

nct

WatBaby

the Watford branch newsletter

Summer 2011



Book review

Lessons in Fatherhood

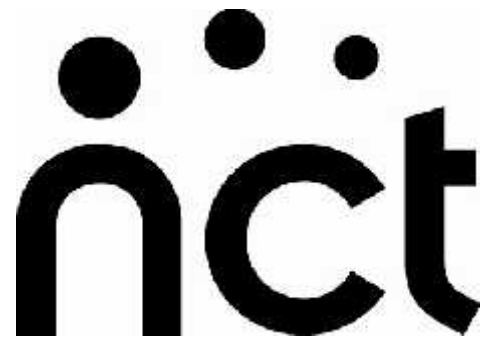
Local Chef's Recipe

Beat the baby Bulge

Preparing your children for School

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Antenatal Classes

If you are pregnant now, or have a friend who is pregnant, remember to book your antenatal classes early. There is a big demand for them in our area, so to avoid disappointment, book them NOW!

Call 0844 243 6892

bookings5k@nct.org.uk

The National Childbirth Trust
Alexandra House, Oldham Terrace, Acton, London W3
6NH
enquiries@national-childbirth-trust.co.uk

Editor's Letter

Hello and welcome to the Summer 2011 edition of Watbaby.

As many of you will be preparing to send your little ones off to school and nursery for the first time in September, we've included a couple of articles you might find useful for what can be a stressful and worrying time for many parents.

This issue's Birth Story is a really positive one, showing that writing those birth plans isn't a waste of time and sometimes things really do go exactly as you'd like them to!

I'm currently a few weeks away from the arrival of baby number two, so we're starting to plan the next issue a little earlier – if you want to write your birth story, a book review, answer the Meet a Member questions or just fancy putting pen to paper and writing an article you think would interest other members, then email the team on newsletter@nct-watford.org.uk.

Hope you all have a great summer and make the most of the beautiful weather we'll hopefully have! See you in the Autumn,

Kirsty, Deb and Shivani



NCT Birth Companions

NCT is launching a new birth companion's service providing one-to-one support for parents.

NCT-trained Birth Companions provide women and their partners with skilled physical and emotional assistance, as well as up-to-date knowledge, information and encouragement. They are all qualified professionals who have completed a nine-month course, developed by NCT in partnership with the University of Worcester.

The new service is available for a fee for mothers and couples. Maternity units can also contact NCT to provide this service free of charge to women from disadvantaged groups or those with special needs - more information on babble.

Interested in training to be an NCT Birth Companion? -

Visit www.babble.nct.org.uk

NCT Early Days™ Groups

Early Days™ groups give you the opportunity to explore different approaches to important parenting issues with a qualified group leader and other new parents in your area. These sessions are designed to help you feel confident about the decisions and choices that you make for your baby. You will be encouraged to share ideas and experiences and help others to do the same so that you can support each other as you learn more about your skills as a parent. The Postnatal Leader will not act as an expert or dispense advice, but will help you decide what is best for your baby, yourself and your family

Issues covered include:

- The difference between expectations and the reality of parenthood
- Ideas for settling a crying baby
- Skills for being a mother
- Daily patterns
- Getting the most out of the day
- Returning to work (or not)
- ♦ The change in your relationship with your partner and the wider family

"It sounds so obvious to say that having a baby changes your life completely but this course helps you understand why and how it has affected you."

Diane, new mum

You can pre-book your space on an Early Days™ course, either before or after you have had your baby. A course is generally 6–8 weeks in length, with meetings being held once a week. Each meeting lasts about 2 hours. Each course is tailored to the needs of those parents attending.

You will get to meet other mums of a similar age, make friends, develop new ideas, gain support and encouragement and have a hot drink!



The advertisement features a photograph of a woman holding a baby, with another woman looking on. The NCT logo is in the top right. The text reads: "Be a more confident parent", "NCT Early Days courses", "Meet other new parents in your area", "Explore issues from crying & sleeping to the reality of parenthood", "Discuss different approaches to parenting with our qualified group leaders", "Concessionary rates available", "Call today on 0300 330 0770", and "www.nct.org.uk/confidence".

Early Days courses are designed to support you to become the parent you want to be. The groups provide a relaxed, friendly and supportive atmosphere in which to openly talk about your life as a mum. It is a chance to put YOU first; to discuss your hopes and fears, to gather ideas to help meet the challenges, to celebrate the successes and reconcile your expectations with reality.

NCT Early Days Classes in Watford. Start in June for babies born Feb-May
For all courses phone Nicola on 0844 243 6892 or e-mail: nctbookings5k@googlemail.com

NCT classes

The Specialist Workers of Watford NCT are always busy and we would like to highlight what we are offering at the moment. See the adverts below and on the opposite page.

Regular **first-timers** ante natal classes are always offered, with dates stretching into 2011-for babies who may not have yet been conceived! We offer classes in a variety of venues and formats, including evenings and all days.

Refresher Classes for those expecting no. 2, 3, ... Courses are now planned regularly every 2-3 months.

Early Bird Classes for parents from 12-20 weeks of pregnancy.

Please spread the word to your friends, relatives and anyone you know to be pregnant!

We would like to make sure every parent can benefit from our courses. We therefore have lower prices for parents on lower incomes or in receipt of certain benefits. These concessions vary, from small discounts of 5% to a maximum reduction of 90% off the full course fee.

Everyone can pay for a course by agreed instalments as long as the final payment is made by the time that the course starts.

For all courses phone Nicola on 0844 243 6892 or e-mail: nctbookings5k@googlemail.com

Is your family growing?
NCT Refresher Courses
for second and subsequent times parents



Find your nearest course now at
www.nct.org.uk/confidence

The UK's largest charity for parents

NCT is a registered charity in England and Wales, No. 262819. Registered office: 100, Brook Hill Drive, Watford, Herts. SG11 2NS, UK. Tel: 0844 243 6892

Confidence in your birth & labour choices
NCT Antenatal Courses



Our teachers will help you explore choices around labour, birth and parenting

- Small, interactive classes
- Share your experiences with other new parents
- Find out about local maternity services

Find your nearest class now at
www.nct.org.uk/confidence

UK's largest charity for parents

NCT is a registered charity in England and Wales, No. 262819. Registered office: 100, Brook Hill Drive, Watford, Herts. SG11 2NS, UK. Tel: 0844 243 6892

Everything you need for you and your baby



Call **0845 8 100 100** for a full
catalogue of NCT products, books
and information or order online at
www.nctshop.co.uk



Young Families Watford Bump, Baby & Toddler Show

March 2011, Woodside Sports Centre,

The Watford Bump, Baby and Toddler show in March was put on by an organisation called Young Families with sponsorship from local parent-centred businesses. Proceeds from the day went to the Maternity Unit at Watford General. As well as many stands offering information and products, there were various workshops for parents and children, and a large presence by the midwives of Watford General. As well as attending sample sessions parents could speak to a midwife one-to-one and this was a service in great demand.

Watford NCT had a stand at this show to publicise our services on offer to parents locally, including classes and the May Nearly New Sale. The event was busy, especially during the morning, and our volunteers spoke to lots of parents, many of whom had not heard of the NCT at all or who did not realise what we could offer them. We also spoke to other stand holders, making links and connections (the volunteers from the Count the Kicks charity said they'd been nervous about coming to talk to us, expecting us to be all "yummy mummies" but were surprised and pleased we were not- I'm not sure if that's a compliment or not!!) and Debs talked to potential advertisers for Watbaby!

