

#capturingtheday – Week 19

Roundup

It's Sunday and it's time once again for our #capturingtheday instagram roundup!

I have no idea where this week went. Gone in a blur of rushing about after the kids, freezing cold and gloomy days and running errands. I think it is safe to say the January blues hit me this week and I have been googling holidays to keep me feeling positive. I haven't booked anything (though we are off to Dorset for Easter) but I am longing for a bit of European sunshine later in the year I think.

Myself and a mummy friend from school, Tamsin, have decided to go Sugar Free for February so I might be in an even worse mood come next weekend. It's going to be hard but it's all for a good cause. [You can support us and donate \(if you wish\) by clicking this link](#). Yvonne has also been roped into it too (woo hoo!) so it's a real team effort. If you fancy joining in, you can find out more detail on the Cancer Research UK website.

Hope you've all had a good week?

So, without further ado, here are my chosen images for this weeks #capturingtheday roundup...

This week, lets hear it for the Daddys!



(From top left in a clockwise direction)

Top Left:
[@lifeloveanddirtydishes](#)

[\(Blog\)](#)

Top Right: [@mrsmighty1504](#)

[\(Blog\)](#)

Bottom Right:
[@fivelittledoves](#)

[\(Blog\)](#)

Bottom Left:
[@frommammawithlove](#)

[\(Blog\)](#)

**And here are Yvonne's choices
for the week...**



(From top left in a clockwise direction)

Top Left: [@sands_heard](#)

Top Right: [@memeandharri](#)

Bottom

Right: [@6littlefeetand8paws](#)

Bottom Left: [@vicwelton](#)

Congratulations to all of you and thanks again to everyone who linked up.

Do spread the word and join in again!

#capturingtheday

All photos are welcome.

Baking, crafts, days out, sunsets, tantrums, rainy days, poonamis. well earned nights out for the parents, whatever it is you've captured during the week.

My favourite photo from my lovely buddy across the miles, Yvonne, over at Double the Monkey Business is this one...



Poor Yvonne has had a really rough week with a poorly little lad who has now shared his lurgie on with the rest of the family. Sickness, cabin fever and lots of washing. I hope you all feel better soon. I love this photo. Even on the most crap of days, just the sun peeking through the trees can perk you up and make the day feel less depressing.

Get well soon Monkey's and Mummy.

[**You can find Yvonne on Instagram, here.**](#)

[You can read her blog, here.](#)

See you all next week!