

SOMETHINGNEW

Issue 20

THE PARENTING MAGAZINE FOR DORSET FAMILIES

NOBODY NOSE

A kitchen birth wasn't the only shock for Reuben

BEDROOM DECOR TIPS

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Ask Rosie
Ideas
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CONTENTS

06 NOBODY NOSE

Reuben's shock kitchen delivery was followed by a rare medical condition...

12 A VERY SWIFTY PARTY

Posh Lemons shares her Taylor Swift themed party ideas!

18 DELICIOUS DELIGHTS

Super fab food ideas from @whats.mummy.making

22 ASK ROSIE

Something New's Rosie is your go-to for parenting guidance!

25 BIG NEWS FOR LITTLE BEANS

Little Beans Nurseries have some big news they can't wait to share with you!

30 FAMILY TREES!

Katherine is on-hand to help you select the perfect small tree for your garden



Thank you to Karen Wiltshire Photography for the cover photography
kw-photography.co.uk



Little Roo had a tough start
Read on page 6

34 PINE CONE CRAFTS

Get creative with a pine cone!

36 DIVINE DECOR

Get ideas for chilled, serene bedroom decor for your family

39 SWISH-SWISH

Swishing is the best way to revamp your wardrobe!

42 EYFS AT THE FARM

See how educational a trip to Farmer Palmer's can be...

48 WATER CONFIDENCE

Read Puddle Duck's tip for water confidence ahead of beach season!

Hello!

Hello 2025,

At the start of this year, we had our editor's letter ready and everything lined up to go to print. But - as life often reminds us - things don't always go according to plan. Sometimes, even those of us who feel like superheroes need a reality check.

For me, that came in the form of a serious health scare: Sepsis. It was a terrifying and humbling experience, one that I'm incredibly grateful to have come through. But it did take a toll, and as a result, it delayed the magazine.

And you know what? That's okay. Life shifts, timelines change, and sometimes we just have to surrender to the moment. We tell our children to be resilient, to grow through what they go through - and occasionally, we need to give ourselves that same pep talk.

Fate has a funny way of redirecting us. Plans change, paths shift, but I truly believe we always end up where we're meant to be. Every challenge teaches us something. We grow, we adapt, and with each hardship, we learn to appreciate the small things a little more.

So, albeit a little later than planned - we're here. The editor's letter may have evolved, but the heart of this magazine remains timeless, always relevant, and always a reflection of strength, perseverance and passion.

Here's to continuing the journey - delayed or not - we are still standing, still creating and most definitely still winning.

With love and resilience,

A handwritten signature in black ink that reads "Sebrina" with "xxx" written below it.

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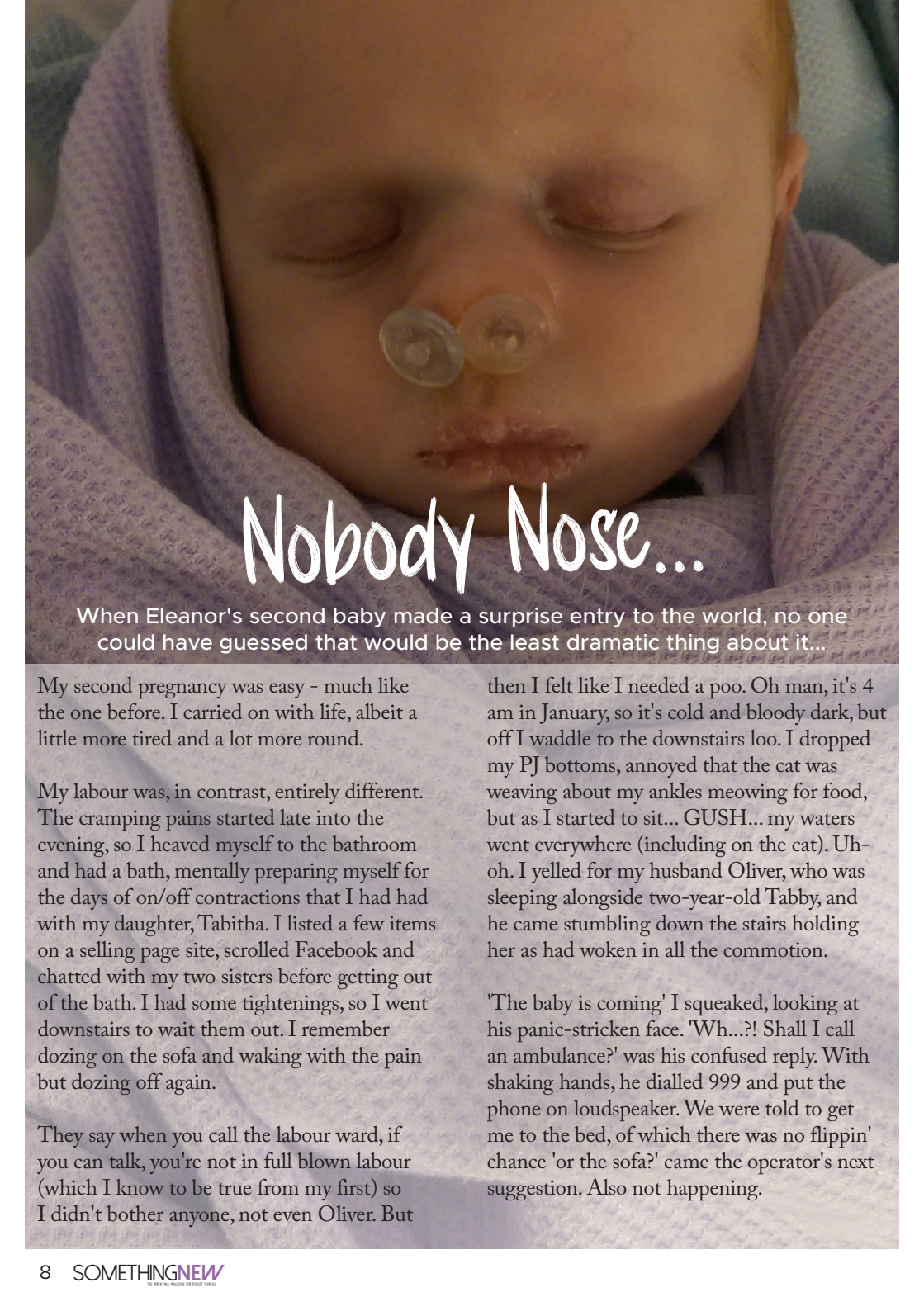
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Nobody Nose...

When Eleanor's second baby made a surprise entry to the world, no one could have guessed that would be the least dramatic thing about it...

My second pregnancy was easy - much like the one before. I carried on with life, albeit a little more tired and a lot more round.

My labour was, in contrast, entirely different. The cramping pains started late into the evening, so I heaved myself to the bathroom and had a bath, mentally preparing myself for the days of on/off contractions that I had had with my daughter, Tabitha. I listed a few items on a selling page site, scrolled Facebook and chatted with my two sisters before getting out of the bath. I had some tightenings, so I went downstairs to wait them out. I remember dozing on the sofa and waking with the pain but dozing off again.

They say when you call the labour ward, if you can talk, you're not in full blown labour (which I know to be true from my first) so I didn't bother anyone, not even Oliver. But

then I felt like I needed a poo. Oh man, it's 4 am in January, so it's cold and bloody dark, but off I waddle to the downstairs loo. I dropped my PJ bottoms, annoyed that the cat was weaving about my ankles meowing for food, but as I started to sit... GUSH... my waters went everywhere (including on the cat). Uh-oh. I yelled for my husband Oliver, who was sleeping alongside two-year-old Tabby, and he came stumbling down the stairs holding her as had woken in all the commotion.

'The baby is coming' I squeaked, looking at his panic-stricken face. 'Wh...?! Shall I call an ambulance?' was his confused reply. With shaking hands, he dialled 999 and put the phone on loudspeaker. We were told to get me to the bed, of which there was no flippin' chance 'or the sofa?' came the operator's next suggestion. Also not happening.

