

Baby **Babble**

Issue #110 April/May 2018

Mum Matters

Mothers Day Special Issue



BAYS NORTH HARBOUR
PARENTS CENTRE
Where parenting is everything!

A photograph of two babies swimming underwater. The baby in the foreground is smiling and looking towards the camera, with their hand reaching out. The baby in the background is also visible, looking towards the camera. The water is clear and blue.

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 BabiesTM

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 (5 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!

Welcome to our Mothers Day issue.

Mothers Day is one of my favourite days of the year and now that my children are older I get special made breakfasts and cards and lots of kisses. I hope your little ones and partners spoil you too.

We have committee members sharing their thoughts on motherhood and some tips and tricks. And the lovely Claire shares her birth story with us.

Check out the breakfast recipes too and just maybe leave those pages out on the bench, with a hint hint! Have a lovely Mothers Day to all our new mums and mums to be.

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:

Harvey James Thompson
15.02.18

Welcomed with love by
Emily & Liam

The
Baby
Factory

PARENTS CENTRE DAY

ONE DAY ONLY
SATURDAY
07.04.18

INSTORE & ONLINE
PRESENT YOUR MEMBERSHIP CARD INSTORE
OR USE CODE 'BESTDEAL' 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 BESTDEAL 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:

AN1804: One place now available! 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)

AN1808: Wednesday 11th July to Wednesday 15th August 2018 (EDD: Late September - Early October 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?

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?

BY1804 - 2nd May - 23rd May 2018
BY1805 - 30th May - 20th June 2018
BY1806 - 4th July - 25th July 2018

Infant Feeding:

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



Baby Massage:

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

Child Development:

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

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.

Toilet Training Course

Join Bays North Harbour Parents Centre and Laura Morley from Looloo Training Solutions for our new course, Toilet Learning, with the focus being on going through this necessary stage with less mess and less stress! This is an interactive, practical and informative workshop with loads of tips and strategies to make toilet training easier. It covers:

- When is the best time to start abandoning day time nappies?
- What is the best way to toilet train without the battles, nagging or constant reminders?
- How to motivate your child to get out of nappies and use the loo and sit on it long enough to do something on it.



- How to catch a poo on the loo.
- What to do when your child sits on the potty or toilet and does nothing on it.
- Whether to use disposable training pants when you go out if you are worried they may have wee puddles.
- Potty vs toilet - which is best to start with?

Our classes sell out fast, so be sure to book now!!

Course Date: Monday 6th August 2018 7:30pm
Venue: Meadowood House - 55 Meadowood Drive, Unsworth Heights
Pricing: \$35 per person which **includes a goodie bag worth \$30!**
www.looloo.co.nz/collections/workshops

Congratulations

to our new parents!



Octavian Stavar
Born 28.10.17
Welcomed by
Lacrimioara & Sebastian



Nadine van der Westhuizen
Born 08.02.18
Welcomed by
JP & Chene



**Lachlan (Lachie)
James Hawkins**
Born 20.02.18
Welcomed by
Jo & Mike



Arlo Monk
Born 02.01.18
Welcomed by
Sarah & Shaun



Isla Foster
Born 06.03.18
Welcomed by
Hayley & Matt



Lucas Michael Cook
Born 03.03.18
Welcomed by
Kirstin & Ray

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



Lela Rose Hocking

Born 14.02.18

Welcomed by
Kaylee & Tom



**Ayla-Blake Delta
Stevens**

Born 20.02.18

Welcomed by
Mata & Samantha



**Beau Geoffrey
Halligan**

Born 22.02.18

Welcomed by
Laura & Jeremy



Arabella Carr

Born 24.02.18

Welcomed by
Laura & Nathan

BOUTIQUE BABY CENTRE

CASTOR BAY
NORTH SHORE



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

Enquiries Welcome

Contact Natasha, Head Teacher

Castor Bay Infant Care

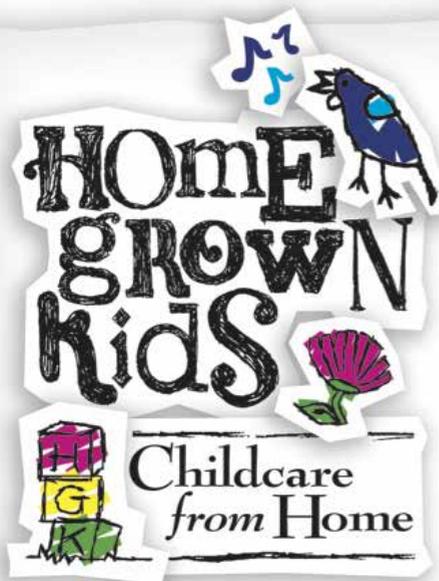
1/14 Castor Bay Road

Phone 09 410 3320

After Hours 0212 353 083

Email CBICC@clear.net.nz

www.castorbaydaycare.co.nz



*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

My Story: A Home Birth

By Claire Everett

People often look at me like I'm crazy when I tell them I had my first baby at home. They say things like "Wow, you are so brave!", or "How can you do that!?". It was something that felt like the right thing to do for me and my baby. The journey started long before her birth though.

