

WIN LUXURIOUS ORGANIC FAMILY HOLIDAYS

THE NATURAL
PARENTING
MAGAZINE

The Green Parent

FEBRUARY/MARCH 2012 £3.95

THEGREENPARENT.CO.UK

Conscious PARENTING

Being present for your children

Natural Learning
Is she reading yet?

GREEN BABIES

Boosting Fertility
Extreme Breastfeeding

THE ECO HOME

How to reduce allergies

Stop Complaining!

Take the challenge

Yoga for mothers

Create a home practice

Meat Free Mondays

4 weeks' worth of veggie recipes

FAMILY TRAVEL SPECIAL

Gorgeous green holidays
A year of adventure
Sleep under the stars

PLUS WELLBEING • BREASTFEEDING • HERBAL MEDICINE • ECO HOME • EARTH EDUCATION



ISSUE 45 • www.thegreenparent.co.uk

Ethical Fashion



♥ WE LOVE ♥

The trade fair leather baby shoes at star-child.co.uk start at £17 are handmade in England and are now also available in older children's and adult sizes too.



tibetan tailors

Dolma, 35, runs the crèche at Eternal Creation's Himalayan workshop, looking after several of the tailors' young children. She comes from a family of Tibetan nomads from Kham, in Eastern Tibet. In 2001, she trekked for two months over the Himalayas to reach Dharamsala. The crossing, which normally takes about 20 days, was made in mid-winter as the guide thought they would be safer from Chinese patrols. Many of the group of thirteen, including Dolma's sister and a three year old boy, got severe frost bite. Her sister lost one toe, and Dolma still has severe pain in her legs and back due to exposure to extreme cold. Dolma has since married and has two daughters, one of whom attends the crèche. She's happy in Dharamsala, and has no plans to return to Tibet, partly because she's afraid of the formidable Himalayan crossing. See the range at eternalcreation.com.

Get a grip

Traidcraft have a great range of stylish products for men made from recycled tyres. Choose from washbag, belt or satchel style workbag. Made at Bhopal Rehabilitation Centre in India, each product is unique. The centre was established in 1985 following the Bhopal gas disaster, with the aim of assisting in the rehabilitation of victims. Many local people are still suffering from the long-term after-effects. See the range at traidcraftshop.co.uk.



five of the best fairtrade tops



1 FLIGHT OF FANCY

Ethically sourced organic girls t-shirt with a beautiful Pegasus print. Limited edition of 200. Age up to eight years old. £16, Eco Boutique at notonthehighstreet.com.



ROCK AND ROLL TOP

Made from Fair Trade cotton this red long sleeved t-shirt with pale blue design is gorgeous, soft and durable. Can be washed at 40°. £14.95, bubbaboom.com.



TRAD GUERNSEY

No need to go abroad for fairly traded clothing - this is handknitted in Wales from organic wool. Fairly traded and locally produced! £55 cambridgebaby.co.uk



BEECH TEE

Retro style tee made from silky organic cotton and Modal (a fabric derived from beech trees) which washes beautifully. £18, supernaturalkids.clothing.co.uk.



DINO T-SHIRT

Striking bold triceratops appliqué onto super soft pure cotton jersey, which is certified fairtrade. Available in ages two to seven. £14.95, babanina.co.uk.