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February - March 2016

Bays North Harbour 98



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-Sarah



PUBLISHER'S MESSAGE

Mish Ryan

Editor

Happy new year everyone!

Another year filled with success and happiness has passed. A new baby has arrived making 2016 an exciting time for all you new parents. You are now responsible for the most important person in the world, your new baby. May you and your family have a great year full of wonderful and new experiences and memories.

Now that we have perfect weather outside, and the sun is shining, you need to start to thinking how to hydrate your baby. We have a few tips on page 6. Tackle water safety issues head on with advice on page 8 and have all the best activities and ideas to experience with your newborn this summer on page 19!

Talking about summer, there is nothing more delicious than ice cream at this time of the year! You will love the excellent recipe that is on page 22, 'your baby's first ice cream'.

Discover why babywearing is the best outfit that you could wear for you precious baby on page 10.

As always, we are really keen to receive readers' feedback so email baysnorthharbour@gmail.com with any suggestions or parenting stories you wish to share. We would love to hear from you.

Mish Ryan

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Editorial
Michelle Ryan

Committee Meetings:
We hold our meetings every second Tuesday of every month at 7.15pm. If you would like to join us please contact Paulette:
bnhpcpresident@gmail.com

Find us on Facebook



Get to meet other local parents, people who also love being parents, hear about exclusive promotions and events, plus lots of interesting parenting tid-bits.

Cover Photo:
Mia Hailey Malherbe,
born 8th December
2015.

PARENT EDUCATION

Courses of the Month



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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HOW TO DRESS A NEWBORN IN THE SUMMER



BY SHELLEY FROST

The summer months often mean outdoor time during family gatherings, barbecues and other social events. Dressing your newborn requires more than a keen sense of baby fashion. Your baby's safety and health play a role in the clothing you choose in the summer since the heat might lead to overheating if she is wearing too many clothes. The sun's rays hitting her skin directly increase her risk for sunburn and skin damage. A balance of coverage and cool clothing keeps her content and safe during summer.

Step 1

Dress your newborn in a base layer of a cotton onesie, which is a T-shirt with snaps that fasten between the legs to hold it in place. Choose light colors to keep your baby cooler if he goes outdoors. The onesie allows you to add layers or take them off as necessary with the onesie still providing coverage.

Step 2

Add a pair of shorts, a skirt or a pair of lightweight pants over the onesie. Choosing a short item to go on bottom allows your newborn's legs to stay cooler, especially when she goes outdoors. For a girl, a newborn sundress can replace the onesie and bottom combination.

Step 3

Dress your newborn in additional layers, such as a lightweight sleeper or long sleeved shirt if he is indoors in a cool, air-conditioned room. Feel his hands and feet periodically to ensure they aren't chilly. Add socks if his feet get cold indoors.

Step 4

Dress your newborn in pajamas that are appropriate for the room's temperature when she sleeps. Choose a heavier sleeper or swaddle her in a lightweight blanket if the room is cool from air conditioning. Dress her in a lighter sleeper if your home is warm during the summer months.

Tips

Check your baby frequently to look for signs of overheating, such as hot skin, agitation and lethargy.

Keep your newborn indoors or in the shade as much as possible during the summer months.

Pack additional clothing options, both warmer and cooler clothes, in the diaper bag in case weather conditions or the indoor temperature of your location changes.

Things You'll Need:

- Onesie
- Sleeper
- Pants
- Socks
- Skirt
- Sunscreen
- Sundress
- Sun hat

BABY & YOU CLASSES

Courses of the Month



Baby and You classes are free for Parents Centre members. If you're not a member, enrolment in our Baby and You Membership Package is \$100 and includes the following:

- One year Parents Centre membership
- One year subscription to Kiwi Parent magazine
- Four Baby and You classes - covering infant feeding, health & growth, touch (baby massage) and child development. See the full description below.

