

THE LUXURY PREGNANCY &

PARENTING MAGAZINE

# baby

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YOUR EXPERT  
TROUBLESHOOTING  
GUIDE

Why is  
my baby  
crying?

**GREEN TEAM**  
*HOW TO*  
**MAKE**  
*CONSCIOUS*  
**CHOICES**

Sizing up  
**MARINA FOGLE**  
& **CHIARA HUNT**  
talk bump  
measurements

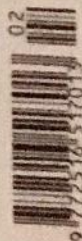
*Olympian*  
**DENISE LEWIS**  
*on motherhood*  
*in her forties*

**WEANING**  
**WONDERS**  
**TOP SEASONAL**  
**HEALTHY MEALS**

**WIN!**  
a **LUXURY**  
**NURSERY**  
**FURNITURE**  
**SET**  
from Boori

*Back to*  
**NATURE**  
**THE ECO ISSUE**

**GLANDER**  
**GAMES**  
CAN YOU INFLUENCE  
YOUR BABY'S GUY?





# GREEN *getaways*

Zoey Goto AND HER TWO-YEAR-OLD DAUGHTER  
ROAD-TEST THE ECO BREAKS THAT TICK BOTH THE  
CHILD-FRIENDLY AND LOW-IMPACT BOXES

## A FLIGHT-FREE SAFARI

Safari holidays can be hugely enriching for kids, but they usually involve a long-haul flight. Port Lympne Hotel and Reserve in Kent offers the perfect alternative: a world-class safari park experience with luxe overnight lodges, many of which overlook the animal enclosures.

Starting life as a private collection of exotic animals, the reserve has become a leading pioneer in the fight against the extinction of endangered species, breeding rare black rhinos and releasing them back into the wild. The conservation park is home to over 700 animals, including zebras, apes and lions, and dino-loving kids will enjoy taking a golf-buggy tour through the model dinosaur forest.

On our private safari tour, my toddler handfed giraffes and scatter fed some gigantic silverbacked gorillas. The wilds of Africa had been brought to our doorstep!

**NEED TO KNOW:** The lion and tiger lodges are the sleepover hot-tickets, as there's only glass between your couch and the big cats. [aspinnallfoundation.org/port-lympne](http://aspinnallfoundation.org/port-lympne)

In the lions' den –  
quite literally







*Collecting (or negotiating) eggs from the chicken coops was a real holiday highlight*

## CONNECT WITH NATURE AT A FARM STAY

Toddlers and farm animals are a winning combination, and Gladwins Farm in Suffolk offers an enchanting place for little ones to connect with nature. The farm has excellent green credentials, using both a wood chip boiler and solar energy.

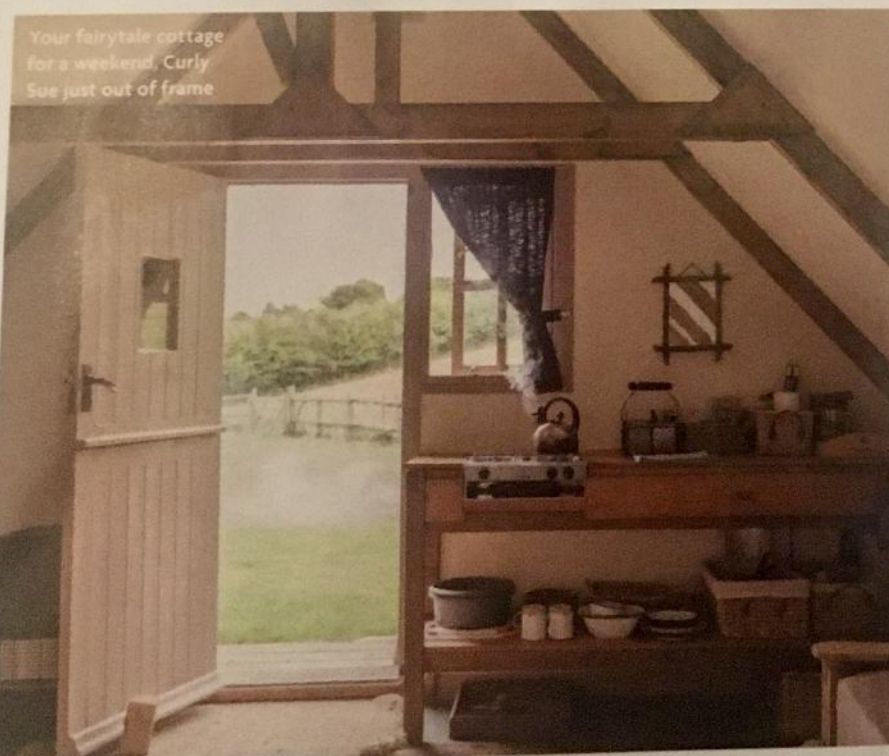
The 10 tastefully decorated cottages are surrounded by woodland, perfect for walks and den building. There are also paddocks of pigs, goats, sheep and chickens for kids to feed, plus a heated indoor swimming pool with inflatables. Toddler highlights included spotting animals from the bedroom window, petting the cute miniature pony and collecting eggs from the coop each morning, all while singing a rousing rendition of *Old Macdonald*!

