

BABY babble

Bays North Harbour 91
Dec-Jan 2015

Fun & Easy
Christmas
Recipes

Rest After Giving Birth!
Why it is Neccessary

*The Importance of
Having 'Mum'
Friends*

*Baby
Comfort
in the
Summer Heat*

13 Things You
Swore You'd
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Committee Meetings:

We hold our meetings
every second Tuesday
of every
month at 7.15pm. If
you would like to
join us please contact
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Find us on Facebook

Get to meet other
people who also loves
being a mum, hear
about exclusive pro-
motions and events,
plus lots of intersting
parenting tid-bits.

Cover Photo:

The delicious baby
Bennett! He was only
3 days old! Born 29th
October 2014.

Publisher Message

Xmas! Xmas!! Xmas!!!



Decorations, family, flashing
lights, resolutions, shopping,
presents - these are the type of images we
might immediately associate with this time
of the year!

Christmas is the time where everybody is
happy and a time for celebration! And for
New Zealanders, Xmas is also a time when
the long summer days are in full effect and
barbecue and beaches becomes the week-
end norm.

Being a Brazilian mother, Xmas is an
opportunity for me to initiate all of the
Brazilian Christmas traditions with my
baby boy. I'm soooo super excited!

I really can't wait to take our new family
addition to the beach! To the pools! I have
also been counting the days now to be
able to take him for his first picture with
the Santa at the mall! I can't wait to walk
him up Franklin Road to see the lights for
the first time!

With Xmas being my absolute favorite time
of the year, it is a privilege to be writing
my first Parent Centre newsletter issue.
I am so pleased to be part of the Parent
Centre team, a team who in fact helped
both my husband and I when we were
first starting out on our journey of being
parents and has given me the confidence
and knowledge to try and be the very best
mother that I can be. On that note this
issue of Parent Center covers both the
festive and informative for you and your
baby.

Finally, I would like to take this opportu-
nity to invite all authors and readers to
contact me at baysnorthharbour@gmail.
com to share their stories, comments and
advice on how to further enhance our
newsletters value to the wider community.
We would love to hear from you!

Merry Christmas to all!

Mish Ryan



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Parent Education

Courses of the Moth

Moving & Munching with Joanie Bartels & Cath Conlon

For 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.

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All Bays North Harbour Parent Center courses will be back in the new year with more fun and exciting classes.

We look forward to seeing you at one of the classes next year.

Merry Christmas to you all!!!

The Importance of Making 'Mum' Friends

Motherhood can be highly tough. From whether you are breast-feeding or bottle feeding, home pureeing baby food or buying store jars, swaddling or not swaddling, whether you have your baby in a routine, or you're up all night feeding on demand – every aspect of parenting brings advice and opinions – all of them varied and all of them thrust upon you. There is so much information for us mums and the pressure we are under can actually be really hard on us.

Having an extra team of support outside the family barriers can make it easy. The support of other mums has been proven to help a lot!

Researchers have shown that coffee groups for first time mums can improve maternal mental health and cut depression rates by reducing anxieties and increasing self-esteem. It can also improve the emotional and psychological well-being of children as well as mothers.

Having a nice group of mums can significantly improve mothers' psychological health by building their confidence and improving the parent-infant relationship. This group aims to ease the transition into parenthood by giving/ sharing first-time parents information relating to pregnancy, birth, immunisations, weaning, accident prevention and cot death. Groups strive to develop parents' knowledge and skills and promote the well-being of both parents and infants. It also provides social support with the

aim of reducing social isolation.

Through the group, parents have the opportunity to ask questions and discuss concerns with each other. Creating an additional support is to allay fears and build their confidence, which is important as confidence can contribute significantly to first-time mothers' psychological well-being and is also important for a positive relationship

between mother and child.

