

LOOKING
FORWARD...

SUMMER 2020

ni4kids

MAGAZINE

AT THE ♥ OF FAMILY LIFE

GOING WILD

With Patrick Aryee

CHANGING THE WORLD

Encouraging Kindness

**HOW TO HAVE A
STRESS-LESS SUMMER**

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A premium one-year subscription to
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Bones: The Sceptre of the Pharaohs
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HANNAH & YASIR ARE OUR GAME CHANGERS NI CHAMPIONS!



electric
Ireland

In the Easter issue of Ni4kids we asked young football fans to take up the Electric Ireland and Irish FA challenge and colour in our Game Changers picture to be in with a chance of winning a Northern Ireland kit and an amazing Amazon Fire HD 10 Tablet!

Electric Ireland would like to thank everyone who entered our Game Changers colouring competition! They were thrilled by the many vibrant and colourful entries we received, showing us how many passionate and imaginative young football fans there are across Northern Ireland ... and ...making it very difficult indeed to choose just two winners!

However, we are sure you will agree that Hannah Barbour, aged 8, from Ballinderry Lower and Yasir Larkin, aged 10, from Glengormley – who both submitted fantastic, creative entries – are very worthy winners. Congratulations Hannah and Yasir!

As the proud partner of female football in Northern Ireland, Electric Ireland want to continue to inspire the next generation of female footballers, by supporting and nurturing the talent and commitment of girls and women at every stage of their football career.

From the Electric Ireland girls only Shooting Stars for 4 to 11-year-olds, right through to the Senior Women's Team, the work they do with the Irish FA for women's football is a game changer.

If you have a budding footballer at home why not let them explore their skills through the Electric Ireland Shooting Stars programme? Whether your little girl is only starting out or developing her skills to become a pro, they are with her every step of the way. With 18 centres across Northern Ireland, it's never too early to help them on their way to becoming a game changer.

Hopefully, we'll be able to see some of you at a Shooting Stars session soon, in the meantime why not take the IFA Shooting Stars challenge which can be found at

irishfa.com

Join the conversation at
#GameChangersNI



CONTACTS

Managing Director Gary Hamilton
EDITORIAL

Editor Nadia Duncan

Features Editor Elizabeth McGivern

SALES

Sales Group Head Christine Megarry

Senior Sales Executive Claire Conway

Business Support Executive Kevina Callan

MARKETING

Marketing Executive Deyna Schrader

CREATIVE

Graphic Designer Kerry Waugh

Contributors

Nick Arnold, Richard Dunn, Clare Hegarty, Dr Marie Hill, Dr Rebecca Schrag Hersberg, & Professor Robert Winston.

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MEDIA
GROUP

Family

Ni4kids Unit 5a, 21 Old Channel Road,
Belfast, BT3 9DE
T: 028 9002 0129 W: ni4kids.com

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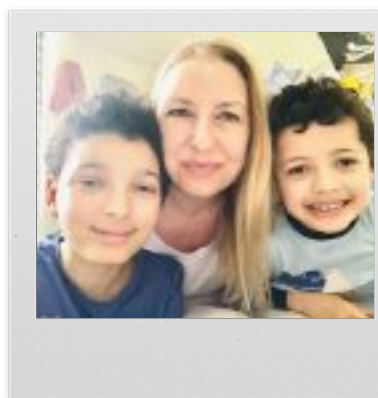
ni4kids Summer 2020

LETTER FROM THE EDITOR

Here comes summer... not the one we were quite expecting for sure, but there's still lots to look forward to and remember the old saying, 'When life gives you lemons – make lemonade'. Let's all promise our kids that we will squeeze as much fun and laughter as we possibly can into these school holidays and end of term celebrations (page 16) and make it one to remember for all the right reasons.

We are determined that Summer 2020 will not be a washout and if you're stuck for entertainment ideas just check out our WOW Guide on pages 28 & 29. Your Crafty Kids will enjoy the super outdoor science activities on pages 26 & 27 and Dr Marie Hill reminds us that if we are calm and relaxed, our kids will be too which means a stress-less summer break for everyone (pages 12 & 13).

I have to confess, I never, ever imagined that one day I would be writing an article on options for the most stylish face coverings for your family (page 21) but one thing I do love about our 'new normal' are the stories that are emerging of tremendous acts of



kindness during the pandemic. We should never underestimate the power of simply being kind and we need to ensure that our children understand and appreciate it too. Please do read *Encouraging Kindness* on page 8 and, just as importantly, find out how we can help change the world by opening up our eyes and our hearts on pages 6 & 7.

Nadia X

P.S. Don't forget Father's Day on Sunday 21 June – see page 17 for inspiration for out-of-the-ordinary gift ideas made with love #LoveYouDad

Get in touch: Email me at editor@ni4kids.com

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Kirsten McIlwain Brown June 2018
Read/Viewed Last 4 Weeks

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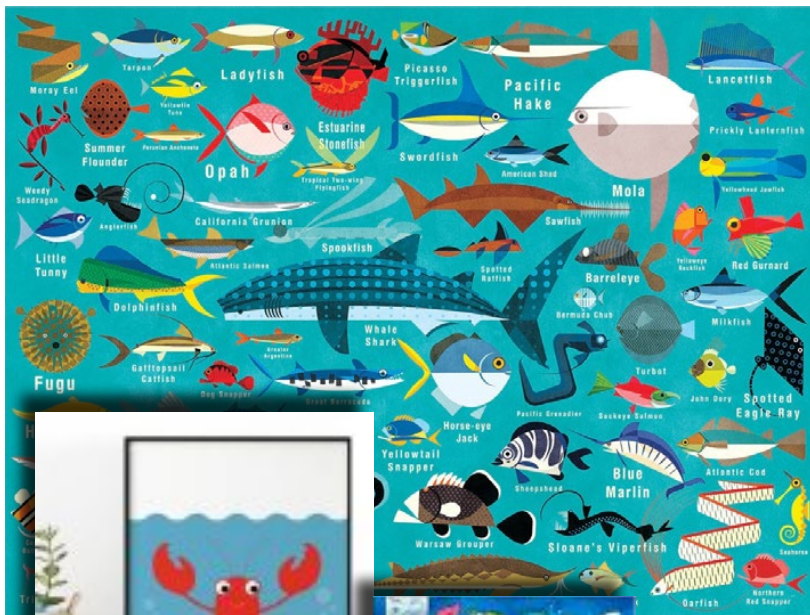
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UNDER THE SEA

From bottom clockwise: Whale and Diver Fabric Wall Sticker, From £32, Koko Kids | Jellycat Storm Octopus Medium Plush Toy, £37, JoJo Maman Bébé | Who Lives In The Ocean Colouring Project, £5.99, Whirligig Toys | Larry The Lobster Print, £14, Not On The High Street | Mudpuppy Ocean Life 1000 Piece Jigsaw Puzzle, £17.99, Crafts4Kids.co.uk | Kids' Mermaid Tail, From £32, Planet Mermaid | Cuddly Starry Sea Star, £25, Steiff | Frugi Oeko Tex UPF 50+ Sunsafe Suit (Ages 0-4 years), £25, Next | Hatch Your Own Marine Animal, £3.95, Rex London | Sealife Kids' T-Shirt (Ages 1-6), £10, Polarn O Pyret | Jellyfish Night Light, £18, Menkind | Shark Duvet Set (single), £55, Red Candy | Dolphin Print Sweater (Ages 2-7), £9, M&S

1 in 5

The number of parents who have said that they will respect and appreciate teachers a lot more since their experience of home schooling

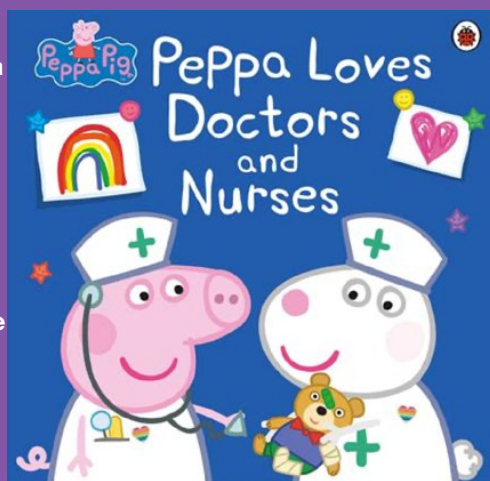
Everybody's Talking About

NEWS | PRODUCTS | PEOPLE | PLACES

£1 Million

The amount of money 2/3 of our children think they will earn when they grow up.

Ladybird has just published a new Peppa Pig picture book – **Peppa Loves Doctors and Nurses** with 10 per cent of the £6.99 RRP going directly to support a Covid-19 charity doing incredible work in these tricky times – **The Covid-19 Urgent Appeal**, run by NHS Charities Together. In the book, Peppa and her playgroup have a visit from Dr Brown Bear and Nurse Fox, and learn the importance of washing hands, staying healthy and experience the brilliant work done by all doctors and nurses. With children across the country picking up on some of the challenges and changes in the world around them, this offers an introduction to some of the key health messages they might be hearing now in a familiar and reassuring environment.



We're not telling porkies, it seems that the must-have game for summer 2020 is **Giant Pass the Pigs!** The classic travel game has now gone super-sized with huge inflatable pigs that the whole family will love to throw around. Get out into the garden, or down to the park or beach, and bounce your piggies around to see how they land. Will you get a Leaning Jowler, a Mixed Combo or will you just Pig Out? Full on family fun guaranteed! RRP £14.99

Even in pre-Covid-19 times there can be several stressors for expectant mums. Now add to that the concerns over giving birth in the time of coronavirus. One of those challenges, identified by local charity BirthWise, is that some women find they don't have a trusted person to be with them when they give birth. For some women, their birth partner may be shielding due to Covid-19, or they may have no childcare due to social distancing, or family or friends unable to travel to be with them due to travel restrictions. In response to this challenge BirthWise has launched its Birth Support for Parents-to-be Programme – providing birth partners for those women who do not have someone at their side due to Covid-19. Funded by the National Lottery Community Fund Northern Ireland, the programme will match Parents-to-be with a specially trained birth companion called a Doula. BirthWise is calling for women who are due to give birth in the next ten weeks, and do not have a birth partner due to COVID-19 and need this support to apply to the programme. Application details and more information can be found here: BirthWise.org.uk/programs/birth-support-for-parents-to-be



NI family favourite visitor attraction W5, along with over 40 members of the UK Association for Science and Discovery Centres, has joined the **#ScienceCentresForOurFuture Campaign**, which is calling on the government to set up an Emergency Resilience Fund to support the UK's world-class network of regional Science Centres. Due to Covid-19, W5 closed its doors to visitors in March, cancelled community outreach and education programmes and stopped all events, cutting off every vital revenue stream for the charity. The campaign supports ASDC's submission to government, asking it to urgently grant £25 million in Emergency Resilience Funding to secure the future of the whole network of UK Science Centres. Without government support, many Science Centres are at risk. ASDC and W5 are asking the public to support the campaign in two key ways:

- Share your Science Centre photos and why you love them on social media, using the **#ScienceCentresForOurFuture**
- Write to your local MPs asking them to support the creation of this Emergency Fund to secure the future of W5 (find a downloadable email on the campaign website).



WIN SONIC THE HEDGEHOG ON DVD!

Find out more at SONICTHEHEDGEHOGMOVIE.COM
©SONIC THE HEDGEHOG (Cert PG)
out now on 4K Ultra HD, Blu-ray and DVD from Paramount Home Entertainment.

GET READY FOR EPIC FUN AND SUPER-SONIC ACTION WHEN EVERYONE'S FAVOURITE HEDGEHOG RACES HOME IN THE BLOCKBUSTER HIT SONIC THE HEDGEHOG. THIS MUST-WATCH MOVIE ACHIEVED THE HIGHEST OPENING WEEKEND OF ANY VIDEO GAME MOVIE ADAPTATION IN FILM HISTORY!

