



Baby *Babble*

Issue #108 December/January 2017

Summer Sleeping

Helping bub cope with the heat



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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 Summer Christmas issue :)

I love Christmas time and enjoy it so much more now we have the kids to share it with too. We have started up new traditions and enjoy the build up to Christmas and the relaxing time we get to spend with our friends and family.

We have a feature article with some of our committee members sharing their family traditions and yummy recipes. And a great article on summer sleep swaddles and how to help bub transition.

From all of us at Bays North Harbour Parent Centre, Merry Christmas and Happy New Year. Have a fun and relaxing holidays.

Enjoy!



Contact Us

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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!

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Cover photo:

Lucia Taylor
27.05.17

Welcomed with love by
Josie and Josh



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.



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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:

AN1712: Sorry, no availability. Wednesday 8th November to 13th December 2017 (EDD: Late Jan - Early Feb 2018)

AN1801: Sorry, no availability. Waitlist only. Sunday 14th January and Sunday 21st January 2018

(EDD: Late Feb - Early March 2018)

AN1802: Sorry, no availability. Waitlist only. Wednesday 17th January to 21st February 2018

(EDD: Late March - Early April 2018)

AN1803: 3 spaces left! Sunday 4th March and Sunday 25th March 2018

(EDD: Late April - Early May 2018)

AN1804: Wednesday 14th March to Wednesday 18th April 2018 (EDD: Late May - Early June 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

MMAUG - Moving 3rd & Munching 10th August

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?

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!



Stella Rae Gibson

Born 05.11.17

Welcomed by
Roxy & Ryan



Ashley Carter Smith

Born 06.10.17

Welcomed by
Simon & Sofia



Beau Ayrton Fletcher

Born 27.10.17

Welcomed by
Helen & Joel



Adriana Louise Nicholas

Born 19.10.17

Welcomed by
Tanya & Dave



Elliana Faith Misquitta

Born 14.10.17

Welcomed by
Mohit & Karen



Conor Dylan Cann

Born 19.09.17

Welcomed by
Aisling & Mike



Oliver Wilson Bauer
Born 07.10.17
Welcomed by
Alex & Annabel



**Persephone Aarya
Munroe**
Born 05.10.17
Welcomed by
Gareth & Maitreyi



Maddison O'Sullivan
Born 18.10.17
Welcomed by
Harriet & Tony



William Ronald Baty
Born 05.06.17
Welcomed by
Amelia & Richard



Cooper Joshua Blucher
Born 04.06.17
Welcomed by
Josh & Belinda



Welcome little ones!

Welcome

to our new expecting parents!

Welcome to the new expecting parents of
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Summer Swaddling

Swaddling Advice for Warm Temperatures

by The Sleep Store

Parents are often concerned that their baby will over-heat if they are swaddled in warmer weather. But most newborns struggle to sleep well if they are not swaddled...and quickly become both hot and over-tired without effective swaddling. Overheating is one of the factors which contribute to SIDS deaths, so it is very important to take the temperature of your baby seriously.

However it is important to note that it is not swaddling alone that causes over-heating! A babies temperature results from the combination of clothing, swaddle wrap and technique, bedding and room temperature. Each of these factors can be controlled and minimised to ensure your baby does not get too hot. In this article you will find information on swaddling in warmer weather, Summer sleep bag comparisons, as well as general summer sleep tips and advice.

Remember to consider all the layers on your baby - her clothing, her baby wrap and the blankets over the top. It is the total combination of layers, rather than one swaddling layer, that will determine if your baby is too hot or too cold, or just right.

When checking how warm your baby is, slide your hand down onto her chest or feel her neck. It should be warm but not hot and sweaty. Don't worry if baby's hands are a little chilly, as this should not affect her overall temperature.

We recommend using 100% cotton wraps, as these breathe better than a synthetic fabric. It is also essential for baby safety that their head is uncovered for sleeping and sleep environment is clear at all times

Control and minimise over-heating and help ensure your baby does not get too hot by considering each of these factors.

Clothing

Use light clothing inside your swaddling or just a nappy. Choose only 100% natural fibre such as cotton or bamboo. Merino may be suitable for night-time clothing, such as a merino gown, as it is very effective at regulating body temperature in small babies, but other layers would need to be very light. A short-sleeve bodysuit is likely to be sufficient when swaddling during summer days. Never use a hat while swaddling at any time, particularly in warmer weather.

Which Swaddling Wrap?

Use light weight wraps in 100% natural fibre only - cotton or bamboo are best for summer. Do not use any wraps made from synthetic fabric (eg polyester or fleece) or with a synthetic lining, as these can quickly result in a sweaty or over-heated baby. A fitted wrap can be a great option as the wrap will stay very secure.

