



Creative Cape Town Moms

by moms for moms



Indoor Activities @home

- **Baking together:** You will need to be prepared for a bit of mess, but toddlers seem to love mixing and sifting etc. It is great if you have a plastic mixing bowl and a few plastic cups that you can put the ingredients into so that your toddler can pour out each ingredient into the mixing bowl and mix with a big wooden spoon. Favourites are ginger-bread men, custard biscuits, peanut butter biscuits, cupcakes, crunchies, pancakes, cookies and muffins. Use **Golden Cloud biscuit mix** – fun and easy biscuit making.
- **Creative sandwiches:** Chop up colourful bits of whatever is in the fridge (like strawberries, cucumber, grated cheese, chopped ham, slices of Vienna are nice for circle shapes to make car wheels etc but you can use whatever you have). Use some food colouring and colour some margarine for fun. Use bread slices and play dough cutters to cut the slices of bread into fun shapes and decorate them by spreading blue margarine onto the bread and place the bits and bobs that I'd cut up onto the shapes. Make faces, cars, little men, a house... you can do anything.
- **Play dough** – making and playing with it!
- **Puzzles**
- **Dress-up** – keep a box of things – get family members to contribute to it!
- **TV/DVDs:** I know people have varying ideas of how much TV is suitable but I my daughter has LOVED and learnt so much from watching:
 - Barney (there are loads!) Good ones are: Let's go to the farm, The zoo, Land of Make believe, Teariffic manners, Night before Christmas, Round and Round we go, Moving and Grooving (a good music one).
 - All the Julie Andrews classics: Mary Poppins, Sound of Music etc.
 - The Book of Pooh (Manners is a good one – all about please and thank you)
 - Leapfrog make a brilliant Alphabet series: Leapfrog Letter Factory is the first one where they teach all the letter of the alphabet as characters in such a fun story. Bought it online – don't think you can get it from bookshops in SA.
 - Princess stories: like Cinderella, Snow White etc
 - Nemo – loves this! The shark was a bit scary at first but totally loves it now.
 - Happy feet
- **Finger painting at the dining room table** (This way you can strap toddlers in their booster seats to contain the mess 😊). You will need a small pallet of water paints, a small dish of water, some newspaper and computer paper folded into cards. You could do the same hand and finger painting on a roll of brown paper too. Once you finished you can peg it up on your washing line or on a trellis door to dry.
- **Throwing streamers** – good excuse to learn colours

Indoor Activities @home continued...



- **Make tents** with blankets and chairs etc... loads of fun for little imaginations and they can play safely on their own. Great for a rainy day. Put cushions inside and a tea set. Invite your teddies and have a snack/tea party in your house (great way to get them to eat when you are struggling!). My boys love choosing other things to put into their house e.g. books or some flowers.
- **Mess baking/ Pretend baking** – give your toddler his own set of containers with ingredients (e.g. flour, rice crispies, oats, cocoa, oats etc) and a large mixing bowl. Give them complete freedom to mix away as they wish!
- **Drawing on outside paving** with chalk
- **Hard boiled eggs done in food colouring** – hide in garden for egg hunt
- **Potato cut out painting**
- **Paint rocks/ pebbles** – can be used in garden or given as a present (paper weight!)
- **Make hat/ crown** out of cardboard and decorate with stickers/ crayons/ flowers etc
- **Decorating:** Pre-bake a cake/ biscuits and allow them to decorate with icing and accessories
- **Flower arranging:** put Styrofoam on polystyrene cups and stick in flowers and leaves from garden (great present for granny!)
- **Mr Fix It:** Give old screwdriver/ tools and get them to go around the house fixing things
- **Picture Treasure Hunt:** Cut out pictures from magazines – stick them around house. Send kids to find them e.g. can you find a picture of an apple
- **Crayon shaving pictures:** Sharpen crayons to make shavings, let them put shavings on paper. Put another piece of paper on top and iron under low heat top melt shavings and make picture
- **Hide and go seek**
- **Musical bumps/ statues**
- **Dancing** to music – use props – ribbons, ostrich feathers, scarves
- **Stamps** with ink pads
- **Fabric painting:** hand and foot prints with fabric paint on t-shirts, cushions etc
- **Singing along** to a cd or nursery rhymes - sometimes with actions
- **Art/crafts:** make fish using paper plates; bugs using egg boxes/toilet rolls/cardboard/wobbly eyes; rabbits or cats with cotton wool tails etc
- **Scavenger hunt:** find in or outside the house objects which have specific colours/shapes/sounds etc [e.g. find a red ball/something yellow (flower)/something brown (pine cone)/something to bang on (a drum)]
- Make a **collage** of things found in garden - feather/flowers/leaves
- **Necklace making:** beads/pasta/cotton reels etc onto string



