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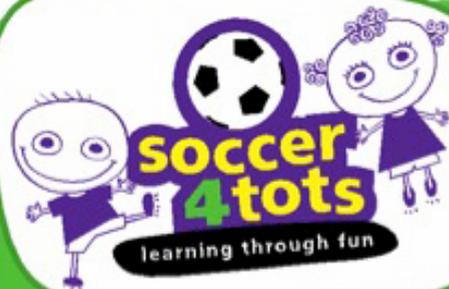
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Editorial
Michelle Ryan

Committee Meetings:
We hold our meetings
every second
Tuesday of every
month at 7.15pm. If
you would like to join
us please contact Pau-
lette: bnhpcpresident@
gmail.com

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Get to meet other
local parents, people
who also love being
parents, hear about
exclusive promotions
and events, plus lots
of interesting parenting
tid-bits.

Cover Photo:
Baby Qiraan Isaacs,
born 20th November,
2014.

PUBLISHER'S MESSAGE

Editor

Cheers to the new year and another chance for us to get it right!!!



The New Year has finally arrived! Although a slow start to our summer the weather is now in full force and fantastic!

I think I can say that we all love summer!

Being a Brazilian and a new mother, this time of the year

Reminds me of one of the biggest events in Brazil the
Carnival!

On that note this issue of Parents Centre Baby Babble covers
local summer events and great information on howto care
for your baby in the heat.. You will find some handy food
recipes to introduce to your baby - my favourite being the
baby custard!

There are also great
courses that are about to
start in your local area and
fantastic book giveaway
draw!

Finally, I would like to take
this opportunity to invite all
Moms and Dads to contact
me at baysnorthharbour@
gmail.com to share their
stories and advice for our
Parents Centre readers.
We would love to hear
from you!!

Happy New Year to you all,

Mish Ryan

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FOR YOUR CHILD BY DEBBIE
HAMPTON

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PARENT EDUCATION

COURSES OF THE MONTH



Moving & Munching with Joanie Bartels & Cath Conlon

For parents of 4-8 month olds, this course is held over two afternoons. In the first session, 'Moving,' we give you practical tips for physical play with your baby to help with their development. The second session, 'Munching,' covers introducing solids and appropriate nutrition for your infant (from 4 months old), signs of readiness, and food allergies. Both sessions are practical, down-to-earth and questions are welcome.

Friday Afternoon - 20th & 27th Feb
and 20th & 27th March
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Our New Members



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Could you be a Childbirth Educator?

Parents Centre's Diploma of Childbirth Education (in conjunction with Aoraki Polytechnic, Timaru) trains those wishing to teach Childbirth Education classes and support women during birth.

This two-year home study course includes correspondence assignments, workshops and attending births. The programme trains you to become a childbirth educator and to teach prenatal classes to expectant parents in a wide variety of sittings. Completion of all modules means that you will be able to work as a childbirth educator. BNHPC can offer trainee childbirth educators classes to meet the observation requirements of the course, assist with workshop attendance costs and evening classes to teach on the completion of the course.

Course Enrolment and Information: For information about the Diploma In Childbirth Education course visit

<http://www.aoraki.ac.nz/courses/distance-learning/diploma-childbirth-edu/>



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SUMMER TIPS

Keeping your little one hydrated this summer

Warm summer weather means it's easier for babies to become dehydrated..

By Kate Ellison



Breastfed babies (under 6 months old) may need more frequent feeds in hot weather- so if you're breastfeeding remember you'll need to drink plenty of fluids to keep up! If your baby is formula-fed, they may need to be offered extra water in-between feeds. Try offering 30-50 mL of cooled boiled water in a bottle 2 or 3 times a day. Once baby is around 6 months old you can offer water regularly throughout the day in a sippy cup or a bottle. Even if your little one doesn't seem interested in drinking much, at least you know you've given them plenty of opportunities to keep well hydrated in the hotter weather. Older babies may even be happy to drink cooler water which has been stored in the fridge! Another way to check baby is

having enough fluid is counting nappies - at least 6 wet nappies over the day is a good sign.

If you are concerned your baby is unwell or may be dehydrated seek advice from your baby's health professional.

