

Baby **Babble**

Tips on
Daylight Savings
Surviving the time change

Issue #107 October/November 2017



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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 (6yrs) and Ethan (4yrs), 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!

Welcome to our October issue :)

We have recently teamed up with the fabulous Sweet Dreams - Baby and Child Sleep Consultants and they are offering our members a great discount, yay. You will also find a great article from The Sleep Store on adjusting your child to Daylight Savings (so needed in my household at the moment).

And of course we have some great and easy recipes for you to enjoy, I am looking forward to making the fritters .

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
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Isla Violet Berry-Smith
19.08.17

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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. Check out the dates below.

2017/2018 Dates:

- AN1710: Sorry, no availability. Wednesday 20th September to 25th October 2017 (EDD: Late Nov - Early Dec 17)
- AN1711: Sorry, no availability. Sunday 22nd October & Sunday 5th November 2016 (EDD: Late Dec - Early Jan 18)
- AN1712: Sorry, no availability. Wednesday 8th November to 13th December 2017 (EDD: Late Jan - Early Feb 18)
- AN1801: One spot left! Sunday 14th January and Sunday 21st January 2018 (EDD: Late Feb - Early March 2018)
- AN1802: Wednesday 17th January to 21st February 2018 (EDD: Late March - Early April 2018)
- AN1803: Sunday 4th March and Sunday 25th March 2018 (EDD: Late April - Early May 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?

MMDEC - Moving 1st & Munching 8th December

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?

BY1709 - 20th September - 11th October 2017
BY1710 - 18th October - 8th November 2017
BY1711 - 22nd November - 13th December 2017
BY1801 - 10th January - 31st January 2018
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.

Family expanding? ... talk to Team Fox

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Congratulations

to our new parents!

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



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Born 23.07.17
Welcomed by
Kevin & Monica



Archie David Mabbott
Born 08.08.17
Welcomed by
Brooke & Dave



Cohen Chase Peng
Born 28.08.17
Welcomed by
Katie & Simon



Ruby Ella Holsted
Born 02.07.17
Welcomed by
Sam & Rebecca



Thomas Blake Burney
Born 23.08.17
Welcomed by
Aimee & Jonathan



Elliott Matthew Richards
Born 22.08.17
Welcomed by
Shelley & Matt



**Flynn Apirana Ta'amai
McGregor**
Born 20.08.17
Welcomed by
Juliet & Joel



Lucas Jansen-Ketley
Born 03.08.17
Welcomed by
Clare & Chris



Lucia Elizabeth Taylor
Born 27.05.17
Welcomed by
Josie & Josh



Nyla Natalia Fisher
Born 31.07.17
Welcomed by
Lena & Mike



Cameron Stone
Born 31.07.17
Welcomed by
Kirsty & Ian

Welcome little ones!

Welcome

to our new expecting parents!

Welcome to the new expecting parents of
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Bays North Harbour Parents Centre offer fantastic antenatal classes and coffee group setup.
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- Sleep associations

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Sweet Dreams

Baby & Child Sleep Consultant

www.sweetdreams.co.nz

Sleep Advice

Adjusting To And From Daylight Saving Time

by The Sleep Store

Newborn babies are usually not affected by the start or finish of Daylight Saving. However, older babies and children can be affected for a week or two and you may have an overtired little one on your hands as a result. It's the combination of a change to their body clock and also that they find it harder to fall asleep when it's still light outside!

The benefit of routine: The transition at the start and finish of daylight saving is far easier if your baby is in a routine. You can make gradual changes to their routine, and the transition will be much easier.

If your baby or toddler isn't in a routine, there is still time to get organized. At the very least have a consistent bedtime for the next few days, so you can follow the advice below.

Preparation is the key! Rather than deal with the effects of daylight savings on Sunday and the following week or two, you can be proactive in resetting your little one's body clock.

Be consistent: While your little one is getting used to the new time, stick to your usual bedtime rules and behaviors. For example, if your toddler usually can go to sleep by himself, avoid lying down with him or letting him sleep in your bed. A week of different bedtime routine while adjusting to Daylight Saving could be long enough to build a new habit, which you then need to deal with.

Blackout Blinds: If your child is sensitive to light or you find they are so used to sleeping 'when it's dark', then investing in a blackout blind will make the change to daylight savings go much easier.

When the clocks go back in Autumn, bedrooms will be much lighter in the morning...which means children will often think it's time to get up at 6am rather than their usual 7am.