Powered with incredible speed, Sonic the Hedgehog (voiced by Ben Schwartz), aka The Blue Blur, embraces his new home on Earth. That is, until he accidentally knocks out the power grid and sparks the attention of super-uncool evil genius Dr. Robotnik (Jim Carrey). Now it's super-villain vs. super-sonic in an all-out race across the globe to stop Robotnik from using his unique power for world domination. Sonic teams up with The Donut Lord, aka Sheriff Tom Wachowski (James Marsden), to save the planet in this action-packed hit that's fun for the whole family.

WE HAVE FIVE DVDS TO GIVE AWAY TO OUR READERS, SO TO BE IN WITH A CHANCE TO WIN THIS ACTION-PACKED PRIZE SIMPLY VISIT NI4KIDS.COM/COMPETITIONS AND ANSWER THIS QUESTION:

Q) WHAT COLOUR IS SONIC THE HEDGEHOG?
A) PINK B) BLUE OR C) GREEN

T&Cs: The closing date for this competition is 5pm Friday 24 July 2020. Usual NI4kids T&Cs apply. Editor's decision is final. No cash alternative. Visit ni4kids.com/competitions for full T&Cs.

RAISING ANTI-RACISTS & ALLIES

BY DR. REBECCA
SCHRAG
HERSHBERG

OUR CHILDREN DESERVE A BETTER WORLD. AND THOUGH IT NEVER SHOULD HAVE BEEN IN THE FIRST PLACE, SILENCE IS CERTAINLY NO LONGER AN OPTION...

I really grappled with how to write this article, with what to say. Because it's not about me. Any of it. My voice is not the one that should be centred, my words are not the ones with value. The voices of black, indigenous, and people of colour ("BIPOC") are the ones we need to honour. And yet, as a white woman with a platform, it feels irresponsible and tone-deaf to write about anything else. And so, first off, from my platform, I encourage you to educate yourself, as I am working to educate myself, by reading the words of BIPOC (for starters, Rachel Cargle, Monique Melton, Layla Said and Ibram X Kendi) and by taking action to become anti-racist.

We recently celebrated my father-in-law's 80th birthday, social distance style. My husband, our two boys, and I drove an hour to surprise him and my mother-in-law with a homemade "Happy Birthday" banner, framed family portrait, and cake in tow. We sat on their back deck, and as my husband inserted the candles into the cake, his brother and family attending via Zoom on a strategically placed laptop on the table, my six-year-old became impatient. "It's taking too long," he declared, through his face mask. I shot him a look. He shot one back, then grunted. My husband began lighting the candles. "I just want my piece of cake now!" my six-year-old yelled, then stormed away, crying.

My son is a super sweet kid, kind, generous, and thoughtful. The pandemic, though, has been hard on him. His little brain has been working overtime to make sense of his new and upside-down world, and the effort has, at times, taken its toll. When he has been more irritable than usual, or more defiant, I have chalked it up to the stress that he is under, that our world is under. I haven't excused it, but my primary goal has been to calm his nervous system, not to escalate the situation by coming down hard. After all, setting limits during quarantine involves being understanding, nurturing, prioritising comfort over consequences, allowing our little ones to have – and show – their emotions. This approach is grounded in science.

But it's also a privilege. When my six-year-old stormed away from his grandfather's birthday celebration in a moment of entitled impatience and anger, I felt frustrated, concerned and disappointed.

What I didn't feel was soul-crushing fear. Fear that my son's inability to control his anger might someday get him killed (or that, even if he gained this ability, he could well be killed anyway). I didn't look around, panicked, hoping no one who had seen my boy's outburst would view him, even at such a

young age, as a threat. I wasn't hit with a wave of nausea as my brain scrolled through all of the horrific things that have happened to boys like my son who made the mistake of rebelling against rules or authority. I didn't feel heartbroken that, even at age six, my son is not allowed to be a child – an overwhelmed, imperfect child whose desire for instant gratification in the context of a global pandemic was momentarily overpowering and led him to lose his temper.

"IN A RACIST SOCIETY, IT IS NOT ENOUGH TO BE NON-RACIST. WE MUST BE ANTI-RACIST."
-ANGELA DAVIS

I didn't feel any of those things because my son is white, and because I am white. And so, I was able to parent him exactly the way I wanted in that moment, without any fear that my response could have long-term ramifications – ramifications that could mean the difference between life and death.

And because I can parent my sons exactly the way I want, I am going to parent them to be anti-racist, to express their righteous anger against injustice, and to use their positions of privilege to amplify those who have for too long been violently silenced. For help doing that, I'll be starting with reading and sharing resources from BIPOC educators. Because as I said, it's not about me.

Rebecca Schrag Hershberg, PhD, is a clinical psychologist and founder of Little House Calls Psychological Services, which specialises in helping kids and parents confront a range of common early childhood challenges. She lives in the New York City area with her husband and two young sons.



A IS FOR... ANTI-RACIST

When Tiffany Jewell experienced racism as a child, she didn't know what to do or say. Now she empowers other children about the history of racism and resistance, so they can better speak out against injustice.

Tiffany says her book on the subject published earlier this year – *This Book is Anti-Racist: 20 lessons on how to wake up, take action and do the work* – while child friendly, is not just for the young but should be read by adults too. Tiffany explains that it's the book that she wishes she had when she was nine years old and that she wrote it for young people, because they have the ability to make positive and impactful change in our world, adding, "They won't have to wait for us, the adults, to get over our fears and discomfort of talking about and standing up against racism."

In an interview for reading charity BookTrust, Tiffany's advice for parents, caregivers and educators was this: "Listen to children. Talk with them about racism. Answer their questions honestly and admit when you don't have an answer. Point out moments when they have more agency because of their skin colour, socio-economic status, gender expression, etc. Build an anti-racist book collection for your family and commit to reading works from diverse authors. Anti-racism is for everyone."

As part of BookTrust's Represents Programme mission, a far-reaching research project with University College London has

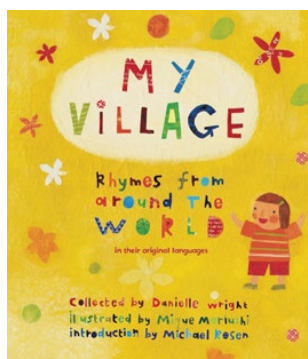
been initiated to look at representation of authors and illustrators of colour in children's books published in the UK over the last 12 years. Headline stats from the research show that over that time, fewer than two per cent of all authors and/or illustrators published in the UK are British people of colour. The findings shine a light on the work that still needs to be done if we really are going to have true diversity in children's books.

Why does representation matter so much? Books play an important role as mirrors for children: stories and characters will affect how they see themselves and the world around them. BookTrust state: "It is clear from our research that many authors and illustrators of colour believed for a long time that the colour of their skin meant they couldn't be an author or illustrator at all. For this reason, we believe that many children in our schools today may not achieve their full potential."

Children's author Nadia Shireen, who was part of the BookTrust NI 2018/19 NI Author Tour, said: "When I go into schools to read, the response from kids of colour is incredible. You can see their faces light up with possibility. I underestimated the importance until I saw it with my own eyes. There's that phrase 'you cannot be what you cannot see.' It's important that all children – understand that people who look like me can do jobs like this. It's not just for posh white women or old white guys with beards."



Nadia Shireen
(back left) visits
Ballyhenry
Primary School,
Newtownabbey,
pictured with
pupils and
Head of
BookTrust NI,
Liz Canning.



CHILDREN'S RECOMMENDED READING LIST

AGE 5+

Daddy Do My Hair: Kechi's Hair Goes Every Which Way by Tola Okogwu, illustrated by Naomi Wright, published by Florence Elizabeth Publishing

AGE 6+

Look Up by Nathan Bryon, illustrated by Dapo Adeola, published by Puffin

AGE 7+

My Village: Rhymes from Around the World, by various authors, illustrated by Mique Moriuchi, published by Frances Lincoln

AGE 8+

This Book is Anti-Racist by Tiffany Jewell illustrated by Aurelia Durand, Frances Lincoln Children's Books

AGE 9+

A Dangerous Game by Malorie Blackman, illustrated by Mike Lowry, published by Barrington Stoke

AGE 10+

Dara Palmer's Major Drama by Emma Shevah, published by Chicken House



Encouraging Kindness

Small acts of kindness help make our world a better place. The good news is that our kids are naturally hardwired to want to be helpful and considerate, however we shouldn't take it for granted that our children understand the importance of always being kind. As parents it's not enough to simply expect our kids to show kindness to others, it's our job to nurture their natural goodness and ensure it grows into a lifelong habit.

The global COVID-19 pandemic has really brought home the need for families, communities and countries to work cooperatively for the benefit of all. Having to stay indoors and away from school, friends and extended family has had a huge impact on our lives. A lot has been expected from children, and us, over the last few months. The situation has called for people to be kinder, through compassion and patience, and children have been encouraged to show they care by drawing rainbows to show their gratitude to key workers, clap for carers and express how they feel through stories, poems and artwork. But will this spirit of kindness and generosity still be 'the new normal' in years to come?

Kindness i.e. being generous, helpful and caring about other people is big news at the moment with people (happily) sharing good Samaritan stories across mainstream and social media. There have been some truly inspirational tales such as World War Two veteran Captain Tom's heroic fundraising efforts for the NHS, which in turn motivated five-year-old Tony Hudgell to raise over £400,000 himself walking 10K on his prosthetic legs. Tony's legs were amputated when he was only a baby after abuse at the hands of his birth parents. One outstanding example of an act of kindness that when shared with the world led to yet another.

"YOU CAN ALWAYS, ALWAYS GIVE SOMETHING, EVEN IF IT IS ONLY KINDNESS!" ANNE FRANK

These are the stand-out stories of empathy, and the desire to help others, however not to be overlooked are daily small acts of kindness, such as the teenage boy who gave the last packet of pasta on the shelf to an elderly lady during the stockpiling saga (a good example to use to discuss with children about the importance of sharing and thinking about others) which left supermarket shelves empty and the some of the most vulnerable in our society worried that they would run out of food.

When we share these stories we are planting the seeds that will grow into the good deeds of the future. And that's no small thing – because let's face it, the world today can sadly also be very mean and cruel at times too. Children learn by example so the best way to teach kindness to our kids is to simply be kind yourself... to everyone. There's a very good reason, and health benefit, for being kind too. It is scientifically proven that receiving acts of kindness boosts your naturally-occurring brain chemicals serotonin and dopamine, which results in feeling satisfied and happy. These chemicals stimulate the pleasure centres in your brain – making you feel good. Think about how it makes you feel when you are kind to a stranger and they smile their thanks, compared to when we have an unfortunate spat with someone (over what is usually just a misunderstanding with no deliberate intent of malice on either side) but leaves you feeling angry, frustrated and upset for hours.

In her follow-up to New York Times best seller, *Tomorrow I'll Be Brave*, award-winning creator Jessica Hische has brought to life another book of inspirational, hand-lettered words of wisdom, hope and positivity alongside adorable illustrations. This uplifting book is a reminder to all readers, young and old, that the smallest kind gesture can make the biggest difference. *Tomorrow I'll Be Kind* by Jessica Hische, e-Book available now (£3.99) from triggerpublishing.com PB edition publishing September 3, 2020, (RRP £6.99).

The smallest spark of **kindness** shines through the darkest night.

And personal benefits aside, don't we all want to raise children who are thoughtful and kind to others? Lauren Callaghan, Psychologist and Clinical Lead for Upside Down Books/Trigger Publishing who specialise in mental health and wellbeing literature recommends the following:

- **Use modelling behaviour:** set a good example by doing kind things yourself. If you regularly offer to help a friend, neighbour or fellow citizen, your child is more likely to do the same. Make kindness commonplace.
- **Encourage empathy:** Challenge children to think about how other people feel in difficult situations. Some parents and educators use characters in books who face a problem to help open up discussions about how they might feel in those circumstances.
- **Promote being kind to yourself as well as others.** Teaching children that their wellbeing is important, too, will help them to feel more confident and resilient.

