

# Baby babble

(Madison) 9mths

In This Issue



Mothers Day Photo Shoot  
WINNER

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## Message from the Editor/President

Easter has been and gone...hopefully leaving lots of satisfied chocolatey smiles in its wake.

To all our new mums, welcome to the Mothers Day club, I hope you all had a wonderful day.. Congratulations to Emma Knapp our Mothers Day Photo comp WINNER (pictured on the next page).

In this issue we have a variety of articles to suit everyone . If you have photos of your coffee group and would love to share them with us, please email them to me with a we story about your coffee group.

Just a to remind that the centre sell wool cot blankets for \$60 too.

The start of winter has been a struggle in our house trying to transion my 2 1/2 year old out of shorts and tees into warm pants and long sleeve tops. It's taking a bit of bribery to sway him, he's just so busy he doesn't seem to feel the cold but I feel it for him.

Keep well this winter.

Paulette Smyth

President & Editor



## Committee Meetings

Are held on the second Tuesday of every month at 7.15pm. If you would like to join us please Contact: Paulette  
bnhpcpresident@gmail.com

### In this Issue...

#### TIPS FOR HEALTHY WINTER NEWBORNS

Buying guide for high chairs & push chairs

*Have you got it covered ?*

#### The teething process

*It's time to ditch the buggy*

#### The affects of fruit on kids teeth

*Top 5 tips to keep your nanny happy*

#### When hiring a nanny goes wrong

### Cover Picture

Madison Ashley Knapp, DOB: 3rd September 2013. Her favourite thing to do at the moment is climbing, she's climbing anything that is climbable the stairs and also into the washing basket. She loves playing with her older brother and all his toys.



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# PORTRAITS



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# NEW MEMBERS

New Members

AN1404



New Members

AN1405



## MOTHERS DAY PHOTO-SHOOT



Congratulation to Emma  
Knapp our lucky Mothers Day  
photo shoot WINNER.....

Could you be a

### Childbirth Educator?

Parents Centre's Diploma of Childbirth Education (in conjunction with Aoraki Polytechnic, Timaru) trains those wishing to teach Childbirth Education classes and support women during birth. This two-year home study course includes correspondence assignments, workshops and attending births. The programme trains you to become a childbirth educator and to teach prenatal classes to expectant parents in a wide variety of sittings. Completion of all modules means that you will be able to work as a childbirth educator.

BNHPC can offer trainee childbirth educators classes to meet the observation requirements of the course, assist with workshop attendance costs and evening classes to teach on the completion of the course.

**Course Enrolment and Information:** For information about the Diploma In Childbirth Education course visit <http://www.aoraki.ac.nz/courses/distance-learning/diploma-childbirth-edu/>

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



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

**Brady Arblaster**

**Tel: 09 447 3260 Mob: 021 979 106**

**email: [brady@insurancedesign.co.nz](mailto:brady@insurancedesign.co.nz)**

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

## **JUNE—Moving & Munching—Joanie & Cath Conlon**

Friday 20th & 27th June—1:00pm to 2:30pm - Tawa Room, Sunnynook Community Centre  
For the parents of 4 - 8 month olds, this course is held over two afternoons. In the first session, 'moving', we give you practical tips for physical play with your baby to help with their development. The second session, 'munching', covers introducing solids and appropriate nutrition for your infant (from 4 months old), signs of readiness, and food allergies. Both sessions are practical, down-to-earth and questions are welcome.

Cost: \$35 for Parents Centre Members and receive a free Baby Food & Beyond cook book.

To book your place email Sharon: [bnhpcmmove.munch@gmail.com](mailto:bnhpcmmove.munch@gmail.com)

## **JUNE—Settling and Sleep with Dorothy Waide**

Dorothy Waide is one of New Zealand's most knowledgeable authorities on infant and toddler care. Her nurturing and holistic approach to teaching sleep and settling habits is creating a generation of confident parents with content babies and happy toddlers. Learn more about attachment parenting in the first few mornings with a plan to transition to nurturing within boundaries.

Tuesday 10 June, 7.30pm

## **Reviving Your Career with Caroline Sandford**

This workshop is for parents thinking about returning to the paid workforce or considering a career change. It can be daunting knowing where to start and how to balance your work-life commitments...

Caroline Sandford has been a career specialist for over 14 years and will give you an insight into the things to consider to support you as you return to work, consider a career change or negotiate greater flexibility.

Wednesday 25 June, 7.30pm

## **JULY—Introducing Solids with Anita Gill**

This class covers readiness and timing, the digestive system development and physical development and cues. It will provide you with information on the puree approach and baby led weaning approach, as well as covering nutrition, food in family life and food guidelines. Attendees will also receive a free copy of Alison and Simon Holst's baby food cookbook. Tailored to parents of 3-4 month olds.

