

Baby **Babble**

Super Chill

Surviving a Summer pregnancy

Issue #109 February/March 2018



BAYS NORTH HARBOUR
PARENTS CENTRE
Where parenting is everything!

Exclusive
offers and discounts!

Free*

Parent Centre Lessons

over 35 years teaching all ages to swim to survive

THE SWIM CENTRE

A Swimming New Zealand Quality Swim School

Buoyant Babies™

**A unique in-water experience
taught by baby specialists**

- warm 34°C, auto purified water
- intimate, private, clean facilities
- babies from 3 to 36 months

Enquire about Buoyant Babies

444 3752 or www.swimcentre.co.nz

* free for 3-6 month old babies

The Buoyant Babies programme at The Swim Centre is amazing, it is so much fun and personal. They truly care about my baby's development and everything is so warm, clean and private for mums like me. - Sarah

FROM THE EDITOR

Hi there!

My name is Cara, and I am the editor of BNHPC Baby Babble newsletter.

I am a mum of two busy kids, Grace (6 yrs) and Ethan (4 yrs), a qualified Graphic Designer, and the owner of Cara's Creations NZ. I have a passion for families, children and design, and I hope to share that with you all through the articles, recipes, ideas and information in our Baby Babble magazine. Congratulations to you all, and welcome to the best adventure you'll face in this lifetime!

Cara x



IN THIS ISSUE

Hi everyone!

Christmas is over for another year and we are two months into the new year already, time is flying by!

Hope everyone is surviving the heat and humidity we are getting this summer. I remember being pregnant with my second bub in summer and it was one hot summer! Luckily we have some tips and tricks to help you keep cooler while waiting for your new arrival. You will also find a guide to keeping you and your family safe for the rest of summer.

Check out the yummy Easter recipes and have a hoppy Easter in March.

Enjoy!



Contact Us

P O Box 300 135 Albany
Auckland

09 414 5394

baysnorthharbour@gmail.com

Editorial

Cara Le Mouton

Committee Meetings:

We hold our meetings every second Tuesday of each month at 7:15pm.

If you'd like to join us please contact Bridget or Kirsty:
bnhpcpresident@gmail.com

Connect with local parents, hear about our exclusive promotions, catch our events, and more!

Find us on Facebook

facebook.com/bnhparentscentre
or Instagram
@parentcentre

Cover photo:

Austin Misfud
06.01.18

Welcomed with love by
Sapna and Ben

The
Baby
Factory

PARENTS CENTRE DAY

ONE DAY ONLY
SATURDAY
17.02.18

INSTORE & ONLINE
PRESENT YOUR MEMBERSHIP CARD INSTORE
OR USE CODE 'SAVENOW' AT CHECKOUT

TAKE A FURTHER
20%
OFF
EVERYTHING!

INCLUDES SALE ITEMS AND OUR
EVERYDAY LOW PRICE RANGE!



No laybys or holds or phone or email orders accepted. No rainchecks - product for sale is subject to stock availability in store or online. Discount does not apply to Gift Cards, or hireage. The Baby Factory reserves the right to stop or suspend the promotion due to technical difficulties beyond our control. You must enter the code SAVENOW at checkout to receive the extra 20% Off. The Baby Factory will not be liable or responsible for customers not entering the discount code when checking out.

Bays North Harbour

PARENTS CENTRE SPECIAL!

75% OFF Baby Sleep Packages

WHAT WE HELP WITH:

- Newborn Sleep
- Sleeping through the night
- Settling techniques
- Short naps
- Nap transitions
- Night wakings & feedings
- Early morning wake ups
- Sleep schedules
- Bedtime routines
- Sleep associations

Email us now: sleep@sweetdreams.co.nz



Sweet Dreams

Baby & Child Sleep Consultant

www.sweetdreams.co.nz

Antenatal (Child birth) Classes

Our Antenatal classes prepare new parents physically and emotionally for the changes during pregnancy and labour. New parents who attend our antenatal classes form strong friendships as they go through this exciting new stage in life together. We help to create coffee groups for the new mums to catch up and have a cuppa - and share what's happening with their new baby! And for the dads - a beer group!

Our courses are held over 6 weeks (run once a week on a Wednesday or Thursday evening) or over 2 full days on consecutive weekends. We hold classes regularly throughout the year.

We recommend that you finish the course approximately one month before your due date. Class dates are below.

