

Who Minds?

Giveaways
worth over
£1,000

Magazine of the National Childminding Association

Dec 2009/Jan 2010

£3.99 / free to NCMA members

**Grow it
cook it
eat it**

inspiring the
kids in the kitchen

Dealing
with
difficult
behaviour

Are you
ready for
your Ofsted
inspection?





Mice in jackets

In the first of a new series, Annabel Karmel (below), acclaimed author on cooking for children and families, shares some of her favourite recipes.



Get the children involved in making this simple recipe. They can help you to scoop out the potato flesh, mix in all the ingredients and mash it all together. And they'll love helping you to decorate the potatoes to look like mice!

Serves 4
(suitable for children from 1 year)
Prep time: 35 mins
Cooking time: 1 hour
Not suitable for freezing

You will need:

4 medium baking potatoes (approx 225g each)
a little vegetable oil
½ medium butternut squash (approx 300g)
40g butter
1 tsp Dijon mustard
40g freshly grated parmesan cheese
2 tbsp milk
40g grated Cheddar cheese
4 small cherry tomatoes
Chives
4 radishes
Raisins
Spring onions

1. Prick the potatoes in several places, place on a baking tray and brush all over with the oil. Bake in an oven pre-heated to 190°C/375°F/gas mark 5 for 1-1 ¼ hours, or until they feel soft when pressed.
2. Cut a medium butternut squash in half, scoop out the seeds and brush with a knob of melted butter. Bake in the oven for the last 40 minutes of the potatoes' cooking time, or until tender.
3. When cool enough to handle, cut the tops off the baked potatoes and scoop out the flesh. Scoop out the flesh of the cooked butternut squash and mash together with the baked potato flesh, mustard, parmesan, milk and remaining butter. Season with pepper. Put the mixture back into the potato shells, cover with the grated Cheddar and cook under a pre-heated grill for a few minutes until golden.
4. Fix a small cherry tomato into each of the potatoes using a cocktail stick for the noses (remove the cocktail stick before the children start eating). Add some short lengths of chives for the whiskers – you can tuck these behind the tomato. Decorate with halved radishes for the ears, raisins for the eyes and spring onion for the tails. Enjoy!

Annabel Karmel's Complete Family Meal Planner

150 delicious recipes for children and adults alike



Special offer

NCMA members can buy Annabel Karmel's Complete Family Meal Planner (RRP £14.99) for the special price of £12.99, including free UK p&p. To order, please call 01206 255800 and quote "NCMA". For more recipes visit www.annabelkarmel.com

Giveaways

We've got lots of lovely prizes for you to win – send us your entry now.

How to enter

To be eligible for each giveaway draw, please send your name and address on a postcard to: Who Minds? NCMA, Royal Court, 81 Tweedy Road, Bromley, Kent BR1 1TG.

You must mark your card clearly with the name of the draw you wish to enter. Companies that promote products through the Giveaways pages occasionally wish to contact competition entrants with details of new products and special offers. If you do not wish to receive such mailings, please write "no promotional mailings" clearly on your postcard. **All entry postcards to Who Minds? by 31 December 2009.**

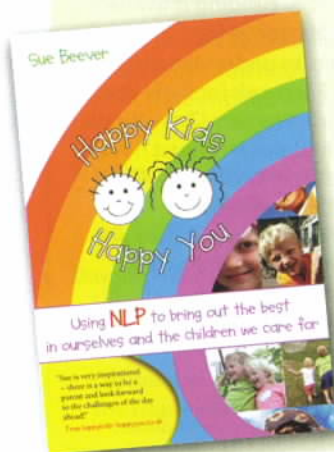
Creative kitchen

Annabel Karmel (www.annabelkarmel.com), the UK's leading author on children's food, has teamed up with toy manufacturer Step2, to design the ultimate play kitchen, complete with 27-piece accessory set. Aimed at pre-schoolers and toddlers (2+), it is just the right size for budding little chefs to practise their cooking skills. Kids will love the special frying pan and boiling pot, which activate electronic sizzling and bubbling sounds on the stove. The kitchen also has a microwave with an electronic keypad, adding an extra level of creative fun. The Step2 Annabel Karmel Kitchen and Cook It Together cook book (Dorling Kindersley) are available from Hamleys, John Lewis, Sainsbury's, Amazon.co.uk and the Step2 UK website, www.step2direct.co.uk.

NCMA has two kitchen and cook book sets (worth £99.99 per set) to give away. For a chance to win **Please mark your card: Kitchen** and send it to the address above.



Book of knowledge



Happy Kids Happy You (Crown House Publishing) is an excellent resource for mums, dads and anyone working with children, as showcased at the recent NCMA conference. Author Sue Beever, a mum, trainer, coach and master practitioner of Neuro-Linguistic Programming (NLP), shows you how to re-think and re-programme how you speak, overcome barriers, and ensure a better outcome for both children and parents, especially when dealing with tantrums and conflict. Sue provides a totally fresh approach, using NLP to abandon traditional responses, which can actually create more conflict and prolong bad behaviour.

NCMA has 14 books (worth £14.99 each) to give away. For a chance to win **Please mark your card: HappyKids** and send it to the address above.