Indoor Activities @home continued...

- **Dice and blocks** - when kids can count the number of dots on a dice and then build that many blocks into a tower - take turns and see how high your tower goes before falling down
- **Glue hands:** Collect some sand, cover hands in glue, print on paper then sprinkle with sand. Can also do dots etc and shapes on hands with glue
- **Dress the toddler:** Draw toddler shape of whole body on newsprint/glue newspapers together. (Get your child to lay down on it and draw around their body) Then draw/cut/paste clothes from fabric/paper etc onto body
- **Theme days:** Have a shape or colour theme for the day and draw, colour, and cut etc different colours and shapes. Choose one shape or colour per day.
- **Glue patterns:** draw patterns of glue onto paper and then sprinkle with glitter/sand etc.
- **Paper Fun:** Tear bits of different colour and texture paper, dip in wood glue and stick onto a page. Can paint or colour this in after.
- **Stickers** – hours of fun! Also look out for books with re-usable stickers (e.g. The Crazy Store has some great ones where you add eyes, noses and lips to faces)
- **Make a tree:** Collect leaves, draw a tree trunk, glue leaves onto tree to make a tree
- **Water fun:** On a tiled floor, give them a table with a towel on it (helps absorb excess mess), some cups & spoons and water with food colouring in...messy but great fun!
- **Making a worm** to count number of days ... e.g. when daddy was away we made a worm and each night before we went to bed we took one piece off the worm, until the last day when daddy was due back - which was the worm's smiling face
- **Being a 'big helper'** - getting your toddler to fetch nappies or baby wipes, throw away dirty ones, or take cups or dishes to the sink - they usually love helping - and it keeps them out of any other mischief
- **"Plays" or switching roles** - where the toddler gets to be the mom / dad - allows us to see how she perceives us J
- **Treat Days** - in our house - Saturday is Ice-cream day!
- **Reading** is always fun. It's so worth it to join your local library to keep up with your little one's appetite for books. This is a great rainy day activity.
- **Paper plate choices:** divide up a paper plate into 5 or so sections. On each section draw/ find a picture to represent an activity (e.g. a book for reading, paintbrush for painting, Barney for dvd). Create a spinning hand/ arrow. Spin the arrow to determine which activity you will do.
- **Picture album** – create a unique, personalised album of pictures. Use magazines, clipart, photos etc. Place in flip file or bind laminated pages together. Great conversation starter (e.g. where is the picture of the lady talking on the phone? Which is your favourite animal? Can you find the red ball?)



