

# Parent Talk

CENTRAL AUCKLAND PARENTS CENTRE

August/September 2010



## PARENTS CENTRE

### MISSION STATEMENT

*Positive birth experiences and informed parenting in a community  
where parents are supported and highly valued in their role.*

*Proudly Sponsored by: ASB Community Trust*



**ASB Community Trust**

*Te Kaitiaki Pūtea o Tamaki o Tai Tokerau*

supported by **ASB**

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**CENTRAL AUCKLAND PARENTS CENTRE**

PO Box 24-520, Royal Oak, 1345. Telephone: 625 0065.

Email: [ak.central@parentscentre.org.nz](mailto:ak.central@parentscentre.org.nz)

Website: [www.parentscentre.org.nz/Auckland](http://www.parentscentre.org.nz/Auckland)

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SUPPORTING PARENTS  
IN CENTRAL AUCKLAND  
1960-2010

# PARENTS CENTRE SHOPPING DAY

Present the coupon below and receive

# 20% off

## on Saturday 11th, September 2010

Sorry specials, gift vouchers, instore promotions, laybys, hireage, Mountain Buggy & accessories not included.

**0800 BABY FACTORY**  
**www.babyfactory.co.nz**



Your first choice in babygear!

Receive specials straight to your inbox - Join our online e-club!

Present the coupon below to receive the discount

**20% off with this coupon only on Saturday 11th Sept 2010**

Sorry specials, gift vouchers, instore promotions, laybys, hireage, mountain buggy & accessories not included.

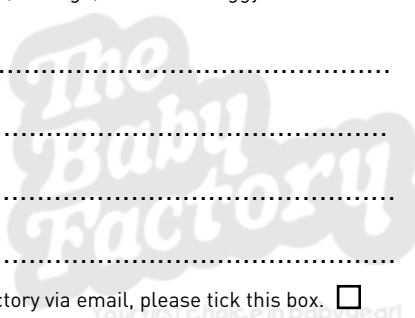
Name:.....

Address:.....

Phone:.....

Email:.....

If you would like to receive information from The Baby Factory via email, please tick this box.



# President's Report

In this issue of Parent Talk we are unable to bring you a Presidents Report. At the moment we don't have a President! At our recent AGM Patrice Jones and Diana Kane jointly stepped down from their Co-Presidents roles.

Over the past twelve months Patrice and Diana have done a fabulous job overseeing the operations of our Centre and maintaining all those behind the scenes tasks that keep our Centre ticking along. Thank you both for your support and commitment to Central Auckland Parents Centre.

Diana is moving on from Parents Centre but fortunately for us Patrice is staying on to babysit the vacant Parent Education Course Coordinators role until a new volunteer can be found.

Last month we held a 'Pizza and Dessert' evening and gave all of you potential volunteers out there the opportunity to come along and find out what Central Auckland Parents Centre volunteers do and where you might be able to help out and support our organization.

A 'HUGE' thank you goes to Rebecca Melton for coming along and volunteering as Marketing Coordinator.

It is not too late to find out how you can help!

Central Auckland Parents Centre is run by volunteers. These fabulous people make it all happen, from taking your enrolment for our hugely popular Childbirth Educations courses to setting up your coffee group and making placements in our coffee groups for those who weren't fortunate enough to secure a place in our packed out courses.

We need your help to continue to offer our courses and services in our local community.

As volunteers stand down, we must secure new volunteer help.

In a time where courses from other providers are

often full, making it difficult to secure a place on a quality childbirth education course we want to avoid being in a position where we have to down-scale what we do.

Have a look at the volunteer opportunities we currently have and see if there is something that you could get involved in based on the time, skills and energy you have available. We can even help you out with training if you'd like to give something new a try.

Some of the jobs we could use help with include:

Coordinate people and resources for Parent Education courses	4 hrs per week
Train Antenatal Hosts on the first night of each course	2 hrs x per session
Compiling grant applications	3 hrs per application
Order brochures and arrange pack making sessions	4 hrs 4 x per year
Deliver our newsletter to packing house	3 hrs bi monthly
Oversee sorting our of our archive information	2 hrs per week

For more information see [www.parentscentre.org.nz/auckland/volunteering](http://www.parentscentre.org.nz/auckland/volunteering)

If you are looking for a rewarding challenge and want to help make a difference to Parenting in your Community, then contact the Volunteer Coordinator. We would love to have you as part of our fabulous team.

To find out more about any if these jobs or for more information about how you might be able to help, please phone **Debbie on 6241877** or email **capc.volunteering@gmail.com**.

Warm regards

Debbie Booth - Volunteer Coordinator

HAPPY FATHER'S DAY TO ALL OUR DADS AND DADS-TO-BE.

WE HOPE YOU HAVE AN AWESOME DAY AND FIND A SPECIAL WAY OF CELEBRATING WITH YOUR FAMILY.

CENTRAL AUCKLAND PARENTS CENTRE COMMITTEE

## What's on our website?

[www.parentscentre.org.nz/auckland](http://www.parentscentre.org.nz/auckland)

Our website has recently been updated to include lots more information. Be sure to check often to find out what's going on.



### Lending Library

We currently have some items that we lend out to our members, for a gold coin donation. A full list is available on our website.

### Member Discount Scheme

We have many retailers and service providers who offer discounts to our members. For an up-to-date list see our website.

### Products for Sale

As a service to our members, we offer a selection of quality products for sale and below retail prices. You can view these along with ordering details on our website.

## Are you receiving your CAPC E-news?

If you aren't receiving yours, get signed up today and stay updated with everything we have going on. Email us at [ak.central@parentscentre.org.nz](mailto:ak.central@parentscentre.org.nz) or use the signup box on our website under newsletters.

## Committee Meetings

**Our committee meetings are held on the second Monday of the month at 7.30pm.**

If you would like to join us please email us at [ak.central@parentscentre.org.nz](mailto:ak.central@parentscentre.org.nz) for further information.

## TENS machine hire

A TENS machine can help reduce your pain during labour and childbirth.

We have five TENS machines available for hire by our members. You can make a booking for the two weeks prior to your due date until two weeks post. All machines are hired with new pads. Please supply your own 9 volt batteries.

Cost: \$50.00 plus \$50.00 bond. Your bond will be refunded within 7 working days.

YOU are responsible for collecting and returning the TENS machine. We appreciate that early days with your baby are busy, but as others are waiting to hire the machine, we ask that you return it as promptly as possible.

To Book:

Contact Jane McEntee (Lending Coordinator)  
Phone: 625-1579, Email: [janemcent@gmail.com](mailto:janemcent@gmail.com)

## 2010 Parenting Forum

The Changing Face of New Zealand Parenting

TE PAPA TONGAREWA, WELLINGTON  
17-19 September 2010

Don't miss your chance to attend the inaugural Parenting Forum, hosted by Parents Centres New Zealand Inc. The Forum is open to all parents, Parents Centre volunteers, childbirth educators, not for profit groups and government agencies involved in the parenting sector.

The forum gives all those involved in the parenting and parent education sectors an insight into the changing face of New Zealand families.

You will hear from a range of inspirational keynote speakers and attend a variety of informative and thought provoking workshops to include:

- An opportunity for you to hear from key political parties on their policy plans relating to families
- Understand challenges new immigrants face and how we can better support the new generation of kiwi families
- Learn how to create sustainable funding for your organisation

Contact us on [ak.central@parentscentre.org.nz](mailto:ak.central@parentscentre.org.nz) if you would like to register.

## Membership Renewals

### CONGRATULATIONS! to Neerja Diack

Neerja renewed her Central Auckland Parents Centre membership in May 2010 and won the draw prize of a \$30 petrol voucher.

Renew your membership subscription before **31st August 2010** and go in the draw to win **\$30 petrol vouchers**.

#### Did you know?

If you renew your membership for 2 years you pay only \$100.  
If you are a community services cardholder you can renew your membership for 1 year for only \$20.

## Automax offer

**Automax is an automotive group of Auckland's best MTA Assured workshops. Their 15 participating workshops within Auckland offer free and discounted services via the Automax membership card.**

Automax membership costs \$39.90. A membership card is posted to you which entitles you to:

- 2 x Free Warrant of Fitness, WOF (\$80)
- 1 x 10% off any service (up to \$45 off)
- 1 x Free Vehicle Safety Inspection (\$50)
- 1 x 15% Off any service (up to \$70 off)
- 1 x Free puncture repairs (\$30)
- 25% off Wheel Alignment (\$20)

**\$295 of VALUE!!!**

**Savings on unavoidable costs** - vehicle owners are legally obliged to get a WOF, so why not save on it.

**Convenience** - our workshops are located across Auckland, with six in the central city area.

**Great Service** - All Automax approved workshops have been carefully selected - they are MTA Assured, professional and of the highest calibre.

**100% Money Back, Customer Satisfaction Guarantee** - Automax stands by its mechanics and reputation. Automax will refund the full purchase price of the card if any of our customers are at all unsatisfied.

**Automax Membership cards are fully transferable**  
- The card can be passed on to family members, friends or colleagues to use.

**Automax will donate \$5 to CAPC for every card sold.**

**Order online at [www.automax.co.nz](http://www.automax.co.nz) using the promotional code CAPC.**

## Grants and Funding

Central Auckland Parents Centre would like to say a big 'Thank you' to the following organizations for their generous support:

#### **Auckland City Council – Community Group Assistance Fund 2010**

A grant of \$3000 towards the delivery of 14 Baby and You courses running between June 2010 and May 2011.

#### **United Way**

Funding of \$2000 towards venue hire costs for courses running in 2010.

Generously supported by  
**United Way**

New Zealand's local charity



United Way New Zealand

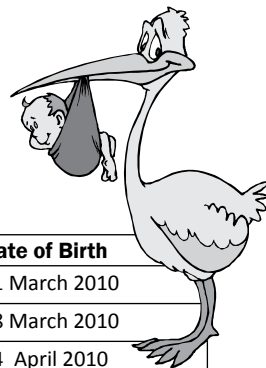
**Helping the helpers**

#### **Lotteries Commission**

A grant of \$1216 towards Centre administration costs for 2010.

