

# Baby babble

(Boston) 1mth

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Remember Father's Day 7th Sep
- The Big Latch on 1st Aug 2014
- New Dad's survival guide
- Stories from a stay at home Dad



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## Message from the Editor/President

Hi All, I can't believe I have just finished the Aug/Sep Issue of Baby Babble for you all to enjoy. I keep saying once you have babies the years just fly by.

Next month our family will be celebrating my baby's 3rd birthday & in Sep my big boy's 6th birthday. Every time I celebrate one of my children's birthdays, it reminds me of how long I have been volunteering for Parents Centre and how many wonderful new mums I have met whilst hosting our wonderful courses and those who have joined me on the centres committee to continue to provide the wonderful service of parent education in the bays.

In this issue we celebrate DADS with a few articles on 'New Dad's survival guide', 'Stories from a stay at home Dad' and for those busy dads 'How to be a great Dad in one hour a day'. I would like to wish all our wonderful first time dads a Happy Father's Day for the 7th Sep.

For our mums that are still breastfeeding please come and join us at the big latch on the 1st Aug. Your support will be very much appreciated, you could make it a coffee group morning, morning tea will be provided.

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



### Event details:

**Date: 1 August 2014**

**Time: 10am for a 10.30am latch**

**Location: Onewa Parents Centre  
Rooms, Rawene Centre, 33  
Rawene Road, Birkenhead  
(Morning tea will be provided)**



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*Find and "Like" "Bays North Harbour Parents Centre" on Facebook and stay up to date with all our latest news and events, plus lots of parenting and other interesting tid-bits.*

### Cover Picture

Boston Alexander & Dad Shun Barnett. Boston was born 9th June 2014.



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# PORTRAITS



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# OUR NEW MEMBERS

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New Members  
AN1407



## 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**

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

# Parent Education

## **AUG & SEPT—Moving & Munching with Joanie Bartels & Cath Conlon**

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.

Friday 22nd & 29th Aug & Munching only 19th Sep—1:00pm to 2:30pm - Tawa Room, Sunnynook Community Centre

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

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

This course provides advice on coping with issues such as discipline, tantrums, aggressive behaviour, 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

## **SEPTEMBER—Speech & Language development with Rosie Dwyer**

This class covers the development of speech and language skills, as well as strategies to facilitate both speech and language acquisition. Rosie Dwyer is a qualified speech & language therapist and has extensive experience working with children of all ages, in many different settings, with many different needs. For parents of 6 – 18 month olds.

Tuesday 9 September, 7.30pm

## **Early Childhood Education (ECE) options with Shareen Sapsworth**

Choosing the type of early childhood service that will suit the needs of your family and your child is a big decision. This class will introduce the different types of early childhood services in the community and provide you with information and key questions to ask as you begin the process of finding the best option for you. Shareen Sapsworth is a qualified early childhood teacher and mum of one, she works at the University of Auckland facilitating learning and development Programmes for early childhood teachers.

Wednesday 24 September, 7.30pm

## **OCTOBER—Purposeful Praise & Discipline with Eileen Joy—TBA**

## **NOVEMBER—Toilet Training—TBA**

**\*\*\*All our evening courses are held at Onewa Parents Centre—33 Rawene Road,**

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**\$15 for members, \$30 for non-members.**

# New dad's survival guide

## A new dad shares his frank recollections of becoming a dad for the first time.

I'm the daddy now

Like most men, I've done daft, macho things all my life. However, I can categorically say that nothing has tested my manhood as much as becoming a dad.

The main problem is that you can feel like a glorified sperm donor. Midwives ignore you, family push past you to check on your partner and baby... As for confiding in other men about it all, forget it. Most blokes will claim their child was conceived instantly, stay silent about the birth and switch subjects if you ask them anything personal. Which is a shame, because watching my son Jake being born and growing over the last year has been a revelation. I just wish someone had told me, at the start, what I'm about to tell you.

### Let's talk about sex, baby

Mention this up front, because in all honesty it's the first thing most men worry about when they think about fatherhood. I'd love to say nothing changes. That you and your girlfriend will still be at it like a couple of teenagers on a camping holiday. But the truth is that sex will be about the last thing on her mind after childbirth. And, believe it or not, it won't be on yours much either.

That was certainly the case for me, and looking back it's not hard to see why. Firstly, fatigue (more of which later). Secondly, sex suddenly seemed very different. Trust me, it's hard to look at a vagina in quite the same way after you've seen a head coming out of it.

Thirdly, and most importantly, it was a mood thing. Finding a time when we weren't both smelling of sick or poo, or desperate to sleep, was tougher than staying sober at a stag do.

Also, a newborn turns your world upside down. As you grapple to readjust, it's easy to get out of the practice of being intimate. I know we did. We were so concerned with Jake that we forgot about each other.

I stopped reminding my Judith how beautiful she is, even though like most new mums she was paranoid about what was happening to her body. She, in turn, forgot to reassure me I was still as important to her. A classic case, I'm afraid.

