

get CRAFTY

LEONORA BAMFORD AND **NANNY ANITA** SHARE THEIR FAVOURITE ACTIVITIES TO EASE THE TRANSITION FROM HOLIDAYS TO TERM TIME



As the summer holidays are in full flow, we're thinking about all the fun that can be had outside with the children. Back-to-school is also on my mind, and I can't believe my youngest is ready to start big girl's school. In this issue, I'm mixing a few crafts and activities to keep you busy on the home stretch of the holidays, including a fun outing and a delicious vitamin-bursting smoothie, to get your children's immune systems ready for the winter months ahead.

mybaba.com



Leonora chilling out at home with her daughter

Make off-the-beaten-track walks a little more interesting

THE COLOUR WALK

We've spent most of the holidays outside on **nature trails**, and Nanny Anita came up with this brilliant idea of The Colour Walk.

Take a basket on your next walk; everyone has to keep a lookout and collect as **many different coloured** flowers, leaves, stones or interesting objects that they can find. Tip the basket out onto the kitchen table when you get home, and have fun rummaging through what you've found. This is a great time for flower pressing and still life drawings.



GORILLA CIRCUS

This is an outing I'm desperate to try this year, it's for children from eight upward and it looks like so much fun. A circus descends on Regent's Park, with a full trapeze, and you can attempt a trick while flying through the air by the end of the class. gorillacircus.com

JO'S BERRY SMOOTHIE RECIPE

This makes one child-sized cup of smoothie:

- 150ml almond milk (or normal milk)
- 2 organic strawberries
- 5 organic raspberries
- 2g of My Baba

Multivitamin Powder

Whizz the whole lot up, and hey presto – a delicious smoothie. If the fruit isn't sweet enough, add a little honey or maple syrup.



LOLLY MOULDS

I think I've got every product that this company sells! These new lollies by Zoku are so incredibly easy to make, and the kids love them, too. johnlewis.com



Create a Pin Board

The children get so busy with school activities and play dates that it's sometimes difficult to remember what's going on and when. To help learn the days of the week, prepare them for the day ahead and give them a bit of responsibility, Anita made this awesome pin board to help everyone keep track.



To create your own pin board you will need...

- Roll or sheet of cork
- Cardboard
- Foam sheet or card
- Pens
- Glue
- Scissors
- Pins

How to make:

- Cut your cardboard and cork to the same size, if you're using a roll you will need to flatten using a heavy object.
- When flat, glue the cork to the cardboard and use a heavy object to make sure it sticks properly.
- While the glue is drying, cut out your foam sheets or card. Anita made days of the week; activities; what they needed to remember to take to school and play dates; plus letters of the alphabet to work on.
- Once the glue has set, have fun decorating the corkboard – sharpies can be used to draw your own personalised designs. We look at the pin board every morning and it really helps with responsibility.