

Media Release

Sydney: Out and About With Little Ones

As the cooler months approach, families Sydney-wide are swapping beach towels and cossies for warmer clothing and are looking for alternatives to a day at the beach.

With over three hundred recommendations of places to go and activities appropriate for little ones, **Sydney For Under Fives** by Seana Smith is essential reading for every Sydney parent or carer about to head out the door with a 0-5 year old.

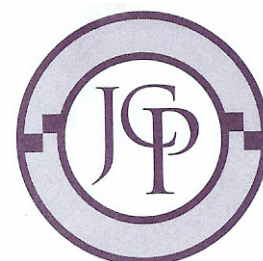
Meticulously and enthusiastically researched by a dedicated 'location-scout' and her two young boys, **Sydney for Under Fives** highlights the enormous choice on offer to Sydneysiders and their children when it comes to having fun.

Covering the city and the northern, southern, eastern and western suburbs, author Seana Smith and her boys leave few playgrounds, play centres, restaurants, cafes, zoos, beaches, pools, theatres and museums unvisited.

Which beaches are sunny during the winter months? What's on offer at the new Luna Park? What can we do indoors when it's raining? Which playgrounds have gentle slides for littlies? Which have rubber flooring suitable for eager crawlers? Where can we have a long walk with the stroller? How 'bout a coffee for the grown-ups?

Completely updated since it was first published in 2001, **Sydney For Under Fives** includes Gregory's, Sydway's and UBD map references; public transport details; parking locations, full contact details for every included location and its own website: www.sydney-for-under-fives.com.

***SYDNEY FOR UNDER FIVES*, RRP \$24.95, ISBN 192072706X
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Sydney For Under Fives: Top 20

Australian Museum, Sydney
Babes in Arms, Palace Cinema, Leichhardt
Balmoral Beach & Playground, Balmoral
Bronte Beach, Bronte
Camellia Gardens Teahouse, Caringbah
Centennial Park Café, Centennial Park
Clown Town, Frenchs Forest
Collaroy Beach Playground, Collaroy
Featherdale Wildlife Park, Doonside
Four Beaches Stroller Walk from Queenscliff to Manly
Gourmet Pizza Kitchen, restaurants in Kingsford & Miranda, Chatswood & Neutral Bay
Kidseum, the Sydney Children's Museum, Merrylands
Lane Cove Pool, Lane Cove
Lollipops Playland, Fox Studios
Luna Park, Milsons Point
Magic Yellow Bus, various park, Inner West
Neutral Bay & Castle Hill
Noodle Market, North Sydney
Parramatta Swimming Centre, Parramatta
Parsley Bay Beach, Vaucluse
The Rocks Puppet Cottage, The Rocks
Watson's Bay Tea Gardens, Watson's Bay

Top 5 sunny winter playgrounds

Centennial Park Playground and Cycleway, Centennial Park
Central Gardens Playground, Merrylands West
Hallstrom Reserve Playspace, Willoughby
Putney Parl Playground, Putney
Richard Murden Reserve Playground, Haberfield

About the Author

Seana Smith was born in Edinburgh and studied Latin and Greek at Oxford University. Arriving in Sydney in 1987 with a great deal of youthful energy, she began a TV career working on the Midday Show with Ray Martin and later worked as a producer of children's television with the BBC.

None of this study or work prepared her at all for the great task of motherhood, but luckily her two little boys have been very patient with her as she struggled to learn the ropes. Seana lives in Sydney amongst the chaos generated by her family.

For further information or to arrange an interview with Seana please contact Simone Bird on (0411) 968 326, (02) 9953 5476 or via twobirds@bigpond.com.