Friday 4 July, 10am

## **AUGUST- Boundaries & Behaviours with Marie-Louise McElwee**

This course provides advice on coping with issues such as discipline, tantrums, aggressive behavior, sharing and a child not responding to "no". You will receive a number of interesting handouts covering things like testing limits and teaching self-esteem in children. This course is led by Marie-Louise, a qualified and experienced Plunket nurse.

Wednesday 13 August, 7.30pm

**\*\*\*All our evening courses are held at Onewa Parents Centre—33 Rawene Road, Birkenhead  
Spaces are limited—Book now on [opcparented@gmail.com](mailto:opcparented@gmail.com) \$15 for members, \$30 for non-members.**

# TIPS FOR HEALTHY WINTER NEWBORNS

## TIPS FOR HEALTHY WINTER NEWBORNS

Bringing your new baby home in the cold winter months can seem a little daunting after all, baby can't tell you whether he or she is too hot or too cold. Special care needs to be taken to ensure that your baby is healthy and comfortable during the winter months.

### DOES MY BABY NEED A HEATER?

Newborns are not able to regulate their own body temperature as effectively as older children and adults, so they are particularly affected by dramatic fluctuations in temperature. Where possible, keep your baby in an environment where the temperature is fairly stable, this is more important than the actual temperature itself. The optimum temperature for the nursery is between 16-20 degrees Celsius. If you do choose to use a heater in baby's bedroom, ensure that you also have a thermometer to monitor the room temperature so it doesn't get too warm, or use a heater with a thermostat.

### HOW MANY LAYERS DOES MY BABY NEED?

The general rule of thumb when it comes to dressing newborns is that they need one layer more than you are wearing yourself. If you are swaddling your baby, count the swaddle or wrap as one layer of clothing. When taking your baby out, he or she will also need a hat and mittens. The most effective way to check whether your baby is warm enough is to feel the back of his or her neck, or across his or her back underneath their clothing. It is normal for baby's hands and feet to be cooler than the rest of his or her body, so they are not an accurate way to check his or her temperature.

### WHY ARE NATURAL FIBRES SO IMPORTANT?



When choosing your baby's clothing and bedding, it is best to choose natural fibres such as cotton and merino, as these fibres allow your baby's skin to breathe. Merino is a particularly good winter choice as it gently wicks moisture away from your baby's skin so that if he or she is sweating, or has a nappy leak, the clothing is not cold and damp against his or her skin. Artificial fibres such as polar fleece don't breathe as well, and can cause your baby to overheat in warmer temperatures, whilst not insulating as well in cooler temperatures.

### HOW DO I PROTECT MY BABY FROM WINTER COUGHS AND COLDS?

Newborns are particularly susceptible to winter viruses, as their immune systems are immature and need time to develop. However, it is impossible to keep your baby in a bubble particularly if he or she has older siblings! The most important thing you can do to help your baby's immunity is breastfeed the longer the better, but the first two-three months are crucial as your own antibodies pass to your baby via your breast milk, which helps their own immunity to develop.

Other things you can do to help include keeping your child away from family members or friends who are unwell, keeping baby in an environment where the temperature is constant, and immunizing baby at the appropriate intervals.

#### WHAT IF I THINK MY BABY IS UNWELL?

If you think your newborn may be unwell, have a very low threshold for taking him or her to the doctor - it is always better to have him or her checked out just in case. In general, things to watch out for include

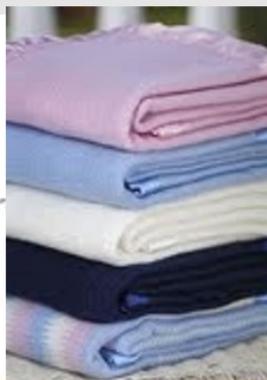
\* Fever in a baby under 6 weeks of age - the normal body temperature is from 36.4 degrees Celsius to 37.5 degrees Celsius. If your baby develops a fever greater than 37.5 degrees Celsius, take him or her to the doctor immediately as fever is very unusual

in newborns, and can be a sign of an infection which needs treatment

\* Coughing in a baby under 6 weeks of age - again, this is unusual in newborns and needs to be very carefully monitored

\* Reduced feeding - if baby takes less than half of his or her normal feeds over a 24 hour period, take him or her to a doctor immediately as newborns can become dehydrated very quickly, and reduced feeding can be a sign of an underlying illness

\* A floppy or unresponsive baby - even very young babies are responsive to stimuli around them, if you feel that your baby is sleepier than usual or isn't responding to your cues as well as he or she normally does, seek medical advice promptly.



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# Buying guide to highchairs

Are you on the look out for a highchair? It's often difficult to know where to start!