When are our next courses? -

BY1602

10th February - 2nd March 2016

BY1603

23rd March - 13th April 2016

All courses are held on Wednesdays from 10am to 11:30am at Sunnynook Community Centre.

To book your place email
Bridget:
baysnorthbabyandyou@gmail.com

SUMMER TIPS

KEEPING YOUR LITTLE ONE HYDRATED THIS SUMMER

Warm summer weather means it's easier for babies to become dehydrated..

BY Kate Ellison



Breastfed babies (under 6 months old) may need more frequent feeds in hot weather- so if you're breastfeeding remember you'll need to drink plenty of fluids to keep up! If your baby is formula-fed, they may need to be offered extra water in-between feeds. Try offering 30-50 mL of cooled boiled water in a bottle 2 or 3 times a day. Once baby is around 6 months old you can offer water regularly throughout the day in a sippy cup or a bottle.

Even if your little one doesn't seem interested in drinking much, at least you know you've given them plenty of opportunities to keep well hydrated in the hotter weather. Older babies may even be happy to drink cooler water which has been stored in the fridge! Another way to check baby is having enough fluid is counting nappies - at least 6 wet nappies over the day is a good sign.

If you are concerned your baby is

unwell or may be dehydrated seek advice from your baby's health professional.



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

WATER SAFETY FOR BABIES

BY KIDS HEALTH

Pools, lakes, ponds, and beaches mean summer fun and cool relief from hot weather. But water also can be dangerous for kids if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning. And most drownings occur in home swimming pools.

The good news is there are many ways to keep your kids safe in the water and make sure that they take the right precautions when they're on their own.

Drowning, although the biggest worry, isn't the only concern when babies are exposed to water. Infants are particularly susceptible to diseases that can be transmitted in water. After introducing an infant to a pool, dry the child's ears carefully with a towel or cotton ball to help prevent swimmer's ear. After a dip, wash your baby with a mild soap and shampoo the hair to remove pool chemicals.

Kids should drink plenty of fluids, particularly water, to prevent dehydration. It's easy to get dehydrated in the sun, especially when kids are active and sweating. Dizziness, feeling lightheaded, or nausea are just some of the signs of dehydration and overheating.



The temperature of the water is important, too. Enter the water slowly and make sure it feels comfortable for you and your child. A temperature below 20°C is cold to most swimmers.

Recommended water temperatures vary depending on the activity, swimmer's age, and whether or not they are pregnant. In general, 28°-30°C is comfortable for recreational swimming for children (babies are more comfortable when the water is on the warmer side of this temperature range). Water temperatures below 29°C can cause babies to lose heat quickly, putting them at risk for hypothermia (when body temperature falls below normal). Shivering infants or those whose lips are turning blue should be removed from the water immediately, dried, and kept in a towel.

Infants can also spread disease in a pool. Cryptosporidium can be released into pools by babies with leaky nappies. When swallowed by other swimmers, the parasite can cause severe diarrhea, nausea, vomiting, weight loss, and dehydration.

The safest thing to do is to keep your baby out of public pools until the child is potty-trained. If you do decide to take the baby in for a dip, use waterproof nappies only and change the nappies

frequently (but not poolside!), washing your child well each time. Keep any child with diarrhea or a gastrointestinal illness out of the pool during the illness and for 2 weeks afterward. Provide frequent bathroom breaks for kids who are already potty-trained.

Water play can be a great source of fun and exercise. You'll enjoy the water experience more by knowing and practicing these safety precautions.

