

THE UNLIKELY MUMMY

Kavita Trevena



Digital newsletters

I don't have a mailing list set up! But who cares?!

Newsletters are great, but they are only great if you have people to send them to. Well, that's not completely true.

I try my absolute hardest to be super amazing with technology, but the truth is, I am just making it up as I go along - isn't that what we all do?

I would love to put all of my exciting things in one place, to show everyone how amazing I am. But for now, I would like it if you all treated me to a 'Hot Chocolate', which by the way isn't an actual 'hot chocolate', although that would be lovely! It means that when someone lovely buys me one, I am able to invest that money back into my community, or I should say OUR community.

What's my first newsletter without sharing my book with you. You can still pre-order for £5.99 before I pop the price up to £6.99. Or you can get the digital download if you would prefer for £3.99.

WHAT YOU CAN EXPECT FROM ME

- [5 WAYS TO TRANSFORM](#)
- [WANTED: FEATURED BLOGS](#)
- [COMMUNITY INVESTMENT](#)
- [LBC RADIO](#)
- [PODCAST](#)
- [RADIO INTERVIEW](#)

I AM ME

A MINDFULNESS JOURNEY



Get them writing ready

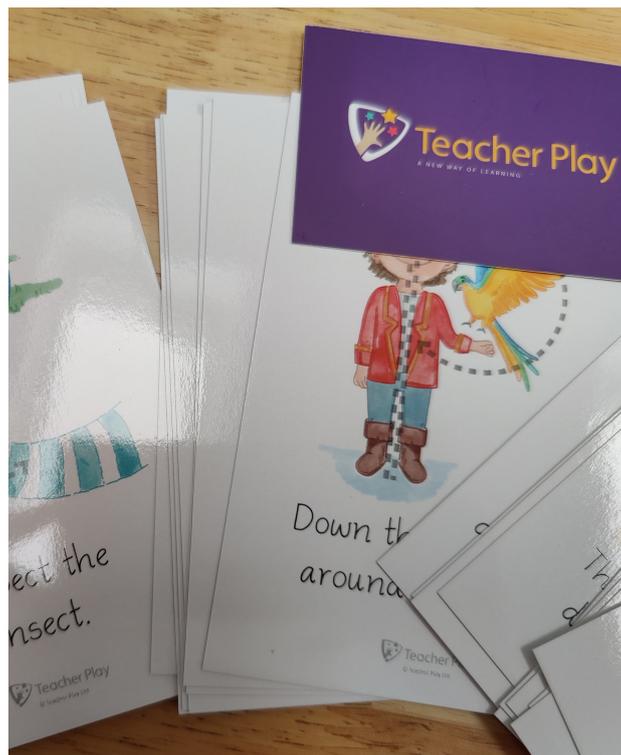
Teacher Play gifted me with lots of resources to support me in teaching my son how to write. I say how to write, what I really mean is to engage him in the excitement of wanting to write. Teacher Play made it fun for us both to enjoy together which was such a plus for me.

As a parent, we feel the pressure of needing to be everyone, the mum, the carer, the cleaner, the educator, the fun one, the cook, the doctor - the list is endless.

What we forget is, there are resources to support us.

www.theunlikelymummy.co.uk/teacherplay

Ask me about Novembers
Mindfulness and Wellbeing event



Want to feature or have a
mention - [contact me](#)

Play time

We all love a new toy and who doesn't love a wooden toy! I know I do, I think that is why I secretly had children so I could play again!

Jaques of London contacted me and asked me to pick some toys for my little ones, I was literally like a child saying to my husband that I wanted all of them.

I picked two, the **Giant Tumble Tower** and the **shape sorter**, what a treat. We played for hours with the tumble tower, which did eventually turn into a tower building and putting us all in jail. He is obsessed with being a policeman at the moment.

He also had a play around with the shape sorter and he got a little frustrated because it wasn't just the normal square, circle, or triangle and because it tested him he wasn't happy but this gave me the opportunity to show him and play with him (bonus for me!)

www.theunlikelymummy.co.uk/jaquesoflondon

