

With sleep in mind, I was given this Baby Shusher when my son was born and I thought it looked ridiculous. Now I buy it for all my friends with babies. The rhythmic shush makes the baby think it's still in the womb, and can put anyone to sleep within a minute! **Baby Shusher, £28.95, onbuy.com**



With the clocks going back at the end of this month (make sure this is in your diary for Sunday 27 October), evenings will be getting darker and for me it means my baba seems to fall asleep easier and sometimes even sleep in! One of my children's favourite books about this time of year is *How to Catch a Falling Star* by Heidi Howarth; it's a lovely read about friendship and is perfect before bed.



Something I couldn't live without this time around is the Sleepyhead. It's like a modern day Moses basket and is so light, it can be taken from room to room with great ease. Such a simple idea, but I love it. They often do different patterns. **Sleepyhead Deluxe, £130, jojomamanbebe.co.uk**

# Leo's LITTLE LUXURIES

OUR COLUMNIST  
Leonora Bamford SHARES HER  
FAVOURITE THINGS THIS MONTH

## WHERE TO GO

Even though it's getting colder, I like to wrap the little ones up and take them for long walks. I find the fresh air makes for a better night's sleep and it's one of my favourite times of the year to look at nature. If you're looking for inspiration for a walk or trail, The National Trust has a website filled with ideas. **nationaltrust.org.uk**

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My last trick for a good night's sleep is a baby massage; if you need some tips, we have plenty on mybaba.com. I love the Neal's Yard Massage Oil, I've always given my kids a massage after bathtime as it's a nice relaxing end to the day. **Organic Baby Massage Oil, £7.50, nealsyardremedies.com**

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