**NEED TO KNOW:** The on-site honesty shop is pre-stocked with cupboard essentials. [gladwinsfarm.com](http://gladwinsfarm.com)

And on that farm he had some pigs, goats, sheep and... a miniature pony



*Your fairytale cottage for a weekend, Curly Sue just out of frame*



## RE-WILD AT SWALLOWTAIL HILL

Looking like it's fallen straight out of the pages of a fairytale book, Penfold cabin at Swallowtail Hill in Sussex is the place to get away from it all, cook over an open fire and let the kids run free in the fenced-in paddock. Penfold cabin is electricity-free, whilst other lodges at the farm have en suite toilets and electricity, so choose according to how off-grid you fancy going. Penfold and Wood cabin also share the same paddock, so make a good option for holidaying with friends.

During our stay, we were serenaded to sleep by the sound of owls in the nearby forest, before waking to feed the animals on the farm, including a friendly pair of donkeys and a resplendent pig named Curly Sue, who has now become a legend in our family!

**NEED TO KNOW:** Book Swallowtail Hill through Canopy & Stars, and a tree will be planted for each booking made. [canopyandstars.co.uk/swallowtailhill](http://canopyandstars.co.uk/swallowtailhill)





## A GREEN MINI-BREAK IN AMSTERDAM

Hop on a morning Eurostar train from London's King's Cross St Pancras station and you could be exploring Amsterdam's canals by lunchtime. Creating a sizable 90 per cent less CO2 than flying, the Eurostar ([eurostar.com](http://eurostar.com)) is one of the greenest ways to travel. The four-hour outward journey is direct, whilst the return involves a change at Brussels, taking around five hours.

Recently voted one of the most sustainable cities in the world, Amsterdam is a great choice for families, with bikes, parks, museums and pancakes a plenty. We stayed at Hotel Twenty Eight's serviced apartments, situated in the up-and-coming Olympic Stadium area, just a short tram ride from the centre. The award-winning eco hotel manages to combine family-friendly – plenty of space, your own kitchen, cots and high chairs – with chic mid-century design.

**NEED TO KNOW:** The I Amsterdam card gives access to over 70 museums, public transport and citywide discounts. [twentyeight.nl](http://twentyeight.nl)

Hotel Twenty Eight has plenty of space to accommodate toddler whirlwinds







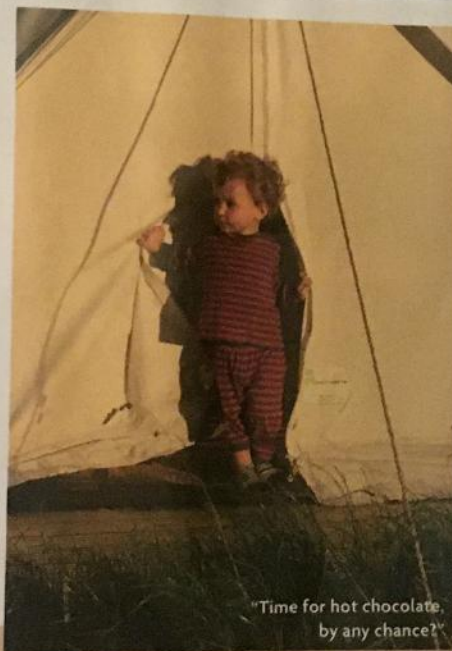
*Camping, but not as you'll remember from your Duke of Edinburgh Awards days*

## BABY-FRIENDLY GLAMPING

Camping out under the stars is the stuff that childhood memories are made of. If it's been a while since you've slept under canvas, then ease yourself back in with a visit to Home Farm Glamping, a rural idyll that's reassuringly geared up for families. As London's nearest glamp-site, it's easy to access via the tube and a short taxi ride. Once there, you'll discover a cluster of bell tents and tipis in a wild meadow surrounded by picturesque lakes and forests. There's a barn with a kitchen, on-site showers and toilets, plus plenty of handy baby equipment.