All in all we felt it was very worthwhile event to be at and I would like to thank: Elaine Skinner, Sally Watson, Michelle Campbell and Debs Phethean for giving up part of their Sunday. Even greater thanks must go to Debs who organised our presence at the Show involving lots of negotiation and chasing!

Carol Montague

Our big news this Spring has been the qualification of our two student teachers, Michelle and Mandy. Both have worked extremely hard over two and a half and about five years respectively with Michelle including the extra practical module of having another baby! Huge congratulations to them both! This means that we have 5 teachers active in the branch- more than for quite a while!

We also have two new students: Jo Verrinder from North Watford has begun training as an ante natal teacher and Elaine Skinner, our breastfeeding counsellor, has been accepted for post natal training, to prepare her for running Early Days classes. Currently we have no Early Days teacher in the branch.

Jo is new to the branch but some of you may meet her over the coming months as she does some volunteering as part of her training, including taking over the North Watford coffee group. Elaine will be known to many of you who have been to classes and also from her presence at Nearly New Sales and other events.

To prepare the way for Watford Early Days classes a qualified facilitator from St Albans is going to be running some courses for us, starting in June, for babies born Feb-May. Some parents who have done an NCT AN course will go on to do a post natal one too; other mothers who attend will not have done AN classes, maybe because of having a premature baby or not being able to find a suitable course. Early Days courses give parents the opportunity to discuss the huge changes involved in becoming a parent- some of these will be covered in an AN course but as parents often say "nothing can prepare you for the reality beforehand". There is more information on Early Days courses elsewhere on page four in this edition of Watbaby.

We continue to run regular **first-timers** ante natal classes, with dates stretching into 2012-for babies who may not have yet been conceived! We offer classes in a variety of venues and formats, including evenings and all days.

Refresher Classes continue for those expecting no 2, 3, courses are now planned regularly every 2-3 months.

NCT is feeling the pinch like other charities in the current economic climate. We may no longer be able to run classes that do not cover their cost and decisions have to be made as to course viability several weeks before so that parents who may be booked can be offered alternatives. Other ways we can try to run endangered courses is to reduce the hours or to change venue. For these reasons it is helpful if parents book onto a course or express an interest **as early as possible**. It is disruptive to us, and to class members to have to cancel a course a few weeks before the start because of poor attendance.

New Breastfeeding Group



There's a new breastfeeding drop-in group called Babycafé Local opening at the Reddings Children's Centre. It takes place on Thursdays from 1pm-2.30pm, starting on Thurs 12 May 2011.

Reddings Children's Centre is on Harcourt Road, Bushey, WD23 3PR. This is a brand new children's centre, open to all. It's in the grounds of Bushey Meads School, but has its own entrance on Harcourt Road.

Elaine Skinner, NCT Breastfeeding Counsellor will be facilitating the group and would love to see some of you there. You don't need to have a breastfeeding problem to come along... come to say hello and meet other breastfeeding mums.

If you need any more information, contact Elaine on elliedreaming@live.com.

You can contact Reddings Children's Centre on their temporary number – 01923 470143.

Other New Groups

Parents with premature babies

There is a new NCT Yahoo group for parents who are coping with having a premature baby or babies.

If your baby (or babies) was born early, this group is for you to share your worries and tips and to receive and give support to others.

To join the group, go to <http://groups.yahoo.com/group/nct-preterm/>

Support after a c-section

This NCT group is for those who want support after or before a caesarean section. To join, email:

nct-caesarean-subscribe@yahoogroups.com



Watford NCT Coffee Mornings

We are successfully running our Watford NCT coffee mornings. These are regular meetings of mums in your local area, usually held in someone's home. All are welcome - members or not. They are great places to meet other local mums for a chat, a cup of tea or coffee and support each other.

Currently we have several groups in different areas of Watford - some are just starting out, while others are more established. Just contact the person nearest to where you live for further details:

Croxley Green: A well-established group but with new mums attending each week. Usually meet on a Friday morning.
Contact Clare or Vicki
nctcroxleygreen@hotmail.com

Bushey/Oxhey: This coffee group has recently been meeting on alternate Fridays.
Contact Keri keri@pilates-balance.co.uk or 07980 956620

The Langleys: Contact Anna anamccurry@hotmail.com or 07789318600

West Watford/ Cassiobury: Tuesday morning.
Contact Clare clare@cornerstones.org.uk or 01923780098

North Watford: Contact Jo
jo.verrinder@uk.hjheinz.com or 01923 245378

If your area is not covered, feel free to join the nearest group or if you and a friend would maybe like to set up a local group, then let us know.

Clare Dyer and Nicola Langston
clare@cornerstones.org.uk



RECOMMENDED BY EXPERTS

MULTIPLE AWARD-WINNING



"I always recommend it to any friend who is pregnant."

"My favourite thing Louise has learnt from Angelina and Sing and Sign is 'stare' - she seemed to grasp the concept really quickly."

Sing and Sign

Learn baby signing the fun way

...with the No.1 baby activity that everyone is talking about! Full of music, singing, puppets, shakers, bells and laughter, it will help you to communicate with your baby and avoid unnecessary frustration. Find out for yourself why so many parents think that Sing and Sign is the most worthwhile and best value class you could ever attend with your baby.



For babies aged 6 - 30 months.

TUESDAYS - Mill Eric, Rickmansworth
WEDNESDAYS - Stanmore
THURSDAYS - Bushey
FRIDAYS & SATURDAYS - Harrow

FREE TASTER SESSIONS this October / November. More details at angelina@singandsign.co.uk

www.singandsign.co.uk

Tel: 07956 948 776
or 020 8950 0888

What's On 4 Little Ones Awards:
2007 WINNER "Best Nationwide Activity for Under 2s"
2008 WINNER "Best Baby Signing Classes"
2009 WINNER "Best Toddler Development Class"
2009 & 2010 THE ONLY signing class short-listed for "Best Baby Development Class"
Practical Parenting Pre-School Award:
2005 for the now legendary Sing and Sign DVD







"I am doing Sing and Sign again with my 3rd son. My other 2 also loved it and 6 years later, my eldest still sings the songs and my middle boy who is nearly 4 still loves the very worst DVDs!"

"During walks with Jessica she used signs to tell us if she saw a dog or a bird and this insight into what she noticed around her enabled us to converse with her."

"When James has had enough of visiting someone's house, he does the 'home' sign again and again until we go!"

Child Safety Week

Take a second look for safety accidents, the majority preventable, remain one of the biggest killers of children in the UK, second only to cancer. Serious accidents not only cause physical injury that can take months or even years to heal, but the psychological impact on the child, their family and friends can last a lifetime.

Yet **many accidents can be prevented** simply by taking a second look to make sure that hot drink is safely out of reach of small hands, the safety gate on the stairs is closed properly, your route to safety is clear in the event of a fire or by taking a second glance at the speedometer.

That's why the theme for Child Safety Week 2011 is Take a second look for safety. The messages are:

- ◆ Taking a second look for safety takes only seconds, but will give peace of mind that will last and last
- ◆ By getting into the habit of taking a second look, safety habits will become automatic for parents
- ◆ By encouraging the families to take a second look for safety, you can help us to reduce the number of children and young people needlessly killed, injured or disabled as a result of preventable accidents.