I had always wanted children and as soon as I got married we decided to try to start a family. About 6 months later I was pregnant and so excited but that quickly ended in heartache as I miscarried our first baby at 9 weeks. This was also when I discovered I had two large cysts on my ovaries. I underwent surgery, recovery and my gynecologist said we could start trying again, but nothing was happening.

I then went on to start Clomiphene and made a few changes to my diet and started listening to my body a bit more. 12 months later we were pregnant again and after a nervous yet excited time, we reached the 12 week milestone!

I very quickly mentioned to my midwife I was interested in having a home birth and she was so supportive. I felt like over the past couple of years I had got to know my body a lot and it just felt right. I was so pleased my husband was on board and said if it was what I wanted then it's good with him. My mum was nervous about the idea but also happy to support my decision. We also felt better about it knowing we didn't live far from the hospital if we needed to get there in a hurry.

I went into the birth with a very open mind and had decided with my midwife to just "see how things go!" I was so pleased to have a pregnancy with no complications and felt healthy and my mind was in a good place. I was very open to people about my plan for a home birth, they thought I was crazy but were all also eager to see how it went!

So the time came that I thought I was in labour. I contacted my Mum who lives out of Auckland and she began her journey here. Then I let my midwife know things might be happening. As it was during the day I pottered around home, baked some biscuits and my husband got me to play the PlayStation with him for something to do and keep me occupied. I was quite comfortable on the Swiss ball and just breathing through my contractions. I even had a friend call in to visit as she was eager to see how I was going.

Early evening came and I messaged my midwife (who had been keeping in touch all day) and asked if she could come and see how I was progressing. I was 5cms and going fine so she went home for dinner and came back at 9pm when I called as I felt I needed her to be there a bit more. Things were ticking along but we decided to break my waters to help kick things off some more, I was starting to feel tired. This sure helped and I now found rocking using the kitchen bench for support a great place to labour. My mum was now there as support and drinks lady and my midwife and husband enjoyed snacking on the biscuits I made earlier (this also became a birth tradition for me! :). I then felt I needed to be in my room so continued to labour there and then started wanting to push. An hour and a half later my beautiful baby girl was born on our bed with my mum, husband and amazing

midwife there. The midwives back-up arrived just as baby was crowning but I don't recall her being around she just sat quietly in the background taking notes, it was when she said goodbye and congratulations that I remembered she was there.

We then got to just rest and start bonding as a family with baby on my chest. That memory still brings a smile to my face and gives me a warm feeling. So special!

My most precious memory of my birth was after a shower and baby having all her tests etc and being dressed, my midwife tucked me, my husband and our baby into our bed, kissed us all goodnight and left - it was now 3:30am.

My amazing midwife came back every day for 3 days to help support me with breastfeeding and check on us and then every couple of days after that. I felt so supported and it was so nice to be in our own environment and our own bed!

I went on to have all 3 of my babies at home, and for each one I birthed in different places and they were all slightly different but still felt like I was in the right place. I just trusted my intuition, my support people and my midwife.

I feel so lucky for being able to have home births but also like it was what I was meant to do. My births were so special and I feel proud of myself for listening to my body and for having my mind in the right place to allow it to happen.



Mum Matters



Hi, I'm Sharon and I am mum to Alastair, 5 and Isla, 3. I love being a mum but it definitely has its challenges! It's an amazing journey and I am constantly amazed at how much I can achieve in such a small time frame and on such little sleep.

My advice to new parents is:

1. Be kind to yourself always.
2. Treat yourself as well as you treat your children (get lots of sleep, healthy food, sunscreen, playdates, naps, time outside) and
3. Make sure you get photos of you and your children. Even if you have to ask strangers to take pictures. It's so nice to look back on and the kids love seeing pictures of their family.

"Not being biologically related to a child doesn't make you any less of a parent. Being a real parent isn't in the DNA its in the heart." - Anonymous

I am so lucky to be a mum and a stepmum. It comes with its own set of challenges and rewards but I get double the love.

Bridget Moore



Cara, mum to Grace 6yrs and Ethan 5yrs



"Making the decision to have a child - it is momentous. It is to decide forever to have your heart go walking around outside your body" - Elizabeth Stone.

I love this quote and use it to remind me that my kids can be lovely people especially during the challenging times.

