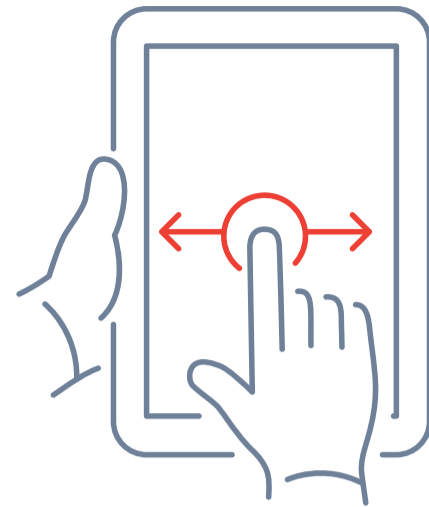


# how

to Use  
This App



TAP AND HOLD  
FOR TOP AND BOTTOM  
NAVIGATION



SWIPE LEFT AND RIGHT  
TO TURN PAGES

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## from the editor

Happy Mother's Day to all of you mammas out there! I truly hope you know how important you are to your little one. They hold so much love for you - even if they are throwing a tantrum right now. You might find that sometimes you want a break from 'momming' and guess what? It is possible to take a short break now and then. We have an article about how to take a 'mom-cation', even if you have as little as 3 minutes of free time.

Our health and wellbeing section is overflowing this month with some great topics. We address sleep issues, knocking out sugar cravings and more. We have several recipes for you to try out. They look so yummy! Consider meal planning done for a couple of nights this month! ;) While you are not planning meals, enjoy a nice tea soak for you and your little one followed by a brilliantly fun children's yoga session.

It's spring and you may have an urge to clean now that the sun is shining in places that have been hiding all winter. Learn how to make your own non-toxic cleaners, and other household solutions. (We even tell you how to wash windows super easy without leaving streaks behind on page 38.)

Coming up next month is our Father's Day issue. Expect some cool daddy stuff, a manly article or two & tips for designing a kid-friendly back yard.

All the best!

Jill

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