Source Department of Education and Early, Victoria



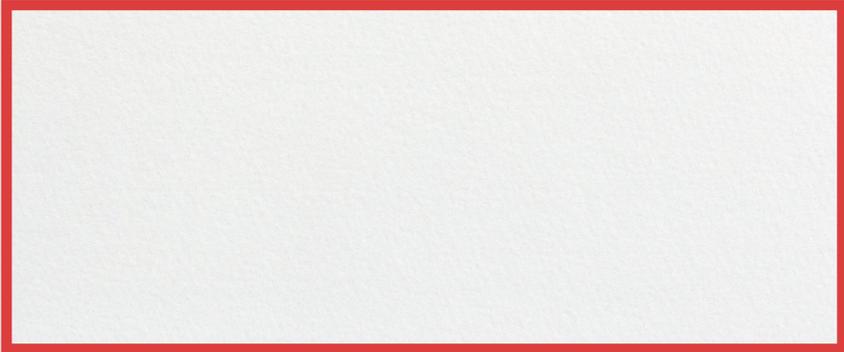
AN 1410

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This is my Coffee Group bubbas! We are an amazing group of mums! We are 9 first time mums going through baby struggles at 2am, 3am, 4am... and we are always there for each other! We share feelings, ideas, events, teas, cookies, cakes, breast pumps! And we are always very positive! My group has been so amazing and it is such a great experience that I really feel more confident about my parenting skills.

Our New Members



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

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13 Things You Swore You'd Never Do As A Parent

Before you have children, it's easy to cast your eye over parents in the street and point fingers at who is doing it wrong. As soon as that stork flies away, however, you'll realise that most of those parents were actually doing a pretty good job. By your baby's first birthday, you'll probably have done most of the things you swore you'd never do. Don't worry though, you won't remember doing them, you'll probably be half asleep at the time.

#1: Obsess Over Poo

Nobody wants to become that mother talking endlessly about poo, asking questions about other baby's poo, and googling "help, my baby's poo is green" at 3am on a Saturday morning. And yet, here you are. You will spend at least a few months of your life obsessing over poo, and probably talking about it too much, but don't worry, it will pass (pardon the pun). Eventually.

#2: Leave The House Looking Like That

Yuk, those women who just completely let themselves go when they have babies, they're just so... normal. Leaving the house with a newborn baby is like running (with your boobs out) through treacle whilst attempting to dodge all manner of bodily fluids with the intention of being somewhere at a certain time. It's not easy. Even if you have the energy to get all dolled up, chances are you'll be coated in vomit, snot and urine by the time you reach your destination. Oh, and, in case you don't know, "all dolled up" is mamma speak for "showered."

#3: Give Your Child A Dummy / Pacifier

Tut tut. Dummies. Such lazy parenting. I mean, just look after your child already... Oh wait, my baby has been crying for hours at a time every evening for a week, give me a dummy NOW. It's easy to judge dummies until you're the parent stuck at home with the screaming baby. And then, it's hard to understand why anyone doesn't have dummies.



#4: Clean The Dummy / Pacifier With Your Mouth

Now that you've given in and bought a dummy, you can get extra points by cleaning that

dummy with your mouth. In your pre-motherhood days (the days of bubble baths, listening to music on headphones and going to wine bars), you probably looked down your nose at the mothers you saw picking up dummies off the street, and popping them in their mouth to clean them. But this is your child, and his dummy, and you know for a fact that if he doesn't get it back immediately he's going to start crying. And you had a spare one, but he threw that one the floor of the bus. And yes, putting a dirty dummy in your mouth is probably a bit grim, but there was baby sick in your mouth just a couple of hours ago so it's hardly a paradise island in there.

#5: Become A Baby Bore

There are a few reasons that parents become baby bores. Firstly, parenting is more than a full time job, so it's hard to fit in 'think of interesting conversational gems' and 'immersing self in activities other than parenthood'. The second, and most important, reason is that your kids are amazing and wonderful and who wouldn't want to hear about them? Seriously, hands up. Who?

#6: Text Friends During Night Feeds

Your child-free friends may be getting somewhat sick of the texts you are sending during night feeds. In your defence, however, it's hard to keep track of the time when you are existing on no sleep. And, sometimes

it helps to give people the intimate details of any breastfeeding problems you may be experiencing. Since when do cracked, bleeding nipples count as too much information?!

#7: Spam Facebook With Baby Photos

Isn't it annoying when one of your Facebook friends has a baby? All of a sudden your newsfeed is filled with hundreds of images of a baby in a variety of locations, outfits and visitor's arms - but on each photo, the baby looks exactly the same, asleep. There's only so many times you can like those posts out of politeness, and eventually, you will have to press hide. And you swore to yourself that you wouldn't be one of those parents. You would post only occasional and rare photographs of your offspring. But then you had offspring and, well, they were just so darn cute. How can you be expected to choose your favourite out of those photos? Just share them all, that way people don't miss out...

