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Summer 2020 Volume 27 Issue 5

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# Lockdown restrictions and 'family time'

*A fifth of parents believe the lockdown restrictions have been beneficial for their kids due to the extra 'family time' it has given them.*

A study of 1,000 mums and dads with children living at home found more than a third are now re-thinking their entire routines after enjoying having more quality time together during the lockdown.

As a result, 78 per cent have pledged to retain some aspect of their current regime even when restrictions are lifted.

The research, commissioned by McCain as part of its Nation's Conversations campaign, found 48 per cent have seen the amount of exercise they do as a family change – increasing to an average of four times a week compared to three previously.

Meanwhile, the time saved by not commuting or rushing around so much has meant more space in the schedule for family meals. This has meant the new typical routine also includes eight meals together a week, compared to seven previously.

Mum-of-three Myleene Klass has teamed up with McCain to encourage parents to join the McCain Family Pledge.

The singer and presenter stars in a short film reciting a poem which brings to life heart-warming pledges which are being made by families across the UK, as they come out of the challenging period of lockdown.

Myleene said: "As our fantastic front-line workers have worked to keep us safe and the country running during lockdown, the experience has been quite different for those families at home.

"Whilst the whole experience has been a rollercoaster of emotions, I, like many other parents, will be trying to take something positive out of the experience.

"Working with McCain on My Family Pledge, I have been able to reflect on both my experience and those of other families across the UK, brought to life in the Nation's Conversation research.

"It has definitely moved me to see what families across the nation have enjoyed about lockdown - the slower



Mum-of-three Myleene Klass has teamed up with McCain to encourage parents to join the McCain Family Pledge Credit: SWNS:South West News Service

pace of life, and how quality family-time, especially at mealtimes, has become so important for many.

The research also found 28 per cent of parents believe their new routine has brought their family closer together.

As a result, 48 per cent want to spend more quality time together in the future, while 16 per cent hope to continue to enjoy joint hobbies with their child.

Two-thirds of mums and dads believe their child likes their new routine, while 27 per cent said their offspring has enjoyed baking and cooking as a family.

Almost half of parents also admitted their new routine has taught them how important it is to take time out, with 29 per cent admitting their previously busy schedule meant they missed out on important quality time.

A third have realised how vital it is to have meals together and 42 per cent of those polled, via OnePoll, have learnt how important it is to have conversations with their child.

Mark Hodge, marketing director at McCain said: "It's uplifting to see through our latest Nation's Conversations research how parents are reflecting on their time during lockdown.

"We've all had the opportunity to stop, think and enjoy the slower side of life, and hearing family pledges to eat more meals with their families, and use mealtimes to have important conversations with one another shows how important these moments have become in bringing us together in times like these.

"It has been fantastic to work with Myleene on the 'My Family Pledge' poem - she has wonderfully brought to life the sentiment of families across the UK as, along with Myleene, they commit to taking something positive from this incredibly challenging time into their new normal."

## Win

## Competition

**1 x My First Mighty Blasters Mighty Bow**  
**1 x My First Mighty Blasters Dual Blaster**  
**1 x My First Mighty Blasters Boom Blaster**

We've teamed up with Little Tikes to give one lucky superhero the chance to win their very own Little Tikes My First Mighty Blasters range!

With a 12-foot blasting range the Boom Blaster is easy to load and launch, and comes complete with three bright and colourful power pods – Red Fireball, Missile Launch and a mystery pod to surprise!

Stepping it up a gear, the Dual

Blaster launches two power pods at once. With a similar trigger mechanism and a total of six pods including Magma, Dino Smash and Shock wave, it's guaranteed to keep children entertained for hours.

The Mighty Bow is the ultimate blaster, with power pods Sharkbite and Wind. With a quick rotation it can also be transformed into a cross bow in seconds!



For your chance to win, answer the question below and email [comps@parenttalk.org.uk](mailto:comps@parenttalk.org.uk) by 6pm on the closing date of 10th August 2020.

**What is the blasting range of the Boom Blaster?**

If you win this competition, we will contact you for permission to pass on your contact details to the PR company concerned. We will never pass on your details without your consent. All other entries will be deleted after the competition closes and will not be passed on to any third parties for marketing or promotional purposes.



## Wellbeing top of Queen's agenda

Wellbeing is central to the overall health of an individual, enabling them to successfully approach challenges and aim for a fulfilled life. An excellent education prepares a child academically and emotionally for the challenges they will face inside the classroom and the wider world beyond the school gates.

At Queen's College, we are passionate about supporting our pupils' personal and emotional wellbeing, as well as their academic development, with a focus on providing outstanding pastoral care.

From our youngest children in Nursery through to our

Sixth Form students, we recognise the importance of encouraging our pupils to become resilient, healthy and confident individuals, nurturing and developing their social and emotional skills, and motivating them to take on challenges outside of their comfort zone.

Strategies developed during childhood support a young person in managing their own wellbeing into adulthood and throughout their lives. The situation we have been experiencing for the past few months has undoubtedly provided some challenges in the area of wellbeing and has

impacted emotionally on many children.

At Queen's College Pre-Prep, throughout the lockdown period, wellbeing sessions have been included in our daily remote programme of teaching and learning. This has included physical fun, outdoor challenges, mindfulness and calming exercises. Likewise, creativity is important for creating a sense of wellbeing. Our art and music teachers have delivered a variety of activities, aimed at encouraging the children to be creative, explore and express themselves and their feelings through music and art projects.

