

JuniorLife

News, shopping, events and entertainment



Every parent wants to know...

How to build a brave child

REMEMBER THE TALE of David, the humble little lad who triumphed over the giant Goliath? He fought valiantly against the odds, and is the sort of fearless hero that all children would love to emulate. Taking risks within safe boundaries and performing small acts of bravery can boost a child's confidence, and that's beneficial for their general wellbeing. "Bravery is vital to your child, but sadly society no longer actively encourages it," says parenting coach Anne Denny. "Many parents are reluctant to let children take risks or make mistakes." It's important to foster a courageous spirit and a can-do attitude to help your child adjust to the challenges of growing up. So what's the best route to boost a sense of adventure?

"Encouraging resilience and self-awareness, while also teaching your child to think for herself from a young age, will help boost her

confidence and encourage her to make sound judgements," advises Anne. Offer simple choices, like letting her decide what to wear or eat (from a choice of two that are acceptable to you), so she learns to think for herself and feels empowered. It's also important for your child to face – and overcome – more challenging situations, too, rather than you always stepping in to solve them for her. A study at the renowned Mayo Clinic in Arizona found that facing frightening situations in childhood leads to lower levels of anxiety in adulthood. "If your child doesn't have the opportunity to face her fears, then she also misses out on learning that her fears are manageable," says the study's lead author Stephen Whiteside. Remember: she who dares, wins! For more ideas and suggestions to inspire a spirit of brave adventure in your child, visit www.juniormagazine.co.uk

*80

The number of Lego bricks per every person in the world



Pop Art in motion

THE VELVET UNDERGROUND, Marilyn, Jimmy Dean, Elizabeth Taylor, Elvis Presley: Andy Warhol has had a long and illustrious association with cult classics. And now the king of Pop Art's lustre of cool is being applied to a modern-day icon – the Bugaboo pushchair, with a range of modish accessories showcasing Warhol's art prints.

The design-forward brand's new sun canopies and parasols featuring the iconic *Flowers* and *Cars* prints are sure to be adorning the buggies of discerning babies – and their art-loving parents – any day now. So, without the hefty price tag of a Warhol original (prices start at £59.95), you can nurture your child's art appreciation from an early age. They're just the thing for urban parents and stylish babies to enjoy during sun-dappled days and beyond. You can find out more at www.juniormagazine.co.uk

WORDS: EMMA DALY, CATHERINE HUDSON; FIONA MCKIM; CLAIRE O'DONNELL, AMANDA PAULY AND SOPHIE WESTNEDE; PHOTOGRAPHY: ANDERS HALD, JULIA NYEMAN; SOURCE: LEGO.COM

Hot Topic

Bike stars of the future

THERE'S NO FEELING more liberating and exhilarating for your child than learning to take off on two wheels and whizz around on her bike. Pedal-free balance bikes are considered the best method to teach early riders how to balance (hence the name), but children also need to master the knack of steering by turning the front wheel. And this is where the vogue for BMX racing comes in: with gentle ramps and corners to navigate, these mini obstacle courses, specially adapted for the youngest riders, are the perfect way to perfect early riding skills.

Five new BMX tracks have been built in London as part of the Olympic legacy and there are tracks around the country (visit www.stridercup.org to find if there's one in your area). When it comes down choosing

your child's first set of wheels, some of our favourite designs include the Early Rider Lite balance bike (£99) and the Wishbone 3-in-1 Bike (£175). And once your child can happily ride with confidence, she'll be ready to show off her skills on a vintage Chopper!

If your child shows signs of being the next Wiggo, Pendleton or Trott, she might like to enter the first-ever Strider British Balance Bike Championships, for mini-racers aged 18 months to five years, taking place across the country this summer. Fit your child with a good helmet, like the fluorescent Proviz Eris (£22.95), or RaSkullz protective headgear range (from £19.99). More reckless racers might also like to invest in gloves and knee and elbow pads, too. For our pick of the best bikes, visit www.juniormagazine.co.uk



“Parenting is not for everybody. It changes your life, especially when they’re little. If you think a child is going to be your accessory, it’s not like a micro pig. You need to read to them at night.” Singer Tori Amos explains why her daughter is no pet



What's so great about... Scientific discoveries

MEMORIES OF MIND-NUMBING classes with less-than-charismatic biology, chemistry and physics teachers mean that many parents struggle to enthuse their children with a passion for science. But here's a well-kept secret: science is cool! What's more, children are natural-born scientists. They're curious about the world around them, they ask lots of questions, and love the process of discovery. The best way to bring science to life is with a hands-on, enquiry-based approach, which will help children develop lifelong science literacy skills, including problem-solving, critical thinking, and teamwork.