I got as far as the kitchen cabinet when the overwhelming urge to push came; 'STOP PUSHING' said Oliver, 'PUUUSH' said the operator and, in a moment, I felt my son's head arrive. Oliver had put Tabby down so he could go and grab our duvet, and he got back in the room to see me pulling the baby out. He wrapped the duvet around me and helped me sit down, while the operator gave instructions on tying off the cord.



Once we had done that, I beckoned Tabitha over, as she was standing looking bewildered in the doorway. I knew we had to make everything as normal as possible, so I said 'come and meet your brother!'. I also grabbed my Kindle and took a quick photo to send to my group chat with my sisters; Isobel was on a waking night shift, so saw it right away and my goodness, did she rally the troops! My brother in law was over in a flash, just moments after the paramedics, then came my friend and her boyfriend, mum and youngest sister and, then finally, the homebirth midwife. It was a full house!

The paramedics were with us in minutes, and saw to me, cut the cord and got me to the living room. They wanted to be sure I was well following the birth, and once they established that, they helped my brother-in-law clean the kitchen!

At this point, they reminded me about the placenta, so I had to let that come naturally rather than expedite it with the injection. This

was when I felt that the midwife REALLY didn't get paid enough since she had to recover it from the loo once I'd delivered it.

Anyway, once the paramedics had gone, I went up to my bedroom while my little sister and brother in law built the bedside crib I was meant to receive at my surprise baby shower, which as it turns out, was later that day. Once the baby was settled in his new crib, I slept (so did he!) and woke an hour before the baby shower and felt well enough to go! So I took my hours-old infant and headed off for tea and cake.

The baby shower was enormous fun. I was still pretty shell-shocked, and if it weren't for a close friend who had her four-day-old baby with her, I'd have forgotten to feed mine, since he hadn't cried or woken much. I gave feeding a go, but he wasn't interested, so I figured he was tired from the birth ordeal.

That evening we ordered a takeaway, I must have tried to feed him again, but I don't remember much until I went to bed. Climbing into the clean sheets, I looked at the tiny little guy and thought it was time to name him. Except there was a niggle...he was puffing air out of his mouth when he breathed out. I called my sister (who is my go-to for EVERYTHING), and we both agreed that it was strange enough to warrant a call to the hospital.

I called Postnatal, who said I technically under the home-birth team, but once they heard his breathing (it was loud enough they could hear down the phone) they agreed that I should come in.

I grabbed my hospital bag as I left, thinking it was probably me being an over-cautious mum. Little did I know.

I arrived at the maternity ward and parked in the pay and display outside, and didn't bother with a ticket since I'd be gone by the time the relevant hours started at 8am the next day.

Little did I know.

They saw us right away. I was jovial about my unexpected home birth, laughing with the nurses about how Oliver was squeamish with the cord.

Until they tried to pass a nasogastric (NG) tube through his nose and it wouldn't go.

My less-than-24-hours-old baby was highly distressed, and I was just as bad. They took his bloods, and I could tell by the nurse's fast pace and sombre look when she returned that this wasn't nothing.

Picking the baby up and placing him in a plastic crib on wheels, they asked me to follow them. We walked quickly out of post-natal and down a corridor, pausing at a doorway, as they waited to be buzzed in. It was only as I passed through I saw the sign on the door.

Neonatal Intensive Care Unit.

We were put in a side room as we were an infection risk because Roo had been born at home. There was a lot of coming and going and I was trying to call my husband to update him, but he'd fallen asleep at home. Luckily for us, my sister managed to wake him and took over looking after our 2-year old daughter so he could join me in the hospital. The following days are a complete blur of memories.

I remember sitting in a room with Reuben in a plastic box, covered in wires and tubes. I was trying to breastfeed and he took some milk, which was a relief.

We saw so many consultants from different departments in those days; each presenting what they thought the problem was. It took a few visits, but when the ENT (ear, nose, throat) consultant came to see us, things really started to move forward. It was established that the airway was somehow compromised, however, Poole didn't have the facilities to manage such a small person so we'd need to be transferred to Southampton.

The news was a blow. I was already living a crazy life split between home and hospital (post baby days you REALLY want to shower and bath in your own home!), but at least in Poole friends and family could pop by and my daughter was close. But we had to go.

The transfer was a long day of waiting; the ambulance to take us was diverted many times, which was absolutely right but Roo wasn't allowed to feed until after the journey. Seven hours after our planned leaving time, we were loaded into the back and off we went.

Arriving at Princess Anne Maternity Hospital in the dead of night was a surreal experience. We were led to one of the six nurseries and parked up in a bay. Going from a private room to a nursery with 12 other babies was a lot to take in - it was such a different environment there were so many alarms and beeps, it made me aware of just how lucky we were, despite the situation we were in. After checking us in, I was told to try to get some sleep before ENT came to see us. I was sent to a closed ward in a wing of the hospital which would have been incredibly



creepy if I hadn't been so sleep deprived! Ninety minutes later I was brought back to the nursery where they prepared Roo for a CAT scan.

Days passed with lots of waiting and chasing. Those were long old days. My sister (my hero) visited a lot, sometimes bringing my daughter. And eventually, we were given a room in Ronald McDonald House - it's like a hotel for families with little ones in hospital. It gave a place to retreat to, to get some privacy and to spend time with Tabby.

Over the following weeks, Reuben was given various treatments and we were discharged and re-admitted to hospital a few times.

We'd get treatment, think things were working and go home, only for him to take a turn and we'd have to head back to Southampton. That was hard - sometimes, I'd put Tabby to bed, Roo would have an incident in the night, and she'd wake up with us gone.

After two failed attempts at stents in his nose, we finally decided that surgery was the best course of action.

Surgery on such a little human is terrifying. I've never been so anxious as when I was waiting for news from the surgeon. But everything went well, and after a few weeks of healing, Reuben was breathing normally.



Since then we haven't had any issues, and he's grown into a sweet, sometimes ferocious, boy. I thank the team who helped us through this time from the bottom of my heart - without the NHS, I can't begin to think what would have happened to us.



Q&A

Common Questions around having Aesthetics



Q: WILL TREATMENTS MAKE ME LOOK UNNATURAL?

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Q: ARE TREATMENTS SAFE?

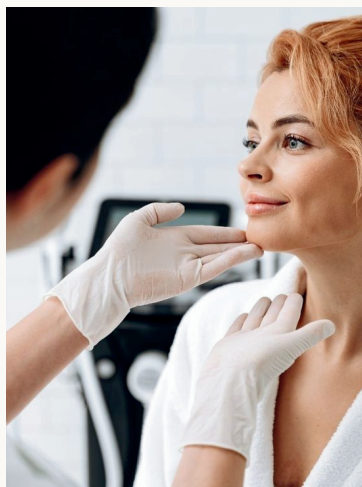
Absolutely. All treatments in our clinics are only carried out by qualified medical professionals using the highest quality scientifically backed products, all in a clinical environment.

Q: DO AESTHETICS TREATMENTS HURT?

A: Most treatments involve minimal discomfort. Something that sets us aside as a brand is that we specialise in offering advanced techniques to maximise your comfort during your treatment, making sure you feel relaxed and at ease throughout.

Q: WHAT IF I DON'T LIKE THE RESULTS?

Our clinicians offer in-depth consultations before booking in your appointment to fully understand your needs and set clear expectations, ensuring you feel confident in your decision. Post treatment we also have a review to discuss the results and ensure you are happy with the outcome. We consider this as a 'skin journey' and we work with you for a period of time to achieve all of your goals. We provide a very warm environment and lots of reassurance for our patients.



Q: ARE TREATMENTS EXPENSIVE TO MAINTAIN?