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12 WAYS 'WEARING' YOUR BABY CAN CHANGE YOUR LIFE AS A PARENT

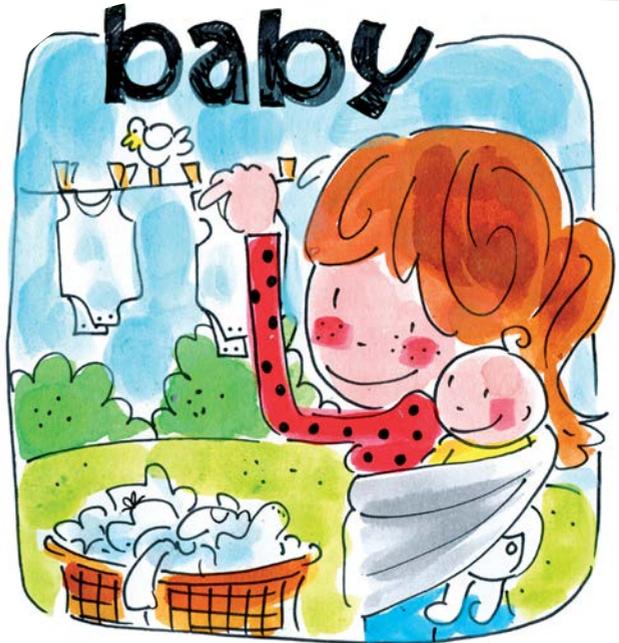
BY PINK MCKAY

Parenting is arguably one of the most challenging things we'll ever do. It also happens to be the most rewarding.

Nikki Wilkins, Certified Baby Carrier Consultant and owner of Nurture Nest (Australia's largest baby carrier specialty store), strongly believes that many of the challenges we face as parents can be reduced or eliminated with the use of a baby carrier (or what is commonly also referred to as a baby sling).

Most adults have a fairly sound understanding of children's needs and the importance of being responsive to them, but applying this in a practical sense on a day to day basis can be a challenge for many parents.

In recent years we have seen the creation of many baby products designed to help make the increasingly busy lives of parents easier such as prams, bouncers, play pens, and cots. Many parents quickly discover that during the frequent moments throughout the day their children need them to meet their basic need for connection, these products aren't very useful as they put a barrier between themselves and their children.



Thankfully with more baby carriers that are comfortable and easy to use in recent years, parents are beginning to rediscover their usefulness and they are becoming more and more popular as a result. Although often referred to as 'baby' carriers, it is not widely known that there are comfortable options from birth through to preschooler. You should be able to comfortably carry at least up to 20kg (that's an average 4-5 year old). Life is too short for an uncomfortable baby carrier!

Nikki receives emails on a daily basis from people who write to thank her for the difference their baby carrier has made in their lives, and has shared with us the 12 most common reasons.

Although often referred to as 'baby' carriers, it is not widely known that there

are comfortable options from birth through to preschooler. You should be able to comfortably carry at least up to 20kg (that's an average 4-5 year old). Life is too short for an uncomfortable baby carrier! Nikki receives emails on a daily basis from people who write to thank her for the difference their baby carrier has made in their lives, and has shared with us the 12 most common reasons.

1 Children who are carried cry less
Crying can be exhausting for both the parents and their baby. If you halved the amount of time your baby was crying, how would that impact your life? How would it impact the experience of your baby?

In a study published by the journal 'Pediatrics', researchers found that babywearing for three hours per day reduced infant crying by 43 percent, and during the evening hours it reduced by 54 percent. Babies who are not crying spend their energy calmly observing and actively learning about their environment and have more positive interactions with the world.

Babywearing is especially useful for babies who are unsettled with reflux or colic who are far happier being worn and continuously kept in an upright position to provide relief from their discomfort. Many parents of babies with reflux are told by health professionals to keep their babies upright an hour after eating, and doing this without a baby carrier can be incredibly difficult considering how often babies eat.

2 Children who are carried are easier to get to sleep and they sleep longer
Many babies nap better and for longer periods when being carried. If they begin to wake up during the end of their short

sleep cycle, the person wearing them can simply sway a couple of times to gently rock them back to sleep. This saves a significant amount of time often spent trying to settle a baby in their cot, and also means they can have their nap when you are out and about running errands or doing things around the house rather than planning your life around nap times.