2018 Dates:

AN1802: Sorry, no availability. Waitlist only. Wednesday 17th January to 21st February 2018 (EDD: Late March - Early April 2018)

AN1803: Sorry, no availability. Waitlist only. Sunday 4th March and Sunday 25th March 2018 (EDD: Late April - Early May 2018)

AN1804: Sorry, no availability. Waitlist only. Wednesday 14th March to Wednesday 18th April 2018 (EDD: Late May - Early June 2018)

AN1805: Sorry, no availability. Waitlist only. Sunday 6th May and Sunday 20th May 2018 (EDD: Late June - Early July 2018)

AN1806: Wednesday 16th May to Wednesday 20th June 2018 (EDD: Late July - Early August 2018)

AN1807: Sunday 8th July & Sunday 22nd July 2018 (EDD: Late August - Early September 2018)

EDD = Expected Due Date

Our courses are very popular and fill up quickly, so please book early on in your pregnancy to ensure you secure a place. For more information please email us or phone 414 5394 and leave a message on our answering machine.

Moving & Munching Course (Two Sessions)

The Moving & Munching course is made up of two fun and informative sessions for parents of children aged (or soon to be aged) between 4 and 8 months. Babies are also most welcome to attend!

All courses are held on Fridays from 1pm to 2.30pm at Sunnynook Community Centre on the corner of Sunnynook Road and Sycamore Drive.

Moving

The Moving session covers the development of fine and gross motor skills - and how you can assist them through play and bonding. The course will talk about how you can help your baby learn through play and exploration, identify key areas of your home environment that need safety-proofing now that baby's mobility and manipulative skills are developing, how to identify your babies physical and mental milestones in the first year, and how you can create a learning environment in your home.

This is a casual class so please come dressed comfortably and bring blankets to enjoy with your little ones.

Munching

The Munching session is about introducing solids and the best nutrition for your Baby.

This session will provide you with practical tips and answer any questions you may have, for example:

- Why introduce solids around 6 months but not before 4 months?
- Which signs indicate baby may be ready for solids?
- Which foods can be introduced first?
- What are the developmental stages of feeding?
- How to 'balance' baby's milk with solids?
- Which textures are appropriate and when to introduce new textures?
- What are the best times to feed and how much food does baby need?
- Food hygiene: cooking, storing and reheating food
- Which equipment to use e.g. highchair, bibs, spoons, bowls etc
- Ideas for snacks and meals at different stages

When are our next courses?

MMFEB - Moving 16th & Munching 23rd February

MMMAY - Moving 11th & Munching 18th May



Baby & You Classes

Baby and You classes are free for Parents Centre members. If you're not a member, enrollment in our Baby and You Membership Package is \$110 and includes the following:

One year Parents Centre membership
One year subscription to Kiwi Parent magazine
Four Baby and You classes - covering infant feeding, health & growth, touch (baby massage) and child development. See the full description below.

All courses are held on Wednesdays from 10am to 11:30am at Sunnynook Community Centre on the corner of Sunnynook Road and Sycamore Drive.

When are our next courses?

BY1802 - 14th February - 7th March 2018

BY1803 - 28th March - 18th April 2018

BY1804 - 2nd May - 23rd May 2018

Infant Feeding:

- Infection
- Breast care
- Expressing
- Storage & Sterilisation
- Weaning basics and options available
- Feeding frenzies and growth spurts.

Health & Growth:

- Sleeping & feeding
- Colic
- The 4-8pm unsettled period
- Rest & relaxation (self care) for mother & Baby
- General mother craft skills
- Plunket services – nurse, family centre
- When to go to the doctor and when to go to Plunket.



Baby Massage:

- The importance of touch
- Massage demonstration
- Practical points.

Child Development:

- Sensory development
- Play
- Age appropriate toys
- Baby safety needs.

Congratulations

to our new parents!

Welcome to the newest and smallest members
of Bays North Harbour Parents Centre!



**Taika Te Koha David
Thompson-Edwards**
Born 09.11.17
Welcomed by
Alexandra & Paaka



Quinn David Cochrane
Born 21.12.17
Welcomed by
Lauren & Ian



Matthew Joseph Haughey
Born 20.10.17
Welcomed by
Sheryn & Brendon Haughey



Jesse Ballot
Born 21.12.17
Welcomed by
Kirsty & Grant



Evie Jean Florence Fricker
Born 04.01.18
Welcomed by
Justin & Vicki

Welcome

to our new expecting parents!