We offer flexible payment plans from only £17 a month, and a range of options to suit different budgets, making it easier to invest in your self-care. We often look at a treatment plan across the year with a patient so you are able to factor in treatments to create the outcome you desire.

Q: ARE THESE TREATMENTS ONLY FOR WOMEN?

A: Not at all! We often see men and women together. Aesthetic treatments are for everyone. We act on an entirely confidential basis. Skin Within have been treating male patients for over 15 years, providing some fantastic natural looking male outcomes.

Q: WILL HAVING ANTI WRINKLE INJECTIONS AFFECT MY LIPS?

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When my daughter, Asha, turned seven, it was clear her two biggest loves - Taylor Swift and pizza - had to be the heart of her birthday celebration. A proud pizza-obsessed Swiftie, Asha's excitement for her big day inspired me to plan an unforgettable event, combining everything she loves into one memorable experience. With the help of Dorset's incredible small businesses and a perfect local venue, her "Seventh Era" party came together wonderfully.

THE PERFECT VENUE FOR A PIZZA LOVER

There was no better place to host this celebration than Pizza Express at Tower Park Poole, where Asha and her friends enjoyed a fun-filled kids' pizza-making party. Each child had the chance to



create their own masterpiece, from rolling the dough to adding their favourite toppings.

The staff went above and beyond to make the experience seamless and exciting, letting the kids unleash their creativity while learning the art of pizza-making. The delicious aroma of fresh pizza and the laughter of children set the tone for an unforgettable afternoon.

SWIFTIE-INSPIRED DECOR

To bring the Taylor Swift theme to life, I had a stunning balloon stack made by Uplift Creations which set the stage, blending soft pinks, lilacs, and metallic tones that echoed Taylor's "Lover" and "Midnights" eras. I made a personalised poster that read "Asha in Her Seventh Era" and had pictures of her from first born to present using a template in Canva and printed online via Vista Print perfectly tying together the Taylor Swift theme with Asha's milestone birthday.





A STAR-APPROVED OUTFIT

Asha twirled through the day in an outfit that any Swiftie would adore. Her personalised Taylor Swift-inspired tee by My Rocking Kids with the text “in my seventh birthday era”, making her the true star of the show (use code: POSHLEMONS for 10% off all things My Rocking Kids *exclusions apply). The tee was paired with a lilac shimmer skirt, sparkly trainers from Next, and a glittering “7” badge ordered from Etsy designed just for her. Every detail of her look sparkled with Swiftie vibes, making her feel like a little rock star stepping into her own era.

A CAKE TO REMEMBER

No Taylor Swift party is complete without a show-stopping cake, and Helena Jane Bakes delivered beyond expectations. The beautifully designed cake featured



nods to Taylor’s iconic personality and was as delicious as it was pretty. From the delicate pastel tones to the intricate details that tied it all together, it was a true work of art that left me not wanting to even cut it!

PARTY BAGS FILLED WITH SWIFTIE JOY



Each little rockstar left with a thoughtfully curated party bag filled with Taylor Swift-inspired treasures. These included adorable Taylor Swift-themed

biscuits by Sophie’s Sugar Cookies, disco ball keychains, Swiftie stickers, heart-shaped sunglasses, sweets, disco confetti, and beaded friendship bracelets. Every detail was chosen to reflect the fun, sparkle, and sense of connection that defines being a Swiftie - and the kids couldn’t have been more thrilled to take home these keepsakes.

THE JOY OF CELEBRATING TOGETHER

The combination of pizza-making, Taylor Swift sing-alongs, and dazzling decor made for a day full of laughter and love. Asha’s smile never faded as she danced, created her own pizza, and blew out the candles on her incredible birthday cake. Her excitement over every detail - big and small - reminded me why we put so much effort into these celebrations.

The magic of the day was made possible thanks to all the fabulous businesses who helped bring my vision to life. From the delicious baked treats to the personalised decorations and , each contribution added a special touch that made it all one to remember.

For parents looking to create a themed party, combining a venue like Pizza Express with lots of lovely local businesses is a simple yet effective way to celebrate your child's passions and milestones. After all, it's those little details - and the joy on their faces - that make all the effort worth it.

Check out my Instagram page @poshlemons, where I share snippets of my motherhood journey, from creative party ideas like Asha's Taylor Swift-themed celebration to heartfelt moments that make this season of life so special. It's a positive space for mums, filled with inspiration for making memories, prioritising self-care, and balancing family life. Whether it's motherhood tips, lifestyle hacks, or just a reminder to embrace the little things, my goal is to uplift and connect with other mums on this beautiful, chaotic journey, come & join me x



Venue & Pizza Making: Pizza Express
Tower Park, Poole
[www.pizzaexpress.com/poole-tower-park/
book/pizza-making-parties](http://www.pizzaexpress.com/poole-tower-park/book/pizza-making-parties)

Balloons: Uplift Creations
(Instagram: @upliftcreations_)

Foam Poster: custom “Asha in Her Seventh Era” template Canva & printed Vista Print
www.canva.com | www.vistaprint.co.uk

Biscuits: Sophie's Sugar Cookies
(Instagram: @sophies_uk)

Cake: Helena Jane Bakes
(Instagram: @helena_jane_bakes)

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Along with our usual 'Busy Bee' provision to create a buzz, we change the theme every half term, please check our website for details.



Just £3 per family, booked online by half term, this fee includes complimentary coffee, tea and biscuits; with free parking available on site. With all welcome, we are looking forward to seeing you there!

Honey Bees is run by Talbot Heath Kindergarten, Pre Prep & Junior School | Rothesay Rd | Talbot Woods | Bournemouth | BH4 9NJ
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Delicious Delights

by What's Mummy Making

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PIZZA WAFFLES

INGREDIENTS

2 tbsp tomato purée	1/4 tsp baking powder
1 tsp garlic granules	125g flour
1 tsp mixed herbs	25-30g grated cheddar
1 egg	60ml milk

METHOD

First, mix together your tomato purée, garlic granules, and mixed herbs with 2 tablespoons of water – give it a good stir until it's all nicely combined. Then, pop that tomato mixture into a bowl and add in the rest of your ingredients. Mix it all up until it's lovely and smooth. Finally, pour the mixture into your preheated waffle maker and cook until it's beautifully golden brown.



STRAWBERRY CHEESECAKE ROLL UPS

INGREDIENTS

2 strawberries
1 tbsp soft cheese
2 slices of bread

METHOD

Chop your strawberries and mash them in a bowl. Mix in your soft cheese until well combined. Remove the crusts from your bread and roll it flat. Spread the strawberry mixture onto the bread and roll it up tightly. Melt butter in a pan over medium heat. Place the roll-ups, sealed side down, into the pan and cook until golden brown on all sides.



AIR FRYER POP TARTS

INGREDIENTS

1 sheet ready to roll short crust pastry
Raspberries
Soft cheese
Greek yogurt
Sprinkles

METHOD

Unroll your pastry, and you can either cut it into six rectangles or use a biscuit cutter to make six shapes. Now, take about three raspberries and pop them into the middle of three of your shapes, mashing them down slightly with a fork. Take the other three shapes and place them on top of the ones with the raspberries. Seal the edges together all the way around with a fork. Pop them into your air fryer and cook at 180°C for 8-10 minutes, or until they're beautifully golden brown. While they're cooking, mix together a tablespoon of soft cheese and a tablespoon of Greek yoghurt until they're nicely combined. Once the pastries are cooked, let them cool a little, then add your soft cheese and yoghurt mixture on top, and finish with a sprinkle of, well, sprinkles!



THE IMPORTANCE OF FOREST SCHOOL IN EARLY CHILDHOOD.

Being outdoors and connecting with nature during a child's formative years ingrains memories and a love that can last a lifetime.

Outdoor learning, particularly through programmes like Forest School, plays a pivotal role in shaping children's development during their formative years.