"I THINK PROBABLY KINDNESS IS MY NUMBER ONE ATTRIBUTE IN A HUMAN BEING. I'LL PUT IT BEFORE ANY OF THE THINGS LIKE COURAGE, OR BRAVERY, OR GENEROSITY, OR ANYTHING ELSE." ROALD DAHL

If we want to live in a world where kindness is an everyday occurrence, then we need to model, emphasise and reinforce the importance of kindness to our children. Fortunately, kindness has a way of spreading. When one person – adult or child – commits a random act of kindness, it inspires others to do the same. The key is to just get the ball rolling.

Tony Hudgell, the five-year-old boy inspired by Captain Tom to do his own walk for charity





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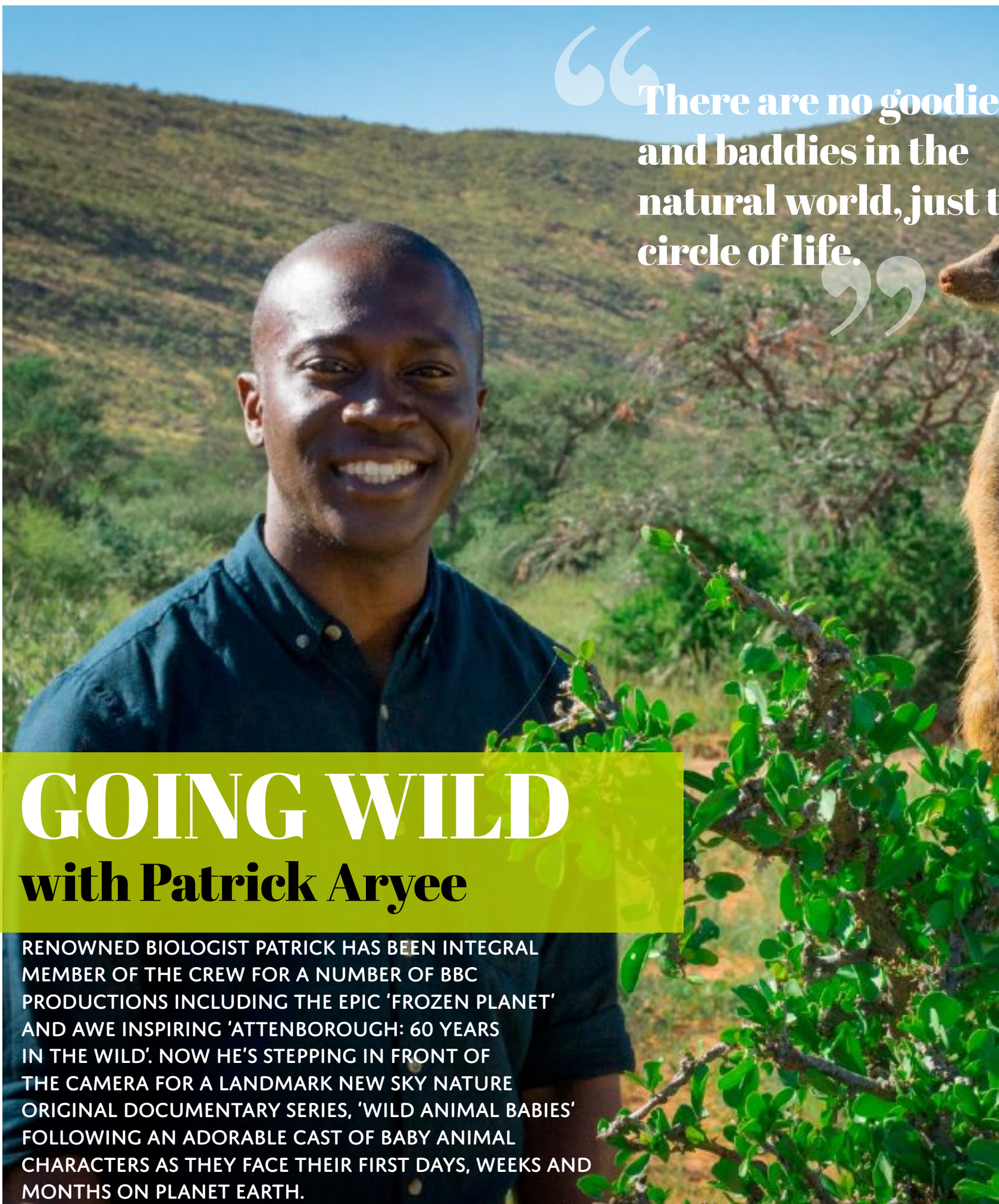
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A portrait of Patrick Aryee, a smiling man with short dark hair, wearing a dark blue button-down shirt. He is standing in a savanna landscape with green bushes and a hilly background under a clear blue sky. On the right side, the head and neck of a giraffe are partially visible. Large, light blue quotation marks frame the text on the right.

“There are no goodies
and baddies in the
natural world, just the
circle of life.”

GOING WILD

with Patrick Aryee

RENOWNED BIOLOGIST PATRICK HAS BEEN INTEGRAL MEMBER OF THE CREW FOR A NUMBER OF BBC PRODUCTIONS INCLUDING THE EPIC 'FROZEN PLANET' AND AWE INSPIRING 'ATTENBOROUGH: 60 YEARS IN THE WILD'. NOW HE'S STEPPING IN FRONT OF THE CAMERA FOR A LANDMARK NEW SKY NATURE ORIGINAL DOCUMENTARY SERIES, 'WILD ANIMAL BABIES' FOLLOWING AN ADORABLE CAST OF BABY ANIMAL CHARACTERS AS THEY FACE THEIR FIRST DAYS, WEEKS AND MONTHS ON PLANET EARTH.

Interview by Nadia Duncan**Q) Describe yourself in only five words?**

Adventurous, Excitable, Fun, Extroverted, Introspective.

Q) You have worked with the best of the best in your industry, Sir David Attenborough, how was that and what were your highlights?

I have indeed been lucky enough to work with the legend that is Sir David. He is awesome. For me the highlight was just seeing him work. What I came to realise is that there are two David Attenboroughs. There's David, the 94-year-old man who'd hobble along a few yards at a time (this was before his knee replacement op), but as soon as the cameras were running, and the director called out "...cue David!" It was as if a heavenly glow had surrounded him. He had transformed into Attenborough. It was quite inspiring and moving to watch.

Q) How did you find yourself in a career as a wildlife presenter and is this your dream job?

I think the key was sticking to what I really loved doing. I was always into science and drama at school, so in many ways pursuing a career as a wildlife TV presenter, made total sense. In reality however, the process required a lot of patience and determination. In short, after graduating with two degrees, I got started in TV production. Over the course of five-years I worked my way up as an assistant producer. It was at this point I got my big break in the form of a screentest and the rest is history. It really is my dream job, although there is one person I'd consider swapping with – Lewis Hamilton – I'm a huge Formula 1 fan!

Q) Tell us about your new show on Sky and why it's going to be fantastic family viewing?

Wild Animal Babies takes us on a journey through some of mother nature's cutest, most adorable babies. We look at how the life they're born into – either as single kids, brother and sisters, or those born outnumbered – influences the tactics needed to survive. From elephant calves

learning how to use their trunks, to meerkat pups begging for tasty snacks, there's a little something for everyone. The show is also a celebration of the incredible parenting skills needed for each of our animal babies. It's great family viewing plus plenty of moments parents and kids will most definitely relate to.

“The show is also a celebration of the incredible parenting skills needed for each of our animal babies.”

Q) Baby animals are the cutest things in the world – fact. What are some of your most interesting discoveries about different species?

One of the most interesting discoveries came from the queen of the Savannah. Spotted hyena are probably the most misunderstood animals on the African continent. Watching their lives unfold in the Masai Mara was a definite highlight. We found out that despite being born as twins, rivalry between pups is incredibly intense. Eventually one of the pups becomes more dominant and the other submissive. What makes life even more challenging is that cubs get their rank from their mother. So, as well as losing out to your twin sister, a low-ranking pup can end up being bullied by much younger pups who are from a higher-ranking mum. A hyena's social life is super complex but there is a way for our low-ranking pup to get his lion's share – tune into episode two to find out how our little pup gets on.

Q) What's the best / most difficult part about what you do?

That's an easy one, the most difficult part of the job is always the jet lag. I've seen it hit crews really badly, especially when you have back-to-back shoots between different time-zones. Australia twice in the space of a week, what a dream I thought. Ha!... Was I wrong! It's one of those things you joke

about, that is until you start hallucinating or you're unable to hear your own thoughts. For the travel lovers out there, look after your body!

The best part of the job is everything else – not only do you encounter incredible wildlife, but spectacular landscapes too. I also see it as a genuine pleasure to meet people from all walks of life and different cultures; from cowboys in the Utah desert, to wandering nomads of the Mongolian wilderness. Oh, and lots of new dishes too, food is life!

Q) From an audience perspective it's so hard for animal lovers to imagine not trying to intervene as you film, especially when young animals are in danger from predators. How do you cope with that?

This is a real challenge but one you have to very quickly become accustomed to, here's why. You see a cheetah. It's on the hunt, with a young helpless gazelle in its sights. Do you distract the cheetah? If you do the gazelle escapes with its life, big hurrah, confetti falls, ticker tape parade for the gazelle. But now the exhausted cheetah mother returns to her den and three starving cubs on the brink of survival. There are no goodies and baddies in the natural world, just the circle of life. The only time you'd consider intervening is if a threatened or endangered animal had become stuck, let's say in deep mud or trapped by a snare, in those cases it is possible to do something because it doesn't adversely affect other animals.

Q) What is most hair-raising moment and also your favourite memory about your experiences so far?

Hands down, I've got to say swimming and free-diving next to a 20-tonne sperm whale, will simultaneously fill you with joy and scare the living daylights out of you. So many feelings and emotions that are hard to describe, but I loved every moment of it. Check out 'Big Beasts: Last of the Giants', also available On Demand, to find out how it all went down.

Join Patrick and his 'Wild Animal Babies' on Sky Nature, Sunday June 14 at 8pm. Also available on Catch Up.



Stress-Less Summer



As Northern Ireland starts to lift some restrictions, parents, caregivers and educational staff may be feeling increased levels of anxiety as we approach the summer holidays and the start of a new academic year. Here Dr. Marie J. Hill, Chartered Psychologist and Educational Psychologist, offers practical advice on the importance of minimising stress, staying connected, and the positive impact of play to benefit the psychological wellbeing of children and families...

Away With Angst

Anxiety is another way to say the body is experiencing higher levels of stress. Stress is a natural response which evolved as a survival mechanism and is often referred to as the 'flight/fight/freeze' response. Stress responses at the right levels can enhance a person's performance/decisions, yet, we are not built to sustain it for long periods. When we do not keep stress levels in check, it can have a negative impact on our physical health, mental health, and our ability to make rational decisions.

Children look to their primary caregivers to feel safe and secure. When the adults they look to are feeling high levels of stress, they can absorb this stress unintentionally. Therefore, we must be mindful to keep everyone's levels to a minimum. How can we spot if we or our children are feeling stressed? Behaviour is communication. Stress can present itself in many different ways – get to know yours and your children's.

For example, some people may behave differently than usual, like poor concentration, poor attention, difficulties finishing an activity, avoiding people (outside of intentional physical distancing), becoming hypersensitive to touch or noise, loss of appetite, overeating, difficulties sleeping, over-sleeping, or eating unhealthy foods. People may find they are more irritable than usual. Feelings such as anger and defensiveness are frequently linked to underlying feelings of fear.

Some people may have physical reactions to feeling stressed. They may feel their heart beating faster, changes in their body temperature, headaches,

increased muscle tension, feeling tearful, and/or feeling sick. Others may find themselves thinking more negatively. It is important for us to be aware of what is being communicated by children, but also what we are communicating too. If you are in a place of calm, this, in turn, will help children stay in a place of calm.

Self-care is important for managing stress. Try to eat healthily, drink lots of water, take part in activities you enjoy, socialise (even if through technology), go out into nature, and/or exercise. Be kind to yourself as this will help the body to decrease those stress hormones and help those around you feel calm too.

