



# Newsletter

## happy new year

from everyone at East & Bays Parents Centre

Featured this issue:

# Play

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Holly Miller, aged 3



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# Committee Profile...

## INTRODUCING... Jenni Miller



**Born and raised in...** all over the world – born in Reading, UK, as a child spent 6 years in Sri Lanka then 2 years in Cromwell, NZ, then back to the UK until 4 years ago

**Currently live with...** my husband Paul and 3 year old daughter Holly

**Role on Committee...** Editor

**My advice for new parents is...** tiredness distorts everything!!! Remember that everything is just a phase and it will pass

**Favourite thing about my partner...** how much he loves our daughter (and me of course!)

**Partner's biggest fear about parenthood...** Competitive Dad Syndrome!

**My biggest fear about parenthood...** that I didn't have a clue what I was doing – and still don't!!!

**Favourite escape...** our own backyard – NZ is paradise after all!

**Where I'll be in 5 years...** probably here in NZ still, although you never know!!

**Favourite thing about parenting...** seeing Holly succeed at something and how proud she is of herself

**Least favourite thing about parenting...** punishment – a necessary evil sometimes

**Hobbies/Interests...** We used to scuba dive and travel the world, but now we are happy with family days out, travelling NZ, reading, painting and cooking

**I can't get by without...** tea!!!



## JENNI'S Banana Bread

### Ingredients

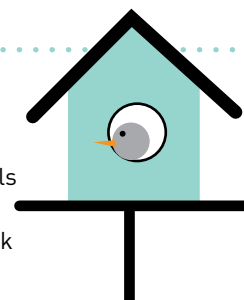
- 450g very ripe bananas (about 3 medium sized bananas)
- 110g butter
- 170g castor sugar
- 2 eggs
- 225g self raising flour
- 110g raisins
- 50g chopped walnuts

### Method

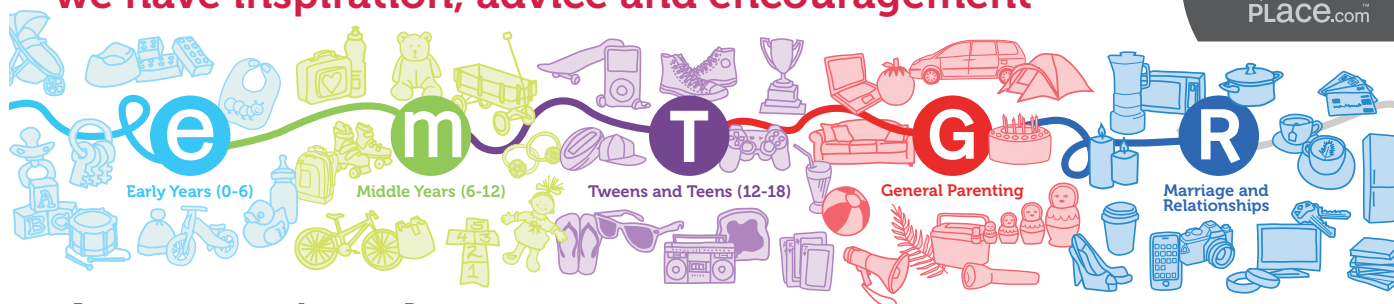
Pre-heat your oven to 160C /325F. Mash the bananas. In a separate bowl, cream the butter and sugar and then add the eggs with a little of the flour. Add the rest of the flour, the mashed bananas, raisins and walnuts and mix well. Pour into a greased and lined 1kg loaf tin, then cook for 1 1/2 to 1 3/4 hours.

## Moving House

Tell Michelle your new contact details  
E-mail: marsdenmm@gmail.com  
Post: PO Box 87366, Meadowbank



Wherever you are on your parenting journey we have inspiration, advice and encouragement



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# Message from the President...



**H**appy New Year! I hope you enjoyed your Christmas celebrations with your wee ones. Ours this year was super exciting, with Vin being 3 now and totally understanding what the man in the big red suit is all about. He was absolutely beside himself with excitement. So much fun and delight to see his little face light up on Christmas morning. Cooper on the other hand loved eating the wrapping paper!

It's been an interesting time at the beach entertaining the boys with all the rain. We did have loads of fun, played snakes and ladders a lot and watched Cars 2 on DVD (Christmas present) about 50 times (perhaps an exaggeration, but it did seem that way!). Also plenty of barefoot and rain jacket walks in the rain, always so much fun.