### So what did we do about it?

Luckily, we'd been together long enough to start missing each other before we became strangers. The flirting came back first. Secret notes got left, saucy text messages were sent and soon we were having steamy clinches in the kitchen over the steriliser.

They say sex is what keeps a relationship together, but I reckon affection is the true glue. These days we take time to eat together, snuggle up in front of the TV and soap each other's backs in the shower. We may not be getting as much sex as we once did, but I'd take quality over quantity any day.

Besides, we're both so knackered we never need an excuse for an early night.

### Tired and testy

In a universe far, far away, people sleep all night and stay in bed all morning. I know this, because I was once of this tribe. Then I became a parent. When Judith chose to breastfeed, I figured I'd be spared the insomnia that comes with a newborn. I was so wrong!

Even having to get up for work in the morning is no defence. When a baby cries it's loud enough for both parents to hear. Babies cry when they're hungry, when they're too hot, too cold, need changing or a cuddle. Even if your baby is the chilled-out type, you'll still find yourself pacing the bedroom at 4am with your offspring as he howls the place down.



**Kids love to have fun and enjoy high energy play in an encouraging environment. We all know the benefits of allowing our children to discover, learn and use their imagination through play. However, in some cases providing a more structured environment can have huge benefits.**

When children are given the opportunity at an early age to develop confidence and concentration skills in a fun filled environment you will see your child improve in key areas such as hand-eye / foot co-ordination, balance, agility, and development in areas such as catching, throwing and kicking, as well as sharing, taking turns, following instructions and teamwork and of course fair play.

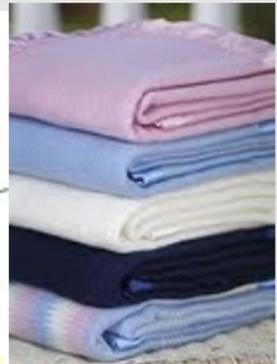
At Soccer4tots we provide structure and progressive programmes specific for either 2, 3 or 4 year olds, using a range of sport like games and activities, children are being offered early exposure to a positive educational environment while helping to create social relationships along with your child's cognitive and gross motor skill development.

A study was recently published in the BBC news which linked physical activity levels with academic performance in school children and it stated that "children should be active for at least one hour a day, for health reasons".

Children enjoy taking part in activities involving Mum and Dad, therefore we encourage parental participation for the younger children, and we know four year olds like to do things for them- selves, and so we encourage this age group to work as a team and follow instruction from a coach allowing parents to have a less hands on approach.

Building on the philosophy that self-esteem comes from personal achievement, children learn Invaluable life skills that assist with everyday activities such as attending day care, school and playing team based sports. It also encourages your child to develop skills and confidence to enjoy a seamless transition to playground and junior sports.

*Lisa Cross Director Soccer4tots. For more information please view [www.Soccer4tots.co.nz](http://www.Soccer4tots.co.nz)*



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## New dad's survival guide—Continues

Like all aspects of parenthood the key is patience, unlimited patience. I'd be lying if I said I've never run out of patience with Jake or felt I couldn't cope. The thing is, it takes a while to learn.

### Handle with care

I held Jake a lot in the early days, not just so he could get used to me, but so that I could get used to him. As a man, it's easy to feel useless around a newborn. I mean, it's not like you're built for breastfeeding. What you can do, though, is make your baby feel protected. A more primitive instinct I've yet to experience and it makes me feel more like a bloke than downing a pint in five seconds ever did. At first, though, you'll feel like a clumsy, clueless ape-man. You'll be petrified of picking up your own child in case you snap a leg or pull a tiny arm off by accident. Add severe sleep deprivation to the mix and it's easy to see why some men crack.

### Have baby, will travel

When Jake was first born, I was scared to leave the house with him. Tackling a zebra crossing became an epic quest, a trip to the supermarket made Neil Armstrong's jaunt to the moon look easy. And as for the park, well, Bear Grylls, eat your heart out.

However, you do get used to it, and over the past year Jake's been all over our home city and even abroad. In fact, we've been out and about that much, I've given up my gym membership. Tackling busy buses with a pushchair in one arm and a baby in the other keeps me in better shape than pumping iron ever did.

The only way to learn is to get out there and try. If nothing else, you'll at least have some sense of how scared your little one is. I mean, imagine how you'd feel if you'd landed on a planet where everyone's 10 times your size and no one speaks your language.

These days, I can't imagine what freaked me out so much in the first place. The more I do with Jake, the more I feel I know what I'm doing and the more his confidence in me grows. He trusts me. Not to blow my own trumpet but, occasionally, I even think he likes me. Best of all, he cries sometimes and won't stop until his daddy picks him up.

### Offloading your offspring

Thankfully, Judith has her own friends, so we can arrange our nights out around each other. If we do socialise together it usually involves Jake. We'll tag along to his baby classes and birthday parties, where we get to meet other parents. Some of our best babysitters have been found this way. And you should never pass up quality childcare, especially if it's free.

