

THINKING ON AN EMPTY STOMACH

AS MANY AS ONE IN SEVEN AUSTRALIAN CHILDREN HEAD TO SCHOOL WITHOUT BREAKFAST, ACCORDING TO RECENT AUSTRALIAN BUREAU OF STATISTICS DATA. THE CENSUS AT SCHOOL SURVEY WAS BASED ON RESPONSES FROM MORE THAN 16,100 AUSTRALIAN CHILDREN. DIETITIAN LEIGH REEVE SUGGESTS:

- ✓ **Limit after-dinner snacks:** this is for kids who say they “aren’t hungry” in the morning.
- ✓ **Leave it to the kids:** breakfast cereal is one of the first meals kids can make for themselves.
- ✓ **Lead by example:** resist the urge to just reach for the coffee cup; grab a bite to eat as well.
- ✓ **Be ready to run:** while it’s always best to sit down for breakfast, it isn’t always possible. Brekkie on-the-run is much better than not eating at all.



BABY DIARIES

Forget those half-filled baby books gathering dust on your bookshelves and keep track of your baby’s routine and milestones on-the-go. Created by mother-of-two Tara O’Connell and Out of the Square, *The Baby Diaries* app is a simple, easy-to-use tracker where you can keep note of your baby’s sleep, feed, change times and milestone achievements. Now available for free from the App store, thebabydiaries.com.au



ENJOY MORE MILK

Entrepreneurial Aussie dad-of-four Peter Baron wanted to encourage his children to drink wholesome milk. From his first prototype using his daughter’s stocking, came straws that boost the white-milk appeal with flavoured beads inside and less than half a teaspoon of sugar per straw. Choose from 13 (sometimes surprising!) flavours. Buy five 10-packs from the online store launching early March and your 6th is free, delivered direct to your door or school canteen, visit sipahh.com.au



CREATIVE MAGNETS

Have fun creating (and recreating) unique images from animals to crazy shapes. Inspired by their daughter’s love of magnets, parents Dane Flighty and Kate Johnson wanted to make something colourful and bold that kids could create their own imaginary world with. “It became a game with no rules for her; she would come and go as she pleased adding and re-arranging the pieces,” says Dane. \$39, ages 4+, Tessi Creative Magnets, tessicreative.com

“WE NEED AFFORDABLE, HIGH-QUALITY CHILDCARE MORE THAN EVER. IT’S NOT A NICE-TO-HAVE, IT’S A MUST-HAVE. IT’S TIME WE STOP TREATING CHILDCARE AS A SIDE ISSUE, OR A WOMEN’S ISSUE, AND TREAT IT LIKE THE NATIONAL ECONOMIC PRIORITY THAT IT IS.”

– BARACK OBAMA

GIFTED AWARENESS

The inaugural Australian Gifted Awareness Week will take place 15 to 21 March, with the aim of raising awareness of the learning needs and potential contribution to society of our gifted and talented young people. The Victorian Association for Gifted and Talented Children Inc. (VAGTC) is also offering members a free Gifted Awareness Kit, which contains useful information about giftedness, and light-hearted approaches to parenting and teaching, vagtc.asn.au



GET ARTY

Cute and practical, these gorgeous smocks will keep kids clean from all that paint, glue and mess – and they’re machine washable. Handmade by Melbourne mum Laura, jump online to check out her other designs including chevron, dinosaurs, racing cars, dogs, flowers and more, etsy.me/1AcB0Ht

For your chance to win one of three smocks of your choice from Purple Ivy Creations, visit childmags.com.au



KABOOM!

Even the most reluctant readers won’t be able to put these books down. Written by one of Australia’s most influential athletes, cricketer David Warner, the latest two books in his four-part series promise mayhem, disaster, suspense, and of course – lots of cricket. *Keep it Down! Kaboom Kid 3* and *Hit for Six: Kaboom Kid 4* are out now, ages seven to 12, \$14.99, books.simonandschuster.com.au



FIVE LITTLE DUCKS

Sing along, countdown and teach your kids literacy and numeracy skills with these handcrafted felt boards. Embellished with fabric paint and googly eyes, they’re tactile and will also help develop fine motor skills and hand-eye coordination. Choose from different nursery rhymes, such as *Mary Had A Little Lamb* and *Five Fat Sausages*, Felt Board Magic, etsy.me/1JjZmq1

For your chance to win one of three felt boards, go to childmags.com.au