'll be answering eager questions from our grandchildren about what it was like in the great pandemic of 2020. And what will we tell them? That loo roll was rarer than unicorn poop? That we all met over Zoom calls? Or maybe that we recognised the hard work and dedication of our keyworkers and stood at our doors clapping each week. Whatever our stories are, you can be sure we are living history right now.

And so to 2021, where we can start learning from the lessons the last 12 months has taught us.

Eleanor & Sabrina
xxx



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THE BEST KIND OF PRESENT



Rosie

There is nothing quite like the sound of a newborn baby's first cry as they enter into the World, and at Christmas it is no different. Indeed, a newborn baby entering the world is the very reason that some of us celebrate Christmas in the first place!

With some uncertainty still surrounding the coming months due to the pandemic, many people will be looking at how they can make the best of Christmas 2020. Traditionally, the festive season is a time when many workplaces shut up shop and people can look forward to having a much-needed break from work and spending time with their families. As a midwife one thing is certain, which is that babies will continue to be born and I and my colleagues will continue to work throughout the festive season; as they say, when babies want to come, they come!

Although it is very much 'business as usual' on the wards over the Christmas break, our priority remains as always, to ensure the care and safety of our women and babies; we understand that patients and staff alike are separated from their families, and so we try and bring some festive cheer to work.

The wards are brightened up with Christmas decorations, as the radios chime out Christmas tunes (during past Christmases our staff choir have been known to sing carols, echoing down the wards!). Many of us don Christmas hats, antlers or earrings, and our pink and blue hats for the babies are replaced with Christmas tree and Christmas pudding hats. Christmas dinner is offered on the hospital food menu, and we usually bring a selection of buffet foods to share with colleagues for our lunch. At New Year, we have even raised a toast as Big Ben chimes with a glass of sparkling Shloer!

A fond memory of mine is from one year when I was working the Christmas Eve night shift on the postnatal ward, and in the middle of the night I played the role of Santa, depositing miniature stockings



containing a little gift for mum and baby at the end of everyone's beds. It was quite a feat trying to do this undetected, as many of the mums and babies were up at various points throughout the night! Another memory was of working the New Year's Eve night shift on the labour ward, very happily seeing in the New Year with the only labouring woman on the ward and her partner; their baby chose to make a very early appearance on New Year's Day.

From year to year there is no telling how busy any given shift is going to be; I have spent Christmas Days at work where we have been rushed off our feet, but have also had quieter ones. We try and take it in turns to work Christmas Days to ensure that we at least have some of the festive season as time off each year. On the years that I am unable to spend Christmas Day with my family, I consider myself lucky that I am able to spend it instead with my 'work family', doing a job that I love; and when I am going home to heat up my Christmas Dinner, I feel rewarded that I have made a positive difference to the birthing community.

ECO-FRIENDLY SWAPS



Claire

The world is slowly coming to terms with the fact that our plastic consumption rate is not only hurting our oceans and wildlife, but also ourselves.

Our discarded rubbish can clog drains, build up in landfills, and get swept into the sea where turtles and other marine animals mistake it for food. On top of this, most plastic products stick around after they have been disposed of for far longer than you would think, and eventually it finds its way into our atmosphere.

By the time the worst of it occurs we might not be around, but our children and their children certainly will.

Something New has devised a list of eco-friendly alternatives to the everyday items that have secretly been hurting our planet. Not only are they better for the environment, but ultimately, they're better for us and our families as well!

REUSABLE BABY WIPES

On average, parents can use up to 300 baby wipes for their kids a month, with each wipe taking approximately 100 years to decompose. A single swipe but a century of life - think of poor mother nature!

Here at Something New, we have discovered a local brand of reusable baby wipes that simultaneously cleans the skin *and* our environment.

Check out Witchety Stitch, a Dorset born and bred company, for their organic bamboo towelling wipes. ([facebook.com/WitchetyStitch](https://www.facebook.com/WitchetyStitch))



REUSABLE NAPPIES

Think about how many nappies your child uses. Now consider how many children there are in the world wearing nappies daily. Combine both of these with the fact that each nappy can take approximately 450 years to decompose, and just imagine the ever-growing landfill! That is one hefty pile of...well, you know. Not only this, but research also suggests that disposable nappies can harbour chemicals that are hazardous to your baby's skin.

That's why mothers everywhere are starting to consider reusable nappies as an alternative for their children. For the sake of the environment *and* for their baby's bottoms.

There are many reputable brands out there, including Little Lamb and TotsBots, but based on other mother's reviews online, the award-winning Bambino Mio All-In-One Nappy seems to be the fan favourite ([bambinomio.co.uk](https://www.bambinomio.co.uk))

It's important to note that different babies have different needs when it comes to reusable nappies, and that it isn't one nappy suits all. That said, all reusable nappies suit our planet's ozone just fine.



MESH PRODUCE BAGS

Thousands of plastic bags are used every minute, and according to researchers, each bag could take up to 500 years to break down. Just imagine, the next time you go to the beach, you could be swimming in a sea of pollution.

Plastic bags are made of high-density polyethylene and use both natural gas and crude oil during manufacturing, all of which will eventually bubble up into our atmosphere.

Introducing the eco-friendly mesh bag: the multifunctional hero to our bank account and our planet alike. Made of biodegradable organic cotton, these products are washable, reusable, and durable. They also hold more weight than a plastic bag! The BPA and lead free bags are safe to use, they last years, and come in many sizes!