We recommend the excellent Lights Out Blinds, as they suction onto your window in just one place and you can easily attach them to your bedroom window or take them off when not needed. Also wonderful are the Gro Anywhere Blackout Blind as you can easily attach them to your bedroom window or take them off when not needed. They are excellent for spring and summer in the evening, and then again in autumn when the change back to regular time means light early mornings.

Sleep Trainer Clocks Another helpful tool at this time is a Sleep Trainer Clock. The simple visual cue of the sun coming up on the Gro means your child can easily see if it is wake up time or not.

Children often find the Daylight Savings changes confusing, as they are used to relying on cues such as whether it is light or not. In particular, the lighter mornings in autumn can mean children are up with the birds and think its get up time since its light outside. The clock shows it is still 'night time' until the time you have set.



A sleep trainer clock can also help parents to be consistent, asking their child 'does the clock say it's morning?' is easier than always having to tell them to go back to bed yourself. There are a few different types of sleep trainer clock on the market. We choose a selected few because of their reliability, quality and positive feedback from our customers. We highly recommend the Gro Kids Moon clock or Claessens Kids Moon clock if you are considering a Sleep Trainer Clock.

White Noise You can also use white noise on repeat to ensure any inside or outside noises are disguised and that there is a clear sleep cue that tells your child it is still sleep time



White noise is a continual 'Ssshhhh' noise. Often recommended for use with newborns to help them settle, white noise can also be used with older children and even their parents too. If your little one is waking because outside noises are waking them, or being kept awake by other noises around the house when it's time

for bed (think noisy siblings, TV through the walls etc) white noise can help to mask those sounds. You can create white noise by leaving a radio untuned on static, alternatively invest in a dedicated white noise machine such as the Marpac Hushh or Dohm.

The start of Daylight Saving Time (Assuming you have a 7pm bedtime)

Day	Routine during the day	Bedtime
Wednesday	Usual sleep & feed times	7.00pm
Thursday	Sleep & feed times 15 mins earlier, eg first feed at 6.45am not 7am.	6.45pm
Friday	Sleep & feed times 30 mins earlier, eg first feed at 6.30am not 7am.	6.30pm

Saturday	Sleep & feed times 45 mins earlier, eg first feed at 6.15am not 7am.	6.15pm
Sunday	Wake your child at 7am (new time), then back to usual routine for sleeps & feeds	7.00pm (new time)

Change your clocks on Saturday evening before you go to bed.
Remember to check your smoke alarms at the same time.

After the start of Daylight Saving Time: If you are reading this after the start of daylight saving, you can still help your little one reset their body clock.

If their usual bedtime is 7pm, they will now actually be going to bed at 8pm. If your child is struggling to go to sleep at 7pm, put them to bed tonight at 7.45pm. Tomorrow night put them to bed at 7.30pm, and the following night at 7.15pm. From then on they should have adjusted to bedtime at the new daylight savings 7pm.

Going to bed when it's light This can be a problem with toddlers and older children, who may argue that it's still light outside, and therefore not bedtime. The lighter evenings may also temporarily affect some babies if they are sensitive to sleeping in the light.

You may want to attach an extra layer to your curtains or stick something over their windows for a week or so until their body clock adjusts and they feel like going to bed at the new time. See Blackout Blinds above if this is an issue for your child.

Adjusting to the end of Daylight Saving Time While most of us love the start of daylight savings, the end of daylight saving can seem depressing! By moving the clocks back an hour, all of a sudden seems like summer is nearly finished for another year, boo hoo. The other main downside to the clock's going back is another interference to your children's sleep and bedtime. Although adults and older children can usually quickly adapt to a new wake up and sleep time, especially if they are already a little sleep deprived, it can be more difficult for younger children.

After moving the clocks back an hour, children who were used to going to bed 7pm are likely to be ready to go to bed at 6 pm. While that may be okay, they may then be likely to wake up at 6am – which may not be OK!!

And as above, the lighter mornings can be very confusing for younger children, who associate the sun coming up with time to get up. Using blackout blinds to keep the room dark and a gro clock to be clear about get up time make a huge difference to this tricky transition. So again, be proactive and prepare for the

clocks going back. This should minimise the interference to your baby's sleep and help them adjust much quicker.

Assuming a 7pm bedtime:

Day	Routine during the day	Bedtime
Wednesday	Usual sleep & feed times	7.00pm
Thursday	Sleep & feed times 15 mins later, (eg first feed at 7.15am not 7am).	7.15pm
Friday	Sleep & feed times 30 mins later (eg first feed at 7.30am not 7am).	7.30pm
Saturday	Sleep& feed times 45 mins later (eg first feed at 7.45am not 7am).	7.45pm
Sunday	Wake your child at 7am (new time), then usual routine times for feeds & sleeps.	7.00pm (new time)

If your baby or toddler wants to sleep in a bit later (after you start adjusting their bedtime) then allow this.