Let's Talk

Do not be afraid to discuss COVID-19 with children. Use language they will understand and discuss in advance about any changes in routines and boundaries. Discussing the knock-on effects of COVID-19 will normalise their feelings and

help them process what is happening, why it is happening, and what they are feeling. Children can be very resilient when they understand what is going on as it helps them to feel safe and secure. Discussing it with children openly allows them a safe space to ask questions,

"WE SHOULD COMMUNICATE TO OUR CHILDREN WE WANT THEM TO PHYSICALLY DISTANCE, NOT SOCIALLY OR EMOTIONALLY DISTANCE FROM OTHERS."

communicate their thoughts and feelings, which reduces their feelings of stress. Listen to what they say and validate what they communicate. It is important to emphasise they are having normal reactions to abnormal events. Avoid statements like, "don't worry" as these run the risk of minimising their experiences and may make children feel like their thoughts and feelings are not serious or valued.





Be realistic, factual, and supportive. Use phrases such as “It’s okay to feel [name emotion], I am here to keep you safe” or “I can see that you are feeling [name emotion], I am here with you”. Some children may require adults to help them name the emotions they are feeling, which will help with their understanding. Be creative in how you connect with children. Some children may prefer to engage in an activity they enjoy whilst you talk.

Some children may also prefer different methods of communicating their thoughts and feelings (e.g. drawing). Allow children to express themselves in a way that works for them. It is normal to be worried and scared about not knowing all the answers to their questions. You do not have to know all the answers. If you do not know an answer, let them know you don’t

know but will try to find out. Where possible try to find out the answer as this helps to foster and build trust. The key to building resilience is: Relationships! Relationships! Relationships!

Keep Connected

The global use of the term “social distancing” has been misinterpreted to mean that we cannot be social, whereas we can still engage in social interactions and be emotionally present from two metres apart. Language is important. We should communicate to our children we want them to physically distance, not socially or emotionally distance from others.

With children physically distancing themselves from their peers, and missing their friends and team sports, they may require more affection (e.g. hugs), as these can help our children soothe their emotions and feel calm. But not all children will require or want this, it will be important to listen

to them and follow their lead to how they want their needs met. It is also okay if your child also does not seek this additional affection – everyone is different.

The Power of Play

Children use play to make sense of the world around them and to what is going on. It allows children to express their emotions in a different ‘language’ and helps them to process what their emotions mean. Play encourages the release of positive chemicals in the brain, which has positive effects on wellbeing, the immune system, and readiness for learning.

As we approach the summer holidays, you might be concerned with how you are going to keep your kids entertained. Children will always find opportunities to engage with play and this won’t go away. In today’s modern world, our children’s, and our own time, is packed with activities and competing stimuli. Between attending different

technology) we are, in essence taking away their learning opportunities to be creative, to self-soothe, to be inquisitive, and to become

“WHEN WE CONSTANTLY AND CONSISTENTLY GIVE OUR CHILDREN ACTIVITIES TO ENGAGE WITH (INCLUDING TECHNOLOGY) WE ARE, IN ESSENCE TAKING AWAY THEIR LEARNING OPPORTUNITIES TO BE CREATIVE, TO SELF-SOOTHE, TO BE INQUISITIVE, AND TO BECOME INDEPENDENT.”

independent. Try and not fill all of your child’s free time with activities, allow them to explore their imagination and cultivate how to entertain themselves, away from technology.

Don’t forget that we adults need play too and it can be a fun and creative way to bond and



clubs, social gatherings, increased workloads, and checking social media, we have forgotten what it is like to be bored.

But boredom is not a negative experience. When I was a child, some of my most creative thoughts/ideas/games were cultivated from “being bored”. When we constantly and consistently give our children activities to engage with (including

communicate with children. Within educational settings, adults may need to structure play activities to adhere to physical distancing. Many play activities, which have disappeared from the playground, can be used with physical distancing. Skipping rope, hopscotch and musical statues to name but a few. The process of play is more important than the outcome and there is no right or wrong way to do it – just have fun!

LEARNING 4 FUN: **Inventors**

Throughout history some inventors have changed the world and others have changed just the lives of those around them. However, each has contributed to human health or happiness, or improved things on this planet we inhabit. Here **Professor Robert Winston** introduces us to two

RUTH AMOS ENGINEER AND YOUTUBER 1989 - PRESENT

Ruth Amos has been inventing since she was at school. When Ruth was 16, a teacher challenged her to design something that would help his father move around the

house after he suffered a stroke. She came up with the StairSteady. This simple device slides and locks onto stair banisters and allows people to stabilize themselves with both hands as they climb or descend. Ruth's inexpensive invention has helped differently abled people of all ages and won her a national engineering award. Ruth's childhood was filled with activities that allowed her imagination to flourish – she loved creating assault courses in the garden, building models and hosting her own pretend radio show. Ruth's dad, a computer expert, taught her programming and modified computer games to give her unlimited lives. Her grandparents too would help her to write scripts and make costumes for performances she put on with her siblings. After leaving school, Ruth decided to put her active imagination to use and created the YouTube channel Kids Invent Stuff with the engineer Shawn Brown. Children send in ideas for inventions and Ruth and Shawn build them on camera – however weird and wacky the concepts might sound!

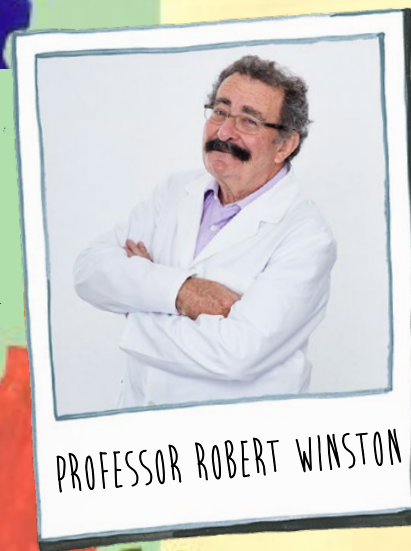
inspirational masterminds from a new generation of inventors inspiring our young people and children today.



On their YouTube channel, Ruth and Shawn encourage kids to find solutions to everyday problems. For instance, one competition involved thinking up ideas to improve city streets. Children submitted lots of interesting ideas, such as a bin that blows bubbles after you use it. In the end, they built a suit that sucks up litter.

Ruth noticed that many of the children she worked with, particularly the girls, lacked confidence in their ability. She started a campaign called “Girls With Drills” with the engineer Kisha Bradley to encourage young female inventors from all backgrounds. In all of her work, Ruth's aim is to inspire young people to learn about engineering and to think creatively.

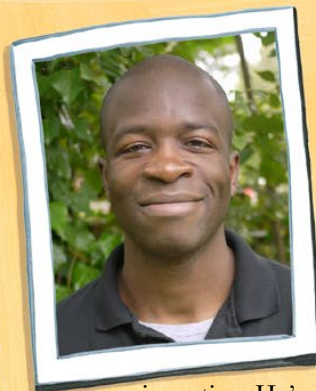
SOME OF THE INVENTIONS ARE BRILLIANTLY SILLY, LIKE THIS UNICORN THAT POOPS SWEETS!



PROFESSOR ROBERT WINSTON



Ruth and Shawn have brought dozens of wonderfully bizarre inventions to life, from a sneeze-activated flamethrower, to a robotic shopping trolley.



YUSUF MUHAMMAD

BRITISH ENGINEER AND DESIGNER

1983 - PRESENT

Yusuf transformed an early love of art into a love of inventing. He's determined to use his ideas and talent as an engineer to help people and improve the world. As a boy, Yusuf could often be found sketching in his notebooks. When he was 18, he decided to go to university. You can't study inventing, but Yusuf chose subjects as close to it as possible, such as Materials and Design. He soon came up with the idea for his first co-invention along with some other students. They wanted to invent something that could improve how fires were put out. The group

spoke to a firefighter, who told them he used a hose to spray a mist of water into a burning room before entering. The mist reduced the high temperature – making it safer for a firefighter to enter – and stopped the fire from growing. Yusuf imagined a device that would make a cloud-like spray of water if it detected a fire. He and his group worked on their idea and won a £25,000 prize to build the invention, which they named "Automist". It uses 90 per cent less water than hoses or sprinklers. One of Yusuf's proudest moments came when he learned that the Automist had saved a life.

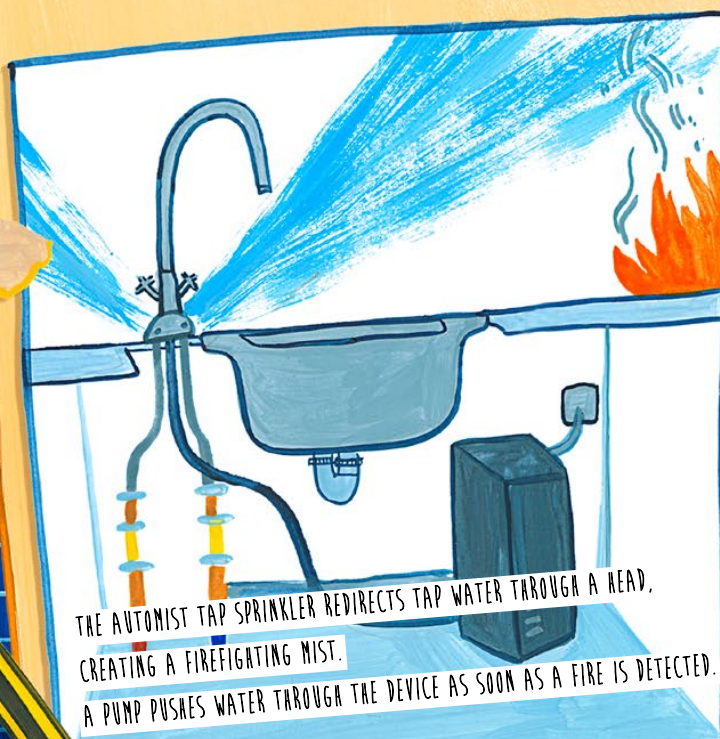


YUSUF'S SNOWBOARD ALLOWS ITS USER TO LEAN ON BUILT-IN CRUTCHES. THE CRUTCHES ALSO HELP THE SNOWBOARDER TO STEER.



YUSUF HEARD ABOUT A 12-YEAR-OLD GIRL WHO HAD DREAMS OF BECOMING A BALLERINA... BUT STRUGGLED TO GET INTO CERTAIN POSITIONS BECAUSE OF HER PROSTHETIC LEG. HE DESIGNED AN ARTIFICIAL FOOT TO HELP HER.

YUSUF BELIEVES THAT FAILURE IS IMPORTANT
- YOU NEVER GET IT RIGHT THE FIRST TIME.

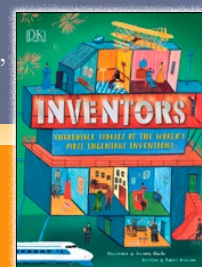


THE AUTOMIST TAP SPRINKLER REDIRECTS TAP WATER THROUGH A HEAD, CREATING A FIREFIGHTING MIST. A PUMP PUSHES WATER THROUGH THE DEVICE AS SOON AS A FIRE IS DETECTED.

INVENTIONS WITH A CONSCIENCE

Yusuf has designed many more inventions since the Automist, with a focus on helping people. These include creating a special snowboard for a man who was keen to get back to the mountains after a brain injury, and an artificial foot that allowed a girl to ballet dance. Yusuf learnt through inventing that failure is an important part of achieving success. Failures showed him what was wrong with his inventions, so that he could improve them until they worked perfectly. The most important thing he says, is not to give up.

Edited excerpt from Inventors by Professor Robert Winston, illustrated by Jessamy Hawke published by DK, £16.99 (DK.com) out now. Robert Winston is Professor of Science and Society and Emeritus Professor of Fertility Studies at Imperial College London. He is also an author and broadcaster and regularly writes and hosts popular science programmes.



End-of-School Shindig

Words by Elizabeth McGivern

The end of the school year is in sight and although it's been a year that no one will forget in their lifetime, it doesn't mean that you still can't make it a time for your child to remember – for all the right reasons!