Outdoor Activities @home

1. **Sandpit**
2. **Push-bike riding** (it's nice to make a ramp out of some old wood)
3. **Jungle gym** climbing
4. **Swing** (you can buy those tyre swings from sellers at the robots or from "Rope World" near 'the spotty dog' , also from Baby Go Round - they are easy to put up in a tree or beam or something in the garden)
5. **Paddling pool** - filled with water or balls to play in
6. **Swimming!**
7. **Sprinkler:** you can get fun attachments for hoses from Pick n Pay that make all sorts of different sprays
8. **Tent:** you know those lightweight shade things that fold up into a circle shape? They're easy to put out and pack away and kids love to run in and out of them. It's been a Play date life-saver inside or outside the house many times!
9. Plant some **herbs or little flowers** together. It's nice to get a baby watering can and water together each morning.
10. Go on a **snail/worm hunt** in the garden. Kids love little creatures.
11. If you have a plain concrete wall, give your child a bucket of water and a paint brush and let them "**paint**" the wall! Dries back to normal but is lots of fun!
12. **Wash car:** give them their own bucket and sponge. Do on sunny day so everyone gets wet!
13. **Trampoline jumping** – find a friend or neighbour if you don't have your own.
14. **Picnic**
15. **Walking dogs.**
16. **Hitting/kicking balls.**
17. **Sprout beans** on cotton wool and then plant them and watch them grow.
18. **Gardening** (pulling up weeds, digging holes to put plants in etc).
19. **Animal Races** - (be frogs/rabbits/crabs/snakes) .
20. **Throw and catch** (those velcro bats and ball make it easier for little ones).
21. **Nature walks** (we take a "bucket" and pick up things on our walk to talk about).Collect pine cones, acorns, flowers, berries, dandelions, stones.
22. **Skipping /Hopping /Running races.**
23. **Mud baths.**
24. **Painting.**
25. **Decorating cardboard boxes** for storage/pulling siblings around in, with paint, stickers, pictures, wet chalk etc.
26. **Bubbles in bowl:** Put bubbles and water in a bowl and blow with a straw. Can also put a piece of paper on or near the bubbles while blowing and see the shapes and bubbles splatter on it.
27. Mix paint & flour to form a thin-ish paste. Put in on a tray and let them make a **picture on the tray**, in the paint.
28. **Draw with chalk** on a flat concrete road/driveway.
29. **Take your car for a carwash** 😊 Always a fun distraction!



Great places to visit for FREE

- **The Beach**

Kid friendly beaches: Fish Hoek – small waves, jungle gym; St James – Pool; Boulders – small waves and penguins; Blouberg beach front – nice for walks (near Dolphin Beach they have put in jungle gyms and swings etc.)

- **The Park** (nice one in Camps Bay, Deer Park in town, Keurboom Park in Rondebosch, Palmboom Road park in Newlands. Pinelands also has quite a few parks)
- Wooden Jungle gym at **Maynardville Park - Wynberg** (newly renovated kids play area)
- **The Library** (check if your local library has a “story time” session – most libraries do this once a week – we go to ours most weeks and it’s lovely)
 - Wednesdays at 10.45 at **Meadowridge Library** for ½ an hour.
 - **Pinelands Library** – the first and last Wednesday of every month from 10.15 - 11am
- The **botanical gardens** – in town – lovely open spaces for toddlers to run around and also lots of squirrels, birds and fish.
- **Waterfront harbour** – walk around and look at ships, buy an ice-cream, watch the marimba bands etc.
- **Ferndale Nursery** in Constantia has a great maze and playground, duck pond etc.
- Walk along **Constantia Green Belt** (need wellies if wet) - about 3- 4km there and back. Lovely shallow stream with sandy bottom - easy to get to and sit beside in places. Perfect for looking for tadpoles, running and splashing around in water, build mud pies etc. Can have picnic along the way.
- **Rhodes Memorial**
- **Arbotoreum** – just by Kirstenbosch on Kirstenbosch Road behind the stone church
- **Gym (swimming)** if members
- **Military Road** in town (feed the animals) – haven’t been but heard it’s good
- **Sea Point Promenade** – ride bikes on promenade & play at various parks
- **Cape Garden Centre** (Exit 34 off N1) has animals, including small horse, pigs, ducks etc. Restaurant in the nursery also has nice play area & chickens
- **Rondebosch Common** - wonderful logs to climb on or over, puddles to jump in, grass to hide in and perfect for kite flying!
- **Boulders walkway**
- Sundowners on **Hout Bay Beach** (take supper for kids and snacks for adults)

Great places to visit— PAYING (OUTDOORS)



