

FIT FAM

with **Kate Farr**

WORK IT



Sourcing cool, well-made furniture for teens can be hard work; many stores cater for little ones while pretty much ignoring their older siblings, who've long grown out of their Thomas the Tank Engine bunks. For something a little fancier than flat-pack that will last throughout evenings of homework to uni and beyond, **Reddie** offers wooden desks and stools that are handmade from legally-harvested timber and built to last. Designs are colourful, customisable and will bestow serious style cred upon their new owner, making you parent of the year.

Prices vary according to final specifications. Order online at www.reddie.co or visit their showroom at L/2, 155 Wong Nai Chung Rd., Happy Valley, 5238-8812.

CRUMBS!

Get in the festive spirit with a Christmas cookie baking class at **Sesame Kitchen** on December 6. Chef Sia will show you how to sneak healthy ingredients into a simple and delicious cookie dough, plus offer demonstrations on how to make gluten-, butter-, egg- and sugar-free cookies, all of which you and your kids will get to decorate too.

\$680 (1 child + 1 adult), 9-11am, Sesame Kitchen, 21/F, Yiuga Factory Building, 62 Victoria Rd., Kennedy Town, 2884-1299, sesamekitchen.com. enquiries and booking: cs@sesamekitchen.com.



CENTRE STAGE

Book now for **KidsFest 2016**, which will be heading to the Hong Kong Academy of Performing Arts in the new year. This annual children's theatre festival hits Hong Kong every January and February, and the productions sell out faster than you can say, "we missed the Gruffalo again". Aside from the ever-popular shows featuring Donaldson's

vivid characters, you can expect stage adaptations of former UK Children's Laureate Michael Morpurgo's "I Believe In Unicorns" along with some modern fairy tale magic courtesy of the girl with the coolest coat in the deep dark woods: Little Red Riding Hood.

Tickets \$195-\$435 with packages available for multiple shows. Buy online (quickly!) at www.hkticketing.com.

Kate Farr is the co-founder of writing and editing agency [Editors' Ink \(editorsinkhk.com\)](http://EditorsInk.com). She also blogs about Hong Kong family life at [Accidental Tai-Tai \(accidentaltaitai.com\)](http://AccidentalTaiTai.com). Send your family health news to kate@editorsinkhk.com

