

# *Baby* **Babble**

*Oh, Man!*

Advice & tips for new Dads



Issue #112 Aug/Sept 2018



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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

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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 (7 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

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Hi everyone!

Welcome to our Fathers Day issue.

Hope everyone is keeping warm and that the tips last issue were useful. Certainly feeling the Winter season at the moment as I stand on the sideline cheering my son on at soccer. Saturday sports is something to look forward to for all the new parents.

Well, this issue has been dedicated to the Dads, in time for Fathers Day coming up on Sunday 2nd September.

We feature a birth story from a male perspective and a great article on how to deal with the pressures of being a dad.

A big shout out to those doing this parenting journey on their own, hope you spoil yourself too.

Also if you would like a certain topic featured in the Baby Babble or would like to share some tips, tricks or your birth story please contact me at [baysnorthharbour@gmail.com](mailto:baysnorthharbour@gmail.com).

Keep warm & happy everyone.

*Enjoy!*

### Contact Us

P O Box 300 135 Albany  
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09 414 5394

[baysnorthharbour@gmail.com](mailto: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](mailto:bnhpcpresident@gmail.com)

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

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### Cover photo:

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## What does Life Insurance mean for your young family?

Life, trauma and mortgage/income protection can help protect your family if the worst happens.

For nine years we have been talking to Baby and You classes about the insurance needs of new families.

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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. Class dates are below.

## 2018 Dates:

AN1809: **One space left!** Saturday 1st & Saturday 15th September 2018  
(EDD: Late October - Early November 2018)

AN1810: **Sorry, no availability. Waitlist only.** Wednesday 12th September - Wednesday 17th October 2018  
(EDD: Late November - Early December 2018)

AN1811: Saturday 10th November & Saturday 24th November 2018  
(EDD: Early December - Late December 2018)

AN1812: Wednesday 7th November - Wednesday 12th December 2018 (EDD: Early January - Late January 2019)

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.

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## 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?

MAUG - Moving 3rd & Munching 10th August.

MMOCT - Moving 19th & Munching 26th October.

MMDEC - Moving 7th & Munching 14th 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?

- BY1807 - 1st August - 22nd August 2018
- BY1808 - 29th August - 19th September 2018
- BY1809 - 26th September - 17th October 2018
- BY1810 - 24th October - 14th November 2018
- BY1811 - 21st November - 12th December 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.

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# Toilet Training Course - **Selling Fast - Get in Quick!!**

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](http://www.looloo.co.nz/collections/workshops)

# Congratulations

to our new parents!

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



**Harper Bella**  
Born 10.07.18  
Welcomed by  
Teresa



**Kaden**  
Born 04.07.18  
Welcomed by  
Abi & Aaron



**Issac Cooper**  
Born 07.07.18  
Welcomed by  
Sara & Daniel



**Jaxon Jamshed**  
Born 11.04.18  
Welcomed by  
Freya & Brad



**Robin Alexander**  
Born 06.07.18  
Welcomed by  
Allan & Susan

# Welcome

to our new expecting parents

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



Are you looking for quality, fun and informative antenatal classes?  
Bays North Harbour Parents Centre offers fantastic antenatal classes and coffee group  
setup. We are passionate about helping you build supportive friendships and lifelong  
relationships for you and your children.

Contact [baysnorthantenatal@gmail.com](mailto:baysnorthantenatal@gmail.com) for more information.

# *My Story:* A Dad's Point of View

By Elisha Cooper

## Scared

There's a head sticking out of my best friend. This is insane. Anybody who says this moment is the most precious wonderful thing in the world is delusional. This isn't a miracle, it's assault. I'd call emergency services but we're already in a hospital.

I didn't know it would be like this, not even the day before. After Elise's water broke in the morning we went for a walk. Elise's belly was poking out from her small body like a melon. We hiked up in the hills and looked out at the Bay shimmering in the distance. In the afternoon we drove to the hospital and were given a room with a view and backless gowns. This was nice, I thought.

