

Parenting

ALISON CANAVAN ON QUALITY SLEEP, AND HOW TO GET MORE OF IT!

Sleep...that word seems like a distant memory. Last Saturday I slept for six hours straight and on Sunday I was ready for world domination! The house was cleaned, I was washed, the clothes were washed. If you stood still you would've been washed too. James must have realised this was odd behaviour as every night since he's woken every hour on the hour. 'I should have acted normally', I thought. Next time I'll know better.

But seriously, they used sleep deprivation as a form of torture during wartime. I now know how effective that must have been. I also thought all my years of clubbing would have been great practice, but I forget that I used to stay in bed all day! I've broken all the rules and nothing's worked. I've taken him into the bed but he moves so much I get kicked constantly.

He used to sleep in his 'grobag' but as he's grown he doesn't like his feet being trapped and he keeps falling over trying to stand in the cot! It reminds me

of the sack race in school! He kicks off regular covers and it gets so cold at night. I went hunting for a solution and found the Twinkle Tog. It allows your toddler to move around freely, naturally and unrestricted. It can even be worn in the car and I simply transfer James straight to bed. I might not have figured out how to keep him asleep but I know how to get him to sleep and keep him warm. I see it as the 'glass half full' theory!

If you need professional help look no further than Lucy Wolfe. She is the first gentle sleep coach in Ireland. She told me that: "Post-natal depression has now been linked to sleep deprivation. It's interesting that one quarter of mums experience PND and one quarter of families suffer from child sleep problems." Lucy helps families struggling with their children's sleep issues. The benefits for all the family are enormous. You can find out more online at www.sleepmatters.ie. **V**

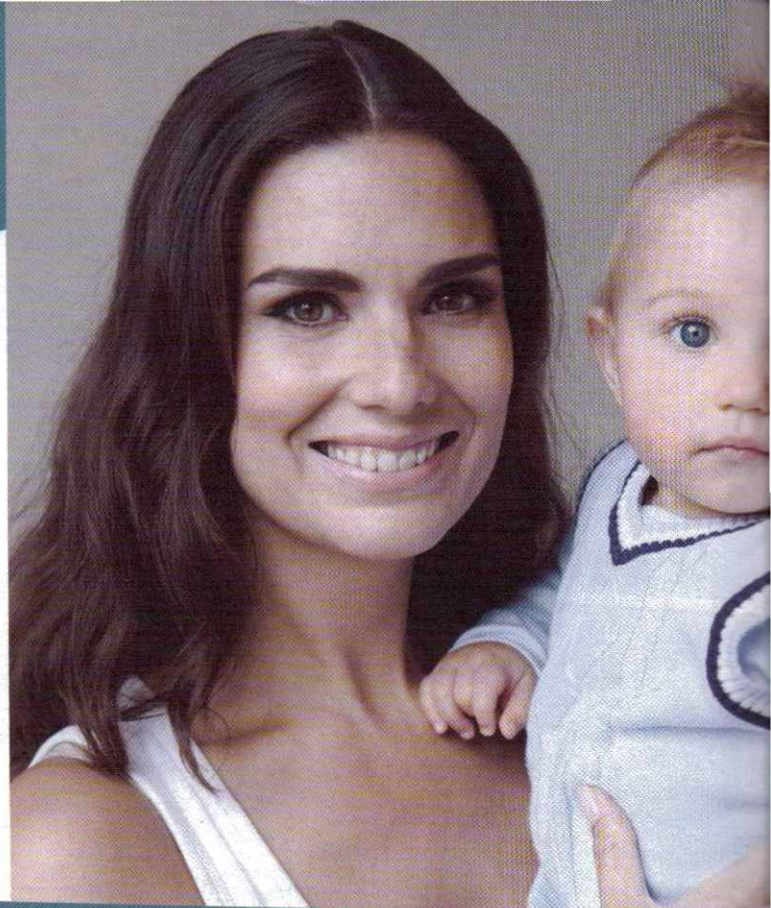
“Last Saturday I slept for six hours straight and on Sunday I was ready for world domination!”

My little Black Book

New parents: put your feet up this Christmas and have your dinner prepared by expert chefs Hazel and Neil McFadden of Christmas Made Easy. They take care of all the hard work that typically goes into preparing Christmas dinner. Sourcing the best of Irish local produce and using seasonal ingredients, they will deliver Christmas dinner to your door, complete with fool-proof instructions and a time-plan. Prices start from €33.30 per person. See www.christmasmadeeasy.ie or call 041 981 3837. Order deadline is Tuesday, 6th December.

MOTHER'S LITTLE

We had a bad summer and now winter is already here... but don't pack away your baby's unworn t-shirts just yet. Buy a selection of inexpensive long sleeved t-shirts to

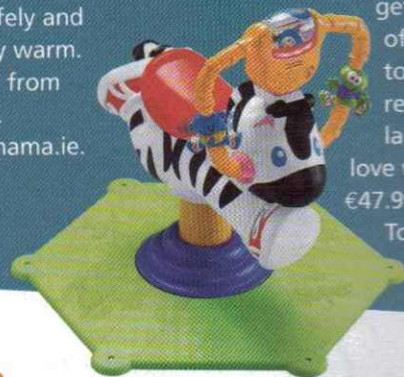


I love:



The Dream Genii Twinkle Tog. James can move around both freely and safely and still stay warm. €26.99 from www.heimama.ie.

JAMES loves:



The Bounce and Spin Zebra Fisher Price. James never gets off and on to the m really ma laugh an love watchi €47.99 from Toys.

Ask Alison

Hi Alison,

I suffered from skin discolouration and pigmentation during my pregnancy. My baby is two months old and I still have it. Have you any advice to treat it? Caroline, Galway

Hi Caroline,

Would you believe that skin discolouration affects up to 90% of pregnant women. The surging increase of hormones in your body whilst pregnant can cause dark spots and patches of unwanted pigmentation on the face and other parts of the body, but NeoStrata's new Pigment Lightening Gel can help you feel human again. The water-based gel exfoliates and lightens skin affected by hyper-pigmentation. A small amount, applied twice daily to affected areas, will rejuvenate your complexion. NeoStrata Pigment Lightening Gel (€36) is available in leading pharmacies nationwide.



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