More often than not, their night time sleep also improves when they have been carried during the day. One explanation for this is because regular close contact helps babies regulate their circadian rhythms better and allows them to better distinguish the difference between night and day sleep. If the baby is sleeping more at night, generally the parents are too. This in itself can have a huge impact on the health and wellbeing of a family.

3 Families who use baby carriers have more time to do the things they love
If you haven't used a baby carrier regularly before, you'll be amazed at what they can help a family achieve.

Picture this: Your best friend is having an engagement party this weekend at her house. You aren't ready to leave your baby with anyone (or you are but don't have a sitter) but you still want to go and celebrate. You consider taking the pram so the baby has somewhere to sleep, but will there be any room to have it next to you? If you put the pram in a different room so the music doesn't wake the baby, will the monitor reach that far? Will you hear the monitor over the loud music? Are you comfortable leaving your baby in an unfamiliar room with people you haven't met wandering around inside? Instead, you decide to take your baby carrier. Your baby sleeps snuggled up against you, warm and safe. Every now and then she stirs, but you just

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bounce her up and down a little and she sleeps through. You stay and enjoy the party for as long as you like, dancing and catching up with old friends.

If you enjoy walking the dog, hiking, or walking along the beach, you can enjoy the convenience of babywearing. You can go many places wearing a carrier that a pram can't go – walk in the water or even in the soft sand as far as you want to go. This is just as handy with walking toddlers whose little legs tire easily.

Love going to the movies? Babywear! There isn't a great amount of room on those tiny cinema seats to have your baby sleeping in your arms, but if you're babywearing it's easy for your baby to fall asleep in the upright position without encroaching on the space of the person next to you or experiencing a numb arm.

Travel. So many families have experienced traveling for longer periods or much earlier than they ever expected to thanks to the convenience and practicality of babywearing – at the airport, on the plane, public transport, and out and about.

The possibilities are endless. Families who babywear can experience far less isolation as they have the confidence and the means to get out and about in the community. Parents feel so much more confident getting out and about when their babies are settled, and babywearing is an incredible aid in keeping babies calm and content. Babies who are carried also become involved in their parents' world and get to participate and be within close proximity to what their parents' are doing rather than viewing things as a spectator when placed in a pram, playpen or bouncer.

4 Babywearing encourages independence and fosters a strong attachment

You may not be ready for your child to be more independent yet, but you may have had someone say to you 'carried babies will end up clingy' or 'you're making a rod for your own back' when they see you cuddling or carrying your baby.

Actually, the opposite is true. Many studies have shown that children who have their needs met grow to become more confident to explore the world when they are ready than those who don't have their immediate needs met because they know you will be there for them when they need you. It's also a wonderful opportunity for relatives to connect and bond with the baby.

5 Babywearing allows you to do more of the things that you need to do

Vacuuming, doing the dishes, preparing dinner, mopping, doing laundry, working – basically anything you do to keep your household running can be done much easier (and generally faster) with a baby carrier.

As parents we often feel overwhelmed with the day to day running of the household. It can be difficult to achieve these tasks when you have a baby who doesn't want to be put down or wakes up as soon as you try to put them down for a sleep. If you're using a baby carrier, you no longer need to worry.

Do you work from home or have a hobby you love spending time on?

Grab yourself a fit ball and use that as your desk chair – it's perfect for wearing a baby on your back (if you are comfortable doing so and if baby is old enough) and slightly bouncing up and

down to get them to sleep if needed.

Once we achieve these things we feel less overwhelmed with the day and have more time to do the things we love with the people we love most. Isn't that what life's all about?

6 Babywearing is practical

Babywearing enables you to easily navigate stairs, leave the pram at home, duck in and out of small shopping aisles, navigate crowds easily. The possibilities are endless (within reason, of course)

And it's so much easier and quicker to get out of the car than a pram!

7 Babywearing can increase your confidence as a parent

A large aspect of parenting with confidence is being able to read your baby's cues successfully. When babies are held close in a baby carrier, a parent quickly becomes finely tuned to their baby's cues. The parent's responsiveness to the baby's needs increases the baby's trust in their parent which enhances the attachment between the parent and child, creating strong family relationships and making parenting more enjoyable.

