

autumn 2009 forward features list



Hot Topic

In light of recent reports suggesting that hundreds of breast-fed babies fall dangerously ill from dehydration, after failing to take in enough milk, we investigate: is breast still best?

Inspirational Women - Rani Price

When Rani Price told her mum she wanted to be an actress she told her, "You won't see Asian girls on TV". Well now she's CBBC's most popular kids' presenter fronting their two most watched shows; Roar and Best of Friends. She's young, she's clever, she's dynamic - and she's mum to Rudy, aged just nine months. We meet in her kitchen for a coffee between schedules.

NEW! MumPreneur

Deirdre Bounds was a working class girl on a downwards spiral who ended up teaching English in Japan. Now she's a multi-millionaire who sold her first business to a FTSE 100 company for millions. She advises aspirant mumpreneurs on what it takes to get on in business...

Family Health

Confidence is the biggest hurdle to mumreturners who seem to forget what amazing skills they have after the kids have come along. Popular TV Psychologist Dr Linda Papadopolis (who analyses behaviour in the Big Brother House and on GMTV), gives insight into the mindset that affects the confidence of mums - and advises on how to change it...

Celebrity Life - Coleen Nolan

Coleen is a presenter on ITV1's popular daytime show Loose Women, she writes a column for the Daily Mirror and Woman magazine. She recently made the semi-finals of ITV's flagship Saturday night programme "Dancing on Ice" watched by almost 10 million viewers. Her autobiography, Upfront and Personal is currently number one in the charts.

Perfect timing, the Nolans are reforming for a UK tour in October, dubbed the biggest girls night out this year. We get the inside story on her marriage, divorce, kids and the nature of fame...

Business

We analyse why coffee-trading is a preferred business arena for a growing number of women.

Single Mum in Control

Did you know that more single mums than ever are returning to education to sharpen up their skillsets? The government offers a range of incentives to encourage them to improve their qualifications and their job prospects - we investigate how.

Fashion

Jeans means business this winter; whether you get them from Primark or Prada we help you make sure the shape is just right...

Hair

We look at hairstyles that mean business for autumn, whether you wear your hair short, mid-length or long

Legal Column

Where there's a will, there's a way...don't go on living without one. Our resident legal expert Mary Welstead reports

Food

Potatoes; cheap and cheerful, and full of goodness - from mash to gratin, baked to rosti, we look at ways to make the most of the essential spud.

Travel

We look at Christmas shopping and explore the opportunities of buying your presents in Christmas markets.

Dads in Control

It's not always easy to fit dads into mums' controlled domestic worlds - when Danny Plunkett works from home he finds it harder than he expected to share the load.