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20 Things Your Baby Is Desperately Trying to Tell You



BY CHRIS CATE

1 I don't care how cute it is. This outfit itches worse than poison ivy.

2 Oh no! My dummy has fallen right beside my face. I'll never be able to reach it now. Help!

3 Maybe if you stopped rubbing my head so much, you wouldn't still be wondering why I'm bald. It's not going to bring you good luck.

4 Move your head. I can't see the ceiling fan.

5 My nose is NOT a button. Please stop pushing it. Tell everyone.

6 Somebody needs to brush their teeth and it's not the one of us without teeth, except when Grandma is here.

7 I don't find it amusing to be covered ear to ear in baby food by an airplane buzzing toward my head. Somebody needs to tell that pilot to slow down.

8 How would you like it if I called you chunky monkey? Thought so.

9 Nobody makes you wear your seatbelt in a restaurant, so why am I still buckled in my car seat?

10 Stop smiling at me. Can't you see that I'm angry at you for laughing at how I keep dropping these damn plastic keys?

11 Would somebody who didn't have bladder control be able to warm himself up whenever he wanted? Didn't think so. (Ten seconds later) I didn't think my urine could get so cold so fast. Change me, now!

12 You can't blame me if I get sick because you haven't washed this dummy in three days.

13 I feel like I should say, "pardon me." But somehow, that seems insufficient for spitting up on your outfit and making you late for work.

14 You do realize that I can't understand you either, right?

15 There's a dryer sheet in these pajamas. Get it out! Get it out!

16 Don't take my diaper off now! No, no, no, no, no. Too late. I tried to warn you.

17 If you make one mistake with those fingernail clippers, for your sake it'd better be the last finger, because I'm going to slice you with whatever I have left.

18 I'm crying because my baby monitor doesn't have a screen so I can watch you too.

19 If you sing another baby song one inch from my face again, you're just begging me to sneeze in your mouth.

20 Are you mocking my balance by hovering me over the floor as if I could walk? I won't forget this when you are elderly.

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SUMMER TIPS

WATER SAFETY FOR BABIES

BY KIDS HEALTH



Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water also can be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning. And most drownings occur in home swimming pools.

The good news is there are many ways to keep your kids safe in the water and make sure that they take the right precautions when they're on their own.

Drowning, although the biggest worry, isn't the only concern when babies are exposed to water.



Infants are particularly susceptible to diseases that can be transmitted in water. After introducing an infant to a pool, dry the child's ears carefully with a towel or cotton ball to help prevent swimmer's ear. After a dip, wash your baby with a mild soap and shampoo the hair to remove pool chemicals. Kids should drink plenty of fluids, particularly water, to prevent dehydration. It's easy to get dehydrated in the sun, especially when kids are active and sweating. Dizziness, feeling lightheaded, or nausea are just some of the signs of dehydration and overheating. The temperature of the water is import-

ant, too. Enter the water slowly and make sure it feels comfortable for you and your child. A temperature below 20°C is cold to most swimmers.

Recommended water temperatures vary depending on the activity, swimmer's age, and whether or not they are pregnant. In general, 28°-30°C is comfortable for recreational swimming for children (babies are more comfortable when the water is on the warmer side of this temperature range).

Water temperatures below 29°C can cause babies to lose heat quickly, putting them at risk for hypothermia (when body temperature falls below normal). Shivering infants or those whose lips are turning blue should be removed from the water immediately, dried, and kept in a towel. Infants can also spread disease in a pool. *Cryptosporidium* can be released

into pools by babies with leaky diapers. When swallowed by other swimmers, the parasite can cause severe diarrhea, nausea, vomiting, weight loss, and dehydration.

The safest thing to do is to keep your baby out of public pools until the child is potty-trained. If you do decide to take the baby in for a dip, use waterproof diapers only and change the diapers frequently (but not poolside!), washing your child well each time. Keep any child with diarrhea or a gastrointestinal illness out of the pool during the illness and for 2 weeks afterward. Provide frequent bathroom breaks for kids who are already potty-trained.

Water play can be a great source of fun and exercise. You'll enjoy the water experience more by knowing and practicing these safety precautions.

GREAT COURSES STARTING SOON IN THE AREA

Whānau Marama Parenting provides a source of information; inspiration and innovation related to making resources available for parents on ways they could discipline their children in a positive way.