That's not to say we've always found it easy to leave Jake for an evening. The first time we did was a disaster. We fretted about him throughout the first course, rowed through the second and were home before dessert.

Jake was happily asleep when we got in, but we woke him anyway just to make sure he hadn't slipped into a coma. Like most new parents we've raised imagining the unimaginable to an art form. If it was an Olympic sport, we'd win ourselves a gold medal every time.

### What price love?

When you're a parent, you suddenly go from knowing where your cash is going – on yourself, basically – to wondering where it all went. Unless you're Beyoncé and Jay-Z, chances are you'll either end up struggling or just getting by.

The expense of childcare was enough to convince both of us to work part-time. Not that looking after Jake isn't a job. I even long for the office sometimes just so I can have a rest, but I'd still rather take the time with Jake than the money.

### Father knows best

My own dad told me, the day Jake turned up, that I was about to set off on a wonderful voyage of discovery. He wasn't kidding. What he didn't tell me was just how tough that journey could be. As for the wonder bit, well, let's just say the longer I live, the more sense my old man seems to make.

## When can I transition my toddler to a bed?

**Walking that line between baby and big kid happens over and over again during the toddler years. One day your little one might seem ready to move on to the next phase of development; the following day she may seem to have taken a step or two backward. And of course, every child develops at her own pace. In short, there is no definitive age for any of the major transitions your child will go through between ages 1 and 3.**

That said, there are signals that your child might be ready to move out of her cot. They usually have little to do with her physical size. In fact, sometimes your tiny 18-month-old might show signs of being bed ready. Sometimes your almost 4-year-old may still be content to sleep in the secure confines of the cot.

### **So what signs should you watch for?**

**Climbing out.** If your little one is trying to scale the sides of the cot (or has already conquered them), it's time to start shopping for a bed. You can try to dissuade her, but it's often a lost cause to stop a climbing toddler. Some parents have tried to deal with climbing by using a cot tent to keep a climber in the cot. But some models of tents have been recalled or have a history of being used improperly, so think's seriously about whether this is the best option for your child.

Once a determined toddler decides that she might be able to make it over the side of the cot, there is little that will stop her from doing it (and doing it again and again and again). Even if she has made it out of the cot safely before, there is a great risk of injury when toddlers climb their cots. It's safer to start looking at bed options.

**She asks for a big bed.** An older 2-year-old or young preschooler may start asking to move out of the cot, especially if she has an older sibling. While it's not a good idea to give toddlers whatever they want when-ever they want, in certain cases, it makes sense to listen to them. This might be one of those instances. A child who's happy with her sleeping arrangements is more likely to sleep through the night and not have sleep problems. If this is something that your child is really asking for, then you should definitely involve her in the process. Show her some examples (two or three) of beds she might choose from or let her pick out her own bedding. Even if your child seems completely ready, you should expect some bumps during the transition from cot to bed. Don't go back to the cot, though, when things get hard. Have patience as your little one gets used to the change and be sure to set up a new routine that works for everyone. You will surely find that she will settle and grow into that into that big kid bed in no time.

*Maureen Ryan*

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# Upcycle your cot

Your may be finished with the cot, but maybe you aren't ready to part with it. You don't need to hide it away in the attic, instead let these ideas fresh ideas inspire you to upcycle it and give your cot a new lease of life as something new.

Storage racks from the sides of your cot.

Shelves and magazine holder.

Other ideas include: a fire guard, clothes drying rack, trellis for the garden, turning the solid ends into a blackboard, and a plate rack.



Re-purpose  
your old cot





## Cows Milk Allergy

Cows' milk is one of the most common causes of food allergy in infants, affecting about one in 50 children in New Zealand. Cows' milk allergy (CMA) is a reaction to cows' milk that results from a hypersensitive immune response to one or more milk proteins.

It is some comfort to know that most children eventually outgrow their allergy and although symptoms can persist into adulthood, it is rare. By the time they are 8 years old around 50% have outgrown their

allergy and around 80% have outgrown it by the time they are 16 years old. However, before reintroducing cows' milk it is very important to seek the advice of your GP or medical specialist.

### **Milk allergy or milk intolerance**

Lactose intolerance should not be confused with milk allergy. A food allergy, such as cows' milk allergy, involves a reaction, immediate or delayed, of your child's immune system to the protein in a particular food.

Food intolerance on the other hand differs in that the reaction does not involve their immune response. Lactose intolerance occurs because of your child's body's inability to break down the lactose in milk, causing bloating, abdominal pain and diarrhoea.

### **Symptoms of cows' milk allergy**

Most babies with cows' milk allergy develop symptoms within the first few months of their life. It is rare for symptoms to begin after the age of 12 months.

Symptoms of cows' milk allergy can include a skin rash, wheezing, constipation, distress, swelling of the lips, face or eyes, hives or welts and sometimes tingling of the mouth. In some children, gastrointestinal symptoms can include diarrhoea, reflux, vomiting or poor weight gain. Reactions can also include eczema.