We'll help you find the highchair you need for your little one and guide you through the things you'll need to consider.

Highchairs come in a wide range of styles, materials, and optional features, but here are a few things to think about before you make your purchase.

## Types of Highchair

**Standard highchair:** An everyday highchair with a tray table that can be used as soon as your baby can sit up (around six months), or even sooner if the model reclines.

**European-style highchair:** A usually tray-less highchair that you can pull right up to the table so your baby can eat with the rest of the family. It generally accommodates kids through their toddler years and sometimes well beyond, depending on the weight limit, as they usually feature adjustable seat and footrest positions.

**Portable or hook-on highchair:** Great for travel or even for families with limited space, this kind of compact seat clips onto your table or dining chair. Just make sure you adhere to the weight limits and ensure your table is sturdy enough to support the weight of the chair. Be careful if the hook-on arms are made of metal as they might damage or scratch a softer wood table.

**Booster seat:** Good for toddlers who have grown out of a highchair (somewhere between 18 to 24 months) but still need help reaching the table or the additional security of a seat belt or harness.

**Chair harness:** A fabric seat cover that attaches to the back of a chair and has safety straps to keep your child in place. It's not as secure as a booster seat but can be very convenient when travelling with a toddler.

## Things to Consider

**Size:** How much space do you have? How much room would your highchair take up?

**Stability:** Generally speaking, the wider the base of the highchair, the greater its stability.

**Cleaning:** Highchairs get messy, especially when your baby starts feeding themselves. Consider how easy the highchair is to wipe clean, including all the little grooves and crevices that will trap food, and whether any seat cushions can be sponged off or require machine washing.

**Adjustability:** The ability to adjust a highchair as well as the positioning of its harness and footrest can help to extend its usefulness by months or even years. Consider the size of your baby, how long you'd like to use the highchair, as well as where you'll be feeding your baby (at the dining table, at a kitchen counter, etc.).

**Collapsibility:** Do you have space to leave the highchair out all the time, or do you need one that can be folded up and tucked away between meals?



**Recline:** A reclining highchair can be used in the early years, even if it's just to feed your baby a bottle at the table while everyone else is eating. It's also ideal for babies who've started solids but might not be able to sit up during an entire meal.

**Safety belt:** Many chairs come with a three-point harness, but a five-point harness is even safer.

**Manoeuvrability:** Can you mangle the highchair with just one hand? It's impressive how much parents can and need to do with just one hand! Accessing highchairs is no exception, so be sure to check out if you can release or lock the tray and harness single-handedly.

**Trays:** Would you prefer a dishwasher-safe tray, or are you happy to clean it by hand? Some trays also come with a removable feeding tray that can be used in lieu of plates which are sometimes subject to being thrown around the room

by toddlers!

**Wheels:** Will you need to wheel the highchair around? If so, be sure that the wheels can be locked in place to make the highchair more stable.

**Style:** Are you looking for a highchair that will fit the decor of your home or practicality?

**Extra bells and whistles:** Some highchairs can be changed into swings, bouncy seats or even rocking chairs. Would this save you money in the end, allowing you to avoid an additional purchase, or are these really just 'nice to haves'?

**Portability:** Does your family travel a lot? Do you need a portable highchair, something that will collapse easily when you're out and about?

**Safety certification:** Make sure the highchair complies with all the latest and highest safety standards.

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## Have you got it covered?

**It's odd that 93% of the New Zealand population have motor vehicle insurance and yet only half have life insurance. Essentially that's saying we value our cars more than we value our lives. Surely there are more important things in our lives worth protecting? Have any life changing events happened to you recently? Like;**

Having a baby?

Buying a home?

Getting married?

Taking on more debt?

Life will always have its ups and downs, which is why it pays to have a plan for both the good and the not-so-good times. That's why you need to have a Personal Risk Protection plan.

Did you know that: On average there is one death in New Zealand every 19 minutes (*Source: Statistics New Zealand, New Zealand Life tables, June 2007*) Consider these scenarios...

You are unable to work for 12 months due to illness or injury. Do you have enough savings to see you through without damaging your long term financial goals?

You, or a family member, needs to go to hospital to have a major operation (perhaps breast cancer or a heart bypass). Would you be prepared to wait on the public health system for treatment, with little choice in the hospital care you would receive?

You die suddenly leaving your partner and children behind. What financial burdens are left with them? How much would the financial shortfall be? Would meeting the costs of living be a struggle?

You or your partner suffer a life-changing and traumatic event, such as cancer, a heart attack or

a stroke, and make a slow recovery. Would you have enough savings that you could live on during the recovery and adjustment period without adding financial stress to the situation?

If you have answered 'No' to any of these questions, then you are likely to be 'carrying' some level of risk or, in other words, there would be a significant cash shortfall in these scenarios. This financial burden can have knock on effects; creating additional stress and worry and limiting some healthcare options.