The First 4 Years – (10 weeks)

Based on S.K.I.P's 6 Principles of Effective Discipline, "Dance with me in the Heart"

by Pene Brownlee, and Brainwave Trust Information.

Begins on Monday 2nd March 9.30am -12.30pm and continues every Monday until 1st April. Course cost \$50

Effective Discipline (8 Weeks)

You will be inspired to strengthen your relationship with your children while at the same time establishing clear limits and boundaries around their behaviour.

Begins on Thursday 12th February 9.30am -12.30pm and continues every Thursday until 2nd April. Course cost \$50

Introduction to Positive Parenting (4 weeks)

Introducing some of the skills and strategies from our First Four Years Course.

Begins on Monday 2nd March 4pm -5pm and continues every Monday evening until 1st April. This course is Free.

Week 1 - Impact of Environmental Factors on Infant Brain Development

Week 2 - Importance of Staying Calm

Week 3 - Clearly communication Expectations

Week 4 - Responding to Tantrums

Venue 212 Archers Road, Glenfield, North Shore
More information on www.whanaumarama-parenting.co.nz

Babies Calm Down When Carried

STUDY

BY HUFFINGTO POST



A new study from Japan confirms what many mothers may know instinctively: Picking up and carrying a fussy baby usually calms down and relaxes the child, making the move a good one for both moms and infants.

When mothers in the study carried their babies while walking around, the infants became noticeably more relaxed and stopped crying and squirming. The babies' rapidly beating hearts also slowed down, evidence that the children were feeling calmer.

"Infants become calm and relaxed when they are carried by their mother," said study researcher Dr. Kumi Kuroda, who investigates social behavior at the RIKEN Brain Science Institute in Saitama, Japan. The study observed strikingly similar responses in mouse babies.

Since carrying (meaning holding while walking) can help stop an infant from crying, Kuroda said, it can offer mothers a way to soothe short-term irritations to their children, such as scary noises or vaccinations.

A strong calming effect

For the small study, researchers monitored the responses of 12 healthy infants ages 1 month to 6 months. The

scientists wanted to discover the most effective way for mothers to calm a crying baby over a 30-second period, simply holding the baby or carrying the infant while walking.

Young babies carried by a walking mother were the most relaxed and soothed, compared with infants whose mothers sat in a chair and held them, the study found. As a mother stood up and started to walk with her child cradled close in her arms, scientists observed an automatic change in the baby's behavior.

These results held even after the researchers took into account other factors, such as the child's age and sex, and the mother's age and walking speed.

Kuroda said she was surprised by the strength of the calming effect from maternal holding and walking.

In observing experiments on both humans and mice, she was amazed at how quickly the heart rate slowed, and by how much immediately after a mother started walking. (Mother mice pick up their young by the scruff of their neck with their mouths.)

According to the researchers, maternal walking may be more effective in calming infants than other kinds of rhythmic motion, such as rocking.

Advice for parents

When an underlying reason for crying persists, such as hunger or sustained pain, the infant may start crying again soon after the end of carrying.

That's why Kuroda recommended that when a baby starts crying, a brief period of carrying may help parents to identify the cause of the tears. She acknowledged carrying might not completely stop the crying, but it may prevent parents from becoming frustrated by a crying infant.

The findings also have implications for one parenting technique in which parents let babies cry as a way to help them learn to fall asleep by themselves, the researchers said.

"Our study suggests why some babies do not respond well to the 'cry-it-out' parenting method," Kuroda said.

Proponents of the technique advise parents to let infants, after a certain age, cry themselves to sleep — without mom or dad comforting them — in the

hopes the baby will learn how to soothe himself or herself.

But Kuroda said that calming by maternal carrying, as well as crying during separation, are both built-in mechanisms for infant survival. These behaviors have been hard-wired for millions of years. "Changing these reactions would be possible as infants are flexible, but it may take time," she said.

Although this study looked at a baby's behavior in response to its mother, Kuroda said the effect is not specific to moms, and any primary caregiver for the infant can perform the carrying. The researchers observed the same carrying-induced calming effects when fathers, grandmothers and an unfamiliar female with caregiving experience carried babies who were under 2 months old, Kuroda said.

