



85



87

HEALTH & BEAUTY

- 58 YOUR MEDICINE BAG**
Healing benefits of alder
- 59 CHEWY GUMS**
Natural teething solutions for fractious babies
- 60 ASK A NUTRITIONIST**
Transitioning to spring
- 63 SPRING INTO ACTION**
Your walking plan for fitness and wellbeing

SEASONAL FOOD

- 69 CLEANSE** Make your own spring tonic for digestive health
- 70 GROWTH FACTOR**
Organic farming and a yummy spring recipe
- 71 SOMETHING FOR THE WEEKEND** Natural baking recipes for a guilt-free treat

HOUSE & GARDEN

- 76 PLASTIC FREE FAMILIES** Reduce waste in the bathroom
- 82 BLISSFUL BATHTIMES**
Our favourite plastic free products for the bathroom

TRAVEL

- 85 CROSSING PATHS**
History and folklore behind Britain's famous bridges
- 87 SEASIDE SPLENDOR**
Explore England's largest island – the sun drenched Isle of Wight

ETHICAL FASHION

- 91 CHOOSE ORGANIC**
A green start-up and spring babies selection

IN EVERY ISSUE

- 17 MODERN DAD**
The future of Steiner education hangs in the balance
- 18 HIPPIE DREAM**
The family discuss Extinction Rebellion
- 42 SUBSCRIBE**
- 66 COMPETITIONS**
- 92 NEXT ISSUE** What's coming up in May?
- 94 ASTROLOGY** What's in your stars this month?
- 98 EARTH MOTHER**
A challenging conversation about equality with a teenage son



76

JOIN US

Send us a letter letters@thegreenparent.co.uk

 Sign up to our weekly digest at tinyurl.com/greenparentweekly and get crafts, events & recipes every Wednesday.

 Find friends at thegreenparent.co.uk/forums

 Hook up with us at facebook.com/greenparentmag to get inspiration, news and chat

 Find out what we are up in the GP office at twitter.com/greenparentmag

 Check out our super colourful boards at pinterest.com/thegreenparent