#8: Let The Baby Sleep In Your Bed

If co-sleeping is your idea of hell, you'll probably be particularly annoyed with yourself the first time you invite the baby into your bed. Or, maybe, you'll be too tired to care. Either way, it's going to happen. That little bundle of joy is going to wriggle her way into your bed at some point. Obviously using the safe co-sleeping guidelines.

#9: Sniff Your Baby's Crotch In Public

This is, admittedly, quite grim. Both the baby and the parent are the loser in this scenario. Is it worse to be the offensive crotch sniffer, or to be lifted up in public and sniffed? Who knows, but just know that you will do it. For the first few weeks, perhaps, you'll toddle off to the restroom to check, because you care about your baby's dignity. But then, quite simply, you'll get sick of getting up all the time, and then you'll become a public crotch sniffer.

change your outfit (snot bubble) and feed your baby again before leaving, you might be a bit more sympathetic. And late, obviously, you'll be very late.

#11: Call Your Partner Daddy In Public

The first few times you say it, you will probably feel a bit awkward and unnatural. But then the tiredness and the baby brain will kick in, and you'll have forgotten his name anyway and be thankful for a generic title to address him by. Pretty soon, you'll find yourself calling him 'Daddy' when the baby isn't even there, then you've got a problem.

#12: Narrate Everything

Before kids, this is just a very annoying habit you have to endure on train journeys. "Oh look, a river. Look, some sheep, baaaaaaa. Wow, did you see that big truck?" Now, however, it's the best way to ensure your child grows to be a genius, and so you will narrate everything you pass all day long in the hope that one day, she will have amazing language skills.



#10: Be Late

It's all too easy to judge tardiness when you've simply had to pick up your bank card and your keys before swanning out of the door. But when you have to pack a changing bag, change your outfit (sick), change your baby's outfit (poo), feed your baby, look for your keys (in the fridge – so tired), change another nappy (massive wee),

#13: Make Mistakes

It's actually much easier than you'd think to accidentally knock your baby's head against a doorframe (oops), drop your iPhone on his head (oops) or stand on his hand (...oops). All parents make mistakes, just don't tell any of those judgmental child-free friends of yours and you'll be fine.

Sleeping With Baby – Safe Co-Sleeping Tips

There are some absolute no-no's for co-sleeping, which must be followed in order to reduce risk. You should not share a sleep surface with a baby if:

- You are a smoker
- You are under the influence of alcohol or drugs that cause sedation
- You are excessively tired
- Other children are sharing the bed with a baby
- The baby could slip under bedding e.g. pillows and duvets or doonas
- Never fall asleep with baby lying on its tummy on your chest, or sleep baby on a soft mattress, sofa, beanbag, or waterbed with or without a parent as there is a very high risk of a sleep accident.



Creating a Safe Co-Sleeping Space

When sleeping with your baby, ensure that:

- You put baby to sleep on his or her back (while they generally tend to sleep on their backs, some co-sleeping babies will turn to face their mothers)
- Your baby does not have a pillow (pillows are not required under the age of 12 months)
- There are no soft toys or fluffy pillows on the bed
- The bed doesn't have thick or heavy blankets
- The surface is firm and flat
- There is no loose bedding or other potential hazards on the bed which could smother or choke your baby

You don't overheat or over swaddle your baby. Dress your baby lightly for sleeping, in a room temperature that is comfortable for an adult who is lightly dressed. Baby should not feel hot or sweaty on touch.

Making Your Baby Comfortable in the Summer Heat



Whether you spend it inside or in the great outdoors, summer is a tricky season for keeping an infant safe and comfortable. Overdress a baby and he could develop an angry heat rash; expose his fragile body to hot conditions and he could be vulnerable to a painful, damaging sunburn or to heatstroke, a serious affliction characterized by a high fever and rapid breathing. Overheating has also been linked to sudden infant death syndrome (SIDS), a fatal sleeping disorder. "Babies sleep deeply when they're hot, making them difficult to arouse, which may increase the risk of SIDS," explains Bruce Epstein, M.D., a pediatrician in Sidney.

