

Baby Babble

THE
WINTER ISSUE

June - July 2016

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The Buoyant Babies programme at The Swim Centre is amazing, it is so much fun and personal. They truly care about my baby's development and everything is so warm, clean and private for mums like me.

-Sarah



EDITOR'S MESSAGE

Mish Ryan
Editor

Winter is upon us! And unfortunately with this season comes a raft of nasties that enter our warm households. The odd cold and the dreaded flu and let's not forget the coughs.

This winter I am fortunate enough to spend a month in Brazil (with 35 degrees) but for the many that are bracing for the cold, we have prepared some great articles on winter health and wellbeing for our little ones.

We need to understand what is happening to our babies to better read and assess, to both reduce our worry and also enable us to act and beat the bugs early on. You will find a great article on how to decode babies coughs and some ideas to help our wee ones get better if they get unwell.

Winter can be daunting with lots of rain, wind and lack of sun. For a bit of fun we have listed some activities for you to do with your little one and also how to increase their awareness of this new world that they are now part of!

Our winter issue is full of planning tips, baby activities, baby food ideas and some great events!

You will be hearing from us again in time for Father's Day! Please send me photos of your baby and daddy having a nice cuddle for the next issue! Until then, keep warm and most importantly enjoy your new bundle of joy!

Mish Ryan

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Committee Meetings:
We hold our meetings
every second
Tuesday of every
month at 7.15pm. If
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of interesting parenting
tid-bits.

Cover Photo:
Luca Alexander Davie,
born 4th April 2016.

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.

Friday Afternoon -

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22nd Moving & 29th Munching

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THE BABY & YOU PROGRAMME

The 'Baby and You' programme follows on from antenatal classes and offers sound tips and strategies as you begin your remarkable journey into parenthood.



Contributing to the growth and development of your child can be hugely rewarding. To see your baby smile, play and grow - will be an extraordinary experience. You will have feelings of tenderness, closeness and a sense of awe at the miracles of 'first milestones' - smiles, crawls, steps and games. But with a new baby comes uncharted waters. Your tiny bundle may rule the entire household through its routines, sleep patterns and behaviours. This can be very challenging.

Babies grow quickly and they go through a variety of stages. 'Baby and You' explores the first 3 months of your baby's life and gives practical information about stimulation for babies, age-appropriate toys and the key milestones of your baby's growth.

Many parents, particularly new mums, find the information and support in the 'Baby and You' programme extremely helpful in managing the challenges, and making the most of the rewards, that a new baby brings to into their life. Parents Centre believe strongly in the strength of the support networks in getting through those early months. Firm friendships are often formed between course participants, through shared experiences and understandings.

Baby and You classes are free for Parents Centre members. If you're not a member, enrolment in our Baby and You Membership Package \$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?

BY1606 - 22nd June - 13th July 2016

BY1607 - 27th July - 17th August 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

BABY & YOU CLASSES

Courses of the
Month



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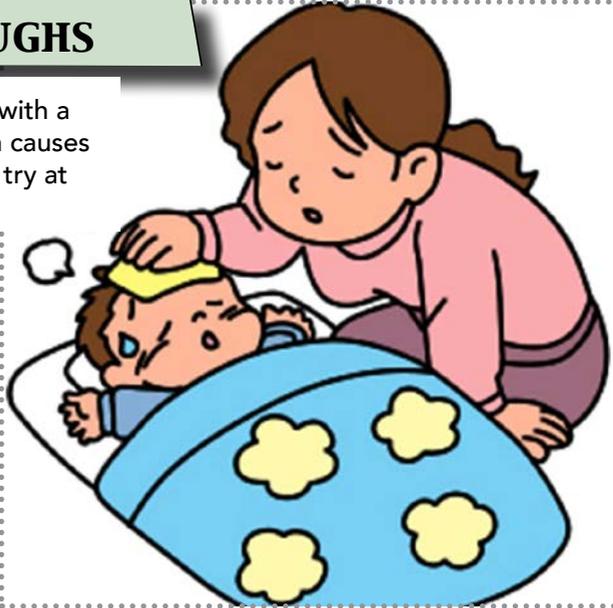
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DECODING COUGHS

To help your child cope with a cough, know the common causes and treatments you can try at home



A child's cough can sound terrible and send most parents into panic mode, but it's not usually a sign of a serious condition.

