



Victoria with Zoe and Oli

Victoria Arlidge

A musician, composer and mother of two tantrumming tots found the perfect niche with her unique CD *Tunes 4 Toddler Tantrums*, aimed at helping frustrated parents diffuse mini-meltdowns.

The only one of its kind on the market, the CD has been written and produced by the St Albans mum of Zoe, four, and Oli, two.

Victoria is a composer with BAFTA and EMMY-nominated TV credits for her work on *Animal Antics* on Channel 5's *Milkshake* and Channel 5 documentary *Umbrella Assassin*. In total, she has composed the music for more than 240 children's television programmes.

After having her two children, Victoria, 39, decided to put her talents to good use and set up a regular local music group for pre-school tots and their mums called Pitter Patter. With her own children and her music groups, Victoria saw firsthand the developmental benefits of music on young children.

And she quickly realised how singing to children when they were upset or on

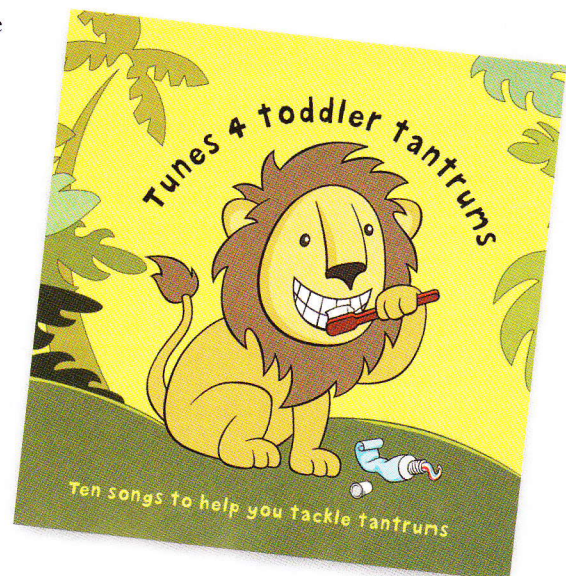
the verge of having a tantrum would help to diffuse the situation.

'Any parent with pre-school age children will tell you they spend a great deal of their time trying to avoid situations that will trigger tantrums,' says Victoria. 'Unfortunately, it isn't always possible because the most common everyday tasks, such as brushing teeth, getting in the buggy and mealtimes, can be a real struggle for parent and child.

'Being a real believer in the powerful effects of music, I wondered why there wasn't anything on the market to specifically help parents with tantrums so I decided to produce my own. I'm really pleased that the feedback I am getting suggests that the CD is helping local mums beat the baby blues.'

There are 10 catchy songs on the CD, a variety of musical styles combined with live instruments, which have gone down very well with

Victoria's Pitter Patter groups. Each song addresses a common tantrum trigger, and includes a game or imaginary activity to distract the children away from their outburst. Examples include the 'Shoes Blues' song, a race to get your coats and shoes on, and the 'Space Buggy' tune, where parents and children pretend the buggy is a rocket ship and zoom to the moon.



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