- **Scarecrows** (Hout Bay) – they have jungle gyms, sandpit, arge play area, tepee, log house, coin rides etc – food bit more expensive
<http://www.cape-town-family-holiday-magic.com/scarecrows.html>
- **The Barnyard** (Steenberg). Open from 9 - 4:30pm with all the farmyard animals and birds that you can feed if you want to. There is a lovely big sandpit, some jungle gym play area and often a jumping castle and pony rides. You can buy food and drink there. There is plenty of parking and a nursery next door if you would like to by some pots and plants.
<http://www.uncoverthecape.co.za/shopping/specialist-shops/the-barnyard/>
- **Kirstenbosch** – lovely for walks and playing in sandpit or water by the little river.
- **The Porter House Market in Tokai forest** on Saturday mornings. Open from 9am-2pm. Just past Uitsig wine farm, there is a venue called 'The Range' on your right, you turn in there and then directly left after the stone chapel. There is a farm road with a boom that you follow into the forest for about 100m where you will see all the cars parked. It is in the style of a farmer's market, but is very child friendly with a lovely undercover sandpit, a jungle gym area and pony rides around the forest area. Parents can shop for a variety of home bakes or other specialities and even have a yummy breakfast and coffee there. You will need to make sure you have cash to buy food, drink and other things though... no cards accepted. www.pepmarket.co.za
- **Dunes** (Hout Bay) – Across from beach, large jungle gym and separate play area for babies (bring own toys) – food bit more expensive
<http://www.dunesrestaurant.co.za/>
- Coffee at **Knead in Muizenberg** and walk along promenade to St James Beach and tidal pool.
- Walk at **Tokai Forest** and tea at Lister's place (next to Arboretum). Great mountain biking spot too.
- Wooden Jungle gym complex and great park area at **Mouille Point** next to Blue Train – take away coffee from Newport deli followed by walk on Promenade (or riding pushbike). Blue train only R8 for ride – great fun!
- Breakfast at **Jonkershuis at Groot Constantia** – chasing squirrels, feeding ducks, free play blankets and kids chairs.

Great places to visit— PAYING (OUTDOORS) continued

- Lunch/tea at **Joostenburg Deli** (Klein Joostenberg) near Tygerberg Zoo and Stellenbosch. Lovely play area, great French food on patio, pony rides on weekends. Can do wine tasting at Villiera afterwards.
- **Imhoff Farm Blue Café** – tea, beautiful view, lowish jungle gym so no worrying about tumbles and animal touch farm next door (R5 or R10 per person)
- **Hi Ho Cheerio** – toy shop at Meadowridge Park 'n Shop. Lovely educational toys, free small plastic jungle gym and Lego to play with outside toy shop. Can have coffee at Gecko café next door while kids play. Just don't eat the food!
- **Rietvlei**– working farm for family weekend away. Lovely, safe, outside Montagu which has great coffee shops, wine tasting and beautiful views. Farm has animals to touch, tractor rides, trampoline, fenced pool, swing, sandpit, fishing etc. www.rietvlei.co.za
- **Deer Park Café** in Higgovale – great healthy food, enormous enclosed play area in park. Very busy on Saturdays so rather go on Sundays.
- **Lalapa** at Gardner's Cottage, Newlands – nice play area but slightly interesting organic food 😊
- **Millstone Cafe** – There is an outdoor jungle gym, wendy house and slide; horses and chickens to look at and a cafe with yummy coffee and baked goods. Pony rides are available at R10 for about 5 minutes. Tuesday - Sunday 9am-5pm. Closed Mondays. 021 4478226. Location: Oude Moulén eco village, Pinelands. Drive past Vincent Palotti Hospital and take the first left into Oude Moulén, left again and follow the road until you reach the stables and Millstone.
- **SANCOB** with the penguins
- **Monkey Town** (N2)
- **Tygerberg Zoo**
- **Craft markets** – fun to explore and usually great things like pancakes and pony rides!
- **Newlands Forest Braai area** (R10 entry fee)
- **Silvermine**: lovely walk around dam, picnic spots etc. Not too expensive to get in.