Pass it on: Picking up and carrying a crying infant will automatically calm the child.



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THIS IS THE BEST THING YOU CAN DO FOR YOUR CHILD'S BRAIN

BY DEBBIE HAMPTON

If there existed one, simple thing you could do to improve your child's performance every day at school, in addition to their long-term educational and health outcomes, earnings, and family stability, you'd want to do it, right?

Well, believe it or not, this one, simple thing does exist. And it's probably even simpler than you think. The answer? Talk to your children.

Studies have shown that babies need something besides the latest, whiz-bang stroller, interactive toy, or car seat to get a good start to their intellectual, emotional and physical development. They need words — songs, nursery rhymes, casual chitchat, books and bedtime stories. All that babbling you find yourself doing when around an adorable toddler isn't frivolous or silly: it's brain-building. Talking to a baby doesn't just encourage language development specifically. It's essential to brain development overall.

Every time a caregiver has a positive, engaging verbal interaction with a child, neural connections are strengthened in their rapidly growing

brain. That said, words streaming from a radio, television, or someone talking on a cellphone are of no benefit.

Interesting, right?

Studies at Rice and Columbia Universities reported eye-opening findings about how many more words children who grow up in middle and upper-class homes hear on a daily basis as compared to lower-income children. During the first four years of life, a child from a lower-income household hears roughly 30 million fewer words, less than a third, than her more affluent peers.

What a child hears has direct consequences for what they learn and significant implications in the long run. This gap grows as the child does.

In addition to a lack of exposure to words over all, the words a child from a low-income family hears are often negative directives or words of discouragement. According to one study, the average child from a family on welfare hears 125,000 more words of discouragement than encouragement by the age of four.

In comparison, a child from a high-income family will have heard 560,000 more words of praise than discouragement.

OK. So that's the bad news (and something for us to keep in mind as a society). But there's good news — regardless of class and/or income. In short, the solution is free and easy: talking. Not only is this brain-building for children, but experiencing the world of children, and communicating with them, is also an enriching experience for us as adults.

Eliminating the 30-million-word gap requires early intervention and is the focus of various government programs and The Thirty Million Words Initiative.

Here are a few simple ways you can help the preschoolers in your life build their vocabularies and brains:

- Introduce books to children at birth. Place cloth books in their crib. Get water proof books for the bath. Put books next to their car seat, on low shelves, and other places where they can be reached. And most importantly, read to them every day.
- Make gestures and facial expressions when talking to children to help them make sense of words.
- Use new and interesting words naturally in conversations. Saying

new words in context helps children grasp their meaning.

- Sing and recite poetry and rhymes to playfully introduce vocabulary and inflection.
- Talk with children and encourage them to talk to each other. Ask questions; make comments; and invite children to think and share their ideas.
- Visit libraries and book stores. Most have children's areas with story times, beautiful children's books, and cozy places to curl up with a book.
- Keep the television off and reduce the amount of time a child, young and older, spends in front of a screen of any kind.

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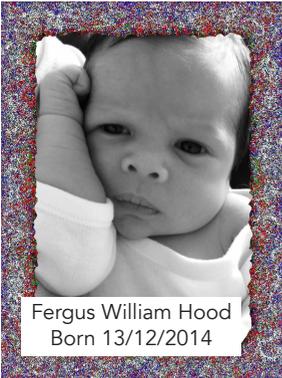
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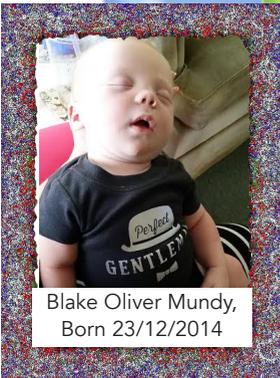
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Georgia Grace
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Millie Kate Parnel, Born 4/12/2014



Cara Edwards, Born 1/1/2015



Olivia Ann Alexander
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Liam Glen McCall, Born 26/10/2014



Chantelle Cowie
Born 13/12/2014

IS IT TEETHING OR SOMETHING ELSE?