I hope the New Year has begun well for you all, we look forward to bringing you another year of East and Bays Parents Centre information and support.

**Michelle Marsden**  
President




**PARENTS CENTRE**

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# Parent Education...

## Antenatal Antics

**H**appy New Year, wishing you all a wonderful 2012! It's been a bit of a shame regarding the weather but luckily for us it's the first summer in a long time we had decided not to go away as baby was due, so it hasn't been too bad with trips to the Museum, Parnell pools and dvd's and a few extra sessions at The Treehouse in Sylvia Park so mummy and daddy can go for a quiet coffee on wet days and out to Piha for fish n chips and walks on the beach on the odd fine day ;0)

So far we have 2 classes underway this year which are fully booked and the next few classes are booking up fast.

When my girls were young, we used to get the play doh out etc but now that they go to kindy I don't tend to bother with it at home ;0) I also found that an allocated Tupperware drawer in the kitchen worked wonderfully as I never let my girls open the other draws or cuboards, they had their own drawer and the Tupperware and bits and pieces used to entertain them while

I made lunch or baked etc. Another good play idea for little ones is to fill a small fish bin, roasting pan or large Tupperware container with water and put rubber ducks or boats etc in it and let your little one sit there and splash and play, but remember to watch them. This is also excellent if your child has a fever to cool them down. The clam sandpits are an excellent idea for outside summer fun, filled with lots of toys my girls used to love sitting in there tipping sand everywhere.


Our wee man is keeping us waiting, he appears quite comfortable and as I write this he is now 9 days overdue! Luckily for me I'm still very comfortable and active and my girls keep me very busy so I don't have too much time to think about it! Just goes to show every pregnancy and baby is different :0)

For antenatal bookings call me on 579 3399 or email me on [east.and.bays@parentscentre.org.nz](mailto:east.and.bays@parentscentre.org.nz)

**Dana & the Antenatal Team**

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## Baby and You

**A**nother year gone. And hasn't it gone fast! When I write this, summer hasn't really started yet, weather-wise, and I still have my 'going away' holiday to look forward to. This time we'll be exploring a new part of New Zealand with our mini-campervan. Along with planning our destination(s) we also have to plan keeping-the-children-occupied-while-driving activities. Gone are the days of quietly watching the serene landscape roll by while our wee ones are sleeping.

These days my neck muscles get a good work-out having to constantly turn around in response to the M word. That's "MUUUUUM!", in case you're wondering. Turning around in a moving vehicle is not one of my favourite things to do since my travel sickness thrives on it! That's another thing that has altered our travel experience. I thought both our children inherited their father's fantastic no-car sickness gene, but no such luck. So hearing a MUUUUUUM coming out of the mouth of a very pale looking child is not a good combination.

Do we have fun on these trips? Absolutely. As long as we keep looking at even the smallest of things through our children's



Rose's daughters: Marina (8) and Jasmine (6)

eyes we'll have the greatest of adventures.

Find your inner child and make fantastic memories together! That's what your baby will remember once they're all grown up!

**Rose Bloem, Baby and You convenor**  
Email: [martie@maxnet.co.nz](mailto:martie@maxnet.co.nz)  
Ph: 09 528 3353

## Moving and Munching

Learn how to transition your little ones to food and get some great ideas on how to encourage their development by movement

For more details on when the courses are and to find out more about this course contact Vanessa on 021 215 1327 or email [vanessacwells@gmail.com](mailto:vanessacwells@gmail.com)

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## Play Special Feature...

# High Energy Play

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

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

By providing structure and progressive programmes specific for either 2, 3 or 4 year olds, using a range of sport like games and activities, children are being offered early exposure to a positive educational environment while helping to create social relationships along with your child's cognitive and gross motor skill development. A study was recently published in the BBC news which linked physical activity levels with academic performance in school children and it stated that "children should be active for at least one hour a day, for health reasons".

Children enjoy taking part in activities involving Mum and Dad, therefore we encourage parental participation for the younger children, and we know 4 year olds like to do things for themselves, therefore we encourage this age group to work as a team and follow instruction from a coach allowing parents to have a less hands on approach.