A copy of our **Annual Accounts** for the 12 months to March 2010 can be found on our website [www.parentscentre.org.nz/auckland/NewsandUpdates.asp](http://www.parentscentre.org.nz/auckland/NewsandUpdates.asp)

# New Arrivals



AN3/10

CBE: Cheryl Tinholt

Course Hosts: Isabella Jensen &amp; Diana Kane

Name of Parents	Name of Baby	Date of Birth
Emily Drake and Kieran Hatcher	James Campbell Hatcher	11 March 2010
Mei Wang and Kevin Loh	Tze Hao Loh	18 March 2010
Sheree and Kayne Clifton	Alexis Anne Clifton	14 April 2010
Jo Francis and Mark Blackman	James Francis Blackman	23 April 2010
Ellen Roberts and Jeremy Todd	Alexander Neil Todd (Alex)	1 May 2010
Lynette and Steve Forder	Silas Forder	6 May 2010
Meg and Tony Brown	Jake Robert Brown	6 May 2010
Sarah North and David Bodeux	Elliana Rochelle Kim North	7 May 2010
Jo and Dean Turner	Isabella Florence Turner	7 May 2010
Rebecca Scott and Mark Taylor	Lucia Tamsin Taylor	10 May 2010
Juliet Brown and Stephen Lee	Sophie Grace Lee	11 May 2010
Anne and Heath Brown	Jackson Peter Winston Brown	14 May 2010
Hazel and Hayden Doughty	Plum Coco Doughty	20 May 2010

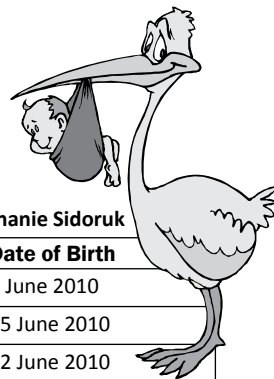
AN4/10

CBE: Nikki Power

Course Host: Tara Parrant

Name of Parents	Name of Baby	Date of Birth
Suzanne and Richard Starkey	Edward "Ned" Colin Nicholas Starkey	16 April 2010
Nikki and Trevor Montgomery	Finn Brooklyn Montgomery	16 May 2010
Tatjana Buklijas and Nicholas Lee	Mara Sophie Lee	10 May 2010
Diana Haggitt and Hadleigh Brown	Emmett Blair Brown	22 May 2010
Lucy and Matthew Whyte	Arthur William Charles Whyte	30 May 10
Leslie and Scott Dalziel	Mac Elliott Dalziel	29 May 10
Bridget and Paul Ensor	Lachlan John Ensor	20 May 10
Anita and Mike Hanna	Archie Charles Hanna	26 May 2010
Nadine Wakim and Darren King	Oliver Arama King	30 May 10
Fiona and Ben Stratford	Macey Jorja Stratford	01 Jun 10
Katie and Steve Crowe	Harrison James Crowe	13 Jun 10
Tash and Hayden Wells	Dakota Ana Wells	04 Jun 10
Clare Kitching and Ben Tracy	Thomas Senan James Tracy	24 May 10

# New Arrivals



AN5/10 CBE: Melanie Bengé

Course Hosts: Rachel MacBride-Stewart, Tracey Turner, Caroline Alsweiler, Stephanie Sidoruk

Name of Parents	Name of Baby	Date of Birth
Aisling Hanley and Brian Ryan	Killian Gerry Ryan	1 June 2010
Tammy and Troy Fuller	Cohen Riley Thomas Fuller	25 June 2010
Gina Maxwell and Elson Halligan	Ashton Charles Halligan	22 June 2010
Kate and Hamish Jenkinson	Conor Michael Jenkinson	29 June 2010
Katherine and Greg Alford	George Oliver John Alford	2 June 2010
Evana and Mark Lithgow	Tome Robert Mate Lithgow	24 June 2010
Gina and Richard Day	Patrick Houghton Day	3 June 2010
Kate and Anwar Jafri	Seb Jafri	20 June 2010
Letitia and Alistair Still	Thomas John Still	3 July 2010
Sarah and Lee Ricketts	Piper Alice Ricketts	3 June 2010
Kerry and Shane Toal	Dylan John Toal	8 July 2010
Vanessa and Carl Matthews	Ethan Michael Matthews	13 June 2010

## CENTRAL AUCKLAND PARENTS CENTRE



### Tinies to Tots

Three fun and informative sessions for parents of children aged 9 to 18 months

### HOST REQUIRED

Tinies to Tots is scheduled to start on 15 September and runs every Wednesday evening for three weeks. A host is needed to ensure the course runs smoothly and participants are looked after. Duties include: Set-up and pack down of venue, Organising supper and Preparing course handouts.

If you were thinking of attending this course, this is a good opportunity to get paid to do it!

Let Patrice know as soon as possible if you are interested by phoning 360 3990 or emailing [patrice@clear.net.nz](mailto:patrice@clear.net.nz)

# Parenting classes and support

## Central Auckland Parents Centre



### Baby and You

A morning course run over 5 weeks for parents of babies up to four months old. Covers feeding and sleeping, infant health, postnatal exercises, postnatal depression, CPR, first aid and child development.

The start dates for our next courses are: 3 August, 7 September and 9 September. These courses fill very quickly so contact Caroline on 845 0020 to reserve a space.



### Moving and Munching

Targeted at parents of 4-8 month olds, over two mornings this course discusses introducing solids, baby development and baby safety with a free baby recipe book for all attendees. The next course dates 26 August/2 September, 26/30 September.

For more information or to book, phone Katie on 550 7727.



### Tinies to Tots

A three session course aimed at parents of children 9-18 months. The next course will be on 15/22/29 September. The course will cover fitting first shoes, caring for first teeth and preventing tooth decay, learning/development/safety and play and nutrition and behavioural habits towards eating.

For more information and bookings, phone Katie on 550 7727.

## In the Community

### Birth Care

#### Preparation for Breastfeeding

- Care of you and your breasts before and after pregnancy
- Getting off to a good start
- How to avoid and manage common problems
- Expressing and storage of breastmilk
- Introducing solids and weaning
- Where to get support and help
- Other resources

*Venue:* BIRTHCARE - 20 Titoki Street, Parnell, Education Room, Level 1

10.30am - 12.30pm Tuesday once a month

\$30.00

### Fresh Perspective

[www.freshperspective.org.nz](http://www.freshperspective.org.nz)

Freephone 0800 555 300

Everybody needs a little help at some time in their lives. This is especially true for parents and caregivers raising young families. Whether it is learning about managing a child's behaviour and providing boundaries, feeding your family well on your weekly budget, managing challenging family situations, connecting with others in your community or just needing someone to talk too. Fresh Perspective is there to help.

Fresh Perspective is a subsidiary service of the Open Home Foundation developing a network of family mentoring services in partnerships with various Christian churches throughout New Zealand. This free mentoring service aims to help parent(s)/caregiver(s) in families to recognise their strengths and abilities and to link them with supports that are available in their community to improve their lives and their parenting.

## Plunket Family Centres

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159 Landscape Road, Mt Eden  
Phone 620 8539

30 Rose Road, Grey Lynn  
Phone 376 2639

Centres are staffed by Plunket nurses, community karitane, Plunket kaiawhina and volunteers.

Family centres offer support and information on different parenting issues. They also run various group discussions and one-on-one consultations on the following topics:

- New born tired signs video
- Settling and sleep for babies
- Feeding and behaviour
- Breastfeeding - lactation consultants
- Baby massage
- Maternal health support
- Development

Call your local centre to make an appointment.

## Karitane Cribtalk™

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First Thursday of every month  
9.00am - 3.00pm

1 Wallingford Street, Grey Lynn  
Telephone (09) 5757174

Free coffee and free advice.

Karitane Nurses and Nannies Bureau invite you to Karitane Cribtalk™ - an informal gathering for new parents. Karitane Cribtalk™ will be casual and relaxed and is as much about gaining valuable advice from an experienced Karitane Nurse as it is about meeting other new families.

Karitane Nurses are trained in working with new-borns and have become renowned among parents needing assistance with their baby's unique circumstances. Our Karitane Nurse has many years of experience and is happy to assist with any queries that you may have about your little ones. So come along on the first Thursday of every month with your baby, enjoy a coffee, and get one-on-one advice with a trained Karitane Nurse.

## Space

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Email: [space@aucklandplaycentres.org.nz](mailto:space@aucklandplaycentres.org.nz)

Phone: 815 0866

The SPACE programme is for (mainly) first time parents with newborn babies. Sessions run weekly at a Playcentre or suitable community venue, for 3-4 terms extending through the first year of the child's life.

The sessions are held in a relaxed and baby friendly environment, and include:

- 1 Opportunities for parents to meet and get to know one another.
- 2 Discussions and information sharing on relevant child development and parenting topics.
- 3 An introduction to rhymes, music, and books for infants.
- 4 Play sessions with age-appropriate equipment that supports infants' learning and development.

SPACE provides a quality curriculum in order that the parent may maximise on this valuable time with their child.

## Parent Aid

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Central West Auckland - *Avondale, Point Chevalier, Blockhouse Bay, Hillsborough, Lynfield, Waikowhai, Mt Roskill, New Windsor, Mt Albert, Owairaka.*

Phone 815 0330 Mon-Fri 9am-4pm

Email: [parentaidcentralwest@gmail.com](mailto:parentaidcentralwest@gmail.com)

Free practical help to families with pre-school children in Central West Auckland who need a helping hand due to: the birth of a baby, illness, accident, tiredness, stress.

A Parent Aid fieldworker will assist your family in a friendly and supportive way by providing childcare, light housework and baby minding in your own home while you rest or attend an appointment.



## Toilet Training

Are you preparing to toilet train your toddler?

Come along to an interactive, practical and informative toilet training seminar with lots of tips and strategies to make it easier. Covering everything from when and how to start, equipment needed, using reward charts and different methods that you can adapt to your child/family.

*Presented by Laura Moreley*

**Enroll and receive a course manual and selected Huggies toilet training resources.**

**When:** Thursday 5 August, 7.00-9.00pm

**Where:** Onehunga Community Centre, 83 Church Street, Onehunga

**Cost:** \$25 member single or \$30 member couple  
\$35 non-member single or \$40 non-member couple



## Tinies to Tots

Three fun and informative sessions for parents of children aged 9 to 18 months

**Fitting First Shoes:** Learn how to identify correctly fitting shoes, allowing for protection, support and room for growth.

**Caring for First Teeth:** A qualified Dental Therapist will cover tooth development, caring for first teeth and preventing tooth decay.

**Sleep:** Sleep requirements of older babies, routines and transition from two to one daytime sleeps.

**Child Development:** How play can stimulate learning and development. Environment and equipment safety. Age appropriate toys, games and activities.

**Nutrition:** Moving on from baby food. Expected behavioral habits towards eating and maintaining good eating habits.

**When:** Wednesday 15, 22, 29 September, 7.00-9.00pm

**Where:** Athol Syms Community Centre, 11 Griffin Ave, Epsom

**Cost:** \$40 member single or \$45 member couple  
\$55 non-member single or \$60 non-member couple

**For more information or to book a place on either of these courses please phone Katie on 550 7727 or email [capc.bookings@gmail.com](mailto:capc.bookings@gmail.com)**



# Parenting with Purpose

Parenting consciously to create a positive future for our children!

