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LOOK!

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Four families tell
their stories of trust,
freedom and play

The Toddler Game Plan

10 steps to a more
joyful home

Boost Family Immunity

Improve energy, focus
and happiness

ISSUE 100
APR/MAY
2021
£4.95





Get Growing

Frances Lincoln's own dozens of growing books, but this is one of the best that we've read, offering a lot of plant and soil science. It is filled with horticultural hints, activities and suggestions to help families really stand their patch and how to get the most out of it. It is really laid out with ideas that work well, as planting a tea of herbs to make your own delicious. This is the perfect for Toby, an aspiring naturalist to read himself. **Marianne**



Cocorito

Ravensburger's a colourful, quirky game, suitable for the family. Nathaniel picked up the game quickly and we had great fun collecting and swapping all our coloured feathers, to make our vibrant birds a paradise. This game can be adapted very easily and even comes with a twist idea in the book. We have also used the pieces for small world play. **Sarah**

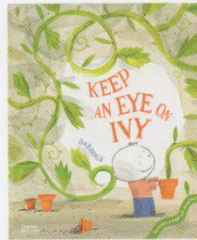


Let's Talk About Your New Family's Sleep

by Lyndsey Hookway
£15 Pinter and Martin

This book is full of great practical advice for all situations; even for a second time mum it was useful. It was easy to dip in and out of reading as the chapters are split into small sections for a time-strapped mum. I liked the myths and truth sections.

It's written in a very gentle manner giving you positive real-life advice and support ideas. **Sarah**



Keep an Eye on Ivy

by Barroux £12.99

Thames and Hudson
Eddie loved this book.

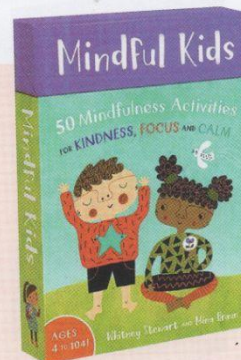
The main character gets a plant (Ivy), for his birthday, instead of the usual material presents. He is so pleased with his gift and nurtures it so well. Ivy grows far quicker than is expected, and we enjoyed comparing the growth on each page. I loved the illustrations, and Eddie was so excited to see the pop up surprise at the end! **Becky**



Cardboard Box Engineering

by Jonathan Adolph £10.99 Storey Publishing

This book has been wildly successful with my cardboard-box-hoarding children. It has twenty-three projects including making a mechanical hand, a pterodactyl automaton and table top games such as skee ball. The book is an excellent mixture of straightforward how-to instructions with diagrams and photos, plus explanations of the science involved. The biographies of inventors are entertaining and include a nine-year-old who created an entire arcade of home-made games from scrap. Ollie picked out all of the most complex projects and needed a lot of help to complete them, but this made for excellent family time. I think nine-year-olds and over will get the most out of this book but with adult help there are lots of projects that younger children could get involved in. **Marianne**



Mindful kids - 50 Mindful Activities for Kindness, Focus and Calm

by Whitney Stewart £12.99 Barefoot Books

We love these cards! My children enjoy taking turns to choose one to start our homeschool day. Within a couple of soft, slow, mindful breaths we are all feeling calm and ready to begin our day. The cards are bright and attractive and are really easy to follow. They are a great introduction to mindfulness for younger children and we have found them invaluable - especially during lockdown. If anyone gets a bit grumpy or out of sorts, we can pull one of these cards out and after some deep breathing and visualisation (and usually some giggling) we get the reset we need and can go about our day joyfully. The box says it's suitable for ages 4 - 104! **Tracey**



CircleTales £46 circletales.com

Firstly, I would like to say how gorgeous this game is to unbox. The board is made from bamboo and printed with soy inks. It is so lovely to handle and I couldn't help but keep touching the board! My husband and I played this storytelling game with two of our daughters and we loved it. It really engages all players, connecting with their imagination regardless of age. The aim of the game was to answer questions and use these answers to tell a story, whilst moving around the board. I really liked that there were no winners or losers, yet it still felt like a game, it was engaging for children and adults alike. Just a note, we found the instructions a little difficult to follow however online there are video instructions which are much easier to follow! **Lisa**