Usually in June, the kids would be winding down their schoolwork, saying goodbye to friends for the summer holidays, taking part in sports day, having an end-of-term trip or even experiencing a graduation ceremony. You can still recreate these special times at home as a family with a little bit of planning and preparation.



Sports Day

A lot easier if you have a garden but even if you don't there are still a few games you can play with limited space or if you live close-by a green area.

GET READY: Check out the weather forecast and make sure to pick a day that the weather is on your side, nobody wants a washout sports day! Next, head online and get some novelty medals for the prize ceremony at the end. If you don't have time for that, simply handout tasty treats for the winner and competitors.

GET SET: On the morning of the big day, be sure to have the right fuel in your body. Why not ditch the sugary cereal and swap it for some slow-release energy foods that will keep you all going for the morning like: porridge, wholemeal toast and fruit with natural yogurt? Make sure to all warm up properly before the games begin or you could end

up sitting at the side-lines with an injury instead of taking part in all the fun.

GO! Sports Day doesn't have to be all about running races, there are lots of other ways to have fun and get your heart racing. Why not try some of these suggestions for your big day?

- Egg and Spoon race
- Welly Wanging
- Obstacle Course
- Hula Hoop Challenge
- Relay Race
- Beanbag throwing
- Dance-off

The list is endless! Once you're all too tired to compete anymore, enjoy the medal ceremony and be proud of everyone who took part.

A Grand Day Out

Although the usual end-of-term school trips may be off the agenda, with the easing of lockdown restrictions there are still many places nearby that will be fun for you to head to. Check your local district council websites for updates on which public beauty spots, parks, walks and beaches are open and enjoy a few hours relaxing in the great outdoors.

Remember, social distancing rules still apply (and facilities such as public toilets may be closed) but you can be responsible, pack up a picnic lunch and head off to the place of your choosing for a change of scenery. If you think the kids might need a bit more excitement, bring your nature detective kit to go mini-beast hunting, butterfly spotting or pond dipping. There's lots of resources and ideas for nature-based activities on the RSPB, WWT and



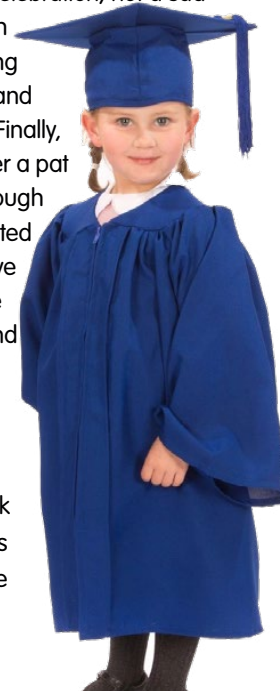
Woodland Trust websites.

A fantastic and fun blast from the past – drive-in cinemas are popping up all over the country right now hosting outdoor film screenings of many classic movies – a super socially distant way to enjoy a family day out and stay safe.

Graduation

Whether it's your little one leaving nursery, or your P7 child finishing primary school altogether, the final days of June will mark a special ending in their lives. It is sad that they won't have the same 'final day' experience as children have had in other years, but you can still help them commemorate this milestone moment.

On what was to be their last day, why not have your own special ceremony complete with cap and gowns? You can make your own cardboard cap with some string, cardboard and glue or if you feel like going a step further then eBay sell children-sized robes. You can easily print out a simple certificate and tie some string around it as a scroll to commemorate the date that they can keep in a memory box. Encourage your child to spend some time talking about all their favourite memories of the school year, or their whole school experience, and also what they are most looking forward to as they move onto the next chapter of their lives. Remember, it's a celebration, not a sad day, so keep the conversation positive and upbeat by looking forward towards all positive and joyful things ahead of them. Finally, give yourself and your partner a pat on the back for making it through this strange and unprecedented time of homeschooling. You've managed to take on a whole new role as an educator – and made sure your kids have been happy and healthy in a time of fear and uncertainty – so mark the occasion with a fabulous family party. Crank up the music, put some treats on the table and relax. You've earned it!



Thanks Dad!

This Father's Day 2020 why not put a little imagination into your gift-giving? With it being a year like no other, it's the perfect opportunity to help children make a special surprise to match these unique circumstances. Nothing says I love you more than a handmade present from the heart so don't get miffed with gift woes of scrolling for hours online, or shopping 'til you drop – we've got some super solutions that the kids will not only be happy to make, but will also express just how glad they are to have a dad like theirs!

Lego™ Bricks Memory Jar



Easy to make, this gift has the added bonus of allowing you all to create special memories together that will last a lifetime. Now, isn't that better than another tie?

You will need: Lego™ bricks | Sharpies | Empty jar | Sticky label

What to do: Sit down with the kids and brainstorm all your favourite things to do as a family, or even just with Dad. Using the Sharpie, write one activity on each block and put them in the jar. Decorate the label and stick it on the jar however you want. Dad then gets to pick a block (or three) whenever you have your next family day and you can build the day together using these suggestions. You're literally building memories!

DIY Pre-Shaving Oil



Who says dads don't need a little TLC or me time? The dad in your life may not be a big fan of candle-lit bubble baths (they're so missing out!) but you and the kids can still whip up a wondrous blend of homemade pre-shaving oil. Just maybe don't try any of the recipes from George's Marvellous Medicine and stick to this one instead:

Ingredients: 2.5–3 fl oz Castor Oil | 1 fl oz Olive Oil | 15 drops of an essential oil of your choosing

What to do: Mix all the ingredients together and pour into a small, sterilised empty jar and seal it. Decorate your own sticky label and you're done! There are endless combinations you can try with essential oils but remember, less is more and make sure to pick complementing fragrances.

DIY BBQ Hamper



It's summer, yay, so what better way to start off the season than with presenting dad with his very own personalised BBQ hamper? Simply get a basket and start filling it with BBQ essentials including herb mixes, tongs, an apron and condiments. Go the whole hog and decorate the tong handles or the apron. And, as soon as the sun comes out, send him and his hamper outside and put him to work! Afterwards you all get to enjoy a delicious meal together – it's the gift that keeps on giving!

Another crafty one that's easy for the kids to create yet will hold magical memories for years to come.

You will need: Four ice-lolly sticks | PVC Glue | String or ribbon | Paint or markers

What to do: Place the four sticks end to end in a square, glue together and attach the ribbon at the top. Once it's dry and set, let the kids use paint, buttons, glitter, markers or anything else that takes their fancy to decorate with. Ask them to choose their favourite picture of them with their dad and put it in the frame. Then glue it in place. These little frames can sit pride of place anywhere in your home showing your cherished moments together.



Ice Lolly Stick Frames

Handprint Tree



If your children are younger, but you still want to involve them with the gift-making, then this handprint tree is just the ticket. Simply paint or draw the tree trunk with however many branches you need and get each member of the family to paint their hand and press it down to symbolise the leaves.

Don't forget to date it and get a frame so you can always remember this special Father's Day.

Paper Plane Launcher

Older children aged 8+ will love the challenge of building this present for their dad. The Build Your Own Paper Plane Launcher (from buildyourownkits.com, RRP £16.99) is a perfect eco-friendly gift for dads who love to spend quality time with their kids. The 47-piece kit contains everything your child needs to simply slot together – but the result is seriously impressive. Just press out



the parts of heavy-duty cardboard, follow the instructions to attach the elastic bands for the twin propulsion system and you are ready to go! Dads and their kids can then take playtime to a new level creating straight or looped flight paths, testing accuracy skills using the scoring targets and designing their own obstacle courses – the possibilities for family fun are endless!

BBQ Bliss

Nothing quite says summer like a barbeque so *safefood* has teamed up with TV Chef Donal Skehan to help local home cooks up their grill game and avoid their al fresco dining experience going up in smoke.

Dr Gary Kearney, Director of Food Science at *safefood* said; “With longer evenings and hopefully some warmer days ahead, having a barbeque is a great way to enjoy home-cooked food outdoors. However, don’t let your good food safety habits go up in smoke when you light your barbeque. My rule of thumb for cooking on a barbeque is to keep cold foods cold, hot foods hot and keep hands and utensils clean. And always wash your hands and utensils after handling raw meat or poultry and before you go to handle cooked or ready-to-eat foods. That helps prevent cross-contamination from happening.” Supporting the campaign, TV Chef Donal Skehan said; “With all of us spending our time at home and in our garden, the beauty of the barbeque is

the fun, relaxed and family friendly environment that it creates. Having a safe barbeque is as important as having a delicious one and *safefood* has all the food safety tips and advice you need. Make sure not to scorch everything! If the heat is too high and you can’t control it, your food, meat especially, can be black on the outside but still undercooked on the inside. Leave the hot coals on one side or if you are using a gas barbeque keep the heat low on one side. And remember, foods like burgers, chicken and sausages need to be cooked well done, all the way through. We have already had some great barbeque weather this summer and let’s hope there is plenty more to come! Happy cooking!”

IF YOU HAVEN'T USED A BARBEQUE YET THIS YEAR, SAFEFOOD RECOMMEND CLEANING IT BY SCRUBBING THE METAL RACK WITH A SUITABLE OVEN CLEANER OR A DAMP BRUSH DIPPED IN BICARBONATE OF SODA, AND THEN RINSING IT THOROUGHLY AFTERWARDS WITH WARM SOAPY WATER.



Citrus Summer Chicken

Zing up your chicken for the BBQ with this easy marinade. Marinades are a great way to introduce flavour to meats without adding a lot of extra calories.

Ingredients

Serves 4 Adults

- 4 chicken breasts
- Zest and juice of 1 orange
- Zest and juice of ½ lime
- 1-inch of fresh ginger
- 2 cloves of garlic, peeled and crushed
- 1 tablespoon of olive oil
- Small bunch of coriander, chopped
- Freshly ground black pepper, to taste

1. Place the zest and juice of the orange and lime in a bowl. Peel the ginger, grate it finely and add it to the bowl along with the garlic.
2. Whisk in the olive oil and then stir in the chopped coriander and black pepper.
3. Using a large knife chop each breast in half. Add to the marinade and make sure that each portion is well coated.
4. Cover with clingfilm and place in the fridge for at least 1 hour. For a better flavour marinate the chicken overnight.
5. Cook the chicken over a hot barbeque for 25 to 30 minutes, turning it frequently and basting the meat with the marinade.
6. To check that the chicken is properly cooked pierce the thickest part of the chicken and check if the juices are clear - if the juices run 'pink', replace on the heat for 5 more minutes, then check again.

Serving Suggestion

If you wish, you can make this dish using chicken thighs or drumsticks. Adjust the cooking length depending on the meat and always check the chicken to ensure that it is cooked.

Potato & Scallion Burgers

With Fresh Salsa



A tasty variation on the traditional summer burger, this filling family dish will also appeal to vegetarians. Cooked potatoes are required in advance for this recipe.

Ingredients

Serves 4 Adults

Burgers

- 450g / 1lb of cooked, mashed potatoes
- 8 scallions, finely chopped
- 1 medium egg
- 4 tablespoons of semi-skimmed milk
- 75g / 3 oz. of wholegrain breadcrumbs - around 2 slices
- Salt and freshly ground black pepper, to taste

Salsa

- 225g / 8 oz. of firm, ripe tomatoes, peeled and chopped
- 1 clove of garlic, peeled and finely chopped
- 1 small red onion, finely chopped
- 2 tablespoons fresh coriander leaves, finely chopped
- ¼ teaspoon dried, ground coriander
- ¼ teaspoon dried, ground cumin
- Juice of 1½ limes
- Salt and freshly ground pepper, to taste

Method - Burgers

- 1.** Preheat the oven to 180°C / 350°F / Gas Mark 4.
- 2.** To get them at the right constancy, prepare the mashed potatoes. several hours in advance and refrigerate.
- 3.** Mix the scallions into the chilled potato.
- 4.** In a small mixing bowl, beat the egg and milk with a whisk. Stir half the egg and milk mixture into potatoes and season with salt and pepper.
- 5.** Shape the potatoes into four burgers. Ensure they are relatively flat so that they fully cook in the oven.
- 6.** Dip each one first into the remaining egg and milk and then into the dried/toasted breadcrumbs to coat.
- 7.** Place the burgers on a baking tray or grill and place in the oven for approximately 15 minutes, or until the burgers are golden brown and piping hot throughout.