Great places to visit— PAYING (INDOORS)



- **Bizzy Bodies** in Westlake business park: www.bizzybodies.co.za (an afternoon there will cost you about R80+ but your kids will get loads of exercise and you'll probably be able to have a cup of tea and a chat while they play – so it's worth it!!)
- **Scalleywags** Claremont, Belvedere Road: indoor play place, dress up stuff, colouring-in, painting, house-play, ball pond etc.
- **Aquarium** (Waterfront): love this every time!
- **Clay Café** (Hout Bay) – lovely outing to do (inside and outside). You can sit with your child and paint bowls, cups and plates and then they varnish and sort them out and you pick them up about 2 weeks later and they can eat out of their own creations! They have a bouncy castle outside and jungle gym too.
- **Seattle Coffee** for free baby chino/fluffy at Constantia Village and R5 Kiddie Ride in Red Bus outside Pick 'n Pay. Wet weather activity.
- **Butterfly world**
- **POP** Place of Play (Canal Walk) www.placeofplay.co.za
- **Earthfair Food Market** (www.earthfairmarket.co.za) Open every Saturday 9.00 am - 2.30 pm and every Wednesday 2.00 pm - 8.00 pm. At South Palms (same location as Builder's Warehouse and Reader's Warehouse in Tokai Main Rd) Plenty of parking. Great place to visit (especially Wed afternoon) with kids entertainment and to buy great green food at the same time.
- Breakfast at **Noordhoek farm village - Café Rouge** (free kiddies entertainment on Saturdays)
- Coffee at **Vida in Wembley Square** – free kiddies entertainment on Saturdays (when rainy weather)
- **Visit the Spur**: Claremont Spur has jumping castle; Spur near Toyzone, Sable Square, Century City - has trampolines and a lovely climbing thing inside; Observatory has jumping castle.
- The **SA Museum** in town - especially if your kids like dinosaurs. It's right by the botanical gardens – lovely long wide corridors to run up and down and they have a cool whale and dinosaur section – also birds and animals (stuffed obviously) – open 10 – 5 everyday – R15 for adults – under 16's free.
- **Pinka Plonka** – in Buitenkant Street in town near Gardens Centre. (It's an indoor play centre.)
- Park your car at the **airport**. Catch the 'shuttle' to the building and watch the planes arrive & take off.
- **Superplants** (Bothasig), Bosmansdam Rd – new play area – kids R30, adults free
- **Eaglevei Wine Estate/Restaurant** – Old Paarl Rd (R101), Muldersvlei, Stellenbosch – 021-8844713, Got western Cape's biggest jungle gym. On most weekends they have a jumping castle (indoors if raining) – need to book at restaurant.
- **Southern Right Hotel & Restaurant**, 14 Glen Rd, Glencairn 021-7820314. Undercover jumping castle, jungle gym, sandpit etc all in enclosed play area.
- **Cape Garden Centre** – particularly the large indoor play area. Well worth a visit!
<http://www.bugzplaypark.co.za/>
- **MTN Science Centre** - Canal Walk

Snack Ideas



- Sandwiches: peanut butter, Bovril, cheese, honey...
- Provitas and “dip dip”: cottage cheese, cream cheese, Melrose, avo, humus...
- Energy balls
- Hard boiled eggs
- Mini muffins (you can buy mini muffin trays and make banana muffins (or any type!) – these are great little snacks)
- Biscuits
- Chopped or grated cheese
- Chopped Vienna
- Chopped left over protein (like chicken schnitzel or cut a burger into little triangle segments)
- Fruit: chopped apple, strawberry, pear, grapes, dried fruit, raisins, mango etc)
- Fillers: rice cakes, pretzels, popcorn, Mini Cheddars, Oattees
- Cheesy dip (from Pick n Pay – comes with little biscuit fingers and a dipping section made of full fat cheese).
- Anything with dips (could be meal too) - e.g. fish fingers and tomato sauce, raw veggies and cream cheese, pita breads and hummus. oattees (or their favourite cereal) is a great snack, chopped up fruit, viennas & cheese cubes on toothpicks,
- Crumpet Animals (you can be as creative as you want)
- Coloured Crumpets (split mix into little sections and colour with food colouring)
- Roasted Chickpeas (tinned chickpeas drained and roasted with olive oil and some salt -- make for a protein alternative to popcorn)
- Rusks
- Jelly Robots - make jelly in robot colours in layers in a see- through glass
- Fruit Skewers - nice to make their own
- Frozen Fruit sticks (frozen fruit juice or yoghurt work)
- Pumpkin/butternut fritters
- Muffins (with nuts, raisins, grated apples, grated carrots and grated courgettes – sounds awful but they don’t even notice the vegetables)
- Vegetable sticks dipped in guacamole/cottage cheese/hummus
- Crunchies (with seeds)
- Hardboiled egg, peeled, then put into water with food colouring...creates a colourful egg, NICE!
- Pretzels – sticks, shapes, Chokstix, Yogistix

