

Smallish

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THE MODERN MOTHERS

WIN *a dream
getaway with*
SMITH & FAMILY

LABOUR PAINS

TACKLING
THE taboo
AROUND
C-SECTIONS

can you
hack it?
*shortcuts
to sanity in
motherhood*

IT'S GUT INSTINCT

NOURISH THEIR
BODIES THE
natural way

TESTING TIMES | WHY SATS *are* IMPORTANT

THE BIG TOP

*Into the RING
with the CIRCUS*



travel news

cooking breaks for LITTLE CHEFS



fish for your supper

BALLYNAHINCH CASTLE HOTEL, IRELAND

For a foodie holiday with a twist, the new fly-fishing camps at Ballynahinch Castle Hotel take children back to nature to discover how fish is sourced and caught. The estate's expert ghillies will help little anglers perfect their casting technique before they take up their perch on the bank and wait for the catch of the day. Parents, meanwhile, need only wander to the hotel's terrace where afternoon tea is served above breathtaking views of the river. ballynahinch-castle.com

some like it hot

SONEVA KIRI, THAILAND

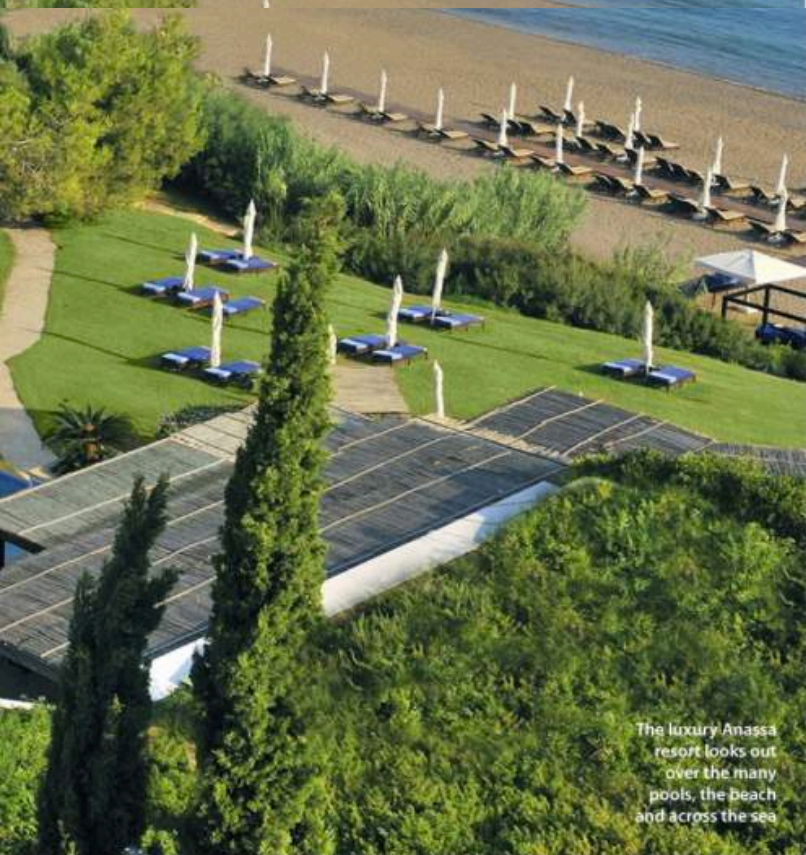
Tucked away on the Thai island of Koh Kood, Soneva Kiri boasts sumptuous surroundings and hectares of lush jungle. For children, the cookery school is one of the most popular activities. The action begins in the local market as Chef Benz takes children to choose their favourite ingredients from the vibrant selection on offer. Then it's back to the resort for a masterclass in fragrant, Thai cooking and plenty of mess and fun. scottdunn.com





Four go to Cyprus

ESTELLE LEE takes her family to a BEAUTIFUL hillside hideaway worthy of the gods, where they discovered KIDS' CLUBS, watersports, gourmet food and RELAXATION – something for everyone



The luxury Anassa resort looks out over the many pools, the beach and across the sea

When your children turn school age, family holidays become more interesting/tiring/expensive (delete as appropriate) and the many variables required

of a successful holiday seem to be infinite. So a resort that allows families to coexist with ease, in a beautiful hillside setting, is true luxury indeed.

Up in the north-west corner of Cyprus, Anassa is situated a mile or so past the village of Latchi, remote in its positioning. The Cypriot village-style residences (many with their own plunge pools) all face out to sea, white-washed and shuttered against the – almost guaranteed – hot sun.