We all have a part to play in keeping children safe from serious accidents. You can sign up to a mailing list to receive regular updates on Child Safety Week by going to the [CAPT website http://capt.org.uk/](http://capt.org.uk/) to 'Sign up' to the database.

what does your baby want to say to you?



Babies have a lot to say. And because they can't speak, they (and you) can often get very frustrated.

That's why thousands of parents and babies across the UK are learning to baby sign with TinyTalk.

We sing nursery rhymes and learn everyday baby signs, followed by playtime and refreshments.

So why not find out more about TinyTalk's baby signing classes in your area. Ages: Newborn - 2 years.

FIND OUT ABOUT A BABY SIGNING CLASS NEAR YOU

Contact Georgina on 07748 633155
georges@tinytalk.co.uk

Free trial class at Watford and Abbots Langley classes



www.tinytalk.co.uk the UK's favourite baby signing classes

your
interactive
personal directory of
baby changing
facilities in your
pocket



You're out for the day, your baby is crying up a storm. You don't know where the nearest baby changing room is? That's where the beauty of nct's Babychange app comes into life.

www.nct.org.uk/babychanging
Free to download

Available on
Bepanthen



SWIMMING & WATER CONFIDENCE

www.

AQUA -VIE

.com



PARENT & CHILD SWIMMING CLASSES

- Have fun in the water with your child
- From 0 to 5 year old Structured classes
- Designed to develop pre-swimming skills
- We teach water confidence and pool safety first
- Based on the Alexander technique easy to learn
- Mixed sibling classes all in warm hydrotherapy pools

Contact Jati Jordan
or Yamini

Tel: 020 7099 4601

Email: Babies@Aqua-vie.com

Mob: 07525 657987

Website: www.aqua-vie.com

Who's Who in the Watford NCT branch with contacts

| | | |
|-----------------------------------|---|---|
| Clare Harrison Nicola Langston | Branch Coordinators and General Enquiries | info@nct-watford.org.uk |
| Rebecca Carey | Treasurer | treasurer@nct-watford.org.uk |
| Deborah Phethean | Membership | membership@nct-watford.org.uk |
| | Branch Secretary | |
| Carol Montague | Advanced AN Teacher and MLSC member | 01923 25456 carol.montague@btinternet.com |
| Kirsty Rogers | Newsletter | newsletter@nct-watford.org.uk |
| Shivani Kundapur | Newsletter | |
| Deborah Phethean | Advertising | advertising@nct-watford.org.uk |
| Clare Dyer | New Parent Coordinator | social@nct-watford.org.uk |
| Nicola Langston | | |
| Chris Groom | Pump and Cushion Agent | |
| Liz McGowan | Nearly New Sale Coordinator | nearlynewsale@nct-watford.co.uk |

All branch members can be contacted via the branch telephone number: 0844 243 6315

NCT House Swap

NCT is constantly reviewing its membership benefits (within the limits defined by HMRC in relation to Gift Aid) and I am pleased to announce NCT members now have free access to NCT House Swap, previously charged at £29.99.

NCT recognises that holidays can be a big expense for families and finding suitable baby-friendly accommodation can be a hit and miss experience. NCT House Swap has been running for over 30 years and enables you to **swap your home with other registered members to enjoy a low cost holiday** at a fraction of the cost, safe in the knowledge that it will be kitted out to meet the needs of your little ones.

There is also information on Babble (www.babble.nct.org.uk) featuring FAQs, guides to sign up and upload content as well as a promotional advert for your use.

Please spread the word far and wide. Any questions, email houseswap@nct.org.uk.



<http://ncthouseswap.ning.com/>



Learn how to use simple signs to communicate with your baby at our fun and friendly classes!

An ideal start, our classes cover over 100 signs and key topics in a relaxed and easy manner over 6 weeks.

Baby signing fun for you and your little one!

www.littlesignersclub.co.uk

BABY SIGNING BOOKING NOW!

Private classes also available for groups of friends.

To book please call or email:

Tania 07702756476
tania@littlesignersclub.co.uk



The Royal Masonic School for Girls...



OPEN DAYS

+44 (0)1923 725354
www.royalmasonic.herts.sch.uk
Rickmansworth, Herts, WD3 4HE

Registered Charity No. 276784



Ruspini House

The **RMS** Pre-School for girls & boys aged 3 - 4 years

Open Morning -

For information contact:

+44 (0)1923 725316

www.royalmasonic.herts.sch.uk

Rickmansworth Park, Hertfordshire, WD3 4HE
Registered Charity No. 276784



We are a new, small, friendly, caring community within the larger Royal Masonic School family, guided by the same inclusive and nurturing ethos and committed to providing the highest quality education for all children. Our aim at Ruspini House is to provide a stimulating, happy and positive environment where all children are encouraged to reach their full potential through a healthy balance of learning and play. Each day is rich in opportunities which encourage independence and spontaneous learning. We follow the Early Years Foundation Stage Curriculum and focus on each child's individual needs and talents to allow him/her to develop at his/her own pace and to be well prepared for his/her entry into their first school. At Ruspini House we implement a broad and balanced curriculum to allow children to be children and enjoy their Pre-School education. We offer extra curricular activities such as French, ICT, Tennis, Drama and Music to complement the children's learning. Our highly qualified staff offer each child exemplary care and exciting learning opportunities through which they are extended, whilst having lots of fun.

For details, or to arrange a visit, please contact Ruspini House on 01923 725316, or email: ruspinihouse@royalmasonic.herts.sch.uk

Three Rivers Children's Centres



Children's centres offer the best start in life for every child. They provide information and services for families with young children (under 5 years) and aim to build on existing good services rather than starting new ones where it's not necessary.

By visiting your local children's centre, you could receive support and information on:

- Finding childcare, benefits and how to pay for childcare
- Family outreach and parenting support
- Links to health services for you and your child
- Links to employment advice, and adult training opportunities

Each centre will offer different activities to suit local needs such as:

- Baby Massage courses
- New Mums support groups; Drop-in play sessions, Breastfeeding support
- Mobile Toy library
- Classes in IT, First Aid, Cookery, Weaning, Sleep talks, Skills for Jobs, etc.
- Keep Fit and Active Tots sessions
- Parenting workshops and fun family learning activities



There are 7 Children's Centres within Three Rivers district;

| | |
|---|---|
| <p>Abbots Langley Children's Centre School Mead, Abbots Langley, Hertfordshire WD5 0LB covering Abbots Langley and Langleybury Contact Jeanette White, Manager on 01923 268105</p> | <p>Croxley Green Children's Centre At Yorke Mead Primary School, Dulwich Way, Croxley Green, Hertfordshire WD3 3PX Covering Croxley Green Contact Delia Morris, Manager on 01923 805110</p> |
| <p>Rickmansworth Children's Centre Shepherds Lane, Rickmansworth, Hertfordshire WD3 8JJ Covering Penn, Rickmansworth West, Maple Cross, Mill end and West Hyde Contact Debbi Keeley, Manager on 01923 772094</p> | <p>South Oxhey Children's Centre Northwick Road, South Oxhey, Watford, WD19 6NL Tel: covering Northwick, Ashridge and Carpenders Park Contact Pauline Williams, Manager on 0208 700 2203</p> |
| <p>Chorleywood and Loudwater Children's Centre Chorleywood Library, Lower Road, Chorleywood, Hertfordshire, WD3 5LB. covering Chorleywood, Loudwater, Heronsgate and parts of Mill End and Rickmansworth. Contact Sandra Mooney, Manager on 01923 484903</p> | <p>Ebury Children's Centre Raglan Gardens, Oxhey Hall, Hertfordshire WD19 4LL Covering Hayling ward, Moor Park Estate and Eastbury Farm Contact Andrea Huntley, Manager on 01923 255054</p> |
| <p>The Lanes Children's Centre St. Paul's Primary School, The Common, Chipperfield, WD4 9BS covering Sarratt, Chandlers Cross, Bovington, Chipperfield & Flaunden Contact : Zoë Hier, Manager on 01923 262640</p> |  |