Look out for plastic lunchboxes with lots of little compartments (Sold in Hout Bay for about R20. Also sold at Merry Pak in Pinelands! They work well because you can put little bits of everything into the sections and no cling wrap is needed so easy for kids to take things out).

Meal Ideas



- Spaghetti spiders
(You will need a vienna sausage chopped into bite sized pieces, Thread through uncooked spaghetti so that sausage piece in the middle of the 4/5 strands of spaghetti. Cook in boiling water until sausage and spaghetti cooked and they look like creepy crawly insects that toddlers seem to love. Serve with vegetable/ tomato pasta sauce. Can also use par-boiled carrot pieces.)
- Macaroni cheese
- Mini meatballs and spaghetti
- Bolognese or cottage pie (with hidden food processed vegetables)
- Fishy Egg (favourite and very healthy) – see recipe
- Risotto
- Scrambled egg with sausage (nice last minute plan!)
- Stew with rice
- Fish fingers, mash and peas
- Burger bites (chicken or beef burgers cut into segments with tomato sauce to “dip dip”)
- Chicken fingers with sweet potato wedges to “dip dip”
- Butternut/ pumpkin fritters (see recipe)
- Steamed Carrot sticks with cream cheese/ plain yoghurt dip in the middle of the plate
- Cooked Shell pasta filled with gem squash and mince for finger food
- Baked potatoes with different fillings
- Cuppa soup
- Name Pizza - take a slice of bread covered with "white" cheese, cut child's name out of "yellow" cheese and place on top - melt in microwave
- Muffins - I use Golden Cloud bran muffin mix and finely grate baby marrow, apple and carrots into them and add seeds sometimes!
- Egg in Bread (cut a cookie cutter hole in the bread - like a flower / heart etc and break and egg into it in the frying pan and cook)
- Boiled egg (stand up egg!) and soldiers





Meal Ideas

continued...

- Fancy Macaroni - with tuna / bacon / sausage
- Fancy Oats - oats, ground almonds, raisins, honey and sprinkles
- Stuffed potatoes
- Fishcakes
- Smoothies (An assortment of fruit and seeds/peanut butter, yoghurt and milk/juice/water)
- Sardines on toast – even if they don't eat the sardines the oil poured on toast is great.
- Sandwich fillings - Smoked salmon, cream cheese and cucumber; Egg and mayonnaise; Peanut butter; Chicken and mayonnaise; Cottage cheese; Hummus
- Burgers – home made patties with hidden vegetables
- Chicken and vegetable kebabs
- Chicken nuggets and sweet potato wedges
- Pizza making – make and eat
- Make faces or pictures out of their food - e.g. smiley face with fish fingers, peas for a nose and potato for eyes.
- Pick n Mix option: For breakfast (have bowls of different cereals, cut up fruit, dried fruit, milk and yoghurt – kids can pick what they want and create their own muesli). Also good for other meals (e.. salad ingredients or wrap/ pita ingredients)
- Turn supper/lunch into a picnic - blanket outside and eat their meal there ... usually a hit



Recommended websites



<http://www.babycentre.co.uk> For baby and toddler development stages with excellent links to a variety of information relating to babies and toddlers.

<http://www.toddlebabes.co.uk/> I have found this website fun and easy to use

<http://www.motherscitymom.co.za/> This is quite a useful website. Lots of ideas and recipes. They also have quite an interesting newsletter you can subscribe to, as well as monthly competitions and events.

www.capetownkids.co.za has great info on what to do with kids around CT and places to eat etc. They have a monthly newsletter you can subscribe to.

www.crayola.com (free arts and crafts ideas and colouring print-outs)

www.enchantedlearning.com (free arts and crafts ideas and colouring print-outs)

www.colouringbookfun.com - has all the TV characters that you can print out for colouring / painting

www.babylite.co.za – they hire out cots, prams, car seats etc – great for travelling with weight restrictions.

