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ISSUE 2

WINTER 2017





Christina Michelle

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Cover photo of Bertie our competition winner from issue 1. By Christina Michelle



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**Sascha Landskron
and Jo Leigh**



Editors of Boom Magazine and local mums

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BOOM Belper!

Welcome to the second issue of your local Boom Magazine. We hope you have had a lovely Christmas season and we wish you a very happy New Year!

This issue we have chosen to focus on emotional wellbeing. January can be a difficult time of year: the festivities are over, the days are so very short and so very cold, and the credit card bills are starting to arrive. Add the pressure of taking care of a young family, and this time of year can feel impossible for so many families.

For some people it's about more than these challenges. We have all heard about postnatal depression but in this issue, Jacqui Hawkins explores what it actually means. She exposes the

truth about how postnatal depression affects 1 in 10 mums and dads and offers hope and advice on self-help. Sascha Landskron writes about how to use food to boost your mood, and Lucy Forrester gives us great advice on keeping the whole family active throughout the winter. Edwina Woodland-Fowkes from Baby World and Me and our editor Jo Leigh inspire us with creative suggestions for sensory play at home, and Kerry Gill gives us more ideas for enjoying the great outdoors with our children.

We hope you enjoy this issue and that it brings you a little bit of light during these winter days. Wishing you and your family a very happy 2017.

Jo & Sascha



Photo by Christina Michelle

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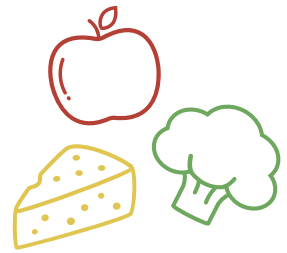
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Food and Mood

How to use food to boost your energy and maintain your calm



Eating can be delicious, social and fun. However used correctly, food can also be a useful tool to help keep you feeling well.

How food affects your mood:

Sugar, starch and protein each have a different effect on your brain neurochemicals, such as serotonin, and therefore your emotions.

Eating sugar and refined starch (e.g. white bread, white rice) raises your blood sugar quickly. This induces a surge of insulin, which leads to a quick boost of serotonin in the brain. This makes us feel calm and relaxed, but insulin also causes a drop in blood sugars, a wiped-out, tired feeling and consequently, more cravings for sugar.

Whole-grain starch (e.g. brown rice, oatmeal) also raises blood sugars and serotonin, but more slowly than sugar or refined starch, and the 'come-down' is more gradual.

Protein (e.g. meat, fish, dairy, legumes) has the opposite effect. When you eat a meal rich in protein, amino acid levels in the blood rise and as a result, serotonin levels in the brain stay stable. These lower serotonin levels may then help you feel more energetic and clear-headed.

Multivitamins are also important, especially vitamin D, which has been linked to a decreased risk of several chronic diseases and depression. You do not need to spend much - a generic once-a-day multivitamin and mineral tablet should suffice. Try to find one that contains 10mcg (400IU) of vitamin D.

If you want more energy:

When it comes to energy, breakfast is the most important meal of the day. Our metabolism slows when we sleep but speeds up when we eat in the morning. Skip breakfast and your metabolism stays slow. Even a small snack in the morning can help give you a boost.

Consider increasing your protein to carbohydrate ratio at mealtimes. You don't have to give up all carbohydrates, but having them with protein may help to increase your energy levels. For example, a slice of toast with jam could be upgraded by replacing the jam with peanut butter or cheese. Plain pasta could be supplemented with tuna or lentils.

Aim to reduce the amount of sugar that you eat. Sugary foods such as sweets and fizzy drinks give you a quick energy boost, but also result in a quick slump in blood sugars. If you consume sugar, plan to eat it with a meal that has some fibre and protein to lessen the crash.

Water is key. Being even slightly dehydrated can make you feel sluggish. Just one more glass of water each day may help you feel more energetic.

Iron deficiency is common in our childbearing years. Iron is found in meat, eggs, beans, lentils and fortified breakfast cereals. Signs of iron deficiency include pallor, tiredness and sometimes breathlessness. Do not self-diagnose this however - if you are concerned speak to your midwife or GP.



If you want to maintain your calm:

The first thing to consider is caffeine. Even with the sleeplessness of parenting, caffeine is a double-edged sword. It temporarily makes us feel more awake, but it also passes into breastmilk, making babies more wakeful, and can increase anxiety levels when we consume it. Some people react more strongly than others.

Omega 3 fats (the healthy fats found in oily fish) have been shown to have a positive effect on the body and brain. Try to include 100g of oily fish such as salmon once a week, which is a safe amount if you're breastfeeding or pregnant.

Artificial food colourings have been linked to hyperactivity in children and are probably best avoided by us all. Artificial food colourings are also known by the following E-numbers: E102, E104, E110, E122, E124, E129.

In the evening or close to bedtime, have a carbohydrate food, which will boost serotonin levels in your brain and make you feel sleepy. Bedtime snacks such as cereal and milk, malt drinks or bananas may help you feel more relaxed and sleepy.

Eating chocolate boosts endorphin levels in the brain, which can produce euphoric or pleasurable feelings. Look for high quality dark chocolate in small packages. Avoid large chocolate bars made with corn syrup and other additives. It's better to have a small amount of high quality chocolate and really enjoy it!

Ideas for quick mood-boosting meals and snacks:

- A handful of mixed nuts or pistachios
- Ready to eat quinoa packs
- A tin of soup that contains lentils, beans, or split peas
- Cheese cubes, hard boiled eggs, natural peanut butter, ham, or cooked chicken eaten on oat biscuits, high-fibre crackers or wholemeal bread
- Houmous and chopped vegetables
- A bowl of Greek yogurt with chopped fruit and muesli

By Sascha Landskron, BSc, MSc
Local mum and paediatric dietitian



Please note: Remember to check with your midwife or GP before changing your diet.

Upcoming Family Theatre



Déda • 01 332 37091 • www.deda.uk.com



SPONGE

Friday 17 Feb

Roll, squeeze and pop yourself through a new malleable kind of family dance show, set to a funky 1970s soundtrack, including disco favourites The Hustle and Car Wash. Dance company Turned On Its Head makes exciting participatory theatre for early years, taking children on a creative journey, engaging audiences and encouraging lots of family interaction.