8 Babywearing reduces the risk of postnatal depression

Postnatal depression (PND) affects between 10 to 15% of new mothers, and many are never diagnosed. In 2014 the Royal College of Midwives reported that nearly 60% of mothers felt down or depressed after giving birth. Keeping your baby close improves bonding and attachment through the release of oxytocin, and reduces anxiety and depression. It can also help parents get out and about and exercise which is also shown to help with PND.

9 Babywearing helps you have one on one time with all of your children

Having a new sibling is a big change for a child, and for the parents. As parents we try to divide our time up between both children but the reality is that newborns or young babies generally require our immediate attention more often.

Babywearing allows you to keep meet many of the immediate needs of your new baby by keeping them close in a baby carrier leaving your hands free to spend time with your other children. Many parents wonder how they would have got by without babywearing once they have more than one child, and it becomes particularly useful when taking your older child to kindergym or even walking to school together.

10 Babywearing helps you to reconnect after time apart

A recent study has found that the average parent has less than 30 minutes to devote to their children in the evenings. Many working parents have reported that babywearing has been crucial for them to reconnect with their children after time apart due to going to work. Often children become unsettled in the afternoon and the time between picking them up from childcare and bed time is often referred to as the 'witching hour' as children can become quite unsettled and wanting our undivided attention. Babywearing allows you to find additional opportunities to connect – by wearing your children when you are preparing dinner or doing various household tasks.

Keeping your child close at this time is an incredible opportunity to reconnect after time apart and keep your child settled.

11 Babywearing saves your back

A large percentage of adults complain of back problems, and even those who don't have back problems find carrying a child on their hip quite tiring on their body. A good baby carrier will distribute the weight evenly across your body. This can be life-changing for a parent who has a disability or for any reason has difficulty carrying their child. Whether it be for short trips or longer cuddles – a baby carrier is perfect if you need a bit of extra support.

12 Babywearing facilitates breastfeeding

Babywearing allows you to breastfeed on the move discretely (although Nikki recommends you become confident in breastfeeding and babywearing before you combine the two, and to start once

your baby has good neck control). For those who have had problems with breastfeeding, babywearing has been shown to help. Some babies nurse better on the go as they are more relaxed when in the comfort of the motion of being in a baby carrier. The close proximity can also help babies to feed more frequently and help mothers to respond to cues more frequently.

The care babies and children receive strongly influences the type of people that they will become for the rest of their lives. Parents who are responsive to their children's needs help them to build positive attachments and relationships. Babywearing is the one parenting tool that can make almost every aspect of parenting easier and more enjoyable – resulting in happier parents and children.

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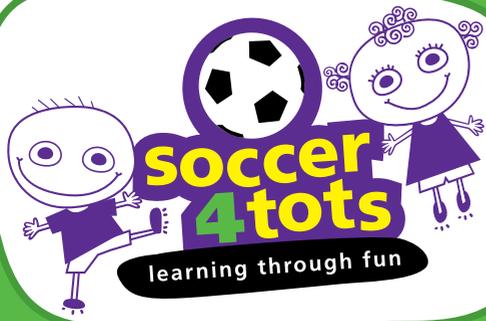
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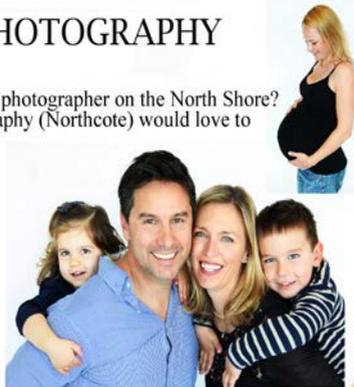
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10 FUN SUMMER ACTIVITIES TO DO WITH YOUR BABY

By MOM365



It's summertime and the living is, well, not exactly easy with a baby, but it's definitely interesting! Now's your chance to get out with your little one and show him or her the world start with these ideas to explore and enjoy summer in a whole new way.