Building on the philosophy that self-esteem comes from personal achievement, children learn invaluable life skills that assist with everyday activities such as attending day care, school



and playing team based sports. It also encourages your child to develop skills and confidence to enjoy a seamless transition to playground and junior sports.

**Lisa Cross**  
**Sports4Tots**  
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## MAKE A: Baking Soda Volcano

**These are lots of fun and can be put inside a play dough Volcano. This is non-toxic and very safe for kids of all ages. Dads will love it too!**

**Difficulty:** Average

**Time Required:** 30 minutes

**You will need:**

6 cups flour  
2 cups salt  
4 tablespoons cooking oil  
2 cups water  
soda bottle  
baking dish  
warm water  
red food colouring  
liquid dish washing detergent  
2 tsp baking soda  
vinegar

**How to:**

- First make the 'cone' of the baking soda volcano. Mix 6 cups flour, 2 cups salt, 4 tablespoons cooking oil, and 2 cups of water. The resulting mixture should be smooth and firm (more water may be added if needed).
- Stand a soda bottle upright in a baking pan and mold the dough around it into a volcano shape. Don't cover the hole or drop dough into it.
- Fill the bottle most of the way full with warm water and a bit of red food color (can be done before sculpting if you don't take so long that the water gets cold).
- Add 6 drops of detergent to the bottle contents. The detergent helps trap the bubbles produced by the reaction so you get better lava.
- Add 2 tablespoons baking soda to the liquid.
- Slowly pour vinegar into the bottle. Watch out - eruption time!

**Tips:**

1. The cool red lava is the result of a chemical reaction between the baking soda and vinegar.
2. In this reaction, carbon dioxide gas is produced, which is also present in real volcanoes.
3. As the carbon dioxide gas is produced, pressure builds up inside the plastic bottle, until the gas bubbles (thanks to the detergent) out of the 'volcano'.
4. Adding a bit of food coloring will result in red-orange lava! Orange seems to work the best. Add some red, yellow, and even purple, for a bright display.

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## Play Special Feature...

# What am I Learning?

### Routines

- Eating, toileting and sleeping are all part of the everyday programme.
- I need to be treated as an individual and be helped towards independence.
- I need to learn about hand washing, nose blowing and keeping myself healthy and safe.

### Physical Play

- My coordination, agility and balance are also developed through these activities.
- I learn the concept of my body – how to use it, its capacities and constraints.
- I also learn to take risks within my safety zone.
- My gross and fine motor skills are encouraged through running, climbing, jumping, kicking, swinging and riding bikes.

### Table Top, Floor Activities

- I experience a range of familiar and new activities that support and challenge my cognitive development.
- I learn to persist with a challenge and to concentrate on the task in hand.
- I begin to take responsibility for the resources I am using.
- I can participate with others or choose to work on my own.

### Daily Schedule

- Consistent and familiar events allow me to develop a sense of order and security.

- I learn to predict and prepare myself for the various events that make up my day.
- These are very simple but exciting activities.

### Play Dough and Clay

- My hand muscles develop through manipulation which is wonderful for painting and writing skills.
- I learn and develop maths concepts, problem solving skills, social/cooperative and communication skills.
- I get to experiment and start to believe in my own abilities.

### Puzzles

- I learn about shapes, colours, everyday objects, how to place pieces and solve situations.
- My hand-eye coordination develops as does my concentration and memory.
- I can enjoy challenging myself and be involved in solitary or parallel play with and along side others.

### Collage & Junk Modelling

- I learn to construct, rearrange objects, cooperate and express myself creatively.
- I develop skills for using scissors, glue, stapler, and sticky tape.
- I can take myself into another world and explore challenges with the equipment.

### Water and sand

- Are soothing and an emotional release.
- I love the feeling of sand and water and the many ways I

### MAKE: Cornflour Paint

**This paint is great for finger painting, is safe for kids and washes out of most things with a minimum of fuss.**

**Difficulty:** Easy

**Time Required:** 10 minutes

**You will need:**

- 1-2 tbsp cornflour
- 1-2 tbs cold water
- 2 cups boiling water
- food colouring

**How to:**

In a bowl, mix 1-2 tbsp cornflour with 1-2 tbsp cold water to form a paste. Gradually add about 2 cups of boiling water, stirring briskly all the time, until it thickens. Add more water if the mixture is too thick. Add some food colouring or divide the batch up into smaller quantities and make 3 or 4 different colours.