A 6 week facilitated course designed to help you to think more actively about the way you parent.

**When:** Mondays 23 August to 27 September 2010, 7.00-9.00pm

**Where:** Onehunga Community Centre, 83 Church Street, Onehunga

**Cost:** \$75 member single or \$85 member couple  
\$85 non-member single or \$95 non-member couple

**Module One:** Understand the meaning of "conscious parenting."

Identify conscious parenting skills that may be applied to individuals. Understand and identify how our personal qualities help determine our effectiveness as parents.

**Module Two:** Understand the connection between parents meeting their own needs and conscious parenting. Understand how families are affected when parents do not make their own needs a priority. Identify features of healthy relationships and have an understanding of how these can be applied in your own life.

**Module Three:** Identify your children's main needs. Understand some causes of stress in adults and children and identify some useful strategies for reducing it. Identify strategies parents can use to engage their children's cooperation.

**Module Four:** Understand the difference between discipline and punishment.

Identify and understand the features of the three main parenting styles and temperaments of children. Identify common causes of challenging behaviour.

**Module Five:**

Identify triggers of challenging behaviour in their children. Understand how anger and conflict in the family can negatively impact children's behaviour and identify some effective anger management strategies. Gain an understanding of a wide range of non physical discipline techniques and identify ways they can be used within the family setting.

**Module Six:**

Identify personal qualities you would like your child/ren to have as adults. Identify a wide range of strategies for strengthening the family. Create a vision and action plan for the future.



Register your interest in our next course running February 2011.

For more information or to book a place on this course please phone Katie on 550 7727 or email [capc.bookings@gmail.com](mailto:capc.bookings@gmail.com)

# Support Services

## Allergy New Zealand

Phone 623 3912 [www.allergy.org.nz](http://www.allergy.org.nz)

## Barnardos Parent Help Line

(Mon – Fri 9.00am – 5.00pm)

0800 4 PARENT / 0800 472 7368

[www.barnardos.org.nz](http://www.barnardos.org.nz)

## Healthline (24 hours per day)

0800 611 116

[www.moh.govt.nz/healthline](http://www.moh.govt.nz/healthline)

## La Leche League (Breastfeeding)

846 0752 [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

## Miscarriage Support Auckland

378 4060 [www.miscarriagesupport.org.nz](http://www.miscarriagesupport.org.nz)

## National Poisons Centre

0800 POISON / 0800 764 744

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

## Parent to Parent Special Needs Children Support

0508 236 236

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

## Plunket Car Seat Rental

620 5791 [www.plunket.org.nz](http://www.plunket.org.nz)

## Plunket Line (24 hours per day)

0800 933 922 [www.plunket.org.nz](http://www.plunket.org.nz)

## Post Natal Distress

836 6967

[www.postnataldistress.org.nz](http://www.postnataldistress.org.nz)

## SKIP

Phone 04 916 3300

[www.familyservices.govt.nz/skip](http://www.familyservices.govt.nz/skip)

## Starship Hospital

307 8900

[www.starship.org.nz](http://www.starship.org.nz)

## Trauma and Birth Stress Support Group

575 7404

[www.tabs.org.nz](http://www.tabs.org.nz)

## Women's Refuge

303 3939

[www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)

## Work and Income (WINZ)

Phone 0800 559 009

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

## Working for Families

Phone 0800 257 477

[www.workingforfamilies.govt.nz](http://www.workingforfamilies.govt.nz)

## La Leche League

To breastfeed happily, a mother needs confidence, the right information, and lots of time: time to talk with other mothers who are sympathetic to her needs and the needs of her baby. Our aim is to provide this service.

La Leche League (pronounced "Lah Lay-chay League") is an organisation founded by seven women who wanted to make breastfeeding easier and more rewarding for both mothers and children. The organisation offers information and encouragement - primarily through personal help - to women who want to breastfeed their babies.

## Miscarriage Support Auckland

Miscarriage Support Auckland Inc. is a very small independent group of women volunteers of various ages and we have all experienced the loss of our own babies and would like to provide emotional support and information for women and their families during and after miscarriage and subsequent pregnancies.

## National Poisons Centre

The National Poisons Centre is New Zealand's only poison and hazardous chemicals information centre and runs a 24-hour 7-day toll free emergency telephone service. The main role of the National Poisons Centre is to provide advice to members of the public and health care professionals about acute poisoning situations and on what to do in situations of poisoning or where poisoning might occur. This includes:

- Maintaining an internet database on chemicals, medicines, plants and animals
- Providing prevention information packs to parents, schools and other organizations
- Monitoring poisoning statistics to identify targeted prevention strategies



# Volunteer Vacancy

## URGENT!

### PARENT EDUCATION COURSE CO-ORDINATOR

It is the Parent Education Coordinator's job to oversee the smooth running of our parent education courses.

The role includes:

- setting the course dates annually
- organising the speaker contracts annually
- reviewing the course evaluations
- maintaining course handout supplies
- being a main point of contact for the volunteer host and speakers

25 courses are run each year with a time commitment of approximately 3 hours per course and monthly committee meeting attendance.

**If we can not fill this role our parent education classes are at risk of being cancelled.**

**Please call us ASAP if you can help Parents Centre continue their awesome work in the community.**

## URGENT!

*This role may be job shared between two people.*

**WANT TO HELP!  
THEN CALL OR EMAIL TODAY!**

**Debbie Booth  
Phone 624 1877  
Email [booth@ihug.co.nz](mailto:booth@ihug.co.nz)**

### Why volunteer

Volunteering is rewarding, skill-building, good for our community and (most importantly) fun. It fosters a stronger sense of belonging and community connection, increases resilience and helps to ensure that essential services remain available.

One million Kiwis volunteer each year, providing a huge range of services to communities and contributing \$3.3 billion to the economy.

Volunteers aren't "good" people. They aren't necessarily the ones who tuck in their shirts and iron their jeans and never run a red light. They are people just like you... so get onto it! Look through our volunteer opportunities online at [www.parentscentre.org.nz/auckland](http://www.parentscentre.org.nz/auckland) or call the number above and we'll help you find a volunteer position that's perfect for you. Act now!

**Check our website  
[www.parentscentre.org.nz/auckland](http://www.parentscentre.org.nz/auckland)  
for all current vacancies.**



## The following retailers offer discounts to Central Auckland Parents Centre members.

To get the discount, please remember to take your membership card to the store.

### 3 Wise Monkeys

Website: [www.3wisemonkeys.co.nz](http://www.3wisemonkeys.co.nz)

Discount: 10% when quoting PSDIDAKL

### All About Buggies

Phone: 09 533 7802

Website: [www.allaboutbuggies.co.nz](http://www.allaboutbuggies.co.nz)

Discount: A minimum of 10% but larger discounts may apply with tailored packages.



### Adelina Photography

Phone: 09 576 3969

Email: [adelina@adelina.co.nz](mailto:adelina@adelina.co.nz)

Website: [www.adelina.co.nz](http://www.adelina.co.nz)

Discount: \$25 sitting fee for Parents Centre members (usually \$150) and 25% of sales donated to Central Auckland Parents Centre

### Baby Factory

Discount: 20% off shopping day.

See coupon in CAPC bi-monthly newsletter

### Baby on the Move

Phone: 0800 222 966

Website: [www.babyonthemove.co.nz](http://www.babyonthemove.co.nz)

Discount: 10% off 6 month capsule hire (Sales goods, specials not included)

### Egg Maternity - Newmarket, Albany and Botany

Phone 523 0398 for addresses

Discount: 10% discount off all non sale stock.

### Fatso.co.nz

Website: [www.fatso.co.nz](http://www.fatso.co.nz)

Discount: Free 3 week trial visit [www.fatso.co.nz](http://www.fatso.co.nz) and enter the promo code 'parentscentre'

### Hive of Activity

Inside Pumpkin Patch, 377 Manukau Rd, Epsom

Discount: 10% off non sale stock (does not include Little Tikes)

### Kid Republic

2 Kent Tce, Newmarket

Phone 522 8334

10% off full priced items

### Library Cafe

5 Princes Street, Onehunga

Website: [www.librarycafe.co.nz](http://www.librarycafe.co.nz)

Discount: 10% discount weekdays on spends over \$15

### Molly Moo Cow

Phone: 09 817 6458

Email: [info@mollymoocow.co.nz](mailto:info@mollymoocow.co.nz)

Website: [www.mollymoocow.co.nz](http://www.mollymoocow.co.nz)

Discount: 10% off all term fees, any venue.

### Neat Kids

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

Discount: 15% off products. Enter the word *aklpc* in voucher box, and add your parent centre membership card number in the comments section.

### Pepsicles

Phone: 0508 737742

Website: [www.pepsicles.co.nz](http://www.pepsicles.co.nz)

Discount: Free postage on our nappy hire kits or when buying these nappies through us. Quote "Auckland Parents Centre discount" in subject line when emailing.

### Singing Rainbows

Website: [www.lewiseady.co.nz](http://www.lewiseady.co.nz)

Phone: 524 4119

Discount: Free trial valued at \$15.

### Snug as a Bug

Website: [www.snugasabug.co.nz](http://www.snugasabug.co.nz)

Discount: 10% discount on all our products (except already discounted)

### Teeny Tiny Consulting Early Childhood Specialist

#### Wendy Perera

Phone 443 4668, Email: [wendy@teenytiny.co.nz](mailto:wendy@teenytiny.co.nz)

Website: [www.teenytiny.co.nz](http://www.teenytiny.co.nz)

Discount: 10% discount on all products and services

### YMCA—Jordan Centre, Onehunga

Phone: 636 8825

Email: [Y-Kids.Jordan@nzymca.com](mailto:Y-Kids.Jordan@nzymca.com)

Discount: 10% on any Y-Kids term programme

For further information on any of these businesses or on how to join our scheme please check our website: [www.parentscentre.org.nz/auckland](http://www.parentscentre.org.nz/auckland)



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

# Keeping your littlest treasures safe this winter

**Six Kiwi kids aged five or under were injured in structure fires over a 12 month period (New Zealand Fire Service figures for 2008-2009) according to the latest New Zealand Fire Service figures and Plunket wants to help keep that number down.**

With winter well and truly here, Plunket has some advice for families on how to keep their children safe during these cold months.

“Keeping babies and young children warm is a priority for families,” says Sue Campbell, Plunket’s National Child Safety Advisor.

“We encourage families to take care this winter, be alert to the dangers for young children within the home and check the tips below to help ensure children’s safety during the winter months indoors.”

Burns from heaters and fires are a real danger for children. A fireguard around your fire or heater will help protect children from burns. Make sure the guard is attached to the wall so it can’t fall or be moved.