To find out more about Queen's College, email [junioradmissions@queenscollege.org.uk](mailto:junioradmissions@queenscollege.org.uk)

# Staycation nation: Preparing for a school holiday like no other

The school holidays are fast approaching and even with travel restrictions lifted, many are opting for a staycation. If you're struggling to find how your home can now transform itself into holiday home, relax; you can still make some amazing summer memories by planning a perfect family break.

### 1. Turn hobbies into holiday fun

You might not realise it, but your homes are actually treasure troves of fun. Remember all the board games and puzzles gathering dust in the under-stairs cupboard? It's time to rediscover some old favourites and get the kids enthused about playing – think adults vs kids in an ultimate Articulate showdown. Intersperse these with arts and crafts and games like hide and seek or dressing up box fashion shows for days' worth of creative fun. We can't always trust the Great British weather to be reliable even in summer, so these activities are great for a rainy day. Finish off with foreign-themed film nights (think Mamma Mia, Chocolat, The Italian Job, The Sound of Music) that everyone can enjoy and allow yourself to be virtually whisked away to these gorgeous locations.

### 2. Big up your back garden

One of the best parts of a holiday is the freedom to roam outside in the sun, whether that be on a campsite, on the deck of a cruise ship or on the beach. Turn your back garden into the ultimate holiday resort by getting everyone together for some fun activities like water fights,

barbecues, treasure hunts, bat and ball and dining al fresco. If you want to go the whole hog, why not have a campout? Pitch your tent and sleep under the starry skies – forget that you have the luxury of beds and showers just a few metres away in the house – a back-garden campout requires commitment. Recreating a full-on camping holiday will make you feel you've had a break – of sorts! Invest in some beach towels (or sun loungers if you're feeling extravagant) so you can lay out, sunbathe, relax and read and you'll forget that you're lying next to a paddling pool rather than a hotel pool.

### 3. Be tactical and practical

To ensure your staycation doesn't end in tears, it's important to realise that a UK summer is not without hazards – everything from sunstroke to slips and trips in the mud, depending on the whims Great British Weather! So, a rudimentary "first aid kit" – SPF 30+ sunscreen and plasters at the very least – is always advisable. Even at home, you have to be careful – public enemy no1 for back garden shenanigans are bugs like mosquitoes, bees, wasps, hornets, horseflies, and even ants particularly if you're camping out overnight. So, it's essential to have help on hand immediately if you happen to get stung or bitten. Once you've got the health and safety elements ticked off, don't forget to invest in the other essential items necessary to carry off the perfect staycation. Make a checklist for items like

a barbecue, water guns, a ping pong set, a tent, sleeping bags, towels, sunhats, anoraks, blankets, fairy lights, deck chairs and an outdoor dining set.

### 4. Cook up a storm

Wherever you normally go abroad, a firm favourite part of the trip for everyone is discovering delicious cuisine from a different culture. There's no reason why you can't bring some exotic tastes to your own dining room – it's time to ditch your usual weekday meals in favour of holiday classics like paella, souvlaki, pizza or savoury crêpes. Tip: get the whole family involved in the cooking to make it fun and stress-free, with the added benefit of teaching the kids some valuable domestic skills for later in life. These are the perfect dishes to serve al fresco in your garden, but on a rainy day why not turn your hand to baking – this will provide great snacks for any staycation movie nights. Simple and fun

recipes with delicious outcomes include brownies, fairy cakes, rocky roads and chocolate chip cookies.

### 5. Venture into the Great British Outdoors

Now that some of the lockdown measures have been relaxed, part of your staycation can involve visiting some of the UK's amazing coastal, rural and urban locations, perfect for all the family to enjoy a socially-distanced day out. After such an extended period in lockdown, many of us are discovering a new appreciation for the Great British Outdoors (66% of us according to a new survey of over 2,000 adults commissioned by bite away®) whether that be an increased interest in nature or becoming more fit and active. And the beauty of a staycation is that after an action-packed day out you can return home to continue the holiday fun well into the evening!



**RAZZAMATAZ ONLINE**  
SUMMER SCHOOLS!

**Razzamataz Yeovil bring you 2 online Summer Schools this August:**

Week 1: Monday 10<sup>th</sup> – Friday 15<sup>th</sup> August  
Commercial theme. Pop singing and commercial & street dance.

Week 2: Monday 17<sup>th</sup> – Friday 21<sup>st</sup> August  
Musical Theatre theme. Our younger students will be going 'Under the Sea' with Nemo and the Little Mermaid, while our older group look at Les Misérables.

For ages 5-8, 9.30 am – 10.30 am, max 10 students, £25 per week  
For ages 9-16, 11.00 am – 12.30 pm, max 15 students, £37.50 per week

Contact Claire on 01935 411120 / 07856 273166 or email [yeovil@razzamataz.co.uk](mailto:yeovil@razzamataz.co.uk) to book your place or for more details.

Razzamataz invite you to their summer schools online! Sessions packed with dance, drama, singing, crafts/prop making plus a performance opportunity for family and friends!  
Visit: [www.razzamataz.co.uk](http://www.razzamataz.co.uk) to find your nearest school to book today!  
Limited places available

[www.razzamataz.co.uk](http://www.razzamataz.co.uk) RAZZAMATAZ



# Have fun with nature

Look at everything as though you are seeing it for the first time, with eyes of a child, fresh with wonder



Make a basket



Calming lavender bags



How to press flowers



Should we be scared of snakes?



Saucer veg



Map of your garden



What insect are you?



