



Ama-Zone at the National Concert Hall is a multi-sensory installation created by sound artist Slavek Kwi for children with autistic spectrum conditions and their families. Slavek will transform the John Field Room into a magical rainforest, where you can wander freely and explore a variety of sights, feelings and sounds. Follow the sound-journey of a little wooden canoe floating between trees in flooded rainforest, through Slavek's own recordings from the remote Xixuau Xiparina reserve on Rio Jauaperi, off the Rio Negro in the Brazilian state of Amazonas. Gentle interludes of classical music will add even more wonder to the experience. It takes place on 22 January at 10.30am and tickets cost just €5. For more information see www.nch.ie



MAM have launched a self-sterilising, anti-colic bottle. According to MAM it leads to 80 percent less colic thanks to the bottle's smart base ventilation. The bottle is sterilised by heating in the microwave for three minutes with a little water – no additional product or chemical additives are used. Handy for when you're visiting friends or away and don't want to take a bulky steriliser.

What's New

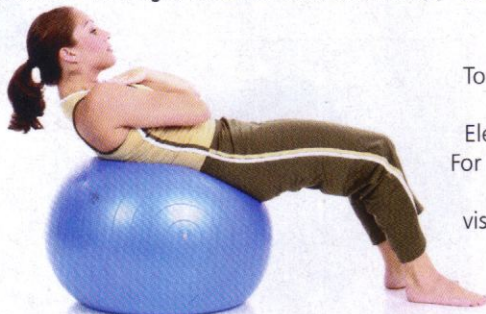
News, Shopping, Health



Weaning expert Annabel Karmel has launched an **iPhone app**. Annabel's essential guide to feeding your baby & toddler is aimed at parents with babies from six months through to toddlers. It offers 70 easy recipe ideas and tips with videos showing her cooking some of the meals. It also features an interactive meal planner and the option to create a shopping list with the ability to delete items that you already have in the kitchen. Recipes can be searched by criteria including age of child and ingredients. Available in the App Store.



Body Elements™ are offering a free fit mamma consultation to new mums. From their office in Sandford they provide a comprehensive programme combining diet, exercise and advanced slimming services to help you with weight loss, localised fat, unwanted cellulite and body reshape. The programme includes postnatal physiotherapy classes, cardio and toning sessions, slimming ultrasound massage, cellulite vacuum therapy and non-invasive liposuction.



To book your free Fit Mamma consultation with Body Elements™ call **01 2932969**. For more information about all maternity services, visit www.bodyelements.ie

Clevamama has developed a new single-scoop infant formula dispenser, the 'ClevaScoop™' that does away with the need to count scoops when preparing infant formula milk. Although boxes of infant formula come with a scoop it can be easy for tired and frazzled parents to lose count or make mistakes in counting, this product is designed to eliminate that problem. In Ireland all leading baby formulas including Cow & Gate, SMA and Aptamil, work to the same dosing measurements meaning the scoop can be used for any of these brands. The ClevaScoop™ can be disassembled for cleaning and sterilising in dishwashers, sterilisers or microwaves. It costs €12.99 and is available in Tesco.

Swine Flu seems to be making an unwelcome comeback again this year and maternity hospitals are advising pregnant women to get the seasonal flu vaccine which this year also protects against swine flu. However if you had the swine flu vaccine last year and are now pregnant you don't need to be vaccinated again. Speak to your doctor or midwife if you have any concerns.