To make sure your little one stays cool and protected during the long, hot days of summer, check out our expert advice.

Pick the Right Clothes

If you're going to be indoors, dress your infant in loose-fitting, lightweight garments, preferably made from a natural fiber like cotton, which absorbs perspiration better than synthetic fabrics. A good rule of thumb: "Dress the baby the way you're dressed," Dr. Epstein says. "If you're wearing shorts and a T-shirt, that will be fine for her too." For the outdoors, put her in light-colored long pants, a long-sleeved shirt, and a wide-brimmed hat to shield her face. Resist the temptation to leave her exposed on a gray day, since harmful rays can penetrate the clouds.

Provide Good Ventilation

Since a baby doesn't perspire effectively, he can become overheated far more quickly than an adult. That's why you

should never leave an infant in a hot room or a parked car. Even a few minutes could cause his temperature to spike and, in extreme cases, may prove life-threatening.

Use a Summer-Friendly Baby Carrier

The combination of your body heat and the carrier's confining space can make an infant hot and bothered within a matter of minutes. Choose a carrier made from lightweight nylon rather than a heavy fabric like denim. If a child's face starts to look flushed, remove her from the carrier at once.

Keep Him Hydrated

Even if you don't see beads of sweat dripping from your infant's forehead, he can be losing precious fluids to perspiration in hot weather.

A flushed face, skin that's warm to the touch, rapid breathing, and restlessness may be warning signs of dehydration. Since infants under 6 months shouldn't drink water (babies over 6 months can take in modest amounts), replace the lost liquids by giving him extra formula or by nursing more frequently. Babies should drink at least 50 percent more than usual in the summer (normal fluid intake is at least two ounces per pound per day), so a ten-pound baby who usually takes in 600ml should be offered a minimum of 900ml.

Time Outdoor Activities Wisely
The worst time for your baby (and you, for that matter) to be outdoors is between 10 a.m. and 2 p.m., when the sun does the most harm to skin, says Eric Siegel, M.D., a dermatologist in Millburn, New Jersey. Plan outdoor excursions for before or after this peak period.



Seek Out Shade

When you arrive at the beach or the park, look for a protected spot, such as under a tree, an umbrella, or a canopy. A handy item to take to the shore is a tent made of fabric treated to block the sun's harmful rays. Make sure it has see-through mesh sides for proper ventilation. Sunglasses for your little one are a good idea, to protect her eyes and reduce glare; the label should state that the lenses block at least 99 percent of ultraviolet (UVA and UVB) radiation.

Be Cautious With Sunscreen

Since a baby under 6 months has thin, delicate skin, try to keep him out of direct sunlight. But for times when that's impractical (such as taking a dip in the water with Mom or Dad), make sure he's wearing sunscreen. The American Academy of Pediatrics now says it's okay to apply a minimal amount of sunscreen to a baby's exposed skin, including the face.

For a baby older than 6 months, use sunscreen more liberally and more often. Reapply every two hours, or whenever he gets wet or sweaty. Choose a waterproof sunscreen designed for kids, with a sun protection factor (SPF) of at least 15. Apply it under clothing too. "An average cotton T-shirt has an SPF of only five," Dr. Siegel notes.

Skin Soothers

If an infant sweats profusely during hot, humid weather, tiny red bumps may start to cluster on her neck or groin, in the folds of her skin at the back of her knees, or in the crease of her elbows. To relieve heat rash, remove her sticky outfit and dress her in loose cotton clothes (or simply a diaper), and apply cornstarch baby powder to the affected areas. Keeping her in a cool, well-ventilated room will help relieve symptoms.

A sunburn, characterized by hot, red, swollen skin that's painful to the touch, can cause a baby even greater misery. Contact your doctor immediately if a child under age 1 gets a sunburn. He'll likely have you apply cool (not cold) tap water, followed by a moisturizer, to the burned area. Don't pop blisters; they protect against infection. Infants' acetaminophen or ibuprofen may be appropriate for relieving discomfort.

Source: Parents.com



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The Importance of Rest After Giving Birth

A baby's first few months are a busy, hectic time that will put big demands on your schedule. But while it's very difficult to carve out free time for yourself right now, that's also why it's so important to do so. Being properly rested will help you meet the challenges that come with this new phase of your life.

