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THE UK'S
LEADING GREEN
LIFESTYLE
MAGAZINE

The Green Parent

DECEMBER/JANUARY 2009 £3.50

CRAFT Special Issue

Create your own clothes
Projects to make and sew

SOUL MUSIC

Singing and wellbeing

HOW TO:

- Make edible presents
- Grow old gorgeously
- Get more sleep

LEARNING

Seasonal tables
Outdoor eco
playgroups

Printed on recycled paper



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PLUS GREEN ROOFS • ETHICAL GIFTS • TEEN BEAUTY • COMPETITIONS • SPIRITUAL PARENTING

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PLUS FREE ONLINE: Green Kids magazine - this issue is about festivals

Sweet dreams

Looking for a soothing massage oil to help your little one sleep? Pitta Patta have just launched a new range of organic and natural products that work in tune with your children's energy centres, or chakras to nurture and support. The combination balances the brow chakra and is perfect for sensitive children; helping those prone to nightmares to differentiate between what is real and what is imaginary. Other products in the range include Welcome to the World, and Freedom to Express. Find out more at pittapatta.com



Balance aids rest

Practitioners of Traditional Chinese Medicine (TCM) believe that when organs are out of balance, poor sleep can result. The heart has the function of housing the spirit and the mind, so when it is peaceful and balanced a good night's sleep can be expected. See atcm.co.uk or tel 020 8951 3030 for TCM practitioners in your area.

Children's Health

We look at holistic health for happy bedtimes, exploring massage, herbs and flower essences

Ask Auromira



Q My six year old is a real livewire and she hardly seems to need any sleep. Her school teacher has recommended

children of her age get 12 hours sleep - Aisha gets about half that most nights. She seems happy and healthy but am I doing something wrong?

A Most six year olds need around 10-11 hours of sleep a night but every child is different and some need a little more or less. However, if your daughter is only getting six hours of sleep most nights, she probably isn't getting enough for her to be well rested. Some children are so busy and find life so interesting that they are excitable all day until they crash at bedtime. If this sounds like your daughter, then for her to get the sleep that she needs, she might need more rest or quiet time during the day. Relaxation time is just as important as sleep and actually helps children sleep better and longer. Sometimes the easiest way for children to relax is with quiet imaginative playtime such as drawing or playing with blocks. This allows a natural processing of their day so that when they go to bed, they can sleep

peacefully. Have fun together creating a calm environment for playtime. Cutting down on all stimulants such as sugar, food additives and colours, and TV will also help. You could also add a few drops of the Australian Bush Essence 'Calm and Clear' to her water or offer her a weak chamomile tea. Avoid too many distractions or bright colours in her bedroom and use black out blinds if she has a tendency to wake early. You could also try a longer winding down period before bed with an extra story, soft music, a gentle massage or just some extra cuddle time with mummy or daddy. *Auromira Parks is our resident naturopathic doctor, see auromira.co.uk. Email any child health questions for her to info@thegreenparent.co.uk.*



Need more sleep? Sleeping in the same bed and breastfeeding allows parents to get considerably more rest.

Not enough sleep?

Sleep deprivation is widespread; the research showed that only 8% of all parents feel they have enough sleep as a new parent. But what does this mean? The research showed 40% of parents struggle to do even the simplest of daily tasks. Relationships also appear to be one of the first things to come under strain, 26% of respondents admitted they argued with their partner more as a result of lack of sleep. A new baby is an exciting time for all parents, but as the research showed it's not always easy to take pleasure in the early weeks and months. The Natural Mat Company, naturalmat.co.uk, asked mums what would have helped them enjoy being a new parent more. 'More sleep' was top of the wish list, with 72% of mums saying it would have been a 'huge help'. 'More time to myself' was second on the list (40%), followed by not having to go back to work (39%); more support from family and friends (31%); and better advice (19%). We recommend co-sleeping and breastfeeding as a great way to ensure more sleep in that crucial first year (and beyond!).