Pull out paper, cardboard boxes etc. and away you go!  
Take it outdoors if the children are keen to go a bit crazy with it.

can mix them, leading me to learning science and maths concepts.

- I can build wonderful creations with the sand over and over again.
- I spend a lot of time working with and alongside others.

### **Carpentry**

- When working with real tools I not only learn how to make an object but I learn the skills of using a hammer, nails, wood, vice, glue.
- My fine motor and hand and eye coordination improve.
- I am able to construct something using my imagination.

### **Blocks and Construction**

- Blocks help develop my balancing, building, concentration, and perseverance skills.
- My imagination and confidence grow.
- Maths and science concepts and problem solving skills are enhanced.
- My hand muscles and hand-eye coordination are enhanced.

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# *Charlene White* PHOTOGRAPHY

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# Why Children LOVE to roll and tumble



The first of all the senses to develop is the sense of balance. It is vital for posture, movement and a sense of 'centre' in space, time, motion, depth and self. All other sensations pass through the balance mechanism (vestibular system – which is situated in the inner ear) before it is passed on to its specialised region higher in the brain.

A newborn baby is not aware that sound and movement, vision and touch are separate sensations because, for him, they all fuse together as a single experience or feeling. Motion is the most important sensation and one that helps with the development of all other skills.

Stimulation of the balance mechanism is a vital part of the embryo's growth from the moment of conception. Every movement the mother makes is felt in the cushioned environment of the womb, and will continue through a vast repertoire of movement patterns from lying, kicking, rolling and sitting, to crawling and creeping on hands and knees, walking, running, hopping, skipping, swinging, rolling and tumbling.

It is through movement that further connections are made between the vestibular apparatus and higher centres of the brain. It takes until the age of 7 – 8 years for the balance mechanism and the brain centres to be fully matured. It is during these years that vestibular stimulation is the natural ingredient in every normal child's play.

The infant begins with constant repetitions of arm and leg movements, practicing extension and flexion of the muscles and training hand –eye co-ordination. The 8 month old child, who rolls back and forth across the floor with no particular goal in sight, is preparing herself for sitting, standing and eventually walking. As far as she is concerned, when she

moves, the world moves with her, and when she stops, the world stands still once more.

Creeping on hands and knees then acts as an important bridge enabling her to combine the use of her balance, vision and other senses together for the first time. Walking not only increases mobility, it allows her to roam with independent use of her hands. These are early building blocks for learning that must be practiced and worked together with the other developing skills.

Thus, in the early years, movement is the child's main vocabulary and his language is body based. By building and broadening movements, the body slowly develops voluntary control.

### MAKE: Puff Paint

**This is a really great activity that will have kids running to the microwave to see the fun results. It encourages kids to use puff paint to create depth or texture on a picture. The paint kind of puffs up, creating a 3D effect.**

**Difficulty:** Easy

**Time Required:** 10 minutes

**You will need:**

- 2 tbsp white self-rising flour (or even regular white flour)
- 2 tbsp salt
- 4 tsp water
- Food colouring

**How to:**

Combine the following and mix to obtain a thin paste. Puff paint doesn't go on smoothly like ordinary paint, but should be easy to apply by dabbing Q-tips or paint brushes on the paper. Add a few more drops of water if the paint is difficult to work with or if it is lumpy.

**Tips:**

1. We had the most success with applying drops of the paint to the cardboard and then moving it around with a paint brush.
2. Place picture in microwave on high for about 20-30 seconds, or until paint is completely dry.

## MAKE: Silky Soft Play Dough

**Do your kids love play dough but it's too pricey to keep replenishing? This recipe will create excellent silky play dough that's very affordable. It's irresistible for parents to play with as well...**

**Difficulty:** Easy

**Time Required:** 10 minutes

**You will need:**

- 1 cup salt
- 1 ½ tbsp cream of tartar
- ¼ cup vegetable oil e.g. sunflower/canola
- food colouring (powdered colouring makes more intense colours but liquid works as well)
- 2 ½ cups boiling water
- 3 cups plain flour

**How to:**

- Mix salt and cream of tartar. Add oil, colouring and boiled water. Mix well.
- Add flour and combine. Knead on kitchen bench until all the colour is well blended through the flour (few minutes tops). Store in airtight container.