Do you know about the ‘heater metre rule’? Keep any materials that can burn including bedding, curtains, clothes and furniture at least one metre from all types of heaters, cookers and fires. And keep the children and adults a metre from the heater too.

Your children’s winter pyjamas need to be snug-fitting to reduce the fire risk. Remember that a label indicating ‘low fire danger’ doesn’t mean ‘no fire danger’.

Winter is also the perfect time for those hot soups and beverages we like to keep warm. Holding a

young child on your knee as you have a hot drink should be avoided. Did you know that a cup of hot liquid poured over a young child covers the same area that a bucket of hot liquid poured over an adult covers? And remember to put your tablecloth away too, small children can pull on this and hot drinks on the table can fall over them.

If you can answer YES to the tips below you will be well on your way to providing a safe home for your family this winter.

- we have working smoke alarms
- we have a fireguard around our fires including solid fuel burners
- we observe the heater metre rule
- we have put tablecloths away to prevent hot liquids being pulled off the table
- we use the back elements of the stove whenever possible and turn pot handles away from the stove front
- we keep hot drinks out of the reach of children
- matches and lighters are away out of sight and reach
- we have children’s pyjamas that are snug-fitting to reduce the risk of fire
- candles are on a wide flat base away from anything that could catch fire
- when running the bath we put cold water in first then hot water to get the right temperature. We always check the temperature of the water before placing a child in the bath

[www.plunket.org.nz](http://www.plunket.org.nz)

## Well child Schedule changes

The timing of the Well Child Tamariki Ora health checks changed in July 2010. The eight core checks will stay but there will be a greater focus on the early development stages during the first year and checks will generally happen earlier than before. The changes to the timing of the checks are listed here.

Core contact	Old Schedule	New Schedule
1	6 weeks	4–5 weeks
2	3 months	8–10 weeks
3	5 months	3–4 months
4	8–10 months	5–7 months
5	15 months	9–12 months
6	21–24 months	15–18 months
7	3 years	2–3 years
8	5 years	4–5 years (B4 School Check)

# Central Auckland Parents Centre Annual Report for the year ending 31 March 2010

*It is with great pleasure that we present the 2009/10 Annual Report for Central Auckland Parents Centre covering the 12 months between April 2009 and March 2010.*

## Membership

Central Auckland Parents Centre had approximately 290 members at 31st March 2010. Membership continues to be relatively stable as the main avenue for new members is through our antenatal course enrolments, and these classes continue to be fully subscribed. We have a low renewal rate after the first year of membership of only 16% excluding committee member renewals.

Our sincere thanks to Rachel MacBride-Stewart, our Membership Secretary, for maintaining the database, new members and membership renewals for the year.

## Committee

As always, our Committee continues to farewell people throughout the year as circumstances change and they embrace different challenges. Fortunately other new faces join us, bringing fresh ideas and enthusiasm.

Debbie Booth stood down as President in June 2009. Subsequently Patrice Jones and Diana Kane took over as Co-Presidents. We wish to acknowledge Debbie's outstanding contribution to Central Auckland Parents Centre over the years. Debbie Booth has shown huge passion and dedication for our Centre. She has not only been President, providing outstanding guidance and leadership, and our Treasurer – but Debbie has also filled in for every other committee roles as needed. We are very thankful that while Debbie has stepped down as President, she is staying on as our Treasurer, and continues to provide support and mentorship to all the committee.

During the year we farewelled: Sarah Eyre, Taraneh McGill, Violet Raven, Kate Bacchus, Vanessa Webb, Kim Beston, Anna Lawson, Bridget Baker, Mel Bengé, Lucy MacGinley, Holly Ferris, Sarah Ram, Bobbie vanGent, Jacky Hollingsworth, Marika Leigh, and Jeri Lomas. We thank them all for the work they did with CAPC.

The committee the end of March of 2010 consisted of: Patrice Jones, Diana Kane, Deb-

bie Booth, Tina Jones, Stephanie Sidoruk, Sally Neary, Catherine Watson, Rachel MacBride-Stewart, Cheryl Tinholt, Caroline Allsweiler, Amanda Crawford-Smith, Pip Kember, Hana Turner, Tracey Turner and Miranda Young.

The Associate Committee consisted of Jane McEntee, Michelle Hicks, Melanie Bengé, Jeri Lomas, Naomi Naera and Daisy Williams.

Committee meetings were held at our committee members' homes. Thanks to those who hosted meetings throughout the year and to our rostered minute takers for diligently taking minutes.

The committee is an extraordinary group of women who are the life force behind CAPC. At various times during the year many have taken on additional committee roles and extra CAPC activities when others are unavailable or when we had vacant positions. We thank all our committee members wholeheartedly, but we wish to especially thank those who have taken on multiple roles to keep the Centre moving forward. Thank you for finding space in your incredibly busy lives to give to CAPC.

## COURSE REPORTS

### General

Courses in 2009/2010 were very well attended and we typically found it challenging to provide enough courses to meet demand.

### Child Birth Education (Antenatal and Practical Parenting)

Our antenatal courses continue to be our core business. Between April 2009 and March 2010, Central Auckland Parent Centre ran 16 courses, with a total of 211 couples attending (15 were held April 2008 - March 2009). Two additional courses were run to meet high demand early 2010. We are very grateful to Lucy McGinley, who was our acting Antenatal Course Co-ordinator until the end of 2009 and Diana Kane & Debbie Booth who have acted in the position throughout the beginning of 2010. We express our thanks to Stephanie Sidoruk, our Childbirth Educator Coordinator (previously the position was called Antenatal Convenor). Without these people our Childbirth Education courses could not have run as smoothly.

Thanks to Antenatal Bookings Officer, Diana Kane who handled our antenatal bookings and new memberships for 2009 and to Hana Turner for taking on the role at the beginning of 2010. In acknowledgement of the workload for our Bookings Officer role, CAPC has amended this role to become a paid position taking bookings for both childbirth education and our parent education classes. This position will come into effect April 2010.

Our Childbirth Education classes cannot run without the volunteer hosts. We are appreciative of the following people for generously hosting our antenatal courses and for setting up the coffee groups: Victoria Gits, Ngaire Trimbach, Christina Freeman, Tess Philips, Toni Christie, Lucy MacGinley, Lucy McGrath, Sarah Dando, Amanda Crawford-Smith, Caroline Allweiler, Anna Ponnampalam, Taraneh McGill, Cheryl Tinholt, Isabella Jensen, Diana Kane, Tara Parrant and Anna Kavalenka.

Thank you to our Childbirth Educators - Nikki Power, Melanie Bengé and Cheryl Tinholt – and to our Men's session Facilitator – Nick Endeacott. As always, you have delivered for our members the highest quality antenatal classes and we are grateful for your professionalism.

In 2009/10 we ran 16 Practical Parenting workshops for our antenatal classes. Thank you to Melanie Bengé, Nikki Power, Cheryl Tinholt, Lucy MacGinley and Fiona Crisp for running these sessions.

#### **Baby and You**

We ran twelve courses between April 2009 and March 2010 with 266 mothers/babies attending. This compared to ten courses the previous year. Thank you to Diana Kane and Caroline Allweiler for organising bookings, Patrice Jones for arranging the classes and speakers, Naomi Naera for hosting the majority of the classes and Debbie Booth for filling in when needed.

As a result of the fully subscribed antenatal classes and the extra antenatal classes we ran, our Baby & You courses have been very full and additional classes have been organised in response.

The success of these classes rests on the expertise of our speakers. Special thanks to our fantastic speakers: Sue Gray (Plunket Family Centre, Mt Eden), Jane Ruck (paediatrician), Christine Miller (physiotherapist), Wendy Perera (child development specialist) Chris Cleland (Infant CPR educator), Susan Goldstiver (psychotherapist), and Alissa

Tosswill (infant massage).

It has been through the generous funding provided by Mt Roskill Grammar School Community Education and Onehunga High School Adult Learning Centre that we have been able to continue to run the Baby & You course 2010 sees this funding revoked under changes to the community education funding policy. CAPC will be looking at other avenues for funding to continue to run this well received course.

#### **Moving and Munching**

We ran six courses between April 2009-March 2010 with 98 mothers/babies attending. We ran five courses the previous year. Thank you to Patrice Jones for doing a fantastic job co-ordinating these courses during the year. Thanks also to Violet Raven, Stephanie Sidoruk and Catherine Main and Alissa Tosswill for hosting these classes.

To the presenters Alissa Tosswill (Sport Auckland) and Dianne McCallum (Mainly Toys) (Moving sessions), and the presenters from Heinz Waties (Munching sessions), thank you for offering your time and energy to speak at this worthwhile course.

#### **Tinies to Tots**

We ran one Tinies to Tots course in 2009 with 27 parents of children aged 9 – 18 month attending. Thank you to Patrice Jones for co-ordinating these courses during the year. Thanks also to Patrice Jones for hosting this course.

To the speakers Dianne McCallum (Mainly Toys), Lynn Thompson (Future Feet), Wendy Perera (Tee-ny Tiny), the Auckland Regional Dental Therapists and the presenters from Triple P, thank you for offering your time and energy to speak at this worthwhile course.

#### **Other courses**

In March we ran our first Early Education Options Seminar to provide an overview of current options in our community as well as provide a forum for discussion for our members. This course was attended by 10 parents. We will be discussing as a committee whether we will run this course again in the new year.

Plans to run the Conscious Parenting suite of courses have been put in place this year. Government funding has been secured from Parents Centre and we will be looking to secure a facilitator for the course planned for July.

**Venues**

Once again, Auckland City Council has enabled us to use two great facilities for our courses: the Athol Syms Community Hall for antenatal, Baby & You, and Moving & Munching and the Onehunga Community Centre for the practical parenting sessions and other training sessions. Their assistance with rental costs for our organisation is much appreciated.

**FINANCIAL NOTES**

**General**

Our Treasurer, Debbie Booth does an amazing job keeping our accounts up to date and our expenditure on track throughout the year. Thank you for all the hard work this entails.

Thank you to our Auditors - Alistair Gauld and Jane Huang of Harts Chartered Accountants for reviewing our accounts.

**Grants**

Despite concerns that the recession and a reduction in available grants would impact on our Centre's activities, we were able to successfully secure grants funding from a number of organisations. It is with deep thanks that we acknowledge the support of the following funders – without whom we could not provide our services:

A grant of \$4504.50 from C.O.G.S. for CBE Facilitator Fees– this is a fantastic help and a significant support of our ability to offer a range quality child-birth education to the local community.

We are very grateful to Mt Roskill Grammar Community Education and Onehunga High School Adult Learning for their generous contributions totalling \$2792.00 throughout the year towards the Baby and You course speaker costs for 10 courses. Thank you very much Sue Blainey and Linda Melrose

Thank you to New Zealand Post for 200 Community Post envelopes, which have been used for course and membership correspondence.