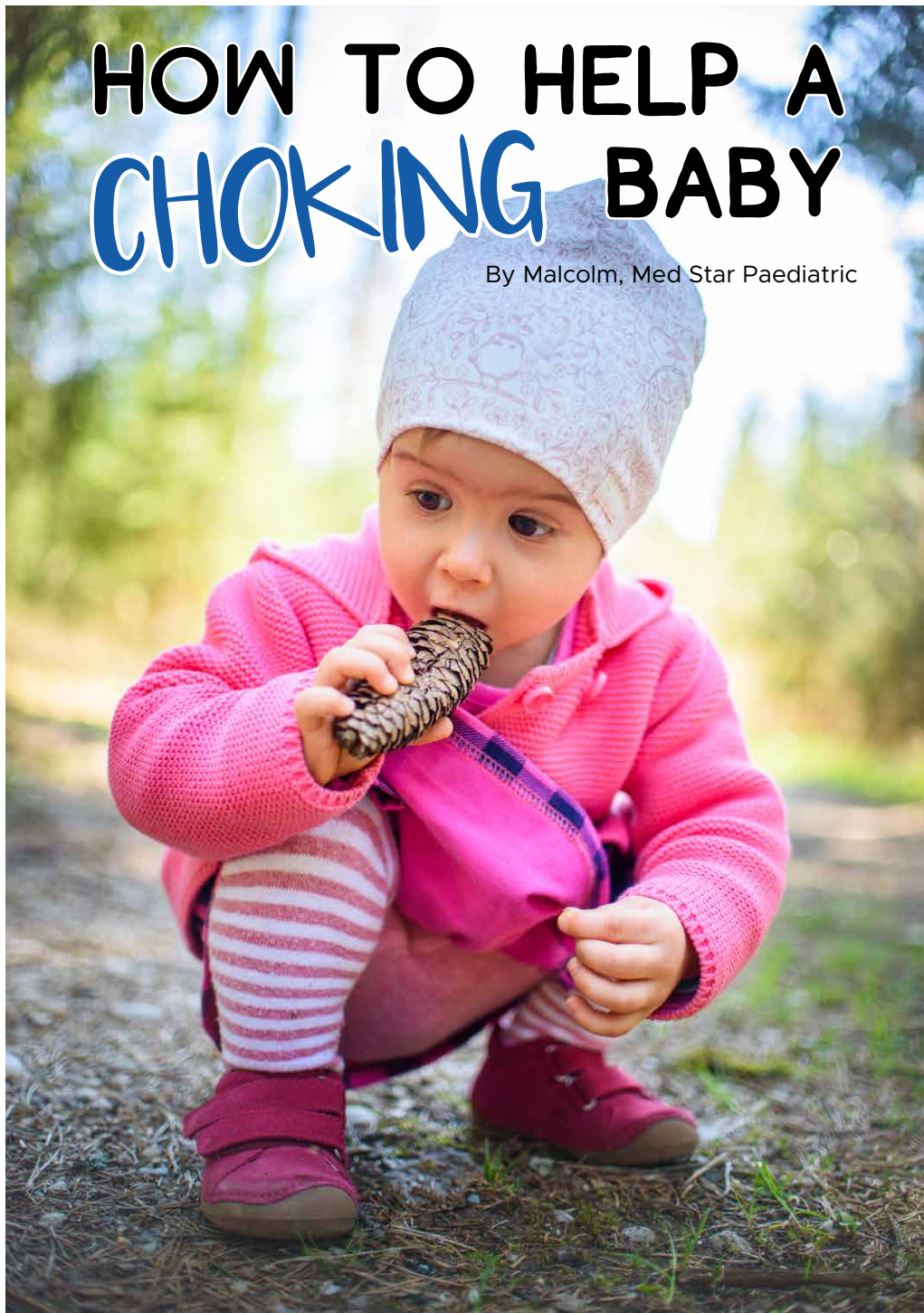
BEESWAX WRAPS

When your smalls up and off to school, it's important that we make sure their packed lunches remain fresh for as long as possible.

Beeswax wraps are a suitable and reusable alternative for cling film. The malleable material can be formed into pouches or pockets, or even used as lids for bowls and tupperware. Made of organic cotton, beeswax and jojoba oil, these products are eco-friendly, easy to clean and water resistant, containing antibacterial properties that keep snacks and packed lunches fresh for longer!

HOW TO HELP A CHOKING BABY

By Malcolm, Med Star Paediatric



When we ask parents and childcare practitioners who attend our first aid classes and professional first aid courses what medical emergency would concern them most when looking after a baby, one answer is invariably at or near the top of the list CHOKING!

A baby's airway is tiny – the trachea (windpipe) is only about 4mm in diameter, and so can be easily be obstructed by small objects, even curdled milk or mucus. This is especially the case as you start weaning your baby and they begin eating solid foods, or when they are able to crawl and pick up small objects.

Recognising choking in a baby

Choking is not the same as “gagging” which, although may sound and look alarming, is a normal reflex that babies have to actually prevent choking. With choking the airway is obstructed and your baby will be unable to breathe properly. If the airway is completely obstructed, they will not be able to breathe at all.



Back blows are the first step

As a result, if your baby is choking they may:

- have a bluish tinge to their skin and/or lips
- be unable to cry or make any noise (but may look as if they are crying)
- not be breathing or having to make a big effort to breathe
- be looking as if they are in distress/ waving their arms
- have a red puffy face
- become floppy and unresponsive

Can you see an obstruction?

Quickly check to see if the obstruction is visible in your baby's mouth. If so, you may be able to carefully try and remove it with your fingertips. However, NEVER use a finger to “sweep” inside your baby's mouth to remove an obstruction. You could cause serious damage to your baby's mouth or throat and push the obstruction further into the airway.

What to do if you can't remove an obstruction

STEP 1 – GIVE BACK BLOWS

- Sit or kneel down.
- Lay your baby face down along your forearm with its head furthest away from you supported with your hand, and rest your forearm on your thigh or lap for support. Tilt your baby so that their head is lower than their bottom.
- Give up to 5 sharp blows between their shoulder blades with the heel of your other hand.
- If the obstruction has still not cleared after 5 back blows, perform step 2 - chest thrusts:

STEP 2 – CHEST THRUSTS

- Transfer your baby over onto your other forearm so that they are now face up.
- As before, support your baby's head with your hand and tilt them so that their



Chest thrusts after back blows

- Keeping your baby's head in this position, take a breath, and seal your mouth over their mouth AND nose.
- Gently blow in just enough air to try and make the baby's chest visibly rise. Take care not to blow too hard.
- Repeat your "rescue breath" 4 times.
- The obstruction may prevent your baby's chest from rising properly when you perform your rescue breaths but don't worry about your rescue breaths blowing the obstruction further into their airway.
- After attempting your 5 rescue breaths, start chest compressions even if your rescue breaths don't seem to have been effective in making your baby's chest rise.

CHEST COMPRESSIONS

- Place 2 fingers on the lower half of your baby's breast bone just below the nipple line (the same position that you used for performing chest thrusts).
- Push down to depress the chest at least 1/3 of its depth (approx. 4cm). Do this 30 times at a rate of 100-120 /minute (about the same tempo as the tunes "Baby Shark", "Nellie the Elephant" or "Staying Alive").

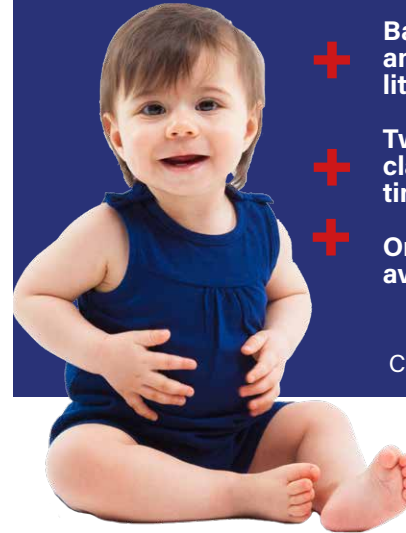
NB: GIVING YOUR BABY CHEST COMPRESSIONS WILL NOT HURT THEM

- After performing the initial 5 rescue breaths and 30 chest compressions, give a further 2 rescue breaths.
- After delivering 2 rescue breaths, alternate 30 chest compressions with 2 rescue breaths until help arrives.



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STEP 3 – CALL FOR HELP

- Ask someone to dial 999 for an ambulance and to put their telephone on speaker mode.
- Continue to alternate 5 back blows with 5 chest thrusts while your baby is still conscious.
- If your baby becomes unconscious, immediately stop back blows and chest thrusts and start CPR, by giving rescue breaths:

Rescue breaths

- Lay your baby on a flat surface
- Place one hand on your baby's forehead and bring their head into a neutral position ("eyes pointing to the sky"). Be very careful not to over-extend the neck.
- Use your fingertips to gently lift their chin which will open their airway



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thelittlebeansorganicclothingcompany.co.uk

ORGANIC ORIGINS

Fast-growing independent clothing brand, The Little Beans Organic Clothing Company, was only recently founded. Find out more about the brand and the formidable businesswoman behind it (and yes, it's our Sebrina!)

The Beginning

Where to start?! Well I guess we should go right back to the beginning where it all began. The Little Beans Organic Clothing Company was founded in 2019 by Sebrina, some of you may also know her as the owner of Little Beans nursery. Having just given birth to her third daughter, she realised she was struggling to find good quality organic baby clothing and accessories, and was disappointed with the lack of choice provided to her. So, as every entrepreneurial woman does, she decided to set up her own business which would help ease the frustrations of other parents like herself.



making these products truly one of a kind and made right here on your doorstep.

The Importance Of Community

Born and raised in Dorset, Sebrina wanted to create a brand that would provide high quality organic products for little ones whilst also keeping production in the local community, as opposed to shipping finished products from abroad. Working with a local seamstress, they got to work on creating the first handmade Little Beans Organic Clothing collection; from bibs and muslins to blankets and leggings, they thought of it all. Using only materials certified to the Global Organic Textile Standard, they ensured their production choices were not only going to be kind to little ones, but also to the environment. All of their fabrics are printed with exclusive Little Beans patterns,

What's Next?