New Babies



Carol's babies

| | | |
|-----------------------------------|-----------------|----------|
| Gemma Watts & Ciaran McElwaine | Molly Ellen | 30.11.10 |
| Helen & Lee Duffy | Braden Michael | 11.1.11 |
| Sasha Davies & James Godfrey | Mia Hope | 17.1.11 |
| Angie Woodcock & Jamie Archer | Oliver Benjamin | 24.1.11 |
| Sarah & Dan Etheridge | Rosa Joy | 21.2.11 |
| Minnie & Matt Stokell | Dilan | 16.3.11 |
| Sabrina & Steve Alexander | Charlotte | 19.3.11 |
| Dawn & Piero Realmuto | Francesco | 26.3.11 |
| Louise Criticos & Chris Henderson | Amara Anne | 6.4.11 |
| Vikki Owen & James Shanahan | Ava | 12.4.11 |
| Tracey & Lawrence Addison | George Benjamin | 15.4.11 |
| Emma Worthy & Kevin Hewitt | Amelia | 16.4.11 |

Carol's Refreshers

| | | |
|----------------------------|---------------------------|---------|
| Caroline & Simon Ashby | Matthew James | 15.2.11 |
| Anastasia & Nigel Astridge | George William | 7.3.11 |
| Nicky & David Wakeford | Zara Isabella | 15.4.11 |
| Jo & Dana Hunter | Tobias Jacob Reffin(Toby) | 17.4.11 |

Beat the baby bulge

As I was waddling to the shops in the last month of pregnancy back in 2007, I had two main desires: to meet my baby and lose the big bulge that was causing me back and leg pains.

The first wish came true relatively easily, the second one was trickier - I was happy with my weight before the pregnancy and when pregnant I carried a hugely disproportionate bump to my 5ft 2in frame. By the last weeks of pregnancy, I was keen to give birth. I bounced on the exercise ball like a maniac, went up and down stairs, ate the pineapple, drank the raspberry leaf tea, had the curry, the sex etc. Basically, I tried everything to start labour on the due date and it did work, which was a big relief.

Wish number one granted, here I was, back in April 2007, smiling at my baby and frowning at my jelly belly. Summer was near and luckily I hadn't got rid of my pregnancy clothes because my belly was the size of a five-month bump, while my breasts had gone up from 32C to 40C (no complaint there aside that they were heavy).

Prior to pregnancy I was a trim size 8 and 47kg. I got to 68kg in the last weeks of pregnancy, despite eating healthily as I (luckily) craved fresh fruit and veg. Michela was 8lb 2oz and very long, so the weight was down to the baby, amniotic fluid, placenta and fat deposits. Still the skin had stretched and now it sagged. It didn't help that my healthy cravings had vanished, sleep deprived and bone-tired I was hooked on sweet tea and biscuits for the first month or so....

Pregnancy and Postnatal Massage

Wherever you are in your pregnancy you'll be needing time to relax, unwind, nourish yourself and feel wonderful. Massage can:-

- relieve muscular aches
- revive frazzled nerves
- boost energy levels
- help relieve water retention
- help recover after the birth

For information and appointments
Contact Kate Codrington on
07813 402477

kate@pregnancymassage.me.uk
www.pregnancymassage.me.uk

Pushy Mothers

Buggy Workout

instructor training
accredited by the
Royal College of Midwives
and commended by the
Association of Chartered
Physiotherapists in
Women's Health

Classes all year round whatever the weather!

- Effective, safe and specific outdoor workout for new mums
- Flattens tummy, keeps you yummy!
- No childcare concerns - you bring your baby in the buggy!



"Pushy Mothers is a brilliant opportunity to get together while getting back into shape. A new way of exercising that can easily become a part of everyday life for new mums."

Gillian Fletcher, Former President of the NCT

Classes in the Watford Area

Call Nikki on 07889 618868
Email: nikkiharlow@pushymothers.com

www.pushymothers.com

Beat the baby bulge—Continued

Eat well and do gentle exercise

As round-the-clock baby care is tiring and time consuming, you will need some preparation if you want to eat healthily. The best way to avoid temptations is not to buy junk food but have nutritious, easy-to-make snacks in the fridge, such as yogurts, prepared vegetables for salads, soup, fruit (fresh and dried) and perhaps fresh bread for a tasty sandwich. The odd biscuit won't harm you though!

Don't overdo exercise in the first weeks, especially if, like me, you had stitches - I got mine inflamed by digging furiously in the garden and I don't recommend it. If you have given birth with a C-section, then doctor's orders must be followed and your priority is rest.

When you are ready, there are special classes for new mums, such as tummy, bottom and thighs workouts, yoga, Pilates and even aqua aerobics. These help if you lack motivation - I used to go to the tummy one as my exercise DVD was just gathering dust.

Walking is free exercise and it can benefit your baby too - so push the pram out every day for walks to the park or shops.

Swimming is great exercise too, but it's best to avoid the breast stroke for a while as it puts stress on the lower back. During pregnancy, ligaments soften to aid delivery and they might not go back to their original state up to one year from birth. Swimming also uses almost all of the major muscle groups.

Here is a list of sundry activities and how many calories they burn in one hour:

- * Yoga 220
- * High-impact aerobics 570
- * Moderate cycling 648 - fast cycling 1,350
- * Walking briskly 308
- * Gardening 324 - grass cutting 445
- * Sex 121
- * Singing in church 162.
- * Stretching 225
- * Tennis 580
- * Running at 9mph 1,214 - jogging 567
- * Swimming 810
- * Lying in bed listening to music 59
- * Typing 140

Desperate (but still natural) weight-loss measures

This is your last chance saloon if you want to lose baby fat and get into shape. If you want to do it gently and give your body a chance to recover, allow yourself a year.

A little bit of what you fancy is fine. If you are too strict and deny yourself a sweet treat, you will crave it and end up scoffing a big amount. If you love chocolate, dark chocolate is the healthiest (and less calorific) choice. Avoid buying too many sugary sweets and junk savoury snacks. Limit take-aways.

Fidgeting burns up to 800 calories a day. So do cross/jiggle your legs, tap your toes, swing your arms when walking... It's not an easy habit to acquire and it might irritate your partner, family and friends. I'm a natural fidget so it wasn't a problem for me.

If you want a flat tummy for a special day, a corset is a good option. It's best to visit a reputable store where you can be fitted with a suitable model. Or suck your tummy in when it's photos time!

Fill your rumbling tummy with low-calorie foods, such as:

- * Vegetables: Brussels sprouts, swede, boiled potatoes, broccoli, celery, mushrooms, tomatoes, watercress, red peppers.
- * Fresh fruit: apricot, melon, grapefruit.
- * Animal products: lean ham, beef, turkey mince, eggs, low-fat cheese.



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What's happening on the Watford NCT Yahoo group...

