



GET

crafty

LEONORA BAMFORD AND NANNY ANITA FROM MYBABA.COM SHARE THEIR CREATIVE TIPS FOR NEW YEAR AND BEYOND

I can't believe it's January already and that means one thing: New Year's resolutions! It's a bit of a ritual in our house to give everyone a fun notepad at Christmas to write our wishes for the year ahead. Then at the end of the year, we pull it out and see how well we've done. Mine will be eating less sugar. The children will no doubt aim to eat more sugar!

BODY BOOSTER

Full of virtuous intentions, I'll be making everything from Natasha Corrett's new *Honestly Healthy* book. She's an alkaline cook who's a foodie at heart and, although her concoctions are gluten and dairy free, they taste totally delicious. This almond butter milkshake is super simple and is guaranteed to be a hit with the whole family.

Ingredients

- 3tbsp white almond butter
- 250ml brown rice milk
- 2tsp chia seeds
- Small pinch fresh nutmeg
- 1tsp melted coconut oil

Optional

- 1 scoop of vegan protein powder

Instructions

Put all ingredients into a blender and whiz up until smooth.



LEO LOVES

■ I'm a sucker for balloons all year round, not just for special occasions.

These ones from Little Citizen Boutique

encourage kids to create crazy faces,

which is always a winner. littlecitizenboutique.com



■ The découpage set from The Carousel Show

is the perfect gift for any retro kid with a

passion for fashion, planes or cars.

thecarouselshow.co.uk

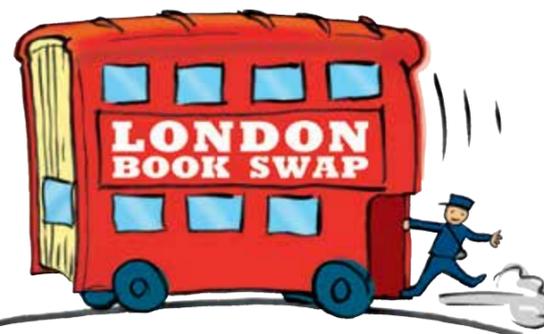
■ Molly-Meg is my favourite one-stop online shop and I've fallen for their adorable Russian doll crayons.

mollymeg.com



BOOK IT

My son is learning to read at school and has gone book potty. We're looking forward to the book swap that's taking place at The Unicorn Theatre on 14 February. It's a free event - you just need to bring a children's book to swap. There will be additional craft activities and storytelling sessions for £2 a child, but availability will be limited.



When I'm out and about with the kids I like to have a craft or two in my bag to keep them occupied. Nanny Anita has come up with some great ideas. She calls them Busy Bags and they're genius.

WHY NOT START WITH THIS CHINESE TANGRAM PUZZLE?

YOU WILL NEED:

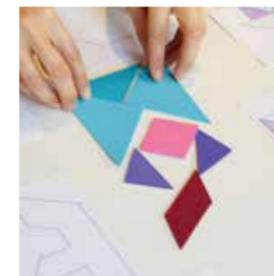
- Paper ■ Pen ■ Scissors ■ Ruler

HOW TO MAKE:

Draw and cut out the shapes. The object is to create the patterns using all shapes. For younger children get them to copy the pattern and for older children let them figure it out themselves. You can also use the shapes to make your own designs. There are lots more to choose from on mybaba.com.

AIDS DEVELOPMENT OF:

- Fine motor skills ■ Cognitive skills by matching objects according to properties, like colour.



Busy Bees On the Go

WE HEART HANDMADE

I love making things for VALENTINE'S DAY and this year I'm trying out a few options, all based around heart cut-outs.

Firstly, a garland made with cotton and two small hearts stuck together either side of the thread. This also LOOKS GOOD on fishing wire.

You can also make CUTE CHARACTERS by using cut-out hearts, like a little fox. Simply cut a big heart for the face, two smaller ones for the eyes and ears and then five even smaller ones to go inside the ears, eyes and as a nose.

The last one COULDN'T BE EASIER and is a great option if you want to send a homemade e-card. Cut out lots of hearts and arrange them on the wall stuck lightly with White Tack. Stand next to the wall and BLOW A KISS in the direction of the hearts while someone takes a photograph.



PHOTOGRAPHY: HELENE SANDBERG