Fast forward a year and they've already added another fantastic seamstress, expanded their collection and introduced three brand new Little Beans colours. You could say they've been pretty busy! Looking to the future, they have begun brainstorming new product launches, including the inclusion of sleepsuits and t-shirts, alongside introducing even more colour ranges. Soon partnering with Just One Tree to help decrease the planet's carbon footprint, they want to make sure they never lose sight of their company values and to continue to work hard to ensure all of their products are as unique, kind and special as the little ones who wear them.

A BETTER WAY. PERIOD.

By Kim Barrow



Kim

In today's busy and complicated world, I think we are all trying to find a way that we can do a little better. Be a bit greener, kinder, eat healthier, exercise more, or just try

and not go insane in a crazy world.

I found myself constantly coming across adverts on social media for alternative sanitary products. I kept thinking 'oh social media ad, it must be rubbish'. But then a well known brand popped up on TV, which made me think more seriously about it. I thought to myself there must be a better way to tackle that one gruelling week each month. With an eight year old daughter approaching her time, I wanted to give her alternative options to what I was given as a teen. So I started to research what these products were about and it left me astounded. I learnt that just one sanitary towel has the same amount of plastic as a carrier bag. I was shocked! How

have I managed to reach middle age and not know there was even an alternative option? The more I read, the more I thought I've just got to go for it and try it.

I discovered that there's a whole range of products from washable pads and period pants to cups and discs. Not only that, having joined a social media group to learn from those who have already converted, these products have been around for decades!

Many women reported that they had reduced flow and discomfort after making the switch. At first I was sceptical I mean how could it really make that much difference? But the more I read, the more other women were agreeing. I posted on a local mum and baby group and found the responses to be the same.

Again I found myself in disbelief, how could I not have known about these amazing cups?!

Having suffered from heavy periods and cramping since the birth of my second child, I've been dependent on strong pain killers. During my peak flow, I wasn't able to go far from the house in case I suddenly needed to change my sanitary product. One month, while taking my son to the hair dressers, I had to go out and buy myself a change of clothes - I had been out the house for less than two hours. It left me feeling self-conscious and really low, and I dreaded 'that time of the month' ever since.



So, taking on board all of the recommendations from the lovely ladies online, I took a quiz on **putacupinit.com**. The quiz is designed to help find the most compatible cup for you and your period. As I had been warned that not everyone finds their 'glass slipper' version of a cup the first time, I ordered two: the Organicup and a Saalt cup. As I wasn't sure how well I'd get on with a cup, along with the fact I've always wore pads and liners as extra protection, washable pads and period pants were also needed. There is also a wide range of products. I opted for Cheeky Pants on a recommendation and bought a starter kit. I then looked online and found a number of sellers for washable pads. I ordered from a couple to see the difference.



For the first time I was actually looking forward to 'that time of the month' so I could try all of these new products out. The day finally came (cue me in the kitchen with a saucepan and tongs sterilising my cups, as my puzzled husband walks in - he thinks I've *completely* lost it now!)

I discover that, as with most things in our lives, there is a knack to using the cup and getting it right. I have to admit it has taken some practice. The first cup I tried was the Organicup, and although it wasn't uncomfortable, I could still feel it. So I tried the Saalt cup and I honestly could forget it

was there all day! Apart from my heavy flow day, I only have to empty it in the morning - compared to changing tampons/towels three to four times during the day. I love my Cheeky Pants too, they are comfortable and I don't get that horrid, irritated feeling when wearing them. I write this article just two cycles into using my new 'alternative' products - my emergency stash of tampons and towels have gone untouched. I'm a complete convert!

Even better, I haven't needed any pain relief for the first time in over a year. I didn't believe it when all those women said it, and yet here I am, writing those same words. It's literally changed my whole experience of periods.

It will never be my favourite time of the month and I don't think there will ever be a cure for PMT - poor hubby - but I no longer dread or fear it. Not only that, I am reassured that when it's my daughter's time, I will be able to provide her with a huge range of choices that are better for her *and* the planet.



Cheeky Pants from cheekywipes.com

QA

CLEANING TIPS

FROM ANNA & HENRY

BEST CLEANING SOLUTION

What is the best way to get colouring off my walls?

Anna Says: Lots of crayons contain wax so the most convenient home degreaser is washing up liquid.

So, to remove any 'artwork' from your walls;

1. Mix a little washing up liquid with water or put washing up liquid on a wet sponge.
2. Gently work the sponge in a circular motion on the affected area.
3. Wipe stain with a dry cloth.
4. Repeat method if required.



EEK! My two-year-old has smeared lipstick on my new carpet! How do I get it out?

Anna Says: The safest home method to remove lipstick from a carpet is by using a little washing powder mixed with water. Because lipstick contains wax and oil, it's important that the washing detergent you use contains degreaser ingredients to dissolve waxy and oily stains.

Follow these steps to restore your carpet:

1. Mix the washing up powder with a little bit of water to create a paste.
2. Using a clean cloth, blot and wipe the stain starting from the outside and working in.
3. To avoid spreading the stain, keep changing cloths. This will also help to wash the detergent away more easily.
5. Let the carpet dry and repeat if required.



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ASK ROSIE

Each issue Rosie tackles your parenting questions. There is no subject we won't cover and privacy is guaranteed. Send your questions to eleonor@somethingnewmag.co.uk

Q My son was in soft play when he got frustrated and hit another child. I was mortified! He's just 2 so doesn't understand when I say no. The other parent made a remark about how I shouldn't let him in soft play if he hits, which made me feel horrible. I really don't want to go back now, but he loves going.

Toddlers are not naughty and don't hurt other children deliberately. Their young brain is still under construction and they are learning to deal with a whole range of emotions. All their behaviour is driven by feelings and you have identified the emotion that was driving your son's behaviour as frustration and this is one of the most important things to remember when managing toddlers.

You should definitely take him back to the soft play as these experiences are hugely beneficial for children of this age. Next time you visit, stay very close to your son the whole time. This way, you'll be better able to keep an eye on his behaviour. If you notice him becoming frustrated, move in physically between him and the other child. As parents it is our job to be a boundary for our children so that they can't hurt themselves or others. After coming between him and the other child, distract him with another area, e.g. "There are too many playing here. Let's go and play in the ball area." Then pick him up and take him there. He may make a fuss but just remember you're helping him with the feelings that could have led to him hitting.

If your son does hit another child, stay calm and remember the behaviour is being driven by a feeling. Put yourself as a boundary between



your son and the other child to prevent more physical interaction. Talk to him in a low calm voice, "Hitting hurts...It was too hard for you to take turns with the other kids...we need some time by ourselves to calm down." Remove your child from the situation. Don't tell him off, be kind and understanding. By taking him away from the area, you aren't punishing him, you're taking preventive action and being a boundary for him. If he has a meltdown because you took him out of the play situation, remind yourself that he's showing you all the emotions that led him to hit, and the meltdown is a way of getting it out of his system which is a good thing. Just try your best to stay calm – lots of deep breaths!

After the incident, you shouldn't blame or punish your son but you can help him to develop empathy by pointing out the effect of him hitting the other child, e.g. "Ouch, Jamie was hurt...hitting hurts!" If appropriate, when your child has calmed down you can go to the other child and say something along the lines of, "We are so sorry that my son hit you. He was frustrated and forgot to use his words. We hope you're ok now." Always try to see it from your child's perspective. He is a little person who is easily overwhelmed and over-stimulated in such an exciting environment as a soft play centre. When little people experience big emotions, they can easily lash out with arms, legs or even teeth! The important thing to remember is that as a parent, you need to be there for him, on his side and being the boundary that he needs.

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Despite lockdown and the closure of swimming pools for over six months this year, swimming has never been more popular! And it's not hard to see why - at the moment, the benefits of swimming - bonding, socialising, building confidence and safety in water - are more important than ever.

We know how much many of you missed being in the water during lockdown, so you can imagine how devastated our Puddle Ducks team felt not to be in the pool. We really missed all of our amazing little ones and their parents and have since welcomed so many new swimmers to the pool after re-opening in September. After a November lockdown, we're as eager as ever to return to the pool with our progressive, child-led lessons before Christmas!