Upcycling for nature

## More time outdoors since lockdown

Half of parents have been doing MORE outdoor activities with their children since the lockdown was introduced. Since the social distancing restrictions reducing movement and travelling were introduced in March, families have been using their gardens and nearby outdoor space to get back to nature while out walking or exercising.

More than 51 per cent have been doing more activities in their garden as a family than usual, while 49 per cent have been enjoying more walks together.

Three quarters of parents have even been using the great outdoors as a classroom by incorporating nature into their home schooling lessons, with 87 per cent believing being outside is good for their youngster's mental health.

Eco-friendly paint maker Farrow & Ball, which commissioned the research,



launched a competition to encourage families to celebrate nature and the colours around them.

Families were asked to share a colour

they found in the natural world as a suggestion for a paint shade.

More than 4,000 entries were submitted, with the UK's winning colour 'Dirty Beetroot' being brought to life and given to the winner Daisy Sansum to use at home in Gloucestershire.

Charlie Cosby, head of creative at Farrow & Ball said: "Many parents are trying to juggle acting as a teacher for their children and working from home at the same time, leaving them looking for creative ways to keep their children learning.

"Alongside the work their children may have from school, making the most of the nature around them can be a great way of learning while having fun.

"This can be in the garden, if you have one, or even while walking around the block as part of your daily exercise." The study, of 2,000 adults also

revealed, perhaps unsurprisingly, that seven in 10 adults wish they spent more time in nature than they currently do.

And 74 per cent of parents want their children to head outdoors more often as they appreciate the positive benefits.

More than two thirds of respondents said that being in nature made them feel more relaxed and calmer.

As a result, many try to bring the outside in, with more than half of those polled, via OnePoll, being inspired by something in nature - like a colour or pattern - in their home décor choices.

Charlie Cosby added: "Nature is all around us - even in city centres - and people are more appreciative of the outdoors at the moment.

"Painting our living spaces in a colour that's inspired by nature is a great way of bringing the outdoors in at a time when we are spending more time at home than ever before."

To test your knowledge of the great outdoors, go to <https://www.farrow-ball.com/take-our-nature-quiz>

# Days out with the kids

## Re-discover the Great Outdoors with Treasure Trails

Step outside and re-discover a world of fun and adventure with Treasure Trails this summer.

Solve the clues and uncover the secrets with one of more than 1,200 self-guided adventure trails across the UK.

With themes including Treasure Hunts, Spy Missions and Murder Mysteries, Treasure Trails provide the perfect solution to responsible, social distancing entertainment.

"Getting outside into the fresh air is incredibly important for wellness and mental health, especially in these uncertain times," said Aaron Hutchens, General Manager Treasure Trails.

"Our ethos at Treasure Trails has always been to encourage people to ditch the screens and explore the wonderful places on their doorstep.

"A Treasure Trail is a fun and challenging joint activity with the benefit of discovering something completely new about a destination – even if it's on your own doorstep.

"It's also a really effective way to fit in some exercise, get some much-needed vitamin D and flex those little grey cells," he added.



Lasting around two hours, each trail has its own specific theme and makes use of well-known local landmarks, signs, statues, monuments, images, engravings or any other unique or eye-catching features to create an exciting adventure.

- ✓ Pick a destination
- ✓ Select a walk
- ✓ Pack a picnic! (see page 6)

From remote locations to wide-open spaces, there are hundreds of Treasure Trails to choose from across the country, whether you're budding buccaneers, mini Miss Marples or undercover secret agents.

Treasure Trail booklets are suitable for up to five people and designed to appeal to all ages. Trails are also available to buy online and download to print at home, and therefore can remain completely contactless.

**What:** Explore the local neighbourhood with Treasure Trails

**Why:** Treasure Trails are a fantastic way for families, couples and small groups to explore and uncover the secrets of the UK.

**How Much:** Treasure Trails cost £9.99 for the downloadable and print at home version or £11.48 (including p&p) for the posted version.

**Find Out More:** [treasuretrails.co.uk](http://treasuretrails.co.uk)



## Activity walks

**Woodland Trust**  
Woodland walks

**Woodland Trust nature detectives**  
Summer scavenger hunt

**Geocaching**  
Outdoor treasure hunts

**Family walking routes**  
English Heritage castle walks and hikes

**National Trust South West coastal walks**

**Walking The South West coastal path with kids**

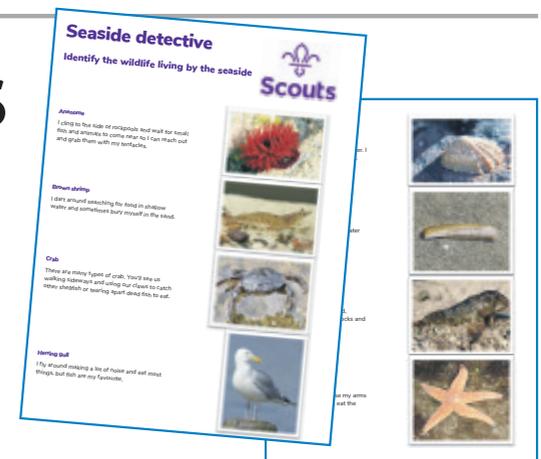
**Long distance walking advice**  
Walking with children