BY MARISA COHEN

Until fairly recently, experts widely thought that teething was responsible for practically every cough, sneeze, and cry in a baby's first years. But experts now say that if your baby has a fever, appears ill, or suffers from any symptoms more severe than crankiness, drooling, and biting, it's best to have the pediatrician examine him to rule out something more serious, like an ear infection.

The Pediatrics study found that there was no correlation between teething and congestion, sleep disturbance, coughs, vomiting, or fevers over 40C. (Yet, despite this, subsequent studies have shown that some medical professionals -nurses, pharmacists, and a few pediatricians - still believe teething is responsible for many

physical woes.)

Tummy troubles? Another misconception is that teething causes diarrhea, says Ari Brown, MD, a pediatrician and coauthor of *Baby 411: Clear Answers and Smart Advice for Your Baby's First Year* (Windsor Peak Press). "Babies may have loose stools from swallowing extra saliva," Dr. Brown says, "but if the stools are explosive, numerous, or accompanied by blood or mucus, she needs to be evaluated for something else."

Grumpy baby? And while most teething babies will be fussy, not all fussy babies are teething. "Teething babies may be edgy or hard to settle at naptime and bedtime because of throbbing gums, but it's a dull pain,

so you can usually distract them during the day," says Dr. Brown. "But the pain from an ear infection is intense, so the baby is more likely to be grumpy all day and will not be interested in engaging in other activities."

Food factors? Another factor affecting your little one's mood and health is his diet, explains Dr.

Hanna. Because this is a stage when your baby may be trying a different new food every few days, allergies or gas could be the cause of his Oscar-worthy grouchiness. Bottom line? "Look at the big picture," he says. "There are a lot of things other than teething going on at this time in a baby's life."

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Ultimate Baby & Toddler Q&A

So many questions for mothers of babies and toddlers - but all the answers are in THE ULTIMATE BABY & TODDLER Q&A, a comprehensive and accessible handbook from Netmums, the fastest-growing online parents' organisation in the UK. This indispensable guide includes hundreds of top tips and suggestions from other mums - it's real advice that really works from real mums who have experienced what you're going through.

Jo Frost Toddler SOS

The toddler years can test the most patient energetic of parents and in this new toddler book, Jo Frost provides her invaluable advice on the hot-spots of toddler care. She answers the most pressing of problems head on including: tantrums, whining, potty-training, sleeping and mealtime dilemmas.

Jo Frost Confident Baby Care

For the first time, everyone's favorite nanny brings all her warmth, love, and experience to bear on that most crucial and worrisome time: a baby's first twelve months.

Honest Toddler

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EVENTS OF THE SUMMER



February

12 THURSDAY 7.30PM-9.30PM

An Evening with Nigel Latta at Glenfield College Theatre

With his unique blend of off-the-wall humour and battlefield wisdom, psychologist and best-selling author Nigel Latta will share his insights into parenting 0-10 year olds.

15 SUNDAY 8-11.30AM

The Color Run Auckland at the QBE Stadium

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Kids under 5 free

18 WEDNESDAY 9.30-11.30AM

Teddy Bears Picnic at Browns Bay Village Green

Family and kids fun in Browns Bay Village

**20-21 FRIDAY & SATURDAY 5.30-9PM &
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Chinese and Korean New Year Festival at the Northcote Shopping Centre

Northcote Shopping Centre celebrates the Chinese and Korean New Year (Year of the Sheep) with a free family celebration.

March

14 SATURDAY 10AM-2PM

Ecofest Family Fun Day at the Kaipatiki Project Environment Centre

A day of fun, learning, practical tips, challenges, food and much more.

25 WEDNESDAY 9.30-11.30AM

Fairies & Pirates Day at the Browns Bay Village Green

Family and kids fun in Browns Bay Village

28 SATURDAY 12-2PM

Easter craft at Browns Bay beachfront

Get down to the Browns Bay beachfront with the family for some great fun at the Easter craft.

29 SUNDAY 1PM

Community Treasure Hunt/ Entertainment at Albany Domain

Albany Domain will be filled with delicious y beachfront with the family for some great fun exercise to awesome music!

31 TUESDAY 9.30AM-11.30AM

Easter egg hunt at Mairangi Bay Village

Bring the kids to the park and enjoy a family day hunting for delicious eggs!