The best way to provide for this often significant financial shortfall is via insurance. Insurance is designed to alleviate your financial concerns should you suffer an illness or accident that prevents you from earning a living. As well as life cover, there is a range of other flexible insurance products to cover every situation. These products can provide either a lump sum or monthly payment in these scenarios.

It's also important to review your cover regularly to take account of the escalating costs of medical treatment and rehabilitation, and the amount of money you might realistically need to properly recover from serious illness or injury, and provide for your family.

Here is a broad description of the types of cover available (*although you should always refer to your own policy's terms and conditions*):

### Life Cover

This is essential cover for anyone with a family, business or other financial commitments that could be put at risk in the event of their death. This cover will pay a lump sum, assisting those left behind. Many life insurance policies will also pay out the entire sum insured on the diagnosis of a terminal illness.

# Have you got it covered?

## Trauma Cover

This helps guard against financial hardship should you suffer one of a specified number of critical conditions, such as cancer, stroke and heart attack. It provides you with financial breathing space, allowing you to focus on recovery rather than financial stress.

## Total Permanent Disablement Cover

This will pay a lump sum if you are totally and permanently disabled through sickness or accident. You may require the funds to pay off debt, such as your mortgage, or pay for the costs of ongoing medical treatments.

## Income Protection

This guards your greatest asset – your ability to earn. The benefit pays a percentage of your income on an ongoing basis if you were unable to work due to illness or injury. This is essential if your partner or family depends on your income and they can be protected for your working life.

## Mortgage Repayments Protection

This will help you cover your monthly mortgage payments if your earning capacity is seriously affected by illness or disability and can be extended to also cover redundancy. This ensures that your home stays in your and your family's hands.

## How to Make a Claim?

Notify your advisor immediately when you want to make a claim. Each type of claim has a different process and requirements; your advisor will liaise with the Insurance Company and help you complete the necessary forms to have the claim approved and paid as fast as possible.

To avoid delays and hassles it is also crucial to have the ownership of the policies correctly set up.

## Why Insurance Design?

All too often when reviewing cover for new clients we find that their advisor has never been back since selling the policy and not only do people not understand what insurance cover they have, it is often now outdated and expensive.

At Insurance Design we meet with you to get an understanding of your individual situation and will then create a bespoke solution outlining our recommendation to protect what you want to protect. We can then implement the types of cover you choose with any of the seven leading insurance providers in New Zealand, as we deal with them all. Once in place we then complete annual reviews with our clients making sure their Personal Risk Protection plan stays relevant to their situation and remains competitively priced.

## Who should contact us?

If you have no Life Insurances, Cover with an advisor that has not been reviewed in the last 12-18 months, or Life Insurances with a bank, you should talk to us.



## For any queries please contact:

**Brady Arblaster** Director/Advisor

Office 09 447 3260 or Mob 021 979 106

Email: [brady@insurancedesign.co.nz](mailto:brady@insurancedesign.co.nz)



## The teething process

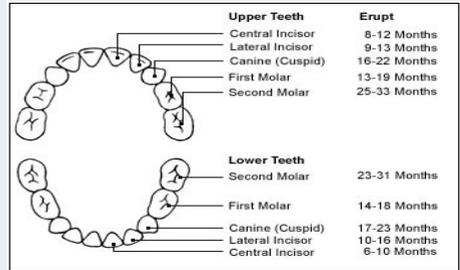
All babies are different when it comes to teething. We take a look at when the teething process begins, which teeth usually come first and some of the teething symptoms your little one might experience.

### When does the teething process begin?

When a baby begins teething. There is no set pattern on when teething will begin, how long it will take and how painful it will be. To one baby cutting a tooth might happen overnight without pain, while another child might have to go through a long, drawn out and painful experience. You may sometimes visibly see a rise or lump in the gum for several weeks, while sometimes there may be no visible clue at all until the tooth actually appears.

On average the first tooth comes in during the seventh month, although it can arrive as early as three months, or as late as a year, or in rare cases even earlier or later.

### Which teeth come first?



### What are the symptoms of teething?

The symptoms of teething vary from child to child. Because of these different experiences, parents and physicians often disagree as to the symptoms of teething and how painful it is.

Some of these symptoms may include:

**Irritability:** As the sharp little tooth rises closer to the surface your baby's gums may become increasingly more sore and painful, leading your baby to become fussy.

**Drooling:** From three to four months of age you may see your baby start drooling more often than normal. Teething stimulates drooling, which is often worse with some babies than others.

**Coughing:** The extra saliva can cause your baby to occasionally cough or gag. This is nothing to worry about as long as your baby seems fine and shows no signs of a cold/flu and does not run a high fever.

