

MUM

modern urban mom inspiring honest parenting

Parental Perfection

It doesn't exist

Honouring Anger

Yes, it's ok

Motherhood ABCs

Not what you think



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hello sunshine

Whether you’re looking for something to do, something to make or something to buy, look no further. Try these boredom busters to make for a fun summer day inside or out.

WHILE YOU’RE OUT THERE...
SLATHER IT ON

SUN SNAPS: A simple, moderately severe sunburn damages the blood vessels to such an extent that it takes four to fifteen months for them to return to their normal condition. • Even animals practice sun protection! Chimpanzees avoid the midday sun and hippos secrete a pink-coloured oil that acts like a sunscreen to protect their skin from sunburn. • Apart from humans, the pig is the only animal that can suffer from sunburn.



HEIKO SUNCARE - \$29.99 at Planetorganic.com

- Effective immediately upon application.
- No nasties. No chemicals, parabens, PABA, parsol, panthenol, alcohol, nut oil, synthetic fragrance or dyes.
- Blocks UVA and UVB – protect yourself from BOTH!
- Natural lavender helps repel insects.
- Made in Canada and recyclable.



▲ Go for a Wheely Bug ride
Famous for not getting stuck, and for going backwards, forwards and round in a circle. It doesn’t hurt that it helps gross motor skills and balance.

WHEELY BUG - \$89.99 at Safety Superstore



▲ Flip flops?
Paint your piggies safely in a paint that’s as “Natural as mud.” Non toxic, odourless and kid-friendly.

PIGGY PAINT - \$12.99 at Honey Bunch, Toronto



▲ Don’t let the sun go down
Magic in a frosted jar. Solar-powered sun jar is great for the backyard, outdoor summer dinners, or to ward off monsters.

SUN JAR - \$55 at goneshopping.ca



Hide your toe jam ▲
Stick finger puppets on your toes. Be considerate and wash your feet first.

GANZ PIRATE FINGER PUPPETS - \$4.95 each at Mastermind Toys, Toronto

▲ Sell lemonade

CARDBOARD LEMONADE STAND - \$97 at Naturalpod.com

Sweet, sour and delicious

This lemonade is refreshing and naturally sweetened. It hydrates the body because lemons are full of vitamins and minerals that the body requires for energy and well-being.

- 2 tbsp organic raspberries
- 2 cups water,
- 1 tbsp freshly squeezed lemon juice
- Pinch Himalayan rock salt
- 1 tablespoon agave nectar, maple syrup or honey

■ Place all ingredients in a blender and blend on high until smooth.



Source: marniwasserman.com

LET YOUR KIDS BE BORED (THEY WILL ABSOLUTELY FIND SOMETHING TO DO) AND TAKE A DEEP BREATH.

- Sell lemonade
- Have a picnic
- Go swimming at night
- Blow bubbles
- Skip rope
- Read a book outside
- Bring the sun inside
- Go for a bike ride
- Play dress-up
- Capture summer sun
- Stick finger puppets on your toes
- Kick a soccer ball
- Make faces with peas
- Hide and seek
- Put on the music and dance
- Sleep under the stars
- Build a fort
- Play tag
- Paint your fingers and toes (boys too!)
- Play restaurant
- Have a tickle contest