Babies can become hot from wriggling round and trying to escape from a wrap that they can get out from! Choose a wrap that is big enough to be effective - 100x100cm for a newborn and 120x120cm for a baby over about 8 weeks.

Muslin Wraps

Muslin is the fabric traditionally used for swaddling babies in NZ and Australia. It is an open-weave, very light-weight 100% cotton. Muslin is ideal for summer as it is so light and breathable.

HOWEVER muslin is also the hardest fabric to wrap securely with, so may not be suitable for houdini babies unless you are a very skilled swaddler!!

We recommend you choose the best quality muslin you can afford, as cheaper muslin is absolutely hopeless for effective swaddling. We recommend Aden + Anais muslin wraps if you want to wrap with muslin - they are beautiful quality and have a double-thickness, stretchier fabric than the cheap muslin found in most baby shops.

Another good option are the Cuski Swaddle Wraps. Using a Safe-T-Sleep over the top of your muslin wrap can help keep it secure.



Fitted Wraps For Summer



Sleepy Wings - a swaddling 'jacket' which just covers the arms. Made from light cotton/Lycra T-shirt fabric. Can be combined with a light sleeping bag or with legs left out. Suitable for babies without much startle reflex or as a transition from firm swaddling, as baby will be able to move their arms to some degree. Can be worn with arms up or down.

Ergo Cocoon - 1 layer of organic cotton, in light T-shirt 0.2 tog weight fabric. A snug fitting style with arms up on the chest. Suitable for babies who don't have much startle reflex or who can sleep with their arms on their chest. Due to very snug fit you will need little clothing inside. Arms can be in or out.

Love to Swaddle Up (Wrap Me Up) - 1 layer of cotton/Lycra, in light T-shirt weight fabric. A snug fitting style with arms up. Suitable for babies who prefer their arms up or who don't have much startle reflex. Due to very snug fit you will need little clothing inside. Also available in the LITE version for summer. The LITE version is stretchier, so it has less startle control and may not be suitable for babies who need a very firm wrap.

Miracle Blanket - 2-3 layers of T-shirt weight cotton, so a warmer option than many fitted swaddles. Can be used with the legs left out, which makes it a lot cooler. You can also adapt the way the wrap is used to combine with a light sleeping bag or to reduce the layers. This is our most secure wrap so is still the best option for Houdini babies who need very secure wrapping. For day sleeps in summer you will not need any clothing inside during the day and will need to ensure the room is cooled down. Ideal for summer nights as you won't need any additional bedding and you will get the most secure wrap. Can also be combined with a light summer sleeping bag for older babies who still need a very firm swaddle.

Mum 2 Mum Summer Dream Swaddle - This swaddle features mesh panels to provide ventilation in warmer climates a double wrap system ensures that your baby is kept secure all night long. The extra layers that secure the wrap don't make this the lightest summer fitted wrap - instead consider going for single layer options like the Ergococoon, Love to Dream Lite or Gro Swaddle.

Ergobaby Swaddler Lightweight - Made from a 60% cotton / 40% polyester mesh fabric the Ergobaby Swaddler offers a secure fit and requires more effort to fit baby in to the swaddle. Generally the Ergobaby Swaddlers are sized smaller.

Halo Sleepsack Swaddle - We used one a lot during the 3-5 months period of weaning off swaddling, using with one arm out and also for those sleeps when both arms just need to be contained! Perfect for effective swaddling with arms in, arms out or one of each. Then when your baby no longer needs swaddling, remove the swaddle and just use the sleeping bag. The extra layers that secure the wrap don't make this the lightest summer fitted wrap - instead consider go for single layer options like the Ergococoon, Love to Dream Lite or Gro Swaddle.

Light Swaddle Grobag - Like the Halo Sleepsack swaddle the Swaddle Grobag aims to be a 2 in1 swaddle (and as baby grows) a sleeping bag to give you the best of both worlds. Poppers on the armholes allow for swaddling with arms in or arms out for the freedom of a newborn Grobag. The light fabric is ideal for nurseries between 21-25°C and the side zip makes for easy nappy changes without disturbing your baby.

Tips for Using Wraps with Sleeping Bags:

You can choose the weight of the sleeping bag you use. For rooms 20-25 degrees use a 1.0 tog. For rooms 25 degrees and over, use a 0.5 tog sleeping bag.

Sleepy Wings and Bag - Using Sleepy Wings with a sleeping bag is a good option for warmer weather. They help control arms from flying all around, without them being firmly wrapped. It can be used with arms up or down, and can also help with dummy replacement for older babies. Not so suitable for babies who need firm swaddling as they still have a strong startle reflex.