Age Guidance: 4 months – under 4s £7



Getting Dressed

Saturday 4 March

Second Hand Dance invites us all to be as creative as we can with the clothes we wear; tempting us to get dressed just a little bit differently. Climb mountains of clothes, plunge into piles of pants or swing in swathes of skirts. Big or small, scratchy or soft, ordinary or extraordinary – clothes and getting dressed will never be the same again. Perfect for children aged 4+ and their families £7

Derby Live • 01 332 255800 boxoffice@derby.gov.uk www.derbylive.co.uk

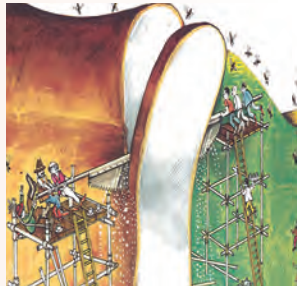


The Jungle Book

Tue 31 Jan - Sat 4 Feb

A fantastic, empowering story for all ages that will warm your heart and lift your spirits. Music, muppetry, laughter and excitement all mixed-up to make a memorable experience for the whole tribe.

2 hours - approximate, including any interval(s). £12.25 - £16.25



The Giant Jam Sandwich

Sat 11 - Sat 18 Feb

On one hot summer's day, four million wasps invade the quiet village of Itching Down. The picnickers panic and the farmer stops haymaking. The wasps are noisy, nasty and worst of all, they don't mind who they sting! That is until the baker has an ingenious idea... Suitable for ages 3-6
50 minutes - approximate, including any interval(s). £9.75

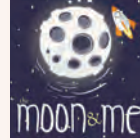
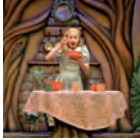


Sid's Show Deep Sea Discovery

Mon 10 April

This exciting and colourful underwater adventure bubbles over with sea creatures, songs, stalagmites, stalactites and wave after wave of educational interaction. Once again Sid has produced a fantastic treat for the CBeebies viewer (age 2+) and their family. It's a must see!

1 hour 15 minutes - approximate, including any interval(s). £11.75



Monstersaurus

Monday 13 & Tuesday 14 Feb

from the creators of Aliens Love Underpants where we see young inventor Monty create a whole world of whacky inventions and incredible monsters, an energetic show full of thrills, spills, magic and mayhem for young people aged 3+ and their family and friends.

Molly's Marvellous Moustache

Sunday 26 Feb

a new theatrical adaptation of the storybook written by Andrea Heaton featuring original music, playful interaction and lots of laughs.

The Moon & Me by Egg Box Theatre

Saturday 8 April

an interactive, sensory experience, blending multimedia with an immersive environment to create an inspiring theatrical experiences for age 2+.

Mr Bloom's Nursery

Thursday 13 April

a fun and inspiring show presented by the man himself and the Veggies, a super show with sing-alongs, play and interaction with songs including This is My Allotment, Meet the Veggies, The Compo Song and Night Night Veggies.

Goldilocks and the Three Bears

Tuesday 18 April

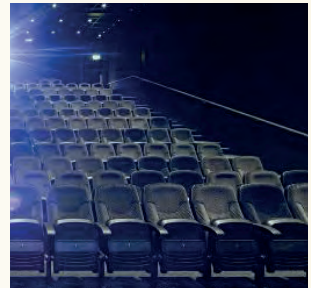
a perfect opportunity for little ones to explore, see and experience this classic story through live ballet, music and theatre.

Morgan & West's Magic Show for Kids and Childish Grown Ups

Saturday 22 April

in the Studio theatre: a jaw-dropping, heart-stopping, brain boggling, illusion-inspiring show for all the family, where magic and silliness abound.

Cinema for little ones



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What's on LOCALLY



We will keep you updated with events and activities for you and your children as we hear about them, just 'LIKE' our Boom Magazine Facebook page to see updates or visit our website www.boommagazine.co.uk
Here are some great things we have heard about already...

Cromford Mills Pancake Race - Sunday 26 Feb, 1:30pm at Mill Yard, Cromford Mills

Cost: £1. Skill, agility and above all fun, the Cromford Mills Pancake Race is open to all ages. Bring your own frying pan and race a short distance whilst flipping your pancake. Visit: www.cromfordmills.org.uk or phone 01629 823256.

Farmers Market - 2nd Saturday of each month Market Place, Belper (starting from February)

Messy Church - 2nd Saturday of each Month at St. Swithins Church, Belper DE56 1PA. Kids crafts, food and singing for a small donation. 4-6pm

Twistin Tots - have their annual Easter Bonnet and Easter Egg competitions at all their classes running from 3-7 April.

Yoga and Sound Healing Workshop - Sunday 29th January at Belper Community Hall, 10-12:30pm. Deeply restorative yoga, combined with the vibrations of the ancient Australian didgeridoo to bring deep relaxation and healing to mind, body and soul.

Contact Laurie Lowe
07545 479693
laurie@littlesageyoga.co.uk

St Peters Church have a family service and holy communion on Easter Sunday 16 April 10am.

Mini Moos meets Impact


Look out for the monthly afternoon Mini Moos toddler & baby session in Belper where parents can exercise with kids in tow. Bring a buddy and take turns to do an insanity class in the next room with Lucy from Impact Fitness (non-crawlers can watch and play). First one starts on Jan 30th 1-3pm. Please check Mini Moos fb page for further details.

Cuban Salsa Fit


New class starting Jan 2017 at Ritmo Studio, Belper. See their fb page for more details.

GROUPS FOR YOU TO JOIN:

Belper Early Years Fun


Team – Set up by local mums to address the closure of the Children's Centre. belperearlyyearsfunteam@gmail.com 



Special Friends – A Belper-based play and support group for children with additional needs and their families. info@special-friends.co.uk 




Thinking Differently about Education –

A group with a passion for child-led creative and outdoor play. 




B.E.A.R.S – Local volunteering mums who offer breastfeeding experience, assurance and support. A weekly drop-in group is held at the Children's Centre.

BEARS helpline: 07776495900 




B.E.A.R.S

Belper Mums on the

Run – Local mums with a passion for running that make arrangements each week to meet and run varying distances. 



Belper Mums Book Group

– A welcoming group that meets on the last Tuesday of the month at the pub to discuss their latest read. 



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WINTER WALKS

BY KERRY GILL - local mum & nature enthusiast



January and February can be long grey months, however the weather is never as bad as it looks from inside and spending some much needed time outside can instantly lift the spirit. I'd like to share some ways you can help the wildlife in your garden, a few simple winter crafts and some magical winter places to visit. I urge you to wrap up warm, put on your wellies and take your family outdoors for some magic this winter!