The advice that you should get enough rest and relaxation seems impossible to follow during the postpartum period -- a time often associated with sleepless nights, postpartum blues, tears, and fatigue.

Babies get hungry around the clock at two- to four-hour intervals during the

first four to six weeks of life. So most mothers and fathers find they may get only two to three hours of sleep at one time, if that!

Ongoing sleep disturbances -- lasting for days, weeks, or even months at a time -- can leave you and your partner feeling cross, irritable, and depressed. When you are this tired, even little problems become difficult to solve, and you may find it hard to make decisions about even the smallest issues.

Yet the postpartum period can be a time for you to tune into your body. It may take some

practice, but learn to use part of the natural scheduling of your day to help release the tension you feel. If friends or family offer help after the birth, let them take over the cooking, grocery shopping, and housework.

(Have them cook a little extra each time and freeze it. With a bit of planning and thought, you and your partner might not have to cook for a week or more.)

Allow friends and family to care for you, while you care for the baby.

It's extremely important to continue the relaxation techniques you learned in your prepared childbirth classes. You will have less uninterrupted time for yourself, so make

the most of the time you do have.

During feedings, take a few deep breaths and clear your mind -- just enjoy this quiet time and free your body of tension. (If you breast-feed, keep a glass of water or juice nearby to sip.) As soon as you lay the baby down for a nap, lie down yourself; walk directly from the baby to your own bed or couch. Resist any temptation to clean up or catch up on chores or calls; otherwise, before you know it, the baby is up again and you won't have a chance to relax.

"It's extremely important to continue the relaxation techniques you learned in your prepared childbirth classes."

The postpartum period is a time to reset priorities and decide what is really important to you personally. You'll find that six months from now you won't remember how clean your house was or if dinner was on time, but you will remember if you were tired and frazzled or peaceful and rested, enjoying this special time.

Rest and relaxation are the complement of a fitness program -- you must have both to rejuvenate your strength and vitality. Once you're well rested, you'll have the energy for a comprehensive exercise program.



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Drew Marella



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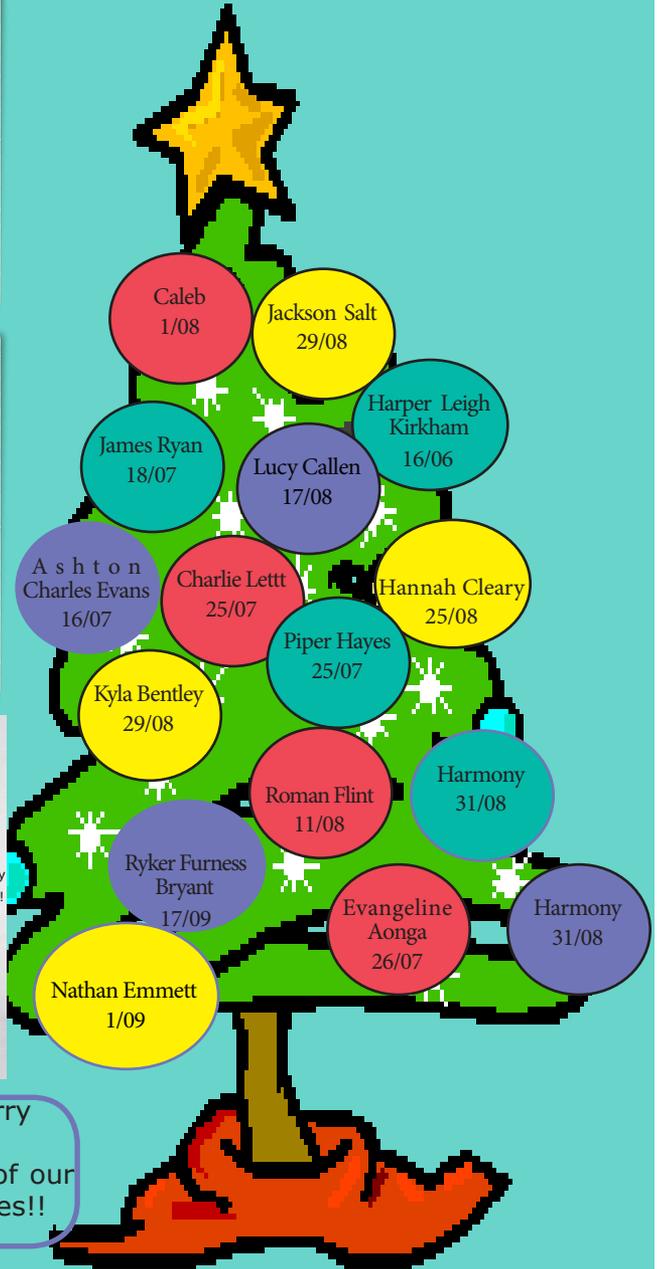
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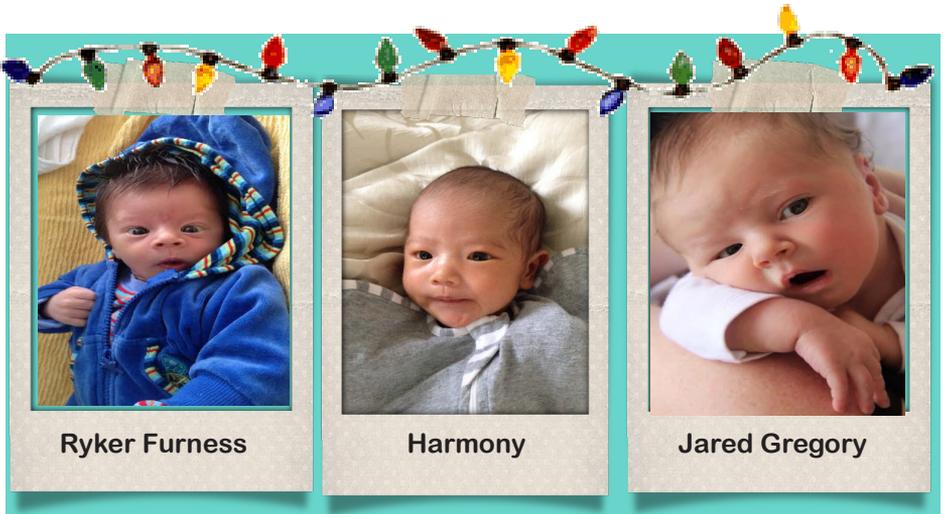
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Jared Gregory