By immersing children in nature, these educational approaches not only foster academic learning but also cultivate essential life skills, including independence, resilience, and a deeper connection to the natural world.

Independence is nurtured in outdoor settings where children are encouraged to explore, make decisions, and take ownership of their learning experiences. Forest School, for instance, allows children to take on challenges that promote self-reliance, such as building shelters, lighting fires, or navigating natural obstacles. These activities require problem-solving and critical thinking, empowering children to trust their instincts and abilities. Unlike traditional classroom environments, where learning is often structured and teacher-led, Forest School offers more autonomy, enabling children to develop a sense of ownership in their own education.

Resilience is another key benefit of Forest School. Nature's unpredictability - whether it's changing weather conditions, physical

challenges, or unexpected discoveries - teaches children how to persevere through setbacks. At Forest School, children regularly face physical and emotional challenges, from getting muddy to overcoming fears, all of which help them develop coping mechanisms and grit. The natural environment becomes a safe space to experiment, fail, and try again, building confidence and emotional strength.

Finally, being outdoors fosters a **connection to nature** that can last a lifetime. Through direct interaction with the environment, children learn to respect and care for the world around them. Whether they are identifying plants, tracking wildlife, or understanding ecosystems, these experiences promote environmental stewardship and a sense of belonging to the earth. This connection can lead to more sustainable behaviours as children grow, as they carry forward the lessons learned in nature.

In conclusion, outdoor learning programmes like Forest School provide a holistic approach to child development. By promoting independence, resilience, and a deep connection to nature, they equip children with the tools they need to thrive both academically and personally.

Talbot Heath nurture girls from age 2 -18, discover more at one of their Open Events. www.talbotheath.org/openday

the parenting COACH



I am a fully qualified parent coach with 20 years of experience as a teacher and 11 years of experience as a parent.

From toddler tantrums to the turbulent teens, I'm here with parenting advice, strategies and tips to help you bring harmony to your home. Group workshops and one to one sessions are available.

Find me on Facebook and Instagram at [theparentingcoachuk](#) or email me at the address below.

Rosie



Mention Something New Magazine for a 25% discount on your first consultation with Rosie

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ASK ROSIE

Each issue, The Parenting Coach, Rosie, tackles your parenting questions. There is no subject we won't cover and privacy is guaranteed.



Q My three-year-old says 'Mummy' all day long. When I say all day long, I really mean it... every few seconds she's saying it and asking me a question or just saying 'um...' and trying to think of something to say. She is also constantly interrupting me if I am talking to someone, pulling at my arm and saying 'Mummy' over and over again. I find it really frustrating and hard not to snap at her. Is there anything I can do to stop this behaviour or try to even just cut it down a bit?

I often use the phrase, 'this phase shall pass' when referring to different stages of parenting, and it really is true and worth remembering; although now your child constantly demands your attention, the time will come when the roles will be reversed and you will be constantly trying to get her attention! What you need to remember is that all she is really asking for is your attention. You are the most important person in her life and she looks to you for attention, reassurance and love. You can pre-empt this sort of behaviour by providing plenty of positive feedback in advance and remembering that children of this age emotionally need your attention about every 2–3 minutes per year of age to feel secure and happy. So, you can expect interruptions and demands for attention from your three-year-old about every 6–9 minutes (although it may feel like more!).

Frequent interruptions are a fact of life for the parents of young children. Toddlers seldom wait

for their turn to speak, even when their parents are occupied with an activity or speaking to someone else. Though this behaviour can feel disruptive, it's not intentionally rude; toddlers are only just emerging from infancy, so they still think that the world revolves around their needs. Children of this age also struggle with poor impulse control (needing to blurt out their ideas immediately!) and they are still learning the skill of patience. In the same way, their concept of time is still developing. This makes it hard for them to understand how long, 'wait a minute' actually is.

Interruptions and constant questions from little ones are mainly due to developmental factors so there's no quick and easy way to stop your child from interrupting. In time they will learn to wait their turn and their ability to read a situation will develop. However, there are a few strategies that, when used regularly, should mean that you start to see positive changes in your child's behaviour by the time she's old enough to go to school.

1. Model manners.

Toddlers are extremely observant. They rapidly absorb information around them, especially if this relates to social behaviour. To help your child learn good manners, try to limit your own propensity to interject when your child is speaking. Let her finish what she's saying before you correct her or offer your perspective. If you do interrupt your child, make sure you apologise while mentioning the specific thing you did wrong, e.g., "I'm sorry I interrupted you; what were you going to tell me?"



2. Show your child how to get your attention with a gentle gesture.

To help your child get your attention without being loud or disruptive, show her a simple gesture she can use to let you know she has something to say. For example, you can tell her that if she wants your attention but you are talking or involved in something, she can gently squeeze your hand. You can then return the squeeze to acknowledge her. Be mindful of her attention span; for this technique to be effective you'll still need to respond fully within a few minutes but it will be a step in the right direction.

3. Provide activities when you know you're going to be busy.

As I said at the start, young children do need a lot of attention and, as their brain is still developing, they struggle to plan activities for themselves. Therefore, to minimise interruptions when you're busy or want to have a conversation, give her a few suggestions based on things you already know she enjoys (like watching a particular show or playing a game) and let her choose the option

that's most appealing to her. Allowing your child to choose what she wants to do will give her a sense of control over the situation.

4. Teach your child when interrupting is appropriate.

There are, of course, times when you want your child to seek your attention immediately. Talk through these scenarios with your child in advance. For example, if she needs the toilet, if she's unwell or hurt or sees something unsafe happening.

Hopefully, by using these strategies regularly you will start to experience less interruptions from your daughter over time. Children change and develop at a startling rate and usually behaviours that have driven parents mad, fade out, and are soon replaced by something else. You may recall the 'Why?' or 'No' stages that are common amongst 2-year olds; those phases pass and so will this one – just hopefully a little quicker with the help of these ideas.



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LITTLE BEANS NURSERY CELEBRATES 10 YEARS WITH MAJOR EXPANSION IN WEYMOUTH

Little Beans Nursery, a well-established provider of exceptional childcare and early years education in Poole and Weymouth, is celebrating its 10th anniversary with the announcement of a major expansion at its Weymouth premises on the Granby Trading Estate.

Located at the centre of South Dorset's major employment area, the nursery will greatly increase its capacity, extend their wraparound care provision for children from 3 months to 10 years and drive employment growth across both Little Beans' locations.

The expansion will allow Little Beans in Weymouth to remain in its current location, having already secured the lease on the neighbouring space, formerly occupied by Sharky's Fun Factory.

The new 6,000 sq. ft. area, complete with dedicated free parking on the doorstep, will welcome up to 100 children per session, ranging in age from 3 months to 10 years - a substantial increase from the current capacity of 28 children.

For the first time, the Weymouth nursery will offer a baby unit, complete with a dedicated play space, sleeping area and their own generous, well-resourced baby room garden.