YOUR SAFETY IS OUR PRIORITY

Puddle Ducks have worked tirelessly with the Swimming Teachers Association and Pool Water Treatment Advisory Group to revise our procedures and make it as safe as possible for our customers to return to classes, in line with current government guidelines. With enhanced cleaning regimes, adapted class sizes to ensure a firm focus on social distancing at all times, you can be confident that bringing your child swimming with us is as safe as it can possibly be. So whilst swimming lessons are likely to look a bit different whilst we're following social distancing rules, they are still great fun and allow your child to learn all the skills they would have done previously.

EXPERT TEACHING

As we are unable to handle swimmers in the pool, our highly trained and qualified

Puddle Ducks teachers are teaching from poolside, giving us a unique opportunity to teach our parents all the cues and techniques to ensure a completely child-led approach to swimming. Whether you want to enjoy some special time with your baby or see an older child nail beautiful technique and water safety skills, Puddle Ducks expert teachers are there to guide you every step of the way.

THE PERFECT CLASSES FOR YOU

Spaces in our lessons are filling up quickly, as they are limited by social distancing in pools. We can't wait to teach your child to love the water as much as we do, so if you're thinking of joining, why not see if there is space in your preferred class, or ask to join our waiting list? We teach at 9 warm, private pools across the area, with classes on both weekdays and weekends.

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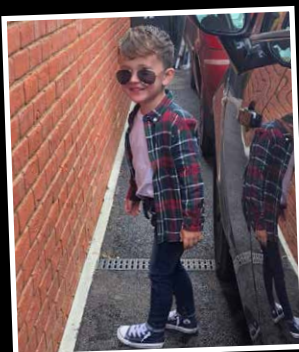
**T&Cs apply: offer valid at Puddle Ducks Dorset venues where classes are available, not to be used in conjunction with any other offer.*

Cheeky Faces!

Send in your cheeky grins to
eleanor@somethingnewmag.co.uk



THAT'S A CHEEKY GRIN, HARLEE



LOOKING COOL NOAH!



A NATURAL BEAUTY, OPHELIA



AVA IS READY FOR SANTA!



CHARLIE IS GETTING IN THE SWING OF THINGS!



WHAT A MASTERPIECE, SOPHIA!



THE WORLD HAS A NEW HERO: GEORGE



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alive!



Children's gardening writer and mum of three Katherine Miller tries to create some winter magic...

We don't have a real Christmas tree every year, but I am hoping that we will be able to take our children out to a tree farm to choose one. We haven't done this for a few years, but I can honestly say it is a fun trip out for all the whole family. We haven't had a family 'day out' for several months, so this is my hope for creating a little bit of Christmas magic, after a difficult year. The experience of running around fields of trees and choosing one from a range of varieties and sizes is quite exciting. You don't have to 'go large' or spend a lot of money, but be sure to pick one that fits into the car!

With children of varying ages, I find managing the magic of Christmas tricky. Our eldest who is twelve is helping me with 'secret' plans whilst our nine year old is skeptically making out his list. Our three year old daughter is busy reminding the boys how the naughty list works, which is greeted with suspicious frowns from one son, and rolling of the eyes from the other! Meanwhile, like many other parents, I'm responsible for trying to keep the magic alive for as long as possible, whilst kindly lowering everyone's expectations for what could be a rather different festive season this year.



FRESH AIR & FESTIVE FUN

Upton Country Park will be recycling trees this winter, but before then why not enjoy the extensive open space and take part in their self-led outdoor Christmas themed trail.

- You can download the free activity leaflet from their website for the duration of the holidays see www.uptoncountrypark.com

VISIT A TREE FARM

- Cranborne Christmas Tree Farm, Daggons Road, Alderholt, SP6 3DN

If you are looking to choose your tree from a field, don't forget to take wellies and gloves. Prices start at £17 for Norway Spruce and £24 for Nordman Fir. You will be given a colour coded measuring stick, a name label and access to a member of staff who will cut your tree. Contactless payments only and Covid secure guidelines apply. Check the website for all the latest details before setting out!

- www.cranborne.co.uk

SOMETHING NEW

to try at home...

BIRD FOOD STARS

These bird food stars make nice winter gifts and are easy for little ones to create.

You will need to mix approximately 200g of bird seed with one 12g sachet of gelatine dissolved into 140ml of water (this is quadruple the normal strength, for hardness). Pack tightly into moulds or cookie cutters, push a straw into the shape to create a hole before leaving to set. Finish with a ribbon.



THE CHRISTMAS ROSE

Helibores are beautiful winter flowering plants that are also known as *Christmas Roses*. They flower throughout winter and early spring, bringing a cheery bloom into the garden during the darkest of days. They can be enjoyed indoors too.

We bought a Helibore from a garden centre and re-potted it to give as a gift.

A potted Helibore needs plenty of room to grow deep roots, rich well-drained soil and regular watering. When the weather warms up, keep your Helibore in a semi-shaded area.



FLY TRAP FUN

Kids of all ages love the gruesome habits of a Venus Fly Trap! These are usually available

in garden centres at Christmas, but beware... Fly Traps are naturally dormant over winter, they may even turn black and shrivel up before re-growing in spring. So if this happens, just wait for it to return. To enjoy the carnivorous antics of this plant, you need to keep it in a cool place over winter and always in direct sunlight.



RE-USE BAUBLES

There are always a few Christmas baubles that have lost their tops and can't be hung up. As long as they are not glass ones, you can push them on to canes and display them in

the garden which will really brighten things up outside. I also use plastic play balls as protective toppers on garden canes all year round for added colour in the flower beds!

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



Learn how to massage your baby in a welcoming and supportive class.

Run by Katherine and Linda, both certified instructors with the world leading **International Association of Infant Massage (IAIM)**



Some benefits of massage for your baby:

- ♥ Relieves wind, colic, constipation & teething discomfort
- ♥ Stimulates circulation, digestion, nervous & lymphatic systems
- ♥ Enhances bond with you & your baby
- ♥ Develops body awareness & coordination
- ♥ Increases recognition of facial & emotional expressions which supports development of social skills

07802 545554

babymassagebykatherine@hotmail.com

www.littledreamersbabymassage.co.uk



The Benefits of a 5 week Infant Massage Course

Massaging your baby promotes bonding; it contains every element of the bonding process. Infant massage promotes a secure attachment with your child over time. It promotes verbal and nonverbal communication between the two of you. Your baby receives undivided attention from you; your baby will feel respected and loved. It is one of the only times that all of your baby's senses are nourished.

Infant massage aids in the development of your baby's circulatory, respiratory, and gastrointestinal systems. It aids in sensory integration, helping your baby learn how their body feels and what its limits are. Massaging your baby helps make connections between neurons in the brain, which helps develop the nervous system. It also aids the generation of muscular development and tone and contributes to their mind/body awareness.

Regular infant massage improves sleep, increases flexibility, and regulates behavioural states. It reduces stress, levels of stress hormones, and hypersensitivity. Massaging your baby creates higher levels of anti-stress hormones and promotes and improves the ability to self-calm. It teaches your baby to relax in the face of stress.

Infant massage helps with wind and colic, constipation and elimination, muscular tension, and teething discomfort. It also helps with "growing pains," organises the nervous system, relieves physical and psychological tension, and softens skin. It helps release physical and emotion tension, balances oxygen levels, and provides a sense of security.



*The International Association of Infant Massage
- changing the world, one baby at a time.*

Cook

with Hari Hari
Sri Lankan Spices



Curry Parsnip Crisps

I love parsnips! Especially roasted ones. That sweet yet crunchy flavour when they are roasted just right makes them my all-time favourite roasting vegetable. My kids aren't big fans though, so I've disguised parsnip in mashed potato, soup and sauces, but I've wanted to get them eating it while knowing what it was and enjoying it. Like most kids (and a fair few adults), mine are not averse to a packet of crisps now and again. Not my favourite choice of snack, I admit, but it led to the idea of this recipe. A healthier (*parsnips are high in vitamins, minerals - especially potassium - contain antioxidants and soluble & insoluble dietary fibre*) alternative to your usual crisps! What's even better is that you can greatly reduce the salt content as you are making them yourself! Welcome to Curry Parsnip Crisps...