Cake recommendations...

One mum wanted some suggestions for places where she could get a Christening cake made: "I just wondered if anyone can recommend a local cake maker to either supply a standard cake or cupcakes. We are having our little one christened in a couple of weeks and I am keen to find someone local who could make us a cake."

Luckily, other Yahoo group users were able to recommend plenty of places, so this mum had lots to choose from for the Christening.

Starting school...

Another mum posted on the group as she was hoping to introduce her daughter to other children starting at the same school as her in September. Loads of you came back to her and playdates were set up to make starting at the new school much easier for the children involved.

Baby carrier recommendations

Home with a newborn, one NCT member asked if any of you could recommend a baby carrier so she could head out for walks but still have her hands free. You came back with plenty of tips and recommendations, so hopefully she was able to use your advice and get one she was happy with.

Find out more about the group here <http://uk.groups.yahoo.com/group/nct-watford/>

Useful Telephone Numbers

| Breastfeeding | | | |
|---|---------------|--|--|
| Association of Breastfeeding Mothers | 08444 122 949 | www.abm.me.uk | Voluntary mother-to-mother support, counselling and information – Line open 24hrs |
| Breastfeeding Network | 0300 100 0210 | www.breastfeedingnetwork.org.uk | Free telephone information and local one to one support |
| National Breastfeeding Helpline | 0300 100 0212 | | |
| NCT Breastfeeding Line | 0300 330 0771 | www.nct.org.uk | Open 8am-10pm everyday |
| UNICEF UK Baby Friendly Initiative | | www.babyfriendly.org.uk | Works with health services to enable parents to make informed choices about baby feeding |
| Support for parents | | | |
| Antenatal Results and Choices | 0207 631 0285 | www.arc-uk.org | Information and support for parents especially when there is a risk of abnormality |
| New life foundation for disabled children (used to be Birth Defects Foundation) | 01543 462 777 | www.newlifecharity.co.uk | Open 9.30am to 5pm no weekend |
| Birth Crisis Helpline | 01865 300266 | | Response within 24 hours. 0207 4854725 & 0161 4344563 |
| Meet-a-Mum Association | 0845 120 3746 | www.mama.org.uk | |
| NCT Pregnancy and Birth Helpline | 0300 330 0772 | www.nct.org.uk | 9am-8pm, Monday to Friday |
| NCT Postnatal Line | 0300 330 0773 | | 9am-1pm |
| NCT shared experiences line | 0300 330 0770 | | Tues, Wed, Thurs 9am to 3pm |
| National Childminding Association | 0845 880 0044 | www.ncma.org.uk | Monday & Tuesday 2-4pm, Thursday 1-3pm |
| Parentline Plus | 0808 800 2222 | www.parentlineplus.org.uk | National network of support groups and day centres for parents under stress |
| Serene (used to be CRYISIS) | 0207 4045011 | www.cry-sis.com | |
| Home-start | | www.home-start.org.uk | National network of 15000 home-visiting volunteers who can offer regular support, friendship and practical help to families in their homes |

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Book Review – “There’s a House Inside my Mummy”

With a new baby on the way, I was looking for a way to explain to my two year old that there would be a new baby in the house. I’d told him that there was a baby in Mummy’s tummy which I thought he understood, until he started to say that there was a baby in Daddy’s tummy (too much beer?) and also in his tummy so knew I needed something more.

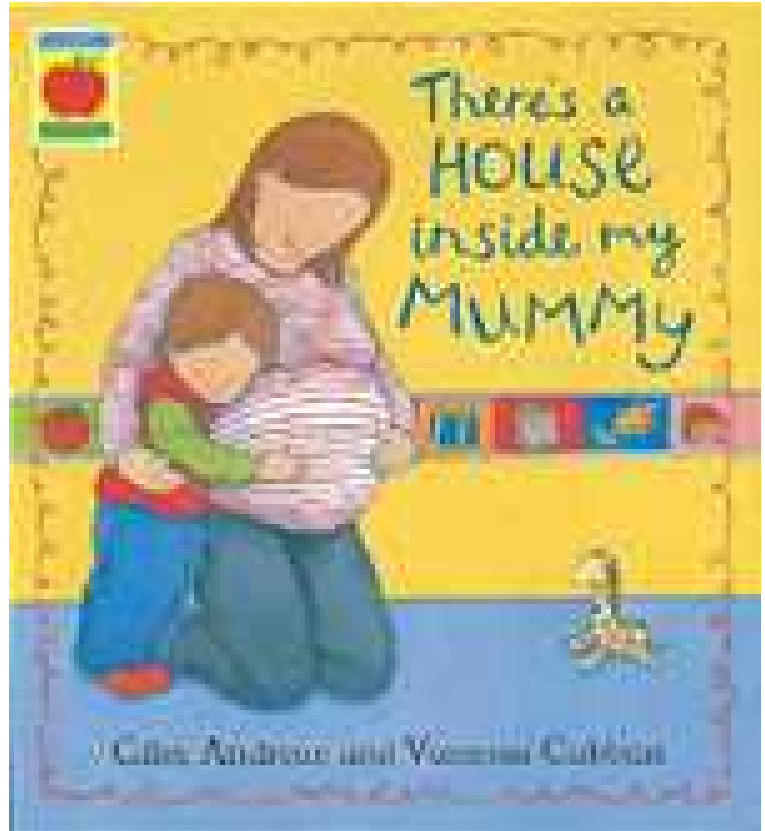
My son loves to read, so started asking for suggestions for books which might explain what was going on to him and came across a book called “There’s a House Inside my Mummy” by Giles Andreae (from Purple Ronnie fame) and Vanessa Cabban.

The first time I read the book to my son, we were both hooked. I loved that it rhymed as it made the story so much more fun and my son loves looking at the colourful pictures and pointing out the Mummy’s tummy, telling me that’s where the baby is.

Pregnancy symptoms such as being tired (although what mum isn’t, pregnant or not), feeling sick and food cravings are explained in a way my toddler understands.

I think my favourite page in the book is:

*“Sometimes me and Mummy
Like to cuddle on our own,
And I tell him that I love him
Through her tummy telephone”*



I love this part as I have read it to my son so many times that he now asks for ‘baby cuddles’ which makes me feel like he knows a bit more about what’s going on, although I’m sure it will still be a shock when the baby arrives and doesn’t go away again when it’s bedtime and the book goes back on the bookcase!

Although I have read this book to my toddler son, I don’t think it would only be useful for a toddler with a sibling on the way – my five year old nephew also enjoys me reading it to him and after the first read, he’d learnt the ending to each page as the rhymes are so simple and easy to understand.

There’s a good reason why we decided to use this review in the Summer issue – at the time of going to press, I’ll be heading into my 36th week of pregnancy and am using this as a plea to anyone who’d like to contribute to the Autumn issue – whether it’s with a book review, birth story, meet a member, Dad’s Corner, writing an article you think other parents would be interested, just get in touch!
newsletter@nct-watford.org.uk

Reviewed by Kirsty

Birth Story - Helen Duffy

My labour didn't quite go to plan, as my waters broke first – not what I was expecting. It was about 8am on Monday morning and Lee was about to leave the house to go to work. I shouted him as I ran to the bathroom to tell him that I thought my waters had broken. Feeling nervous, I called the hospital - from this first contact with them they were wonderful. The lady on the phone calmed me down, chatted to me and told me to relax, have some breakfast then make my way to the hospital once the work traffic had settled down. I still don't think I realised at this point, that I was going to give birth very soon. I was two weeks early, and was convinced my baby would be late. I assumed that the hospital would leave me to reach my due date if my baby didn't come before then.