A grant of \$1240.00 from Lotteries Commission which has been used towards general administration costs.

Thank you to ASB Community Trust for their generous donation of \$6621.00 towards newsletter production and distribution costs for 6 issues of the bi monthly newsletter to our membership.

We are grateful to Auckland City for funding from the Community Group Assistance Fund for their generous donation of \$2500.00 to towards Parent Education course host volunteer recognition and expenses.

We are most grateful to the Lion Foundation for \$2500.00. to cover the cost of supplying all antenatal class participants with the books Preparing for Birth – Mothers and Preparing for Birth – Fathers.

Thank you to First Sovereign Trust for their generous donations totalling \$3310.00 to cover the cost of printing 1000 brochures, 1 x empathy belly for use in CBE classes, 50 clipboards for Practical Parenting sessions, 3 TENS machines to hire to members to assist in labour and 120 Babyfood and Beyond cook books for Moving and Munching course participants.

A \$50 voucher from Kmart Community Response which was used for raffle prizes in our 50th Celebrations in May 2010.

To Debbie Booth, thank you for all you hard work in co-ordinating and submitting all of the grants in 2009/10.

**Donations Received**

Thank you to P.C.N.Z. national sponsors such as Kimberley Clark Huggies, Naturopharm, Ocean Spray and Hasbro for their generous donations of sample packs, brochures and toys, which are made available for course participants. Also, to Hasbro for the generous donation of toys for raffling at our 50th Anniversary.

**Donations Given**

No donations given in 2009/10.

**SERVICES TO MEMBERS**

**Coffee Groups**

16 coffee groups were formed this year. Thanks to the volunteer hosts who established these groups and to Stephanie Sidoruk for co-ordinating new people who joined existing coffee groups. These groups provide great support for new parents and are one of the key attractions for people to choose to attend antenatal class with our organisation.

**Newsletter and Printed Material**

Six newsletters were published in 2009/10. Thank you to Catherine Watson for producing our bi-monthly newsletter. A great deal of work goes into its creation and it is something our members really look forward to receiving. Since taking over the editorship, Catherine has made the newsletter look more inviting, and has included more articles of interest and some innovative ways to involve our members. In addition, Catherine has looked after and expanded the number of advertisers within the newsletter.

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Thanks to Rachel MacBride-Stewart for her help in producing labels, to Marika Leigh and Debbie Booth for delivering magazines/newsletters to the packers and to Spectrum Care Trust Board for processing and packaging the newsletters. We wish to acknowledge the generous support of Sky City Community Trust and ASB Community Trust in the publication of the 2009/10 newsletters.

Our electronic newsletter ('E-news') has become a regular feature and is an efficient and effective way to communicate with current and past members. Our open rate is around 40% which is pleasingly high for this type of media. Thank you to Catherine Watson for producing E-news and maintaining the database.

A lot of work went into the redesign of our CAPC course brochure which we were pleased to distribute to our key referrers. Thanks to Jeri Lomas and Catherine Watson for the production of the brochure and to Diana Kane for the mail-out to referrers.

We wish to acknowledge the generous support of First Sovereign Trust for funding the printing costs

of the 2009/10 course brochure.

### Products and Discount Scheme

We have expanded the range of high quality products for sale at a discounted rate to our members at our courses. Thank you to the makers of cot and bassinette blankets, merino wraps, dricots, feeding pillows, 1st aid kits and teething necklaces. Debbie Booth and Tracey Turner have done a fantastic job managing the product sales.

We have also increased our Members Discount Scheme to provide even more value to our CAPC members. Thank you to: Hive of Activity ( Epsom), The Baby Factory (Newmarket, Sylvia Park and Onehunga), Egg Maternity (Newmarket), Singing Rainbows, Fatso.co.nz, 3 Wise Monkeys, Snug as a Bug, , Baby On The Move, Total Learning, Pepsicles, The Library Cafe (Onehunga), Kid Republic, Neat Kids , Teeny Tiny Consulting and YMCA Onehunga. Many thanks to Catherine Watson for maintaining the role of Discounts Coordinator.

We purchased three more TENS machines in 2009 to add to the three we already had which are now available for hire by our members to use while in



# One stop kids store

We now have kids clothing to 12 years.  
Maternity wear, Babywear, Kidswear  
and footwear

Show your current Parent Centre card and get **10% off** full price purchases!

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labour. Thank you to First Sovereign Trust for their generous support which enabled us to purchase the additional units and to Jane McEntee our Library Coordinator who looks after the hiring process.

**Training**

No Introduction to Parents Centre courses were run for committee members in 2009/10.

**National Conference**

In lieu of a national conference this year, there was an electronic AGM in October which representatives from committees around the country were able to teleconference into. Thanks to Patrice Jones for representing Central Auckland Parents Centre at the AGM.

**Publicity and Fundraising Events**

Thanks to Cheryl Tinholt, we held a number of successful fundraising events throughout the year. Our annual fundraising Family Photo shoot proved as popular as ever and was held in August with Fotoman raising \$366.40. Huge thanks to Cheryl for not only organising this event but also being the pickup and drop off point for the prints and photographs. Thanks also to the volunteers who helped out on the day.

A Demonstration evening with Chefs Toolbox was held in September raising \$500 in ticket sales. Thanks to Cheryl for organising the very successful silent auction which was held on this night and raised an additional \$609 for the Centre.

We repeated the success of last year's evening with the Christmas Heirloom Company with another evening in November. This event raised \$435.00 and was a magical evening. Thanks to New

World for their generous contribution to refreshments. Tickets sales for the Jaffa Race 2009 raised \$320.80.

**50th Birthday**

Central Auckland Parents Centre (CAPC) has been working in our local community for 50 years to deliver quality antenatal and postnatal support to parents. On May 16th, Central Auckland Parents Centre will celebrate with a family-friendly party at Alberton House. All past and present Central Auckland members are invited bring their family and join in the fun with a bouncy castle, face painting and cake.

**Conclusion**

Central Auckland Parents Centre has had another very successful year. We are fortunate to have an enthusiastic and loyal committee who give so much time and energy to ensuring that the Centre flourishes.

We acknowledge that our committee members lead very busy lives and that they (and their families) give generously of their personal time. Without their assistance we could not provide the quality services which we do.

To those whom we have failed to mention, please forgive the oversight and thank you for your support in 2009.

Finally, thank you to our members who support Central Auckland Parents Centre and without whom we would not exist.

*Patrice Jones and Diana Kane, Co-Presidents  
14/6/2010*

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**Soccer 4 tots**  
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**Our high energy structured play programme**

is specifically designed for boys and girls aged 2 – 4 years. Our indoor sessions are all about your child learning through fun using a variety of ball activities and games.

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# Toy Libraries

**Membership of a Toy Library may increase a parent's understanding of;**

- **The importance of play**
- **Different types of play**
- **The stages of development at which these types of play are important**



Play is important to all children and toys are a major element in helping to play and learn. A Toy Library welcomes children, their families and caregivers to come and to borrow well designed toys, games, puzzles and equipment, which are made available at minimal cost.

As children play, they learn; and variety in the items they play with will broaden their learning. What they learn is shown in their physical, emotional and social development. This is especially important in the early years of life. Good toys are often so expensive that they are beyond the means of many families.

A Toy Library is able to provide a large selection of quality toys and equipment for loan. In a Toy Library you will find a range of toys that will support your child's development. You can enjoy choosing with your child a toy that they find enjoyable, and which will also help them, through play, develop their physical, mental, perceptual and social skills.

Toy Libraries operate along similar lines to public libraries. Members borrow toys for a fixed time period (usually a fortnight). Fees vary from library to library, some will charge an annual membership and allow toys to be borrowed free of charge, others operate with lower membership fees, and small hire fee for toys borrowed. While most Toy Libraries cater mainly for infants and pre-school children, some do cater for

school-aged children as well. Most Toy Libraries generally have a limit on the number of toys that can be borrowed at each visit.

Some libraries have a librarian who can help guide and assist you in your choice of toys, using their own family experience or professional knowledge. Others are run by an enthusiastic group of volunteers who have also built a good knowledge of the toys their library stocks. Maintaining the toys and containers in good order is time consuming and a lot of voluntary help goes into supporting and running a library, even if they have a paid librarian on duty during opening hours. Members are often encouraged to become involved with helping out during sessions and with fundraising.

For parents, the Toy Library can be a place where they can share experiences with other parents and staff. A Toy Library can offer friendship as well as toys. It is essentially a place for parents, children and others to interact in a casual and friendly setting. By belonging to a Toy Library you have the opportunity to try toys before you buy them for your children; you will receive information on new toys that are available; become more aware of the different play needs of children at different ages and stages; and in many cases, special advice can be given for the needs of children.

There are over 220 toy libraries throughout NZ with 38 within the Auckland & Northland regions. The Toy Library Federation's office has an up to date list of all Toy Libraries throughout NZ that are affiliated to the TLFNZ. To find the location of a Toy Library near you contact the Toy Library Federation of NZ - Ph 0800-148-697, or go to their website: [www.toylibrary.co.nz](http://www.toylibrary.co.nz) Alternatively you can contact your local Parents Centre, library, Information Centre or Citizen's Advice Bureau.



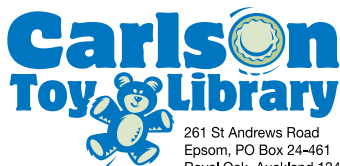
*Christine Jelley*  
*Toy Library Federation*  
*of New Zealand*  
*[www.toylibrary.co.nz](http://www.toylibrary.co.nz)*  
*ph 0800 148 697*



# Kids **bored?** **NEED NEW TOYS?**

## **Why buy when you can borrow ours!**

Slides, swings, ride-ons, dress-ups, trikes, music, puzzles, puppets, games, dolls houses, activity gyms, trucks, tractors, role play and more! The Carlson Toy Library offers toys to loan at a fraction of the cost of buying them new. Join the Carlson Toy Library and you'll get access to quality, safe toys for your 0-7-year-olds. New toys constantly being added, and there's a dedicated section for children with special needs.



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Epsom, PO Box 24-461  
Royal Oak, Auckland 1345

## **Save money!**

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can join the Carlson Toy Library.

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Ph: 521 4720  
[www.paradise.co.nz](http://www.paradise.co.nz)

# obituary - Someone Else

Central Auckland Parents Centre was saddened to learn this week of the death of one of our most valued members, Someone Else.

Someone's passing creates a vacancy that will be difficult to fill. Else has been with us for many years and for every one of those years, Someone did far more than a normal person's share of the work.

Whenever there was a job to do, a class to host, or a meeting to attend, one name was on everyone's list, "Let Someone Else do it."