RECIPES

BABY FOOD AND BEYOND BY SIMON HOLST & ALISON HOLST

FIRST CUSTARD

AGES 6 MONTHS +

Most babies loves a smooth creamy custard

2 tsp. maize cornflour

½ cup of breastmilk, formula or cow's milk

1 egg yolk

1 to 2 drops vanilla (optional)



Measure the cornflour (in level measuring spoons) into a microwave bowl or small pot. Add enough of the milk to mix it to a smooth paste, then add the rest. Add the egg yolk and the vanilla and beat well with a small whisk, wooden spoon or flexible stirrer. To microwave, heat at full power for 1 min, then remove and whisk or stir well, then continue the heat in 10 second bursts, whisking or stirring after each, until the custard thickens evenly. This will probably take two or three 10 second bursts. To cook on a stovetop, turn on to moderate heat and stirring all the time, heat until you see the mixture thicken. Remove from the heat to stop the custard becomes grainy and losing its smoothness. Put some custard in a feeding bag for immediate use and refrigerate the rest in a covered container for 1-2 days. Does not freeze well.

CHICKEN COUSCOUS DINNER

AGE 8 MONTHS +

This is unbelievably quick and easy, especially if you have cooked (simmered is best) chicken and chicken stock in your refrigerator or freezer.

¾ cup water or chicken stock

½ cup tiny cubes of butternut

½ cup of baby frozen beans

¼ cup uncooked couscous

About ¼ cup tiny cubes of cubes of cooked chicken



Put the water in or very lightly salted chicken stock in a small pot and start heating it. Add the butternut, cut in 5mm cubes, and frozen peas. Simmer for 12 mins or until vegetables are almost cooked. Add the couscous and the cubed chicken, give the pot a shake to ensure all the couscous is under the surface of the liquid, then bring the mixture back to boil and simmer for 30 mins. Turn off the heat, make sure the lid is on the pot, and leave to stand for 5 minutes, until the liquid is absorbed and the vegetables are tender.

What does Life Insurance mean for your young family?



At the request of Parents Centre we speak to every Baby and You class about the insurance needs of new families. We can design a tailored insurance solution providing advice for your family's specific situation, maximizing benefits while minimizing premiums. We have helped over 30 Parent Centre families recently (and can provide testimonials) with all new business from Parents Centre families resulting in a donation, helping Parents Centre to fund the excellent service they provide.

Brady Arblaster

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A Disclosure Statement is available on request and free of charge.



When Your Child Prefers One Parent

BY PINK MCKAY

"I can't leave the room without my 15 month old screaming the house down even if she is in Daddy's arms," says Kate, also the mum of a four year old. At the same age, Kate's first child was also a 'Mummy's boy' and Daddy was relegated to second best. This 'Daddy rejection' hurt the first time round – for Kate and her husband. She says, "my husband felt rejected and I was frustrated that I couldn't have a break without all sorts of screaming or insistence of, "no! Mummy do it." This time round Kate is much more relaxed. "I know this is just a stage and it will pass. When our son was about two and a half, he switched to Daddy and now they are great mates while I am second best in his eyes. That worked pretty well when I needed to focus on a new baby but it is getting a bit tedious now Ivy is a toddler." It's most common for babies to initially prefer mum – after all, she is usually the one who feeds and nurtures more of the time so is more likely associated with comfort and familiarity. Also, until around two, babies see themselves

as an extension of mum, then as they develop more independence and begin to separate emotionally, there is a whole new world of people to explore relationships with. And, as Kate discovered, this is when Daddy becomes the hero and it can translate to Daddy preference and Mummy rejection.

Toddlers can show a preference for either parent. For instance, you have been giving and giving all day to your child but as soon as the other parent walks in the door, it's squeals and laughter and you feel like a rotten old piece of meat. Or, as Dave, father of a three year old discovered, the bond with his partner and daughter meant that he was often excluded. One day when he came home and greeted his partner and child, his daughter told him, "go away! I'm having a tea party with Mummy." Ouch!

Parent preference is a normal stage of development for babies, toddlers and preschoolers and it isn't just about exerting control.