What causes coughs?

Coughs are usually a symptom of an infection, typically the common cold virus.

Sometimes, babies develop more worrying coughs. These are:

- > Croup, a viral infection of the voice box and airways.
- > Whooping cough, a bacterial infection of the windpipe and airways. You will be offered a vaccination against whooping cough for your baby.
- > Bronchiolitis, a viral infection of the lungs.
- > Gastroesophageal reflux disease (GERD). Regurgitation of stomach contents and/or acid may trigger a reflex cough and should be considered when the more common causes of cough have been eliminated. This is more common in infants and young children. These young children and

infants may not have obvious spitting up of liquids or solids during such episodes; however, they become very distressed during such event.

- > Irritation of the airways. Pollution, primary or secondary smoke, and an allergen may also produce a persisting cough.
- > Asthma - this can be difficult to diagnose, because symptoms vary from child to child. But a wheezing cough, which may get worse at night, is one of the many asthma symptoms. The other may be a cough that is caused by increased physical activity or during a play. Treatment for asthma depends on what's causing it, and may include avoiding triggers like pollution, smoke, or perfumes. Consult your doctor if you think your child has asthma symptoms.
- > Allergies/Sinusitis can cause a lingering cough, as well as an itchy

throat, runny nose, watery eyes, sore throat, or rash. Talk to your child's doctor about allergies tests to find out which allergens cause the problem, and ask for advice in how to avoid that allergen. Allergens can include food, pollen, pet fur, and dust.

Different types of coughs

Knowing and recognising the different types of coughs will help you know how to take care of them and when to go to the doctor. According to paediatrician and neonatologist Dr Emma Buckley:

- > A dry cough is a cough that does not produce any phlegm, is irritating to the lungs and throat and may be a sign of viral infection or cold. These coughs usually last about seven days and if the child is otherwise well, they do not require treatment.
- > A wet cough is cough that produces phlegm, and depending on the colour, may indicate a bacterial infection. Phlegm that is yellow green or brown usually means that a child has a chest infection or pneumonia. They will usually have a loss of appetite and a temperature.
- > A sudden cough could be an indication of choking on a foreign body.
- > A cough with a wheezy sound could be a sign of bronchiolitis a viral infection that affects infants or asthma in older child.
- > A 'barking' cough is usually found in children, and may be associated with croup or other viral illness. Croup usually comes on quite suddenly especially in the middle of the night. A cough that causes a 'whooping' sound after the cough may be indicative of a serious infection and should be evaluated by a doctor.

EXPERT ADVICE

A baby or young child should be seen by a doctor for their cough if:

- They are less than six months and have a temperature more than 38°C as young babies can become unwell very quickly.
- If their rate of breathing is increased this indicates that they are unwell and struggling to breathe.
- If they are having spasms of coughing or seen breathless.
- If they have any change in their colour especially dusky/blue tinge around their mouth.
- If they have a rash, irritability, or are very quiet and listless.
- If they are vomiting with the cough and unable to keep fluids down if they are coughing up yellow green or brown phlegm.

Paediatrician and Neonatologist, Dr Emma Buckley - The Children Practice

You can help your baby by doing the following:

- > Make sure he gets plenty of rest.
- > Offer extra breastfeed or bottle feeds. Your baby will need plenty of fluids to fight off the infection.
- > Give the correct dose of infant paracetamol or infant ibuprofen. These painkillers will help to bring down your baby's fever.
- > Breathing in steam may help to relieve your baby's cough. Try sitting with your baby in the bathroom with the shower on. The warm, steamy air will help to relax his airways. Take care to keep your baby away from the hot water, otherwise he could get burnt.

Treating children

The NZ Ministry of Health recommends that over-the-counter cough and cold medicines should not be given to children who are under the age of six. Instead, give your child a warm drink of lemon and honey or a simple cough syrup that contains glycerol or honey.

However, honey shouldn't be given to babies under the age of one, due to the risk of infant botulism.

Mum's tip

"I find rubbing a Vicks BabyRub onto baby's chest, back and feet works wonders. I leave a facecloth with few drops of Eucalyptus oil in their room - it's great for clearing block noses."

Joana Heinle



Preventing baby from getting coughs and colds

Breastfeeding is a great way to protect your baby's health. It passes your antibodies, chemicals in your blood that fight infections, to your baby. Breastfed babies are better at fending off colds and other infections.

