

WIN
A POP UP
CAMPER VAN
PAGE 59

The Green Parent

WWW.THEGREENPARENT.CO.UK

Free Range

GIVE YOUR KIDS A
1970's SUMMER

CREATE YOUR
DREAM HOME

.....
*'We must
remember
our inner
child who
once ran
barefoot in
the woods'*

THE MAN WHO
PLANTS TREES

.....
10 STEPS TO A
PAIN FREE
BIRTH

RAISE
MINDFUL
TEENS

**TAKE THE
CHALLENGE**

7 days to calmer,
happier kids

**SACRED
SUMMER**

Explore
magical
places

HOW TO

Reduce
stress

Heal skin
with diet

Make an
eye mask

*Free
inside*
Beauty Bible
Relax Cards



YOUR LETTERS TO *The* Green Parent



Star Letter

It made me smile when I opened the cover of the latest edition and on the first page I find, cloth nappies, baby wearing whilst pregnant, daddy baby wearing and breastfeeding! All things that are dear to our family and have been or are now part of daily life. I've already read it cover to cover and taking it in to share with our breastfeeding support group next session. Thank you! **Kerry Jo Gardiner**

Guiding force

The Green Parent is different to other parenting magazines - it's not judgemental, just guides you with ways that might help you and your family. It covers all aspects of parenting, including looking after yourself and connecting with yourself spiritually. **Laura Rush**

Festival excitement

I love the most recent issue of Green Parent so much, there are so many articles that interest and inspire me. Got me really excited about the festival season too and am here in the hope that I might win tickets to Just So Festival or Gaunt's house! My daughter loves

nothing more than to be in the wilderness and we could really do with a magical summer. Thanks so much **Vanessa**

Heart-felt read

The Green Parent feels like it's written just for me! You always pick topics that are relevant and close to my heart - it's the best magazine I've ever read! **Hannah Gill**



@LittleSquishUK

Treated myself to a subscription. It's

only parenting magazine I've ever identified with; totally recommend @InkDistribution "Encourage #biodiversity in your space" - loads of great #gardening tips & inspiration in the current @greenparentmag @Nevrandil "I have not sweated my ovaries out to raise Keiths" If you're a @greenparentmag reader, you know what I'm talking about! #nailedit! With deep respect: Sheila Kitzinger was one of the greatest inspirations for starting @greenparentmag



WE ASKED:

What crafts you use to relax at home?

- **Katie Godden**
Adult colouring books! Love them!
- **Francine McKay**
Hama beads
- **Sarah Kelly-Cole**
Needle felting
- **Bekkie Quinlivan-Smith**
Crochet, quilting, sewing and colouring in
- **Ruth Parkinson**
I knit squares
- **Shelley Amitola Catori BA**
Have you heard of knit a square the charity?
- **Marianne Hopwood**
naalbinding, and knitting off piste (i.e. without a pattern)
- **Karin Klompe**
I crochet and knit. My happy place!!
- **Anne Borland**
Knitting and quilting
- **Janine Fordham**
Adult colouring books here too, it's the only craft I can still do with my teenage daughters that we all enjoy. Love Secret Garden!

WRITE AND TELL US YOUR THOUGHTS ON THE GREEN PARENT AND YOU COULD WIN OUR STAR LETTER PRIZE

This issue's star letter prize comes courtesy of silver Natural Beauty Award award winners, NAïF. The Starter Kit (worth £57) includes all the personal care essentials a parent needs to survive the first months and beyond. The kit comprises Softening Body Lotion, Cleansing Wash Gel, Milky Bath Oil, Soothing Massage Oil, Diaper Cream and Nurturing Cream in a practical recyclable and reusable zip bag. Visit naifcare.com to find out more.

