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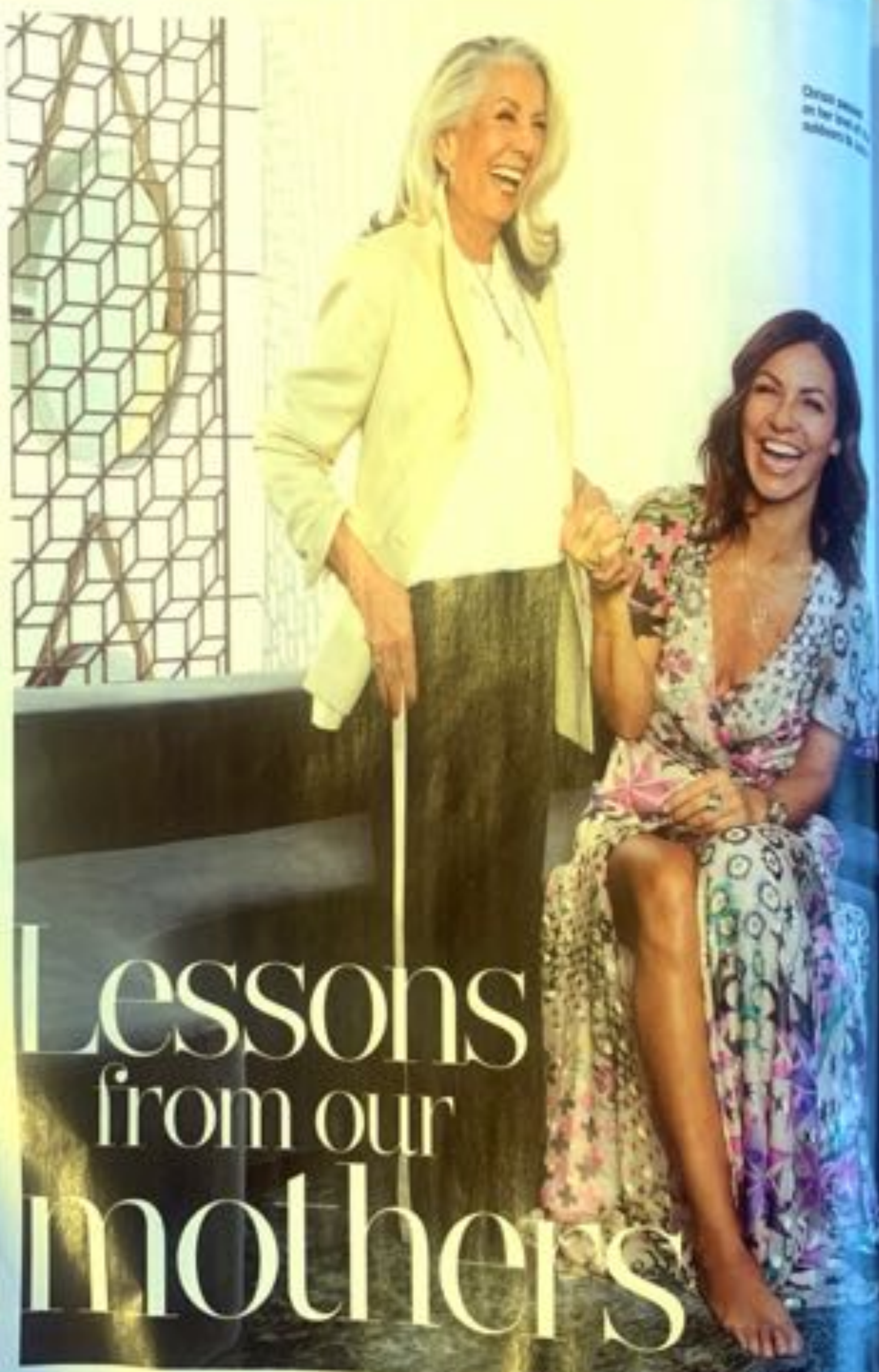
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# Lessons from our mothers

As Mother's Day approaches, these famous faces explain how the relationship between mums and daughters has shaped the people they've become

PHOTOGRAPHY: KATE MARTIN WORDS: ELLA DOVE

## 'WHAT CAN I SAY? I AM MY MUM!'

For TV presenter **JULIA BRADBURY**, family is everything. She shares a close bond with her mother, **CHRISSE BRADBURY**, through thick and thin.

Whenever people ask me about my love of the outdoors, everyone seems to know about hiking and mountain. But for most of us, our first access to nature is a garden. Mum has always been an avid gardener, and some of my earliest memories with her are of happy hours spent weeding grass and lifting bags, planting flowers and hearing all their names. Mum's got a massive olive tree, but we definitely share our passion for the outdoors. While the seven-hour walks were all with my dad, Mum would always come and meet us with a picnic.

I've inherited quite a few of Mum's quirks. He started the tone of year, she's obsessed with wearing warts, and following in her footsteps, I now make sure my children, Zephie, seven, and twins Sasha and Zara, three, wear warts all year round. Originally, our family are from Greece and the warts were to be a Greek thing.

Another habit I've taken on is keeping a compost and pen next to my bed. I remember growing up, I could never understand why my mum, a very creative lady and a designer by trade, would put down ideas if she woke up during the night. However, her forward to now and I had myself doing the same thing, often just before I sleep or first thing in the morning. What can I say? I am my mum!

When I was pregnant with Zephie, my mum was diagnosed with cancer. Suddenly, I was faced with a terrifying prospect - if we lost her, how would I get through each day? Whatever your relationship is like with your parents, the thought of a world without them is it is an emotionally frightening thing to consider. As a family we rallied, with my sister sister Gina and I making it a point to look after Mum.

To this day, I'm sure we being pregnant with my first child helped Mum to ease through. I didn't want to know the sex of my baby, but I remember one time when Mum came with me, and I said to the gynaecologist that she could tell Mum, I went out of the room, and Mum found out I was having a little boy. She says that never to be told all throughout my pregnancy and her illness. Mum has now thankfully recovered and, while she does sit on all steps of her grandchildren, she's always had a very special bond with Zephie. It's nice that the knowledge he was on the way pushed her to keep fighting.

**CHRISSE SAYS:** For years when Julia was little, she'd carry around a set of 10 cassette, positive affirmations that she listened to over and over. One tape was all about friendship, others about wealth and happiness. She was a determined, negative little girl - and she picked up on their messages from a very young age.

I've always worked hard, and for many years I ran my clothing business seven days a week. Julia and Gina would come and help me to the shop, and when they were teenagers, I gave them each a monthly allowance and a ledger to keep track of their money. One month Julia came back to me after two days asking for an advance because she'd spent all her money. She was least that it didn't work like that!

I was about 70 when I became very ill, and it's taken me quite a few years to get over it. I'm still not fully back on my feet, but the help of my daughters during that time has been invaluable. It definitely kept me going to know that Julia was pregnant with Zephie - he's a very special little boy.

I adore spending time with my grandchildren. Julia is a brilliant mother, and even though I live in Rutland and she's in London, my husband and I used to see her and the children almost every week. I'm making Zephie and the twins to live at the moment - although sometimes I've ended up making all three movies myself for me, family is everything it's the lot. There isn't anything else that matters.

My earliest memories of her are of happy hours spent in the garden