



If your baby is a mini yogi, then, like me, they'll love these beautiful Little Earth Baby play mats. The perfect cushion for any tumbles, they are made from all-natural tree foam and are non-toxic and plastic-free with no synthetic nasties for babies. And stretch! £110, [littlearthbaby.com](http://littlearthbaby.com)



After a summer jam-packed full of barbecues and ice creams galore, I love to reset on my health and wellbeing when September rolls around. I remember doing a collaboration with Daylesford a few years ago. We were promoting #healthyseptember and I was amazed at how quickly everyone jumped on it on social media. September is a great month to reboot for the new school year, and a great time to dedicate an issue to family health – happy reading!



Guidelines on the NHS call for more people to take vitamin D – and I have just ordered a three-month's supply of Zita West's Vitamin D Spray. Vitamin D-deficiency is common among the UK population and this easy one-day booster can be sprayed directly onto your tongue. £10.50, [zitawest.com](http://zitawest.com)

# Leo's LITTLE LUXURIES

OUR COLUMNIST  
Leonora Bamford SHARES HER  
FAVOURITE THINGS THIS MONTH

## WHERE TO GO

The gorgeous Tara Lee does lovely postnatal mummy and baby yoga at The Life Centre in Notting Hill, so for anyone with a new baby, this is a lovely bonding thing to do. Classes can be attended six weeks after giving birth, and are designed to help bring a sense of wellbeing, alleviate aches and retone muscles. [taraleeyoga.com](http://taraleeyoga.com)

I've been working with Lucinda Miller for a while now and I couldn't live without her cookbook, *The Good Stuff*. It's packed full of healthy recipes that the whole family will love, and she also shares invaluable nutrition and parenting tips. I love her clever swaps for the 14 most common allergens, and it was really useful for weaning and beyond. *The Good Stuff*, £14.95, [naturedoc.shop](http://naturedoc.shop)



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