You can also protect your baby by trying to keep him away from anyone with a cough or a cold. Or ask them to wash their hands thoroughly before holding your baby.

If you or your partner smokes, try to quit, and don't take your baby to areas where people are smoking. Babies who live with smokers have more colds, and their colds last longer than babies who aren't exposed to smoke.

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Clearing the airways can help

A blocked up nose (snuffles) is common in babies under six months old. It is usually due to normal mucus that collects in the nose, which is difficult for the baby to clear. No treatment is required if the baby is otherwise well and feeding well. However, feeding can sometimes become difficult if the baby cannot breathe very well through her nose. Using an infant nasal bulb, or aspirator, to suck mucus from your baby's nose can help to clear your baby's airways.

A BIG WELCOME TO OUR NEW MEMBERS



1603



1604

15 IMMUNE BOOSTING FOODS TO HELP KIDS STAY HEALTHY

BY UNDER 5s

There's no miracle cure to starve off winter colds and flu! However eating a range of essential nutrients all year round from a variety of foods can help boost your children's immune system and shorten their recovery time when they get sick or start feeling run down. Here are 15 common immune boosting foods to help beat those winter bugs over the coming months.



Berries

Berries are full of antioxidants to help keep your children's immune systems fighting fit! And if fresh berries aren't in season, try using frozen ones instead. Berries are great for eating on their own or adding to smoothies.

Broccoli

It might not be your kids favourite vegetable, but it's no secret that broccoli is a nutritional powerhouse. It's got a number of immune system boosters, including vitamins C, A, and E and a number of antioxidants.

Eggs

Research has shown that when a person is low in vitamin D, they are more susceptible to illness. Eggs are one of the only foods with naturally occurring vitamin D. They also include a number of

other immune-boosting nutrients, such as B vitamins and selenium. Find out more about when you can start introducing eggs to your children's diet.

Garlic

Garlic has antibacterial and antioxidant properties that help maintain general health and wellbeing. Adding garlic to your little one's diet can help reduce the severity and duration of their colds and flu.

Ginger

Ginger has anti-inflammatory properties which can help to relieve symptoms and reduce the duration of colds and flu. Use it in stir-frys or grate it up and add it to your little one's smoothies for some extra 'zing'.

Kiwifruit

Kiwifruit are one of the richest sources of vitamin C. Vitamin C is also found in many fruits (such as blackcurrants, oranges, strawberries and blueberries) and vegetables (such as red capsicum, leafy green vegetables and sprouts) and is well-known for its immune-boosting capacity.

Leafy green vegetables

Leafy green vegetables are rich in phytochemicals and provide a valuable source of vitamin E. Vitamin E acts as an antioxidant to protect children's body's cells from damage.

Legumes

Chickpeas, beans and lentils are high in fibre and are also a good source of iron. They act as natural 'immune boosters' in the body. They can easily be stirred into Bolognese sauce or stews to help disguise them, or how about making your own humus with chickpeas?

Lean red meat

Lean red meat is rich in iron and zinc and keeps your children's immune system fighting fit. Iron from animal foods such as red meat, chicken, fish and pork is better absorbed by your body than plant sources of iron.



Nuts and seeds

Nuts and seeds contain phytochemicals, vitamin E and fibre. Fibre is essential for good health. It helps keep your little one's bowel in good balance and their immune system strong.

Oats

Oats contain beta glucans, a component of fibre that activates killer cells. These are the cells that fight bacteria, viruses, and other intruders in our bodies.

Oily fish

Salmon and other deep sea oily fish

such as sardines are a super source of omega-3 fatty acids. These not only help to ensure healthy brain development in kids, they also have anti-inflammatory and immune-boosting properties to help ward off sickness and fight infections.

Probiotic Yoghurts

Probiotic yoghurts don't just contain probiotics, they include zinc too. Probiotics are good bacteria that are needed by the body to maintain a healthy digestive system. Along with improving digestion, probiotics prevent

overgrowth of bad bacteria and increase your little one's resistance to infections. Just make sure your kids yoghurts aren't doing more harm than good.

Kumara

Kumara are rich in beta-carotene which the body converts to vitamin A. Beta-carotene, found in many orange-coloured fruits and vegetables (including carrots, pumpkin, rock melon and mangoes) has antioxidant properties which help to fight off infections.