We went to the hospital, where the midwife wanted to check that my waters had actually broken. I told her I knew that they had, but she explained that some women had just wet themselves! At this point, my dignity was left at the door...to be collected long after I had given birth to my little one. Lee was keen to help and held the torch while the midwife checked my waters had broken. He was intrigued by the whole thing, although I'm not sure I was entirely comfortable with him investigating my broken waters with an industrial-sized torch! All was well and I was sent home, where I was having tightening, but very little happened until later that night.

I started getting regular contractions at about 10pm, and knew that I wouldn't be able to sleep through them. I put my TENS machine on and tried to relax in bed for a little longer. I couldn't sleep, so got up and pottered about, surfing the net and tidying the house. I think it still hadn't quite hit me at that I was going to meet my baby very soon! By about 2am, the contractions felt very strong and I woke Lee. I had a bath and we timed the contractions together. I was determined not to go to hospital too soon and get sent home again, so we carried on working through the contractions together. We didn't think that they were long enough, so thought it was too early to go to hospital. They were getting extremely painful though and I felt like I couldn't cope with them anymore. Lee called the hospital and they told him to bring me in. The contractions got stronger and stronger in the car, and I was glad it was 4am so took only 15 minutes to get there.

We arrived at the ABC and were met by our midwife. She immediately calmed my breathing down and took us into a room. I thought I wasn't dealing with my labour at all well, but when she started to examine me, she said that she thought I was much further on than I thought I was because the baby felt like it had started to turn. When she told me that I was 8cm dilated, I was relieved and very proud of myself. Knowing that my baby would arrive within a couple of hours, I felt like I could get through the labour.



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'Capturing your memories'

Birth story continued

The midwife chatted to me between contractions and read my birth plan (I wanted the most natural labour possible, in the birth pool, with just gas and air if possible). She asked me if I wanted her to fill the birth pool, but at that point I just wanted to get the baby out, and said that I was fine where I was. She asked Lee if I had really wanted the pool and he said that was what I had wanted. She went and filled the pool, wrapped me up between contractions and got me in the pool. It was great – warm and comforting. She managed to calm and encourage me throughout my labour, regularly checking my baby was alright, while at the same time I hardly knew she was there! When my baby's head started to come out, I remembered how our NCT teacher, Carol, told us to imagine blowing a feather, trying not to push. It worked and I was very lucky not to have any stitches.

My baby arrived at 6:30am on 11/1/11 and the midwife passed him straight to me to lift out of the water. It was an amazing feeling meeting the little person who had been growing inside me for the last nine months. Lee told me that we had a little boy and cut his cord, just as he had wanted. I feel extremely lucky that everything went exactly according to my birth plan, and cannot thank the midwives enough for taking such fantastic care of me and my baby. We stayed in our room until the afternoon, so had plenty of time to get to know our little boy before we took him home.

Lee and I are now the proud parents of a beautiful son, Braden Michael. He is nearly four months old, is a happy little chap, giving us the most fantastic smiles every day!

What do children need to be able to do before they are ready to start school?

Schools aren't too worried about whether children know their letters and numbers. That is what they are trained to teach them. Their main concerns are that children have the essential practical and communication skills to enable them to learn. Help them with the following and they'll have a good basis for any learning:

Visit friends with children or invite other children to play. Practise social skills, such as taking turns, following directions and making choices. At home, they are dependent, secure and loved; at school they have to be independent and work hard to make others like them and to gain the approval of the teacher.



Teach simple chores that may be useful at school or nursery, such as packing away toys. Make sure your child can go to the toilet, wipe their bottom and wash their hands without help. Make sure the words you use at home when asking for the toilet are phrases the teacher will understand.

Help your child become comfortable around adults and not scared to ask for help. When you have visitors, ask your child to greet them and answer their questions. When you go shopping, encourage them to ask for things.

Once they begin school, children need your support. Here are some tips for dealing with those early days:

Familiar routines are particularly important. They should know who'll collect them and when. A warm welcome home is essential - give them some undivided attention, sit down together and share a snack and chat about the day. Don't worry if your child doesn't tell you anything about their life at school, it doesn't mean they are unhappy or not settling, they may just be tired.

Don't be surprised if there's some deterioration in your child's behaviour or regression to more babyish ways. It's common for children to display negative or defiant behaviour or to have tantrums. It can be difficult when you miss your child all day to find they behave dreadfully when they get home. Remember, they're tired, need attention and want to re-assert some power with you. If your child finds school too tiring, talk to the school about alternative hours. Your child is not legally obliged to receive an education until the term after their fifth birthday. Suggest to the school that your child goes part-time, perhaps finishing at lunchtime. They will not miss out, either socially or academically. Some children have a positive start, then go off the idea once the novelty has worn off and they realise they have to keep going. If this is the case, it shouldn't last for long. Support them in the process of making friends: invite friends home for tea.



Try to send your child off with a smile and a wave along with the reassurance that you'll be there to collect them later. Remember, even distressed children settle very quickly once you're gone, so make your leave loving but brief. If you're particularly worried, phone in later to check your child is ok. **Your feelings will guide your child's emotions.** Be upbeat and positive - don't pass any of your worries to your child. If you approach your child's first day with confidence that they'll be fine, using positive words about school or nursery, their anxieties will be reduced. Remember, the vast majority of children love school and go on to make the most of their education.

By Catherine Hookway, Hillingdon branch and Alison Timson, Stamford, Bourne & Deepings branch

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Meet a Member

How many children do you have and what are their ages?

One little girl, Ophelia, aged 2

Where and how were your children born?

In Watford General ABC unit. I was very lucky and had a quick and straightforward labour. My daughter was very punctual and was born 6am on her due date.

What would you have called your children if you hadn't had to compromise with your partner?

I think it would still be the same name, it took us a while to decide. I have one name in mind that it wanted to use, but I would rather not say what it is as you never know, I may need it...

If you were animal, what animal would you be?

Panther - I love the beauty of that animal

What was your favourite toy as a child?

I loved my Barbie doll which was my last toy before I decided I was too grown up to play with toys at the age of 11.

Favourite children's book to read to your children?

All four Brambly Hedge books by Jill Barklem. The copy we have used to belong to my husband and my mother-in-law gave them to us when Ophelia was born.

Christening, naming or neither for your baby?

We had our daughter christened. I'm sure if we have another one, we will also have christening.

Most disgusting thing you've ever eaten?

I don't do strange food! I've tried seafood at various times in my life but still can't eat it to the endless disappointment of my husband.

Favourite flower? Peony

Favourite type of music?

I don't really have preference. I have it all on my ipod, from classical music to r&b.

Favourite place to go in London?

With my daughter it would be National History

Museum. On my own, it would be Trafalgar Square or Covent Garden.

Favourite place in Watford?

The Grove or Bodega

The furthest you've ever walked/run?

When I was 19, I took a part in Dead to Red Seas run. We were a team of 10 and ran a total 242km in 21 hours.

What did you want to be when you were little?

A Singer

What did you do when you grew up?

I worked in various roles in retail since I was 17.

Worst job ever?

When I was 18, I worked in a shop, which during the winter had no heating. It was so cold, I ended up having rheumatism in my hands.