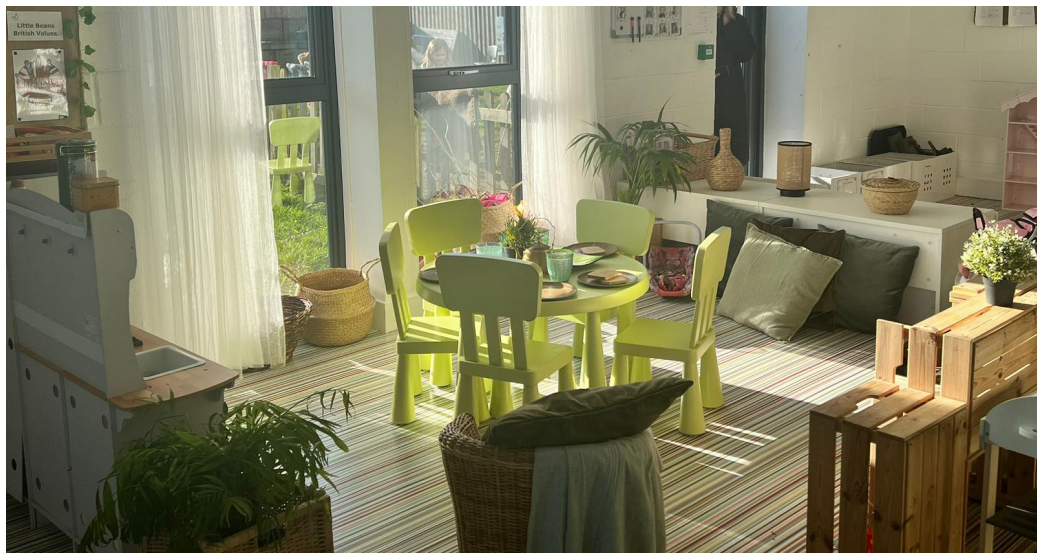
The first phase of the expansion has enabled the setting to accommodate 40 children, including babies, allowing families to have



siblings of varying ages at the same location for continuity of care.

"We are delighted to expand our services to include baby care, allowing families the convenience of having siblings cared for in one nurturing environment," said Tamsin Ledger, Director at Little Beans.

She added, "By also extending our provision to care for children up to 10 years old, we're now able to offer an even more comprehensive wraparound service for families, supporting them before and after school, as well as during school holidays." Commenting on the recent changes to government funding for childcare, which allows parents to access funded support from



as early as 9 months old, Sebrina Drew, Director at Little Beans explained: "With the new government funding expansion, which includes support for all families and an increase of up to 30 hours for working families, we are so delighted to be widening our offering of our inclusive provision.

Families can now access their childcare entitlement from 9 months old, offering them even greater flexibility and choice in childcare. Parents can apply their entitlement to any of the sessions we offer at Little Beans. We can't wait to see this project come to life."

Accessibility and inclusion are at the core of the nursery's renovation project to create a stimulating and enabling environment where every child can thrive and meet their full potential. Facilities will all be based on the ground floor, with tailored spaces including spacious indoor play areas, an activity resource hub featuring a technology suite, library, sensory area, cosy quiet corners, cooking, arts and expressive design areas.

Externally, the nursery has an extensive outdoor play space – all resources are natural, wooden and made from sustainable sources, so kind to the planet. Parents also benefit from convenient free on-site parking, making drop-offs and pick-ups easier.

"We are delighted to offer children the opportunity to explore all areas of the EYFS (Early Years Foundation Stage) through creative and curious play, in a safe, nurturing environment that also captures each individual child's cultural capital. With our purpose-built, spacious indoor and outdoor areas, we encourage them to discover the world around them through self-led play and their interests, all while providing the care and support they need to grow and thrive," said Sebrina Drew.

"Our ethos of 'Explore - Learn - Grow' remains at the heart of everything we do. Sebrina added: "This expansion allows us to continue providing the exceptional care Little Beans is known for, while meeting the growing demand from local families. Our

focus is on a high-quality, rich, supportive environment that helps every child, of all abilities, to flourish. We look forward to working collaboratively with the local authority, Ofsted and fostering further links with the local Weymouth community."

The expansion also supports the creation of new jobs, with staff numbers increasing to almost double across both the Poole and Weymouth locations, adding to their fantastic Little Beans team. The new roles will range from nursery apprenticeships to leadership positions, as well as opportunities in catering, media, and administration.

Little Beans Garland in Poole, which successfully caters for up to 58 children per session will continue to serve as a shining example of Little Beans' commitment to providing high quality early years education.



The Weymouth location's expansion mirrors this success, offering even more families access to flexible, inclusive childcare options.

The refurbishment will take place in three phases, allowing for a gradual expansion, with full completion scheduled for summer 2025.

Tamsin Ledger, Director at Little Beans, said: "This expansion offers families a secure, reliable nursery close to their place of work and a major secondary school. It means the whole family, from 3 months to 10 years, can be safely dropped off at the front door of a high-quality care nursery, without the hassle of finding free parking."

Sebrina Drew concludes: "Registration is open, and the uptake has been great already. Call us on 01202 942 630 to arrange a personal tour of Little Beans Weymouth, find out more and secure your Little Bean's place!"



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Katherine Miller is a children's gardening writer and mum of three

Family

Here are my top tips for selecting the perfect small tree for your family garden

Trees

Some trees grow very big, very quickly and become a time consuming burden (I could say the same about my children!). But the point is, when choosing a tree for a small garden it is important to consider the long-term characteristics, which unlike children, can be defined by their variety from the outset. Planting a tree can be a mindful, bonding experience for everyone. It is often the perfect way to commemorate a special occasion or to plant together in remembrance for a loved one. So how to choose? Research.

Decide at home and then seek out where to buy, rather than making an impulse purchase. It will save you time and money in the long run to research before rushing out to the garden centre. For larger specimens you'll find that your money goes further by ordering a 'bare-root tree' from a nursery. So here are some points to consider if you are doing your own research plus a selection of my favourite, beautiful small ornamental and fruiting trees that will enhance your outdoor space in the years to come.



RESEARCH

Space - how big will it get and how quickly does it grow?

Reasons - what are your needs? Seasonal colour, a productive harvest, a potted tree, or an evergreen tree for year-round screening?

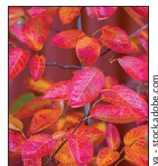
Position - does your short-listed tree require any special soil type or location?

Is it poisonous? - check that there are no concerns for children and pets before buying.

Remember - the reason most newly planted trees die in their first year is lack of water!

For detailed expert advice please refer to the UK's leading gardening charity: rhs.org.uk

SMALL TREES FOR YEAR-ROUND COLOUR



Amelanchier lamarckii

Delicate white flowers and bronze leaves in early spring turn to green leaves in summer against dark multi-stems. Non-toxic red berries in autumn and the leaves turn to a striking orange and red.



Cherry Accolade

Dark branches are laden with deep pink buds which open in spring into baby pink semi-double flowers followed by vibrant green leaves changing to orange and red in autumn.



TWO GREAT TREES FOR PATIO POTS



Olive

Dusty green leaves with small white flowers, some varieties bear fruit. This is a very slow growing evergreen tree that prefers a sunny location.



Flamingo willow tree

Salix integra 'Hakuro-nishiki'. Yellow catkins appear in early spring followed by pink and cream leaves which turn green in summer and orange in autumn.



SMALL FAMILY TREES - BEST FOR HARVEST



Family Apple Tree

So many choices, so I suggest the 'Family Apple Tree' where three varieties of eating apple have been grafted onto one stem - a whole orchard on one small tree!



Victoria Plum

Plum trees prefer a sunny, frost-free spot. There are many varieties, but *Victoria Plum* is reliable, with pretty white flowers in spring and fruit in mid-late summer.



SOMETHING NEW TO DO



Plan for your harvest

Collecting the fruit when it's ready doesn't mean you have to get cooking right away. We usually freeze our plums and then turn them into plum jam in time for Christmas. Plums are naturally high in pectin (which helps it to set) meaning you only need sugar and lemon juice to make jam.



Save your baby food jars...

They are a great way to make lots of jam gifts from your harvest. To sterilise them, just wash in hot soapy water and pop in a low oven for 10 minutes before filling.



Katherine Miller
kids.gardening.craft



For more creative ideas follow Katherine on Facebook & Instagram



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Park School Welcomes New Head



Park School in central Bournemouth is pleased to welcome Mrs. Nadia Ward to the post of Headteacher.

Mrs. Ward was appointed by Park School and its Governing Board at Forfar Education

during the summer of 2024, and took up her post at the start of this year. Having worked in education for over 20 years, Mrs. Ward has joined Park from her post of Head at Heathside School Hampstead, a co-educational preparatory school in London. Prior to this, Mrs. Ward worked for the Eaton House Group of Independent Schools, where she was a Deputy Head for 10 years. Following the acquisition of Eaton House by Dukes Education, Mrs. Ward worked for several Dukes schools sharing her expertise, particularly in Early Years and safeguarding.