"If your child has a question that you don't know the answer to, be honest and don't just leave it there," says scientist Huw James. "Go on a quest to find the answers

together. There's a wealth of knowledge on the internet, and you can learn together."

For a brilliant hands-on kitchen table experiment, make your own lava lamp. Pour 700ml of vegetable oil and 100ml of water into an empty one-litre drinks bottle. Add ten drops of water-based food colouring and an effervescent indigestion tablet. "This is a fun demonstration of how oil and water are immiscible liquids and don't mix," says Huw.

Appetite whetted, treat your budding boffin to a Primary Science Set (£25) from the Science Museum, containing sturdy lab equipment and instructions for experiments to try at home. Or take a family trip to the Cheltenham Science Festival, June 4-9, to see Huw and other top science brains lead child-friendly workshops and talks. For details, visit www.juniormagazine.co.uk

A little less conversation...

These famous faces discovered the hard way that sometimes it's wise to keep your parenting secrets to yourself.

Hard to swallow

Who? *Mad Men* star January Jones, mother to son Xander, one.

Famous faux pas

Despite staying tight-lipped over her son's paternity, the actress happily advised new mothers to beat post-natal depression and fatigue with her regime of teas, vitamins and freeze-dried placenta pills.

Red-faced result When her comments sparked rebuke, January defended placenta consumption as "not gross or witchcraft", but conceded she should have kept schtum.



Wiener woes

Who? Pregnant singer Jessica Simpson, mother to daughter Maxwell, one.

Famous faux pas

Discussing her second pregnancy, Jessica quipped to US chat show host Jimmy Kimmel that she'd never realised how a wiener could make her nauseous.

Red-faced result As viewers deduced that her tasteless turn of phrase meant Jess was expecting a boy, she tried to backtrack, before confessing, "That was not planned."

Breastfeeding banter

Who? Kim Kardashian, who is pregnant with her first child by rapper beau Kanye West.

Famous faux pas

Long before she was expecting, Kim tactlessly tweeted her shock that a fellow restaurant diner had breastfed and then changed her baby on the table next to her.

Red-faced result After parents were outraged, Kim claimed that she only meant it was unsanitary, but expect this row to rumble on once her baby arrives.



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The billions of Barbie dolls, arranged head to foot, required to reach to the Moon



A nursery fit for a king (or queen)

AFTER THE FEVERED speculation about who would create her wedding dress, a new Kate Middleton design dilemma has the nation gripped. Who will create the heir to the throne's nursery at Kensington Palace?

Tradition suggests the Duke and Duchess Of Cambridge could look to bespoke nursery specialists Dragons Of Walton Street, previously patronised by both Princess Diana and Sarah Ferguson. For an idea of what the room may look like, visit the quintessentially British nursery at London's Grosvenor House hotel, called Suite Dreams, which charges a mere £6,270 for a three-night stay.

Should the parents-to-be fancy something a little more modern, the handmade Cascara Union Jack crib, £550 (above), has an eight-week waiting list, though we suspect they might be able to jump the queue...

For more of the most stylish accessories for your family home, look out for the results of our Junior Design Awards 2013 in next month's Special Collector's Edition of *Junior*.

PHOTOGRAPHY: IAN DERRY, SHUTTERSTOCK

Hot Topic...

Rock 'n' roll for the young generation

FROM PORCINE POP-BOTHERERS Pinky And Perky to helium-toned gnomes The Smurfs, children's music has historically had the ability to induce most parents to resort to earplugs. A fondness for repetition and catchy melodies may limit your child's musical preferences to the cheesier end of the charts, but the industry does appear to have noticed the dearth of aural entertainment that appeals to young and old listeners alike.

After breathless endorsement from Victoria Beckham ("David has been downloading music for our baby! Rockabye Baby lullaby renditions, so cool!"), the US music brand has launched its first British offering – rather appropriately soothing

musical versions of Britpop lads-turned-daddies and indie favourites, Blur (£11.99).

Folk music, with its gentle harmonies and storytelling structure, has always been a great leveller of the generations, too – hipster duo Megson's recently released album of traditional ditties was inspired by the birth of their daughter, Lola.

Of course, there's nothing wrong with skipping straight to the authentic stuff – Motown, The Beatles and Elvis all have eminently catchy hooks and the cool factor, or kickstart your child's musical education by taking him along to one of this summer's glut of fabulous family-friendly festivals. For inspiration, see our festival guide on page 26.



"I met Keith Richards' children and they were so polite. He told me he gets up with them and cooks breakfast. Family is the most important thing." Fun Lovin' Criminal and father-of-one Huey Morgan takes parenting tips from a Rolling Stone