Serves - 4 - 6

Preparation Time - 1 - 1 1/4 hour

Cooking Time - 25 - 30 minutes

INGREDIENTS

600g Parsnips
2tbsp Olive Oil
1/2 tsp Cumin Powder
1/2 tsp Coriander Powder
Salt to taste

TIME TO COOK

- 1) Pre-heat the oven to Gas 4, 180°C, 160°C fan. Peel your parsnips, then slice as thin as possible either with a sharp knife or mandolin. Pat dry and leave to dry on some kitchen roll for up to an hour. Tip into a bowl and drizzle the olive oil over the parsnip, toss with the spices and season well.
- 2) Evenly layer the parsnip slices on to two pieces of baking paper and place in the oven for 25 - 30 minutes, turning frequently, until crisp.

3) Once done (a good indicator is when the edges turn golden), transfer the crisps onto some fresh kitchen roll to drain of any excess olive oil. Check for salt, add more if required and hey presto - your Curry Parsnip Crisps are ready!

Optional but Super Tasty - Add a generous pinch of cayenne spice or Chilli powder.

Top Tip - The thinner the slices, the better the final crisp! They will keep for about two days, but store in a tupperware/air tight container lined with kitchen towel to maintain freshness.



UP THE NEMESIS

By Emily Dell

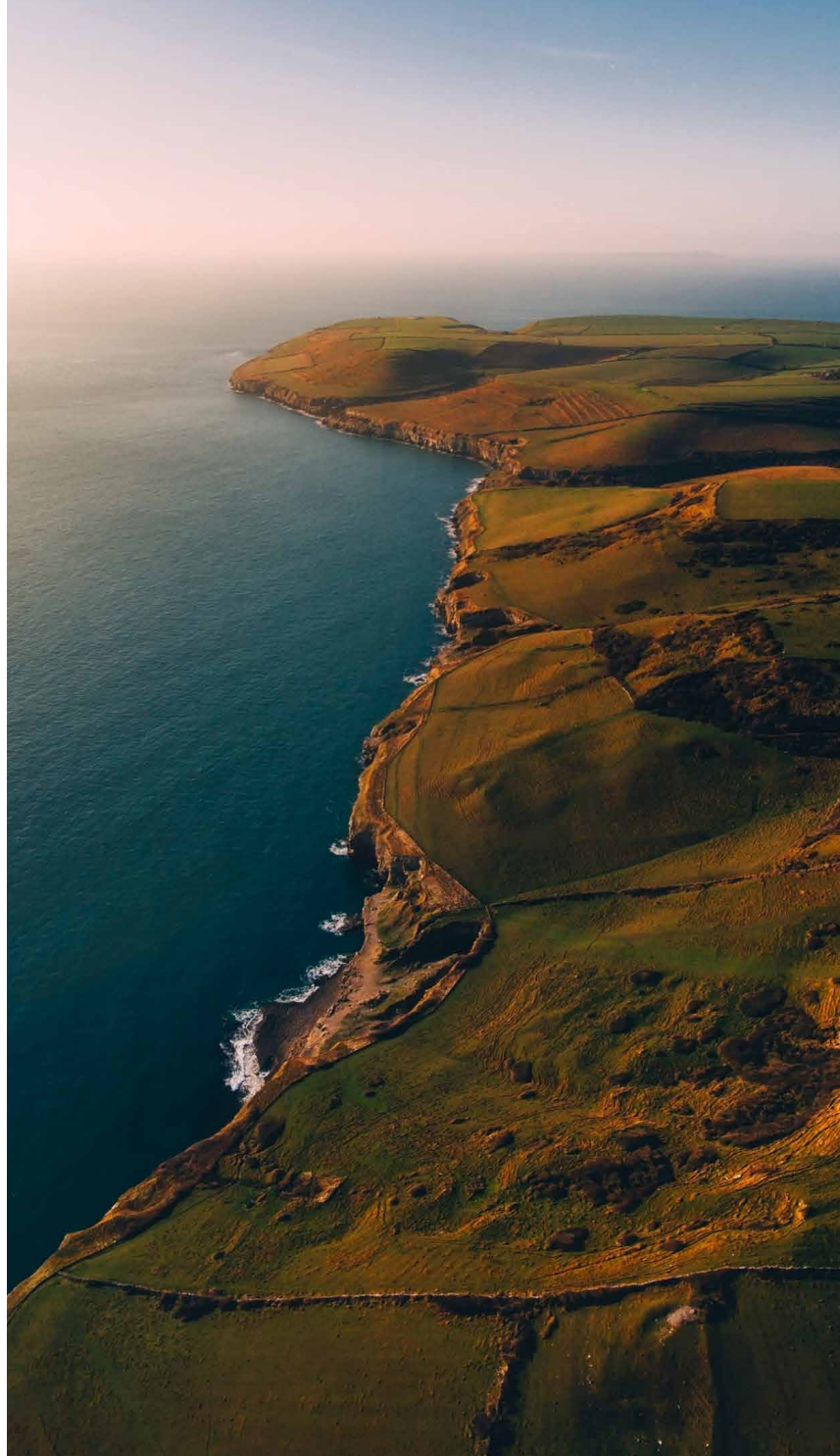
On a warm sunny Sunday while staying in Dorset, my fiancé Nick and I decided to hire a couple of bikes and go on a picturesque ride from Corfe Castle to Swanage. I had never explored Swanage, so I was really excited to see the place that Nick spoke of so fondly.

After taking a years' worth of photos of the castle, we wandered off in search of the bike hire shed. Once there, we met the owner who showed us a couple of routes we could take. I soon noticed that he was using the words hill, steep and climb more times than I would have liked. With a smile and a slight knowing of how ridiculous this was going to sound, I said: "Any chance of a route which is continuously flat?". After quite a long pause and a glance between Nick and the bike guy, I got a reassuring hand on my shoulder from Nick who told me "it will be fine". Famous last words.

I should say at this point I had only been riding for a year...31 years of age and *incredibly* late to the bike party. You see, my balance is somewhat embarrassing and due to not driving, my road instinct is like that of a hedgehog. But after many lessons taught by Nick, I was semi up and running. Anyway back to Dorset. We left the bike hire shed with our new shiny steeds and we were off. But due to my hedgehog ways, I managed to pull out onto a main road just

as a huge white lorry came hurtling down. Luckily Nick's scream had me pulling the breaks hard enough to make me miss the lorry, but send me and my bike down upon the curb. I received a look from Nick, which was a mixture of relief, anger and disappointment - not a great start to our romantic cycle ride.

Thankfully it wasn't long before we were off the road and cycling on grassy land. It was at this point that I stopped replaying the last 10 minutes in my head and started appreciating the view. The sun was warm and there was just enough breeze to hear movement in the grass and trees. I love that sound; the sound of the wind dancing with nature, it made me realise that everything is living in the same moment.



Onwards and upwards we went, with *upwards* being the operative word. The latest hill seemed to get steeper and steeper, and the terrain was a mixture of grass and stones, causing my bike and I to shake. I looked ahead and Nick was a mere dot in the distance. I thought I must pull myself together and get up there, but wow, my calves were burning. We had only been riding for thirty minutes and my body was already pressing the panic button. The hill was an absolute beast and I was riding slower than I could walk. To make matters worse, there were what seemed like hundreds of jolly hikers making their way down the hill.

