

# mumsense

Winter 2010

[www.mumsensemagazine.com](http://www.mumsensemagazine.com)

making sense of family life

## LET'S PARTY!

What do the children enjoy most?

## BOOSTING IMMUNE SYSTEMS

How to avoid the usual round of colds and bugs that follow us into the new year.

## CATCH ME IF YOU CAN

A flash of colour mixed in with this season's dark, tailored classic coats.

*40 Festive Favourites*

FASHION \* LIFESTYLE \* EDUCATION \* HEALTH



As I sit writing this winter travel column, I am still soaking up the final days of summer and therefore reluctant to let go of sunshine and warmth in order to plunge myself deep into the colder seasons. And yet, as I put myself hypothetically amidst crisp mornings and snowy afternoons with my woolly hat, cosy socks, rosy cheeks and hot chocolate, I can't help but feel excited. Being the hopeless romantic that I am, each quarter of the year brings with it many a splendid pastime. However, as much as I sense my toes curling at the thought of my snug winter wardrobe coming out to play and burst with joy at the thought of watching my daughter's eyes light up beneath the sparkling Christmas displays, I am also realistic in acknowledging that the truth is probably going to be more like grey skies, weak tea and soggy boots – not that my daughter ever grumbles at endlessly splashing about in puddles!

So if you want to avoid 'grey' meltdown, I personally think there is never a better time to break away from the daily grind than in the depths of a British winter. Maybe you fancy skiing your way across a snowy winter wonderland (or drinking that hot chocolate from a viewpoint as no doubt I will be!), escaping to a cabin in the Scandinavian woods, or dusting off your bikini to top up your tan in a more topaz-and-soft-sand-type destination? Or how about not ending summer at all and simply rejoining it on the other side of the world?!

Quite frankly, any of these options appeal to me but I hope at least one will appeal to you because if there is one thing I do like to promote, that's making the most of each season. So whether you opt for snowy mountains closer to home, or a luxurious yacht on the other side of the world, I hope your winter is a great one!

## What to take...



### Thomas Carry Case Play Mat

If you have a little one like mine who adores Thomas the Tank then this is a simply fabulous addition to your luggage. Zipped up and on the go it carries favourite toys, and once stationary, it unfolds to make a fun and colourful map of the famous Sodor Destinations.

Price: £15.00  
Tel: 01271 336155  
[www.learningcurve.com](http://www.learningcurve.com)

## Travel Sense

Alice Griffin makes sense of escaping the Winter Blues...

### Kiddicare Super Car Seat

I can highly recommend this Super Car Seat, especially for travel. It's so lightweight that I just take it along to put in the hold on fly-drive holidays. It also has a huge age range, from 9 months to 11 years, and is super easy to fix into vehicles using the regular seat belt. The seat also comes complete with a 5-point safety harness, as well as a height adjustable head-rest so it will grow along with your child.

Info: Available in Granite Grey and Sunny Pink  
Price: £39.99  
Website: [www.kiddicare.com](http://www.kiddicare.com)



### Little Life Ladybird Backpack

My daughter adores this backpack. It's just the right size to fit a 3-year-old's essential items in, looks uber-cute, and is not so big that you end up doing the carrying! It also has a built-in rain hat and detachable safety strap (perfect for airports) to boot.

Price: £17.00  
Tel: 0844 557 7755  
Website: [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)

## Luxury Chalet at the Foot of Mont Blanc

With Eurostar recently opening ticket sales for its new services from London to the French Alps, now is the perfect time for ski lovers to book for the best deals and in my opinion, Chalet La Moraine makes the perfect family-friendly base. Situated at the foot of Mont Blanc, its traditional exterior hides a contemporary and chic interior with spectacular views. Kitted out with families in mind, the property offers three travel cots, two high chairs and a baby bath for guests' use. In addition there is a PlayStation2 with games in the lounge, a large DVD collection and board games, as well as a videogame console and games for children of all ages. However, parents have not been forgotten and you will find a luxury Jacuzzi on the large deck as well as a sauna – perfect after a busy day on the slopes!

Ref: Property 67149

Price: 5 bedrooms, sleeps 10. From £1,610 per week

Website: [www.homeaway.co.uk](http://www.homeaway.co.uk)



## Get away from it all on the Norwegian Fjords

If it's not the cold and changeable weather of England that you're running from, but instead the pace of life, then a cabin in Norway might be just the ticket. Having just returned from a week-long-break in a cabin perched on the slopes of Sognefjord, I can wholeheartedly vouch for the fact that if you want to get away from it all, this is the place. Spectacular scenery, friendly people and space in abundance; pack your thermals, light the fire, let your children run free, and forget about the rest of the world!

Price: A great selection of self-catering cabins to suit all budgets.

Website: [www.novasol.com](http://www.novasol.com)



# Where to go...

## Escape to the New Zealand Summer!

If prolonging summer is your dream then you could opt for an unforgettable self-drive family holiday in New Zealand. Forget rusty VW campers with aging interiors, Britz campervans are designed to maximise on space and include all the elements needed for a stress-free family getaway. All come fully equipped with everything from towels and linen to cutlery and can openers, leaving you nothing to think about except your next destination. Thermal hot pools in Rotorua or the long, sandy stretches of 90 Mile Beach, you'll have the freedom to enjoy them at your own speed!

Price: Four berth Britz vehicles start from as little as NZ\$48/day (£22.50/day)

Tel: Worldwide Toll Free +800 200 80 801

Website: [www.britz.co.nz](http://www.britz.co.nz)



## Christmas on a Yacht in the Caribbean?

If you're looking to wow your friends or family over the festive season, why not try something completely different and host a Christmas Eve party on the bow of your own private yacht in the turquoise-blue waters of the Caribbean, followed by a New Year's Eve house party in one of Antigua's most exclusive settings? This December, Antigua's premier sailing holidays operator, Miramar Sailing, is offering groups and families the chance to enjoy a very special festive season on a 14-night yacht charter and villa holiday.

Price: 4-night yacht and villa holiday, commencing 22 December, £1,500 pp\*

Tel: 020 3287 1068

Website: [www.miramarsailing.com](http://www.miramarsailing.com)

\* Price is based on four sharing and includes seven nights skippered yacht accommodation (two cabins – some meals, including Christmas dinner ashore), seven nights villa rental (self catering) and transfers. Flights (ex Gatwick) start from £499 pp, through Virgin Atlantic.