Whenever leadership was mentioned, this wonderful person was looked to for inspiration as well as results; "Someone Else can work with that group." It was common knowledge that Someone Else was among the most liberal givers in our centre. Whenever there was a difficult task, everyone just assumed Someone Else would take up the challenge.

Someone Else was a wonderful person; sometimes appearing superhuman. Were the truth known, everybody expected too much of Someone Else. Now Someone Else is gone! We wonder what we are going to do. Someone Else left a wonderful example to follow, but who is going to follow it? Who is going to do the things Someone Else did?

*When you are next asked to help, remember - we can't depend on Someone Else anymore.*



## Baby Trivia

The water (amniotic fluid) surrounding the baby is mostly baby urine.

The most surviving births from a multiple gestation is seven.

Did you know that every three seconds a baby is born?

Sweden has the lowest birth rate in the world, 1 in 100. Malawi, in Africa, has the highest, 5.3 in 100.

The largest number of children born to one woman is recorded at 69.

From 1725-1765 a Russian peasant woman gave birth to 16 sets of twins, 7 sets of triplets and 4 sets of quadruplets.

According to a survey, women prefer blue bedrooms more than other colors; men are happier with white bedrooms.

Will your baby be left or right-handed? It's decided as early as 10 weeks gestation say researchers who found that babies in the womb favour one hand over the other, the same one they'll prefer to use in life.

The oldest mother on record was 63 years old.

A Swiss study found that a majority of women unconsciously choose mates with a body odor that differs from their own natural scents, which, as a result, ensures better immune protection for their children. "Longevity" magazine reported that the genes that battle disease-provoking substances also influence body odor.

The first child ever born on the continent of Antarctica was born in 1978.

The average stay in a hospital to give birth was 4.1 days in 1970. It was 2.6 days in 1993.



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*...for the very best start in life*

Birthcare Maternity Hospital is situated on Titoki Street in Parnell, with tranquil views looking out over the Domain, and the Museum. It is a primary care maternity hospital available for both birthing and postnatal care. Birthcare is a secure facility offering free undercover parking and easy access.

Use of Birthcare is free to all birthing and postnatal women who are New Zealand residents, but you may upgrade to a private or premium room, should you choose. We have 45 beds, 24 are in twin share rooms, 17 are private rooms and 4 premium rooms with queen beds. All rooms have ensuites. However the same high quality midwifery service is available to all women using the facility.

Our new birthing suite has four birthing rooms, three with pools for pain relief and relaxation as well as water births. We are close to Auckland Hospital for transfer over should this be necessary.

We have 2 teams of midwives, who provide continuity of care for those women choosing to birth at Birth care. We have an ante natal clinic being built on our new Level 3 at Birthcare which is due for completion at the end of July this year. The team are passionate about supporting and promoting natural birth at Birthcare. There is also a great team of professionals who provide postnatal services. These include physiotherapists, visiting paediatricians, and lactation consultants. The core midwifery and nursing staff are highly skilled in all aspects of postnatal care. They give special attention to parentcraft, and education to assist in that transition to parenthood. They liaise closely with the LMC's who are providing care for the women here and enjoy working in a close relationship with them.

We have a lactation clinic which is held twice a week and is free for up to 4 weeks postnatally with a written referral from the woman's LMC otherwise there is a \$60 charge.

**There are regular tours of Birthcare for prospective parents.**

**For further information call 09-3740800,  
or visit [www.birthcare.co.nz](http://www.birthcare.co.nz)**

# My early but long delivery

## Kerry's birth story

I was ecstatic when I learned that I was pregnant! Even my husband, who doesn't get excited about things in advance of them actually happening, was quietly pleased. My pregnancy was healthy, relatively uneventful in the medical sense, and incredibly exciting as we read each week about which body parts were being formed, starting to function, etc. I couldn't wait to grow a baby bump, to feel him move – to really BE pregnant. By the eighth month, I was all-over pregnant (you know what I mean – belly, butt, 3 extra chins, unable to turn over in bed without help) and very ready to trade my bump for a baby. I was born three weeks early and Brian and I often joked (i.e. HOPED!), that our baby would make an early entrance as well. Not too early, just early enough to meet my specs: 7 pounds, fully formed lungs, small head.

The Monday after I finished work, with 3 weeks to go til D-Day, I rolled out of bed with Brian pushing helpfully from behind. As I stood to make my first trip to the bathroom, my home away from home, I felt a gush of warmth and looked down to see a large pool of amniotic fluid at my feet. "EXCELLENT! We're under way," I thought to myself. My unexcitable husband was grinning from ear to ear as he raced off to pick up the car seat and TENS machine we had booked for the following week. I waddled around the house taking care of morning business and learned something very important which they failed to mention in ante-natal class: Your "waters breaking" is not, I repeat not, the one-off event it sounds like! I discovered this as I left puddles in my kitchen, hallway and bathroom, thinking each time "Surely this must be the last of it." Thankfully I had a box of maternity sanitary pads laid by in preparation for post-birth needs that came in very handy.

I began to experience cramping an hour or two later, but it was mild and not terribly bothersome. Every time I tried to do some small chore, I was ordered to rest by the daddy-to-be, and so we spent most of that day curled up on the couch watching re-runs of House and timing contractions. By 5:00 that night, the contrac-



tions were stronger and 6 – 7 minutes apart. They were uncomfortable at times, but far from unbearable. Our midwife arranged to meet us at the hospital to check how I was progressing. In summary, I wasn't. After almost 12 hours, I wasn't even 1cm – not what we were hoping to hear!

I was admitted to hospital as I would need regular anti-biotic injections from 2 a.m. onwards to protect the baby now that his amniotic swimming pool was draining. The mid-wife offered to speed things along with Syntocinon, but I opted to let things progress naturally for as long as possible. As we settled into our room in the Women's Assessment Unit, it seemed that proximity to the hospital was enough to kick my labour into gear and the contractions intensified and began coming every 3 – 5 minutes. On went the TENS machine and so began a very long night. I found the TENS quite helpful until it had some sort of electronic conniption in the wee

hours of the morning and began providing stimulation at the highest voltage possible at random intervals. That was the end of that intervention. Now it was just me, my pains, and one very patient and loving husband who spent a lot of time rubbing my back.

Our mid-wife arrived in the morning to check my progress. It had been a long, painful, sleepless night, but I was just excited to know how far we'd come. Surely we must be at least halfway there, if not more... Barely 3cm! I was gutted!! I now officially qualified as "failing to progress" (a most judgmental medical term, in my opinion), which meant that Syntocinon was no longer optional. I had written up a plan which stated that I preferred to experience the birth of my child with as little medical pain relief as possible, but after 26 hours without sleep all I could imagine was being thrown head-long into hard labour with the anaesthetist nowhere to be found if I did decide I needed an epidural. More out of anxiety about what might happen than an inability to cope with what was happening, I opted to start the epidural at the same time as the Syntocinon. Although I had fleeting thoughts that I was "wimping out", I was also profoundly grateful for the sleep I was able to get as the epidural took effect around 30 hours after all of this began.

A long day followed our long night, but at least I was able to get some sleep. Brian took a break from rubbing my back to grab some food, a shower and a change of clothes. By late afternoon, I was running a fever and progress was still painfully slow. By evening not much had changed. I was a little over 6 cm dilated "...and averaging approximately 1cm every 3 hours," I was informed by the annoyingly cheerful OB-GYN resident. While the baby's heartbeat remained strong, the length of my labour was beginning to take its toll and there were some concerning spikes and dips in his heart rate. The possibility of a C-section had been mentioned throughout the day, so it wasn't a surprise when our mid-wife suggested that we think seriously about taking that option. The alternative, allowing labour to continue until I was dilated enough to push could take another 12 hours, according to Dr. Happy's cal-

culations. And this would only be possible if my fever remained low enough and the baby's heart rate remained sufficiently stable throughout the entire process.

We opted for a C-Section, and I'm glad we did. Although it was officially an "emergency" section (because it wasn't part of a pre-determined plan), it didn't feel like an emergency and we were able to prepare for the surgery calmly and without fear. At 12:44 am after 40 + hours of labour, our son Anashe (ah-nah-shay) was brought into this world with his father looking on in awe and his mother chatting away manically to the anaesthetist in order to distract herself from the fact that she had several people rummaging about her insides as though they were a handbag! He let out one almighty squawk which brought tears of relief to my eyes and then settled down to check-out his new surroundings.

To be honest, it wasn't until we were out of recovery and settled into our room that the magnitude of his arrival finally began to sink in. As the post-surgical shock began to ebb, I stared in awe at this tiny (a healthy 3.2kg, but tiny to my first-time-mommy eyes), beautiful, perfect baby boy and tried to connect him with the bump I'd been rubbing and talking to for the last 9 months. Simply incredible that they were one and the same! Despite being told to sleep, I spent the rest of that night gazing in wonder at our child.

Over the last 5 months, I have fallen more in love with Anashe every day, and I've also fallen in love with my husband all over again as I've watched him discover himself as a father. Don't get me wrong, there have been stresses aplenty – days with too many tears, not enough sleep, and just enough humour to get us through until tomorrow. But overall, as most mothers will tell you, this is the most incredible journey I've ever been on and I can't wait to see what comes next.

My husband wants to contribute to this narrative and will now tell the story of the birth of his first born son in his own words: 'It was alright hey!'

*Kerry Manthenga*

*Members have told us they love reading your stories - the good, the bad and the ugly. Can you share your birth story, pregnancy experiences, or your first impressions of parenthood? Contact [capc.newslettereditor@gmail.com](mailto:capc.newslettereditor@gmail.com) to find out more or submit your story for publication.*

# calmbirth®

**Birth and early parenting has the potential to be a joyful and empowering life-changing experience, yet many women's experience of childbirth is one of fear, anxiety, and pain.**

Over 32 years of midwifery experience, I have repeatedly cared for women who express a wish for an empowering, joyful birth while at the same time they are feeling afraid and anxious. These women are often very knowledgeable about options for labour, birthing and healthy self care, but find in labour they do not have the skills to support their wish to birth calmly. I became increasingly aware of how difficult it was for women in our culture to really trust their own bodies to birth. I observed that many women did not know how to relax their bodies, and did not know how to breathe in a way that facilitated relaxation. I often saw that their thoughts, beliefs and fears limited their trust in themselves, altering their experience. I began to look for a programme that would support women and their partners to learn and practice skills that would support them in these areas both at the conscious and subconscious levels.

Calmbirth® is a unique 12-hour childbirth education program developed in 2005 by Australian Midwife and Therapist, Peter Jackson. It was developed specifically to provide skills and knowledge to women and their partners to use in their own unique way during pregnancy and birth to transform fear and apprehension into confidence and positive expectations. Calmbirth classes complement community based antenatal classes. First time parents do both classes, whilst those who are already parents enjoy preparing with the completely different focus of calmbirth.