Welcome to the new expecting parents of
Bays North Harbour Parents Centre!



Are you looking for quality, fun and informative antenatal classes?
Bays North Harbour Parents Centre offer fantastic antenatal classes and coffee group setup.
We are passionate about helping you build supportive friendships
and lifelong relationships for you and your children!
Contact baysnorthantenatal@gmail.com for more information!

BOUTIQUE BABY CENTRE

CASTOR BAY
NORTH SHORE



Enquiries Welcome

Contact Natasha, Head Teacher

Castor Bay Infant Care

1/14 Castor Bay Road

Phone 09 410 3320

After Hours 0212 353 083

Email CBICC@clear.net.nz

www.castorbaydaycare.co.nz

- Specialising in care for 0 to 2 ½ year olds
- Qualified and caring staff
- Three separate sleep rooms
- 20+ years in the community



*Home Grown Kids -
Family Owned & Operated since 1997*

We offer **safe & nurturing**
learning environments in
a **Home-Based** setting...
your home or one of ours.

Choosing childcare for your
preschooler can be difficult so call
our friendly team to see if our
Home Grown Kids family can
become part of yours.

If you need childcare or are interested
in providing it, contact us today...



0508 44 5437

homegrownkids.co.nz



Most babies learn best when
they see, hear, feel, touch,
taste and smell.



Baby Sensory

Precious Early Learning for Babies



To find out more:

Call Dominique

on: 022 480 0818

Email: northshorenz@babysensory.com

Check  www.facebook.com/babysensorynorthshore

Classes at: Locations across the North Shore



www.babysensory.co.nz

We've done the research; so you can enjoy the fun...

Baby Sensory

Precious Early Learning for Babies

Super Chill:

How To Survive A Summer Pregnancy

By Hannah Schenker
The Natural Parent Magazine

When you are pregnant, it's easier to feel hotter than usual as your body is incubating your little one and there's all sorts of extra blood flow going on too (40% more than usual!). Yes, you are a portable heater. It's hot and uncomfortable, especially in the second and third trimesters. This can be awesome in the winter months, but over summer – not so much. You're going to want to find ways to keep cool and as comfortable as you can, especially for the evil month of February! Here are 8 tips for surviving a summer pregnancy.

Put Your Feet Up

You really don't need any excuse – so get those tootsies up and relax. Swollen feet and ankles are pretty common in the later stages of pregnancy and when you add heat to the equation – bye bye shoes. Whenever you sit down, put your feet up and take the pressure off your precious feet. Next level: add some kind of cooling (put some damp tea towels in the freezer and when you sit down, wrap them around your ankles). You might even want to sleep with your feet up on some rolled up towels or blankets. If you turn into a sausage overnight (rather than gradual) get yourself to the Doctor for a checkup. If you notice it starting gradually, remove your rings before your fingers make them too tight. Reducing your sodium (salt) intake will help with the whole swollen, water-retention business too.

Top Up Those Liquids

Hydration is so super important – we all know that. So have plenty of cooled drinks at the ready for you to slurp away at all day long. You really do need to drink more than usual – but it can help with some of the aches and pains and swelling. You need to be replacing the electrolytes lost in all the sweating. As usual you should stick with water or something near-enough to it (lemon water, iced herbal tea, coconut water). You could also up the intake of yummy water-filled foods like cucumber and melons.

Submerge Yourself Whenever Possible

When you're not drinking water, get in it. Swimming whenever you can will be great for your circulation, for cooling, for taking the weight pressure off your feet and legs and for pleasure! It's definitely worth the long waddle across the sand. If you can't get yourself to the water, then bring the water to you: make bottles of chilled water and spritz and spray yourself all day long – carry it with you wherever you go, have it beside the bed at night. A spritz of cold mist on your face and the back of your neck will feel fantastic – and you could do this while putting your feet up (have your minions run around bringing you all your goodies). Another quick cool-off you can do at home is put your wrists under the cold tap for 2-3 mins – it hits the veins close to the surface and

supposedly helps you to cool down – a great idea for just before going to bed. Finally, there's always a quick cool shower.

Ice, Ice Baby

Freeze some yummy things that you can eat and slurp. Make your own iceblocks out of smashed watermelon or your favourite iced herbal tea. Make smoothies with lots of frozen fruits and ice.