Salsa

- 1.** Pour boiling water over the tomatoes and let sit for one minute. This helps to remove the skin easily.
- 2.** Drain and cover with cold water.
- 3.** Peel the skin off each tomato and chop.
- 4.** In a mixing bowl, combine all the salsa ingredients.

Serving Suggestion

Serve the burgers immediately with your fresh homemade salsa and a crispy side salad.

Barbecued Fruit Kebabs

A healthy and fresh dessert, this is a great way of using the barbeque to create a nutritious dessert.

Ingredients

Serves 4 Children

- 1 large banana, thickly sliced
- 175g / 6oz strawberries, halved
- 200g / 7oz pineapple, cut into cubes
- 1 peach, stoned and cut into wedges
- 2 kiwi fruit, peeled and quartered
- 75g mango

Method

- 1.** Pre-heat a barbecue or griddle pan
- 2.** Thread the fruit onto 4 skewers
- 3.** Cook for 10 minutes on the barbecue or griddle pan, turning occasionally until the fruit starts to caramelise
- 4.** Serve the skewers immediately.

Serving Suggestion

The skewers can be eaten without barbecuing as fresh fruit contains many essential vitamins. Alternatively you can pick your families favourite fruit and enjoy.



safefood's 7 top tips for a safe barbeque

- 1.** Keep perishable foods like salads, coleslaw and quiche in your fridge until you are about to serve them.
- 2.** Burgers, sausages and kebabs, pork and poultry must be cooked all the way through – but steaks can be served ‘rare’ as harmful bacteria are on the outside only (and not in the centre).
- 3.** If you like to marinate your meat, make sure any marinade used on raw meat is not then used as a sauce to coat vegetables or cooked meat as it will contain raw meat bacteria.
- 4.** If you choose to barbeque any frozen food, it must be firstly completely thawed on the bottom shelf of your fridge before you cook it.
- 5.** When handling raw meat and poultry, wash your hands thoroughly and frequently, most importantly before going on to prepare salads and other ready to eat foods.
- 6.** Once your meat is cooked thoroughly, make sure to keep cooked meat separate from raw meat and to use separate chopping boards, cooking utensils and plates. Harmful bacteria in raw meat, poultry and their juices can cross contaminate cooked food and lead to food poisoning, something your family won't thank you for.
- 7.** If there are leftovers from your barbeque, allow the food to cool before refrigerating, however make sure to refrigerate food within two hours of cooking. Always remember that with leftovers – if in doubt, throw it out.

FOR MORE
BARBEQUE
INFORMATION,
BRILLIANT RECIPES AND
STEP-BY-STEP VIDEOS
VISIT SAFEFOOD.EU

Paddington's Brown Bread Ice Cream

Marmalade sandwiches may have been this much-loved bear from Peru's favourite food but we bet he would have liked to get his paws on this tasty summer treat!

What to do:

- Preheat oven to 200° C (400° F/Gas mark 6).
 - Mix the breadcrumbs with half the sugar and spread over the baking tray. Put in the oven for about 10–12 minutes, looking at the crumbs occasionally and mixing them about a bit with the wooden spoon. Watch that they don't burn – you want them crispy and just browned. Take them out the oven and leave to cool.
 - Beat both the single and the double cream together until thick and floppy. Add the rest of the sugar and the egg yolks and beat until just melted through.
 - Tip in the breadcrumbs and mix them through thoroughly.
 - Clean the whisk and whip the egg whites in the other bowl until stiff. Fold them through the mixture.
 - Pour the ice cream mix into your container or serving dish and put in the freezer for several hours, or overnight.
 - This ice cream does not need to be churned or stirred while it's freezing. Take it out of the freezer and put in the fridge half an hour before serving, to let it soften a little.
 - Serve on its own, or with fruit.
- (Delicious with strawberries!)

(Serves 2–4)

You will need:

baking tray
wooden spoon
mixing bowl
another bowl
electric hand whisk
large spoon, to mix
container or serving dish
for freezing

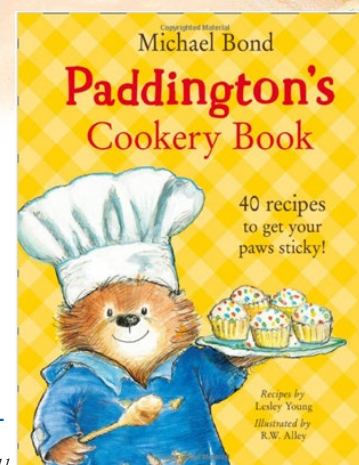
Ingredients:

175g (6oz) brown breadcrumbs
(the easiest way to make these is to whizz them up in a food processor)
125g (4½oz) soft brown sugar
300ml (10fl oz) double cream
300ml (10fl oz) single cream
2 eggs, separated



Recipe from Paddington's Cookery Book by Michael Bond, illustrated by R.W. Alley, HB £14.99, out now.

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Illustration copyright © R. W. Alley 2011. Photograph copyright © HarperCollinsPublishers Ltd 2011



Cute Cover Ups

With the news that in England non-medical face coverings will be mandatory on public transport, and when visiting a hospital, from June 15, the Stormont executive has not yet taken a decision on whether to make it compulsory in Northern Ireland, however, do recommend wearing one on public transport and in shops where social distancing is not possible. While it's important not to get a false sense of security about the level of protection provided by wearing one (social distancing and regularly washing hands remains the best defence) cloth face coverings can help reduce the spread from people who are contagious but have no

symptoms or are yet to develop symptoms, so perhaps more of us should consider wearing one voluntarily.

Common household items, such as cotton fabric from old T-shirts or a scarf, can be turned into face coverings and there are lots of easy how-to guides now online, but if you fancy splashing some cash on something a bit prettier, or fun to entice the kids into taking part, here's our round up of what's on offer on the high street and net right now. And with many stores donating from the sale of these to charity – you can feel extra happy about the good you are doing while wearing one!



Pack of 3 Mystery Fabric Mix, £20, Boden – with £5 from each pack sold donated to Helpforce – a charity that helps support NHS staff and patients.



Made For Change Face Covering, £3, White Stuff – 100% of profits go to an initiative that funds educational scholarships for the children of factory workers.



Liberty Lawn Washable Face Mask, £12, Not On The High Street



Pet Print Face Covering, £15.99, prezzybox.com – £1 from every purchase donated to the NHS Charities Campaign



Child's Face Covering, £9.99, tickle-tots.com



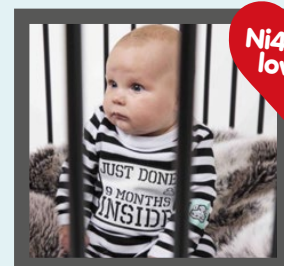
Personalised Face Mask (4 Pack), £20, bagsoflove.co.uk



Sunrise Kids' Face Covering, £13, Vistaprint.co.uk – Vistaprint gives a portion of every sale to support local communities impacted by the coronavirus.



NEW ARRIVALS

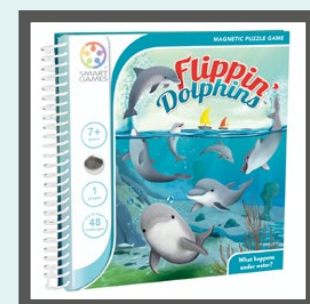


Ni4kids loves

Being this cute is criminal! Ensuring little ones are welcomed into the world with a giggle, it is no surprise this quirky brand Lazy Baby® has had global success with this unique and iconic design. The truly original range of baby grows and accessories, are sure to keep parents smiling from day dot with their new inmate! Collection from £12-£60 at lazybaby.co.uk



Tuck your little ones in each night or energise any playroom with this multi-function diffuser. It's a humidifier, aroma diffuser, night-light and white-noise machine, all in one! Easy to use, Feather the Owl features multiple diffusion from low to high, 10 different LED light options and 5 white-noise sound options: rain, birds, ocean waves, fan and lullaby. £62 from youngliving.com



Find out how dolphins play under the water! Players select a challenge from the booklet provided and place all the magnetic puzzle pieces onto the game board to match the image shown. With the remaining puzzle pieces, players need to decide where the dolphins go, so they all fit. Dive in and discover the Flippin' Dolphins travel game with 7 magnetic pieces and 48 challenges, from easy to expert. For ages 7+ from smarttoysandgames.co.uk

this issue we are loving...

JUST AS NICE ICED



These top tasting teas might have been designed with kids in mind, but we guarantee parents will also go wild for the super selection of fab fruit flavours too. **Small & Wild** (£4.95/30g) happy herbal teas are suitable from 12 months+ provide an additive-free, low-sugar substitute

for squash, juice and fizzy drinks and are equally delicious enjoyed warm or as refreshing iced tea. All blends in the range can be enjoyed cold but the fruity Merry Tiger with Pear, Mango and Raspberry and Jolly Croc with Banana, Strawberry and Apple are a particularly pleasant place to start! A big shout out too though to (our fav) Happy Toucan with Rooibos, cinnamon and vanilla which tastes amazing with a splash of milk! Available now from independent cafes and stores and at smallandwild.com

STAYING SUN SAFE

With this summer set to be scorchio (by our standards) make sure little ones stay safe on sunny days with the super value **Elave Sun Safe Baby/Junior Essentials bundle** – on offer now for £35.99 (RRP: £41.50) – which includes: Paediatric SPF50+ 200ml, Botanical Aftersun 250ml & Hand Sanitiser 100ml. Even on cloudy days, it's important to protect little ones (and your) skin – even in Northern Ireland. All sunscreens protect against UVB rays, however, SPF does not apply to UVA rays, which are also harmful. Elave products protect against both UVA and UVB rays and can be delivered to your doorstep by clicking on gardinerfamilyapothecary.com



SUMMER SKIN SAVIOUR

Think Milk Thistle is only effective for easing the pain of a hangover? Think again, it could be the secret ingredient to say farewell to fine lines and wrinkles. Cult South Korean brand **Banobagi** has announced the launch of its innovative and bestselling Milk Thistle Repair Mask. Developed by a team of 30 medical professionals and based on 20 years of clinical experience and thesis. The revolutionary mask (only £3.20 from glamtouch.co.uk) contains a delicious cocktail of ingredients that leave the skin smoother and more youthful looking after just one application – even for the most sensitive skin. Our beauty buy bargain of the season.



BEST DEFENCE

Becodefence Kids Allergy Defence

Nasal Spray is drug-free and helps stop hay fever symptoms in their tracks from developing and getting worse. Children who suffer from hay fever can have uncomfortable symptoms of sneezing, a runny nose, nasal congestion, and itchy/watery eyes however Becodefence Kids works by defusing pollen rapidly and supporting the fast clearance of allergens. It forms a microgel barrier to prevent against further irritation and contains a unique Thixotropic formula which, when shaken, becomes fluid for easy dispersion, then settles back onto the nasal lining as a gel to block allergen contact. **On offer now (RRP £9.99) for £4.99 at Gordons Chemists.**



HEALTH UPDATE

BE UV AWARE

Whether you're enjoying some time in your garden, or are exercising outdoors this summer, the Public Health Agency and Cancer Focus Northern Ireland are reminding you to be ultraviolet (UV) aware and take appropriate care in the sun. In Northern Ireland from March to October, UV rays can damage our skin, particularly around the middle of the day. Even if it's cool and breezy or there's light cloud, UV



rays can still be harmful and can lead to skin cancer. The Solar UV Index shows how much solar radiation is reaching us from the sun and how careful we need to be. When the UV index is three or more, we need to protect our skin and eyes. Find out more about the UV index at careinthesun.org/uv

TOP TIPS IF YOU ARE SPENDING TIME OUTDOORS THIS SUMMER:

- Know the UV index and if it is three or more, protect your skin and eyes.
- Seek shade from 11am to 3pm, when the sun is at its strongest.
- Cover up in the sun with a long sleeved t-shirt, sunglasses and a hat.
- Use sunscreen with a minimum SPF of 15 for UVB protection and 4-star for UVA protection.
- Take extra care with kids – they burn more easily.

