

WIN A WOODEN TREEHOUSE AND OTHER GOODIES

THE NATURAL
PARENTING
MAGAZINE

The Green Parent

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Get Creative!

14 pages of craft projects,
articles and ideas

PLUS make your own dolls

Breastfeeding Toddlers

Why feed beyond a year?

Season's Eatings

Festive food for families

Green Gifts

Our pick of the best

HOW TO:

- make chestnut truffles
- get kids to eat veggies
- start a woodcraft group



FESTIVE CRAFT TIPS AND IDEAS

PLUS FAMILY CYCLING ■ EDUCATION ■ NATURAL HEALTH ■ HOROSCOPES ■ TRAVEL



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ORGANIC CURVES

Inspired by the art of Barbara Hepworth EKO sense is a new womenswear collection in muted colours made from organic cotton, bamboo and soyabean fibre. Featuring drapes and twists that mirror the artist's use of soft lines and organic curves, the autumn/winter range is based around charcoal and teal shades. ekosense.co.uk.

WRAP UP WARM

As the days get colder it becomes more tricky to keep children properly dressed so that they can enjoy playing outdoors.

Cambridgebaby.co.uk have a new winter range of merino wool (right), including pyjamas that make great undergarments in really cold weather. At naturalnursery.co.uk, organic tights start at £6.99 and are great for boys and girls to provide an extra layer on the legs.



MAKING YOUR OWN

Creating your own clothes has never been more fashionable. As well as being cutting edge it is also a greener, more sustainable way to dress too. So where can you access the materials that you need for the job? We asked Jenny Ambrose of eco label Enamore for her advice. "Vintage fabrics are probably the easiest to get hold of. Try antique fairs and car boot sales or have a poke around your granny's attic. Have a look at, thecottonstore.co.uk (pictured, right) and bioshopstontrading.co.uk for organic and natural fabrics. Another find is the US based nearseanaturals.com which offers coloured and patterned material and haberdashery supplies. Be prepared to pay shipping though".



50,000 tonnes

of dye from jeans discharged into the world's waterways every single year

120cm

- amount that the bamboo plant grows in one day. bamboo.org.uk

1 billion

- the number of pairs of jeans made each year

5 OF THE BEST NATURAL CLOTHING BRANDS FOR BABIES

1 Fozia - vibrant and stylish babywear using low impact, environmentally responsible dyes. Fozialondon.com

2 Babies In Sheep's Clothing - merino clothes, boots and accessories designed specifically with babies in mind babiesinsheepsclothing.com

3 Lush organic t-shirts for babies from six months at littlebirdypost.co.uk.

4 Vibrant comfy clothes made from organic cotton velour for bigger babies (right). pilipalchildrenswear.com

5 Beautiful handmade baby clothes from a mother and daughter team at nyoki.co.uk.



Ethical Fashion

The delights of creating your own clothes, our favourites for babies and shoes that are like bare feet

Strengthen Your Feet

Terraplana and People Tree have joined forces in Brighton, East Sussex, to create the ultimate destination for those seeking a sustainable wardrobe. It's a clever match as the two brands are both dedicated to cutting edge, stylish and ethical fashion. New to the Terraplana range this year is Vivo Barefoot, which has a thin sole allowing the feet to work as they were designed to whilst still providing protection from pavement hazards. They help to strengthen the muscles in your feet and realign the spine.

Check out the store on West Street for weekly barefoot walks and the chance to try out the shoes and a running club run in conjunction with the local community. See terraplana.com.