Super Foods for Vegetarian Pregnancy and Lactation

What you eat makes a big difference in how you feel physically and emotionally while pregnant or breastfeeding. Your diet also directly affects the health of your baby. Vegetarian women must take extra care to ensure they are getting the nutrients they need in order for mother and baby to thrive. Following are foods that I found especially beneficial during pregnancy and lactation.

Beans and Legumes

Beans and legumes are good sources of protein, fiber, calcium, iron, thiamin, and niacin. They are a crucial part of a vegetarian diet. Make a big batch of beans when you have time and freeze them in small containers. Canned beans are available also. They are just slightly lower in nutrients than home cooked due to the high heat processing. Canned beans usually contain high amounts of sodium, however. Draining and rinsing away the canning liquid will remove a lot of the sodium.

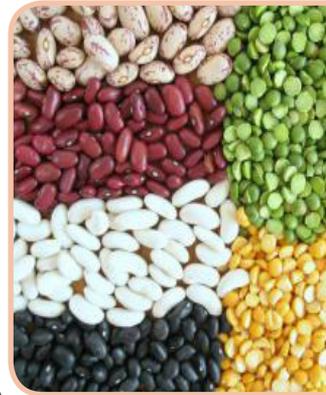
Soybeans provide more protein than any other bean or legume, making them a staple of many vegetarian diets. Soybeans are rich in many nutrients, including calcium and iron. Fermented soy products like tempeh or miso are especially beneficial because they contain healthy bacteria and enzymes that aid digestion, and the phytic acid is neutralized

by the cultur-

ing process.

Avoid fabricated soy foods (e.g., fake meats, protein powders) made with soy protein isolates or textured vegetable

protein, which are created using a highly chemical process and usually have MSG or artificial flavors added. Also, keep in mind that although soy is a great protein source, it is not the only one. Moderation and variety are important in a vegetarian diet and you shouldn't rely on any one food for nutrients.



Whole Grains

Whole grains like brown rice, quinoa, millet, and oats supply fiber, minerals, B complex vita-

mins, and protein. Buy the least processed grain types you can find. Many commercially prepared grains have the germ and bran removed to increase shelf life and shorten preparation time. Even if they are “enriched,” this does not replace the nutrition that was lost in the processing.