A HELPING HAND FOR WILDLIFE

At this time of year garden birds need a little extra help as seeds and berries are scarce. You can help them by making some bird feeders with your

children. Using an old yoghurt pot, pierce a small hole in the base and thread a piece of string through. You can then fill the pot with a mixture of melted lard, suet and seeds. Once the mixture is set, tie a large knot in the string to secure it, cut away the pot exposing the nutritious birdfeed inside, and hang it in your garden. Watching the birds in your garden is a lovely way to enjoy the outdoors with your children. You may also want to take part in RSPB's Big Garden Bird Watch from 28-30 January 2017.

Hedgehogs were once a regular garden visitor but they are now much less common. Hedgehogs look for food over a wide area and you can help them by leaving a gap under

your gates or by making a small hole in your fence to help them move from one garden to another. Leaving a pile of leaves or logs in a wild corner of your garden will provide them with somewhere to sleep. A hedgehog's diet consists mainly of insects, which are in short supply during the winter. You can help feed them by leaving out fresh water, dog food, cat biscuits or mealworms. Your children will enjoy putting food out and checking to see if anything has been eaten.

WINTER CRAFTS

Children love making mud faces and they are an easy way to get creative when you are someplace muddy. It can be a little messy but very satisfying to

squeeze mud and slap it onto a tree trunk. If you are short of mud, take a small bucket and some water on your walk. Mix up the mud to a thick consistency and stick a handful to a tree. Use your fingers to shape the face, eyes and mouth and then collect leaves and twigs to decorate your mud face.

To make a stick elf start by tying two sticks together in a cross and use a piece of clay or playdough for the head. Use whatever you find while you're out in nature to create your elf's eyes, nose, mouth and hair. To decorate the body, wrap some double-sided sticky tape around the sticks, or use cotton to tie on leaves and twigs.



HOLBROOK FAIRY DOOR

One day a toadstool house, the next a rocket to outer space, the Holbrook Fairy Door is a magical place just outside Holbrook in privately owned woodland. There is a stream for paddling, log chairs for storytelling, a stick den and plenty of space to let your children's imaginations run wild. It's worth a stop at the hollow oak in the field on the way. Before you visit why not draw a picture or write a letter to the fairies to leave behind the door.

Directions:

Secret! Ask your friends, or you may stumble across it when you are walking around Holbrook.

Narrow paths and squeeze stiles make this walk unsuitable for pushchairs.



DUKES QUARRY

Stepping into Dukes Quarry feels like the land time forgot. This once industrial place has now been reclaimed by nature. There are logs for balancing on, a spring to paddle in, cliffs to gaze up at and watch the water trickling down. There is a sense of mystery to what you will discover around every turn. To make the walk more imaginative, try reading a story along your route. Take some props and stop at relevant places to fit with your story.

Directions:

Postcode – DE4 5HG
Take the A6 north out of Belper. Turn right in Whatstandwell at the Family Tree Cafe. Take the next left onto Robin Hood Road, signposted Holloway Park in the first lay-by on the left just before the national speed limit sign. Cross the road and follow the public footpath up the hill.

Uneven paths and mud make this walk unsuitable for pushchairs.



THE CHEVIN

Here you will find beautiful views back across Belper and as you get further along, you will be drawn into the ancient feel of this path that follows the top of the Chevin. The path is flanked by stone walls and as you leave Belper behind you become lost in its magical feel. To keep moving there are plenty of trees along the way that are perfect for hide and seek.

Directions:

Postcode - DE56 2UP
Leave Belper over the bridge at the mill on the A517 towards Ashbourne. Take the first left onto Farnah Green Road signed to the Bluebell Inn. Just before the pub you can park on the left in front of a row of cottages. Take the footpath on the left and follow the top of the hill. Come back the way you came.

Uneven paths and mud make this walk unsuitable for pushchairs.



Postnatal Depression Affects 1 in 10 Mums and Dads

Written by Jacqui Hawkins, local mum and health writer



Depression. It's a word most of us are afraid to say out loud. But with postnatal depression affecting more than **one in 10 mums**, it's likely you or someone you know is affected. So what is it, and why aren't we talking about it more?

Postnatal depression is simply depression that starts within a year of giving birth. It's different to the 'baby blues' in that it lasts longer and can be more profound. Sometimes there are things that increase your risk (such as feeling depressed in the

past, not having much support around, finding breastfeeding difficult or going through really stressful events) but not always. Postnatal depression can affect absolutely anyone, and it's different for everyone.

Typically, symptoms come on within a few months of the birth, but they can also start as early as pregnancy or as late as baby's first birthday. They could include feeling low or tired most of the time, having trouble sleeping, losing interest in things you used to enjoy, finding it hard to bond with

your baby, frightening thoughts, or struggling to concentrate. Very occasionally a woman can become delusional and hallucinate. Generally, though, postnatal depression can be pretty difficult to spot - especially if it's happening to you.

"Basically I was just a crying wreck all the time," says local mum Elisabeth Johnson, who runs a closed Facebook group called Mama Blues and was first diagnosed with depression when her baby was nine months old. "At first I was told it was the baby blues and I thought OK, maybe it's just a big adjustment - I kept going and going and finally thought, 'no, this isn't normal!'"

If all sounds familiar; what can you do? The first step is to talk to your health visitor or GP, without waiting until things feel 'bad enough'. It can be hard to summon up the courage, but it's worth it, says Elisabeth. "Even if you think it's just the baby blues, they'll hopefully put your mind at rest, but if they think it's something more serious they know what to look out for".

They should also tell you about treatments to help manage how you're feeling, including



antidepressant medicines, and therapies like counselling and cognitive behavioural therapy (CBT). Many of us are afraid of getting help because we worry our parenting ability will be questioned, but that's very rare, adds NHS primary care counsellor Kate Howard. "People also hesitate because if you say it out loud to another person it becomes something that can't be pushed aside so easily," she says. "But equally, it can be contained when it's put into words."

HOW CAN I HELP MYSELF?

The biggest thing is to talk. However, if you look on the web, you'll also find a huge variety of self-help techniques - below are five of the top strategies from both experts and mums. It's worth remembering, though, that depression is an illness, not something you 'should' be able to fix, so it's always best to let a doctor or health visitor know how you're feeling, too.

1. Go to groups

Walking into a room full of strangers might be the last thing you fancy, but it's highly recommended by the Royal College of Psychiatrists - it gets you talking and can break the mood. If you can find a group where the babies are close in age, you'll be able to find things to chat about more easily, while structured sessions like sing-song take away any pressure to be social. If you really can't get out, you could check out Mama Blues on Facebook. It's not an accredited support group, but it's full of people in the same

position. "It just helps to know that there's someone there who's going through it, or has been through it and come out the other side, to say you're not on your own, we understand what you're going through," says Elisabeth Johnson. "There's such a stigma but when you start talking, the number of people who are going through the same thing is unbelievable."