**Packing a rucksack**

**Pack the essential gear**  
Hiking equipment for your family walk

**Advice from Sustrans**  
Top tips for walking with toddlers and children

**Walking with kids**  
Ramblers Masterclass: walking with kids



**Be a nature detective** Printable sheets  
**Seaside detective** **Countryside detective**



# Picnic treats



**Picnic quiches**



**Layered rainbow salad pots**  
Colourful rainbow pots of tuna salad



**Stuffed rainbow baguette**  
Fun vegetarian rainbow sandwich



**Cheese & onion muffins**  
Super tasty easy snack



**Homemade pink lemonade**  
Picture postcard cloudy lemonade



**Ciabatta bites**  
Super simple snack with clever freezer shortcuts



**Three easy dips for kids**  
Just pack the pittas, flatbreads and vegetable sticks



**Puff pastry pizzas**  
Let everyone choose their own toppings!

## Win Competition

### a set of Gruffalo Dobble

The Gruffalo, first published in 1999, has been delighting children worldwide for over 20 years. Written by Julia Donaldson and illustrated by Axel Scheffler, the enchanting picture book has been heralded a 'modern classic', adapted for both stage and screen, and translated into 86 languages, with an Oscar nominated film distributed to over 180 countries.

The Gruffalo range of fun and giftable products features games, puzzles, stationery, toiletries, clothing and homeware, perfect for keeping little Gruffalo fans everywhere busy and creative over the summer months, wherever they may be.

Explore the deep dark wood and see what you can spot, with the Gruffalo Dobble game. Between any two cards, there is always exactly one matching symbol, whether it's a mouse, a snake or the fearsome



Gruffalo's knobbly knees or terrible teeth! Be the first to find the match in the game of speedy observation, in a brand-new edition of the UK's best-selling game.

**Parent Talk have two sets of Gruffalo Dobble to give away.** For your chance to win, answer the question below and email [comps@parenttalk.org.uk](mailto:comps@parenttalk.org.uk) by 6pm on the closing date of 5th August 2020.

**When was The Gruffalo first published?**

If you win this competition, we will contact you for permission to pass on your contact details to the PR company concerned. We will never pass on your details without your consent. All other entries will be deleted after the competition closes and will not be passed on to any third parties for marketing or promotional purposes.

## The Old Pound Inn

High Street, Aller, Langport,  
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Tel 01458 250469  
[www.oldpoundinn.com](http://www.oldpoundinn.com)



Traditional country inn with good food, great accommodation, local beers and a friendly atmosphere.

**Thank you for all your support when we reopened on July 4th, adhering by the new 'normal' rules.**

Takeaways still available daily 12 noon to 9pm if you are still unsure. Please book a table for food or drink, if there are no tables you won't be allowed to stay inside.

See you soon! Don't forget to sign in.

**Shop open daily.** Takeaway open from 12 noon to 9.00pm (last orders 8.40pm)

#### Opening Times:

Monday: 11.30am to 11.00pm  
Tuesday: 11.30am to 11.00pm  
Wednesday: 11.30am to 11.00pm  
Thursday: 11.30am to 11.00pm  
Friday: 11.30am to 11.00pm  
Saturday: 11.30am to 11.00pm  
Sunday: 12.00 noon to 10.30pm  
Bank Holidays: 12 noon to 10.30pm

#### Food opening times:

Monday: 12 noon to 9.00pm  
Tuesday: 12 noon to 9.00pm  
Wednesday: 12 noon to 9.00pm  
Thursday: 12 noon to 9.00pm  
Friday: 12 noon to 9.00pm  
Saturday: 12 noon to 9.00pm  
Sunday: 12 noon to 9.00pm  
(Carvery until 3pm)

## 5 Healthy lunch and snack ideas for parents on the go

So if you're bored of eating the same old thing week after week, we've called on Jemma Thomas, PT and founder of Jemma's Health Hub ([www.jemmashealthhub.com](http://www.jemmashealthhub.com)), the online fitness community for mums, to provide some fantastic inspiration on how to freshen up your lunchtime menu.

Lockdown has brought with it a whole world of different challenges – not least of all coming up with new and tasty recipes to get your family excited about lunch!



### Sweet Potato topped with spicy pepper and chickpeas

Who doesn't like a jacket potato? This is my take on the traditional jacket potato with baked beans. Just as comforting but with tons of added benefits, protein from the chickpeas and vitamins A, C and B6 from the sweet potato. And it's a great way to get kids used to a bit of spice from an early age.

#### Ingredients – serves 1

1 large sweet potato  
 ½ tin chickpeas – rinsed  
 ½ teaspoon of each: cumin, garam masala, chilli flakes  
 ½ red pepper  
 2 large handfuls of rocket  
 Balsamic vinegar and olive oil  
 Sour cream

#### How to

Pop the sweet potato in the microwave for around 4-5 minutes.

Meanwhile, dry heat a pan on the hob and add the chickpeas chopped red pepper and spices. Let them toast on a medium heat for about 6-7 minutes. Slice the sweet potato in half and add a little butter if you like.

Top with chickpeas. Add the rocket salad and dress with oil, vinegar and sour cream.



### Sausage Orzo Tray Bake

This one tray bake is super-cooper easy for a weekday meal and one that I often make in the morning so that it can cook while I'm getting everyone ready for the day ahead. Then it's ready for lunch or evening and you barely have to do a thing!

#### Ingredients – serves 3

1 yellow pepper cut into chunks  
 6 sausages or veggie sausages  
 1 cup of orzo rice – using same cup 1½ cups of water  
 1 vegetable stock cube  
 2 table spoons green pesto  
 1 onion chopped into chunks  
 1 garlic clove crushed  
 1 punnet of cherry tomatoes.