What would you say are the 'highs' and 'lows' of being a parent?

The best part is most definitely the actual child. Watching them grow up, becoming the person that they are and the love you feel for them. The hardest is the responsibility to raise the child - to know the impact that all your actions will have on forming their personality and trying to behave accordingly. And of course the sleepless nights and temper tantrums.

What would be your best piece of advice for someone expecting their first baby?

Do not expect your life to go back to how it was after a little while, just with the baby in tow. It will never be the same so embrace it and don't fight it. It will be different but it will be great!

5 Random facts about Nicole....

I take lessons in bike riding because I never learnt when I was young

I prefer fruits to chocolate

I have an obsessive fixation on all things organic since the birth of my daughter

My father is from Venezuela but I never went there and I don't speak Spanish (but I do speak Russian and Arabic though)

I love a good crime novel and have probably read all Agatha Christie novels.

Celebrating our success at Watford Maternity

'No it can't be!' 'You sure?' 'Where did that time go?' These are just a few of the comments I have been getting when I have told people that our birthing centre, the Alexandra Birthing Centre, known as the ABC, is 10 years old in April.

In the UK in 2011 there are several birthing centres and pools but back in April 2001 we were a leading force as far as birthing centres and pool births were concerned and this continues to be so. To date the birth centre has seen 11,193 babies born and of those 2,885 were born in the pool.

Our practice has developed and changed over the birth centres first 10 years. We now have two birthing pools that are well used. Now that we have a lot of experience in water births we have realised that the pools have the maximum effect if the mums use the pools in the latter part of their labour. This means the oxytocin is flowing and then the contractions remain strong. One of the side effects of the water is that it can reduce the strength of the contractions if the mum gets in too early. Most mums use the pool and entonox (gas and air) together as a way of coping with the contractions. Their partner sits by the pool holding the mouth piece and gives it to mum when she gets a contraction. After the contraction mum relaxes back in the water.



I conduct tours of the birthing centre along with health care assistants and one question we are sometimes asked is – 'where does the midwife sit in the pool!' A pool birth is a very 'hands off' affair for the midwife as the water provides the support that her hands would on dry land. So there is no reason for us to get in the pool! Thank goodness I say! The sight of me in a swim suit would stop women labouring not relax them!



We also get asked what are the risks of the baby taking that first breath under water? With everything in life there is always a risk but it is minimal and we take steps to reduce that risk. We ensure the water is at body temperature for birth. This means the baby is being born into an environment it has been living in for 9 months – water. We also bring the baby to the surface as soon as it is born thus reducing the risk again. Plus the reason that the midwife is hands off for the birth also means we are not stimulating the baby by touch – again reducing the risk. If we feel we need to assist in the birth in anyway the woman will be asked to either stand or get out of the pool.

The birthing centre has 7 birthing rooms, 2 pools and a sensory room.

Our sensory room is a lovely space to get comfortable in when labouring. It has dim lighting, fairy lights, a big bed, bean bags and lots of space.

If the room is empty anyone in active labour can use it.

We also have birthing balls and birthing stalls to help mums find a comfortable position in labour and birth. We have recently acquired some ipod docking stations and cd players so music can be played in labour. The ipods are not on display so please ask for them.

Our bedrooms are all en suite and mums will be allocated a bedroom on admission, if in active labour. They can labour and birth their baby in the room, in the pool or in our sensory room, wherever they feel comfortable. Once baby is born they return to their room until discharged home, usually 6 hours later.



So if a mum births at 10 am mum, dad and baby will be home for dinner that night. If we feel mum or baby needs a bit longer with us they will be transferred to Katherine ward into a four bedded bay. If mums birth late evening or during the night then she will probably stay with us until the next morning when dad will return to pick mum and baby up.

We do normally manage to accommodate our mums until they go home. However on the odd occasion, if we have a labouring mum at home and all of our rooms are full of mums and babies we may ask if we can discharge them home early or transfer them to Katherine ward until their discharge is complete.

As you can imagine the birthing unit is starting to look a little 'tired' and is in need of a face lift! So as a way to celebrate the 10th Birthday and raise funds we are organising a PICNIC IN THE PARK for mums and families that have used the birthing unit and babies and children that were born on the birthing unit.

If you would like to join us pop along to Cassiobury park (to the right of the splash pool) on SATURDAY 18th JUNE at 12 o'clock, bring your picnic basket and rug and join in the fun! You can't miss us!!

If you can't make it but wish to donate to the fund raising or supply a raffle prize, cakes or home made sweets please contact

Debbie Trollope
Senior Midwife
Parent education Coordinator
West Herts Trust
01923 217686

Watford Maternity Units - Stats for 2010
Spontaneous deliveries including home births – 59%
Emergency c/sections – 16%
Elective c/sections – 11%
Instrumental deliveries – 14%

*Picnic in the Park
Saturday 18th June 12 - 3pm*

To celebrate the 10th Birthday of the
Alexandra Birthing Centre
(ABC - Birthing Unit at Watford)
We will be holding a picnic in
Cassiobury Park, Watford.
You are invited to join mums and staff and help
us celebrate.

We would love a photo on the day of all
our babies born in the pool dressed in
yellow as baby booties!

Fancy Dress competition
For the children

Target Golf
and
football challenge!

Cake sale, home made
sweet stall, trading stall,
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ing, hair braiding, etc

Lot's of activities
for children of all ages.
Plus a raffle area for
mums and staff!

Come and meet the midwife and
staff!
Bring your picnic, rug and
family for a fun afternoon
in Cassiobury park.
Find us to the right of the splash pool.

No charges for our programme will be an
offer to us and food being during the
afternoon for the ABC. All donations will be
gratefully received.

West Hertfordshire Hospitals NHS
Trust

NCT member Paul Raymond's personal tips on how to make a success of being a dad:

Adopt new work patterns. Start earlier and leave earlier in order to get home for dinner with the family/put kids to bed (remember, trains/motorways are unearthly quiet before 6.30am!)

Be prepared to give up or restrict a hobby (fishing, football etc), at least until the kid(s) are old enough to enjoy it as well...then it's a very different matter?!

'Find' a boss who is sympathetic to you fitting your work pattern around your family i.e. doesn't make you stay late too often or insist you attend all the evening departmental piss ups (oops...I mean team building events).

Trade off some cons (getting up at 12am, 4am, 5:30am with feeding/teething baby, cleaning sick out of her car) against the perks ('allowed' to go down the pub on Friday night without being subjected to Saturday morning guilt trip).

Get used to cheap supermarket lager/bitter.

Be prepared to remind yourself that it was your idea as well! And if it wasn't...tell yourself that it's your own bloody fault and you deserve it...

When your friends are having children of their own, remember to give out unsolicited (and probably unwelcome) advice at every opportunity. Don't forget to gloat over the fact that your kids are older and beyond the following (delete as appropriate):

- 1am screaming fits
- supermarket tantrums
- poo smearing/eating
- restaurant food splattering.

Remind yourself that your dad/mum were right all along...

...but stop reminding yourself that you sound like your dad - it's too depressing.

Remember it is usually a bigger adjustment for her than you (especially if you can escape to work), so take every opportunity to support her. Eventually it's payback time, even if payback '**just**' means a stable and happy partner rather than a physical and mental wreck. If you're lucky that includes the opportunity to have sex again...with your wife/partner I mean!