In the space of a weekend, my toddler became an expert at collecting firewood and toasting marshmallows over the campfire. As night fell, we bedded down under snug duvets, before rising to the sound of birdsong and a mug of hot cocoa in the morning.

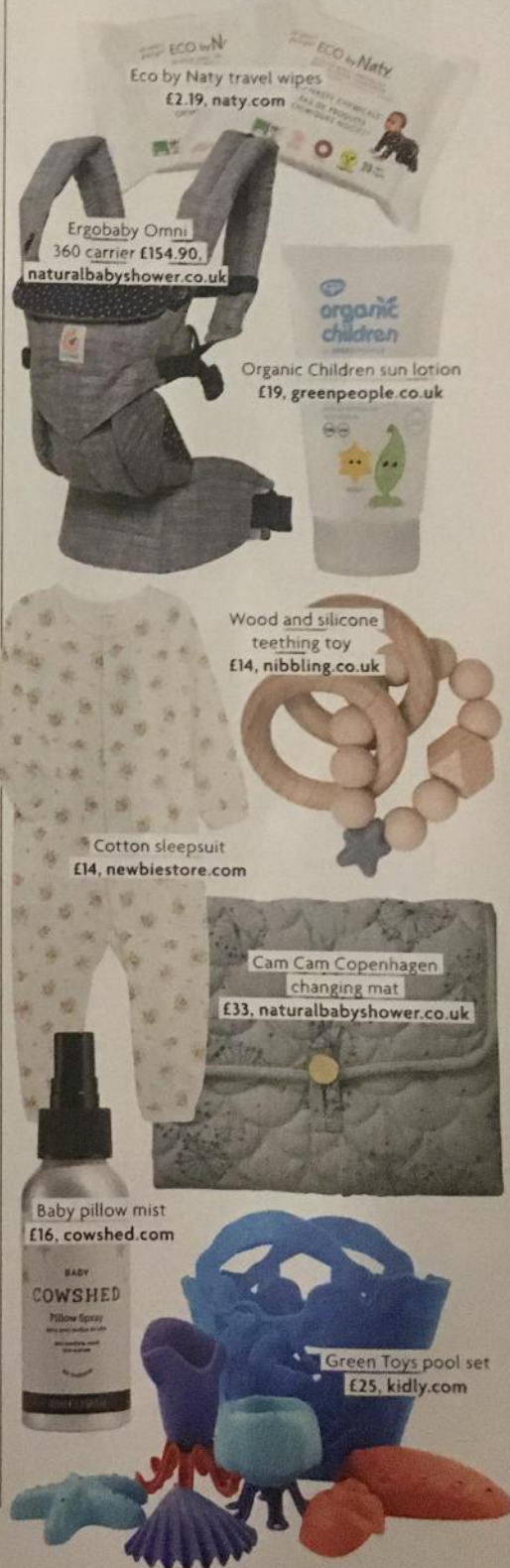
**NEED TO KNOW:** Home Farm Glamping is open from May to September.  
[homefarmglamping.com](http://homefarmglamping.com)



*"Time for hot chocolate, by any chance?"*

## SUSTAINABLE SUITCASE

*Wherever you are in the world, always be prepared with these eco essentials*



Eco by Naty travel wipes  
 £2.19, [naty.com](http://naty.com)

Ergobaby Omni  
 360 carrier £154.90,  
[naturalbabyshower.co.uk](http://naturalbabyshower.co.uk)

Organic Children sun lotion  
 £19, [greenpeople.co.uk](http://greenpeople.co.uk)

Wood and silicone  
 teething toy  
 £14, [nibbling.co.uk](http://nibbling.co.uk)

Cotton sleepsuit  
 £14, [newbiestore.com](http://newbiestore.com)

Cam Cam Copenhagen  
 changing mat  
 £33, [naturalbabyshower.co.uk](http://naturalbabyshower.co.uk)

Baby pillow mist  
 £16, [cowshed.com](http://cowshed.com)

Green Toys pool set  
 £25, [kidly.com](http://kidly.com)