We walked the halls kicking a ball of tinfoil in an improvised game of soccer. As Elise's contractions increased we stopped playing soccer and just did laps, my arm on her waist. We'd pass the door with the male doctor inside reading *O, The Magazine* and Elise would not say much and a minute later when we passed the same door (the doctor a few pages further along in *O*) another contraction would hit, right on time.

## Desperate

Evening became night and night became that time that is neither night nor morning. Elise's contractions got big and painful and the nurse didn't like the baby's heartbeat. She made hushed calls to the attending physician and Elise was hooked to an IV and given oxygen and painkillers. The mood in the room became desperate. Or, I felt desperate. As Elise curled on her side and closed her eyes I felt her slipping from me. My favorite person in the world lay there humming to herself and I could not reach her. I could only hold her hand and be alone with my worry in the dim light of an anonymous hospital room with the tail lights of the early morning traffic on the highway outside slowly blinking past.

It got light. Elise got an epidural, I got a coffee. Our ageless Chinese midwife showed up looking rested and cheerful. I like her, but didn't then. After an hour of checking Elise's dilation she said, "Okay, feel like pushing?" Elise, opening her eyes, said, "Yes, please."

## Overwhelmed

Elise pushed and turned red. She pushed more and turned burgundy. I held one of her legs and mopped her brow and tried to give her water out of a bottle whose straw kept popping out and onto the floor. And though I had gone to birthing class and done all the correct things to prepare for this exact moment, I couldn't have felt less competent had I been handed three lively cats and told to juggle them. Elise was muttering and I was saying things like "You're doing great" and "You call that a push?" Well, no, but it crossed my mind. Everything that shouldn't have been crossing my mind was: how the traffic on the highway outside looked bad today, how soft and pillowy the clouds were, how juggling cats would be difficult, how Elise now was the color of a beet.

Maybe I was trying to distract myself from what was happening. Our ageless Chinese midwife was doing the same, bouncing on the big purple birthing ball across the room between pushes in an attempt to distract Elise who wanted to push all the time.

Time got tight, focused. Elise was yelling like a wounded animal. I saw the head and thought about calling Emergency. Elise was yelling louder and I was holding her leg and saying God knows what and nurses were circling and hands were reaching in and out and twisting this being that seemed to want to stay right where it was, not ready to join us yet. Then out it came, a gangly thing covered in blood. The thing was turned to me and it looked into my eyes with the hugest most startled eyes I have ever seen and our eyes locked.

I thought - I know you.

## Amazed

And in that instant, in the moment when the baby was wrapped and swaddled and brought to Elise's chest, there was a sense that all the pain that had been in that room was already being repaired, the night of tension disappearing in a soothing wash of forgetfulness, memory stitched together so that we could inaccurately look back on this experience with fondness. Indeed, a miracle.

Elise was beaming. I rested my face against hers and we looked into the baby's eyes. Neither of us said anything for a long time. We were too stunned to remember to check the gender. But as the baby was carried across the room, Elise asked, "What is it?" and I can still hear a voice saying, almost as an afterthought, "It's a girl."

The girl is lying three feet to my right now. She's in her bassinet, taking a nap next to my desk. Her hair is dark with light highlights. It waves in places, curling at the back of her neck. She has a round belly, a dimple on her chin like me. She just took a bath and is wrapped in a white blanket. She's making small noises. Her name is Zoe.

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# Menopause: Unrelenting Pressure From All Sides!

By Tim Corbett



Image credit: Tom Sodoge

**Recently I've been trying to work out why sleep is my new bank balance (there's never enough in there), why five coffees before 11am is my new normal, why the new Kit Kat Salted Caramel Whirl chocolate bar is the core of my food pyramid, why Netflix is my new exercise regime... It's because of pressure - unrelenting pressure from all sides.**

And that makes chocolate, caffeine, sugar, and Game of Thrones great ways to escape for a few moments and feel the sweet rush of dopamine and the vicarious thrill of the White Walkers. Distraction therapy at its best, and although costly and waist-full, the chance to escape the constant gnawing at head and heart is a relief too good to miss.