2. Schedule some cuddles

Depression doesn't mean you won't bond with your baby, but it can make it harder. Pick a way to have contact and make it part of your daily routine, suggests Kate Howard. This could be snuggling up to look at a book, or having a bath together. It won't just be baby who benefits - you'll get a hit of oxytocin, the hormone responsible for that lovely feeling you get after a hug. However the key, says Kate, is to schedule it. 'Don't wait until you actually feel like doing something - the ritual and regularity can provide the energy to do it,' she says. Carrying your baby in a sling may also help with some of the things that can make postnatal depression worse - in particular, research suggests babies who are carried more cry less and breastfeed better.

3. Do some exercise

Exercise? When you're this drained? We understand how you feel, we really do. The thing is, doctors consider regular exercise to be one of the best things you can do to beat mild or moderate depression. Exercise causes the release of endorphins - the body's very own 'feel-good' chemicals - and may also boost levels of serotonin, which helps combat negative feelings (UV light boosts serotonin too, so if you're exercising outdoors, even better!). Then there are other benefits, like giving you a sense of achievement, improving your sleep and making you feel better about your body. If you're feeling depressed, you might struggle to get going, so it can help to write a short action plan for the day that includes exercise, advises the Northern Ireland Association for Mental Health. Keep it simple (for example, taking a shower, playing for 10 minutes with baby and taking a brisk walk) and tick each one off as you go. 'Once you're out you can feel really differently - it lifts the mood for the parent and the baby too,' says Kate.



4. Make time for you

When did you last have a bath without thinking about the housework? It can be incredibly difficult to 'switch off' to parenting, but it's important to keep doing things you enjoy

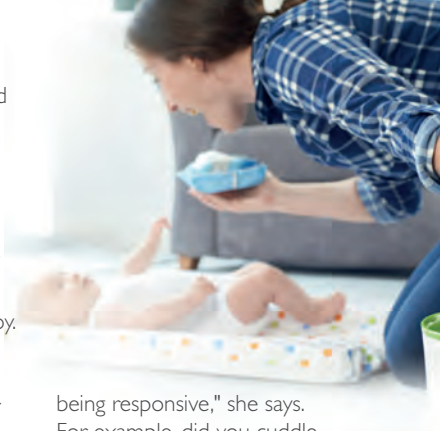
without feeling guilty, says the Royal College of Psychiatrists. Try to do something each day that's just for you - yes, even if the house is a state. 'At the end of the day, as long as the baby's got food and clothes and everything's pretty much OK, the washing, hoovering and dusting can wait,' says Elisabeth. She recommends audio books, adult colouring, or just lying down and focusing on breathing. If you can't empty your mind of jobs, try this tip: 'Imagine a train station, with a train coming in. Any thoughts you don't need to worry about now, put them on the train and visualise it pulling out of the station and going down the track,' she says.

'When I lie down to relax and my head is just spinning, this really helps.'

5. Be kind to yourself

Having a baby is a huge adjustment - and the truth of it is, for most of us it involves some kind of loss as well as joy. It's important not to be hard on yourself when things feel like they're going nowhere or you're not living up to your old standards, says Kate. 'A big part of depression is self-criticism and you have to talk back at it a bit - think of the simple things and why they're important. Motherhood isn't just about doing lots of things but about being there and

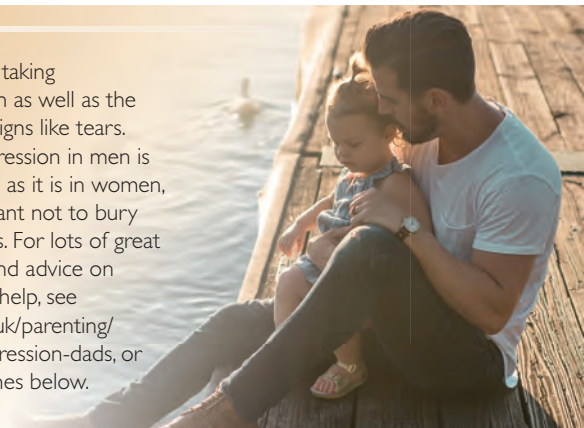
being responsive," she says. For example, did you cuddle your baby when she was crying today? Did you chat to her while you were changing her nappy? Then give yourself some praise. You've done something very special and important indeed.



DEPRESSION IN DADS

We tend to think of postnatal depression as only affecting women, but there's growing recognition that nearly the same percentage of men also experience depression during the baby's first year of life. Because men generally are less likely to ask for help, depression can be even harder to spot among fathers, especially as symptoms often include

irritability, risk taking and aggression as well as the more classic signs like tears. Postnatal depression in men is just as serious as it is in women, so it's important not to bury your concerns. For lots of great information and advice on where to get help, see www.nct.org.uk/parenting/postnatal-depression-dads, or call the helplines below.



WHERE TO GET HELP

Help, counselling and CBT can be accessed through your GP.

Talking Mental Health Derbyshire. 0300 123 0542
You can self-refer via:
www.derbyshcft.nhs.uk/tmhd

NCT helpline
0300 330 0700
(8am-midnight, daily)

16 

Mind, the mental health charity

0300 123 3393 or text 86463
(Monday-Friday, 9am-6pm)

PANDAS Foundation

0843 2898 401
(9am-8pm daily)



IMPACT

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Fitness for Mums and Dads

Written by Lucy Forrester - Local Mum.

Staying fit and active as a parent can be difficult due to a lack of childcare, money, time, and of course energy. The thing is, people who exercise actually tend to feel less tired – and getting in on the benefits might not be as impossible as you think. Here are a few of my tips to help get you going.

Make exercise part of your everyday activities

If something becomes a habit, you are far more likely to continue to do it. Make simple changes such as choosing the stairs instead of the lift, or walking the kids to school or the shops and varying your speed between lamp posts - the kids will love it and your heart rate will increase. If you have a pushchair, use it! There are loads of exercises you can do using the weight of your buggy and its cargo, like walking lunges and squats.

Buddy up

If the thought of exercising is daunting, try buddying up with friends. Exercising with company keeps motivation higher, makes the time go faster, and you're less likely to cancel on a friend!

Set yourself a challenge

This is something I do with my fitness buddies: We set goals such as entering and completing a 5km race or swimming a set distance within a number of days. We

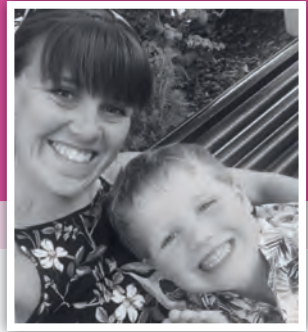
aim for a different challenge each month to keep motivated.