As a trained Montessori teacher, Mrs. Ward is passionate about making sure that every child has strong foundations and develops a love for learning, commenting that, "I am incredibly honoured to be serving as the new Headteacher at Park School. From my very first visit, I felt a deep alignment between my own ethos and values and those that define this wonderful school. The welcoming atmosphere and strong sense of community were immediately apparent."



Park School, a co-educational, independent school located on the leafy Queens Park Drive South, is well known in Bournemouth for its high quality education provision. Rated 'Excellent' by the Independent Schools Inspectorate, a new and spacious baby unit within the school's nursery was also rated 'Outstanding' in 2024. The school has benefitted from other significant investment and enhancements to its facilities during the last 12 months that includes a modern music suite featuring soundproofed studios and new music equipment, and two new outdoor play areas with wooden climbing apparatus.

During the last few months, Mrs. Ward has spent time getting to know the pupils and their families. Now a familiar face within the school community, she has worked with the school's Senior Leadership Team over the last few months on a number of projects that will enhance Park's excellent offering even further.

Families are invited to drop in and meet with Mrs. Ward who would be delighted to welcome them to Park School to hear more about its exciting plans. **Please visit parkschool.co.uk/somethingnew or email admissions@parkschool.co.uk to book a tour, or find out how a Park education can benefit your child.**



Keep kids busy with some creative ideas from Katherine Miller



5 things to make with pine cones



1

Little chick

You can make all sorts of birds and animals with a pine cone and some jiggly eyes. Adding PVA glue to poster paint makes a safe, thick paint. Securing the cone on a sturdy piece of card or foam creates a steady base for every creature.



2

Hanging bird feast

This is messy, but so much fun...

If you are a nut-free household then use block vegetable fat or suet and a nut-free bird seed. If not, use peanut butter and any seed - the birds will love it.

You must remember to tie string or twine to the top of the cone before starting! Vegetable fat or suet may need to be warmed and beaten to create a usable consistency for children to manage.



- Using a spoon or plastic knife, spread the peanut butter into crevices of an open pine cone.



- Roll the cone in the seed. Hang the cone over a pencil and suspend into a jug in the fridge to set.



3

Hanging bug house

We made an interesting piece of natural garden art that also doubles up as a bug hotel...

We re-purposed two hanging basket cages, filled them with open pine cones, then tied the baskets together with garden wire to make a ball.

To prevent the cones falling out during construction, we used a tea towel temporarily whilst turning one basket onto the other.



Tic-tac-toe - 3 in a row

There are many games that can be played with natural items collected from the garden, try substituting counters with pine cones for games that you know....

Did you know? Pine cones open and close depending on the temperature to release seeds.

4



5

Alien creation

Tip out your craft box and create an imaginary creature. Try winding pipe cleaners around a pencil and sliding them off, for very effective spiral shapes.



Katherine Miller
kids.gardening.craft



For more creative ideas follow
Katherine on Facebook & Instagram



Designing Your Child's Bedroom

by Southern Homes



Designing your child's bedroom is one of those lovely, fleeting parenting moments where practicality meets creativity.

You're not just choosing furniture and paint; you're crafting a space where little minds can dream big, rest deeply, and feel utterly at peace. And what better inspiration than nature itself to guide your choices? After all, the natural world isn't just beautiful - it's incredibly beneficial for your child's growth and wellbeing.

We know nature works wonders on children's emotional, cognitive, and physical development. It reduces stress, sharpens focus, and improves sleep quality. While you

can't always have your child frolicking in a forest, you can bring some of that magic indoors, starting with their bedroom.

PALETTE OF PEACE

Colour is more than just decoration - it's a mood-setter and, if you're not careful, an over stimulator. For a calm, restful space, think soft greens, serene blues, earthy browns, and gentle neutrals. These hues mimic the tranquillity of the natural world, wrapping your child's room in an embrace of calm. While bright primary colours might be fun on paper, hues like fire-engine red and canary yellow can hype up rather than settle down little brains.

NATURAL MATERIALS, NATURALLY

When choosing materials, go natural. Wood, linen, and cotton not only feel warm and inviting but also keep the air free from toxins often found in synthetic alternatives. Think a sturdy wooden bed frame, breathable cotton bedding, and perhaps a woven rug made from natural fibres. This isn't just about aesthetics - it's about health. Synthetic materials can release harmful chemicals, so choosing natural is a win for both style and safety.

CLUTTER-FREE CALM

We all know kids and clutter go hand in hand, but a serene space demands a bit of organisation. Clever storage solutions - under-bed drawers, stylish baskets, or built-in shelves - can keep the mess at bay without stifling creativity. A tidy room isn't just easier on the eyes; it's better for little minds, too.

LET THERE BE (SOFT) LIGHT AND A BREATH OF FRESH AIR

Lighting is one of the unsung heroes of a peaceful bedroom. Harsh overhead lights? Not ideal. Instead, go for dimmable lamps that create a cosy glow, signalling to your child's brain that it's time to relax. The right lighting can make all the difference in helping your child wind down at the end of the day.

Here's an easy way to bring the outdoors in: add a few plants! Not only do they improve air quality, but they also bring a pop of life and vibrancy to the room. Just stick to low-maintenance, child-friendly varieties - nothing too fussy.



DIGITAL DISTRACTIONS

One of the simplest ways to preserve your child's sleep sanctuary? Keep the tech out. Screens are stimulating and disrupt sleep patterns, so save the tablets and TVs for other parts of the house. Instead, fill the room with books, puzzles, or toys that encourage imagination and quiet play.

DESIGNING FOR SWEET DREAMS

Ultimately, your goal is a room that's not just pretty but also practical - a space that fosters quality sleep and healthy development. By prioritising natural materials, calming colours, and thoughtful lighting, you're giving your child the gift of a space where they can truly thrive. Consider adding a forest-themed mural or some leafy wallpaper to spark their imagination while maintaining a soothing vibe.

And who knows? You might just find yourself sneaking in for a nap amidst all that peace and calm. No judgment here.

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Looking Swish!

by Alice Nichol

After a new look? Want to find your own style? The answer may already be in your wardrobe...



Hello! My name is Alice Nichol, and this is my first article for Something New! I am very excited to share my passion for what I call 'Wardrobe Love' and how important dressing for

confidence is we you all.

I am a personal stylist and owner of award winning styling business Buddy and Noo. I offer services that help women discover their wardrobes in an easy and sustainable way.

After completing a degree in Fashion Marketing, I started my career working for high street brands including French Connection and Zara, planning and designing shop floor layouts and window displays, where I developed my love of fashion and styling.

Joining the corporate wheel, I worked for global brand Ralph Lauren in offices across

London and Europe. By then a working mother, I became well versed in needing a versatile wardrobe that suited my many different 'hats' as a woman running a home whilst building a career.

This all changed when I hit a confidence low after my second child was born, aka 'Buddy'.

I became very familiar with that feeling of looking in your wardrobe, feeling completely uninspired and having the sense that your lost identity is there, but not necessarily having an endless budget, know how or even the energy to do anything about it!

Drawing on all my experience in the industry, knowledge of styling bodyshapes and passion for preloved shopping I gradually transformed my wardrobe, styled my shape to embrace the changes and bit by bit rediscovered my confidence and sense of self.



That's where my passion really comes in, showing women what they can create from items already hanging in front of them. Believe me, there is always some kind of fabulousness in there!

Wardrobe Love is not just about wearing what we already own it is also about knowing what we need and buying the right things to maximise our outfit potential.

After qualifying as a personal stylist, I launched Buddy and Noo in 2019, (named after my inspirations, my children Arty (Buddy) and Nancy (Noo) with a mission to help women who are experiencing the same feelings about their wardrobe and style as I have.