Dark Green Leafy Vegetables and Cabbage Family Vegetables

Dark green leafy vegetables (kale, collard greens, watercress, etc.) are especially important while pregnant or lactating because they supply so many vitamins and minerals, including vitamins A and C, calcium, and iron. Dark leafy green vegetables also are rich in phytochemicals like beta carotene and lutein which protect against many forms of cancer.

Certain greens like spinach and Swiss chard are high in oxalic acid, which

inhibit the absorption of much of the calcium and iron.

Cooking helps to neutralize some of the oxalic acid.

Vegetables from the cabbage family (broccoli, brussels

sprouts, cabbage, etc.) are exceptional sources of vitamin A, vitamin C, and calcium. They are also rich in phytochemicals that have anticancer properties.

Dark green leafy vegetables and cabbage family vegetables provide important nutrients that help to promote a plentiful milk supply for your baby. Buy fresh, organic vegetables whenever possible and eat at least one serving every day.

Cultured and Fermented Foods

Naturally cultured and fermented foods contain enzymes and bacteria that help digest food and eliminate wastes. They also help build up friendly bacteria in the intestines, which is especially important after taking antibiotics. (Most hospitals give women antibiotics during labor.) Eat plenty of fermented foods during pregnancy when your digestive system may be sluggish. They can help prevent constipation and other digestive problems, and are useful in preventing and

treating yeast infections.

Cultured and fermented foods

include natural, unpasteurized

miso, naturally

fermented

vegetable pickles and sauerkraut, yogurt, and Rejuvelac. Never boil these foods as high temperatures will destroy the beneficial bacteria.



Blackstrap Molasses

Blackstrap molasses contains high amounts of calcium and iron, plus magnesium, potassium, copper, and chromium. Buy organic, unsulphured molasses and use it to sweeten porridge, smoothies, and baked goods.

Nutritional Yeast

Nutritional yeast is an exceptional source of almost all B complex vitamins as well as being high in protein. Look for nutritional yeast flakes enriched with vitamin B12 like Red Star(R) Vegetarian Support Formula. Nutritional yeast flakes can be added to soups, sauces, tofu scrambles, cereals, smoothies, and other foods.

Nuts and Seeds

Nuts and seeds are good sources of fiber, protein, minerals, and essential fatty acids. Be sure to eat flaxseeds, chia seeds, pumpkin seeds, and/or walnuts to get omega-3

fatty acids, which are important for baby's brain and nervous system development as well as your

own health. Nuts and seeds can be eaten raw or toasted. Small seeds like sesame and flax must

be ground in a coffee grinder, seed grinder, or blender in order for nutrients to be utilized. Nut and seed butters are delicious on crackers or toast or used as a dip or sauce.

Note: Allergies to peanut products affect approximately 1% of the U.S. population. Although there hasn't been extensive research on fetal sensitization, recent studies suggest that when a pregnant woman consumes peanut products, the fetus may be exposed to peanut allergens. If there is a predisposition to allergies, the infant could develop a peanut allergy. Therefore, parents with food allergies and/or family histories of nut allergies may want to avoid peanuts while pregnant or breastfeeding. Almond butter, cashew butter, pumpkin seed butter, or tahini (sesame seed butter) can replace peanut butter in sandwiches and recipes.



Pregnancy and lactation are wonderful, special times in a woman's life. The baby you are nurturing is truly an incredible gift, and the experience of giving birth is something you will always remember and cherish. Eating these super

foods will help you to feel strong and vibrant so you will be able to make the most of this special time.

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

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

Super Easy Christmas Recipes

Santa Pancakes

There is nothing more delightful than waking up with the smell of pancakes! For a meal sure to make little eyes shine bright, try this adorable breakfast of cinnamon-flavored pan-cakes that are the spitting image of Santa Claus.

Ingredients

- 1 Edmonds Pancakes mix
- The water for the pancake
- 1 teaspoon ground cinnamon
- 1 teaspoon Vanilla Extract
- 2 medium bananas, sliced
- Chocolate chips
- 1 can cherry pie filling
- Whipped cream in a can

Directions

In the pancake container add the water and combine pancake mix, the cinnamon and the vanilla; shake into dry ingredients just until moistened. Pour batter by 1/4

cups onto a greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

Place pancakes on individual plates. For Santa's eyes, place two banana slices on each pancake; top with a chocolate chip. For ears, cut remaining banana slices in half; place on either side of pancake. For nose, remove nine cherries from pie filling; place one in the center of each pancake.

