

The image features a decorative border composed of stylized, multi-petaled flowers and butterflies. The flowers are arranged in a circular pattern around the central text, with some butterflies interspersed among them. The entire design is set against a solid black background.

No. 1 MUM

*A Celebration
of Motherhood*

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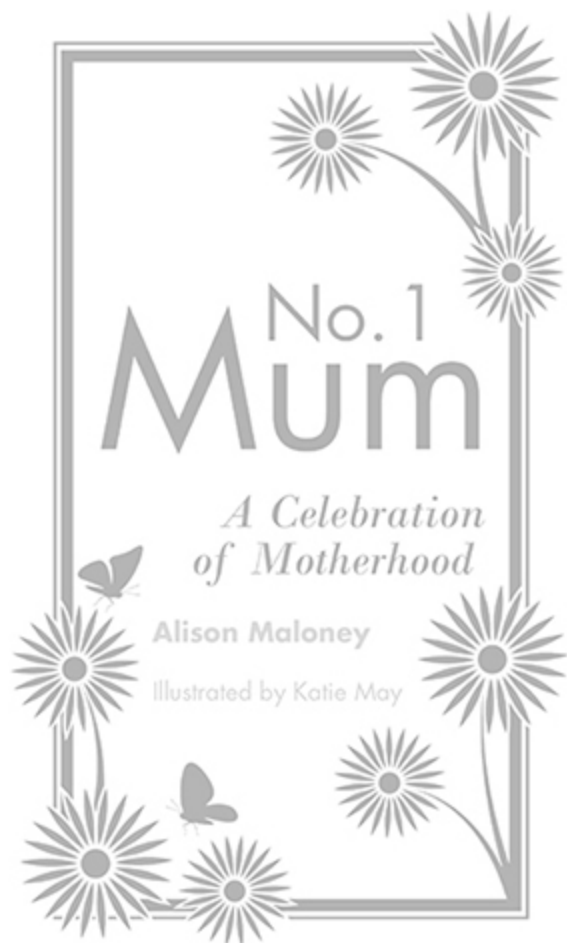
Perfume Bottle
Globe
Superwoman Cape

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About the Book

'Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers, and sisters, aunts and cousins, but only one mother in the whole world.'

For number-one mums everywhere, this is the perfect celebration of motherhood.



Introduction

FOR NUMBER-ONE MUMS everywhere, this is the perfect celebration of motherhood, filled with inventive ideas and clever tips and bubbling with joyful things. From chicken soup to Sunday roasts, bubble bath to balloons, *No. 1 Mum* pays tribute to the top 100 objects every mother will laughingly recognise, in an entertaining book that promises to amuse and inspire in equal measure. It's a celebration of motherhood ... in 100 objects.

After all, becoming a mum is a transformation like no other. It's a change that reaches into your heart, your soul, your home - and your handbag. (Tiny clutch bags will *never* be on the agenda again.) It's not just emotional adjustments that motherhood brings; there's a whole new array of objects to get your head around. From the wonder of wet wipes to the bottomless pit of batteries, mums soon learn the things they cannot live without! This book champions all the little things along the way that create that magic of motherhood: jolly snowmen, wet wellies, lullabies and all.

So from home-baked cookies to sky-high heels, Christmas stockings to lightbulbs (because mums are full of bright ideas...), each object in this book represents a different aspect of the superwoman that is Mum. Whether she's a domestic goddess or a professional high-flyer, she's always number one as far as her kids are concerned. Mum is one in a million. She's the person who will always put her children first and makes sure they are never left with second best. She's their number-one fan and the first in line to fight their corner.

This book is a fun-filled celebration of all the things that make this wonderful woman extra special. Because every mother ... is a *No. 1 Mum*.

Sunday Roast

NOTHING SAYS FAMILY time like the smell of a joint of meat and roasting potatoes. In the whirlwind of modern family life, the Sunday lunch or dinner is an oasis of calm, a chance for everyone to get together to catch up on their week. For Mum, once the meal is on the table, it is also a time to relax and enjoy the company of her kids without having to rush them off to dance class/football training/swimming club.

She may have to put up with the occasional moan of 'Why do we always have roast on a Sunday?' or 'Do we have to sit round the table? *The X Factor* is on', but making it a weekly ritual is an essential part of keeping the family together - and the older they get, the more they appreciate it. Many a university student or recent home-leaver has craved the comfort of a home-cooked roast and even mums love to return to the childhood home for Sunday dinner with their parents.

Most mums have the roast down to perfection, but with time-saving gravy granules so readily available, traditionally made gravy has fallen off the menu for many. It's worth resurrecting because it can really add that extra boost to the flavour. Trust Mum to go the extra mile...