The calmbirth programme helps women and their partners understand and address their fears by using deep relaxation, breath awareness, visualisation, mind focusing techniques, personal healing exercises and touch to relax their body and mind in preparation for birth and parenting. Practicing these techniques is an essential part of the calmbirth programme helping women build trust and confidence in their body and inner abilities, while accessing the natural resources they already have to birth instinctually. The knowledge aspect includes understanding how emotions, thoughts, beliefs and attitudes affect our physiology

and how they can have a powerful positive or negative impact on pregnancy and birth. This is explored through the work of Dr Grantly Dick Read (with support by recent researchers) and his well known Fear-Tension-Pain syndrome. Fear and tension go hand in hand leading to increased pain in labour. Methods are learnt to replace fear and tension with physical and mental relaxation thus allowing the body to labour naturally without resistance.

Offering tools to give birth with inner calm, confidence & connection, calmbirth is a simple but effective childbirth preparation program that is based on the understanding that pregnancy, labour and birth are normal life events. The knowledge and skills that the programme teaches prepare women to remain confident, relaxed and focused during labour, able to make informed choices, and to be in tune with the natural energy and rhythm of her baby's birth. Even if unforeseen circumstances arise, the skills taught in the classes assist couples to remain calm and focused on the joy of bringing their baby into the world.

Partners move from being observers of the experience to having a clear role in supporting, encouraging, and assisting their partner in labour. "We found the calmbirth classes very helpful: they gave us confidence in the ability of my body to give birth without intervention..The labour was absolutely a team effort... we feel like it is the most amazing thing that we have accomplished together." Victoria, Auckland

The calmbirth approach empowers couples to take responsibility for their birth experience in partnership with their Lead Maternity Carers. It highlights the importance of self care and use of the woman's subconscious resources to create confidence, understanding, and to dismantle fears, not only around labour and birth, but for all areas of life. An exciting aspect of calmbirth classes is that the skills and knowledge learnt in calmbirth become very useful life skills that are applicable to any stressful or painful life situation throughout life. They also help to increase awareness and responsiveness to new ideas, a valuable tool ideal for life after childbirth. People leave the classes with a greater understanding of the birth process, confidence in their own ability to work with the birth process and

excitement about their approaching birth. "Thank you for reassuring me and helping us to see that it was possible to birth our baby naturally...I feel so blessed to have been taught methods that helped me to stay present and trust my body. I know now that I can and I'm so glad I got to experience it" Maria, Auckland.


Calmbirth classes are for all women who want a calm joyful birth, and their partners, or birthing companions, regardless of Lead Maternity Carer, number of children, or place of birth. Many couples who are having their subsequent children attend the classes as they wish to create a new and different experience for themselves and this baby. "Its baby number 3...I'm just a bit nervous about labour this time, and worried I won't cope, so would love to change my headspace and develop some tools for coping and keeping calm" Bronwyn, Auckland.

Couples use calmbirth skills and knowledge in their own unique way during pregnancy and birth to

transform fear and apprehension into understanding, confidence and fearlessness. Techniques learnt and practiced include deep relaxation, breath awareness, visualisation, mind focusing techniques, and personal healing exercises. Information alone is not always enough to prepare couples for the experience of birth and parenthood. Calmbirth offers an opportunity for couples to create changes in perception and behaviour through understanding, direct experience and the practising of new skills.

*Claire Hotchin*  
NZGON; RM; MA (Midwifery); IBCLC  
Midwife, Lactation Consultant,  
Registered Calmbirth® Facilitator  
Classes are held in Central Auckland.

Contact: [chotchin@gmail.com](mailto:chotchin@gmail.com)  
[www.calmbirth.org.nz](http://www.calmbirth.org.nz)  
[www.calmbirth.com.au](http://www.calmbirth.com.au)



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# A Fathers Guide to Changing Nappies

**I present to you the job that has caused me the most trauma on a personal level than any other of my fatherly duties combined; the changing of the nappy.**

Baby poop is a wonderous and yet horrific thing. It's not something that Antenatal classes has prepared us for. Ever since the first baby poop my life has been a blur of nappies, wipes, hand washing and lightning fast reflexes to save the new tan couch from becoming dark tan.

Step 1 is to get yourself a baby. Lay the baby on an elevated surface, such as a wide couch or chair (not your favorite All Whites viewing chair). I'm assuming you've already peeked in to the nappy to make sure there's a poop in there. And don't just blindly stick a finger in there like many women do! Just LOOK!

Make sure you have all your tools and equipment at your side and ready to go. I like to use my "baby wipes and Vaseline holster" I got as a gift. Unfasten the infant's old nappy and slowly pull down the front end, but not too far. Make sure you have a good grip on the child's feet because they tend to think that this soft excrement is newly laid cement. They are constantly trying to make their mark on the world in any way possible. Use as much of the nappy itself to wipe away the demon plaster, then grab a wipe out of your holster. If you've practiced in front of a mirror for several hours, this should all take about 1.3 seconds. In a downward motion wipe away all the goop from front to back. Repeat steps 1 and 2 until all the substance is gone. Check any hidden areas for escapees. Especially check farther down the back of the baby as, somehow, the poop likes to migrate north during the changing process.

After you've completed these steps, double check the child's feet to make sure there still is nothing on them. Sometimes they sneak up on you and get their feet in there and you didn't even know it. Also double check your hands. There's no more of a sinking feeling than being at work and looking at your hand and saying to yourself, "God, I hope that's dirt or grease."

Now, if you have the deluxe model baby products holster, grab a fresh nappy from the chamber and unfold it. Lift up the baby and place the nappy under him/her with the fasteners towards the head. Simply fasten the nappy and check for leak-proofness. It's that

simple! You've got yourself a fresh baby! Dispose of the used nappy carefully. I would highly suggest expediting the poop into the toilet and the nappy directly to your outdoor receptacle immediately!

Another thing to remember is if you decide to take baby in the pool, the nappy fills up faster than an "all you can eat" night at Valentines. Nappies today are ULTRA absorbant. If the child gets in a pool with a nappy on, it fills up to about 15 kilograms of crystallised gelatine just waiting to explode. I learned the hard way while changing my son in my backyard that if you throw one of these water engorged nappies, it quickly becomes a lethal Molotov Cocktail of fluids and chemically produced substances that will decorate your lawn for days.

## **Bonus Section- Types of Poop**

I've had the opportunity to see all shapes, sizes and colors of baby poop. I've broadened the categories and made four larger "super-categories". They are as follows. Which one did YOU see today?

**Mexican Jumping Beans** - These types usually happen after the child is one year old. Resembling little black rocks and with not much of a scent, this type of poop can go undetected for some time. They get their name because of what happens when you open the nappy. As soon as it's opened, they spring into action, causing a horrific amount of stress, especially if you're on a favorite piece of furniture (see the "where not to change your baby" section above).

**Re-Fried Beans 'N Stuff** - I think the title just about sums this up. This is perhaps the most contemptable substance ever seen by human beings. If it weren't for the unfortunate color it would make great spackle. This is definitely a "direct from the butt to the outdoor rubbish bin" release!

**Plaster Cast** - This type has always fascinated me. As the nappy is peeled away, an anatomically perfect cast of the child's butt is revealed. Like pressing Silly Putty on the comics page, as it's peeled back every detail is revealed. Make-up artists may want to look in to this substance. It's a miracle!

**Football!** - Sometimes something comes out of your child which defy's the laws of physics. Upon removing the nappy, all you can utter is "damn!". It usually resembles a football that has been forced through a Play-Doh Fun Factory.

*Doug Powers*

# Father and Child Trust Auckland

Father and Child Trust have officially opened their Auckland office, with special guest Dave Owens from Taranaki. His 'In Your Hands' DVD for new dads was explained and demonstrated, along with the Greatfathers.org.nz website.

These great resources aim to fill two voids, encouraging dads to connect with their babies, using Tiki Taane, Shaun Donnelly (SJD) and Warren Maxwell of Trinity Roots, among others to sing and explain their experiences in becoming a dad.

The website has a free or donation page where anybody can gift the DVD to a suitable dad, plus a Dads Toolbox page, with topics like Inside my Baby's Brain, The Zombie Zone of the Sleep Deprived, Your Own Dad, and Baby Crying.

The Just4Dads group in Glen Innes have held a tremendous Warriors game day for around 80 fathers and 100 children. For many it was their first trip to Mt Smart and both buses were full of expectation. All the dads and especially organisers Alfred Ngaro, Chris Mokoare and Jack Scanlan can take a bow!

Our involvement at Toddler Day Out in Waitakere City revealed that fathers who have had contact with Plunket, or involvement in a Playcentre, felt included, and that fathers feel more included in the last two years than they had before. These findings

have influenced an Early Childhood Education survey on engaging dads out west.

Coming up out west is the annual Focus on Fathering Week, with seminars leading up to a Clean Up the Creek Fathers Day picnic at the Tui Glen reserve, and Father and Child Trust look forward to the Parent and Child Show in late October.

Our 'Importance of Dads for Babies' seminar was presented at Living and Learning early childhood centre in Favona recently, plus we have been asked to present three similar seminars, with 'Father Roles and Family Relationships' by the Manurewa Community Board - one of these will be with Manukau Parents Centre.

Parents Inc. holds a number of one off events throughout the year, the largest being the Auckland Mayoral Fathers' Breakfast on August 24th 2010. Tickets are \$55 each and we hope to get a table of ten, so if you are keen, let us know.

Meanwhile, on Saturdays around 2pm, Epsom and Remuera Libraries offer free Wriggle & Rhyme active movement sessions for Dads and their young babies. A SPARC (Sport and Recreation NZ) initiative, Wriggle & Rhyme is a 30-minute music and movement programme aimed at stimulating babies' brain and body development.



Father and Child Trust is a community organisation based at the Onehunga Community Centre and is run by dads to help and support each other.

Contact Brendon or Peter on 09-525 1690 or

Email: [brendon@fatherandchild.org.nz](mailto:brendon@fatherandchild.org.nz)

## *A Dad Is . . .*

*A Dad is respected because he gives his children leadership.*

*A Dad is appreciated because he gives his children care.*

*A Dad is valued because he gives his children time.*

*A Dad is loved because he gives his children the one thing they treasure most - himself.*

*Author Unknown*

# Back health on the ball

## Gentle exercise for back pain or weakness!

*"I am a true lover of utilising a Fitball during a workout! I use it as the main piece of equipment for my FITBumps and indoor FITMums classes. Not only is it an excellent piece of exercise equipment to help improve your posture, balance, reaction speed and core strength but it is amazing for anyone who has ever experienced back pain and wants to do something about it!" Karina*

Back pain affects 80% of us at some stage in our adult life. The underlying pathology and degree of discomfort and disability varies. Similarly, the duration can vary, ranging from days to years and for many there are significant physical, emotional and social consequences.