Being a mum has taught me patience (big time), compassion, love, pride. I get a

kick out of seeing my children achieve a milestone or a goal, like riding a bike without the training wheels on or participating in their first performance, recent events for us.

Each age has its hard times and just remembering that there is an end to it, and a good time to come, helps you navigate these stages. that and ranting to your partner and friends

Bays North Harbour committee members share what being a mum means to them, along with some tips and tricks.

My thoughts on parenthood - it's much harder than I thought it would be, but it's so much more rewarding. The best job title in the world is "Mum".
Kellie Reid



Hi I am Claire, I have 3 children aged 6, nearly 5 and 2. I was lucky enough to start my parenting journey off with 3 home births but I certainly found breastfeeding had its challenges. I found that leaning on my support people – mum, husband and LMC helpful, they shared tips, let me just cry and complain but also just be there for me while baby and I learned this new skill. For each baby my breastfeeding journey was different and I had to learn with them all over again, it can be hard to stick to it but with good support it can be possible.

I have discovered that each age/stage has its pros and cons. There are challenges along the way but for each challenge remembering it is a 'phase' in their life helped me get through. The phases don't last long and we do make it out the other side.

For me being a mum is the most challenging job I have ever done but the most rewarding as well.

Hi, my name is Kirsty Stone and I'm a Mum to Abi (3) and Cameron (6 months).

I've been a stay at home Mum since Abi was born, more through a variety of different circumstances rather than a conscious decision at the start. It's not something I thought I'd do but have to say I'm really enjoying it.

Whilst there are some challenging times like any most things in life, I've found if you embrace the mess, feeding (in all it's variations), the rushing around and the Mum bun... it can be a very rewarding time of your life!



Featured Recipes

Three-Minute Blender Banana Pancakes

Kids love these fruity pancakes and they're so quick to make with minimal washing-up and no scales required.

A cooked breakfast is rarely this easy.

Recipe created by Emma Freud for Good Food Magazine

Prep 1 mins | Cook 2 mins | Total 3 mins
Yield 2 serves



INGREDIENTS:

small knob of butter, for frying

1 banana

1 egg

1 heaped tbsp
self-raising flour

½ tsp baking powder

chopped strawberries and
banana, to serve (optional)

maple syrup, to serve
(optional)

Melt the butter in a non-stick frying pan over a low-medium heat.

Meanwhile, add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.

Pour three little puddles straight from the blender into the frying pan.

Cook for 1 min or until the tops start to bubble, then flip with a fork or a fish slice and cook for 20-30 seconds more.

Repeat with the rest of the mixture to make three more pancakes.

Serve the pancakes with chopped strawberries or banana and a splash of maple syrup, if you like.

Notes

Make a large batch and freeze for snacks for when on the run.



Herbed Scrambled Eggs on Croissants

Simple and tasty breakfast that the kids can help make for a special breakfast in bed for mum on Mothers Day.

Recipe sourced from www.foodtolove.co.nz

Prep 15 mins | Cook 15 mins | Total 30 mins | Yield 4 serves

INGREDIENTS:

4 frozen or fresh croissants
240g cherry truss tomatoes
olive oil cooking spray
8 eggs
1/2 cup cream
30g butter
2 tbsp finely chopped chives
100g shaved ham

Preheat oven to 170°C/150°C fan forced.

Line a baking tray with baking paper.

Remove croissants from packaging and place on prepared tray with tomatoes.

Spray with oil. Bake, 10-12 minutes, or until croissants are heated.

Meanwhile, combine eggs and cream in a medium bowl. Season with salt and pepper. Beat mixture lightly with a whisk to combine.

Melt butter in a large non-stick frying pan over low heat. Add egg mixture. Cook, 30 seconds. Gently stir egg mixture from outer edges to centre until egg forms creamy curds. Stir in chives.

Cut croissants in half. Top croissants with ham, then top with scrambled eggs.

Serve scrambled eggs with roasted tomatoes.

Notes

To make this gluten free change the croissants for gluten free bread.



tiny tiny toes

Our 3D moulds are a beautiful keepsake that captures those precious fleeting moments, so you can remember them always.

Completely safe non-toxic products used

022 589 2609

hello@tinytinytoes.com

www.tinytinytoes.com



group discounts available



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

20% off capsule 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*



Conditions apply. Subject to availability.



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.



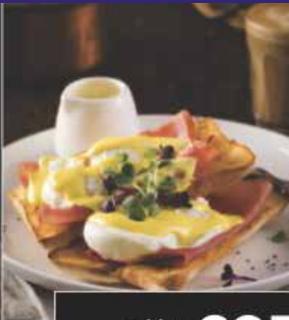


*Find us on
Facebook!*

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% Dis
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



THE LION
FOUNDATION

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.folkestonestreet.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