WIN A one-year premium subscription to the award-winning brain game app for children **MentalUP!**



MentalUP offers brain games for ages 4-13 years with suitable difficulty levels to improve cognitive skills in a gamified format.

Receiving a 5-star review from teachers on Educational App Store, MentalUP was developed by game designers and academics and believes the ability to solve problems and think in new creative ways is as important as literacy and numeracy skills.

Thus, they have devised a series of brain games that expose learners to new types of problems and the different ways of thinking required to solve them. The app addresses five key skills: Attention, Memory, Problem Solving (Logic), Visual and Verbal and includes sub-skills such as counting skills, and geometry. Importantly it provides a safe space for children as it does not include any adverts, harmful content or in-app purchases.

We have five one-year premium subscriptions to give away to our readers so to be in with a chance to win this home-schooling hero prize simply visit ni4kids.com/competitions and answer this question:

Q) MentalUP is great exercise for which part of your body:

A) Brain B) Legs C) Arms



T&Cs: The closing date for this competition is 5pm Friday 24 July 2020. Usual Ni4kids T&Cs apply. Editor's decision is final. No cash alternative. Visit ni4kids.com/competitions for full T&Cs.

Ask the Pharmacist Hay Fever

Richard Dunn is a community pharmacist with Gordons Chemists.

Lockdown has not been good for hay fever. The lower pollution levels from the lack of cars and lorries on our roads mean the air is much cleaner. Great for the environment – but not so good for pollen levels as there are less particles of pollution available to combine with the pollen to drag it downwards from our atmosphere.

Hay fever, also known as seasonal allergic rhinitis, usually begins in childhood or during the teenage years, but you can get it at any age. It occurs when someone has an allergic reaction to an airborne substance, such as grass or tree pollen. When these tiny particles of pollen come into contact with the cells that line your mouth, nose, eyes and throat, they irritate them and trigger an allergic reaction. The symptoms of hay fever are caused by this and can include sneezing, runny or blocked nose and an itchy mouth, nose and throat. The eyes can also be affected, becoming itchy, red and watery.

The best way to manage allergies is to avoid the trigger in the first place, although avoiding pollen can be difficult when you want your children to get outside and take advantage of the good weather. However, staying indoors on warm sunny days, and particularly in the evenings when pollen levels tend to be higher, will certainly help. If you do go out it's sensible to

avoid cut grass and wear wraparound sunglasses to stop pollen getting in your eyes.

Medication for hay fever can be very effective and includes tablets, liquids, nasal drops and eye drops. Antihistamines are probably the best known type of allergy medication and work by blocking the allergic reaction and so lessen the symptoms experienced. Some liquid antihistamines are available over the counter for children as young as one year old, whilst tablet form is available for those over six years old. Available antihistamines include chlorphenamine (Pirton©), loratidine (Claritin©) and cetirizine (Zirtek©, Children's Benadryl©). Eye drops containing sodium cromoglycate will reduce the eye symptoms of hay fever and nasal decongestant drops containing xylometazoline (Otrivine Child Nasal Drops©) are suitable for children from six years old and will help relieve a blocked nose.

More recently nasal powder sprays have been

developed which form a physical barrier to allergens.

As they are not absorbed by the body they do not interact with other medicines and are safe to use during pregnancy and breastfeeding. Of these, Allergy Defence© (by Care) is suitable for children from 18 months.

Another option for hay fever sufferers is to use a product called Hay-Band. Hay-Band is a drug free non-invasive product suitable for adults and children over three years old. It is a discrete fabric strap worn around the elbow which uses acupressure to stimulate the -11 acupressure point, which may relieve problems relating to the head, face, ears, eyes, mouth and nose.

If symptoms of hay fever are not well controlled using OTC medicines, please consult your GP. You should also refer to your doctor if your child has wheezing, shortness of breath or tightness of the chest as this could be due to asthma.

Gordons Chemists is the largest independently owned retail pharmacy chain in Northern Ireland. Established in 1980, Gordons now has 61 pharmacies on the high street and in shopping centres across Northern Ireland and Scotland. Products described are available at most pharmacies and Gordons Chemists does not endorse any individual product. Always consult your pharmacist in relation to your individual symptoms.

Thanks Dad!

£29.99

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Proda Luna Rossa
Carbon 50ml
RRP £53.00



£12.99

SAVE £20.01
ASP FIRST INSTINCT
EDT 30ML
RRP £33.00



£24.00

SAVE £36.00
Dunhill Trash Men
EDT 100ml
RRP £60.00



£29.99

SAVE £33.01
Dunhill Icon
EDT SET 50ML
RRP £53.00



Offers available 4th - 21st June, while stocks last.



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exceptional savings, every day.

STEPS To A Sound Night's Sleep

By Clare Hegarty

I think it's fair to say that lockdown life has had an impact on everyone's sleep, but children are probably feeling the effect more than most. Now summer has arrived with its longer days, warmer nights and kids who don't want to go to sleep because it's still bright outside... this can be a really challenging time for parents.

Along with good nutrition and regular exercise, sleep is so essential to children's overall health and wellness. Studies have shown that children who get regular sleep have improved attention, learning and memory. Sleep is also important for growth. Rest and repair process differs from release of growth hormone.

Lack of good quality sleep can have negative consequences for your child. Over time, not getting sufficient, good quality sleep each night can produce a range of behavioural, cognitive and emotional symptoms such as irritability, increased anxiety, difficulty with concentration and learning and low motivation or mood. Many parents are probably seeing the signs since lockdown and I have certainly seen a sharp increase in the number of enquiries I am receiving from parents about sleep disruption amongst children: from struggling to get over to sleep; increased frequency of nightmares; not wanting to sleep in their own beds and general anxiety around bedtime.

There are a number of reasons for this.

Bedtime schedules have drifted and kids are waking up later than usual and at irregular times.

Electronic devices are being used a lot more frequently, with many parents admitting to relaxing restrictions on screen time and kids being on devices much longer than the recommended one hour per day. This combination is enough to have a huge impact on both

the quality and duration of children's sleep. So here are my five steps towards a better night's sleep to help your little loved ones stay healthy, motivated and energised in the summer months to come.

1. Stick to a consistent

sleep schedule: Children love routine and sticking to a consistent routine, even during summer, can help with the onset of sleep. Going to bed later and waking up later than usual or at different times will only disrupt the body clock and put their natural body rhythm out of sync. One of the best things you can do to promote good sleep is to go to bed and get up at the same time every day, including weekends. Allowing your child to sleep a little later on weekends is tempting but be aware that it can have an impact on the subsequent night's sleep.

2. No technology before bed: Switch off all technology at least one hour before bed. This is for two reasons. Firstly, it reduces the amount of mental and emotional stimulation which often keeps children awake at night or suffering from nightmares. Give them a bath, read a book or write a few lines in a journal. This will help them wind down before bedtime. Secondly, screens emit blue light. In its natural form, blue light from daylight and the sun helps regulate natural sleep and wake cycles. It helps children stay alert and reactive during the day and helps their mood. But in its artificial form, blue light from phones, laptops, LED lights etc. can have a huge impact on sleep as it suppresses the production of melatonin. Melatonin is the major sleep hormone we produce at night to help us get a good night's sleep.

3. Get access to early morning light:

Getting the kids outside in the morning and exposing them to natural light will help them sleep better at night. Daylight promotes sleep by setting the body's daily circadian rhythm and regulating sleep patterns. Get out for a walk in the morning, enjoy daily exercise outdoors, do some gardening or have meals and snacks outside. Try this for a week and you will be pleasantly surprised with the results.

4. Create a relaxing bedtime

routine: Keep before bedtime activities calm, create a relaxing environment that will help kids relax and unwind. This is important for adults too. Make sure the bedroom is dark, blackout blinds and curtains are a great investment. Ensure there are no screens or TV's in the bedroom and remove over stimulating toys. These things will all make it easier for a child to fall asleep and stay asleep.

5. Keep bedrooms cool: Summertime and warmer nights can cause disrupted sleep for some children. Sleep cycles are affected by light, but they are also very sensitive to temperature. Keep the bedroom cool by opening a window, or putting a fan in the room, and ensure their nightwear is lightweight cotton.

Follow this sound advice for their journey off to the Land of Nod and hopefully bedtime struggles with your little snuggle bugs will soon be just a story.



Newry resident Clare is a nutritionist and sleep coach who specialises in helping women and their families eat better, sleep better, improve energy levels and live a happier, healthier life.



The Reading Corner

School's out for summer so keep their minds and imaginations stuck in a super new story...

The Teenie Weenie Jennie by Julia Donaldson, illustrated by Anna Currey.
HB £12.99, published by MacMillan Children's Books.

AGE PRE-SCHOOL+

A brilliantly entertaining magical 'be-careful-what-you-wish-for' tale that's full of farmyard fun. Old Macdonald is cleaning out his farmhouse kitchen when he comes across a dusty old teapot. And no one could be more surprised when a wish-granting genie pops out of the spout. Old Macdonald wishes for a wife, who wishes for a baby. A baby who wishes for a dog, who wishes for a cat, who wishes for some mice! It doesn't take long before the farmyard starts getting very busy, and VERY noisy! Will the genie ever get a break in this increasingly busy and noisy farmyard?

Donkey Soup - An Irish Bog Imp Tale by Richard McCloskey-Wall, illustrated by Kevin McHugh. PB £6.99, published by Tattynuckle Publishing

AGE 3+

Hedgeroot has woken up REALLY hungry, and when a Bog Imp is that hungry, only one thing will do – Donkey Soup. Hedgeroot and his friends Muckfoot and Dryleaf head for Granny Greybeard's farm to catch themselves a donkey, but the Bog Imps soon realise that when you're only eight inches tall, messing with a great fat hairy donkey is not a good idea. A super funny story for ages wee to big. Available to order now exclusively from irishbogimptales.com

So You Want to be a Ninja? by Bruno Vincent, illustrated by Takayo Akiyama.

HB £9.95, published by Thames Hudson

AGE 6+

This humorous and handy guide contains all the information aspiring ninjas need to know. Grab your ninja shoes and throwing stars and join these plucky ninja newbies travelling back to 1789 Japan. Discover the tightly guarded secrets of the ninjitsu craft from the experts, including disguise, stealth and much more! Take the ninja quiz, debunk myths and learn about secret weapons and gadgets to perfect your newfound skills. This brings the craft of being a ninja to life in hilarious and entertaining detail.

The Mermaid Atlas: Merfolk of the World by Anna Claybourne, illustrations by Miren Asiain Lora. HB £14.99, published by Laurence King

AGE 7+

Magical and mysterious, the merfolk of the world are notoriously elusive, but this enchanting handbook will reveal their secrets. Travel back in time and across continents to discover all kinds of mythical sea creatures. Learn all about the beautiful Selkies of the Scottish seas, the wily Iara of Brazil who love to outwit travellers and the fearful Ningyo of Japan who can give you eternal life. This captivating book features a mix of mermaid facts and enticing traditional merfolk tales, as well as fun features on mermaid homes and famous mermaid sightings!

The World's Worst Parents by David Walliams, illustrated by Tony Ross

HB £14.99, published by Harper Collins Children's Books.

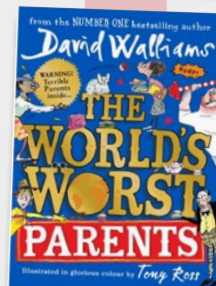
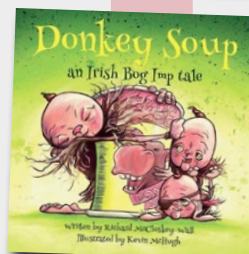
AGE 7+

Millions of young readers have loved the World's Worst Children tales but now prepare for... THE WORLD'S WORST PARENTS! Sure, some parents are embarrassing – but they're NOTHING on this lot. Pinch your nose for Peter Pong, the man with the stinkiest feet in the world... jump out of the way of Harriet Hurry, the fastest mum on two wheels... watch out for Monty Monopolize, the dad who takes all his kids' toys... and oh no, it's Supermum! Brandishing a toilet brush, a mop and a very bad homemade outfit.

