

Telly turn off

Q My eight-year-old daughter is a telly addict. She's not interested in going outdoors even in summer. It's impossible to interest her in anything but Cartoon Network. I worry she'll become a square-eyed fatty.
Alice Richards, Sevenoaks, Kent

A Does your TV or satellite receiver have a parental-control function? Check in the instruction booklets. Setting your telly up wisely could limit her viewing time or let you police the channels she watches. Don't let her have a TV in her room and plan some outdoor activities over the summer. Now, agree on which shows she's going to watch. Help her make a viewing reminder chart, using listings and pics from a TV mag, and ration her viewing to a set period of time – a short one.



mis-mad kids have a chance to be coached by experts – FREE. Call the 4Children Information and membership helpline on 020 7512 2100 for details.

Top 4 ORGANIC KIDS' CLOTHING

Natural products made without chemicals

1



Striped T-shirt £6.99, 0-5 years, Green Baby catalogue (0870 240 6894; www.greenbaby.co.uk)

2



Skirt £23, 1-7 years, Tatty Bumpkin (01732 812212; www.tattybumpkin.com)

3



Layered-sleeve top £9.99, worn under sleeveless sweat jacket £12.99, both 0-5 years, Green Baby (as before)

4



T-shirt £20, 1-7 years, Tatty Bumpkin (as before)



We love...

The new Lego Star Wars range. With these kits inspired by Star Wars: Episode III – Revenge Of The Sith, kids can play out the transformation of Anakin into the evil Darth Vader or re-enact a light sabre duel. Go on, join in... bagsy not Yoda!

Bella kids panel



Molly, 18 months, from Cambridge, loves these bath toys



Octopus Bathtime Fun, £10.99 (above) 'I can make my own shower!'



Fimbles Floor and Bath Playmat, £6.99, by Ravensburger (left) 'I like sorting the pieces.' Both from www.mailorderexpress.com (0870 012 9090).



I said NO!

Lorraine Thomas, author of *The 7 Day Parent Coach* (Vermillion, £10.99), gives tips on how to come out on top during arguments

The argument is about:	How to win it
Unsuitable clothes or hairstyles	Your child is trying to express who he or she is, not disappoint you. Compromise. For example, agree to highlights instead of a full change of hair colour.
He wants to play violent video games	You are in control of what happens in your house – so get rid of the games! Explain your concerns and what upsets you about them.
She won't go to bed at a reasonable hour	The key is to come up with an incentive rather than a punishment. Devise a reward plan and stick to it – she needs to know you mean business.
They've asked a friend to come on holiday	Parents can sometimes get swept into plans that kids make for them. Play by your rules, not theirs. Explain that parents make the decisions.
He runs off from me when we're at the shops	Act your age not his – no tantrums when you catch up with him. Later, create stories as a way to talk about what could have happened when he ran off. Don't scare him, but explain why you were worried.

Free! Snorkel sets

We love Aqua Sphere's kids' mask-and-snorkel sets (from £9.99), for children aged three to 11. They offer great vision with flexible, soft, no-leak seals. Bella has 15 Aqua Sphere goodie bags to give away – each including a mask/snorkel set plus other great swimming products, worth £60.

For your chance to win, send your name and address on a postcard to Junior Bella/Aqua Giveaway, PO Box 14369, NW1 7NY, including your child's age and sex, by 21 June 2005. Usual Bella rules apply, see p57.

Aqua Sphere products are available from good swim shops (www.aquasphereuk.co.uk; 01254 278873 for details).