### **Obtaining a diagnosis**

It is important to obtain a correct diagnosis for milk allergy. Parents should consult a GP if they suspect their little one has a milk allergy and request a referral to a paediatric allergy specialist if appropriate.

### **Management of cows' milk allergy**

The recommended management approach to cows' milk allergy is to completely avoid cows' milk protein. However milk is an important food for infants, so cutting it out from your baby's diet may put them at risk of poor growth. If your child is diagnosed with cows' milk allergy, your GP or healthcare professional can prescribe a hypoallergenic formula that will provide rapid relief of the symptoms and enable their optimal growth and development.

### **Other types of milk to avoid**

Baby and infant formulas not suitable for the management of cows' milk allergy include soy milk, sheep and goats milk and 'milks' based on cereals, grains and legumes.

Soy-based infant formulas should not be used for the dietary management of cows' milk allergy in children under the age of six months old. Soy-based infant formulas are not routinely recommended because of their high content of phytoestrogens (compounds that mimic the action of the female hormone oestrogen) found in soy, which could pose a risk to their long-term reproductive health.

There is also cross-reactivity between cows' milk protein and soy protein, which means that some infants allergic to cows' milk will also be allergic to soy milk.

Sheep's milk and goats' milk are not suitable for the dietary management of milk allergies as these can also cause an allergic reaction in children with cows' milk allergy.

"Milks' based on cereals, grains and legumes (ie oat milk, rice milk, pea milk etc) are unsuitable for young children with milk allergy because they are nutritionally inadequate.

## Stories from a Stay at home Dad:

### A comfortable routine

It has now been some time since I took over the reins of child rearing from my partner Amy. She has settled into her return to work after two years of maternity leave, and my “retirement” is well under way. Our collective life has settled into its new rhythm, with a cadence that is as comfortable and comforting as a heart beat, for me at least. That’s not to say its all plain sailing and it’s certainly not what would be classified as easy, but it is almost thoroughly enjoyable after a “lifetime” of “working for the man”

Life consists of gentle rounds of Playcentre, supermarket and swimming, punctuated by socialisation visits and family weekends. Housework is never ending, sometimes onerous, but hardly taxing, and the “poppet’s” afternoon sleep manages to give dad a bit of catch up time, by and large. Often it’s time to get on top of the chores, sometimes to read a magazine (fishing... not trashy....all a matter of perspective I guess!), sometimes for a quiet coffee and time to self, and sometimes to play at “jobs” in the garage.

People’s reactions to our circumstances have been interesting to say the least. Even after explaining I have retired to be a full time dad I have been frequently asked “but what are you going to do” The reply of “a full time dad” or “looking after Katharine” has been completely ignored on at least two occasions Interestingly it has been females and mothers who seemed to be most thrown by the situation. Typically males have replied “you lucky b.....d” A sentiment I concur with .....I am a “lucky b.....d” although I have been tempted to relate Michael Jordan’s “The More I Practice the Luckier I Get” story, but the comparison is tenuous. Maybe the women are frightened I’ll convince the rest of the male world

to follow suit (Tui moment....Yeah Right) One of Katharine’s peers looked at me about the third time we went to Playcentre and pointed out that her “dad was at work” As a three year old she predictably didn’t get the joke when I replied “I know, real men have jobs” but fortunately her mum did, It’s amusing seeing the effect Katharine has on significant numbers of random strangers. It seems to take little more than her holding my hand and skipping along beside me;, or her chatting away to me; or wearing her butterfly wings; or singing any one of the 68 minutes of nursery rhymes (that’s what it says on the CD that accompanies the book she has memorised);or just about anything else, to cause them to spontaneously smile and start conversing as if we have known each other for years. I can’t recall this happening when my adult sons were little, so whether it’s her, or her and me, or what, I don’t know, but she certainly makes people smile....me included.

As a 58 yr old, it was always highly unlikely that people were going to identify me as dad rather than grand dad and that has certainly been the case. This causes me no consternation at all but when I politely correct them the reactions are always amusing. They shouldn’t be embarrassed,. (its an easily made and understood error) but they often are and actually I am a grandfather anyway, just not to Katharine....such is life.

Each day has its fun and difficulties, easy and hard times, but the pressure of being at home and full time caring is one that is eminently preferable to my old job.

And then you have one of those “other” days, but that’s another story, .....watch this space

Good times,.... I am indeed a lucky “b.....d”.

# How to be a great dad in one hour a day

If you can make an hour to spend with your baby or toddler, you can create some special bonding times. Even if you only get an hour on the weekend, you'll both feel great after some fun and loving times together. It will help you get through the long week when time is harder to find.



## **Be the coach**

Babies need a lot of practice before they reach their next milestone. Loving encouragement from dad might be just the thing she needs before giving her first smile, clapping, rolling over, waving bye-bye or crawling. You don't need to do anything special, she'll get there at her own pace. But your encouragement and care will help her feel like you're on her side.