Make the most of the internet and social media

There are plenty of websites that offer advice and ideas for keeping active, such as Change4Life and the British Heart Foundation, which have short workouts, activity diaries and other ideas. There are also Facebook groups such as Belper Mums on the Run and other local groups for people with similar interests. They can help keep you inspired and meet like-minded people.

Home exercise

If it's difficult to find time away from home, try setting aside time in the day (during nap time or after bed time) to train in your own home or garden. There are many fantastic DVDs such as the Davina series, or connect your laptop to the TV and use some of the millions of free YouTube exercise videos.



Short and sweet

You don't have to exercise for hours to see results. Short and intense blocks of activity can be just as beneficial as long workouts. High Intensity Interval Training (HIIT) has become very popular as it can deliver great results in short workouts and boosts metabolism.

Keep it spicy

If you get bored quickly try mixing things up on a regular basis. There are plenty of clubs, groups and classes that are free to join or run on a pay-as-you-go basis. Make it an excuse to try new things to keep motivation levels high.

Health apps

There are some amazing fitness and health apps that can help you reach your goals. The NHS's free Couch to 5K app is a great path into running, with an easy-to-follow plan. The Strava app tracks your walking, cycling and swimming, with the ability to compare your top speeds to friends.

Wearable technologies

The last year has seen an explosion of wearable technology at reasonable prices. Some, such as Fitbits, are more basic and track daily activity, while others, like the Garmin range, use GPS. Seeing how much activity you're doing and how your fitness is improving can be incredibly motivating.

Reward yourself

When you set a goal, decide what your reward will be, such as a magazine, a pair of shoes or a manicure. Rewards can help you stay motivated.

Keeping kids active through the winter

Even if you've been active through the lighter and warmer months, it's easy to be trapped in the house by winter, staying cosy and warm in front of the TV. Getting everyone up off the sofa and moving doesn't just keep your own motivation strong - it keeps children entertained, too.

Here's a few tips to stay active with the kids through the winter period:

1. Dance, dance, dance – Children love to move

to music and it's a great way to get some exercise together. Try different types of music and explore how to move to each e.g. classical, rock, pop, jazz. It's lovely to watch how children interpret music.

2. Exercise together – Pop on the exercise DVDs that are gathering dust on the shelf and have a go at doing them together. It's lots of fun!
3. Wellies on and go – Children love to be outside. Wrap up and go for it! Try some simple ideas such as kicking leaves, puddle jumping and races between lamp posts. Make a list of things to spot and tick them off as you go.
4. Seasonal delights – Visit your favourite outdoor places and see how different they look in the winter. They'll learn about the seasons, too.
5. 10-minute shake up – The Change4Life website and app have fantastic Disney-themed games and activities to get the whole family involved.
6. Soft play – A great way for kiddies to run off some steam and get little hearts pumping.
7. Try something new – We have a host of active delights on our doorstep: Rollerworld

(www.derbyrollerworld.co.uk) is a classic still going strong in Derby, indoor climbing can be done from age six at Wirksworth Leisure Centre, while Water Meadows at Mansfield Leisure Centre and Bounce Revolution trampolining (bounce-revolution.com) in Derby are all exciting days out.

8. Use what you've got – Have fun inside by creating obstacle courses, playing hide-and-seek, building dens and creating cushion jumps. They're fun and free!

There are so many reasons to stay active including improved health and mood, increased immunity, and calmer children who are more likely to sleep well.

Remember, habits formed as children stay with us into adulthood, so give it a go!

Lucy Forrester

BSc (Hons), PGCE, AIDTA

Local Mum, Founder of Impact Dance and Fitness, Secondary School Dance and PE teacher.

IMPACT
DANCE & FITNESS

Remember to check with your midwife or GP before starting a new exercise programme.

Belper groups for babies and toddlers

If you are a new group and wish to be listed in our January issue, get in touch - info@boommagazine.co.uk

BELPER CLINIC TIMES

Belper Child Health Clinic, Babington Hospital
1-3pm on Wednesdays

DAY

MONDAY

Mini Moos Parent and Toddler Time for 0-5s

Splitz Dance Centre, Campbell St.
9:30-11:30am PAYG

Twistin Tots - musical fun and play for 0-5s (Free Tasters)

Belper Community Hall
9:45-11:45am PAYG

Come and Play

Belper Children's Centre
10-11:30am FREE

Bellebambino Baby Massage (6wks-crawling)

Alton Manor Day Nursery
10-11am PAYG

Story and Singing Time for 0-5s

Belper Library
2-2:45pm FREE

The Creation Station The Strutts Centre

1-1:50pm Little Explorer
(15 months to 5 yrs) BOOK

TUESDAY

Twistin Tots - musical fun and play for 0-5s (Free Tasters)

Belper Community Hall
9:45-11:45am PAYG

Baby & Toddler Spanish Lessons 0-4 yrs

Fleet Arts
10-11am BOOK

Tiny Talk Baby Signing (0-2years)

The Fit Pit, East Mill
11am-12pm &
12:15-1:15pm BOOK

Baby World and Me.

The Vanessa Millar School of Dancing
10-10.50am & 11-11.50am BOOK

Chucklebutties Toddler Tuesdays

Belper Mills
9:30-12:30pm PAYG

Twistin Tinies - musical fun for ages 0-18months (Free Tasters)

Belper Community Hall
1.30-2.40pm BOOK

B.E.A.R.S Breastfeeding Group

Belper Children's Centre
1:30-3pm FREE

WEDNESDAY

Derbyshire Toy Library Stay & Play

Belper Community Hall
9:30-11:30am PAYG

Gym kids

Belper Leisure Centre
0-3yrs 9:25-10:10am PAYG
3yrs+ 10:20-11:05am BOOK
3yrs+ 11:15am-12pm BOOK

Zumbini for 0-4 yrs

Ritmo STUDIO
10-11am BOOK

Baby Rocks (Bellebambino)

6wks-crawling
The Fit Pit, East Mill PAYG
10.30-11.30am.