**Chin rash:** If your baby is a big drooler, the constant contact with saliva can cause the skin around the chin and mouth to become irritated. To help prevent this, gently wipe your baby's mouth and chin periodically throughout the day.

**Biting and gnawing:** A baby that is teething will gnaw and gum down on anything she or he can get their mouth around. The counter pressure from biting on something helps relieve the pressure from under the gums.

**Cheek rubbing and ear pulling:** Pain in the gums may travel to the ears and cheeks particularly when the back molars begin coming in. This is why you may see your baby rubbing their cheeks or pulling at their ears. However, keep in mind that pulling at an ear can also be a sign of an ear infection.

**Diarrhoea:** While this is a symptom that is disagreed upon by most physicians, most parents usually notice slightly looser bowel movements when their baby is teething.

**Low-grade fever:** A fever is another symptom that doctors are sometimes hesitant to directly link with teething, but there are many parents who will disagree with this and find their baby gets a slight fever while teething. The best thing to do is be extra safe and notify your doctor if the fever lasts more than two days.

**Not sleeping well:** With teething pain happening during the day and night, you may find your child wakes more often at night when the pain gets bad enough.

**Cold like symptoms (runny nose etc):** Some parents find that their baby will show signs of having a cold. Runny noses, coughing and general cold symptoms are believed to come from the baby having their hands in their mouth more often. Play it safe and always notify your doctor if symptoms such as this occur.

### **How can I help my baby with the pain?**

The teething process will come and go just like so many other things with new babies. Keep trying different things until you find what provide the best relief for your child.

Article written by Mumma Bubba Jewellery



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*"With HGK I love that if I have a question about anything, I can just email, ring or txt, and I get an answer quickly. Everyone is always friendly! My visiting teachers have also been a great support, friendly and always available to help if needed."* Sarah

If you think you'd like to be a Home Grown Kids Educator or if you are looking for childcare options then please get in touch! Call on 0508 44 5437 or visit [www.homegrownkids.co.nz](http://www.homegrownkids.co.nz). We are family owned & operated, and we've been operating since 1997!



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# ★ Is it time to ditch the buggy?

Buggies undoubtedly make life a whole lot easier when you have a baby or toddler in toe, especially for you, and using buggies daily in moderation will not cause any long-term developmental issues. However convenience has its price and buggies could be doing more harm than good as your little one gets older.

Placing an infant on their back or having a child sit for long periods of time is not what we as humans are hard-wired to do. Free movement and exploration is vital for kids' development. Yet these days under 3s tend to be spending more and more time in buggies, car seats, capsules and bouncers instead of walking or running around. Buggies are being over-used and children are spending more time in restricted sedentary positions which could be hindering their development from both a social and physical perspective.

Neuroscience has shown that our brains develop faster between birth and age 3 than during any other period of our life. Motor skills learned during the first 36 months help support cognitive learning and have been linked to performance later on at school.

It seems more and more children are being pushed around in buggies when they are old enough to easily walk somewhere. In the past an older child was required to walk when a younger sibling came along. These days with double strollers that accommodate two children, the older child isn't com-

elled to walk any more. Walking and physical activity helps stimulate important brain processes that cannot take place when children are riding in a buggy.

Children's vocabulary development is governed almost entirely by the daily conversations parents have with them. However these valuable opportunities for interaction can be missed particularly when a forward-facing buggy is used.

Forward-facing buggies are by far the most common, but children in them are the least likely to be interacting socially and it can be emotionally isolating for them.

Forward-facing buggies give children limited face-to-face time and could impede their social interaction and language development. Comparatively studies show that babies in rear-facing strollers have more advanced language skills than babies in front-facing strollers.

It may not be time to ditch the buggy just yet, but perhaps start to think about the long-term physical and social effects on your child as they get older.

Image source: [kirakids.blogspot.com](http://kirakids.blogspot.com)



# Your buying guide to pushchairs!



Will you use the pushchair for gentle strolls, running or off-roading through the bush?

There's not much point in buying an all-terrain pushchair if you're only going to use it on the pavement to the nearest cafe!

Who would've thought there's so much to think about when buying a pushchair!

As well as sticking to your budget, there are so many different types, different brands and different features you'll need to consider when buying the best pushchair to suit you and your little one.

Babies and toddlers spend a relatively short time in their pushchairs, but it's important to get it right. Follow our tips whilst you're out shopping and find one that will match your needs.

## Top Tips

### Go for a test drive!

Pushchairs look great on the shelf and wheel around the shop very easily without anything in them, but to get a true sense of how they'll maneuver, add in some weight.

Ask if you can use some items around the shop if need be, so that you can get a feel of how they'll be when loaded up with a baby or toddler, nappy bags, shopping & more!