Watermelon

Watermelon is a hydrating fruit that is a natural high antioxidant food, plus a great source of vitamins A and C. It also contains minerals that can help fight inflammation and help the immune system stay strong. Plus it's delicious when served cold, and very popular amongst young children for its juiciness and sweet taste.

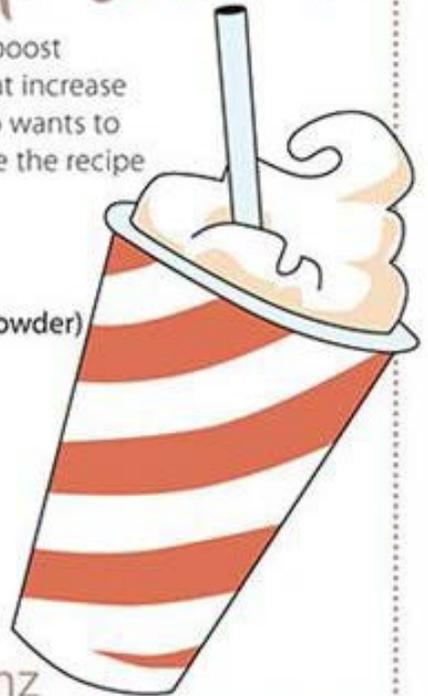
TIGERS milkshake

This "tigers milk" recipe is a great way to boost your milk supply. The yeast flakes are what increase the 'supply' but for anyone out there who wants to increase the 'quality' of their milk then use the recipe without the yeast.

- 1 cup full cream milk
- 1/2 cup acidophyllis yoghurt
- 1 Tablespoon complan powder (or milk powder)
- 1 banana
- Honey
- 1 tsp yeast flakes
- +/- ice cream

MAKES 3-4 cups

Mix in a blender.
Drink over the course of the day.



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Baby Babble Babies

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Born 28/04/16



Lucy Charlotte Thompson
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Joshua David Goldfinch
Born 3/05/16



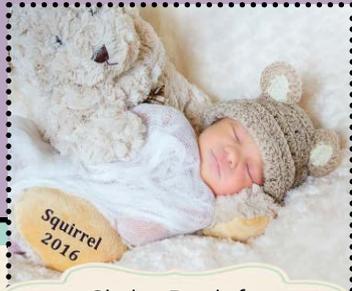
Luca Alexander Davie
Born 4/04/16



Cooper Paul Haley
Born 30/04/16



Archer Vincent Skilton
Born 9/04/16



Skyler Roelofse
Born 20/03/16

Julie & Ryan Davie
welcomed Luca

Alfrey & Anthony McMillan
welcomed Orianthi

Kylie McCaw & Jonathan Drew
welcomed Alfie

Lindsay & Richard Skilton
welcomed Archer

Carmen & Johan Roelofse
welcomed Skyler

Bhavana & Vijay Reddy
welcome Thanvee

Sama & Sam Beshara
welcomed Harper

Rebecca Vanweerd & Scott Longhurst
welcomed Ivy

Danielle Sevantie & Gaylene
welcomed Ava



Madison Charlotte Stubbs
Born 13/02/16



Orianthi Jane McMillan
Born 11/03/16



Thanvee Reddy
Born 7/04/16



Ava Sam Rodley
Born 19/03/16



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FUN ACTIVITIES FOR WHEN WINTER WEATHER TRAPS YOU INDOORS

BY AMERICAN BABY MAGAZINE 2011

It's freezing outside and your baby has already completed his usual circuit of activity mat, bouncy seat, and Exersaucer. With hours to go before his next nap, you need tactics to keep your wee one cooing when Old Man Winter traps you indoors. Try these fun indoor activities to pass a gray day. The time will fly!



Make Some Music

Babies loves to shake and tap things so that they make loud noises. Get out some pots and pans, put some rice in a water bottle and let them make music and start their own band. Get in on the fun and play along with them. Add a favourite nursery rhyme to your music and it will be even more fun.



Play Ball

Once your baby can sit up (at around 6 months), plop down across from him and introduce a ball between you. Let him reach and roll and transfer it between his hands; add a second ball and even a third. Tamara Abir, of Toronto, Ontario, ups the ante by making a ramp: She props an ironing board against the couch and rolls balls down it for her 21-month-old daughter, Yael, to catch.