Alison's Adventures: Your Passport to the World compiled by Ripley's Believe It Or Not. HB £12.99, published by Penguin Random House

AGE 8+

Meet Alison Teal, the real-life Dora the Explorer! With a pink surfboard made of recycled coffee cups, Alison has explored some of the most remote places on earth. Her first book explores her most amazing adventures, from surfing along the waters of an active volcano, leading the charge to clean up plastics from Trash Island in the Maldives and discovering the secrets of endangered tribes in the Amazon rainforest. Embark on a journey with this fearless female and discover ancient cultures, connect to the world, and learn how even the smallest actions can make a difference.



COMPETITION TIME

WIN - A signed copy of Flyntlock Bones: The Sceptre of the Pharaohs



Best-selling Belfast children's author Derek Keilty is back with a brand-new swashbuckling trilogy and we have five copies of the first in the series of super stories to give away to young pirates – signed by the author himself!

Derek has previously published over ten books for children. Will Gallows and the Snake Bellied Troll (Andersen Press) was selected for the Richard & Judy Book club and shortlisted for the Children's Books Ireland Book of the Year 2012. Film rights for Will Gallows were also optioned by Elton John's Rocket Pictures. We asked Derek what's in store for young readers with his next big adventure?

"I get inspiration from all sorts of places, in the case of my new book Flyntlock Bones, it was definitely a doodle. I noticed the doodle in the margin of a different story I was writing: a skull and crossbones only with a magnifying glass over one of the skull eye sockets, and underneath I had written

Pirate Investigators. It was a play on words – changing Private Investigators to Pirate Investigators which sounded quite cool. The story idea I was working on wasn't really going anywhere so I decided to write my pirate story instead.

"It's about a young orphan who applies for the job of cabin boy on the Black Hound, not knowing he has boarded a pirate ship. But he quickly discovers that these pirates are different than your normal rum-swilling, treasure-looting, scourge o' the seas pirates. They are ex-pirates turned detectives. 'It's clues we're after, NOT treasure!' the captain explains. Soon Flynn is setting sail for the Seven Seas, on a perilous quest to recover ancient treasure bound by a magical curse."

To be in with a chance of winning a signed copy of this awesome adventure just visit ni4kids.com/competitions and answer the following question:

Q) The name of the hero in this story is Flyntlock...who?

A) Moans B) Bones or C) Groans

Hear Derek reading the first chapter on YouTube by clicking [here!](#)

Flyntlock Bones: The Sceptre of the Pharaohs by Derek Keilty and illustrated by Mark Elvins is out now. PB £6.99, published by Scallywag Press

T&Cs: The closing date for this competition is 5pm Friday 24 July 2020. Usual Ni4kids T&Cs apply. Editor's decision is final. No cash alternative. Visit ni4kids.com/competitions for full T&Cs.



CRAFTY KIDS: *The Outsiders*

Laughter and playing for hours in the fresh air during long summer days are often quoted as our favourite memories of childhood. Not only are these ideas terrific fun things to do – but you can impress your friends and family with the super science facts about how they work!

MAKE A RAINBOW

Over the last number of months during the Covid-19 crisis rainbows have been used as a symbol of hope and gratitude during these unprecedented times. You don't need to wait until it rains to see a real rainbow though. Here are two easy ways to make your own!



You will need...

- Clean plastic spray bottle
- Water
- White paper
- Clipboard

- Adhesive putty
- Clear plastic pen tube
- Magnifying glass



1 Ask an adult to wash out a spray bottle. Fill it with water.

3 Put a sheet of white paper on a clipboard. Use adhesive putty to attach a clear plastic pen tube to the paper.



2 Stand with your back to the Sun facing a dark surface. Spray water fast and look for rainbows!



4 Stand with your back to the Sun. Lean the top of the clipboard toward you and use a magnifying glass to look for rainbow patterns in the shadow under the pen tube.



WARNING!

NEVER use a spray bottle that has held chemicals. Ask an adult to wash the bottle. DON'T spray toward eyes. Avoid breathing the spray.

If you can't see any rainbows at step 4, try a different make of pen tube.

You can make amazing rainbows by spraying water from a hose (ask permission first). If the hose doesn't have a spray nozzle, just put your thumb over the end.



The Science: LIGHT AND REFRACTION

Light is a type of electromagnetic radiation. It transfers energy from a source such as the sun as it travels in waves. The colour of the light depends on the **wavelength** of the wave. Sunlight is white; it's a mix of all the colours of light. As sunlight enters a raindrop, it slows and bends. Because different wavelengths bend at slightly different angles, the colours in sunlight separate and you can see a rainbow. Bending light in this way is called refraction. In steps 3 and 4, the sunlight refracts as it passes from air to the plastic.

MAP THE STARS

Astronomers spend years mapping the stars. You can do it in minutes, and you don't even need a telescope!

You will need...

- Cardboard
- Scissors
- Sheet of cellophane
- Tape
- Small flashlight
- Red cloth
- Black marker
- Water-based felt pens
- White paper



FIND A CONSTELLATION

Wait for a clear, moonless night. See if you can spot the Big Dipper!



1. To make a frame for your viewer, cut out a rectangle of cardboard. Cut a hole in it and tape some cellophane across the hole. You could decorate the frame.



2. Wrap a red cloth over the end of a flashlight.



3. Find the constellation you're looking for.

4. Ask an adult to hold the flashlight so you can see the cellophane just in front of your face. Look through it at the constellation. Mark the position of each star on the cellophane.



5. Indoors, turn the cellophane over and make felt tip blobs on each of the black blobs you made. Quickly press the felt-tip side on some paper. Lift the cellophane. You've printed a constellation star map! Draw stars over the marks.

The Science: STARS AND CONSTELLATIONS

Every star, including our sun, is a giant gas ball. Like our sun, a star's gravity crushes gas atoms until they fuse together, releasing energy as heat, light and other types of radiation. Although the stars in a constellation look as if they are all the same distance from us, some are much further away than others. They're distant from each other in all directions.

If you make a mistake, ask an adult to wipe the marker off the cellophane using white spirit and a kitchen towel.

Activity ideas from *Experiment with Outdoor Science: Fun Projects to Try at Home (STEAM Ahead)* by Nick Arnold, illustrated by Giulia Zoavo. Published by QED Publishing PB £9.99.





There's no disputing the fact that this summer's not going to be exactly what we imagined back in January, when the thought of skipping off come July to somewhere with sunshine and a huge pool was all that kept you going through the dull, dark days. As one dad quipped in a popular meme, "I thought this summer I would be getting a nod to go down a water slide, not

get into Asda."

On the bright side, it is the school holidays after all, lockdown restrictions are starting to ease and you know what? After the last few months a staycation isn't sounding too shabby to us right now. Here's a few ideas to keep you and the kids smiling, and busy, when you get the chance to take a break...

The Magic of the Movies

Drive-in cinemas are popping up all over the country faster than the essential film-watching snack popcorn takes to make. Too many to list here, we are sure this trend is one that will stay around all summer long. It's a wonderful route to some retro family fun while still staying safe (socially distancing speaking) and a great opportunity to enjoy some of the biggest movies of all time all over again. Keep an eye out on Facebook for what's showing near you.

Cinemagic's 'CineSeekers Film Club' is going online for the summer with QFT Player. Who Killed Nelson Nutmeg? (Cert PG) Starring Bonnie Wright (aka Ginny Weasley from Harry Potter) four kids on their annual summer camp holiday suspect the park's mascot has been murdered – so they set out to investigate. Available to stream free from 3-5 July on QFT Player. Visit cinemagic.org.uk for the link and more free movie screenings over the summer.



Great Golf



Greenacres Golf Centre in Ballyclare

Book Us In

Organisers of the Edinburgh International Book Festival have announced that they will be presenting the 2020 Book Festival online from Saturday 15 to Monday 31 August. The programme, made up of over 100 events for adults, families and children, will offer both live and pre-recorded conversations featuring leading writers, poets and participants from around the world. Events will be free to view, and available through the Book Festival's own website. Full details to be announced at the end of July.

Golf was one of the first sports we were able to take up again once the lockdown rules lifted a little and this type isn't for members only. Mini golf for the entire family is back on the menu at venues such as Greenacres Golf Centre in Ballyclare, The Family Fun Zone at Carnfunnock Country Park, Larne and The Golf Centre Newcastle.





Car-Friendly Concerts

From Friday 3 to Sunday 5 July some of Northern Ireland's finest performers are coming together to host Belfast's very first series of drive-in concerts. The event will be staged on Belfast's iconic Maritime Mile at the Titanic Slipways and features five exciting shows including; Drive into the musicals with Peter Corry, the magic of Queen with Flash Harry, recreating Abba with Bjorn Identity, Proms in the Car Park and Once Upon a Time with The Real Princesses NI. For tickets and information visit petercorryproductions.com

A Trip To The Theatre

If you've had enough of re-runs and Netflix why not broaden your viewing experience with a super stage show instead? At thespie.com discover over 1,000 filmed performances, artist talks, livestreams and podcasts, including lots of family-friendly theatre. Closer to home, keep an eye out for past performances of family shows from The Lyric Theatre, Belfast, streaming over bank holiday weekends on their website. While at whatsonstage.com find regular updates on stage shows and musicals you can watch free online, like The Wiz Live, which is streaming free for 48 hours only from Friday 12 June.

Please remember

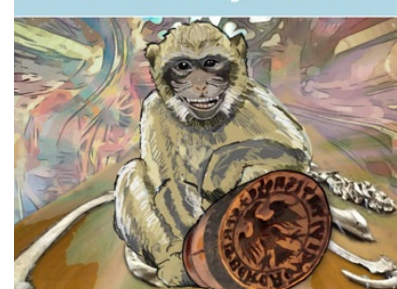
Circumstances could change on a daily basis, therefore please check with the venue directly before setting off on your journey.

Medieval Adventures

Let your kids be immersed in an interactive adventure story to discover some of the realities of Medieval life. It might be fiction, but it is full of real events and real characters. A visit to Carrickfergus Museum turns weird when there's an accident with the Mayor's Seal and a monkey skeleton. You, your mate Josh and his Nan find yourselves thrown 800 years into the town's past! You'll need to work together to find the monkey and the Seal. Are you ready to take up the challenge? Download the story at midandeastantrim.gov.uk/micahandthemayorsseal where you can also find a free, fun activity resource pack! Best suited for ages 9-12.

Micah and the Mayor's Seal

A time travelling adventure



Disco Divas

The popular Black Box event Mini Moon for children aged 0-7 with any type of disability is bringing the party to your living room (or wherever you feel like dancing!). Join the party on Vimeo.com/BlackboxBelfast for some fun with music and visuals on Sat 13 June, Sat 4 July & Sat 15 August from 1-3pm.



Festival Fun

This year's EastSide Arts Festival will take place from 6-16 August and the theme this year is 'Moments of Joy'. Most of the festival events this year will be productions that you can watch on-line allowing you to enjoy the fun safely at home. Visit eastsidearts.net

Game On

Looking to have some virtual fun with friends and family? Why not organise a board game, whodunnit mystery or quiz night in support of MacMillan Cancer? Sign up, set up a donation page for your event, then the charity will email you everything you need to get going.

Find out more at gamesnight.macmillan.org.uk

Gone Fishing

Cast off and have a go at fly fishing at Moira Lakes. An anglers' paradise this stunning spring fed lake offers excellent still water fly fishing for rainbow trout. Other activities are still closed at the moment, however there is a nature trail walk around the lake that the kids will enjoy too. NB Must be booked in advance. Visit moiralakes.com

Down On The Farm

Find some animal magic at Rosepark Farm in Ballymoney who are re-opening from Sat 13 June. Playareas, animal handling and indoor facilities are closed for now but a one-way walk system around the farm offers opportunities to view animals in the paddocks and the beautiful lagoon beach. Pre-booking only Tel: 07961 124 136 as far as possible in advance.

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