Try pushing the pushchair with one hand too. You'll soon start to notice the differences between each model.

### Try folding, opening & lifting the pushchair - with one hand!

With an impatient baby or toddler on your hips, you'll want to be able to fold and open a pushchair as quickly as possible, and with one hand! Test the models in the shop to see what works best for you. Also consider the weight of the pushchair. You won't want to be lifting a heavy pushchair in and out of the car single-handed.

## Think about your lifestyle

Do you live in town or in the country?

Buy a pushchair that will work for your lifestyle.

### Other features to consider:

Is the seat reversible so that your baby can face you when they're small or face the way you're going when they're bigger?

Can you lay the seat flat or at a slight angle so that your baby can sleep comfortably? Does the pushchair have a 5-point harness to strap them in safely? What are the wheels made out of? Plastic ones don't make for a very comfortable ride!

Do you run and need a pushchair or buggy with a swivel front wheel to make it easier to maneuver?

Does it have a handbrake?

Does the pushchair come with a hood, a sunshade or rain cover or are these items an additional cost?

Do you need a cup holder for your drink bottle or coffee cup?

Does it have a basket underneath or at the back for all those extras you need to take with you when you're out and about?

Does it come with comfy, padded seating for your little one?

Will you be doing a lot of travelling with the pushchair, particularly on planes?

Have you checked out the manufacturer's safety record to ensure the model you want hasn't been recalled?

# The affects of fruit on kids teeth

You think you're doing the right thing. Your kids brush their teeth twice a day and don't eat too many sweet treats, so why do they still get cavities? We look at how fruit in their diet can affect our children's teeth and how to help minimise the problems.

We all know fruit is good for us. It's tasty, full of vitamins and a very important part of your child's diet. However, too much fruit (fresh, juiced, dried or canned) can contribute to problems such as cavities and erosion, especially if your child is grazing on fruit all day.

**Fresh fruit** has lots of natural sugar and some like oranges, berries and apples are quite acidic. Bits of fruit can get stuck in between their teeth and if your kids are snacking on them all the time, it's a constant source of sugar in their mouth.

**Fruit juices** are high in sugar and often very acidic. The main problem with juice is that kids often sip them slowly throughout the day. This means there is a constant source of sugar and acid in your child's mouth. The acidity from the juice can contribute to tooth erosion and the constant supply of sugar can contribute to cavities. Try to encourage your child to drink water throughout the day instead.

**Dried fruit** such as raisins, dried cranberries, mangoes and apples are also very high in sugar. The removal of water through the drying process makes them a more concentrated sugar source than their fresh fruit counterparts. They are also very sticky and can get caught in the teeth. This

means sugar is sitting on your child's teeth for many hours, giving bacteria the chance to have a feast!

New studies have shown that some dried fruit such as raisins (there are particular compounds found in raisins that may help prevent tooth decay) and cranberries (they have high levels of calcium which can help strengthen teeth) may have some dental benefits in helping prevent decay. However, once these fruits are stuck in your child's teeth the benefits may not be present anymore, but the sugar definitely will be.

**Canned fruits** are also very high in sugar, particularly because the syrup the fruit is preserved in also has added sugar. If your child will only eat fruit this way, make sure they eat it all at once and that they drink water straight away afterwards. Definitely do not limit or reduce your child's fruit intake, but instead monitor it and don't allow them to graze.

## Helpful tips:

Floss out any bits of fruit stuck between your child's teeth as soon as you can. Don't brush your child's teeth straight after drinking juice or eating acidic fruits as this can wear their teeth away more quickly. The natural acid in juice and some fruit can make the surface of the teeth temporarily soft, so are more susceptible to abrasion from tooth brushing. Wait until your child has rinsed their mouth with water before brushing their teeth. Get your child to drink water or swish water around in their mouth after eating fruit or drinking juice to help flush away the natural sugars and help neutralise the acids in their mouth.





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# Top 5 Tips To Keep Your Nanny Happy

It doesn't matter what your occupation is, if you feel undervalued, overworked and underpaid, you're going to look for a new job. And the same goes for your nanny.

A good nanny is hard to find so if you've found one, it's important that you try to establish a good relationship based on mutual respect and consideration.

Check out these 5 tips on how to keep your nanny happy.

## Tip 1 – Show Appreciation

Your nanny isn't a competitor she's an asset, so treat her with care. Let her know you appreciate her, give her an occasional bonus or an unexpected perk. Respect her free time too because even if she lives under your roof, she's not on call 24 hours a day. Make sure the children know that nanny is 'out of bounds' on her days off and that mummy/daddy are in charge. If your nanny feels appreciated then she'll be happy in her work.