Read Together

Snuggle up on the sofa with your baby and a good read. Infants love to listen to your voice and to be held; babies age 6 to 12 months want to mouth board books; 1-year-olds start to understand the words you're saying as they help flip pages, according to the Children's Reading Foundation.



Finger Paint with Food

Your kid may still think crayons are for eating, but he's probably at the right age to "finger paint" with food. This is a messy one, but yummy! Place your baby in his high chair and spoon a dollop of yogurt on the tray. You might need to demonstrate at first, but soon your munchkin will be making blueberry-colored tracks and swirls. He'll really eat it up!



Look into the Mirror

Your sweetpea is not lacking when it comes to vanity! Place her on her tummy with an unbreakable toy mirror facing her to encourage her to push up. You can also carry your baby from room to room so she can check herself out in wall mirrors. Touch her eyes, nose, and so on as you look together so she will begin to identify her features in the glass. As she gets older, you can dress her up in colorful capes and sunglasses



Go For a Swim

Who says bath time is only for night? Wash away the traces of your yogurt escapade with water play. Fill the tub with bubble bath, or blow bubbles over the tub and let him pop 'em. Toss in a few toys in need of a clean (that set of plastic food?) and you've got one less thing to do later.

Juggle Scarves

Zero time to accessorise these days? Use your scarves to play instead. Toss them high; your baby will love to watch them dance in the air and catch the light as they fall. Blow on them to keep them airborne, and brush them along your child's skin -- silky!



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Brady Arblaster

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

As temperatures drop, and they have been for while - warm your 6-9 month old with the delicious tastes of the season.

RECIPES

BY ONCEAMONTHMEALS.COM

Carrot Chicken "Chickie" Hash



Ingredients

700 g whole carrots
113 g pasta stars (can use macaroni if your little one is good at chewing)
200g of skinless chicken breasts
water for boiling

Method

Give the carrots a rough chop and steam until tender. Set aside.
Fill large pot halfway with water, add chicken and boil for 20-30 minutes until fully cooked. Save 1 c. broth. Set aside.
Bring water in medium pot to boil. Add pasta with a dash of salt, stir. Boil until tender.
Add carrots to food processor and pulse until chunky consistency.
Give chicken a rough chop and add to food processor. Pulse medium consistency.
Add 1 c. of broth to help ingredients mash into each other. Pulse once more.
Add pasta and stir gently (don't process the pasta)
Put into storage containers and freeze up to 3 months.

Baby Green Bean Casserole



Ingredients

1 cup fresh green beans
1 cup cooked brown rice
1/2 cup water, formula, or breastmilk
1/4 tsp. dried sage

Method

Steam green beans until somewhat soft but still very green. Mix beans with rice, liquid, and sage; puree using desired method (blender, immersion blender, food mill, etc.). If your baby is younger and still on first foods, you may want to run the puree through a mill to get out any green bean pieces still hanging around.

Freezing Directions:

Spoon puree into an ice-cube tray.
Cover with plastic wrap and freeze.
When completely frozen, empty cubes into a large freezer zip bag. Use within 3 months. To defrost, microwave at 50% for about 1 minute. Always test to make sure it's not too hot for baby.

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CREATING A GENTLE RHYTHM TO YOUR BABY'S DAY

By PINKY MCKAY



How do I get my baby into a routine?"

"I need a plan – but my baby throws it all out so I don't know how to plan my day."

One popular style of routine that is often advised consists of variations of 'feed, play, sleep'. Rather than watching a clock for exact times to do things with (or to) your baby, this is usually based on understanding your baby's cues – or non-verbal signals and translates to feeding your baby, then giving her time to play and then popping her into bed.

While this sounds reasonable and can help you feel more in control because you have a plan, it is often interpreted very rigidly. I have, for instance, heard of babies who have fallen asleep after a feed, then been woken up (yes, really!) because they missed their playtime and the routine would have been out of whack. I have also seen mothers who have been strictly advised that they must give clear messages to their baby about what part of the routine they are following, so while the mother is 'allowed' to hold her baby while she feeds it (this is a safety issue

– never prop your baby with a bottle to feed), she must put the baby down on the floor to play and then put the baby into the cot to sleep.