The 3 – 6 year old child who constantly hops, skips and twirls while 'walking' down the street is still learning to control her balance, for the most advanced level of balance is the ability to stay still. The action of not moving requires whole body functions and muscle groups to operate together without continuous adjustments, and signifies a mature postural control.

The child who cannot stay still, instinctively knows that her balance still needs practice. The child who cannot stay on the side walk if there is a low wall running alongside it, but who must climb from one level to another and back again, is still teaching herself muscle control. Somersaults and cartwheels further facilitate the separation of motion from the other senses, for it is only when a child has control of movement that she can pay attention to other experiences.

If motion is a child's first language, then sensation is his second. Only when both motion and sensation are working together can the higher language skills of speech, reading and writing develop fluently. Our children who roll and tumble are engaged in their first lesson to become the Einsteins of the future.

*by Sally Goddard-Blythe - Director of The Institute for Neuro-Physiological Psychology in Chester, U.K.  
Author of "The Well Balanced Child".*

*Find out more at GymbaROO, whose programme is based on Neuro-physiology. Contact Sharon at [gymbaroomissionbay@xtra.co.nz](mailto:gymbaroomissionbay@xtra.co.nz) or 027 2080 798*

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## Play Special Feature...

# Free Play

A large part of the healthy development of our children is constructive play – play that we help them to structure and which we supervise. However, just as important and so often overlooked these days is the importance of free play – when a child is just playing, with or without other children, doing whatever they want to do, whether this be at the playground, in the back yard or in the living room, supervised but not directed by adults.

The amount of time our children now have for free play is diminishing at a rapid rate – with structured activities taking over more and more. But the American Academy of Pediatrics says that spontaneous “free play” is actually what children need and crave for healthy development and the building of appropriate social skills. So instead of thinking that unstructured kid play is a waste of time or feeling disappointed over the lack of enrichment or academic-focus, realise this may be just what they need.



### Benefits of free play:

- Develops creativity
- Children discover their own individual interests and passions
- It encourages interaction with others
- It lets them practice decision making skills
- It also fosters kids to determine for themselves what they view as “fun” (not what they have been told by adults is fun)



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# Committee Contacts and Vacancies...



## Vacancies...

**D**o you find you have some spare time on your hands, now that your little one may not be as dependant on you? Why not become a volunteer for the East & Bays Parents Centre. We are a fun bunch of Mums who enjoy being part of a countrywide organisation, helping to provide valuable information to parents to be in our area. Our current vacancies include:

### SPECIAL INTEREST HOST

This role is responsible for running Special Interest evenings for members e.g. Toilet Training etc, and advertising classes, ensuring communication with class attendees, managing the room booking, arranging for guest speakers, being present at the course, organising the annual SIE ideas roster, and ensuring receipt of course payment. Time commitment for this role is approximately 8 hours total per session/evening

### GRANTS CO-ORDINATOR

This role is responsible for applying for grants and funding from various organisations. Total hours per annum approx 10.

### BABY & YOU CO-ORDINATOR

We will soon (in the next few months) be looking for a special person to take over the organisation of our Baby & You classes. Baby & You is a course that we run once the precious wee bundles have arrived. It is for Mums to come along with their new ones for a 6 week course to gain as much support and information as possible. Subjects such as CPR, physio, baby massage etc are held.

You will be responsible for co-ordinating class speakers, being present at the class to set up, arrange morning tea (choccie biscuits tea/coffee etc). This role is a paid role, as you will need to be at the centre each week for approx 2-3 hours. Usually Baby & You classes are run on a Wednesday morning, sometimes when it is super busy you will need to arrange a second class in the week, usually on a Friday.

So this is ideal for a Mum that has a little time on their hands! Your wee ones are welcome to come with you.