Little Church

St Peters
1:15-2:45pm PAYG

Daisy Baby

Vanessa Millar School of Dancing
'Tinies' (baby massage, yoga-based movement and relaxation for mum)
11:30am-12:30pm BOOK
'Wrigglers' (baby yoga, rhythm, rhyme and sensory play)
10-11am BOOK

The Creation Station

The Strutts Centre
10:10-11am Little Explorer
(15 months to 5 yrs) BOOK
11:20-12:05am Baby Discover
(6 months to 14 months) BOOK

Jelly Roles:

18 months to 4yrs
(younger siblings welcome)
Rugby Club
2-2.45pm PAYG

THURSDAY

New Life Tots

New Life Church 10-12pm PAYG

Baby Ballet

Vanessa Millar School of Dance
Tinies (18mth-3yrs) 9.30am 10:15am
Movers (3&4 yrs) 11:00am BOOK
Tappers (3yrs+) 11:35am BOOK

Little Ones for Under 1s

Belper Children's Centre
10-11:30am FREE

Little Sage Baby Yoga Course

No 28 The Marketplace
9.45-11am (crawling to walking)
11am-12.15pm (8 weeks to walking)
Starting 24th Feb 2017 - BOOK

Derbyshire Toy Library Stay & Play

Brookside Bungalow
1:30-3:30pm PAYG

FRIDAY

Baby Sensory for 0-13months

The Lion Hotel
10am, 11.15am & 12.45pm BOOK

Natural World

Belper Children's Centre
10-11:30am FREE

Miracles2Mums Pilates (Post Natal 6 wks+ & Antenatal 12 wks+)

Belper Rehab Physio & Pilates Studio
10:30-11:30am PAYG

Sensory Stories

Fleet Arts
10-11:30 PAYG

Little Sage Kids Yoga Course (18 months to 5 years)

No 28 The Marketplace
10-11am BOOK
Starting 24th Feb 2017

Please note that some groups run term time only. The Children's Centre groups may be subject to change. We recommend you check the groups' websites and Facebook pages for updates.



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The following Baby, Toddler and Pre-school Stay & Play sessions are held weekly subject to holidays:

Mondays	CRICH	Glebe Field Centre DE4 5EU	9.30-11:30am
Tuesdays	WIRKSWORTH	Infant School DE4 4GZ	9.30-11:30am
Wednesdays	BELPER	Community Hall DE56 1AB	9.30-11:30am
Thursdays	FRITCHLEY	Primary School DE56 2FQ	9.30-11:30am
Thursdays	KILBURN	Village Hall DE56 0LU	9.30-11:15am
Thursdays	BELPER	Brookside Bungalow DE56 1RZ	1.30-3.30pm
Fridays	MATLOCK	Sure Start Children's Centre DE4 3DS	10.00-12.00pm



www.derbyshiretoylibraries.org

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Charity Number: 1081255



Mini Moos Toddler Time – aimed at 1-4 yr olds

Mini Movers Room – an active room full of ride-ons, tunnels and slides.

Mini Makers Area – For crafting, playdough and sensory fun linked to themes.

Mini Minds Room – A room full of house play, small, world, trains cars and construction.

Story Room – A quiet room for reading, puppets, jigsaws and our Mini Moos story time.

Mini Movers – Join in our themed disco and singing time at the end!


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50p extra per sibling (non-crawlers come free)
Pre-crawlers £2
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Baby World and Me is a Belper & Derby based parent and baby Class which creates a special world inclusive of our core values of **explore, play and bond**. Our classes are from birth to toddler. To find out more please contact Edwina on **07719 535991** or why not visit our fab website to start your Baby World and Me journey today!

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FACEBOOK PAGE "Miracles2Mums Pilates" 07703 116284

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SENSORY PLAY FOR WINTER DAYS!



HOMEMADE PLAYDOUGH

Ingredients:

- 2 cups plain flour
- 2 cups salt
- 1 tablespoon vegetable oil
- 4 teaspoons cream of tartar
- 2 cups water (add food colouring of your choice)

1. Mix or whisk it all together and put in the microwave for 2-3 minutes.
2. Wait for it to cool a little, peel off any crusts and give it a good knead.

Top tips:

For a different effect add: herbal tea leaves, vanilla or peppermint essence, spices such as cinnamon, a little orange zest, or glitter and sequins (after cooking).

The cream of tartar will help your playdough keep for up to six months in an airtight container.



WINTER FROZEN FUN

Fill balloons or small containers with water. Pop small toys inside and place in the freezer. Children will have great fun trying to melt or crack open the ice to rescue the toys. Dinosaurs are a particular favourite. You can also add glitter, sequins or food colouring to the water for an extra magical touch!



TREASURE BASKETS

A treasure basket is a container that displays safe and appropriate materials to stimulate your child's senses. There are many types of treasure basket. Some concentrate on stimulating one specific sense and others are themed, for example a nature basket, food basket, colourful basket, or noisy basket.

How to build a treasure basket: The basket itself can be any type of container with low edges - for example, a shoe box or wicker basket.

For a mixed household basket, have a walk around the house and garden looking for items with different textures, shapes, weights and colours.

Ideally you need 15 -20 items in your treasure box - fewer for younger babies and more for older toddlers.

Safety and top tips:

All items should be 5cm or larger to prevent swallowing and choking.

Ensure items are sturdy.

Always clean and check the basket before each use.

Allow plenty of time for your baby or toddler to naturally explore the basket. Always keep a close eye, but let your child discover at their own pace without interference.

Change the objects in the basket regularly to keep the activity fresh.



by Jo Leigh, co-editor of Boom Magazine and owner of Mini Moos Toddler Group



& Edwina Woodland-Fowkes, owner and class leader of Baby World and Me



SENSORY SQUISHY BAGS

Do you fancy doing messy sensory play, without the mess? Sensory squishy bags help stimulate your baby's sense of touch and develop fine motor skills.

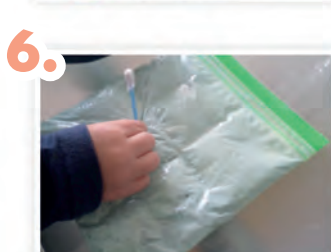
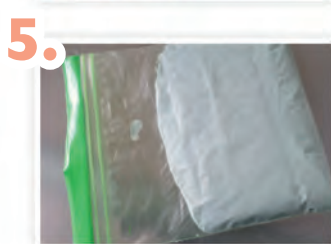
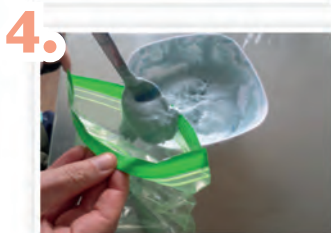
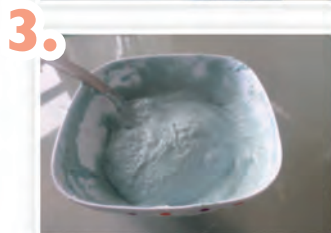
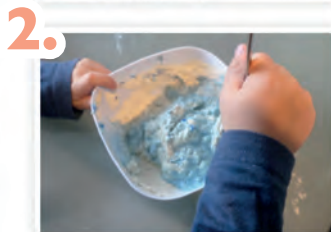
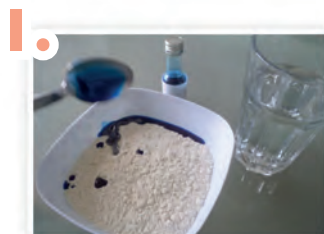
Sensory squishy bags can be made with flour, shaving foam, paint, hair gel or baby oil. Flour is used in the example below because it's such a common kitchen ingredient.