Focus on the family have a great website with great articles on a variety of parenting topics. www.focusonthefamily.com

“Mister Maker things”: there is a program on BCC kids channel (306) where this guy called Mister Maker makes so many cool things. I get lots of nice ideas from there and they have a website: www.mistermaker.com

www.kalahari.net - excellent source of books, dvds, toys etc often at much cheaper prices!

Visit Annabel Karmel’s website for some great recipes ranging from baby puree and up! www.annabelkarmel.com

www.peeweeportions.com for those who still have babies. Readymade pureed cubes etc.

Other interesting Stuff...



- **Merrypak and Print** [45 Morningside Road Ndabeni, Phone 021 5312244 Fax 021 5312256 sales@merrypak.co.za; www.merrypak.co.za]. This shop is every mother's friend! They have packaging, paper, arts and crafts materials, toys, plastics etc. Well worth a visit! They also have a coffee shop in case you need a cup of coffee to sustain you. Worth trying to go without the kids as they will find lots to get their hands on!
- Favourite magazine: **Cape Town's child** – free at Bargain books and many other places
- **Osmans** – another super favourite! This wholesale toy-and-everything-else-you- can –think- of shop is found right at the end of Lansdowne Road (heading away from the mountain, on your left). Everything you wanted and more! Not great quality but cheap!
- **The Book Warehouse** in South Palms Centre – Tokai Main Road. Lovely UK books at half price of Exclusives. Often includes CD as well as book for R30-R40. Very new titles to choose from. Playpen for little ones while you browse. Afrikaans books as well.
- Activities – **Gordon's gymnastics** –Mowbray (from 2yrs)
- **Playball**
- A Pinelands legend: The Activity Workshop for Moms and tots, Morning and afternoon classes from Monday to Saturday, 021 531 8659 (Ofra), 6 months – 4 years

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Healthy Crumble

150 grams oats
65 grams butter
75 grams sugar (can substitute with xylitol)
75 grams ground almonds

Grind oats to a fine powder, add butter and rub in.

Mix in sugar and almonds.
Sprinkle on top of fruit filling

Fillings – apples, plums, nectarines, cherries, berries, pears

Bacon and Rice

250g diced bacon
2 onions finely chopped
Oil
2 tins tomato
1 chicken/veg stock cube
100g rice
Oregano

- Cook rice
- Fry onions in oil, add bacon, cook till slightly crispy
- Add tomatoes
- Mix stock cube with a little hot water .
- Add stock, cook for 5 minutes
- Add a pinch of oregano
- Add to rice
- You can add grated veggies (carrot, parsnip, etc), peas, sweet corn, anything

Tuna Pasta

200g pasta (any shape)
Oil
1 onion finely chopped
1 tin tomato and onion mix
1 tin tuna
Balsamic vinegar
100g frozen sweet corn
Basil

- Cook pasta
- Heat oil and sauté onion until soft
- Stir in tomatoes
- Add tuna, sweet corn a drop of balsamic vinegar and a pinch of basil.
- Heat for 1 min add pasta
- Serve
- I often add grated carrot or peas to bulk up the veggie content, you could also swap sweet corn for peas.
- Takes up to 15 minutes

Bran Muffins

2 and half cups flour
1 and half cups brown sugar
2 and half teaspoons bicarb
1 teaspoon salt
2 eggs
half cup oil
2 teaspoons vanilla essence
500 ml buttermilk
175g All Bran Flakes
Handful of raisons
1 cup of wheat bran

Mix all dry ingredients.
Mix together eggs, oil, vanilla essence, buttermilk.
Add buttermilk mixture to dry ingredients and mix together.
Bake at 180 degrees for about 20 minutes.

Mixture can be stored in sealed container in fridge for up to 5 weeks.