TRADITIONAL GRAVY

Ingredients

Juices from the meat joint
1 tbsp liquid meat fat

30g (1oz) plain flour
570ml (1 pint) stock or vegetable water
Generous slug of red wine (optional)

Method

1. Remove the cooked meat from the roasting tin and set aside to rest, covered with foil.
2. Pour the juices and the fat from the tin into a glass jug and leave for a few minutes until the fat rises to the top, then skim off the fat.
3. Place the tin on a medium hob and add the tablespoon of fat. Stir in the flour with a wooden spoon and cook for 1 minute.
4. Add the meat juices, scraping the scraps from the side of the tin, and then stir in the stock and red wine until you get a smooth gravy. Bring to the boil and allow to simmer for around 5 minutes, until the gravy is the required thickness.

To make the perfect roast potatoes, par-boil your spuds, drain, let steam dry for a couple of minutes and then return to the pan. Put the pan lid on and give them a vigorous shake to fluff up the outsides *before* putting them into the hot oil. This will make them extra crunchy and golden. But beware of over-boiling before applying this method - 8 to 10 minutes is enough - or you'll be making do with mash.

'When you're having dinner with your kids and your husband and someone says something funny or you're dying laughing because your

three-year-old made a fart joke, it doesn't matter what else is going on.
That's real happiness.'

GWYNETH PALTROW

Wellington Boots



THE PERFECT FOOTWEAR for family walks in the countryside, ideal for trekking through muddy forests, kicking up autumn leaves, crunching along a thick layer of winter snow, and – perhaps best of all – splashing in puddles with the little ones. These boots were *definitely* made for walking...

Medal

Because all mums deserve one.

'I want my children to have all the things I couldn't afford. Then I want to move in with them.'

PHYLLIS DILLER

Moses Basket

ONE OF THE first things an expectant mum buys and one of the last things she'll want to throw out when her babies are grown. These cute little sleeping quarters are attractive, comfortable and wonderfully portable, meaning a new mum can have her tot sleeping anywhere in the house. They only get about eight weeks of use before baby's head is pressing against the wicker, but they hold a whole bunch of memories for evermore.

Handbag



WHETHER IT'S DESIGNER or high street, Mum's handbag is always massive. At the first patter of tiny feet, out go the tiny clutch-bags and purses of her youth and in comes a huge receptacle from which any number of useful things can be produced - à la Mary Poppins.

No matter how old the children get, the bag would still challenge the hand luggage policy on the average airline. It's filled with drinks, snacks, half-eaten packets of sweets, games consoles, toy cars, the whole family's mobile phones, plasters, tissues, sewing kit, hairbrush and, of course, the inevitable wet wipes.

No wonder mums enjoy escaping without the kids occasionally. A grown-up night out means taking the weight

off - literally.

'A woman's mind is as complex as the contents of her handbag; even when you get to the bottom of it, there is always something at the bottom to surprise you!'

BILLY CONNOLLY

Balloons

AMONG THE MILLION roles that a mother takes on, the party entertainer is one that is called upon only on special occasions - but the merrymaking just wouldn't be the same without her. Her annual task is to make every birthday go with a bang - and we don't mean the frequent noise of popping balloons that punctuates every kid's shindig!

As well as laying on the food, this party-organiser supremo is responsible for blowing up numerous balloons, decorating the room, wrapping the prize for pass the parcel, preventing injury during pin the tail on the donkey and judging the musical statues without causing all-out mutiny. She doesn't need to wear a magician's hat or whip up some balloon animals to be the life and soul of the party. Never fazed, she has numerous party games up her sleeve, a whole stack of prizes - and the good sense to make sure that one little darling doesn't win every game and deprive the others of the coveted colouring pencils and bouncy balls...

As a change from musical bumps, try these fun party games:

BALLOON HOCKEY

This can be played outside in the garden or inside if you have a large room. You will need a packet of assorted balloons and a large cardboard box, plastic trunk or washing basket.

- Give each player a long thin balloon and a matching round or oval balloon, with each child getting a different colour.

- Turn the box or trunk on its side at one end of the 'pitch' to use as the goal.
- Assemble the children at the other end and when you say 'Go' they must attempt to push the round balloon along the floor towards the goal, using the long balloon as a stick.
- The first player to get his balloon in the box wins.

As a variation you could play with two goals, either end, and split the kids into teams, with one ball between them. The teams would then attempt to score goals while stopping their opponents from doing the same, as in proper hockey.

PASS THE BALLOON

- Inflate two different coloured oval balloons, to roughly the same size, plus a couple more reserves.
- Split the children into two teams and line them up facing the same way, as if in a queue, but a couple of steps apart.
- Give the two children at the front a balloon which they must hold under their chin. With their hands behind their backs, the players must pass the balloon back along the line using their chins.
- If any player's hands or fingers touch the balloon, or it falls on the floor, it goes back to the front of the line, and the team starts again.

- The first team to get the balloon to the back of the line wins the game.