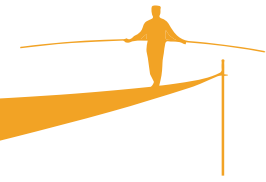
Ingredients and equipment:

- 1 cup flour
- 5 tablespoons water (add more if needed)
- 1 tablespoon food colouring (optional)
- 1 clear re-sealable plastic bag (around 20cm)
- Tape

1. Put the flour in a bowl and add the water and food colouring, stirring until well combined.
2. Use a large spoon to scoop the mixture into the re-sealable bag
3. Lay the bag on a flat surface and gently squeeze out any air. Seal the bag and secure with tape

Top tip: To check you have the right consistency, make a mark in the mixture in the bowl – you want the mark to stay visible.





Finding Balance

How do we find enough time for ourselves, our family and our partner?

In the busy business of being a parent, finding balance is one of the hardest skills to learn. It's essential to our wellbeing, yet something that many of us struggle with. To help, we surveyed you, local parents, about your personal experiences and tips on finding balance. You gave your best tips and opened your hearts on some of the issues we share.

Key concerns reported by many parents were the crucial need for supportive childcare, as well as finding the space for time management and organisation.

Your responses ranged from the endearing: "I'm crap at dividing time and have no advice for others", to the truly enviable: "Whenever the

grandparents have the kids overnight, we sneak away to a hotel for the night".

It's worth noting that, whatever you're experiencing, you're not alone. Below, we share some common responses to our questions and some sage advice from fellow parents for how to manage.

How do you find time for yourself?

Taking time for ourselves helps us feel calm, healthy and reenergised, which benefits the whole family. We all too often put ourselves last on our busy priority list. As one person eloquently identified: "We could do with more time as a couple, as a family and on my own! If I take time on my own, it sacrifices family time and vice versa." The key to finding time for ourselves seems to be scheduling in the

time. Parents who reported the most satisfaction in this area said they MADE time for themselves, such as booking onto a class, or "asking for 'me time' at least once a week, even if it's just to have a 10 min bath in peace". Another smart idea was to book a regular monthly appointment for a facial/manicure/pedicure so that they were more likely to honour it. For other parents, engaging in activities they really enjoy such

as sports, exercise, photography, or time with friends, helps them to feel reenergised. Key to recharging our batteries however is being gentle with ourselves. As one mum who "blocks at least two hours a week" out of her diary to spend it doing "something I love" said, "Some weeks it isn't possible but I don't stress about it. It's just nice to have the option."

How do you make time together as a family?

The majority of you replied that meals together at home and taking family walks or spending time playing outdoors, were your favourite ways to enjoy being together as a family. We found here that those

who got most satisfaction out of family time were the ones who were able to be mindful during these times, rather than being distracted by the to-do list. Even the everyday things we engage in as a family such as

mealtimes and bathtimes seem to be much more pleasant if we can appreciate them as they happen rather than feeling like we should be doing something else.

How do you make time for your partner?

Check out the next page for your top three Date Night and Child Friendly locations in Belper. *As voted by you...*

Scheduling nights out together with your partners was the most popular response. We may not all be able to nip off to a hotel for the evening to “have a meal, a few cocktails and breakfast in bed” but small efforts like “Phones-off Friday” and “no phones or internet after 9pm” were other helpful suggestions. Early bedtimes for the kids helped some people feel connected and making time to talk with partners after the kids’ bedtime also seemed helpful. A simple “Doing things we have in common” also gave us food for thought.

If you can’t imagine being able to do many or any of these things, you are by no means alone! The vast majority of you said it was practically impossible to have time as a couple. Those with ample access to childcare were most likely to report having enough quality time as a couple.

We really appreciated hearing your responses and suggestions. We were struck by the fact that we’re all striving and often feeling thwarted, but hopefully you will also find comfort in knowing we share our struggles. In reading your responses it became apparent that attaining balance is not like reaching the summit of a mountain but more like running from one side of a see-saw to the other and takes constant perseverance to feel balanced.

We will leave you with one final piece of oh-so-simple but truly mindful advice from a very wise parent: “Whatever you’re doing, enjoy it and don’t worry about what you’re not doing.”

Jo & Sascha



In a recent social media poll we asked YOU, parents local to Belper, about your top local date-night restaurants and child-friendly cafes. Here's what you said...

Top three date-night restaurants:



Nourish at No. 44 King Street, Belper



The Lion Hotel, 24 Bridge Street, Belper



Tom Yum Thai Kitchen, The Courtyard, North Mill, Belper

Top three child-friendly cafes:



The Family Tree, Derby Road, Whatstandwell



Costa Café, 17 King Street, Belper



Fresh Basil, 23 Strutt Street, Belper

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Sleepy Heads

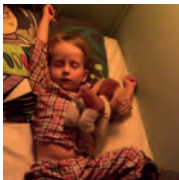


Well done to Louis' family who won a photoshoot to be on the front cover of our third issue of Boom.

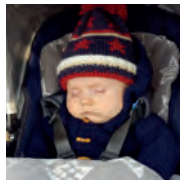
Thanks for sending in your sleepy head photos.

If you would like your child to appear in our next 'Nature Babes' feature please send your photo to: info@boommagazine.co.uk

A winner will be picked out of a hat to win a photoshoot with Boom's photographer, Christina Michelle to feature on the front cover of the next issue of Boom.