They all said hello, fresh faced with glee, while I delivered a sweaty red mess with an expression that said 'help me'. I was jealous of their direction and for a minute I was close to joining them. But then I saw Nick waving at the top. I wondered what blissful views he was witnessing and I wanted to see them too. So I was pedalling slowly, but surely, up the stony hill, my head now really hot under my hat, and my t-shirt was wetter than a swimming pool. It was no good, I was going to have to get off and push my bike. Wow, was this was embarrassing! What's more, there were Lycra-clad cyclists whizzing past me up the hill, making me look completely out of my depth. I could feel the animosity between me and my stallion growing ever deeper, especially as it kept scraping the back of my calves with its pedals. I could see patient Nick was now

sitting down and taking photos of the view. I had to get up there and see it too. Once I finally reached the top, I fell on the ground next to Nick like a sweaty mop and drank about a gallon of water. I then looked out, what an instant reward, what a picture perfect scene, minus our soundscape - me panting for air. We could see the sea, the coastline, the white peaky rocks; it was like a postcard.

After taking it all in, Nick said, "Are you ready for it", and I asked, "Ready for what?". That's when he pointed up to a hill that had me and my bike shaking. This hill was serious, like Bear Grylls serious...thankfully Nick was *not* serious, and suddenly pointed down at a pathway that would take us back into Swanage, phew!

The descent was delicious, the grass was soft and the breeze had the scent of the ocean. We stopped here and there and I took time to look back at my nemesis, and I thanked her for the views. We reached the coast, and decided to treat ourselves to an ice

cream - the sweet strawberry sugar rush was incredible. After our ice cream we sat down, hand in hand, looking at the sea. Then it suddenly occurred to me that at some point we had to make our way back, but how? Back the same way? Up the nemesis? Nick's answer was music to my calves: the train! Woo-hoo and what a treat it was. Swanage railway line runs through a handful of old fashioned train stations and was opened in 1885. The trains are still powered by steam and you can experience the terrific sound of the train whistling when you're travelling past the gorgeous countryside. The train we were on was painted green and it was a wonderfully unique experience. I felt like I had been transported back a hundred years; I was so grateful for the experience. What an exhilarating day!

I am a Blue Badge Tour guide in London (see @guideemily on Instagram), but recently lockdown has enabled me to focus on my other passion; painting beautiful historical places. If you would like to see more of my art you can find me @sketch_history on Instagram or sketchhistory.com



THE LION WORKS SCHOOL

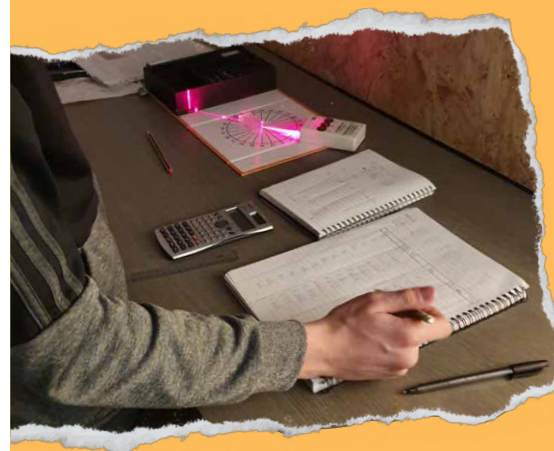
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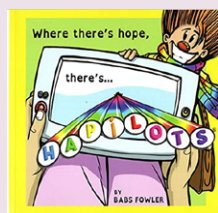
The school is a unique take on Special Educational Needs Education. Students can study on either our Exceptional Academic or Vigorous Vocational Pathways, leading to outcomes in line with their non-SEN peers.

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www.thelionworksschool.org



Hapilots



We think Hapilots (www.amazon.co.uk/Hapilots-Babs-Fowler/dp/1789729556) is the perfect book to add to any child's book shelf, but especially those who have experience of hospital.

Sebrina Says:

Hapilots is brilliant at detailing the positive aspects that kids will find when visiting hospital, such as the exceptional care and attention from lovely staff on the children's wards.

This entertaining story makes the concept of going to hospital less daunting and intimidating. The story gives parents and role models the opportunity to talk about hospital stays in a positive and relatable way.

The truth is, lots of children will need to attend hospital at least once in their life, whether for a check up, visit, an emergency, a procedure or for short, long or even ongoing periods of time.

Clinical environments can be scary for young ones; the lights, smells and sounds are so far from what they're used to. And don't forget these mini people are very intuitive and will pick up on any anxieties that parents and caregivers may be feeling, too.

Hapilots is a great way to introduce the concept of hospital and medical facilities without making a big deal. The story has lots of bright colours and characters to engage your little one as you read. The illustrations are captivating and allow non-readers to understand and interpret their own version of the story.

I loved reading this with Ophelia, my daughter, especially as she is on the waitlist for grommets, so will be admitted to the hospital soon! Hapilots created opportunities for us to chat about what may happen when Ophelia goes to hospital, like the little girl in the book.

Books are the perfect way to introduce new or tricky topics without too much focus on specific circumstances. For us, we are going to be able to recall the story and its positive notions when perhaps otherwise we'd be stuck for words.

Ophelia Says:

I like Lola, Lola has a nice purple hairclip.

Hapilots is written by Babs Fowler, who lives in Bournemouth. You can find out more about Babs, and Hapilots, on the website hapilotsandfriends.co.uk or by following on their Facebook page facebook.com/hapilotsandfriends/

SOMETHINGNEW

Loves

Storage Solutions

Ok, so it's not a very sexy topic, but when clutter takes over your house, it can feel oppressive. Piles of paperwork, stacks of toys and mountains of clothes fill the space making you feel like the housework will never end. The solution? Storage. There's a growing trend for home organisation with Facebook groups, TV shows and books dedicated to the topic (you can probably thank Mari Kondo for that).

We've compiled a list of our favourite storage options so you can start the new year clutter-free!



IKEA KALLAX

This might not be a revelation to most, as it's one of the store's top selling products but Kallax (or cube storage if you're shopping in B&Q, Homebase or Argos) is a godsend for quick, attractive tidying.

The cubby holes are deep and are suitable for books, toys, or clothes. We've even seen some very clever hacks where these simple units are changed into beds, impressive shelving or dressers - just look at Kallax hacks on Pinterest to see!

WHAM

Sadly, not the band. But nearly as legendary...Wham make a variety of plastic storage boxes - from mini stacking boxes to flexi tubs. We love the Flexi bag - the medium sized one makes great bath toy storage while the small ones fit snugly inside a Kallax cube!



OTTOMAN

Ottomans are widely available and provide an excellent way to tidy toys away or store bedding or clothes. The sturdy structure makes it a cosy seat once the lid is on making it even more of a practical addition to your home.



Isolation Survival Guide

We're all for family togetherness; we love the holidays where we can spend more time with our kids and significant others but isolation? That's a whole other ball game.

Home suddenly becomes very small with people tripping over each other 24/7. Days blur into one and no one is functioning regularly. So what can you do to try and keep some sense of control and normality when nothing is as it should be?

MAKE A ROUTINE

If the isolation blues start to get to you, it can be because your life has become cluttered and confused; it's likely that your sleeping patterns and eating habits are all over the place.

Making a schedule for the family can help to keep structure to your day. Get up at your usual time and get dressed, even if it's in fresh PJs, and break the day down into segments, that way you can plan what to do each day without relying on the TV too much.

Both adults and children benefit from routines, so allotting times for work, hobbies, housework and meals might help to lessen the sense of overwhelm.

REARRANGE THE HOUSE

No, we're not suggesting that now's the time to decorate (although, DIY is seeing a huge surge as people can't put off tasks any longer!), what you need to do is create an area for work and learning. By separating your workspace from your home space you can create boundaries.

Your approach to work will change to; you'll likely have more interruptions and have to stop and start, so break your tasks down. Work out time allowances for each task and schedule the longer tasks for a time when you know you'll have more time. We know it's not always possible, so if the kid's 'TV hour' becomes 'TV day', it's ok, as long as everyone is happy, that's all that matters.