Where's the pressure from? Over the last five years, life has changed. The elements are the same – wife, life (NB: happy wife = happy life), kids, work, sport, family, mortgage, bills, traffic, noise, parents... But it's been “reconfigured”. A new mash-up has emerged that's wrapped layers of pressure under, over, and around me.

I've heard this phase of life being called “the sandwich years”. Under you is the usual layer of pressure from a “normal” life; it's always been there, but you can keep your nose above water, plus there's joy that comes with it – seeing your kids develop and grow, finally gaining some understanding of what your wife wants from you (I still have L plates), getting a bit of breathing space to spend time together. Maybe even a trip - maybe even one that's kid-free.

But now there's the top layer. It starts thin but rapidly builds in density. It's the elderly parents who, in a few short years, move from well and able to needing more and more care; not just physical, but emotional and social care. Case in point: My own father is descending into dementia, so we have the same conversation five times in 30 minutes, and my father-in-law, who lives with us, is on his fourth stroke and third heart attack (one more stroke and he gets a free coffee and muffin), and swallows 20 pills a day. All closely monitored and cared

for by my wife, who, just when she'd thought she'd got a break from parenting, now has to parent the parent – a very tough spot to be in.

And then, just when you get on top of it, you get “toasted”. Work provides that extra pressure to cause a meltdown or the “kid-ult” heads down a path you know is going to cause trouble. Sleep? That becomes 11pm to 3:30am/4am/4:14am/6am/7am. Coffee, must have coffee... One, two, three, four, five... Better stop at five. Broken sleep leads to calorie craving, which leads to end-of-day exhaustion, which leads to a Netflix workout, which leads to broken sleep, which leads to...

Am I alone in this? Definitely not. The signs of pressure from a “sandwich life” are all around the waists of my menopausal man-pals and in the escapist behaviour they display, flipping between growling lion and hibernating bear. But the issue is that the size of the “man-muffin top” is directly correlated to heart attack risk. More roll, more risk. And more growl, even more risk.

So what's a menopausal man meant to do? We are socially and culturally programmed to bear pressure as a badge of courage, to suck it up, to stand stoic. But this not only makes the pressure effect worse: It will kill you.

So do two things:

Stop and enjoy. Every day, find and see the joy in what you are doing. Smile and laugh (both have proven antidepressant effects). Say hello to strangers. Give without thought of return (research proven this helps fix burnout).

Realise your partner is the most capable, special human being you will know. She doesn't need protection, she wants connection. Release some of the pressure off yourself from having to “protect” her from your pressure. Share the sandwich.

Menopausal life is like a sandwich, so we might as well make it tasty.

**Tim Corbett likes to cause change and, at times, trouble. He is a husband, father, a sportdad, a speaker, an image maker @timcnz, and the director of change at The Change Lab.**

## **6 Steps To Beating New-Dad Baby Blues** By Lee Yang Yi

It's not just new mums who fall victim to postnatal depression new dads do too!

Try these stress-busting tips. (Useful for new mums too).

1. **Sweat it out** - Exercising at least 20 minutes three times a week improves blood flow and oxygen to the brain, while releasing endorphins (natural feel-good chemicals) into the body. (new mums take it easy with this tip and go on doctor or midwife recommendation).
2. **Be prepared for your child's arrival** - Make the necessary arrangements before your kewpie's birth, so that you won't feel overwhelmed. Talk to your spouse to ensure both parties understand their respective and combined roles in caring for bubba.
3. **Get adequate rest whenever you can** - The first weeks following your baby's birth is going to be a physically and mentally trying time for parents
4. **Work as a team and communicate** - Talk to your partner, so that both parties understand their respective and combined roles in caring for bubba.
5. **Talk it out with friends or others** - You can put your troubles in perspective by confiding in a friend, or seek help from a counsellor, psychologist or psychiatrist.
6. **Get the support you need** - Don't try to take on everything and ask for help if needed.