Dressed For Success

Now is really the time for light, breathable clothing. Wear loose-fitting clothing in light colours from natural, breathable materials where possible (like cotton and linen). Cotton will help sweat evaporate rather than stick to your skin and develop rashes and the like.

Get A Massage

Getting yourself a professional pregnancy massage could well help with the swelling and any aches, pains and tension you're carrying around. It's also another good opportunity to get those feet up, relax and rest.

Out And About

If you're keeping up your daily walks or just need to run some errands, try to schedule it for early morning before the sun gets too high in the sky and the temperatures start rising, or late afternoon. Carry your water spritzer and a drink bottle. If you're going travelling, you can break up the journey with a quick walk or some stretches on the way (which will also help minimise things like swelling and heartburn). Consider making siesta time a thing – napping during the hottest parts of the day in a cool, dark room.

Protect Your Skin

Pregnancy hormones can cause your body to increase its melanin production (responsible for the darker skin that can appear on your face), so make sure to be extra vigilant when in the sun to protect yourself with sunscreens, hats and coverups.

Summer can be an intense time for a pregnant woman, so you need to set yourself up for greatness. Take it easy, escape the sun, be clear with others about what you need and really – stay in the shade (or in the water) as much as you possibly can.



sunburn

Signs and symptoms: redness, swelling, tenderness, pain and hot skin.

What to do? Cool the skin – a cool bath will help. Relief can also be achieved with painkillers, aloe vera lotions and after-sun moisturisers. Seek medical advice if there is extensive blistering, chills and fever.

heat stroke or sun stroke

Signs: headache; hot, flushed and dry skin; above normal body temperature; seizures and blurred vision; unconsciousness.

What to do? If heat stroke is suspected, dial 111 for an ambulance. Rest in a cool place in a side position. Keep child cool by spraying with water or using ice packs.

heat rash Heat rash, also known as prickly heat, is triggered through being overdressed or too hot.

Signs: Prickling or stinging sensation, feeling itchy. Inflamed sweat ducts look like small bumps with a red halo, grouped together under your child's clothing and inside folds of skin.

What to do? Heat rash usually goes away in a few days. Wear light clothing, apply soothing calamine lotion and compresses with cool water.

jellyfish stings

Signs and symptoms: Jellyfish stings can be painful and extensive stinging may lead to nausea, vomiting, headache, chills, drowsiness and breathing difficulties.

What to do? Avoid rubbing the affected area. Flush with sea water to help remove any tentacles. A hot shower is the best treatment.

Should I consult a doctor? Yes, if additional pain relief is required. Call 111 for an ambulance if symptoms are severe.

spider bites

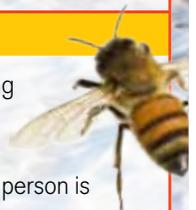
Signs: Pain, redness, swelling, and itchiness and, less commonly, nausea, vomiting, malaise, and headache.

What to do? Identify your spider! The venom of spider bites is variable. Wash the affected area thoroughly, apply an ice pack to reduce pain and swelling, use simple analgesia and/or antihistamines.

See a doctor if the bite area becomes very red or painful, blisters, appears infected, or forms an ulcer. If you suspect you have been bitten by a katipo or redback spider, seek urgent medical attention.

wasp/bee stings

What to do? If the reaction is mild, insect stings should be treated by first removing the stinger. Scrape it off using a ruler or piece of paper to limit venom injection. Wash the area well. Reduce swelling and pain with an ice pack. Any stings to the eye, mouth, throat, face, neck or genitalia should be medically assessed. If the person is allergic, dial 111 for an ambulance.



the great kiwi summer safety guide

Here is the essential know-how to help keep you and your family safe this summer.

natural remedies

oatmeal

Oatmeal has anti-inflammatory properties, which can soothe not only sunburn, but bug bites, rashes, and even chickenpox. First, you need to crush the oatmeal up so it'll dissolve in water. Grind 1 cup of unflavoured oatmeal (either instant or slow cooking) until it has a smooth, fine consistency, then pour into your bath. Gently pat all over sore skin, and rinse off thoroughly. You can also buy colloidal oatmeal (already ground into a very fine powder) at your local healthshop or chemist.

manuka honey

If your child scrapes her knee riding her bike, dab on some manuka honey to speed healing and prevent infection, as it's a natural antimicrobial. Research has found that manuka honey can also interfere with the growth of MRSA (methicillin-resistant *Staphylococcus aureus*), a type of bacteria highly resistant to commonly-prescribed antibiotics.

