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CHALLENGES AND REWARDS OF CARING FOR A NEWBORN



Parenting tricks from the Blonde Mummy

THE *Blonde Mummy* life-changing parenting hacks every new mum needs to know:

Game changer: Ever noticed the envelope folds at the top of a vest or onesie? Most parents naturally assume they make it easier to get the garment over the head. Wrong. When your baby has been sick everywhere, or worse still, a nappy has leaked, and you need to take their vest or onesie off, there is no way you will want to pull it up over their heads and make more of a mess. These folds were designed to allow you to roll the clothing down their bodies instead – genius.

As smooth as a baby's bum: As your new baby gets used to the environment around them, it's likely that at some point they will develop nappy rash. There are many wonderful lotions and potions that you can buy. However,

if you sprinkle some bicarbonate of soda in their bath, it will help take the sting out of the rash and soothe the pain away.

Savvy savvy: Put a Savoy cabbage in the fridge and then put the chilled leaves down your bra to help relieve the discomfort of sore breasts, as your body adjusts back to normal again. But don't forget to remove them because they don't smell as great as they work.

Bumps and bruises: Babies don't stay babies for long, and before you know it, they have gone from doing absolutely nothing to being able to roll over at night. With this newfound skill comes accidents and lots of them. To be ready to deal with the aftermath of a bump, pop a wet sponge into a sealed bag and place it in the freezer. Once it's frozen, it acts as a fabulous home-made remedy to bring down any swelling or bruising.

Glorious sunshine: We all know how messy babies can be, and getting stains out their clothing is near enough impossible. Did you know that sunshine fades stubborn stains much faster than any product? So save your money and make the most of that summer sun.

Spaced out: It goes without saying that the wardrobe of a newborn is bigger than anyone else's. You have all those gorgeous clothes, but are fast running out of space to put them all. We naturally stack clothes on top of each other in a drawer; however, try placing clothes in a horizontal line and you'll be amazed at how much more you can fit in.

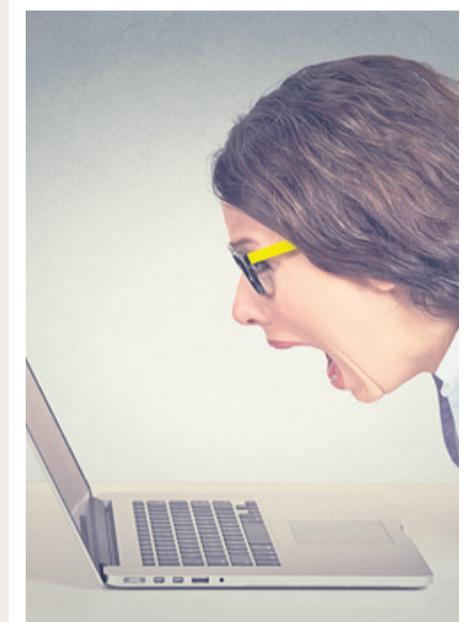


Tumble-drying trick: Any mother with children will tell you it's likely that you will never see the bottom of your washing basket again. Despite the multiple loads being put into the washing machine, somehow there are still days where every decent bit of clothing has just come out the wash and nothing is dry. If you pop a dry towel in the tumble dryer with the wet clothes, your drying time will be cut in half.



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Don't be a crazy person

SOMETIMES women can be crazy, I mean absolutely bonkers.

I have felt the anger of a woman (single Asian female situation) recently. I won't go into it too much, but let's just say she dated two people I had, then hunted me down and followed my every move. It was really scary. Why, I thought? What have I ever done to her? It got me thinking, why do women do this? Are we programmed that when we get dumped, we just can't get over our exes or is there more to it? Then I realised it was nothing that I had done, she was just upset and wanted to talk to someone who she thought might understand. Unfortunately, I concluded that she was crazy.

When it comes to stalking of guys and their ex-girlfriends on social media, I believe less is more. Take this girl for example – she knew everything about me and his exes. How is this going to achieve anything apart from anxiety?

When I was researching this column, I spoke to a number of men who had felt the wrath of women. They explained to me that they had simply moved on, whereas the woman was living in the past despite him making it clear there was no future. I know it is easier said than done (I've been that girl in the past), but you need to accept that he's just not that into you, and move on.

However, a man needs to understand that his actions can potentially make a woman this way, because she fell in love and possibly believed he loved her too. So men, take note; never lead a woman on and be real with her. You need to embrace your emotions at an earlier point – if you don't love her, just tell her. A woman will respect this and there is less of a chance that her inner psycho b***h is going to come out.

Women, if after a break up you constantly text, call, email and social media stalk a guy, it can be classed as harassment and men can feel just as threatened as you if you were the one in this situation. There is also less of a chance that you can remain friends or for the guy to think, 'hey, maybe I made the wrong decision.'

Don't be a stalker, it isn't cool, either for men or women. When someone isn't into you, they just aren't and unfortunately will never be. So women, at this point, step back, dust yourself off and move on. There is nothing classier than a woman who can do this and a man will have more respect for you this way. It is hard, I know – I have been there – but there is someone out there who will love you for you.