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# Featured Recipes

## Breakfast Sliders

Perfect Fathers Day breakfast. When it comes to picking a favorite breakfast food, a really good breakfast sandwich will always stand above the rest, layered with a mound of fluffy eggs, crispy bacon, and a double layer of melty cheese, yum.

Recipe created by Kelli Foster for [www.thekitchn.com](http://www.thekitchn.com)

Prep 10 mins | Cook 15 mins | Total 25 mins  
Yield 12 serves



### INGREDIENTS:

- 2 tbsp unsalted butter, divided
- 12 large eggs
- 1/4 cup whole or 2% milk
- 1/2 teaspoon kosher salt
- 12 dinner rolls or slider buns, split
- 2 1/2 cups shredded cheddar cheese, divided
- 12 strips bacon, cooked and crumbled
- 1/4 teaspoon garlic powder
- Flaky salt, for sprinkling
- 1 tbsp finely chopped fresh parsley leaves (optional)

Arrange a rack in the middle of the oven and heat to 180°C.

Melt 1 tablespoon of the butter. Brush the bottom and sides of a 9x13-inch baking dish with half of the melted butter.

Set the remaining melted butter aside.

Whisk the eggs in a large bowl until the eggs are frothy. Whisk in the milk and kosher salt until just combined.

Melt the remaining 1 tablespoon butter in a large nonstick frypan over medium-low heat.

Pour in the egg mixture. Using a rubber spatula, scramble the eggs, stirring occasionally and pushing the cooked parts from the edges of the pan to the center, until they are just set but not dry.

Remove from the heat.

Arrange the bottom half of the slider buns in an even layer in the prepared baking dish. Top with half of the cheese. Spread the scrambled eggs in an even layer over the cheese. Sprinkle with crumbled bacon, then top with the remaining cheese.

Place the tops of the buns over the cheese to close the sliders. Brush the top with the remaining melted butter.

Sprinkle with garlic powder and flaky salt.

Bake until the cheese is melted and the rolls are lightly browned, about 15 minutes.

Let cool for 5 minutes before serving.

Sprinkle with parsley before serve, if desired.

## Notes

Make in advance then freeze and reheat for a quick and tasty breakfast..



# Hidden Veggie Pizza Bread

Simple and tasty dinner or snack that the kids can help make. the sauce will not look pretty when you first make it, but once you cook it, it turns out fine, the green/brown fades, the redness of the tomatoes comes back.

Recipe created by Stacey for [www.mykidslickthebowl.com](http://www.mykidslickthebowl.com)

Prep 5 mins | Cook 12 mins | Total 17 mins | Yield 2 Pizza Breads

## INGREDIENTS:

- 1 cup tinned tomatoes
- 1 garlic glove
- 1-2 handfuls of spinach leaves
- 2 Pizza Bases
- 1-2 handfuls grated cheese

The first step is to make a savoury smoothie, in a blender place the tinned tomatoes, garlic and spinach leaves, blitz until smooth.

Spoon this sauce onto the pizza bases, use the back of the spoon to spread it out evenly.

Top with grated cheese.

Bake in a hot oven for approx 12 mins (follow the guide on the pizza base you are using).

Serve with a small salad or cut up veges.

## Notes

Look for tinned tomatoes with no added salt and sugar.

You can add any toppings you want to the pizza, or just go for cheese.

You can either use your favourite store bought pizza base or pizza dough recipe.

If gluten free is required then use a gluten-free base.

# Kids Music COMPANY

Body and Brain Development for Life



[www.kidsmusic.co.nz](http://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.

Email [janet@kidsmusic.co.nz](mailto:janet@kidsmusic.co.nz) for a free trial. [www.kidsmusic.co.nz](http://www.kidsmusic.co.nz)

# Baby Babble

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\*Conditions apply.



# Folkestone St

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

EMAIL [miranda@folketonestreet.co.nz](mailto:miranda@folketonestreet.co.nz)

WEB [www.folkestonestreet.co.nz](http://www.folkestonestreet.co.nz)

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