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YOUR ONE-STOP SHOP FOR BARGAINS, NEW PRODUCTS, SHOPPING NEWS AND GIFT IDEAS

What makes women tick

AUTHOR Karen Phillips has had the privilege of getting inside the minds and hearts of 50 of Australia's most iconic women to find out what really makes them tick.

From supermodel Miranda Kerr's awe at becoming a new mother to music star Kasey Chambers juggling her passion of performing with her commitment to her small children, the new book, *Women's Words of Wisdom, Power and Passion*, provides a treasure trove of inspirational advice, touching anecdotes and heartfelt messages to share this Mother's Day.

"It has been overwhelming to hear these prolific women speak about such personal moments in their lives," Ms Phillips said.

"From the hilarious Kathy Lette comparing kids to IKEA appliances because 'you have no idea how much assembly is required until it's too late', to fashion designer Collette Dinnigan opening up the emotional impact of losing her mother at a young age, everyone's story is so precious," she said.

"Many discuss the important life lessons they have learnt from their own mothers, as well as what they hope they can teach their own children through the years, providing some incredibly insightful moments for readers."

Among the contributors are Olivia Newton-John, who has also written the foreword, Carla Zampatti, Prime Minister Julia Gillard, Miranda Kerr, Catherine Freeman, Maggie Beer, Gai Waterhouse, Terri Irwin and Julie Anthony.

An inspiring woman herself, at 14, Karen was one of the youngest delegates invited by the Federal Government to attend the nation's first National Youth Conference.

At 15, she was honoured with an Australian Young Citizen of the Year Award.

The book is available at David Jones, Myer and most bookstores and online via the official website of The Women's Words Project at www.womenswords.com.



REVEALING: Author Karen Phillips reveals the hearts and minds of 50 of Australia's most iconic women.

PHOTO: CONTRIBUTED

Don't go overboard for baby

Prepare for bub with the basics first

By **MARIEL DAWSON**

A SHOPPING spree before bub's arrival is ritual for many expectant parents. Knowing what to buy, especially if it's your first, and keeping up with the latest products on the baby market can be overwhelming.

However, Sunshine Coast midwife and owner of mother's support service Mother Nurture, Katie James said newborns actually needed very little.

Ms James said there was no need to go overboard with shopping for a new baby.

She said the most important "stuff" babies needed were love, warmth and food.

Her advice for new parents was to buy the basics first, then wait a few weeks until after their baby's birth to determine what else was needed.

She said some of the essential items new parents needed were lots of nappies, a variety of singlets and jumpsuits, a range of blankets and a sling to calm and bond with the baby.

When it came to more pricey items like strollers, car seats and cots, Ms James said it was important to check that these products complied with Australian Safety Standards. She suggested parents visit the SIDS website, www.sids

andkids.org, for information on bedding and how to keep baby safe.

Ms James said things to consider when buying a stroller included its size, its main purpose and where it would be used, handles, storage space and pockets and, most importantly, how easy it was to collapse and would it fit in the boot of your car.

Birth and post-natal Doula and owner of mother's support service Mummatopia, Cas McCullough said instead of splurging and wasting money on unnecessary items, expecting parents should buy wisely.

Ms McCullough said she agreed with the saying "the quality far outlives the memory of the price".

She said it was always best to research baby products, make smart choices and buy quality items that would last.

"Those are the things you want to get, not the latest fads and must-have mummy items," Ms McCullough said.

She said some essential items to have were a baby carrier for bonding and calming the baby, modern all-in-one cloth nappies that were simple to use and a baby hammock.

For more information visit Ms James' website, www.mothenurtureqld.com.au, or Ms McCullough's website, mummatopia.com.

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