Spoon 1/4 cup pie filling above pancake for hat. Use whipped cream to spray the beard, hat brim and pom-pom.



Ice Cream Lollipops

Everyone loves lollipops. Everyone loves ice cream. When you put the two together, it's going to be a happy/merry/thankful holiday of your choice. This recipe comes from a 4-star restaurant in the USA!!

Directions

Freeze plate for 30 minutes to keep the ice cream from melting. Scoop 8 balls Breyers Cookies & Cream with Oreo Ice Cream and place on the chilled plate. Insert a wooden stick into each ball and freeze at least 30 minutes.

Meanwhile, pour ice cream topping into bowl. Dip frozen balls into ice cream topping, twirling to coat.

Quickly decorate with sprinkles. Keep frozen until ready to serve.

Ingredients

- 2 cups Cookies & Cream Ice Cream flavor ice cream
- An ice cream topping that freezes (chocolate or caramel work well)
- Your choice of sprinkles





Events of the Month

It's the most wonderful time!!!

It's Xmas Time !!!

It's Summer Time !!!

Mark your calendars for North Shore Xmas parades, tree lightings, summer festivals and things to do with your family this Christmas and summer.

December

6 SATURDAY 4PM

Browns Bay Christmas Parade Carnival

Route: Bute Road, Clyde Road, Anzac Road, Glen Road. Community event with live music, food and activities.

6 SATURDAY

Carols

A celebration of Christmas for all the family. The North Shore male choir with guest artist.

7 SUNDAY 10AM

Greenhithe Santa Parade

Route: Greenhithe Road - The Santa parade will be followed by a community picnic at War Memorial Park

13 SATURDAY 12-2PM

Christmas Craft at Browns Bay beachfront

A celebration of Christmas for all the family. The North Shore male choir with guest artist.

January

18 SUNDAY 8AM

Westfield Albany Summer Lakes Series

The fifth season of the NZ's biggest run series is a great time for family!

16/23/30 FRIDAYS 4PM

Toys and Music at the Wainoni Park

Bring the family along and enjoy a regular series of free fun events in local parks and reserves.

18/25 SUNDAY 9-10AM

Shake your Booty at the Browns Bay beachfront

Get down to the Browns Bay beachfront with the family for some great fun exercise to awesome music!

13/20/27 SUNDAY 9AM-12NOON

Tree Stories, Toys, & Music at the Kell Park

Bring the kids to the park and enjoy a family day!

12/19/27 SUNDAY 9AM-12NOON

Tree Stories, Toys, & Music at the Kell Park

Bring the kids to the park and enjoy a family day!

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We'd love to hear from you



**VOLUNTEERS
NEEDED!**

Bays North Harbour Parents Centre is a volunteer organisation run by parents for parents. Volunteers are the lifeblood of our Centre. We wouldn't exist without the extraordinary enthusiasm and energy of so many generous and proactive people.

Volunteering is rewarding, skill-building, good for communities and, let's not forget, often it's great fun! It fosters a strong sense of belonging and community connection.

It's heartening to see the wide range of benefits that volunteering brings. These include friendships, a sense of belonging, personal and professional growth, the ability to expand a CV for returning to the paid workforce and, often, the overall satisfaction that comes from being able to contribute to others parents and their families.

Volunteering is about giving something back to your own community; being involved with a proactive group and reaping the rewards of that involvement. It can be a hugely rewarding experience.

Roles Vacant - Can you help?

Moving & Munching Coordinator

This role is to coordinate our very popular Moving & Munching course for our members. You will take online enquiries & bookings, makeup packs, liaise with venue, speakers and hosts. 3-4 hours per course.

Hosts needed

Host needed for Moving & Munching (2x Fri 12.30-2.30pm per month), Baby & You (4 x Wed 9.45-11.30 per month) you are reimbursed \$30 for your time per session. Babies are very welcome.

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 any of these roles please email:

Nadia - bnhpcvolunteer@gmail.com



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