from the experts ... plunket's safety tips

car safety

- It's never safe to leave a child alone in a vehicle, even for a short time. Babies, particularly newborns, can dehydrate quickly and become very distressed.
- In the sun, the metal and plastic parts of the seat buckles can become extremely hot, which can result in burns or severe discomfort for young children. Cover the car seat when not in use with a towel or blanket to help prevent it from getting too hot.
- If you're taking a long journey, plan your trip to allow time for regular stops to get some fresh air, move around and cool down.
- Before heading off on holiday this year, get your car seat checked for free by a child restraint technician at your local Plunket Car Seat Service.

keeping cool

In hot weather, babies and young children can rapidly lose body fluids through perspiration which can lead to dehydration.

Here are a few tips for keeping baby cool on hot summer days.

- Breastfed babies may want to feed more frequently. Newborns may need to be woken for more frequent feeds.
- Offer older babies and children regular drinks during the day. Water is ideal but other options can be ice cubes or crushed ice, fruit pieces such as oranges and watermelon, or a clean, wet facecloth.
- Cool baths or tepid sponging.
- Keep them in parts of the house where it is cool and try to avoid going outside in the heat.
- Avoid letting them sleep in a pram as they can be airless.
- At night, the air can be cooled by hanging damp towels over chairs or windows and let the air pass through them.

outdoor safety

- Some plants are poisonous and soil can also contain poisons. Teach your child never to put anything from the garden in their mouth.
- Many garden products and pool chemicals are highly poisonous, including fertilisers and pesticides. Keep them out of reach in a high, lockable cupboard and keep liquids in their original container. Never store poisonous liquids in soft drink bottles.

sun safety

- Protect yourself and your children from NZ's very high UV radiation levels. Children have delicate skin which can burn quickly, even on a cloudy day. The hours between 11am and 4pm are the most dangerous.
- Remember to slip on a shirt, slop on some SPF30+ sunscreen, slap on a hat with a brim, and wrap on some sun glasses. Reapply sunscreen often and use the recommended amount to provide safe coverage.

water safety

- Active supervision means being within sight and arm's reach of children, without distractions – not reading, talking on the cellphone or sunbathing. Remember, lifeguards are not babysitters.
- Provide opportunities for your child to learn to swim but don't overestimate your child's ability to cope in water.
- A child can drown in water as little as 4cm deep. Don't leave buckets or other large containers of water where a young child can reach them, and turn anything that could collect water upside down to prevent water collection.

boat safety

- Life jackets should be worn at all times, and make sure they are the correct size.
- Ensure the water craft you are in is fully equipped for any emergencies, with a working radio and flares.
- Check the weather conditions before you set out.
- Do not overload the boat.
- For a handy checklist, download a 'Boating Safety Guide' at www.coastguard.co.nz.

Featured Recipe



Scrambled Bunnies

Great for Easter morning for all the family.

Use thinly sliced cheese strings to give the bunnies whiskers.

Recipe created by Sophie Hansen for Kidspot

Prep 5 mins | Cook 10 mins | Total 15 mins

Yield 4 serves



INGREDIENTS:

4 fresh free range eggs
3 tbs full fat milk
4 rashers bacon
blueberries, raspberries and
natural yoghurt, to decorate

Notes

make other faces too ...
use carrots, tomatoes,
whatever you fancy

Beat eggs and milk together in a small bowl.

Cook bacon to your liking (soft or crispy) and remove from pan and place on a plate lined with kitchen paper.

Cook eggs in pan, stirring occasionally until the eggs are scrambled to your liking then divide among four bowls or shallow glass jars.

Decorate the bowls of scrambled eggs with the bacon for ears (slice the rashers in half first, as per picture), a raspberry for a nose and two blueberries on a blob of yoghurt for eyes.



Easter Cookies

Great creative activity to do with your toddlers, they will love decorating them and coming up with their own designs.

Recipe sourced from Tots to Teens.

Prep 15 mins | Cook 15 mins | Total 30 mins

INGREDIENTS:

125 g butter
1 cup icing or caster sugar
1 egg, separated
1/2 tsp vanilla essence
1 1/2 cups plain flour
1/4 cup cornflour
1/2 tsp water
Variety of natural
food colourings

Cream butter and sugar.