## **Walking multi-tasker**

Babies love a change of scenery. Put him in the pram or the baby carrier and get out for a walk. You can take the dog, get some exercise and even pick up some groceries if you're feeling like a high-achiever. Don't forget to chat and stop to point out exciting things like a digger or some sweet-smelling flowers.

## **Café society**

There's no better way to get attention than to be a dad with a baby in a café. Head out for a shot of caffeine and take the baby too. Talk to him about your day, deal with the mini disaster of a nappy change and soak up the admiration from all the locals.

## **Love her mum**

Happy mums make happy babies. If your partner is home all day, take some time to look after her. Feeling rested and nurtured will help her be a better mum. Ask, "What can I do to help?" She will definitely have an idea. Or make her a cup of tea and a snack while she's breastfeeding. Don't forget to tell her she's doing a great job.

## **Helping out**

There's no reason that your baby can't start early being a great helper. Take him outside to do the gardening or to hang out the washing and chat, chat, chat. Babies love the pile of odd socks that live in the washing basket and toddlers are great with a wet sponge and a grubby car. If you're out in the garden don't forget the sun safety for you and him.

## **Log his life**

Take some photos or some notes for a little story about what your baby is up to this week. You'll have to spend some time looking closely so you can update her blog or Facebook page. Then the replies and friends can share the love.

## **Musical memories**

Do you play the guitar, the piano or can even bang a drum? You don't need to feel silly in front of your biggest fan. Just play your favourite songs, some nursery rhymes or whatever comes to mind. Try and respond to his cues. Is he excited? Wary? Sleepy? As he gets older he'll probably want to play along and you can start your family band.

**Swimming lessons** Lots of dads enjoy baby swimming lessons. You get to be wet and have some fun while teaching your baby to be familiar with and happy in the water. If you go without mum, this activity has the added bonus of nappy changing, washing, dressing and an after-swim snack.



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 **AUT MILLENNIUM**

## AUT Millennium Swim School named 2014 Outstanding Swim School

In 2002 Graeme Avery and several other prominent New Zealand businessmen decided it was time New Zealand had a world-class sporting facility and consequently, AUT Millennium was formed. Based on Auckland's North Shore, AUT Millennium's mission is simple; to be an organisation that provides both the community and athletes with world-class outcomes in sport, health and wellbeing.

Our additional facility the Sir Owen G. Glenn National Aquatic Centre is scheduled to open in May 2015. This is a very exciting time for the Swim School as we will be able to expand our classes, many of which are currently operating at capacity.

Since opening AUT Millennium has created a pathway through the Swim School from water babies to high performance swimmers who represent New Zealand. The opportunity to rub shoulders with some of the best swimmers in the country is always popular, especially with younger Swim School pupils.

Water safety is a hot topic in New Zealand with drowning rates, especially in younger children, high for a country surrounded by

water. From a young age the Swim School has a strong emphasis on water safety and in toddler classes children learn to respond to their name before jumping in the pool.

AUT Millennium Swim School was awarded "outstanding swim school of the year" in both 2011 and 2014. Our instructors are well qualified and passionate about teaching swimming. To ensure that your child is getting the most from the lessons and learning the appropriate skills, we do regular in depth assessments of all our students.

Swimming lessons at AUT Millennium run seven days a week to keep up with demand. Please see below for a schedule of classes.

Currently, the Swim School are offering a special deal for Water Baby and Toddler classes. If you present the voucher from our advert in this publication you will receive one month's free lessons when you book and pay for one month. Classes are subject to availability.

Phone 09 477 2074 to make a booking and take advantage of this great offer. For more information on the Swim School visit [autmillennium.org.nz/swim-school](http://autmillennium.org.nz/swim-school)

CLASS LEVEL	TIMES RUN	CLASS COST
Toddler & Water Baby	Mon - Fri 0900 - 1500 / Sat & Sun 0900 - 1530	\$11.50
Preschool	Mon - Fri 0900 - 1500 / Sat & Sun 0900 - 1530	\$12.50
School Age	Mon - Fri 1530 - 1830 / Sat & Sun 0900 - 1530	\$13.50
Squads	Mon - Fri 1530 - 1830 / Sat & Sun 0900 - 1130	\$14.50 - \$15.50

# Questions to ask before signing up to a preschool

You have a list of preferred preschools for your little one, but how do you choose and how do you know if it's going to be right for your child?

Choosing the best fit for your child's early education, development, well-being and early formative experiences is not easy. However you are your child's best advocate and will know what type of environment will suit them most in terms of how social they are, whether they need a lot of structure in their lives, whether they thrive in a creative environment etc. It's also worth asking other parents about their experiences in choosing a preschool too, good and bad.

Here are some questions you can ask the preschool to help alleviate any fears and help you to make the right choice for your little one:

## About the preschool

How is the centre operated? Is it privately owned or part of a larger franchise?

Are parents included in the governance of the preschool?

What is your teaching philosophy?

What is the current availability? Is there a waitlist in place.