#### How to

Pre-heat the oven to 190°C

In a large baking tray add the peppers, onion, garlic and cherry tomatoes and roast for 12 minutes.

Remove the tray from the oven and add the orzo rice, water, veg stock, pesto and mix well with the roasted veggies. Pop the sausages on top, evenly spread on the tray.

Cook in the oven for another 25-30 minutes checking regularly to turn the sausages and to add more water if it looks like it's getting stuck.

Serve 2 sausages and a few big spoonfuls of the orzo stew per serving.



### Chicken Satay Nuggets / Tofu with Brown Rice, Charred Peppers and Onion

This is a yummy take on a classic Thai dish. It's super quick and easy to throw together.

#### Ingredients – serves 1

½ garlic clove crushed  
 2 teaspoons of peanut butter  
 1 tablespoon of soy sauce  
 Sprinkle of red chilli flakes  
 ½ lime juice  
 1 large chicken breast sliced or 4-5 mini chicken fillets or ½ block of tofu  
 ½ pack of microwaveable brown rice  
 1 yellow or red pepper chopped  
 ½ red onion

#### How to

Pre-heat the oven to 190°C

Firstly, make up the satay sauce. Put the garlic, peanut butter, soy sauce, chilli flakes and lime juice into a bowl and mix well. Add the chicken strips or tofu and if you have time, marinade in the fridge for an hour. If not, you can pop it straight in the oven as below.

Add a few sprays of oil to a baking tray and add the chicken or tofu to one side and the onions and peppers to the other and cook at the same time for 25 minutes. Check that the chicken is cooked through. Service with ½ pouch of microwave brown rice.



### Apple and Cinnamon Cookies

My kids have been known to eat these for breakfast! And I can't really complain as they are a pretty balanced snack. The cinnamon will really curb your sugar cravings too.

#### Ingredients

5 heaped tablespoons of rolled oats  
 1 tablespoon of chia seeds  
 Handful of raisins  
 1 tablespoon of baking powder  
 1 tablespoon of cinnamon  
 4 tablespoons of plain whole meal flour  
 2 tablespoons of coconut oil melted  
 1 egg  
 ½ apple finely diced  
 1 teaspoon vanilla extract  
 2 tablespoon maple syrup

#### How to

Pre-heat the oven to 190°C

In a large bowl, mix all the ingredients together really well – get your hands in to make sure it's all evenly mixed. It will be a little sticky but that's ok – if it's too sticky to handle add a little more wholemeal flour.

Line a baking tray with baking paper. Form the mixture into 7-8 small balls and flatten into cookies once they are on the baking tray. Bake for 10-12 minutes or until browned.



### Green Zinger Smoothie

I have this one almost every day. The ginger is a brilliant way to wake up your digestive system and gives it an amazing zingy taste. Simply put all ingredients below into a blender and whiz until smooth.

#### Ingredients – serves 1

5 ice cubes  
 1 banana  
 300ml almond milk  
 Thumb sized piece of ginger  
 2 handfuls of spinach  
 Squirt of agave nectar

Membership to **Jemma's Health Hub** is £29 per month and for that you receive three or four workouts a week taking place on facebook live at 6.30am. (Monday – leg day, Wednesday – arm day, Friday – cardio day, and kettlebells thrown in for good measure!). However, if you can't make the 6.30am wake up call, you can log in and do it when it suits you. You also receive a downloadable 'How To' guide including over 35 wholesome recipes to try out, as well as a downloadable 'tick chart' for you to print up every 4 weeks and stick to the fridge so you can see your progress. But, most importantly, it gives you an amazing support network and an instructor who will be there for you, helping you feel supported and mentally stronger as time goes on.

#### For more information visit

[www.jemmashealthhub.com](http://www.jemmashealthhub.com) / @jemmas\_health\_hub (Instagram)



# Life in lockdown

## More than half of parents say lockdown has had a negative impact on their child's behaviour

The UK's leading childcare platform surveyed over 2,000 parents and discovered that more than half of them believe that lockdown has had a negative impact on their child(ren)'s behaviour.

Of those surveyed, Childcare.co.uk found that 55% of parents believe that their child's behaviour has deteriorated during lockdown, with 23% stating that the behaviour has become "significantly worse". Only 14% believe that their child's behaviour has actually improved over the last three months.

More than three-quarters of parents said their children have behaved violently with intent to harm them or their partner in the past, with a third of parents admitting that this is a frequent occurrence in their home. The survey also asked parents if they had previously heard of Child-to-Parent Abuse (CPA) with only a quarter of parents saying yes.

When it comes to dealing with children being violent towards adults, responses were varied. Nearly half said they would

talk to a friend or family member about it while a third said they would look for advice online. A fifth say they do nothing when it happens and keep the experience to themselves.

The survey also asked parents about the ways they deal with bad behaviour. With Scotland becoming the first UK country to ban smacking and Wales set to follow in 2022, parents were also asked about their views on smacking their children as a punishment. While the majority believe smacking should be illegal in the UK, 5% of parents said they have used smacking as punishment during lockdown, with 3% admitting smacking their child for the first time.

Childcare.co.uk is a platform which allows parents to search for and connect with babysitters, childminders, nannies, nurseries, private tutors and schools and also allows childcare providers to advertise their services. The site has more than 2 million users nationwide and is the largest online community for parents in the UK having launched in 2009.

Richard Conway, founder of Childcare.co.uk, said, "The last few months have been a very stressful time for parents and children. It's completely understandable that tempers may snap a little easier than usual, however it has never been more important to talk about these things. If you are concerned about recent behavioural changes in your children, if they are acting a lot more aggressive than normal or you are unsure on how best to deal with these changes then please talk to someone about it.

