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THE FAMILY ISSUE

FAMILY VALUES UNDER THE MICROSCOPE

12 page guide to family life in Brighton, including an interview with Omar Deghayes' brother, winter family days out, an A-Z of family life, plus kid's fashion, health, beauty and bedrooms.

PLUS: British Sea Power, Nia C  f   and La Cantina reviews, Brighton Philharmonic Orchestra, Zoe Rahman and the best music, theatre, comedy and art the city has to offer.

kid's stuff

Susie Perry recommends the best lotions and potions for little people and their mums.

1. Pure Potions Pregnancy Box

An indulgent gift box for any mum-to-be, containing three luxury products: Sweet orange lip balm, Bump rub and Neroli mood oil. I used this Bump rub throughout my pregnancy and managed to be stretch mark free. It contains Rose oil which I'm sure lifted my mood helping me avoid baby blues.

£16.75, www.naturallyfabulous.co.uk

2. Earth Mama Angel Baby Bottom Balm

Every parent frets over nappy rash and this is a trusted miracle cream. I've seen it fix a blistered bottom in just a couple of days. Angel Baby Bottom Balm has an amazing healing power due to its anti-bacterial and soothing action from organic olive oil infused with organic calendula, chickweed, plantain, St. John's Wort, shea butter and pure essential oils.

£10.99, www.naturisimo.com

3. A.Vogel's Echinacea Complex from Bioforce

Echinacea is a brilliant immune boosting herb and this complex can be given to any child over 2 years old. Echinacea encourages an increase in numbers and potency of immune cells which help fight off the bugs responsible for all naughty coughs, colds and flu.

£5.30, www.bioforceshop.co.uk

4. Gaiam Yoga Kids DVD's

Lack of exercise is a major contributory factor for childhood obesity and Gaiam have great home exercise ideas to help get your kids off the couch. I think their Yoga DVD's are fantastic. Award-winning children's yoga pioneer Marsha Wenig creates a captivating outlet combining physical activity with discovery and learning using irresistible kids' props and play tools. Suitable for ages 3-6. Chose from Yoga Kids, Yoga Kids ABC or Yoga Kids Silly to Calm.

£9.99, www.gaiamdirect.co.uk

5. Earth Friendly Baby Eco Baby Wipes

They're thick and soft and 100% biodegradable so they help look after our environment whilst looking after baby! Unlike other herbal-based wet wipes these actually smell nice despite being alcohol and fragrance free. They're hypoallergenic and contain soothing organic extracts of chamomile, calendula and aloe vera. I challenge you to find a better wet wipe!

£2.99, www.earthfriendlybaby.co.uk

6. Equazen Eye Q Chews

If you are going to pick one supplement for your children then make it Omega-3 fish oils. These are often deficient in our diet. There is plenty of research which demonstrates that these natural oils have the ability to help your child improve their ability to learn. Fish oils can help reverse disruptive behavioural patterns, boost IQ, increase focus and concentration, improve co-ordination and stimulate memory. These strawberry chews are great for all ages.

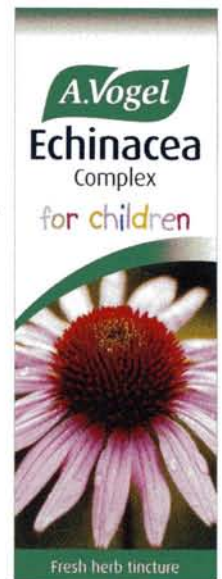
£8.99, Boots



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