## Numbers

How many children are enrolled at the school?

What is the child:teacher ratio?

How many children can be easily accommodated in both the indoor and outdoor space?

## Staff

Will any staff member have primary responsibility for my child?

What are the qualifications and experience of the staff? Do the staff hold the Diploma of Teaching or a higher qualification?

Are all staff, including support staff, catering and cleaning staff, police-checked?

## Induction

Is there an induction process in place when my child starts?

Are parents encouraged to stay with their child when they first start?

Can my child come along for a few hours to get used to the preschool before starting their set hours?

## Fees

What fee structure is in place?

Do we qualify for a childcare subsidy?

Is there a fee if my child is absent due to illness or on holiday?

## Food & drink

What meals and snacks do you provide for the children?

Am I expected to bring in any food for my little one?

Do you have a copy of the weekly/monthly meal plans that I can have a look at?

Are there systems in place to protect children with food allergies?

Can we bring in our own formula or expressed breast milk?

Do we need to bring in our own bottles and sterilising equipment?

Do you chart how much milk my child has drunk or food they have eaten during the day?

## Nappies

Do you provide nappies for my child or are we expected to bring in our own?

What type of nappies do you provide for the children?

## **Sleeping**

What sleep and rest provisions are in place?

Does each child have their own bed and bedding?

What are the arrangements for children who wake early or do not need a sleep?

Do you chart each child's sleep times during the day?

## **Medication**

What process is in place if my child needs to take medication during the day?

Do you keep a record of the medication my child has taken during the day?

What are the arrangements in case of an accident or medical emergency?

What medical or first aid training do the staff have and are their first aid certificates current?

What happens if a child becomes sick during the day?

Is there a sick room or facilities for isolating sick children?

## **Day to day**

What is the daily schedule?

Are all the children in one class or are there several classes split by age group?

Is there a balance between indoor and outdoor play?

Are there organised day trips in addition to day to day activities?

Do children need to start and finish by a certain time or is there some flexibility?

Do children need to attend all week for all sessions or can their attendance be arranged to suit our requirements?

How do you feel about parents visiting or volunteering during the day?

What methods do you use to communicate with parents?

How do you assess each child's progress?

Do you keep a portfolio for each child

What ways do you feel children learn best?

What is the balance between play, planned learning, socialisation and care throughout each day?

## **Behaviour**

How do teachers manage conflict between children?

How do you guide the children's behaviour?

## **Additional information**

What other information can you provide to help with my enrolment decision?

## **Trust your instinct**

After your visit, trust your instincts and ask yourself whether the preschool felt 'right' for your child.

Were you and your child made to feel welcome and accepted?

Did they answer all your questions thoroughly?

Did the teachers take time to interact with you and your child whilst you were there?

Did the teachers treat the other children with kindness, respect and care?

Were the facilities stimulating and inviting?

Was there a genuine air of care for children or did it feel superficial?

Did the other children seem happy there?

Would you feel comfortable leaving your child in their care?



# Be the mum you know you can be

**Becoming a mum can be the most amazing and satisfying job you'll ever do. But it can also be the most frustrating, confusing and stressful time of your life. But does it really need to be? No it doesn't!**

As a mum myself I know now that confidence played a big part in my role as a parent right from the start. Early on, there were days when I felt I shouldn't even be a mum. I doubted whether I deserved to be a mum and constantly questioned whether I was doing it right.

For many of us used to feeling somewhat in control of things before we have children, we suddenly begin to wonder how we can enjoy this amazing and exciting journey as a new mum with no prior knowledge of what lies ahead.

How can you make decisions for what is best for your baby and your family without feeling that someone else is judging you?

## Which advice is the right advice?

Becoming a mum comes with a lot of responsibility and change. Everyone will deal with this in their own way and go with what they feel is comfortable for the.

However one key thing plays a very big part in the way we care and nurture our babies – confidence. Having worked with mums for many years now, I see that there is definitely a correlation between the happiness and contentment of a baby with the happiness and confidence of the mum.

But how do we gain that confidence as a parent? The first step is knowledge.

Without knowledge or simple guidance for parents, it's like the blind leading the blind.

Parenting is a job. To gain confidence in your job, you study and research and talk to peers to find out as much information as you can.

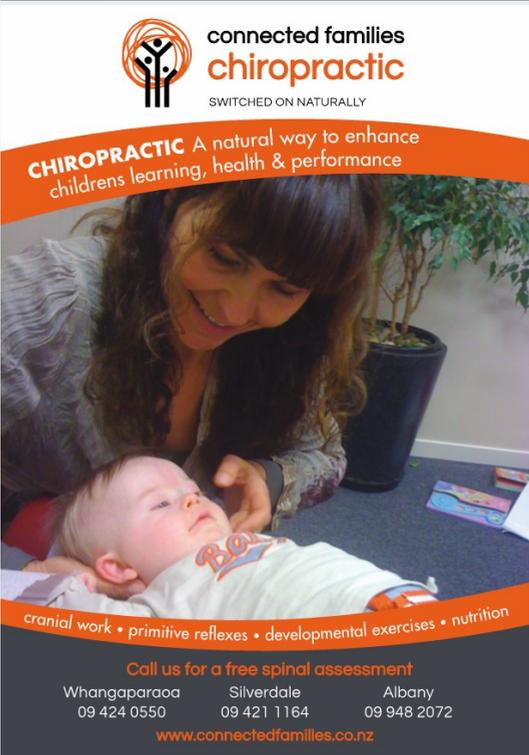
However with parenting it's slightly different. Yes, you would have read books, magazines, talked to friends and families. But I have found one significant difference once you actually are promoted to the job as a parent. There is no manual! It's pretty much all on-the-job training.