Visit the Zoo

No question zoos and aquariums are child-friendly, but babies love them too. Or save the price of admission and take a quick visit to the pet store. Just don't be surprised if your baby spends as much or more time checking out the other visitors as the animals. Remember, strangers are as exotic as elephants to her!

Go Berry Picking

A delicious way to spend a morning, berry picking is also an extremely baby-friendly activity. Wear your little one or set him up on a blanket under a shade tree, and set to the task of plucking the lusciously fresh fruit straight from the vines and into your mouth, err, basket.

Hit the Pool

Beat the heat with a trip to the public pool and introduce your babe to the joys of splashing about amongst hysterically happy children. Or set up a paddling pool in your backyard for more low-key but still fun water play.

Check Out the Farmers Market

Farmers Markets rank up there as one of summer's most baby-friendly activities. There's generally room for strollers, no one minds if your baby gets fussy, and vendors often welcome the chance to coo over your cutie. Instill a love of fruits and veggies in your baby by telling her their names and letting her smell the fresh herbs and squeeze the fruit.

Settle in at Library Wiggle & Rhyme

Wiggle & Rhyme is a fun, free programme that provides positive movement experiences to stimulate development of both the brain and the body for babies 0 – 2 years.

Venture Out on a Nature Walk

Try this one in the early morning before it gets too hot. Load your little into a stroller or carrier and head out to explore. Let her smell the flowers, watch the birds hop along the grass, and feel the soft leaves or smooth rocks you find along the way. Identify what you're

seeing with a gentle rolling commentary; all that chatter will help her build a strong vocabulary and develop her own communication skills.

Pack a Picnic

There's something so lovely about dining al fresco, whether you're grilling or just munching sandwiches and snacks. Spread a blanket under a shady tree in a scenic location and settle your little one in for an afternoon of squirrel watching, ant observing, and people watching, in between bites of whatever she's sampling these days--be it milk, mush, or finger foods.

Head to the Fair

With so much to look at, smells to breathe, and sounds to hear, state fairs and other summer festivals can be a fun place to take alert babies who love to observe the world around them. Timing is everything with this activity; arrive post-nap and after a feeding when your little one is feeling happy

and interested in playing. If it's getting too close to naptime, you might end up with an overstimulated, too-tired-to-sleep baby on your hands.

Beach It Up

You'll never forget the first few times your baby experiences the beach. Set up a sun-safe camp and help her explore the coarse texture of sand and the cool lap of the water on his feet. Her reaction will be priceless.

Blow Bubbles

Here's one you don't have to leave home for. Just head outside, break out a container of bubble solution, and prepare for your baby to be amazed. Add a few songs and movements and it's basically a Gymboree class in your own backyard. While you're out there, toggle your baby's feet in the soft grass and let her experience a sensation that is purely summer.



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Ingredients

150 grams (5/8 cup) couscous
 enough homemade stock to cook the couscous according to the directions on the pack (check our homemade chicken stock, beef stock and vegetable stock recipes)
 2 cooked asparagus spears, chopped
 60 grams cooked carrots, chopped
 little olive oil

Method

Prepare the couscous with the stock, then combine it with the cooked asparagus and carrots.
 Stir in a little olive oil, then place the mixture into a heart-shaped jelly mould and press firmly.
 Turn out on to baby's plate... and serve!

Ice Cream for Baby



Ingredients

2 ripe bananas, peeled and cut into chunks
 1/2 Hass avocado, pitted and cut into chunks
 5 large ripe strawberries, hulled and halved
 1 tsp vanilla extract (optional)
 1/3 cup (around 3 fl oz) unsweetened coconut milk
 2 tsp coconut oil

Method

- Simply place all ingredients into a food processor and blend until completely smooth.
 - Place in the freezer – in a covered container – then remove after 1 hour.
 - Stir well, then return to the freezer.
 Continue to stir/freeze at hourly intervals until the mixture is firm.
 - Our ice cream was at the ideal serving consistency after 6 hours. Whilst you can, of course, keep your ice cream in the freezer for longer than this (up to one month), we find it hardens considerably after the first 24 hours or so. It still tastes great, but we tend to take ours out of the freezer 10 minutes before serving to soften it up a bit!