"A simple chat with a friend or family member can make a big difference and help put things into perspective for you. There are also online guides available that provide step by step information for dealing with these situations. However, if you believe it is more serious than this, please consider contacting social services or a local mental health service as the sooner a problem is confronted, the sooner it can be resolved."



## Children of Lockdown Contribute to 'Digital Time Capsule' for future generations

Storychest, the digital scrapbook app that has helped families through lockdown to create cv-19 and lockdown diaries, is launching a new children's initiative that is sure to go down in history. Children between the ages of 3 and 17 are being asked to reflect on their experiences of lockdown for a digital time capsule to be displayed on a dedicated Children of Lockdown website that will be kept forever as part of the British Library's UK Web Archive.

Charlotte McMillan (pictured), founder of Storychest, is asking schools and parents to encourage children to join in by sharing their lockdown reflections so that children of the future will be able to see through the eyes of the children of today what life was like during lockdown.

"It started as a personal project that I asked my three boys to do; they have witnessed a fundamental moment in history, when everything that was predictable about our lives was suspended - the ability to come and go as we please, to see friends and family, to go to school. I thought it was important for them to express their thoughts and reflections about lockdown, almost as a way of putting it into perspective - the negatives but also the positives - and to see what we can take on board for the future. My friends also got involved and I thought how great would this be if we could extend the idea to all children across the UK, for their reflections to be captured in one place."



"I'd heard about the British Library Web Archive, so I approached them with my idea of creating a digital time capsule", said Charlotte.

Ian Cooke, Head of Contemporary British Publications at the British Library, said: "The British Library will be including "Children of Lockdown" in its collection on Covid19, as part of the UK Web Archive. This collection covers medical, healthcare, policy and social impacts of the Coronavirus pandemic. As part of this, we are preserving a record of personal responses and accounts of life during Coronavirus, through communications made public online and preserved in the UK Web Archive. "Children of Lockdown" will be an important part of this collection, showing first-hand accounts of how lockdown impacted a generation, through a range of creative and written responses."

Charlotte adds: "This could be a fun and meaningful project that teachers could use to mark the end of a strange school term, or parents could do with their children during the holidays as we are cautiously moving into the next stage of normality."

Poems, stories or pictures can be submitted for the Children of Lockdown Digital Time Capsule up until the 26th July. In addition to the children's work being stored in the digital time capsule; there is also a competition to find the most creative response in each age category that will be judged by children's authors: Nicola J Rowley, Janey Jones and Rhys Brisenden. Winners in each age category will receive National Book Tokens.

Nicola J Rowley, award-winning author of *Mug the Wumph the Dancing Wizard*, said: "This competition is a great opportunity for the children of today to record how they experienced lockdown, in order to help the children of tomorrow. I'm really looking forward to reading all of the entries that will be sent in for this landmark historical project."

To enter Children of Lockdown, you have until 7pm on 26th July to upload your entry. All entries will be displayed on a website and the British Library will be saving them in an archive, so don't include personal information that could identify you easily. Winners will be announced on 17th August on Storychest's Facebook page and website.

# Editor's Book Review

## The Walloos' Big Adventure

By Anuska Allepuz  
Published by Walker Books.

Ages: 2+

On a small, rocky island, live the Walloos: Big Walloo, Spotty Walloo, Old Walloo and Little Walloo. Old Walloo loves to tell stories about his adventures, and Little Walloo can't wait to have her first adventure too! So when the family travel together to a tropical island, Little Walloo can't believe her eyes. WOW! the air is so moist and fresh, the plants so tall and green. But when some of the gang begin picking the island's leaves and plants, Little Walloo gets a funny feeling... Something is not quite right. What is that GURGLE-GURGLE-WURGLE sound? And is the island... moving?

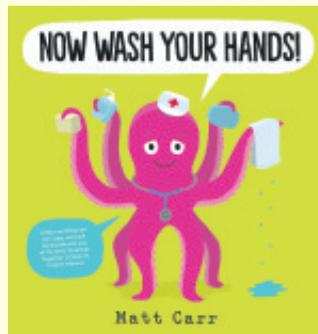


## Now Wash Your Hands

By Matt Carr  
Published by Scholastic.

Ages: 3+

There's a very special guest at the school for little animals, and her name is Doris – Doris the Doctorpus. She's here to help the animals learn to wash their hands because of something very, very small called GERMS! Doris explains that washing your hands can send germs packing and she's got her very own hand-washing song too.



## Agent Asha: Mission Shark Bytes

By Sophie Deen  
Published by Walker Books.

Ages: 7+

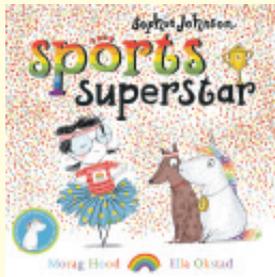
Asha Joshi has the perfect excuse not to finish her homework. She's just been recruited to join the top-secret Children's Spy Agency. Her first mission: SAVE THE WORLD. Can she do it? Asha's a coder so she should be able to hack into the biggest tech company in the world, fight deadly sharks and figure out why the Internet has stopped working. Easy, right?



## Sophie Johnson: Sports Superstar

By Morag Hood,  
illustrated by Ella Okstad  
Published by Simon & Schuster. Ages: 3+

Sophie Johnson is great at sports. In fact, she's a sports superstar! She's about to attempt the longest, hardest race anyone has ever tried (also known as a fun run) and she's taking her training very seriously (by eating plenty of sweets and chocolate for energy, of course). Join Sophie as she imparts her pearls of wisdom and goes for gold.