There are a lot of opinions out there when it comes to parenting, and not just from other parents. Suddenly everyone is an expert on parenting. There are authors, doctors, advertising campaigns, people who aren't parents, teachers, grandparents, blogs, and even the government all sending some sort of invisible benchmarks for parents to reach and again. It's as though we accepted a job as an entry level clerk but are suddenly expected to perform at CEO level.

Has advice to offer on topics such as breastfeeding versus bottle feeding, where your baby should sleep, whether you should go out or stay at home, when the right time to go back to work is, what daycare options are best...and the list goes on.

There are so many people giving advice and conflicting opinions – that it can create tension between mum and baby because she feels judged and not competent. This can all mess with our confidence and our ability to be a happy, content mum.

When you feel your confidence sliding, or that the raft of unsolicited opinions is getting to you, remind yourself with the tips below that you have the key to being a confident, happy mum. Keep a copy of this list somewhere handy where you can review it from time to time especially on those sleep-deprived challenging days and remind yourself that you can do this job. Make sure your spouse or partners knows where this list is as well they may just need to use it some days when you're feeling a bit low.



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# Tips to keep up your confidence as a mum:

## 1. Believe in yourself

As I said before, the more confidence you feel within you, the happier your baby will be. Your baby will feel safer, calmer and as your baby grows, will feel more secure within themselves. By believing that you are awesome you will radiate good vibes and people will respond the same way around you – it's contagious!

## 2. Be proactive and decisive

Be in tune with your inner feelings and go with what your gut tells you. This comes back to believing in yourself and knowing that you have made the right decision. Once you have made the decision whatever it may be stick with it. And don't compare. What works for one family will not work for another?

## 3. Remember you are important, so take time out

Take time for yourself. Take a nap, go out for a coffee or ask for help! As a mum we need to learn to become a little selfish at times to make us count and feel worthy. You might think this is impossible but it really isn't. Even just 15 minutes to catch your breath and slow down will help you regain that balance. Also remember to take time out and sit with your husband or partner and reflect. It's important to reconnect with each other.

## 4. Set goals that you can achieve

Don't try to be supermum. In my book, a super-mum is only a cartoon character!

If you scheduled a walk or a coffee catch up and you couldn't make it, don't fret. There is always going to be a next time. Having a shower in the afternoon simply because time wasn't on your side is all very normal. Learn to go with the flow more.

## 5. Never compare yourself to others

You and your family are unique individuals. Comparing yourself to others will play havoc with your emotions and your confidence and you will start doubting yourself and the decisions you make. None of that is good for your baby or the family as a whole.

Go with whatever feels right for you and feel secure in the decisions you make.

## 6. Get out of the house

A change of scenery does wonders. Go for a walk or ask someone to pick you up and take you out. A day seems more manageable if you can break it up.

## 7. Ask for help and don't hide your feelings

We are very good as mums at not asking for help and pretending that we are coping. Once you ask for help you will be pleasantly surprised how easy it is. You will function better with clarity and guidance. We sometimes just need that help from others to recognise this.

## 8. Have fun and be happy

Yes, being a mum can be challenging at the best of times. However when you look back you will see that there are plenty of moments that made us laugh. Relish those moments in your memory. Get out of your comfort zone and dance or boogie to music while your little one is watching you. Celebrate milestones like the first time you saw your little miracle smile or the first night they slept for more than three hours.

It's the small things in life that matter. These small things will remind you, you are doing a great job.

Repeat after me: "I am Awesome!"



# The cognitive benefits of swimming for babies

There are many benefits of introducing your child to swimming whilst still a baby, including improved physical development as well as social development – not to mention fun!

However, the benefit that is overlooked most often (most likely because it is still widely unknown) is that of cognition. The cognitive benefits are the 'mental' benefits, and studies have been emerging to show that these are vast, as well as incredibly important for the development of children as a whole.

Studies have shown that physical activity improves the cognitive abilities of people of all ages, and swimming is one area where we can start very young. When children are in the womb they are swimming for nine months, so having swimming lessons is just continuing to develop that natural affinity.

Starting in 2009, Griffith University embarked on a large, four year long Early Years Swimming Research Project with 45 swim schools in Australia, New Zealand and the United States. It was the largest study of its kind, and the preliminary results showed that children under the age of five involved in swimming lessons are more advanced in both their cognitive and physical development than their non-swimming peers.