Christmas Hamper



Emma, Greg and
baby Morgan



Baby Kleio

Bays Parents Centre Premmie Clothing Packs

give a little
from the  **Spark Foundation**

Sometimes little ones decide to make an early appearance and first time parents aren't quite ready. That's why we at Bays North Harbour Parents Centre are putting together packs for premature babies and their parents. Your donation will help to fund these packs, and support the ongoing work we do to educate and support new and expectant parents on Auckland's North Shore.

www.givealittle.co.nz/org/bnhpc

EVENTS OF THE SUMMER

FEBRUARY

4 THURSDAY 10AM

Summer Fun Preschool Play Bayswater
A free fun time for preschoolers to play with big toys, be active and to make new friends. Bring your toddler and a coffee and enjoy our beautiful parks! Caregiver supervision required.

18-21 THURSDAY TO SUNDAY 2PM

Auckland Lantern Festival
Come and enjoy New Zealand's largest Chinese festival. Be enchanted by more than 800 handmade Chinese lanterns in the festival's new Auckland Domain location to celebrate Chinese New Year and welcome the Year of the Monkey.

16 TUESDAY 10AM

Porse Teddy Bears Picnic
Bring along your teddy's, picnic mat and a picnic lunch and join us for our annual Teddy Bears Picnic and Teddy Bear Hunt

10 - 24 WEDNESDAY 10AM

Summer Fun - Sunnynook Park
Come and play with heaps of great toys, meet new people and enjoy your local parks and reserves.

MARCH

2 WEDNESDAY 10AM

Castor Bay Reserve, The Esplanade
Come and play with heaps of great toys, meet new people and enjoy your local parks and reserves.

1 MONDAY

Golden Ginko
Celebrate the glorious Ginkgo trees and their meaning to Chinese culture. With an afternoon of traditional dragon dancing, face painting and music. : FREE

29 FRIDAY

Summer Fun Preschool Play - Windsor Reserve, King Edward Parade
A free fun time for preschoolers to play with big toys, be active and to make new friends.

24 THURSDAY 10AM

Castor Bay Reserve, The Esplanade
Come and play with heaps of great toys, meet new people and enjoy your local parks and reserves.

A BIG WELCOME TO OUR NEW MEMBERS



AN1510



AN1509

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EVERYBODY IS BEAUTIFUL



Parents Centre Members get a 25% discount on all purchases at hotmilk online. Enter the code **PCSPECIAL25** when you get to the shopping cart to receive your discount. www.hotmilklingerie.com