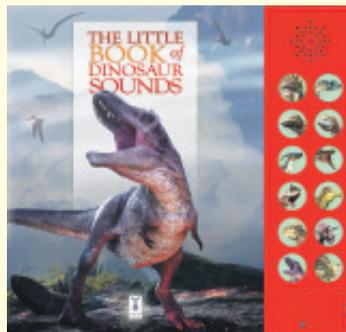


## The Little Book of Dinosaur Sounds

by Caz Buckingham & Andrea Pinnington  
Consultant: Dr Thomas E Williamson  
Published by Fine Feather Press.

Ages: 3+

Travel back 65 million years to find out what these extraordinary giant creatures sounded like. The 12 sounds have been specially created in collaboration with leading palaeontologist Thomas E Williamson and a top sound engineer. From the fearsome rumble of the T-Rex to the trombone-like call of the Parasaurolophus, each sound is based on the latest palaeo-acoustic research enabling children to hear the very best noise recreations of their favourite dinosaurs.



## Joe and the Kite

By Amanda Humphries  
Published by Troubador.

Ages: 7-9

Ellie scrunched up her face and with determination took hold of the torch, grabbing Joe's hand. The entrance was wide but as they looked in, darkness lurked beyond. Unexpectedly swept away to Cloud Land, a place where time stands still, Joe meets Ellie, an eight-year-old girl who has just arrived there too. They meet the mysterious Mr lam, who challenges them to solve his riddles and play 'the game' in order to return home. But this game is not an easy one. Joe and Ellie must face their fears and overcome challenges together. Can they trust anyone to help them? Will they succeed and get back home or face the consequences of losing?

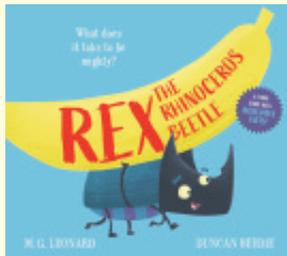


## Rex the Rhinoceros Beetle

By M.G. Leonard,  
illustrated by Duncan Beedie

Published by Scholastic. Ages: 3+

Deep in the rainforest, rhinoceros beetles Buster and Rex are sharing stories. Buster has so many heroic tales – he's SO strong and daring! Every story leaves Rex in awe – he's never met such an amazing beetle! But with danger just around the corner, will Buster live up to his reputation, or will it be up to Rex to save the day?



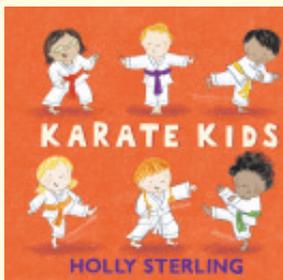
## Karate Kids

By Holly Sterling  
Published by Walker Books. Ages: 3+

Join Maya and all her friends as they get together at the dojo for their Saturday karate class.

There are moves to remember, blocks to practise, and punches to perfect!

Maya is a white belt, which means she's still a beginner but with focus, balance and determination – and a little helping hand from her friends, can she show Sensei what she's got?



## The Secret Explorers and the Lost Whales

Published by DK. Ages: 5-8

In The Secret Explorers and the Lost Whales, marine life expert Connor needs to use his underwater expertise to help save a pod of humpback whales that have lost their way. Along with space expert Roshni, he sets out in a submarine to search for a way to steer the whales back on track, but encounters unexpected problems on his mission, including lost baby whales and a fleet of boats. Will The Secret Explorers manage to succeed in their mission? Packed with fun illustrations and facts about humpback whales, marine life, and how climate change is affecting the oceans, this thrilling adventure is perfect for emerging readers.



## The Secret Explorers and the Comet Collision

Published by DK. Ages: 5-8

In The Secret Explorers and the Comet Collision, space expert Roshni leads a mission that's out of this world—literally! With rain-forest expert Ollie, she is set the task of fixing the space probe orbiting Jupiter before a comet hits the planet. With the clock ticking, it's a race against time for the Secret Explorers as they dodge asteroids, complete daring spacewalks, and use all their skills to accomplish their mission. Packed with fun illustrations and informative diagrams about space suits and real-life missions to Jupiter, this exciting adventure is sure to interest aspiring space adventurers.



# Editor's Book Review

## A Mummy Ate My Homework!

*A time travel adventure by Thiago de Moraes*  
Published by Scholastic.

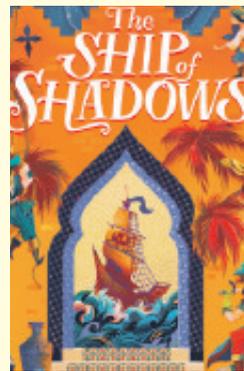
Ages: 8-11  
When Harry is sucked into a decidedly unusual vortex, he travels back in time to Ancient Egypt, which is... not ideal. After all, Harry is brilliant at maths and making lists, but surviving life in 3100BC? Well that certainly wasn't on his 'to do' list for the day. Will Harry survive? Will he find his way back to the present day? And, more importantly, will he ever get his homework back from that pesky crocodile...?



## The Ship of Shadows

*By Maria Kuzniar*  
Published by Puffin.