**For more details or if you are interested in taking on any of these roles, please contact Michelle by email [marsdenmm@gmail.com](mailto:marsdenmm@gmail.com) or phone 021840188.**

### Committee Member Benefits

- Access to parent education programmes and centre activities
- Access to antenatal (childbirth) classes
- A one year subscription to KIWIPARENT magazine
- Exclusive discounts through baby and parent suppliers
- Monthly newsletters, helpful news and information
- Invaluable parental support and friendships
- Enabling you to make a difference in your local community

## EAST AND BAYS PARENTS CENTRE

### Committee...

Name	Committee Position and Contact Details
Anna Paton	Financial Treasurer
Antonia Burton	Answer phone & Post box Coordinator
Astrid (Rose) Bloem	CBE, Baby & You Coordinator & Host, Stock Coordinator 528 3353/ <a href="mailto:martie@maxnet.co.nz">martie@maxnet.co.nz</a>
Cheryl Tinholt	CBE
Dana Kazenbroot	Antenatal Booking Coordinator 579 3399/ <a href="mailto:danads@xtra.co.nz">danads@xtra.co.nz</a>
Fleur Curac	Newsletter Publisher
Hannah Harper	CBE Class Coordinator/Big Sister
Hassanah Rudd	Committee Member
Jenni Miller	Newsletter Editor
Michelle Marsden	President, Committee Coordinator
Natalie Purcell	Grants/Funding
Nicole Williams	Website & Facebook Manager
Renee Woolcott	Day to Day Treasurer
Ruby Sims	Newsletter/Kiwi Parent Distributor
Vanessa Thomas	Secretary
Vanessa Wells	Moving & Munching Coordinator 021 2151327/ <a href="mailto:vanessawells@gmail.com">vanessawells@gmail.com</a>
Yusnidar (Yus) Yusof	Advertising Coordinator 521 0937/ <a href="mailto:yusnidaryusof@gmail.com">yusnidaryusof@gmail.com</a>
Vacant	Special Interest Coordinator & Host
Vacant	Vice President
Vacant	Childbirth Education Co-ordinator
Vacant	Membership Coordinator

### For Sale at EBPC

#### SWEET WILLIAM MUSLINS

Triple-layered, easily-washed Muslins.

These soft cloths are perfect for bathing baby's face & body or wrap grated fruit in it for baby to suck on. Double stitched to prevent fraying.

#### Wraps

(pack of 3) \$40

#### Facecloths

(pack of 3) \$12



# Support...

## LOCAL SUPPORT SERVICES

Plunket Family Centre, Meadowbank	521 5025
Plunket Support Line	0800 933922
La Leche League	536 6533
Miscarriage Support Auckland	378 4060
Barnardos Parent Helpline	0800 4727368
Trauma & Birth Stress Support Group	575 7404
Allergy Awareness Association Inc.	303 2024
SKIP	476 6948

## EBPC Dad's Group

**We're keen to get a Dad's Group together...**

We've had a great response to our Dad's Group, so if you're interested in taking part, please contact Michelle Marsden: marsdenmm@gmail.com

## For Sale at EBPC

### NZ WOOLLEN BLANKETS

- Designed and made in New Zealand from 100% New Zealand wool
- Unique Thermacell weave especially good for babies as they are light and allow freedom of movement
- The natural properties of wool ensure better temperature regulation in the micro-climate of the bed
- Perfect all year round, one layer is ideal for summer add another for perfect winter warmth

**Dri Cot:** 70x90cm \$45

#### Satin-edged blankets:

Bassinet: 80x100cm \$40 Cot: 110x150cm \$60

#### Woven-edged blankets: Cinnamon Only

Bassinet: 80x100cm \$45 Cot: 110x150cm \$70

#### Want to place an order?

For Blankets, Dri-cots, Muslins or wraps please contact Rose on: Email: martie@maxnet.co.nz Phone: 528 3353

**Check out our Website for Available colours.**  
[www.parentscentre.org.nz/east-and-bays](http://www.parentscentre.org.nz/east-and-bays)

## THE LIBRARY

We have a large range of books encompassing all things baby/child related from fertility to conception, birth and up to the first five years of life such as:

- New Zealand Pregnancy Book by Sue Pallon
- What to Expect when you're expecting by Eisenberg
- New Pregnancy & Birth Book by Mariam Stoppard
- Complete Baby & Childcare by Miriam Stoppard
- What to expect the toddler years by Eisenberg
- Growing Healthy Children by Patricia McVeagh
- Parenting, Love & Logic by Cline & Fay

We also have some great books for dads such as:

- How to be a pregnant father by Peter Mayle
- Fathering from the fast lane—Bruce Robinson

East and Bays Parents Centre library is open for issues and returns during Baby and You classes every Wednesday from 9:30 am to 12:00 and is also open during other courses for attending course members. The library and returns box can be found in room MR1 (where all Childbirth Education classes are held).

