

GREAT OFFER: FREE WOODEN TOY FOR EVERY READER

THE NATURAL
PARENTING
MAGAZINE

The Green Parent

DECEMBER/JANUARY 2012 £3.95

THEGREENPARENT.CO.UK

JOYFUL PARENTING

Embracing your
child's passion

DIY GIFTS

Projects for children

VEGGIE CHRISTMAS

Your food sorted

Stay Warm

Clothes to keep you cosy

Helpful Holidays

Volunteering with kids

Green Babies

Yoga and pregnancy

Baby led weaning

5 holistic therapies to treat ADHD

FESTIVE GIFT GUIDE

Our pick of the best
ethical pressies for
the whole family



PLUS WELLBEING • BREASTFEEDING • HERBAL MEDICINE • BABY LED WEANING • ECO HOME

Health & Beauty



love nature

Gill Wade's love for nature started as a child, from collecting rose petals to make her own perfume, to being doused in vinegar by her mother who insisted it was great as a hair rinse and for sunburn! She became interested in aromatherapy and holistic therapies, spurred on by health concerns. Gill started using essential oils with her son to help with teething and to aid sleep. Now a qualified aromatherapist with her own range of gorgeous products at elixirsoflife.co.uk, Gill is committed to deepening her work and knowledge. She is now working towards training others in the art of making natural skincare products.



♥ WE LOVE ♥
Weleda Weather Protection Cream offers intensive protection against drying winds or cold, wet weather, for babies and all the family.
£6.95, weleda.co.uk



{ WIN natural care for children }



Pitta Patta (pittapatta.com) uses only the purest natural and organic ingredients to make a beautiful range of organic baby skin care products for babies and children. We have teamed up with the lovely ladies at Pitta Patta to offer five of our readers the chance to win an award winning chest stick from this inspirational company, perfect for protecting your little ones this winter. For your chance to win simply email your details and answer to the following question to competitions@thegreenparent.co.uk. What is the animal on their new every day range?

{ Five of the best: party make up }



1 SAMINA PURE MAKE UP
These beautiful eye shadows are 100% natural and are made from just pure crushed minerals. It is the intense pigments which make the colours. £11, saminapuremakeup.com



2 INIKA EYESHADOWS
INIKA eyeshadows are rich in pigment providing vibrant and opulent colours that last all day. The purity of ingredients means that they are perfect for even the most sensitive eyes. £11.75, inikacosmetics.co.uk



3 LIVING NATURE DUO
Enhance softly or add drama to your eyes with this beautiful, co-ordinated Blossom duo of shade and highlighter. Gentle on the eyes and coloured by nature's pure minerals. £10.30, livingnature.com



4 ORGANIC MINERALS
Lavera Trend Sensitive Organic Mineral Eyeshadow in shimmering Lily White is one of eight gorgeous new colours and comes in a case with a handy mirror and small brush included. £9.50, pravera.co.uk



5 GREEN PEOPLE
Eco Eye Trio in three plum shades is made with organic jojoba oil, beeswax and sunflower oil and certified organic. Does not clog your pores, allowing skin to breathe naturally. £18.40, greenpeople.co.uk