So what actually is Wardrobe Love?

Wardrobe Love is the concept of taking the time to get to know ourselves, body shapes and style aspirations and exploring those identities through our existing wardrobes.

How often do we see someone in a great outfit and wish we looked like that? Or admire a look that a friend has worn to lunch but think to ourselves 'I could never pull that off'.

Well, the likelihood is that the outfit combination or a slight variation of, may already be in our wardrobes, could actually suit our shape and style but we are so stuck in our low confidence and 'same look on repeat' rut, we cannot see it.

During my earlier career, I saw first-hand how the fast fashion 'buy now, buy cheap' mentality was damaging not only the environment, but clogging our wardrobes up with unnecessary, poorly made clothing that we wore once and then pushed to the back and forgot about.

All adding to the overwhelm of what to wear and encouraging the habit of just buy something else to solve the problem, which we all know it doesn't!

I know first hand that by understanding what suits you in terms of colour, shape and style, when you are out shopping you are well equipped to ensure you're buying the right pieces. Ones that feel good, look good, go with everything you already have and will wear repeatedly. Saving you money, stress and time worrying about what to wear!

I get so many requests for a 'capsule wardrobe' and tips on how to create one, they are seen as the answer to a busy woman's style dilemmas! The essence and success of a capsule wardrobe is wearing everything in circulation and being able to mix and match easily and quickly.

Here are my top 3 tips on how to get more from your wardrobe today!

SEPARATE SEASONS

Rotating your wardrobe every season is the easiest and cheapest way to give yourself newness in your style. As we are in the throws of winter all you need to be seeing when you open your wardrobe doors are chunky knits, boots and other layering items.

Take out any light, spring-summer pieces, bag them up and put them away. By the time the warm sun arrives and you swap over with your winter clothes it will feel like a new wardrobe!

TAKE OUT THE UNLOVABLES

Overcrowding our wardrobes with pieces we no longer can or will ever wear, is never going to be a good thing.

No one needs to be reminded of 'that used to fit me pre-kids or wow my old work clothes are so uncomfortable or that's just not me anymore' every morning. So get rid, take those pieces out!

Put them in a bag and hide them (if not ready to let go) or bring them down to The Swish Shop or one of my Swish It events and swap them for something fabulous.

GET THE STYLE JUICES FLOWING

Often style ruts come from not knowing what we want our style to be, and how we want to reflect who we are. We create vision boards for our life goals but never for our wardrobes.

What looks or trends are you loving right now? Is there a celebrity who's style you

admire? Have you always loved Parisian chic or the hippie vibe?

Find images of what you are inspired by when it comes to your style and collate them. This could be on Pinterest, screen shots on your phone or printed and cut out to be stuck on a board.

Having something to look at for inspiration when shopping or trying to create a new look in the morning can be a game changer!

THE SWISH SHOP & SWISH IT

I co-founded **Swish It** with Lizzie McManus in 2022, creating a fun, sustainable way for Dorset women to rotate their wardrobes. Our events have grown rapidly, with seven already booked for 2025 across Poole, Bournemouth, and Dorchester.

Now, I'm thrilled to launch The Swish Shop – the first of its kind! This retail space offers a stylish, comfortable, and friendly environment where you can update your wardrobe sustainably through preloved and ethical fashion. We'll have expert stylists on hand to help you create the perfect outfits.

Find out more about The Swish Shop and upcoming Swish It events on Instagram **@theswish_shop** or Facebook (The Swish Shop). Our website, **theswishshop.co.uk**, is coming soon!

For my personal styling services with Buddy and Noo, visit www.buddyandnoo.co.uk or find us on Instagram and Facebook **@buddyandnoo**.





FUN AT THE FARM

A child's early years are crucial, shaping their future relationship with learning. It can feel like a big responsibility for parents and carers to provide enriching experiences, but don't worry! There are plenty of simple ways to support your little one's development, even when you're out and about. Children learn best through play, in engaging environments,

and with the support of a trusted adult. A day at Farmer Palmer's Farm Park offers the perfect opportunity to learn and grow.

Let's explore how you can weave the seven areas of learning from the Early Years Foundation Stage (EYFS) into your farm visit, making it both fun and educational.

Communication & Language

Developing spoken language is fundamental to all seven areas of the EYFS framework. The more chances children have to ask questions and chat with others, the richer their vocabulary becomes.

Farmer Palmer's is full of opportunities for language development. In the animal barns, you can introduce animal names, sounds, and rhymes. In the park, you can talk about feelings like excitement, happiness, and even the occasional frustration or impatience!

Many parents already do this instinctively, but understanding the learning happening in these moments allows us to make the most of them.

Children pick up new words quickly, whether through repetition (like pointing out a cow and saying "Look, there's a cow! Cows make milk!") or by linking new experiences to familiar things like books and rhymes.

This helps them connect the animal to its name, learn a fact, and create a lasting memory. Now, when they hear a rhyme about cows, they'll picture the one you saw together!

If you haven't seen them yet, the farm's dinosaurs are a must-see! They sparked so many conversations. We used the information boards as prompts, keeping things simple for younger children (colour, size, sounds) and exploring the facts in more detail with older ones.



Physical Development



Physical activity is essential for children's development and helps establish healthy habits for life. The UK Chief Medical Officers' Physical Activity Guidelines recommend at least 180 minutes of daily physical activity for children under five. This doesn't mean daily hikes! Physical activity includes a wide range of movements: from developing a pincer grip and spatial awareness through crawling, to improving coordination through walking and dancing, and building core strength, stability, and balance.

Farmer Palmer's offers endless opportunities for physical activity, from mark-making and soft play to the woodland walk and the ever-popular bouncy castle. All this activity creates natural opportunities to talk about how exercise feels. Try asking your child, "I wonder, can you feel your heart beating?"

I wonder why it's beating faster? Do you need a drink or a rest?"

Maths

Maths is everywhere! We use it constantly, from counting and pouring to creating patterns and building.

At the farm, you can count sheep, build towers in the Farmer's Barn, and play in the splash zone. As you do, introduce mathematical vocabulary like "add more," "take away," "share between," "half," "double," and "measure."

Understanding The World

Nothing beats first-hand experiences. They broaden children's knowledge and understanding of the world.

Interacting with the animals at Farmer Palmer's provides a wonderful opportunity for new experiences. We love feeding the goats, holding the guinea pigs and seeing how children interact with each other in the play park and on the mini-tractors.



Expressive Arts & Design

The farm offers lots of ways for children to explore different media and materials and express themselves creatively.

In the music area, they can create their own rhythms and dance to their own tunes, having fun with the instruments and sounds.

Role-playing in the little houses helps them communicate and learn about their environment in a safe and playful way.



Literacy

Learning to read and write begins from birth with stories, rhymes, and conversations. Children are like sponges, absorbing everything around them. Filling their days with words, music, and sounds helps them develop these skills. At the farm, you can weave literacy into your visit in many ways. The signs and information boards provide opportunities to learn about animals and wildlife and introduce new words. Don't be afraid to use more complex words, just offer simple explanations. For example, "The deer looks anxious. That means worried."



Personal, Social & Emotional

The farm is the perfect place to meet friends, join groups, or make new connections. Children can learn valuable social skills like negotiating, sharing, taking turns, and interacting with different ages. This helps them develop relationships and build a strong foundation for life. It's also important to teach children about caring for themselves and others. We can help them learn about healthy eating, personal needs, and understanding their own and others' feelings. Empathy is one of the most valuable skills we can teach.

Caring for animals is a wonderful way to learn about what living beings need. Cuddling guinea pigs, learning their names and habitat, and practising gentle handling teaches children about responsibility and empathy. Seeing their pride when praised for their care of an animal is truly rewarding. Feeding the deer and goats and watching the pigs also offer valuable learning experiences.