Summer Babies

New Arrivals

Rachel & Christopher Minto
welcome Amelia Minto

Neha & Sunny Katira
welcome Kleio Gyan

Helen & Martin Dijkgraaff
welcome Willem Martin

Sharon & Todd Neal
welcome Jackson James

Grace & Logan Alty
welcome Madeline Isabelle Alty

Kathleen & James McLellan
welcome Mia Jin

Rachael & Scott Henderson
welcome Scarlett Marie

Emma Welch & Greg Michaels
welcome Morgan John

Caren & Jason Casey
welcome Alleyra Casey

Emily and Philip Taylor
welcome Elodie

Rachel McGregor & Rob Clark
welcome Asher Clark



Toby Elston
Born 23/11/15



Brooke Madsen
Born 2/12/15



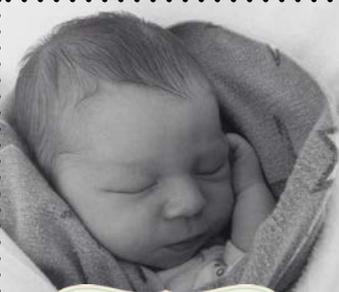
Madison Malan
Born 17/12/15



Madeline Isabelle Alty
Born 29/11/15



Willem Martin
Born 2/08/15



Jackson James Neal
Born 26/12/15



Mia Hailey Malherbe
Born 8/12/15



Mia McLellan
Born 12/12/15



Jack Craig Lewis
Born 15/1/16



Charlie Vincent Lambert
Born 30/11/15



Shania Patel
Born 10/1/16

**WE NEED
VOLUNTEERS!**

WE NEED YOU



Have you thought about volunteering a couple of hours of your time each week or each month for Bays North Harbour Parent Centre? We currently have several vacancies and would love you to join our team!

Did you know that Parent 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. 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.

Vice President

This role provides support to the President and other committee members when required. The hours required vary depending on the support the committee and President need.

Baby and You Co-ordinator

The Baby & You Co-ordinator contacts the class prior to the sessions, liaises with speakers and class host, organises and makes up the info packs for each class. This role requires 1-2 hours per course.

Grants Officer - 5 hours per grant - 4 grants per year. This role will just be to reapply for grants that we have applied for in previous years.

All roles will require you to attend as many as monthly committee meetings as possible. These meetings are held on the 2nd Tuesday of the month.

<http://www.baysnorthparentscentre.org.nz>

Membership Discount Deals

over 30 years teaching swim to survive



THE SWIM CENTRE
A Swimming New Zealand Quality Swim School

Free Parents Centre Lesson

Blooming Beautiful will give members a 10% discount on any prelove maternity wear item.
www.bloomingbeautiful.co.nz



connected families
chiropractic
SWITCHED ON NATURALLY

\$25 discount on initial consultation for BNHPC Members

NORTHERN Arena

See advert attached for \$25 discount
SWIMMING



Northern Arena
Swim Gym Physio Cafe Shop



nappies direct™

Nappies Direct, direct to your door. \$5 off your next purchase of \$25 or more at www.nappiesdirect.co.nz Enter **PARENTS** at the checkout.

BABY ON THE MOVE

10% off any capsules or snap & Go Hire



Mention this advert and receive
10% discount
www.soccer4tots.co.nz



PINT SIZED PARTIES

Weekend hire of toys and party items for kid's parties. 10% off bookings for BNHPC members using the code 'Parents Centre' at checkout or mention it in your message to me.
www.pint-sizedparties.co.nz or email Kerry on pint-sizedinfo@gmail.com for booking
We'd love to hear from you

**BIG THANKS FOR
THE SUPPORT
FROM**



ADVERTISE WITH US

Reaching over 400 homes in the Bays North Harbour and the Hibiscus areas, advertising with us will remind your existing customers that you're still around, or attract new customers who may be in need of your products or services.

BLK/ WJT	1 Issue Only	6 Issues 15% Disc
A5 Full Page	\$80	\$408
Half Page	\$45	\$229.50
Quarter Page	\$40	\$153
Colour Advertisement		
Full Page	\$100	\$510
Half Page	\$65	\$331.50

Special Positions

Flyer Insert	\$120
Advertorial	\$80 - Must purchase advertising

Do you have a product or service you would like to include in our membership discount scheme? Get 1 half page advert when offering a discount of 10% or more to our members. To find out more or to book your ad, email baysnorthpcadvertising@gmail.com

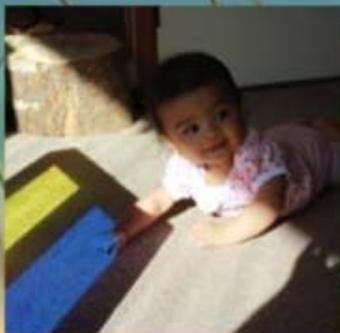




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- Competitive, affordable fees
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- Transition to school programme