Try and adjust the routine from the first feed of the day by 15 mins each day. If your baby can't last first thing in the morning, just try to make the routine adjustments as the day goes on.

Put your clock back on Saturday night before you go to bed. Check your smoke alarms at the same times.



The Sleep Store was established in 2006 as a one stop shop for tired parents. Our aim is to provide solutions to calm crying, settle newborn babies, and help babies, toddlers and big kids sleep through the night. The Sleep Store is owned by Louise Tanguay and Matt Anderson, Auckland parents of 4 boys.

www.thesleepstore.co.nz

(Article sourced from The Sleepstore Blog)



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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.

Featured Recipes

Fish Fingers with an Avocado Dip

Fish fingers are a great way to get kids to eat fish.

The crispy coating oozes kid appeal and adding a dip further heightens its attraction.

Great dinner or lunch idea for the whole family.

If old enough let the kids get involved in the preparation too.

Prep 10 mins | Cook 25 mins | Total 35 mins

Yield 6-8 serves

(depending on how big you cut the strips)



INGREDIENTS:

150g (1 1/2 cups) Fine bread crumbs

2 tbsp Chopped parsley

1.5 tsp Lemon Zest

50g (1/3 cup) Flour

2 Eggs whisked

600g Firm white fish fillet (I used flathead) cut into strips

Avocado Dip:

2 Avocados

60ml (1/4 cup) Lemon juice (juice of 1 large lemon)

60ml (1/4 cup) Olive Oil

1 tbsp Chopped parsley

Salt and Pepper to taste

Mix the breadcrumbs, parsley and lemon zest together and place in a shallow bowl / plate.

Place the flour and egg in two separate shallow bowls

Dip the fish in the flour, then dip into the egg, then coat in breadcrumbs

Heat half the oil in a frying pan over a medium heat.

Add half the fish to the pan and cook the fish approx 2-3 mins, turning until cooked through.

Repeat with the remaining oil and fish.

Serve straight away with the avocado dip.

Avocado dip

Add all ingredients to a food processor / blender and mix until smooth and creamy. Season to taste**

** I don't normally add salt to my recipes so that babies can enjoy them too. I added a little himalayan salt to this and it made such a difference to the taste.

Notes

Depending on your pan size you may need to do this in 2,3 or 4 batches. Try not to overcrowd the pan



Banana and Blueberry Fritters

These fritters, by **Amy at Healthy Little Foodies**, are yummy.

"I love these banana blueberry fritters and often make them as a dessert when I have over ripe bananas to use up. With only three ingredients they are super easy and quick to make." You can substitute the Blueberries for Strawberries or other berries, just adjust the flour quantity.

Prep 10 mins | Cook 5-10 mins | Total 20 mins | Yield 6 Fritters

INGREDIENTS:

2 ripe bananas
1/4 - 1/2 cup**
buckwheat flour (or plain flour)
1/4 cup blueberries
sprinkle of cinnamon (optional)
coconut oil for frying

Notes

I make sure the pan is really hot before spooning in mixture
These can be frozen too.

Mash bananas and then stir in the flour and cinnamon.

Add the blueberries and stir through.

Heat a non stick frying pan on high and add a little coconut oil.

Reduce to a medium heat and spoon 1 tbsp of batter into frying pan per fritter.

Fry fritters until brown on both sides

Remove fritters and allow to cool a little before serving.

** I recommend starting with 1/4 cup of flour and adding more as needed.



Healthy Little Foodies

Hi! I'm Amy, the recipe developer, photographer and voice behind Healthy Little Foodies. I'm a Mum to two boys, and I'm trying my hardest to bring them up to be Healthy Little Foodies. I have a BSc(Hons) in Food Science and Marketing and a Post Graduate Diploma in Education.

www.healthylittlefoodies.com (Recipes and photos source)



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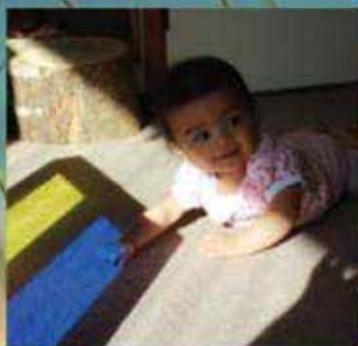
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