



Australian Mother & Baby Tuesday 1/05/2018

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CUT STRAIGHT TO YOUR NEWS

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The BUZZ

The latest news, views, tips and trends for pregnancy, birth and motherhood



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Story TIME

We all know that reading stories to little ones is vital for their language development, but now experts say it's good for social and behavioural skills, too. Researchers in Hong Kong examined the reading habits in families with children up to the age of six, and found that regular story times have positive effects on their mental wellbeing, emotions and behaviour, as well as their relationships with others.

"Reading with children is not only for having a smart child, but also for having a happy child and a good parent-child relationship," says study author Qian-Wen Xie, who with her colleagues analysed 19 prior studies that examined more than 3000 families.

Here are some tips to make the most of story time with your child:

- Let your child choose the book, and oblige her even if she picks the same story again and again!
- Ask her about what she sees – can she point out the animals? Can she count the flowers on the page?
- When your child is familiar with a story, pause before finishing a sentence to see if she can finish it.
- Have fun with reading – make up funny voices.
- Make reading time a special time with your child. Create a 'reading corner' with cushions, a blanket and a small bookshelf, then cuddle up together with your favourite books.



\$114,000

THE TOTAL COST OF ITEMS LISTED ON **KHLOE**

KARDASHIAN'S BABY REGISTRY, ACCORDING TO NEWS SITE TMZ. THIS INCLUDED A VERSACE BABY BLANKET FOR US\$365 (AUD\$463), A VERSACE CHANGING BAG, US\$600 (AUD\$761), AND A CRIB FOR US\$10,000 (AUD\$12,699).





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TEETHING TOY

Mizzie The Kangaroo is a natural rubber teether and squeeze toy designed to soothe sore gums. Made from natural rubber sourced from the hevea tree, Mizzie is free from PVC, BPA and phthalates and individually hand-painted with non-toxic water-based paints, making it super-safe for your bub. Mizzie can also be easily cleaned by wiping down with warm, soapy water, keeping her germ free. Mizzie The Kangaroo retails at \$27.95. For more details, visit www.mizziethekangaroo.com.



CLEAN UP

If you're concerned about using chemicals in your home and around your little ones, then try the new range of all-natural cleaning products from Koala Eco. The range includes five Australian-made, all-natural, eco-friendly products that contain high concentrations of essential oils such as eucalyptus, lemon myrtle, peppermint and mandarin, helping your home smell beautiful as well as keeping it sparkling clean. The range is created using plant-derived ingredients that are 100 per cent biodegradable. Products include a bathroom cleaner, dish soap, kitchen cleaner, stainless steel and chrome cleaner and glass cleaner. Prices start from \$10.90. Visit www.koala.eco for stockists and to purchase online.

Support cancer research ON MOTHER'S DAY

Breast Cancer Trials, Australia's largest independent breast cancer trials research group, has launched a new campaign for Mother's Day. Instead of flowers and chocolates, you can donate a gift in your mum's name to help fund cancer research. You'll receive a beautiful Mother's Day card to give to your mum which acknowledges this special gift, something that has real meaning; investing in a future without breast cancer. For more information, visit www.breastcancertrials.org.au.



Words Nicola Cornille Photography Getty Images