Fragrant shrubs and citrus trees dominate the landscape, and panoramic vistas look out across the Akamas peninsula as far as the eye can see. Cobbled pathways wind down to layered infinity pools and a warmer plunge pool is designated for children to use, with plenty of toys to chuck in too. We loved the flexibility between pool and adjacent private beach, where a watersports centre provides the more active members of the family (not me) options to sail, dive (there are bubble courses for those eight years and over), snorkel,



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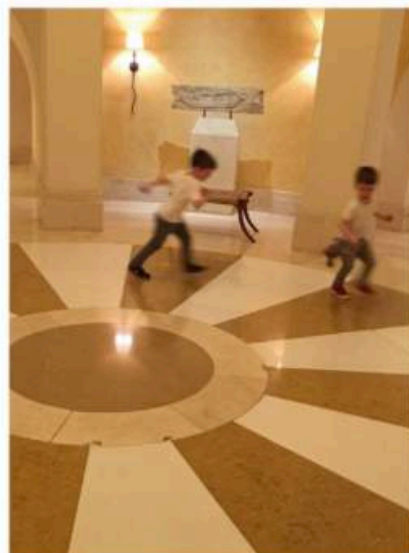
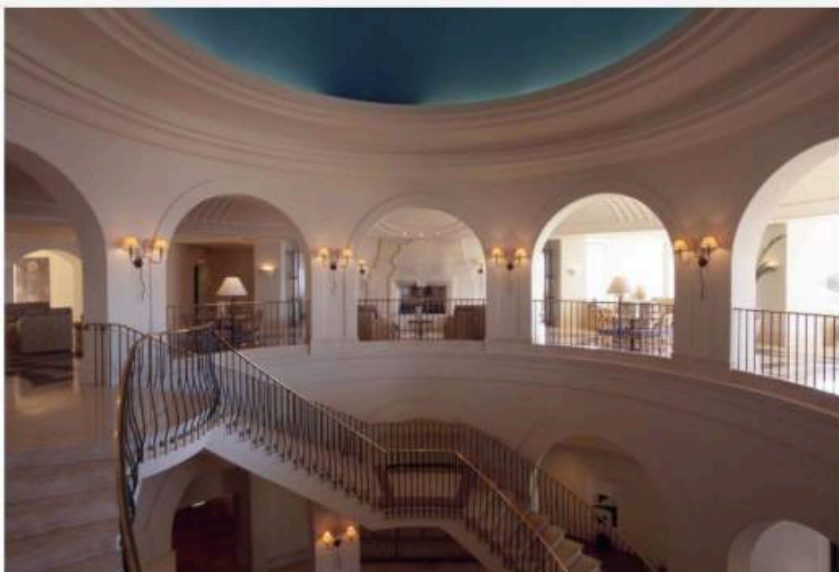
fish or simply take a lazy boat ride like us.

So even after my error of booking the wrong flights to Cyprus (Larnaca instead of the nearer Paphos) and a subsequently late arrival, the boys ran into the arms of the Scott Dunn Explorers Club manager at Anassa the next morning. The true litmus test of any family resort. We bleary-eyed parents, not quite believing our luck, left them in her capable German hands, where every day was a timetable of fun activities, healthy snacks, garden games and playground fun.

I used to have kids' club guilt. Now, there's trouble if there isn't one on our holidays. I blame Scott Dunn. The rule is: kids' club in the mornings and family time in the afternoon. Everybody's happy. There is nothing more brilliant than walking into a beautifully designed, welcoming room where the children run to play with interesting toys or join in with activities; and where the club assistants look genuinely interested in playing. Whether you're travelling with a four-month-old baby or a teenager, they are all catered for with qualified nannies or a big brother/sister-style crowd.

For the more sloth-like on holiday, Anassa's poolside assistance will rush to help with towels should you so much as move and a beach bar

TRAVEL



service does the sunbed rounds all afternoon. The poolside restaurant will even deliver your lunch to your suite should your tired child have a complete meltdown on the day you decide to order the biggest salt-baked fish on the menu – all without batting an eyelid. You can then plonk them in bed and have a blissful lunch on your seaview balcony.

Our two-bedroom suite at Anassa was wonderfully configured for four people. We each had a huge double room with en-suite bathroom, and an equally large sitting room had an L-shaped sofa for cuddling up for a film or snacking on the teatime treats that were left every day. Three sets of French doors opened onto three terraces, leaving the rooms airy and the white linen, marble and blond wood created an understated but stylish feel.

There are dining options at Anassa for every palate, but we preferred to stick to Amphora for a more laid-back experience. The kids loved choosing from the buffet each day, laden with locally sourced produce and the outdoor terrace under the trees was in demand each evening. In high season, an evening club is in operation with entertainers taking charge, allowing you to relax. There are al fresco dinners in the village square each week, as well as barbecues on the beach.

For the zen-seekers, head to Anassa's spa, with an indoor pool, interior and exterior sun loungers, a relaxation room and treatment rooms for every ritual. There are also fitness trails, tennis coaches and daily yoga instruction. We joined the yoga class outside the ancient Greek chapel on site for a few mornings; it's the most serene yoga setting.

With gourmet offerings and decadent relaxation on offer at the spa, the hotel is a treat for all ages. But the cultural wonders on it's doorstep are also five star – there are caves and pools that Aphrodite is said to have bathed in, as well as Byzantine rarities at the monastery of Agios Neofytos. Or go turtle spotting at the unspoilt Lara Beach.

For more information, visit scottdunn.com



CLOCKWISE FROM TOP LEFT
Elegant water features; many of the residences have their own plunge pool; the grand staircase oozes opulence; the boys loved it at Anassa; the enormous, stylish bedroom; interesting activities await at the kids' club; the accommodation has a stylish, understated feel