

10 down to earth parenting tips from Mum to Mum

Helen Stephens' fabulous new book "Mum to Mum - Pass it on" is stuffed full of quick and quirky tips for mums. We've picked our 10 favourites...

Stressed out by baby books and all the baby advice? Put them in a cupboard and trust your instincts. You can always get them out another day if you feel the urge.

Think of your birth plan as a set of birth preferences. It is okay to change you mind or even throw it away.

Buy your nappies and baby products from shops that provide loyalty incentives and then spend the bonus points on nice things for you!

The name you have chosen for your baby is perfect.

Trust your instincts – if you are not happy let someone know.

Write a list of things you will and won't do. For example, ' I won't use a dummy'. Review the list every three months or so and either laugh or get back on track!

Make a memory box for your child and fill it with mementoes..... first outfit, old favourite toys, newspaper clippings... Explore the box with your child as they grow and ask them what they would like to add.

Let yourself ask for help. It could be the best thing you ever do.

Let you partner do some things their way with your child – you never know, you might learn something.

Swap toys with another child for a few weeks so that your child gets to play with something different without you having to buy it.

For your chance to win a copy of the book head straight to our [competition page](#) or for more info head over to the [from you to me website](#)

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