The Miracle Blanket - Is the best option for wrapping over a sleeping bag for babies who still have a strong startle reflex or need very firm swaddle. It can be used with one or both arms inside the wrap, and is also excellent for gradually weaning baby off being wrapped. This combo also works well for babies who still need firm swaddling but are too long for the leg pouch on their Miracle Blanket.

It is one of the warmer fitted wraps so we recommend a slight change to the way you use your Miracle Blanket over a bag in the summer months:

Put the shorter wing down by baby's side, rather than wrapping it over the chest. Only wrap the long side round baby once rather than twice.

PLEASE NOTE: You will need to judge if this gives sufficient security for your baby and doesn't become unravelled while he is sleeping. If the wrap becomes loose, please ensure you revert to the usual Miracle Blanket instructions for safety reasons.

Love To Swaddle Up over summer sleeping bag - This is another handy option if you don't want to buy a different swaddle and if you are wanting to transition from being swaddled.

Put your baby into the summer sleeping bag first. Then pop the Love to Swaddle Up over the top of the sleeping bag. Undo the bottom end of the zipper up halfway and pull the sleeping bag and baby's legs through the bottom of the Wrap Me Up. As mentioned above, it's important to use an effective swaddling technique so your baby doesn't get hot fighting to escape!!!

Check out the Sleepstore website for swaddling technique tutorials.

Bedding

The bedding you use over your swaddling will make a huge difference to whether your baby is too warm or not. Use light layers rather than thick winter weight blankets. Choose cotton, bamboo or very light merino blankets. Use only a top sheet during the day in a warm room.

Room Temperature

Try to keep your baby's room a comfortable temperature, ideally between 18-20 degrees celcius. Use a fan and/or the window open during the day to help cool it down. Using a shade or blind can help reduce the room temperature during the day. We recommend using a gro egg room thermometer so you can easily see the room temperature and make changes to your baby's clothing or bedding as appropriate.



Room Thermometers

How to tell if your baby is too warm: If your baby is red or sweaty, then they are too hot!! Remove some bedding or clothing immediately. You can feel your baby's temperature on their chest, back of the neck or ears.



The Sleep Store was established in 2006 as a one stop shop for tired parents. Our aim is to provide solutions to calm crying and unsettled newborn babies, and help babies, toddlers and big kids sleep through the night.

The Sleep Store is owned by Louise Tanguay & Matt Anderson www.thesleepstore.co.nz

(Article sourced from The Sleepstore Blog)

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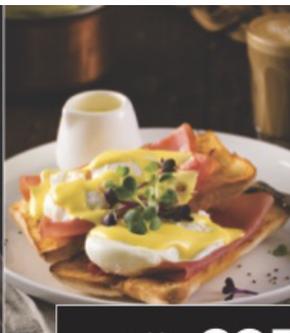



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28 Years on the Shore

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.



Christmas Traditions



Now that you have your own little family, will you be starting up your own traditions or involving bub into the family fun? Some of the Bays North Harbour Parent Centre committee members share their family traditions and recipes below for inspiration.

Kirsty Mc Stone (Co-President) - We leave Santa and his reindeer a plate of goodies on Christmas Eve (mince pie, drink and a carrot for the reindeer). I grew up waking up to a pillow case at the end of my bed filled with smaller pressies and topped up with balloons (good tip for anyone with big stockings to fill!). At the time I thought it was magic that Santa came in without me waking up...little did I know then how heavily kids sleep.

Claire Everett (Membership Officer) - We make reindeer food every Christmas Eve (oats, glitter, chopped up tinsel) and sprinkle it on lawn or driveway so the reindeer can see where to come to and have the oats to eat. Once kids in bed we just sweep it away a bit and leave a few crumbs. Always put out a beer and biscuit for Santa too. We also got a special Santa key from our neighbour last year which lets Santa into the front door since we dont have a chimney. Kids love leaving that out.

Every year we make gingerbread Xmas shaped cookies and give little packs of them to our neighbours. I also do a homemade advent calendar and every day it has a note telling kids what we will do that day that is Xmas themed (put up tree, go to library and get Xmas books to read, bake, make present gift tags, take tinned food to where there is a drop off place for City Mission - just a few ideas. Then some days is some xmas stickers or a small chocolate or craft activity so I mix it up). I love Christmas!

Kellie Reid (Secretary) - We have a Santa candle that we light every evening as the children go to bed. My grandmother gave us one in the late 70s/early 80s (it's orange with a wooden brown painted base), and my mother still brings it out every year. Every Christmas Eve it gets lit and put on the window sill in the lounge so that Santa can find the house in the dark. I've carried on the tradition with my kids, and we put Santa's milk and cookies beside. We also do the reindoor food, and sprinkle on the lawn. It blows away overnight.

