

#### D. Fresh Botanical influences create instant calm

Clockwise from bottom left

1. Vance Kitira fig, apple and pear candles – Twig & Twine
2. Wild Botanica Fig Scented candle – Twig & Twine
3. Wild Botanica Room diffuser – Twig & Twine
4. Power of Gardens by Nancy Goslee Power – Book Review
5. The New French Decor by Michele LaLande – Book Review
6. Extraordinary Gardens of the World by Monty Don – Book Review
7. Ornamental Peonies and vase – Twig & Twine
8. Le Couvent des Minimes in verbena and lemon hand soap – Sheridan
9. Le Couvent des Minimes in verbena and lemon energising shower gel – Sheridan
10. Le Couvent des Minimes in verbena and lemon candle – Sheridan
11. Le Couvent des Minimes in verbena and lemon room perfume – Sheridan



#### E. A peaceful corner

Clockwise from lamp

1. Nickel pine leaf lamp base and off-white "empire" shade – Sorrento
2. Champagne metal butler tray on metal stand – Sorrento
3. Ornamental Orchids in vase – Sorrento
4. STORY a collection of Walt Disney Animation Studio collections from their Archives – Book Review



#### F. Island Nights - deep blue hues create a sense of quiet

Clockwise from top centre

1. Decorative Bird Cage – Bed Bath n Table
2. India Hicks Island Night Fragrance collection in Fragrance Diffuser, Cream Body Wash, Smooth Body Lotion, Scented Candle, Eau de Toilette

Creative Partner India Hicks and Crabtree & Evelyn created Island Living Body & Home Collections to reflect a very personal vision of life on a beautiful island in the Caribbean, India drew upon an eclectic mix of influences: natural island wisdom, her favourite island flowers and trees, classic West Indian style as well as antique maps.

**India Hicks Island Collection by Crabtree and Evelyn is available exclusively at nina ynez 9144 1474.**

#### G. Create Memories with ornaments

Left to right

1. Vintage aeroplane ornament in nickel
2. Silver birds

**All from Bed Bath n Table 9983 1911**



**WIN!**  
Win one of two \$200 Homewares vouchers. See page 35 for details.

# The Organised Family By Charlie Chapman

I was once asked what my job was. I was about to say that I was a full time mother but this particular day I felt like going further. I told them I was a teacher, nurse, taxi driver, coach, mentor, activity co-ordinator, chef, personal assistant and the list goes on. Life's just busy if not chaotic and the last people to think of themselves are often the ones holding it all together on the home front. When it all gets too much, how do we cope? It starts with an Organised Family.

Having an organised family creates an environment where every member of the family thrives and feels a valuable part of a group. It means structures and routines, family rituals, effectively managing our time, managing paperwork, having a place for everything, menu planning, home administration and creating an environment where all the family contributes. Finally it takes planning for the collective lives you as a family want to live. How can we possibly achieve all of this? What are the benefits as a mother? Being organised gives you the time to develop a self care strategy.

The benefits of a self care plan are far reaching. It includes feeling better about you, having more energy, more purpose and an improvement in personal health and wellness. Self care includes good nutrition, exercise, opportunities to pamper yourself, pursuing hobbies that you are passionate about outside the family routine and developing meaningful personal goals for achievement. The more we give to others the more we need to look after ourselves. The more we look after ourselves the more we can give.

So this Mother's Day make a commitment to yourself to organise one aspect of home life. Why not introduce menu planning for the family. You will gain more time as you shop less, reduce waste and have a plan to eat a healthier diet. Take time each week to develop healthy meal ideas that the whole family enjoys. Do one major weekly shop whether by internet or at the shops and ensure that the extra time you gain is safeguarded for only you and your self care.

With that time take a walk everyday or enrol in a scrapbooking class or even indulge in reading a book to nourish your mind. Your journey of improved self care can begin. Finally take time to reflect on what else you need to do to cope with the demands your family and home, and in turn let yourself enjoy a more balanced life.

As we move through the coming year stay tuned for more focus on aspects of this article as we explore together what makes an Organised Family.

**Charlie Chapman is the founder of The Organised Family. Her business was born out of her passion for organising, coaching and family life. Her mission - to help families lead clutter-free and organised lives helping them to achieve better control, rhythm and harmony at home. Charlie has moved countries and homes numerous times, raised a family of three boys and embraced the opportunities that come through change, phone 0411 236 585.**

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**WIN!**  
One lucky reader has the chance to WIN a Kitchen Organisation session including an initial consult and up to 4 hours assistance in organization and menu planning, plus a \$200 voucher to complete your reorganized kitchen. Total prize value, \$550. See page 35 for entry details.