## Tip 2 – Be Professional

As an employer, you need to be professional. This means keeping on top of your paperwork obligations and paying your nanny's salary on time. It's also a good idea to have some kind of petty cash system in place so that your nanny doesn't have to dip into her own funds to pay for your expenses. Nobody likes to talk about money and if your nanny is regularly asking for reimbursements, it may get uncomfortable. A professional relationship will earn you respect.

## Tip 3 – Explain Expectations

From the very beginning of your relationship, you should explain your expectations to your nanny. If you want her to undertake other household duties in addition to caring for the children or have a specific way you would like her to do

things, then establish this early on. Quite often we have expectations of our nanny, and when we don't communicate them, they are not met and then all parties are not happy.

## Tip 4 – Communication is Key

If communication breaks down between you and your nanny, then this can quickly become a downward spiral. So, keep communicating about the important things. Have regular one-to-ones with your nanny – on an informal basis if possible and without the children – to highlight any concerns on both parts. The longer something is left unsaid, the bigger it becomes.

## Tip 5 – Know Your Boundaries

It's important your children know that nanny is in charge when she is working. Let her know you trust and respect her decisions, which will make her feel valued.

As you can see, having a happy relationship with your nanny is so important and it has a ripple effect on your whole household.



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# When Hiring a Nanny Goes Wrong

So you're looking for a nanny, but where do you start and what do you need to do to ensure you find the best nanny for you and your family? What pitfalls should you try to avoid when hiring a nanny? Check out these useful hints and tips to avoid choosing the wrong nanny.

The pressure of finding a nanny in a hurry can cloud your judgment and make the final decision and hiring process a messy affair. Finding a nanny using one of the many popular online sites that allow anyone to list themselves as a nanny is also a dangerous gamble for the family.

The best way around the problem is to use a recruitment consultant with expertise in nanny placement which can save you time and money in the long run. A reputable nanny recruitment agency will help to avoid the following pitfalls when you are hiring your nanny.

## 1. Insufficient Reference Checking & Police Checks

Taking the time to contact previous employers and families that have been nominated as referees is essential. Failing to contact referees and speaking honestly about your needs and their experiences with the nanny is a common mistake. Identifying a common thread of ideas and values that have been shared and experienced by previous families is the key to a stress free working relationship with a nanny.

Not carrying out a police check and verifying that it belongs to the nanny is putting your children at risk and not worth the omission. Police checks and driving record checks can avoid hiring a nanny with a history of unsafe driving or worse still a previous police record of theft or fraud.

## 2. Offering a Lower than Standard Rate of Pay

Hiring a nanny can be expensive, but offering a low rate of pay will undervalue their worth and commitment to you and the family. The old adage, "you get what you pay for" holds true for this attitude towards the worth of a nanny. The nanny may find it easier to take a day off or to leave for a better paying job leaving you stranded and in need of emergency child care!

## 3. Expectations for Housekeeping and Cleaning

Hiring a nanny is not synonymous with hiring a cleaner. Being unrealistic and inflexible when considering what the nanny will be doing while the baby has a nap does not mean you need to fill every minute of their day with housekeeping duties.

Light housework IS expected and keeping areas clean tidy and safe are necessary. The kitchen benches and food preparation areas need to be kept tidy and clean. And yes a toilet may need to be cleaned if the children have soiled or "missed" the bullseye! But expecting the nanny to hang the family washing, mop floors, vacuum and dust the house all in a day is both unrealistic and an unfair working condition.

Most nannies work independently, without assistance or regular breaks. Their working days can be 8 to 10 hours in length. The chance to take a break, have a coffee or make a necessary private phone call will not lead to "bad habits" or a lazy nanny! Making an effort to understand their day is an important factor in building mutual respect and a committed employee.

## 4. Not Providing a Contract with List of Duties and Remuneration Details

Offering a Nanny Contract could be considered overly efficient and even over the top, but you are not making a new friend. You are paying the nanny to perform duties and tasks that require a level of skill, and competence that are appropriate to your requirements. A contract of employment outlining expected duties and remuneration for any extra duties, such as use of own vehicle etc is a simple way to avoid misunderstandings.



Review the contract regularly and discuss any changes with the nanny. Allow them to also make changes and suggestions. Remember to agree on the type of employment and payment schedule i.e. daily, weekly, monthly etc and add this into the contract.

It's important that the nanny understands the terms of engagement the "Take Home Pay" after deductions etc. Signing and dating the contract will seal the deal.

### 5. Not Explaining Your Style of Parenting

This can always be an afterthought by many parents when interviewing a prospective nanny. The differences in child care styles can be immense and if not discussed, can be the cause of the end of the placement. Remember to always ask what the nannies view is on discipline and play. Ensure your philosophy on both these areas is clear and understood. Your children deserve consistency.

