



Womans Way

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Online support for parents

With more and more of us mums going for the organic option, it's no surprise that Glenisk, creators of organic yoghurts, has launched iMoo (Irish Mothers of Organic), an interactive online community that offers advice, support and information on parenting the organic way.

iMoo features a panel of parenting experts including paediatrician and author Dr William Sears, well-known psychologist David Coleman, the presenter of RTE's *Families in Trouble*, a nutritionist, a childbirth advisor and a green parenting expert Eco Daddy, Ben Whelan (director of Cultivate at www.cultivate.ie) who has heaps



of fun tips to share with parents and kids on living a more green way of life.

It's well worth visiting www.glenisk.com/imoo, where you can sign up to receive a monthly Moosletter (geddit?).