Add egg white and essence and mix well.

Add flour and cornflour to the mixture to form a soft dough ball. Place the dough ball in the fridge.

Make your 'paint' by mixing the water and egg yolk together and then separating it into 4 - 6 small cups or saucers (egg cups work well!).

Add a few drops of food colouring to each cup and mix until you have the colours you want.

Roll out the dough on a floured surface and cut out shapes with cookie cutters.

Paint your biscuits before baking them in the oven at 150 degrees Celsius for 10 - 15 minutes.

As a Parent Centre member you can access these great in store deals from our partner Baby On The Move...

20% off capsule hire



Free installation and checks during your hire

Book your capsule early (prior to 30 weeks gestation), and you'll receive 20% off your capsule hire.

Hire terms and conditions apply. Subject to availability.

20% off babyhood cots*



20% off Babyhood **Milano** or **Classic Sleigh** styles when you purchase a package deal of cot and mattress.

Conditions apply. Subject to availability.

20% off baby jogger buggies*



*20% off Baby Jogger Buggies only.

Conditions apply. Subject to availability.

100% New Zealand owned and operated

Freephone 0800 222 966 or click [here](#) for your nearest store.

Family expanding?...

talk to Team Fox

Servicing greater Auckland and specialising in the North Shore area for Aucklands largest real estate agency, Barfoot & Thompson.

Jenni Fox grew up on the North Shore and has been exposed to the real estate industry for much of her life. With a creative background, she is now applying her talents to advertising and digital marketing, particularly through social media. She loves working with buyers, playing match-maker to their perfect home.

Kieran Fox is passionate about helping people achieve their property goals. Motivated and energetic, Kieran goes that extra mile-and-a-half for his clients.

He'll listen to your needs and give you honest, reliable advice whether buying or selling your home.



Kids Music COMPANY

Body and Brain Development for Life



www.kidsmusic.co.nz

28 Years on the Shore

Musical Activities Build Young Brains

When a child is actively involved in musical activities multiple senses are stimulated at once. This enhances brain development. The key is the simultaneous stimulation. The child's brain must build copious quantities of connections to process incoming information at the same time: touch, sound, light, colour, movement of objects, body movement, balance, and memory. And the more brain connections a child has, the faster they can think.

Children naturally respond to music so we can use music as vehicle for essential learning:

 **Motor:** Music motivates movement which builds body awareness, strength, agility, coordination and reaction control. Coordination matures the brain for organized thought.

 **Listening:** Focussed listening develops.
Vision: Colourful equipment stimulates vision. Moving in three dimensions builds eye strength.

 **Language:** Words tied to actions build language understanding. The repetition of words in songs helps children hear and practice language.

 **Musicality:** We developing singing, the ability to move in time and play instruments. Starting early develops skills, and builds a love of music.

 **Social:** Working with others fosters self-confidence, team work, and positive community attitudes. Sharing music with your child is a chance to enjoy quality time together.

 **Memory:** Sequences in melodies, rhythms, and actions build memory.

 **Creativity:** Children can discover, invent or develop their own movements.

Sharing a fun activity with Mum, or another special adult, builds positive relationships and security, and if a child is happy their brain is open to learning.

Kids Music Company has been running music sessions for children for 28 years and has a huge wealth of purpose-built songs and activities, winning 10 international awards for excellence in education. Our teachers are fully qualified and each has at least 30 years teaching experience as well as almost as many years in motherhood. We have seen first-hand how musical experiences enrich a child's life and give a HUGE learning advantage.



What does Life Insurance mean for your young family?



Life, Trauma, & Mortgage/Income Protection can help protect your family if the worst happens.

For nine years we've been talking to Baby and You classes about the insurance needs of new families. As specialists we can tailor an insurance solution for your family's specific situation; maximising benefits while minimising premiums. All new business from Parents Centre families returns a donation to Parents Centre to help them continue their excellent service.

Brady Arblaster

Tel: 09 447 3260 Mob: 021 979 106

brady@insurancedesign.nz

Check out client testimonials:

nz.linkedin.com/in/brady-arblaster-0425813

**INSURANCE
DESIGN**
Hopes, Dreams and Promises the way you intended.

- Non-toxic
- BPA FREE
- PVC and phthalate FREE
- Will not leach chemicals
- Odourless & Tasteless
- Microwave safe
- Dishwasher safe
- Heat resistant
- Freezer safe
- Steriliser safe
- Oven safe (bowls only)
- Sustainable
- Gentle on gums
- Shatterproof
- Slip-resistant


oogaa

Buy online

www.bytheway.co.nz

*See it at the
Munching Course!*



makes feeding fun.