### 6. Inadequate Orientation and Training

If possible have the nanny spend time with you and the family. This is a great way to orientate and welcome the nanny to your home and routine. Most importantly it allows the children to get to know and develop a relationship with their new nanny.

### 7. Demanding Detailed Diaries and Work List

Asking the nanny to keep a diary of the day's

events is perfectly ok so long as it doesn't become your check list to complain and find things they haven't done. Micromanaging in this way will create tension and frustration on all levels.

Allow the nanny to manage their own day and if some days you receive art work and iced cakes instead of a detailed written account of the day's activities it speaks for itself.

### 8. Failure to Compensate or Make Arrangements When you are on Holiday

This can be an issue if your family is away for long periods of time and the nanny is not required.

You may return to find the nanny has taken work elsewhere. An agreement for when she is not needed is a good way to avoid this problem and advanced warning is a courtesy that will be appreciated and reciprocated.

Source: This article was written by [RockMyBaby](#) - one of the largest Nanny Agencies and leading childcare recruitment experts providing families with professional, high quality babysitters, nannies, Karitane nurses, infant maternity services and postnatal home help.



# Our New Arrivals



Sophie Miller Burt 23/4/14



Christa Hanna 11/4/14



Harper Rose Northage 27/4/14



Savannah Jaqueline 8/4/14

A beautiful set of Loganberry bibs will be sent out to one of our beautiful new arrivals.



Erin Jean D'malley 10/4/14



Eden Ramsey 9/4/14



Roman Nagra Singh 18/3/14



Cameron Goldfinch 31/3/14

Justine & Matthew Slow

Savannah 13th April

Maryam Azer & Hany Hanna

Christa 11th April

Michelle & Jason Goldfinch

Cameron Jack 31st March

Amy & Matthew Northage

Harper Rose 27th April

Anna & Regan O'Malley

Erin Jean 10th April

Charlotte & Robert Burt

Sophie Miller Burt 23rd April

Amy Dennis & Phil West

Ethan Thomas 24th April

Bianca Brocklehurst &  
Alistair McGregor

Savannah Jaqueline 8th April

Mandeep & Harnandan Singh

Roman Nagra 18th March

Sunita & Graham Ramsey

Eden 9th April

# breastmates

A tasty little recipe that will also help to improve the quality and supply of breast milk. If you have 2-3 smallish ones a day it balances out supply but if you need to boost the supply eat more.

## LACTATION BOOSTING COOKIES

225g butter or margarine  
225g sugar  
1 cup brown sugar  
4 tablespoons water  
2 large eggs  
1 teaspoon vanilla  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
3 cups oats, thick cut if you can get them  
1 cup or more chocolate chips  
2 tablespoons linseed meal\*  
2 tablespoons of brewers yeast\*\*

MAKES 6 dozen cookies

PREP 15mins COOK 8-12mins

- 1 Preheat oven to 180°C.
- 2 Mix together linseed meal and 2 tablespoons of water, set aside.
- 3 Cream butter and sugar. Add eggs one at a time, mix well.
- 4 Stir linseed mixture and add with vanilla to the butter mix. Beat until blended.
- 5 Sift together dry ingredients. Add to margarine mixture.
- 6 Stir in oats & chips. Scoop tablespoon size balls onto baking sheet lined with baking paper.
- 7 Bake 8-12 minutes, or until cooked (depending on size).

The dough freezes well, as do the cookies once cooked.

\*Ground Linseed/Flaxseed

\*\*Made from roller dried cells of the yeast species *Saccharomyces*



[www.breastmates.co.nz](http://www.breastmates.co.nz)



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Bays North Harbour Parents Centre is run entirely by volunteers, we're all mums and we'd love you to join our fantastic team!!

Some of the benefits of volunteering with us are:

- Opportunity to try something totally different to your career
- Looks great on your CV & it only takes a few hours each month.
- Meet other great mums and a wonderful support network
- Clear out the fluff in your brain that accumulates after having a baby

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Bays North Harbour Parents Centre is a voluntary organisation run by parents for parents. This newsletter goes out to over 400 families in the Bays North Harbour and Hibiscus areas, as well as midwives and other organisations that support young families.

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## Share your birth story

Our readers love to read about how other parent's birth's went, what worked, what didn't, what you didn't expect etc.

This is your newsletter and your community, other mums and dads could really benefit from reading the good, the bad and the ugly about your unique birth journey. Let everyone know you can come out of it in one piece and with a wonderful bundle of joy.

Members who have written their story have found it very empowering and it is a great way to remember it all, as believe me you really do forget.

So how about it will you share your story with the rest of us. We can change names if that makes you feel more comfortable.

Email: [baysnorthharbour@gmail.com](mailto:baysnorthharbour@gmail.com) with your story and pictures or for more information

Other contributions are equally welcome do you have a parenting story to share?



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