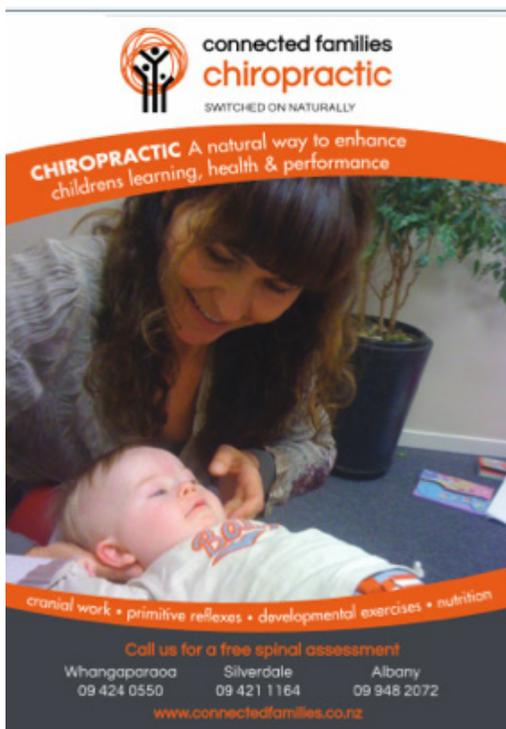
At this stage, the frontal cortex is not yet fully developed and they can only manage to focus on one relationship at a time. So if you have been home all day with your child and your partner comes home, they can't focus on both parents simultaneously. However, although you don't need to take it personally and allow hurt feelings to affect your interactions with your child, this doesn't mean you have to dismiss or allow rudeness and rejection as 'just a stage'. In Dave's case, for instance, his partner could take control of the situation by telling her daughter, " Let's invite Daddy to have a cup of tea too," and being firm about including him. You can also encourage connections with the other parent by stepping back a bit. For instance, if your little one is insisting on Daddy putting her shoes on and he is busy, you could say, "we can go to the park when you have your shoes on, Daddy is busy, here let me help and you will be all ready when he's finished doing (whatever)."

Often too, a parent preference can be due to routines that we have implemented for convenience, such as who puts the children to bed. If your baby has been breastfed to sleep or your toddler is usually in bed before your partner gets home, you can gently help your little one accept changes by including your partner in parts of the bedtime routine or helping with naps during weekends.

We can't force children's development by pushing them onto the other parent or punishing them for our own hurt feelings. In fact, this can backfire as they start seeing you as the 'grumpy' parent and your partner as the 'nice' one. We also need to respect littlies' capacity to manage relationships

and switch from one parent to another. For instance, if your child wakes in the night and needs comfort from one parent, this isn't the time to insist the other parent will fix it. This is about your child's security and sense of trust that his 'comfort person' is there for him when he is scared or hurt.

If your child has a parent preference right now, you and your partner can work together to encourage strong relationships with both parents and, take heart, as kids grow, they will work out ways to connect with both parents all by themselves.



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VOLUNTEERS



Did you know that Parent Centre is a volunteer organisation run by parents for parents. Volunteers are the lifeblood of our Centre. We wouldn't exist without the extraordinary enthusiasm and energy of so many generous and proactive people.

It's heartening to see the wide range of benefits that volunteering brings. These include friendships, a sense of belonging, personal and professional growth, the ability to expand a CV for returning to the paid workforce and, often, the overall satisfaction that comes from being able to contribute to others parents and their families.

Moving & Munching coordinator - 3-4hr per month – coordinating 2 day moving and munching programme, liaising with venue and speakers, taking course bookings and promoting course to our members on the North Shore.

CBE Support Coordinator - 2-3hrs per course 12 courses per year. Liaising with CBE coordinator and course hosts. Create membership packs for courses and restock supper cupboard at the Antenatal rooms when required.

Advertising Coordinator - 2-3 per month – make contact with enquiring advertisers to see how we can benefit from a mutual partnership, make contact with prospective partners/advertisers. Liaise with president and newsletter editor.

Antenatal course hosts – 3hrs for 6 weeknights and 5 hours on a Sat or Sun for Practical Parenting. Make contact with class prior to course starting. Setup and pack-up room before and after course, setup supper for the class and generally be there to support our new members and CBE if they need assistants. Reimbursement is offered \$240 for the entire course.



HAPPY *Children's Day*



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