

The parent network

Ever feel guilty about being on Facebook? Don't, as a new study from the Pew Research Centre in the US has discovered that the reason social media use by mothers is increasing is because it's where they go to get parenting advice and support.



the little facts

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PERCENTAGE OF WOMEN WHO WRONGLY BELIEVE THEY GET ENOUGH FOLIC ACID FROM FOOD
safefoods' Babies Know the Facts about Folic' campaign

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PERCENTAGE OF IRISH PARENTS WHO HAVE MISSED OUT ON AN IMPORTANT DAY IN THEIR CHILD'S LIFE BECAUSE OF PAIN THAT THEY HAVE EXPERIENCED
Research commissioned by Panadol

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PERCENTAGE OF MUMS WHO THINK THAT BABIES UNDER SIX MONTHS SHOULD ALWAYS BE INVITED TO A WEDDING
MummyPages.ie wedding survey

The Bright Stuff

Have yourself a colourful summer with your little ones by visiting The Ark in Temple Bar. The COLOUR! exhibition here is an interactive experience, bringing to life stories of creating and using colour. At the end of the tour, you



will become the artists and create your own artwork inspired by one of the themes in the exhibition, with the help of a professional artist, and there's a different workshop option each week. It's running until Sunday, August 23. See www.ark.ie

Sweet dreams

The expert advice is that babies and toddlers should nap in a darkened room and ClevaMama's Bedtime Black-out Blind is ideal for those daytime naps and trying to get them to sleep on bright evenings. It can be fixed to your window using a semi-permanent tension pole or suction cups — the tension pole means they can be opened and closed whenever needs, and the suction cups, which stick directly to the window, allows adjustment to fit any window up to 140cm. Very importantly, they're designed with safety in mind and have a light and heat reflective lining to stop your nursery overheating on warmer days. Available from Smyth's and independent retailers, €32.99

Time for tea



If you're feeling in need of some indulgence and pampering, **Dunboyne Castle & Spa**, Co Meath, has a tempting offer. The Aromathera-tea package here gives the choice of one of three spa treatments at the Seoid Spa, including a back massage with lavender, ginger, black pepper and rosemary; a luxurious facial with chamomile, rose and orange flower, or a stimulating juniper berry, and pink grapefruit foot massage with spearmint gel. Afterwards, you can feast on a themed

Aromathera-tea, with finger sandwiches, and fresh-baked scones with cream and preserves, an orange flower meringue pie as well as a lavender and poppy seed cake, with ginger and white chocolate icing, served with a pot of tea or coffee or a selection of herbal teas. Bliss! The package costs €65 per person and you can add a midweek overnight stay with breakfast and dinner for €155. See www.dunboynecastlehotel.com