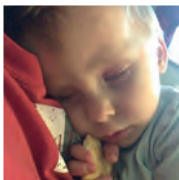
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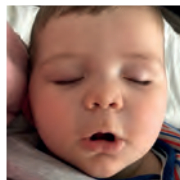
Finn



Abigail



Archie



Dawson



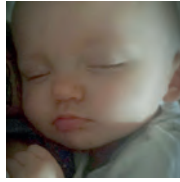
Alexander & Francesca



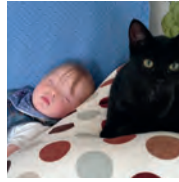
Gracie



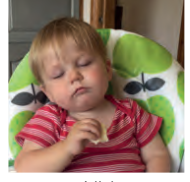
Harriet



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Isla



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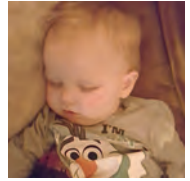
Isaac & Joseph



Logan



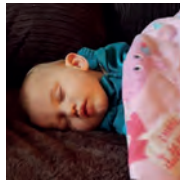
Aiden



Archie



Lucy & Alexander



Max



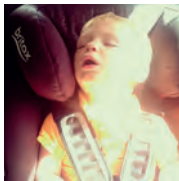
Niah & Deacon



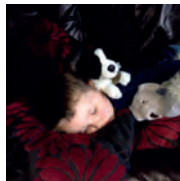
Ella



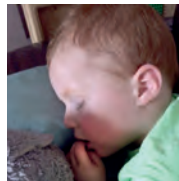
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Rafferty



Rory



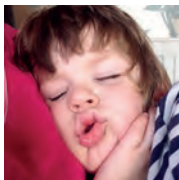
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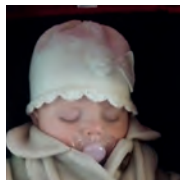
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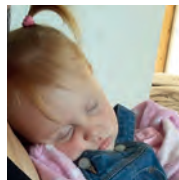
Teddy



Tristan



Abigail



Mollie Rose



Esther

Alex's Story

- a local mum who reached out for help

I've wanted to be a mum from the age of about five. I spent hours playing with dolls and dreaming about the day when I would be married with children and life would be complete.... The reality has been somewhat different. I wouldn't change it for the world, but life is tough some days! Embarrassing battles with behaviour in public, the monotony of dinnertime and the never-ending bedtime battles. Not every day is like this, but there are weeks that go by where I long for respite and often feel ashamed of my lack of ability to handle it all, and guilty for my lack of patience.

A few months ago things felt like they were spiralling out of control, so I went to my GP who referred me to 'Talking Mental Health' (you can also self-refer). Therapy is great if you feel you need a neutral, professional person to talk to. For me I needed some help with destructive thoughts that were convincing me I was a bad mum, wife, person etc. I only needed five sessions of cognitive behavioural therapy (CBT) at a centre in Belper and I also attended a free course called 'Managing Stress and Anxiety'.

I feel much better in myself now. I'm learning to cherish the good days and not dwell on the bad days. I've realised you don't have to be amazing at everything. It's fine to be just 'ok' & in fact its fine to be 'not ok'.

I remind myself that we are such an important person to our child but we're not superhuman. Children know how to press our buttons and we all have our limitations. I'm sure there are many others out there feeling disillusioned or maybe even

disappointed in themselves. As a parent I guess we have to try and be kind to ourselves, share our story with someone and try and take some guilt-free time to relax. In the end, being a happy parent benefits everyone in the family.

Talking Mental Health

Derbyshire offers a range of free and confidential therapies for adults who are feeling anxious, low, or depressed.

Their trained psychological therapists use talking therapies, such as counselling and cognitive behavioural therapy, to help people move towards recovery.

0300 123 0542

Email talking@derbyshcft.nhs.uk

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- Talking about mindfulness
- Talking about low self-worth
- Talking about stress and anxiety

For confidential support you can also call **Focus Line** on 0800 027 2127 or **The Samaritans** on 116 123

Depression Alliance is a charity for people with depression. It offers a wide range of useful resources and links to other relevant information. www.depressionalliance.org

The Sanctuary operates a 24-hour service available every day of the year; for people who are struggling to cope, experiencing depression, anxiety, panic attacks, or are in crisis. 0300 003 7029

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Mindfulness.

How it can help YOU



Mindfulness is being fully with yourself in the present moment. It is being aware of our surroundings, our body and our minds, and learning to sit comfortably with and observe the thoughts and sensations you are experiencing. It is a useful tool to fight depression and a powerful ally on the path to wellbeing.

Depression is often caused by ruminating on the past and how it may have gone wrong. Mindfulness helps us to recognise that there is nothing we can do about the past and helps us to focus on the present. It is not about forgetting the past, as it's useful to recall happy memories or lessons learned, but about appreciating the present. We gain nothing by going over and over things which have already happened. We need to be aware of the moment we are living in, rather than feeling lost in the past of future.

You only have to watch a child to see the absolute art of being mindful. Try observing a baby eat or play; they are totally absorbed in current sensation and only aware of now. Children will look at, taste, feel, examine and simply be curious about things. We adults however, can go about our days and weeks without really paying any real attention to our surroundings at all - we

are so busy stressing about fitting it all in, that we constantly undertake our many tasks and duties without ever really experiencing them. We spend so much time with our heads in the future or past that we lose all sense of our bodies and ourselves in the here and now.

Mindfulness is powerful. It has the ability to reduce stress in our lives, alleviate depression and soothe anxiety. It is free to practice and can be taken with us wherever we go. YouTube has plenty of mindfulness techniques, such as the body scan, which is a very simple but truly transformational technique that puts us back in touch with our mind and body.

Curious? Let's try a little bit:

Just now, right now, take a moment to get comfortable. Then turn your mind to your breath. Just feel the coolness of the breath as you inhale through your nose and the heat as you exhale through your mouth. Imagine your lungs filling up with air as the chest rises, and emptying again as the chest falls. Experience the diaphragm lifting on the in-breath and lowering on the out-breath. Your amazing body works automatically to give you these life-sustaining breaths 24 hours a day; spare yourself a moment to appreciate that. Take a deep breath... hold it for four seconds and let it go, breathing out fully. Now find yourself a soothing breathing rhythm. You don't need

to control the breath, just let it come and go - simply observing it with compassionate curiosity.

Now congratulate yourself. You have spent some precious time in your unique present. Even if only for a moment or two before your brain started racing again!

Remember, the concept of a practice is that it is just that - a practice. It is natural for the mind to wander; the important thing is to notice when you've done so and bring yourself back to the present moment.

We only exist in the here and now. The past is gone and the future does not exist yet. So next time you catch yourself lost in thought as you do the dishes, try putting your head in the washing-up bowl - metaphorically of course! Feel the heat of the water; smell the fragrance of the detergent and watch the bubbles form and change colour. Your body and mind will be all the better for it!

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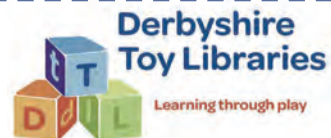


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Christina Michelle

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