By being so rigid or trying to follow any style of routine very strictly, you can feel very out of control and confused when you can't 'make' your baby sleep or feed when he isn't ready. In fact, in the early weeks, as you get used to your baby's signals that indicate he is hungry or tired or wants to spend time engaging and having a little 'chat' to you" it may work better to follow a pattern of 'feed, play, feed, sleep'. To make this work you would feed your baby, then have a little chat and play time and change his nappy then offer him a little top-up (you can't over feed a breastfed baby, he will only feed if this suits him). And please don't feel stressed if he falls asleep on the breast – although you may be warned against this because it will create 'bad habits' it can be the easiest way to settle a new-born because of the amazing hormones in your milk and the relaxing effects of sucking. In a few months, he will naturally develop the capacity to fall asleep without so much help.

This way, he is likely to take a longer nap too: when you consider that a newborn will need to be fed around every two hours at first, if you have fed him, then he has had almost an hour awake, he may actually need a 'top up' before you put him to sleep again. Otherwise he will be awake again very soon because he is hungry.

Even if your baby seems to be 'all over the place' right now, he will soon fall into his own natural pattern and often the less you try to force this, the quicker it will happen. And, if you watch your baby and learn his cues rather than relying on the clock, you will get to know his little expressions and signals and you will develop confidence very quickly that you do know him best. You will also be able to work out a gentle rhythm to your day that takes your baby's needs into account. For instance, if your

baby tends to be more settled in the morning, you may find it easier to plan outings for mornings and be home so he can have a quieter afternoon. If he takes a longer sleep in the morning, then perhaps this is a better time to be at home and get some tasks done: while your baby sleeps, you could prepare dinner (make a slow cooker your best friend) then evenings will be easier, especially if your baby is unsettled or wants to 'cluster feed'.

Above all, it's sensible to use any style of routine as a general guide rather than a set of specific instructions and do try to filter anything you want to try with your baby by applying the criteria - 'is it safe? Is it respectful? Does it feel right?' Then do what works best for you and your baby and remember, there is a difference between a gentle rhythm and a rigid schedule.

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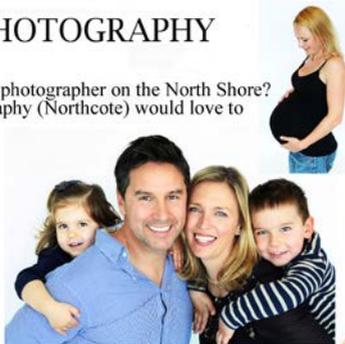
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EVENTS

15 MAY - 18 DEC 2016

MOTAT LIVE @ Motat

Every Sunday 10.00am to 5.00pm

4-11-18 SATURDAYS 9AM

BABIES ART AND SYMPHONY - 6-15 months olds @ West Harbour Tennis Club

Get messy and have fun!! And you can leave the mess behind!

4-11-18 SATURDAYS 10AM

SPORTY BABIES - 0-3 year olds @ West Harbour Tennis Club

Sporty Babies is a weekly playgroup focused on 0-3 year old babies.

6 SUNDAY 20AM

BROWNS BAY FAMILY FUN DAY WITH OPEN MARKET @ Browns Bay Beach

Come down there will be lots of children's activities.

JUNE

Browse the great selection of gorgeous market stalls, spoil your taste buds with delicious street food and enjoy live music. The open area, lush green grass and trees thus giving it a character all its own.

13-18 WEDNESDAY TO SATURDAY 3PM
ICE SKATE TOUR @ Torbay School

It's a great, safe and fun way to get active and also an activity that kids can do together with their parents and friends.

1 MONDAYS 10AM

MINI GYM @ YMCA North Shore

This programme is designed for children 6-18 months in response to their developmental needs. Focusing on fundamental movement.

27-30 WEDNESDAY TO SATURDAY 3PM
ICE SKATE TOUR @ Windy Ridge School

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JULY



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| Full Page (Inside) | \$90 | \$459 |
| Full Page | \$80 | \$402 |
| Half Page | \$65 | \$340 |
| Quarter Page | \$45 | \$235 |

Special Positions

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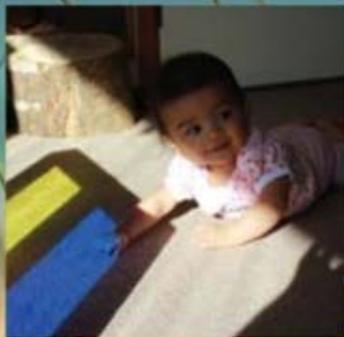
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