In 2011, researchers in Melbourne reported intellectual and physical benefits from early swimming lessons, with a scientist determining that children who were taught to swim by five years of age had statistically higher IQs. The research also showed significant physical benefits such as that moving in high water resistance strengthened the children's muscles more rapidly than playing on the floor, because swimming activates more large muscle groups.

Recent studies have also shown the amount of a person's movement and exercise affects the size and memory capacity of their 'hippocampus'. This is the area of the brain primarily associated with memory and learning, showing that through active early movement a child's brain develops. Swimming is one of the key movement activities that can assist in stimulating brain development, and the bonus is that you can start you baby early – even as young as two months!

It is true that the most important thing that children learn through swimming lessons is to be safe around water, but the benefits for their development in terms of learning are also huge.

Source: This article was written by [Northern Arena](#). Call 09-421-9700 for more information





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## Baby food recipes



### Yummy Fish Mash

Yes it's true - even the kids will like it!

1 filet of any fish, unbreaded, cooked  
1/8 c 2% or whole milk or breastmilk  
1 tbsp melted butter  
1/2 tsp salt  
1/8 cup mashed peas  
1/8 c mashed carrots  
1/8 c mashed potatoes  
Put ingredients in blender, blend until creamed



### BEEF MINCE AND KUMARA

#### Ingredients

300 to 450g lean beef mince  
1 cup peeled, grated kumara  
2 cups peeled, grated apple  
1 cup water

#### Method

1. Put mince, apple and kumara into a saucepan. Add water and bring slowly to the boil.
2. Simmer gently for about 45 minutes, stirring often, until reduced and thick but still moist.
3. Purée to a smooth consistency. You may find it useful to cook a larger batch of puréed meals, such as this one, then freeze in small portions to use later. Purées can be frozen in an ice cube tray. When solid, transfer to a plastic bag, seal and return to the freezer.

#### Adapting the family meal

Once your baby is comfortable eating red meat, you can begin preparing meals for your baby from the family meal.



### BANANA AND QUINOA MASH

#### INGREDIENTS

1/2 banana  
3 tablespoons cooked quinoa  
1 tablespoon natural or greek yoghurt

#### PREPARATION

Mash banana in a bowl, add quinoa and yoghurt and serve.

# Our New Arrivals



Boston Alexander 9/6/14

Julia & Steven Knight

Gemma Louise 22nd May

Kirsten & Cameron Hoyle

Caitlin Joy 24th April

Mary Daniel-Miller & Nick Coombe

Ella-May 29th May

Allyson Coulter & Graig Mellor

Isla-Beth 12th April

Rebecca & Jonathan Woodhead

Isobelle Carly 21st May

Michelle Kerby & Damian Max

Luuka Olivia 2nd May

Rowan & Anita Teh

Caiden 9th June

Sarah & Brett Angus

Charlie Angus 4th June

Jessica & Shun Barnett

Boston Alexander 9th June

Carla & Matthew Pearce

Joshua 11th June

Sophia & Kane Robinson

Euan William 30th May

Rachael & Matthew Davies

James William 6th June

Craig & Sharda Adolph

Cove Adolph 30th May



Ella-May 29/5/14



Luuka Olivia 2/6/14

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Euan William 11/6/14



Luuka Olivia 2/5/14



Caiden The 9/6/14

# Thanks Dads, Happy Father's Day



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See advert inside cover page for specials

# VOLUNTEER OPPORTUNITIES

## Volunteer from the comfort of your own home

Put your good intentions and skills to use with some low-impact but high-yield volunteer work you can do at home. Bays PC offers volunteer positions that allow you to help parents without cramping your lifestyle.

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

## Roles Vacant Can you help?

**Newsletter Editor**— Do you enjoy expressing yourself? Do you have a creative flair and want to put it to good use. We are on the search for a Newsletter Editor to collate and create our Bi-monthly newsletter for our centre members and advertisers. You will be liaising with advertisers and our centre members to create an outstanding newsletter with our members in mind.

**CBE Support Coordinator**— This role is to support the CBE Coordinator by putting together membership packs, hosts folders and ensure supper supplies are stocked for each new Antenatal course. 2hrs per course.

**If you can help with either role please email Nadia - [bnhpcvolunteer@gmail.com](mailto:bnhpcvolunteer@gmail.com)**

The news, views, articles contained in this newsletter are not necessarily those of the Bays North Harbour Parents Centre or Parents Centre New Zealand. The information is for you to agree or disagree with, we leave you to draw your own conclusions. We do not endorse any particular product or service in this newsletter over any other. P.S. If you find a mistake in this newsletter, it is there for a reason. Some people are always looking for mistakes, and we try to include something for everyone!

Big thanks to the support of:



# Advertising Rates

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.

BLK/WHT	One issue Only	Six Issues 15% Discount
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Quarter Page	\$30	\$153

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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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