STAY CONNECTED: MAKE TIME FOR FAMILY AND FRIENDS

With recent lockdowns and social distancing, you might find yourself feeling lonely or even disconnected from people, especially when what little contact you have had is impossible. Humans are social creatures for the most part – we crave interaction. But just because we can't physically be around our loved ones doesn't mean we can't stay connected. Zoom is a great way to keep in touch with those you haven't been able to see in a while. You could create a quiz game for the extended family to play virtually or set aside an hour a week to Skype friends over tea. Keeping connected to others is just as important for kids too, so why not arrange a call with their friends? That way you won't all feel completely cut off from the world.

TAKE SOME TIME TO UNWIND

Or should I say...take some time to unWINEd? Terrible pun, but completely intended. What it means is: put aside a half hour or so and designate it to yourself. Have a bath, drink tea (or a glass of wine) and read a good book. Maybe watch "just one more" episode of Outlander. I know, I know, with the children around it's hard to find time for yourself. But you can't be yourself to the fullest if you're feeling overwhelmed and blue.

Take turns with your partner or pop the kids in front of the TV for fifteen minutes while you bring out your latest novel or copy of Something New, that's good enough. Find some *you* time.

EXERCISE WHERE YOU CAN

Exercise creates dopamine and endorphins in the brain, which is basically the scientific way of saying 'happy feelings'. It can help loosen the tension in your muscles, eliminate that lethargic feeling you may be experiencing, and keeps you happy and healthy in general.

Exercising inside the house can be difficult – especially when you're playing dodge and duck around careening kids. And with anything outside off the cards, you have to get creative!

There are family-friendly exercises you can try out, all beneficial to your body, mind, and soul – easy to do and completely accessible.

You can find everything you need for home exercise online nowadays, particularly on YouTube. A favourite yoga account is 'Yoga with Adriene'. Adriene is an experienced and popular Yoga instructor who posts a variety of videos on her channel e.g. stretches that focus on different parts of the body, yoga positions of varying levels, and even videos that are catered to certain career workers (like yoga for nurses). Her soothing voice allows for relaxation during the exercises, and her videos often feature her dog Benji – another perk!

Check out [youtube.com/user/yogawithadriene](https://www.youtube.com/user/yogawithadriene) and get PE ticked off your schedule!



FIND A New Hobby

If you aren't working, this can be an especially useful tip. You've been given a break to focus on yourself, and what better way to do that than to find a new talent or build your skills?

Finding a new hobby gives you a means to fill the empty spaces of your days. This hobby could be anything from writing a story, knitting, doing online courses, or even yoga – which has been a favourite of mine and many friends this year! It is important to find something you enjoy and set aside the time to focus on it.

And hobbies don't have to be a solo activity. Encourage the whole household to join you! You can all start constructing puzzles, or hand-making Christmas baubles together. There are so many fun options and you're allowed to try out as many of them as you want.

TASK A DAY Keeps The Blues AWAY

When times get tough, even getting out of bed can seem like a tiresome job, especially now we're in the depths of winter. You might be hard on yourself for it but try not to be. One way to get over this internal pressure to constantly be on point is to just get one important thing done a day, and try to remind yourself that you are successfully ticking off your duties one by one, even if it's at a slower than usual pace. Did you cook for your family? Job well done. Did you sort the laundry today? That's one more thing off the list.

If your mental health is suffering, allow yourself some time and space to mend. And just be proud of the things that you do achieve, don't focus on the things that you don't get done that day. Besides, there's always tomorrow.

ThiNGs To Do...

STORY SPOONS



Story spoons are clever because they involve two activities – making and performing!

Using simple wooden spoons (you can

get them in supermarkets or Wilko or buy a whole spoon craft kit) decorate each one as a character. You can pick a well known tale, like Jack and the Bean Stalk or Room on the Broom, or make spoon family members.

You can then give the kids half an hour to make up a story to tell you with them (time for checking emails, making that call you need to or even a cuppa in peace!).

Once the 30 minutes is up, watch the children perform their show!

SCAVENGER HUNT

Ok, so for thins one you're going to have to accept that the house might get messy, so maybe tie it in with a tidy-up party afterwards!

Make a list of items using descriptions (you can make it really simple for young ones) and hide them all over the house. The first to make it back is the winner!



CLASSIC GAMES

Modern games have all the bells and whistles (and batteries!) but there are some gems that lurk at the back of the games cupboard that can be dusted off for a quick round.

Snap is the most basic and can be played with little ones easily – and used to help learn animals, colours or even letters.

Donkey, Old Maid, Happy Families and Go Fish are brilliant for engaging the whole family and passing time – if you don't have cards then you can pick up a set easily online (poundtoy.com has a cheap and cheerful selection).

Survival KiT	✓
Paper	
Glue, glitter, buttons, crafty bits	
Magazines	
Paint/Pens/Crayons	
Puzzle book	
Games	
Wine or preferred bev	
Many, many snacks	
Noise cancelling headphones (jokes)	



CAPTURING YOUR SPECIAL MEMORIES

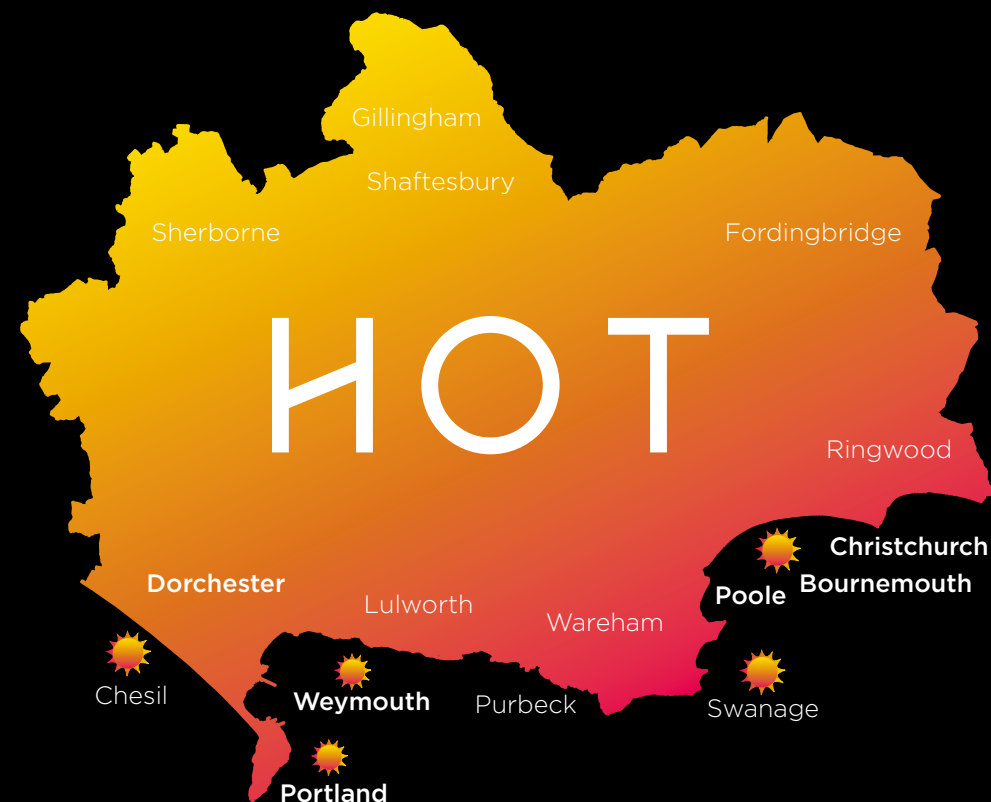
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The forecast for Dorset is...



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A WAY WITH WORDS



Rosie

By the time a child starts school they will usually understand over 20,000 words.

Even with all of those words to choose from, do you sometimes feel like you are

saying the same ones over and over again to your little ones? Do you feel like they sometimes tune you out? The fact is that, yes, sometimes they do!