Take every opportunity to be involved in everything - even the sticky, smelly, shouty, boundary-challenging, boring, inconvenient and repetitious stuff - because your children and partner will LOVE YOU for it. Make it a point of pride to say you have put every piece of yourself into your own family and your children.



Great success at the Nearly New Sale!

Saturday May 7th was the Nearly New Sale at the Rudolf Steiner School in Kings Langley and it was a great success!

We had more sellers than in the past and some fantastic stuff on offer from cribs, to giant fire engines to travel cots and amazingly small travel push chairs (we almost put it in the toys section).

We also had almost 300 people through the door, which is great for a new venue!

We've had some feedback about the sale, but if you have more then please get in touch.

Thank you, thank you, thank you to all the volunteers who helped out across the day, it would be impossible without you. Don't forget you get first dips on the stuff if you help out at the start or the end of the day.

Anyway, we've set the next date, so put it in your diary now!



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Langley Hill, Kings Langley, Herts, WD4 9HG
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If you are interested on helping on the day please contact Liz on the email above.



Recipe corner

Local food celebrity, Daddy blogger and host of "Nick Coffey's Weekend Kitchen" on BBC Three Counties Radio has published his first cook book. The principle is "delicious and easy family meals, in the tiniest kitchen, even with the chaotic and messy intervention of a toddler" - sound like your house? Here's one of those easy recipes:

No-cook Parma Ham Carbonara Sauce

Serves 4

Preparation time 5 minutes (plus cooking the pasta)

450g dried fettucini (or similar flat pasta)

100g Parma ham (or similar such as Serrano or Bayonne) cut into thin strips

300ml pot of crème fraiche

50g good quality freshly grated Parmesan cheese

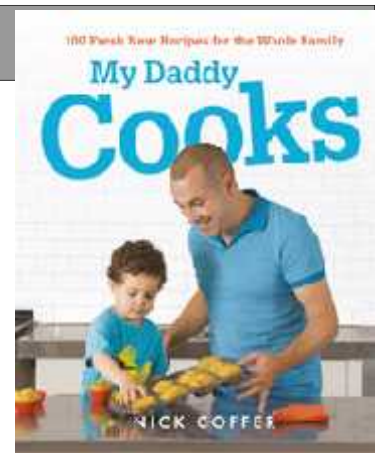
2 Egg Yolks

1 Put a large saucepan of salted water on to boil and cook your pasta according to the instructions on the packet

2 In a bowl, mix together the ham, the crème fraiche, half the Parmesan and the egg yolks (the easiest way to separate the yolk is to crack an egg onto the palm of your hand and let the egg white "drain" off through the gaps between your fingers)

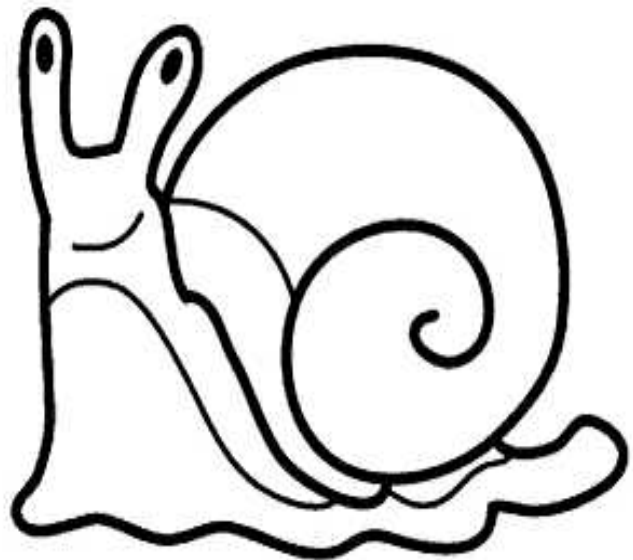
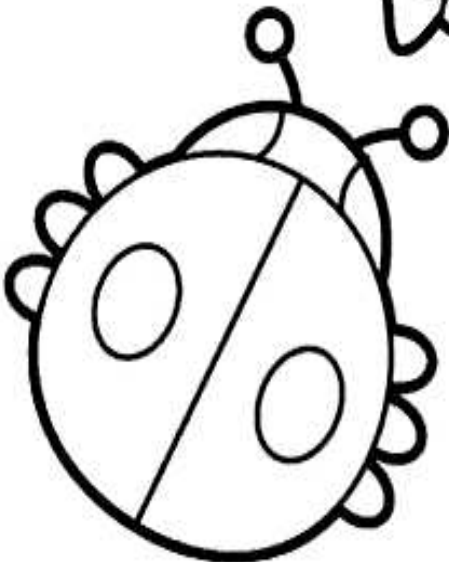
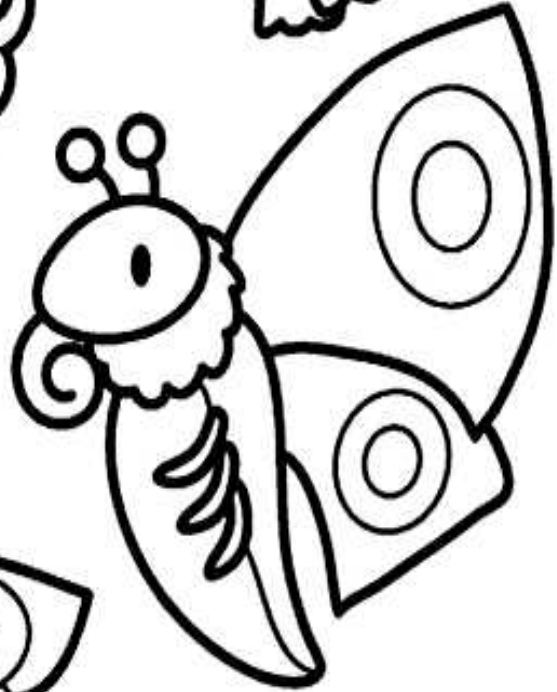
3 When the pasta is cooked, drain it in a colander and mix immediately with the cream sauce, ensuring all the pasta is coated. Serve immediately with the rest of the Parmesan.

Recipe taken from MY DADDY COOKS by Nick Coffey, published by Hodder & Stoughton £16,99



Garden Critters

Colouring Page



Taste matters – why?

Tasty meals educate the taste buds.

Tasty meals develop a love of good food.

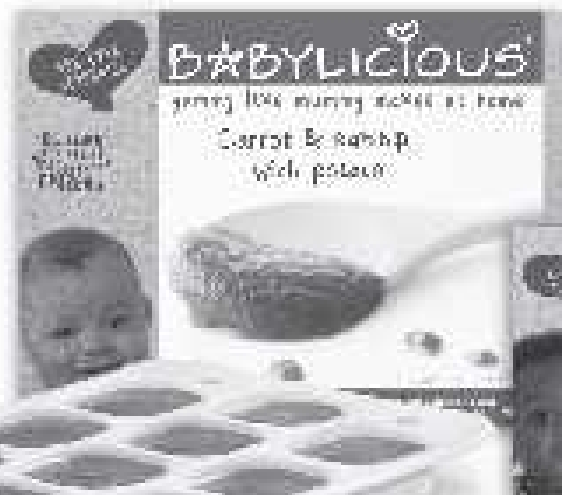
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Find Babylicious & Kiddylicious toddler meals in Watford ASDA or online at Ocado.com. Also, look out for Kiddylicious fruit snacks – available in the baby aisle in many stores or online at Ocado.com.



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