Back pain or injury is often caused by a combination lifestyle issues. Poor posture and repetitive positions and activities all play a role in the development of joint stiffness, muscle imbalances and lack of flexibility. Compromised core stability is also closely related to back pain. The consequence is loss of integrity of the structures that support the spine, which leads to aches, pains or weakness. In this state, a sudden movement or load can be 'the straw that breaks the camel's back'.

### FACTORS LEADING TO BACK PAIN AND INJURY

- Poor posture, repetitive activities and positions of daily life
- Immobility or stiffness
- Compromised core stability
- Muscle imbalance with anterior muscles stronger and being used more than posterior muscles groups
- Decreased flexibility in specific muscle groups that then exacerbate poor posture.

Four different elements contribute to back health and should each be included in back exercise programming. These are, mobility to maintain free movement of the pelvic girdle, shoulder girdle and spine; core stability to provide support of the spinal segment during activity; posterior muscle strengthening to counterbalance the frequently stronger and over-used anterior muscles; and flexibility to elongate commonly tight muscles such as pectorals and hip flexors.

### THE FOUR ELEMENTS OF BACK HEALTH

1. Mobility
2. Core stability
3. Posterior muscle strength
4. Flexibility.

The fitball is a fantastic tool for promoting back health, providing a range of exercise possibilities to train stability, posterior muscle strength, mobility and flexibility. It can also provide a



you with a safer alternative to sometimes unsuitable moves in a class or gym floor situation. Not all ball exercises are appropriate if you have back pain however; some, such as abdominal curls, are not recommended, while others like prone extension options or supine bench press on the ball, should be used selectively.



*Bounce into life!*

If you want to regain the four elements mentioned above, please don't hesitate in contacting the team at FITBumps, FITMums and FITBodies. See our website and timetables at [www.fitfitfit.co.nz](http://www.fitfitfit.co.nz). Email me with any questions [info@fitfitfit.co.nz](mailto:info@fitfitfit.co.nz).

Source: Australian Fitness Network. Main article by Lisa Westlake

# CAPC Top Tips for new parents

Your CAPC committee felt that we'd like to start an advice column from those of us who have been there for those of you who are embarking on your parenting journey.

## *What is the one piece of baby equipment you couldn't do without?*

The attachments that connected my buggy wheels to the car capsule - means no waking baby up when moving from car to wheels.

A change table. We used it until both our kids were two years old. It really saves your back and it is a great place to store all of your nappy changing gear. Ours had a bath under the lid which was great for the first few months as we could just wheel it into the bathroom to fill it up and empty it. Make sure you get one with a seat belt to hold baby in place.

Computer/iPhone: preserves contact with the outside world in the early days.

Cloth nappies (the old fashioned type, not cloth diapers): useful for absolutely anything (except mopping up #1s and 2s) – spill cloth, play mat, change mat, wrap for when it gets cold and you forgot to pack one, toy (think peekaboo), towel, bib etc etc. And in case of emergency, mopping up #1s and 2s.

A baby sling. I used to go walking, shopping or even use it when I went visiting as a way to get baby to sleep. It would also settle him when he was having a 'bad moment'.

Exersaucer - happy entertained safe baby means happy mummy getting stuff done.

Merino sleep sack - keeps baby at right temperature and you are not up and down all night putting blankets back over them.

Dimmer switch on baby's bedroom light meant that I could just have low light on to see what I was doing and not have to turn it on full and wake myself and baby up completely.

Carry cot attachment for my mountain buggy meant baby slept flat rather than squashed up in a capsule when out and doubled as a bassinet in those early days when away from home.

My Mountain Buggy - Although it was big it was light and easy to collapse to put in the car and store. When baby got bigger an umbrella stroller for the malls was the perfect complement to it.

**Next months question is: How did you beat those post baby blues?**

**Email your top tip to [capc.newslettereditor@gmail.com](mailto:capc.newslettereditor@gmail.com)**

# Development Boosting Games

## 4 to 6 months

At this age, your baby will become a lot more physical, learning how to roll over and even sit up. She can now hold, handle, and mouth objects, and she'll spend a good part of her busy days doing so (meaning extra vigilance is needed on your part).

Games can get more physical now. Your baby might enjoy knee rides or tickle games. She's more responsive to you, making noises and meeting your eyes.

### Smell the Spice Rack

You're in the kitchen, trying to throw some kind of dinner together when your baby starts wailing. Take her over to the spice rack and introduce her to the intoxicating scent of cinnamon. Rub some on your hand and put it up to your baby's nose. (Don't let it get in her eyes or mouth.)

If she likes it, try others: Vanilla, peppermint, cumin, cloves, nutmeg, and many other herbs and spices have intriguing fragrances that your baby might love. Other household goods are fragrant, too: Dad's shaving lotion, Mum's hand cream. Sniff out everything yummy — just be careful not to let your baby eat it!

### This Little Piggy

Touch your baby's toes in turn, starting with the big toe. Say, "This little piggy went to market, this little piggy stayed home, this little piggy had roast beef, this little piggy had none. And this little piggy went wee-wee-wee all the way home."

As you say that last part, run your fingers up your baby's belly. This game is useful for putting on socks and shoes or distracting your baby during diaper changes. You can also play this game in the bathtub with a squirt bottle targeting your baby's toes.

### Bubbles, Bubbles Everywhere

There's something magical about bubbles, and at this point your baby can see far enough away to focus on them. Blow bubbles when she's getting fussy waiting for the bus and watch the tears dry up. Blow bubbles in the park to attract older kids who'll caper nearby and entertain your baby in the process. Blow bubbles in the bathtub or out on the porch when it's late afternoon and your baby is cranky. Bubbles are unbelievably cheap, easily transportable, and endlessly fascinating for babies.



### Fly, Baby, Fly!

Now that your baby can hold her head up, it's time to hoist her into the air. You can play that she's a rocket ship, flying her over you and making realistic rocket noises (dads are great at this). You can play that your baby is in an elevator, which advances up floor by floor before sinking quickly to the bottom (my husband likes to bump noses with our baby and say "Ding!" at this point). Or pretend that your baby's doing a helicopter traffic report.

### Tummy Time

By now, your doctor's probably nagging you to get your baby on her tummy, and your baby may be protesting vociferously. Get down on the floor with your baby. Look her in the eye as you lie on your own belly. Lay your baby down on a towel and use it to gently roll her from side to side. Try saying, "Oops-a-daisy, Oops-a-daisy" as you roll her.

### I'm Gonna Get You!

Your baby is old enough to have a sense of anticipation now. And no baby can resist your coming at her mock-menacingly with a threat of hugs, kisses, or tickles. In our house we threaten to eat the baby and punctuate our advances with lip chomps on her fat little feet. A delicacy! When your baby's older you can modify this game to include a chase around the house — this works wonderfully as a way to get your child out the door when you're in a rush.

# Bonnie Peters – Natural Yummies

I have three children with food allergies and intolerances. I have found it to be an enormous struggle to find recipes for food that they can have. As I could not just buy packet food for them from the supermarket it was imperative that I found recipes that I could use. Over the past 13 years I have spent countless hours adapting and creating new recipes and the end result has been my two cookbooks which I have written in the hope that they will help other families not to have to go through what we have. All the recipes have been devised using inexpensive and accessible ingredients and all are very simple and quick to make. Although focused on food allergies such as gluten, dairy, sugar etc they are equally as good for parents who want their children to eat healthier.

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

## Tropical cake

### Ingredients

¾ cup tropical soy milk	½ cup coconut
225g crushed pineapple	50g butter or dairy free margarine
1 tbsp honey	2 eggs or egg replacer
1 tsp baking powder	1 ½ cups spelt flour or flour alternative
1 tsp gluten free baking powder	½ a tsp pure vanilla essence

### Method:

Combine together the tropical soy milk and coconut and leave to soak for 10 minutes. In the meantime drain the pineapple and set aside. Melt the honey and the butter and then add to this the eggs, vanilla, drained pineapple and the coconut mix. Beat well with a wooden spoon to completely combine. Add dry ingredients and mix thoroughly. Pour into a well greased cake tin and cook on 180° for around 45 minutes or until a skewer comes out clean.

*This is a beautiful cake and one my Daughter created. Her brother even commented that it was "As good as Mum's" cakes.*

## Peach Soy Ice Cream

### Ingredients

3 Cups soy milk	1 ½ cups peaches
1 cup sugar or ¼ tsp stevia	1 tbsp soy lecithin
1 tsp vanilla	⅛ tsp celtic sea salt

### Method:

Place all of the ingredients together in a food processor and blend until creamy. Pour into a container with a lid and place into the freezer for a couple of hours. Remove from the freezer and place back into the food processor and blend. Place back into the bowl and put back into the freezer until frozen.

# Great Books to share with Dad

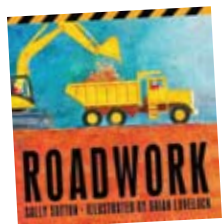


## Kisses for Daddy

\$29 Hardback

An excellent Fathers Day present. This book is just stunning, Daddies love books about Daddies.

The illustrations are beautiful and have hidden animals, so look carefully. Introduces lovely descriptive language as Daddy Bear is taking Baby Bear through his bedtime routine. A warm fuzzy ending, a keepsake and a favourite bedtime story for years to come.



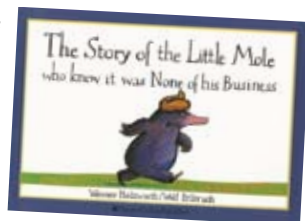
## Roadwork

Sally Sutton – NZ author  
\$25

Move the earth move the earth dig and cut and push. Clear a pathway for the road Screech Boom Whoosh. Features large clear print, great for your budding construction expert.

## The Story of the Little Mole who knew it was None of his Business

\$19 Paperback



A terrible catastrophe happens to the Little Mole one bright sunny morning. It looks like a sausage, and the worst thing is that it lands right on his head. Our plucky little hero sets out to find who has left their business on his head. Full of descriptive language and a guaranteed favourite with Dads.

**All orders received by Friday 27th August go in the draw to win a free copy of the Pop Up version of The Little Mole valued at \$26.00.**

Free delivery Auckland wide for CAPC members.

To order contact Wendy Perera on email: [wendy@teenytiny.co.nz](mailto:wendy@teenytiny.co.nz)

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# contact Us

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## Newsletter contributions

Do you enjoy our newsletter? Is there something else you would like to see included?

All contributions, ideas and feedback welcomed. The next deadline is 1 September

Please email [capc.newslettereditor@gmail.com](mailto:capc.newslettereditor@gmail.com) for further information.

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