The words we use can be the difference between an instruction being followed or ignored. The *way* we word what we say to our children can have a big impact on not only their behaviour but also their response to you.

Let's start with instructions. We need to give our children many, many instructions throughout the day; from when they get up until we put them to bed. The best way of making sure these instructions are followed is to be **clear and concise**.

Avoid unnecessary words as much as possible: less is more. For example: you want your child to clean their teeth, so saying, "Time to clean your teeth, Sam." is much more effective than saying, "Come on Sam, it's time to clean your teeth especially after you had that ice cream". With young children, just one word can be enough, "Teeth!". It is very important not to frame your instruction as a question as this suggests that the instruction is optional e.g. "Shall we clean your teeth now, Sam?" The concept of rhetorical questions is lost on children and you will often find your child responding to you with a "No!".

The words we use can also be very important when we want to praise our children.

When you praise a child and acknowledge their actions, they immediately know what they have done right.



For example, "Well done – you used your knife and fork to eat your lunch, that was very polite". In this way children know what to do in the future because they understand exactly what they did that led to them being praised. Secondly, we should encourage children to be proud of themselves through our praise, e.g. "You must be so proud of yourself! You kept going even though you found your homework hard".

Of course, children love to know that we are proud of them but by encouraging them to be proud of their own skills and achievements, we will be building their all-important self-esteem. In the future, they will be less reliant on the praise and approval of others which leads to them becoming a more happy and secure adult.

Here are some ideas for you to try...

Instead of...

"Good girl! I'm so proud of you!"

Although it is great to show your approval, your child won't know exactly what they did that was 'good'.

Try...

"Wow! You must be so proud of yourself — you kept trying even though you found it hard!"

This encourages self-esteem and praises the action that led to success.

Come on, it's time to go. Can you get your coat on please?

Only ask a yes/no question if you are happy with either answer.

Coat on, let's go!

Clear and concise, less opportunity for a, "No".

Do you want to have some vegetables?

The answer will probably be, "No!"

Do you want to have carrots or peas?

Child will feel they are in control and have choices — parent happy with either answer.

Don't get paint on the table!

This suggests an outcome that you don't want — might give child an idea!

Keep the paint on the paper.

Clear instruction about what needs to happen.

We need to go home now, come on, maybe I've got a treat for you in the car...

Avoid bribery and cajoling but give them power through age appropriate choices.

We are leaving now. Would you like to walk or shall I carry you?

Child will feel they are in control and have choices — parent happy with either answer.

If you finish your homework, you can watch some TV.

This suggests homework might not get finished.

When you finish your homework, then you can watch some TV.

There is an assumption that the homework will be done

What a mess you've made!

This sounds negative when the reality is that children are generally messy!

It looks like you've had fun! How can we clean up?

A positive comment with a prompt for the child to solve a problem (with parental help!)



There's never been a more important moment in our children's education. After so much time away from school over the last few months, the benefits of small classes, specialist teaching and exceptional pastoral care have never been greater.

At Yarrells, we have bounced back into school life with zest! Our tranquil, woodland environment allows space for free play, outdoor learning and fresh coastal air every day. Our dedicated teachers and assistants are committed to providing every child in our school with the highest quality of academic and pastoral care. Our curriculum is broad, with lessons in the creative arts and sport featuring in the timetable every day alongside core academic sessions. Should our teaching staff need to move to a temporary remote learning programme, our provision is ready to go with immediate effect. Our recent home learning programme was a resounding success and all our teaching staff are highly skilled in the delivery of live lessons in all subjects.



At Yarrells, we have a proven track record of success at 11+, with dedicated lessons for pupils working towards public exams and, at 13+, in addition to the core academic curriculum, we offer specialist small group lessons to support pupils working towards scholarships for entry to their senior schools. We are offering on-site tours and meetings with our Head, Ms Sally Weber, every day. She would love to meet you and talk about your plans for your child.

Please email our Admissions Registrar, Mrs Helen Breakwell, to arrange a convenient time, admissions@yarrells.co.uk

Helping children make healthy choices



Who are we?

Local charity, Life Education Wessex & Thames Valley (LEW/TV), has been working with the community and schools for more than 25 years and helps over 84,000 children annually to make healthy choices in life. LEWTV is an independent, self-financing Delivery Partner of the UK's leading health, drug and emotional well-being education programme, Coram Life Education.

What do we do?

Working with schools and parents/carers throughout Berkshire, Buckinghamshire, Devon, Dorset, Cornwall, Hampshire, Oxfordshire, Somerset and Swindon, we help to effectively communicate healthy lifestyle messages and empower children aged between 3 and 11 with the knowledge, skills and self-confidence to make and implement their own healthy decisions, avoid risky behaviours and stay safe.

"Education for children at an early age is vital to help them adopt the right healthy habits."
(Professor Lord Robert Winston)

Why we do it?

Children are facing ever increasing pressures and temptations to damage their health and futures, whether through poor diet, drinking alcohol, smoking or misusing drugs. Experts predict that this current generation of children in schools will pre-decease their parents purely because of lifestyle choices. The emotional well-being and health of our young people is the future of our community.

How we do it?

Highly skilled Educators, ably assisted by 'Harold' the giraffe puppet, use positive teaching techniques to deliver a series of fun, memorable and age appropriate health, emotional well-being and drug education programmes to children in the unique environment of purpose built mobile classrooms and LifeSpace. Annual visits build on the previous years learning so that children can make their own informed lifestyle choices.

How can you help?

The charge we make is roughly 50% of the actual cost for LEWTV to visit schools. The balance is subsidised through fundraising & community donations. Show your support by liking our social media pages and spreading the word about our work! Make a donation or ask your employer/club to make us their charity of the year.

#HaroldsChallenge

Rise to #HaroldsChallenge! Do absolutely anything to help us raise funds as long as it's active, healthy and fun! Whether you create your own event or support us at a pre-organised event we would love to hear from you! Check our website or call for details.

We need YOUR help and the support of the local community to continue to protect the next generation!

For more information...

Visit our website - www.lifeeducationwessex.org.uk

Email - enquiries@lifeeducationwessex.org.uk

Call - 01258 837417 (Office) or 07825 268183 (Fundraising)



Life_Ed_Wessex



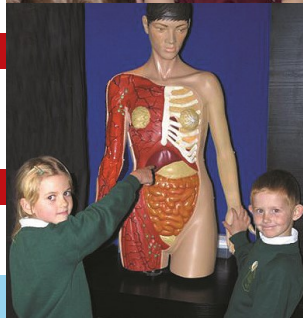
Life Education Wessex

Life Education Wessex

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Charity No. 1071094

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Chinese New Year Lanterns

Chinese New Year is the celebration that marks the start of a new year in the traditional Chinese calendar. Commonly known as 'Chun jie' meaning 'spring festival'. It means new beginnings, fresh starts, planting and harvest, much like the Western celebration of Easter or Eostre (pagan).

Dictated by the lunisolar calendar, it typically falls between the end of January and their week of February. In 2021 it will be celebrated on Friday, 12 February and marks the start of the year of the Ox. The traditional lantern festival begins on the 23rd February and is magnificent to see.

Let's make our own Chinese New Year Lanterns to join in the celebration!

You'll need

• Paper/card (we used A4) • Glue • Scissors • Decorative items (tissue paper, ribbon, biodegradable glitter, sequins, crayons)

Step 1:

Lay the card out. Decorate an inch boarder top and bottom using a method of your choice (we used ribbon)

Step 2:

Fold in half length ways and using scissors, cut from the folded edge towards your border (not *into* the border). Repeat this all the way along, about an inch apart.

Step 3:

Open out and roll up to meet the corners together - glue at top and bottom.

Step 4:

Cut a strip for a handle, about an inch wide. Glue the strip of inside top if your lantern.

Optional extra: Insert a different coloured cylinder to go inside your lantern!





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