



SEARCH



REGISTER

SHEERLUXE

FASHION | BEAUTY | FOOD | LIFESTYLE | WELLNESS | MOTHER & CHILD | GIFTS | WIN | EDITOR ★ | SHOP

Home > Mother & Child > The Mummy Diaries

The Mummy Diaries

0 0

Like Tweet

by GEORGIE COLERIDGE COLE



I am going to regret saying this out loud but my children are not big into sick bugs, and I could count on one hand the number of instances we have endured for the two of them combined. Coughs and colds aren't quite the same story though... Plus, I think they're both a bit asthmatic – it's in the blood, and a cold invariably turns into a cough, which nearly always turns into an asthmatic-sounding wheeze.

In a bid to tackle the endless colds we started giving them vitamins last winter and it seems to have had a positive effect. It could just be them getting older and their immune systems stronger but I 100% put it down to the fact I rarely get ill due to my own daily dose of vitamin C.

So when I heard mother and child site My Baba had teamed up with **Zita West to launch a range of children's vitamins** I thought, how brilliant. A nutritionist friend is big on the importance of probiotics so I was even more please to discover the Multivitamin and Multibiotic Powder they have launched with – vitamins, minerals and friendly-bacteria specifically formulated for children aged 12 months to four years. The packaging is a treat and there isn't a sticky pink 'sweet' in sight.