Ages: 9+  
Aleja whiles away her days in her family's dusty tavern in Seville, dreaming of distant lands and believing in the kind of magic that she's only ever read about in books. After all, she's always being told that girls can't be explorers. But her life is changed forever when adventure comes for her in the form of a fabled vessel called the Ship of Shadows. Crewed by a band of ruthless women, with cabin walls dripping with secrets, the ship has sailed right out of a legend. And it wants Aleja. Join Aleja and a cut-throat all female crew on a magical seafaring expedition that proves young girls should always go chasing adventure.



## The Promise Witch

*By Celine Kiernan, illustrated by Jessica Courtney-Tickle*  
Published by Walker Books.

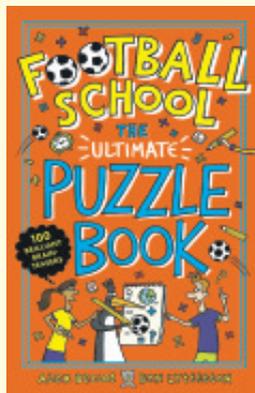
Ages: 9+  
The third and final instalment in The Wild Magic Trilogy. Following on from Begone the Raggedy Witches and The Little Grey Girl, join Mup and her family in Witches Borough, which is dying and no one knows how to save it. Into this scorched landscape storms a raggedy witch named Magda, trailing ashes in her wake. She wants Mup to fulfil a promise. And Woe betide any who stand in her way.



## Football School: The Ultimate Puzzle Book

*By Alex Bellos and Ben Lyttleton*  
Published by Walker Books.

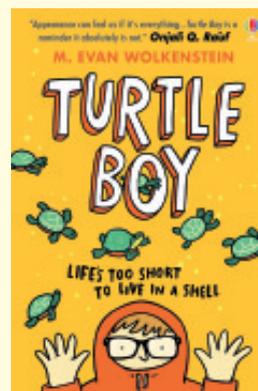
Ages: 9+  
Boggle your brain and enjoy hours of fun with Football School's latest book in the series. Perfect for football mad fans, this book is packed with over 200 brain-teasers, word searches, riddles, maths puzzles and logic games.



## Turtle Boy

*By M. Evan Wolkenstein*  
Published by Usborne.

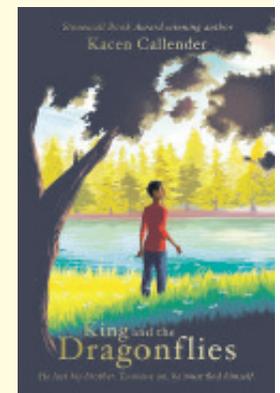
Ages: 9+  
Twelve-year-old Will likes two things: turtles and the local nature reserve. Everything else is a nightmare because Will has a facial difference that has earned him an unfortunate nickname. But when Will's Bar Mitzvah community service project introduces him to RJ, a boy who is confined to a hospital room, Will discovers they both have strength to lend each other, and that life is too short to live in a shell.



## King and the Dragonflies

*By Kacen Callender*  
Published by Scholastic.

Ages: 9+  
Twelve-year-old Kingston James is sure his brother Khalid has turned into a dragonfly. When Khalid unexpectedly passed away, he shed what was his first skin for another to live down by the bayou in their small Louisiana town. Khalid still visits in dreams, and King must keep these secrets to himself as he watches grief transform his family. It would be easier if King could talk with his best friend, Sandy. But King had ended their friendship. Before his death, his brother had said "You don't want anyone to think you're gay do you?" But when Sandy goes missing, sparking a town-wide search, King finds his former best friend and the two begin an adventure as they hide Sandy down by the bayou and among the dragonflies. As King's friendship with Sandy is reignited, he's forced to confront questions about himself and the reality of his brother's death.



## A Kind of Spark

*By Elle McNicoll*  
Published by Knights Of.

Ages: 9+  
Addie is 11 years old and lives in a small Scottish village. She loves books, sharks, her pocket thesaurus and spending time with her family, especially her sister Keedie who is autistic, just like her. But now Keedie has gone to college, and without her Addie's lost an ally; the one person who understands what it is to navigate a world not designed for her. Then her form teacher, Miss Murphy introduces their next topic: witchcraft and the study of the real-life 'witches' tried and executed in Old Edinburgh. Fixated by the subject, and aware that the women targeted were seen as 'different', Addie knows there's more to the story of these 'witches' than meets the eye; just like there is more to hers. A beautifully told, heart-breaking and life-affirming story about friendship, courage and self-belief, and what it means to be an outsider.



## Roxy & Jones: The Great Fairytale Cover-up

*By Angela Woolfe*  
Published by Walker Books.

Ages: 9+  
Once Upon a Modern Time, in the city of Rexopolis, in the Kingdom of Illustria, lived twelve-year-old Roxy Humperdinck, half-sister to Hansel and Gretel (yes, THE Hansel and Gretel, not that she knows it). Enter the mysterious Jones, who most definitely does NOT want to marry ghastly Prince Charming and is far too busy hunting for lost relics of the Cursed Kingdom. But now she needs Roxy's help. And Roxy, totally unaware of the truth about the world she lives in is in for the surprise of her life.



## Voyage of the Sparrowhawk

*By Natasha Farrant*  
Published by Faber & Faber.

Ages: 9-11  
It's the first spring after the Great War. In the village of Barton, life is as normal as it has been for a long time. Except not for everyone, and not for two children in particular... Lotti has found herself on the run with a stolen chihuahua. Ben and his dog, Elsie, have no one to look after them. And soon the authorities are closing in with talk of orphanages, missing brothers and The Law. But Ben has his boat, The Sparrowhawk, and Lotti has a plan...

