

Father on the phone...



Anthony Worrall Thompson

TV chef, father of four and campaigner for National Family Week, Anthony Worrall Thompson is packing his kids off with plenty of dishes when they leave home...

So are the kids learning to cook at home?

Definitely! They'll be leaving home with a good 40 or 50 dishes under their belts, though that won't be for a while yet. Cooking together is great bonding time too.

Did you have a bond with your parents?

No, not at all. They split when I was three, though I have good memories of my time spent with my mother. My first marriage broke down because I didn't really know how to respond to children. I put my work first, but I learned lessons from it and things have worked much better this time around.

You put the hours in with the kids now?

You have to in order for it to work. I don't go on trips to theme parks with them because I get too much focus on me and that detracts from the time with them. But we love going out on the river together for walks and I take

them away with me when I'm working overseas if they're not in school.

Should new dads do the same?

Yes, it's never too early to get hands-on with the kids. Those first six weeks after your child is born are a crucial time for you both and if you can help with feeding, nappy changing, cooking for your partner, then things will go a lot smoother in the long run.

You're cooking some big family meals this month too?

That's right. It's for National Family Week. We're holding picnics throughout the country including a headline picnic in Regents Park – all the picnics will be synchronised to take place at the same time in an attempt to beat the current Guinness Book of Records picnic of 10,000 people. If you want to join us go to www.nationalfamilyweek.co.uk