*Find us on
Facebook!*

Would you like updates on our courses, vacancies, giveaways membership and more?

'Like' our Facebook page to get more information!

facebook.com/bnhparentscentre



THE **COFFEE CLUB**

Now with nine locations in Auckland North including

THE COFFEE CLUB CONSTELLATION DRIVE

OPPOSITE GILMOURS

(09) 476 7477 COFFEECLUBCONSTELLATION@GMAIL.COM

Relaxed, spacious & family-friendly, The Coffee Club is an ideal spot for Coffee Groups to meet and enjoy Good Food, Great Service and Excellent Coffee!

Baby Babble

Members Discounts



Nappies direct to your door
\$5 off your next purchase of \$25 or more at
www.nappies.co.nz
Enter PARENTS at the checkout.



Receive 10% off your next party booking



Free Parents Centre Lesson



15% discount to all our members
Discount not on prescriptions & already
discounted or items already on special.



10% off any capsule hire or snap hire



Blooming Beautiful will give members a 10%
Discount on any preloved maternity wear item.
<http://www.bloomingbeautiful.co.nz>



Mention this advert and receive
10% Discount
www.sports4tots.co.nz



See Advert included for \$25 discount

Do you own a local business and would like to offer expecting or new parents a discount? Contact baysnorthpcadvertising@gmail.com for more information!

WOULD YOU LIKE TO *advertise* WITH US?

Do you have a product or service you would like to include in our membership discount scheme? Get 1 half page advert when offering a discount of 10% or more to our members!

To find out more or book your advert, please email
baysnorthpcadvertising@gmail.com

Reach your true potential

Reaching expectant and new parents in the Bays North Harbour and the Hibiscus areas, advertising with us will remind your existing customers that you're still around, or attract new customers who may be in need of your products or services.

Colour Adverts.	1 Issue Only	6 Issues 15% Disc
Full Page (Back)	\$100	\$510
Full Page (Inside)	\$90	\$459
Full Page	\$80	\$402
Half Page	\$65	\$340
Quarter Page	\$45	\$235

Special Positions

Flyer Insert	\$110
Advertorial	\$80 - Must purchase advertising
Nappy Bag	\$35
Solus E-mail	\$150
Facebook post	\$75

A big thank you for the support from



SAVE \$25.00

BOOK
NOW!

WHEN YOU ENROL YOUR
BABY AT NORTHERN ARENA

Only available for babies aged 3-6 months. Cannot be used in conjunction with any other offer. Only one voucher per child. Not exchangeable for cash. Not transferable. Only at Northern Arena in conjunction with Parents Centre.



Northern Arena

09 421 9700

www.northernarena.co.nz

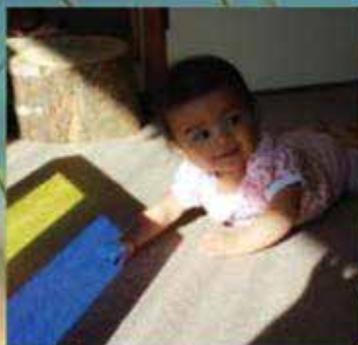
#changinglives



Folkestone St

INFANT & CHILD CARE  Mairangi Bay

6 Folkestone St, Mairangi Bay,



**SPECIAL
OFFER**

1 weeks **FREE** care upon
enrolling at Folkestone
St Infant & Child
Care

Valued at
\$124 - \$320

dependant on the
hours your child is
enrolled

Reference this advert
upon enrolment to
receive the offer
(Conditions apply)

PHONE 09 475 5315 (Centre); 09 410 1982 (Office);

EMAIL miranda@folketonestreet.co.nz

WEB www.folketonestreet.co.nz

**A suburban family-inspired childcare centre on
your doorstep in central North Shore**



LEARNING
TREE
EARLY CHILDCARE CENTRE

LIVE.
LOVE.
LEARN.



- Nurturing, safe environment
- Committed, qualified, experienced educators
- Excellent child/teacher ratios
- Hot, nutritional meals
- Valued partnership with families
- Competitive, affordable fees
- 20 hours ECE (sessions available)
- Transition to school programme