**For more information please phone Rose on 528 3353**

## BUY AN AD

**and keep your business in the minds of our parents!**

Our volunteer-run EBPC needs advertisers to cover our newsletter production costs. Your ad will reach over 250 child-focused families in the East and Bays area.

	B&W Per Issue	B&W Per Year	Colour Per Issue*	Colour Per Year*
Business Card	\$28.00	\$140.00	\$33.00	\$170.00
1/4 Page	\$50.00	\$250.00	\$65.00	\$330.00
1/2 Page (A5)	\$80.00	\$408.00	\$105.00	\$535.00
Full Page (A4)	\$140.00	\$714.00	\$175.00	\$890.00
Insert	\$80.00	\$408.00	\$80.00	\$408.00

\* Colour spaces are limited and will be given to the first colour ads booked per issue.

To place an ad in our next issue or for more information, contact Yus Yusof at yusnidaryusof@gmail.com or 521 0937

**PLUS:** Subscribe for a year and we will add a link to your business website on the East & Bays Parents Centre website [www.parentscentre.org.nz/east-and-bays](http://www.parentscentre.org.nz/east-and-bays)



**a BIG thanks to...**



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www.storageremuera.co.nz

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East & Bays Parents Centre**

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at our next meeting.  
Or call: Rod at Storage King (09) 528 2310

**PARENTS CENTRE COMMITTEE MEETING**  
1st Tuesday of every month, held at Meadowbank Community  
Centre, contact Michelle at marsdenmm@gmail.com



For my brain to grow in my first  
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# Baby Arrivals...



## Antenatal Course M1011

All information that was provided at time of print

Parent's Names	Baby's Name	Baby's Birthdate and Weight
Kirsty & Jeremy Cantley	Mikayla Janette Cantley	26/10/2011 3.39 kgs
Megan Ayrton & Cam Mckeown	Tate Ayrton Trevor McKeown	06/11/2011 6lbs 9oz
Cathryn & Chris Redgwell	Evie Frances Redgwell	24/10/2011 3.28 kgs
Karen & Danny Biddlecombe	Gene Stewart Biddlecombe	11/11/2011 8lbs 7oz
Jules & Tony Oakford	Abby Elizabeth Oakford	11/10/2011 2.89 kgs
Charlotta Sahlberg & Jonny Hair	Erik Edward Jonathan Sahlberg-Hair	21/11/2011 4.02 kgs
Sherry Zhang & Roger Carter	Lucas Anlang Carter	13/12/2011 3.9 kgs
Amanda Firth & Jamie Lowe	Thomas Harry Lowe	25/10/2011 7lbs 2oz
Natasha & Brian Clohessy	Sophia Jane Clohessy	20/11/2011 3.47 kgs
Karen & Rod Prins	Crystal Isabella Prins	11/10/2011 3.45 kgs
Hildegard & Scott Unsworth	Siena Grace Unsworth	17/10/2011 3.84 kgs
Hinekura & Ngira Simmonds	Ihaia Christopher Simmonds	07/11/2011 3.81 kgs
Anna & Michael Paton	Kenzie Elizabeth Paton	30/11/2011 3.37 kgs



CBE: Rose Bloem Antenatal Co-ordinator: Anna Paton

## COFFEE GROUP PHOTOS WANTED

Do you have a really awesome group shot of your antenatal class babies? If so, send it in and we'll publish it in our next newsletter.

Photos must be emailed to Jenni: [jennimiller@me.com](mailto:jennimiller@me.com)

Permission must be granted from all parents of all babies in the photo for us to publish. Photos will be published at the discretion of the Editor.



ANTENATEL CLASS M0411

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

## \$50 Sylvia park vouchers up for grabs

Become an EBPC committee member and you'll be rewarded with a \$50 voucher.

Being a committee member is a great way to meet other mums, give something back to the Parents Centre and to have your say in how the EBPC is run.

Please contact Michelle Marsden on [marsdenmm@gmail.com](mailto:marsdenmm@gmail.com)



The views and opinions expressed by contributors to our newsletter are not necessarily those of the East & Bays Parents Centre.

If you have a story, article of interest, recipes or anything else you'd like to contribute to our newsletter, please email Jenni Miller at [jennimiller@me.com](mailto:jennimiller@me.com). All articles are published at the editors discretion.