Pumpkin/Butternut Fritters

125g self raising flour
pinch of salt
1 teaspoon of baking powder
25g of caster sugar (optional- will make them a bit sweeter, but not entirely necessary!)
1 egg
125ml milk
1 cup of cubed pumpkin/butternut (steamed or cooked in microwave to desired consistency)

- Beat egg and milk.
- Sift in dry ingredients.
- Add cubed pumpkin and butternut.
- Mix till mixture is smooth (or leave the cubes intact, depending on the type of fritter you prefer).
- Spoon into a hot frying pan with a teaspoon of butter or oil.
- Wait until bubbles appear on surface before flipping.
- ENJOY!

Cookie dough

125 g butter
½ cup sugar
3 tablespoons milk
¼ tspn vanilla essence
1½ cups self raising flour
½ cup flour

- Cream butter and sugar
- Add milk and vanilla
- Beat then fold in the rest.
- Bake at 200 degrees for 12-15 minutes.

Oat Crunchies

2 cups oats
1 cup coconut
1 cup flour
1 cup sugar
200g margarine
1 tbsp syrup
5ml bicarbonate of soda
Pinch salt

- Mix all dry ingredients together.
- Combine margarine and syrup – heat gently until melted.
- Add to dry ingredients and mix well.
- Press into baking tray.
- Bake at 190 for 15 – 20 minutes until golden.
- Mark into squares while hot.

Vanilla Yoghurt Dessert

1 packet finger biscuits
1 packet vanilla instant pudding
250ml cream
250ml cream cheese
250ml plain/ vanilla yoghurt

- Line an oblong dish with the biscuits dipped in milk.
- Whip cream slightly in a large bowl.
- Add all the other ingredients and mix together in the bowl.
- Pour over biscuits and allow to set (about an hour).
- Decorate the top with fruit (e.g. strawberries, pineapple, apricots, granadilla pulp)

Fishy Egg Recipe (AKA Kedgerree)

The "Fishy Egg" has not been patented (yet!) so you are MOST welcome to the recipe. It's not something you can rustle up in 5 minutes, you need a bit of time, but it is very very easy to make and it has lots of good stuff in it and is delicious for parents and kids so a great family meal (left-overs can be frozen in kiddie portions). It's a family favourite that I used to have when I was a kid so I kind of make it out of my head, but here is the gist of it:

WHAT YOU NEED:

- 500g packet of smoked deboned frozen Haddock
- ± 4 eggs
- ± 4 carrots (peeled and thinly sliced)
- ± 2 cups frozen peas
- ± 4 tomatoes thinly slices (for on top, optional)
- ± 1 cup rice
- White (cheese) sauce (I usually make my own, but you can add a readymade one like a bottle of Ina Paarman Cheesy sauce if you're rushing): marg, flour, cheddar, milk, herbs
- Big casserole/oven dish to mix in!

HOW TO:

- Put oven on to about 180 deg.
- Place the frozen fish in a frying pan with enough milk to cover and cook till defrosted, soft and fragrant
- Once cooked, lift fish out of the pan (keeping the milk remaining), break up and chuck into a big casserole dish.
- Cook frozen peas (in micro is easiest) drain and add to casserole dish
- Cook carrots (in micro is easiest) drain and add to casserole dish
- Cook rice, drain, rinse in cold water, drain and add to casserole dish
- Hard boil eggs, take shells off, chop up and add to casserole dish
- Add white sauce to dish, mix well.
- Place tomato slices on top
- Sprinkle cheddar cheese on top.
- Place casserole dish in oven for about half an hour (to warm through and till cheese is melted or grilled nicely)

HOW TO for white sauce: (very unscientific, I just guess quantities).

- Melt about 150g block marg in a pot over a low heat
- Slowly add enough flour to make the mixture into a dry paste type consistency
- Add about a cup or so of grated cheddar cheese (and a bit of mustard if you like)
- Add some mixed herbs, and salt and pepper if you want (to your taste)
- Slowly add the milk from the fish-pan (gives it a nice flavour)
- Slowly add more milk until the mixture turns into a nice sauce
- Cook for a little while until the sauce thickens.