A visit to Farmer Palmer's isn't just a fun day out; it's a valuable learning experience. By being mindful of the EYFS framework and engaging with your children during their play, you can support their development in all seven areas. So, pack a picnic, grab your wellies, and head to the farm for a day of learning, laughter, and lasting memories!

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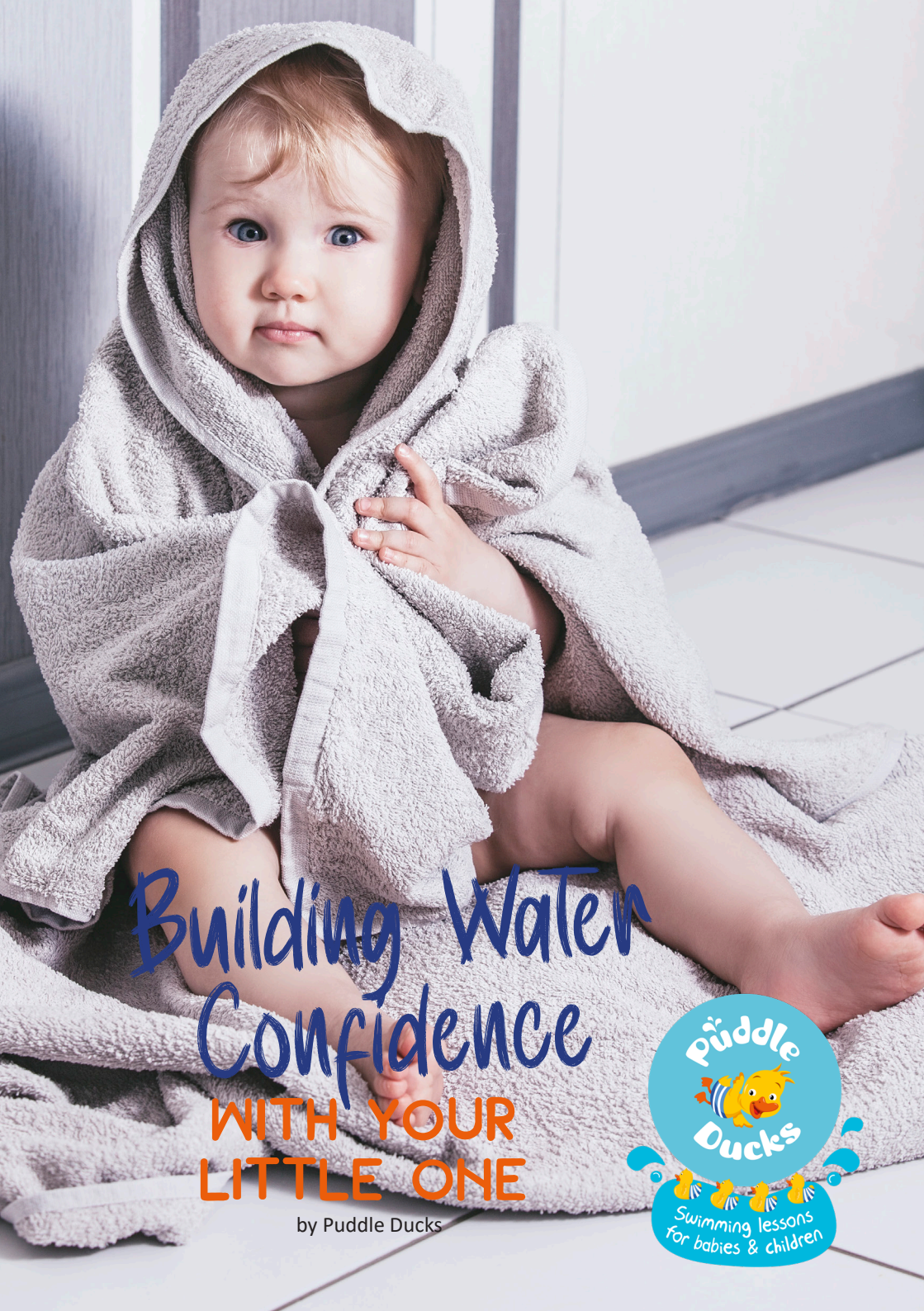
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Building Water Confidence

WITH YOUR
LITTLE ONE

by Puddle Ducks



At Puddle Ducks, we believe that building water confidence is just as important as learning to swim. Parents come to us not only hoping their little ones will feel comfortable in the water but also so they can feel confident taking their babies swimming. Here are our top tips to nurture water confidence in both you and your little one.

1. Choose a Warm Pool

Babies, especially very young ones, aren't great at regulating their body temperature. A pool heated to 28°C or higher is ideal. All our pools are at least 30°C perfect for your little ones.

Having a soft towel to wrap your baby in as soon as they're out of the water will help keep them snug and happy, making the whole experience more enjoyable.

2. Be Water-Confident Yourself

Children are great mimics, and they'll take their cues from you. You don't need to be an expert swimmer, but if you feel comfortable in the water, your baby will feel more secure. You're showing your baby how to respond to water, so staying relaxed is key to helping them feel safe.

3. Take It Slowly

Every baby is different. Some are eager to dive in, while others may be more cautious. Always respect your baby's pace. Having their face or head underwater for the first time can be a big adjustment for some babies, so at Puddle Ducks we start with gentle splashing and allowing them to get used to the water.

4. Make It Fun

Water play is the best way to build confidence in babies and toddlers. Incorporating games, songs, and rhymes into

our lessons helps keep them distracted from any nervousness they might feel. Simple activities like splashing, blowing bubbles, and playing with our ducks will help your little one feel at ease in the water. The more fun and light-hearted the experience, the more likely your baby is to enjoy the water and feel confident in it.

5. Teach Them to Float

Floating is a great skill to help your baby develop confidence in the water. We start by fully supporting them as they float on their back. Over time, we gradually reduce the amount of support you provide. Floating is an important skill that could save your child's life if they ever fall into the water, and it also helps them feel more at ease in the pool.

6. Make Bath Time Part of the Fun

Bath time provides a perfect opportunity to help your baby get used to water. It's a warm, familiar setting that's ideal for gentle splashing and play. Use toys and sing songs to make bath time enjoyable, which will help your little one get used to water on their face and body. If bath time is fun, your baby will be more likely to enjoy swimming lessons and pool time later on.

We also have pyjama weeks three times a year where little ones get to feel what it's like being in the water in clothes. These weeks are always lots of fun and full of water safety tips.

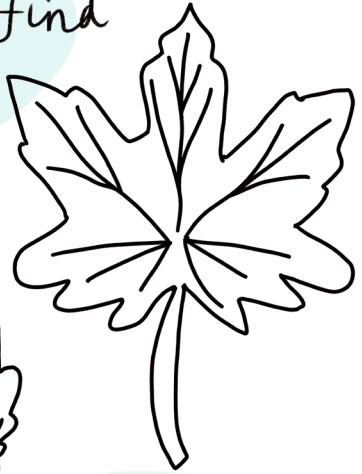
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Which leaves
can you find
in the
forest?



Ash

Oak



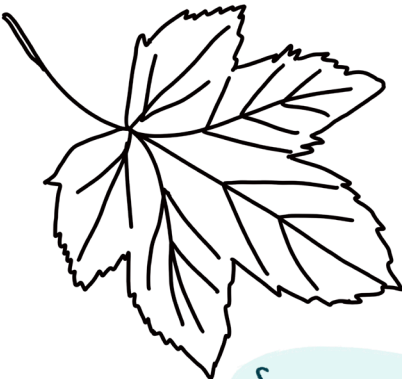
Maple



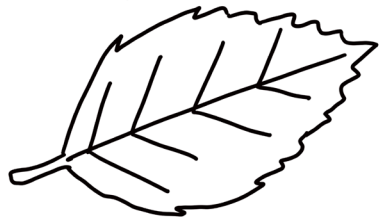
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