Another tradition we'll be doing this year is the camp out in the lounge with the Christmas tree lights. I've been dying for the kids to be old enough to sleep on air mattresses so we can do this as a family.

The kids help me make up the jar of the food.
The cup is what we use for Santa's milk.



Sharon Elliott (Treasurer) - We make an event out of putting the tree up and lighting the Christmas lights. It always has to be done on the weekend before December starts. We have an advent calendar that has daily Christmas activities for us to do as a family (Christmas baking, looking at the Christmas lights etc). We visit Santa at Smith & Caugheys with my nephews and Mum always buys them the book behind the window display. We have my parents over on Christmas Eve for a Christmas Eve celebration and the kids get a present with some new PJ's, a book and reindeer glitter that they sprinkle on the lawn, read and wear to bed that night. Santa always gets beer and the reindeer get a carrot. Big family day on Christmas Day, brunch with one side of the family, dinner with the other. We always have croissants on Christmas morning too.

Cara Le Mouton (Newsletter Editor) - Christmas has always been a big event in my family. My mum still hangs my sisters and my Santa stockings on the fireplace and adds new ones for every new grandkid that comes along (6 so far). My little family and I split christmas between Australia and New Zealand, one year about and have little traditions in both places.

In Australia, On Christmas Eve we spend time with family and friends at the local street party and walk around with the kids checking out the fantastic Christmas light displays. Christmas morning starts early with my dad making fresh leg ham on toast for breakfast as we open our presents all together. We then follow that with a really large christmas lunch with the whole family and we all help make lunch. My nana always brings the gem scones, which are a big family favourite and my mum makes a traditional Christmas pudding, yum.

In New Zealand, We spend the morning opening presents with the kids before we head to Nana and Poppas for waffles and champagne breakfast. Then a late lunch and time with the extended family.

We also do an Advent Calendar of sorts using a mini letterbox. Little messages and gifts are left in it for the kids each morning and they can contribute by putting their own messages in it to each other too.

In each country we do our Christmas Eve boxes that has new Christmas PJ's, a DVD, a new christmas themed book and reindeer food. Cookies and milk are left out for Santa and the reindeer food is scattered on the deck.





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



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

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Featured Recipes



Claire's Gingerbread Biscuits

These are a great gift idea to give to teachers and friends.



Prep 20 mins | Cook 10 mins | Total 30 mins | Yield depends on shape.

INGREDIENTS:

150 grams butter
4 Tablespoons Golden Syrup
3/4 cup sugar
1 beaten egg
3 cups flour
3 teaspoons ground ginger
1 teaspoon baking soda

Place butter, golden syrup and sugar in a large pot and melt and NEARLY boil them.

Then add the beaten egg and mix in quickly.

Add flour, ginger and baking soda.

Mix together to form a dough and then wrap in glad wrap and place in the fridge to cool slightly. Once cooled roll out on a floured bench and cut into Christmas shapes using biscuit cutters.

Place on an oven tray and bake at 180 degrees for 10 minutes. Cool on cooling rack and then ice/decorate how ever you like. Enjoy!

Nana Ward's Gem Scones

These require a special pan called Gem Irons, you can get these from a specialty baking store.

Prep 10 mins | Cook 10 mins | Total 20 mins
Yield 12 scones



INGREDIENTS:

60g butter
115g sugar
2 eggs - separate yolks
3/4 cup milk
1 1/2 cups self raising flour
Orange peel (optional)
1 tsp vanilla essence (optional)

Pre-heat gem irons in a 200 degree oven.

Cream together butter and sugar.

Beat in egg yolks and milk.

On low speed add self raising flour, then fold in stiffly beaten egg whites.

Stir through peel and vanilla if using.

Have gem irons hot and fill 3/4 with mixture.

Bake for 10-15 minutes and eat with butter or cream and jam. Yummy.

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
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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
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**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
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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
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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

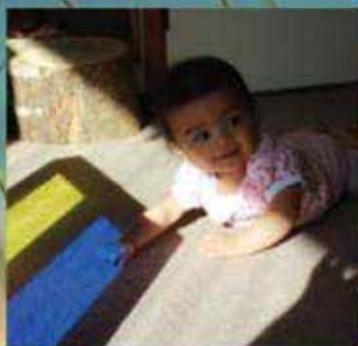
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Folkestone St

INFANT & CHILD CARE  Mairangi Bay

6 Folkestone St, Mairangi Bay,



**SPECIAL
OFFER**

1 weeks **FREE** care upon
enrolling at Folkestone
St Infant & Child
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Valued at
\$124 - \$320

dependant on the
hours your child is
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Reference this advert
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EMAIL miranda@folketonestreet.co.nz

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- Excellent child/teacher ratios
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- Transition to school programme