

### THE GREEN YOUR KIDS WILL GOBBLE



Mashed avocado makes the perfect baby food and, while bubby might grow to reject other veggies as a tot, he will probably devour avocado with crackers or a non-spicy guacamole served with carrot sticks. What's more, this summer

is predicted to be our best-ever avocado season, and that means cheaper prices. Get mashing! Avocados contain vitamins C, E and B6, are cholesterol-free and contain mono-unsaturated fat (the good sort) plus fibre. For lots of recipe ideas, go to [www.nzavocado.co.nz](http://www.nzavocado.co.nz)



We all teach our kids the importance of telling the truth and encourage their natural curiosity, right? Ummm... except at Christmas time when we deliver a big, fat, jolly, old fib (with a white beard) and brush aside their understandable scepticism. Hey, it's all in the name of fantasy and fun... Problem is, those kids are so darned clever. They want to know why Santa, who should be up north supervising his elves in the toy workshop, is at the local mall. And you can see why alarm bells might ring - there are one or two inconsistencies. Your child might also have heard a rumour from an older child that the whole Santa thing is a giant have. Perhaps tell them, "Santa is only real if you believe in him, like I do," and you've covered your bases. The age to reveal the dull old truth varies from child to child, but you can worry about that down the track in the school years... Many kids these days know all about Santa but have never heard of the other, more original Christmassy guy - Jesus. This December why not borrow a library book and share the story of Mary and Joseph and the three wise men etcetera... Even if you're not the least bit Christian, it's a great yarn. And it's nice for kids to know that Christmas is about something other than just presents.

PHOTOGRAPHS GETTY IMAGES

# Preschool years

By Vanessa Johnson

## Missing in action

Toddlers and big crowds don't mix especially if your hands are full looking after a baby. As the crowds get thicker at Christmas time, the question, 'What happens if my toddler wanders off?' is always on your mind. A new product called Me Finder takes this idea to the next level. Me Finder is a watch-style wristband with a digital face that displays the carer's name and mobile phone number so that if the worst happens, whoever finds your child can help to unite you. It looks like a kid's digital watch but can be reprogrammed with the name and number of whoever's looking after the child. There are three designs to choose from, and the soft rubbery plastic makes the strap comfy for kids to wear. It's also water resistant for wearing at the beach or pool. RRP \$39.95, go to: [mefinder.co.nz](http://mefinder.co.nz) to purchase online.



## Eighty years of memories

To celebrate turning 80, toymaker Fisher-Price is giving away 13 birthday party prizes to Kiwi child care centres. Each prize includes 15 new Fisher-Price toys for the centre's toy shelves as well as party invitations, hats, poppers, and banners for putting on a birthday party. Go to [facebook.com/fisher-priceaunz](http://facebook.com/fisher-priceaunz) to nominate your centre today, then tell everyone you know to go there and vote because the centre with the most votes each week wins the prize. The fun's well underway but there's still time to win as final votes will be counted on 16 December, so be quick!

