



EAST & BAYS PARENTS CENTRE NEWSLETTER

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

Issue No. 82

AUGUST / SEPTEMBER 2010



Baby News

Bruce & Melanie welcomed Genevieve Mary Zoe Unsworth to the world on June 6th 2010. Jack's delighted with his new sister, who weighed in at 3.6kg.

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Hello

I hope this newsletter finds you keeping very warm as the outside brings the cold snappy weather we can associate with August. That can also mean first time to the snow with children and enjoying playing in puddles, dressing in hats, scarves and mittens or gloves - always a challenge to put on with small fiddly hands and fingers.

I am so happy to let you all know we had a very successful Nearly New sale!!! Well done and a huge thank you to all who generously gave our time and gave up family time to collect goods, sort clothes, bake and then be there on the day, my committee are certainly an amazing group of women with very supportive families. I especially would like to thank the following husbands/partners, Mike Marsden, Martie Browne, Ben McLauchlan. Although there were others these three men gave up the biggest proportion of their time loading and unloading the donated items from and back to our Storage Shed, (one kindly donated to us by Storage King Glen Innes), manning the sausage sizzle for the entire sale and returning to assist with packing up at the end of the day. We have raised over \$1000 which goes a long way in our fundraising for Childbirth Educators.

We have welcome two new committee members in recent months. Hassanah Rudd joins us with many years experience within Parents Centre New Zealand and has taken on the role of Statistics Collection-a very important role used to assist with providing us with well needed information on who we can continue to support in our community. Natalie Purcell was in a CBE class earlier this year and has taken on the Grants Officer role. We hope to apply for many grants this year to assist us with supporting our Facilitators,

supporting our committee and continuing to provide our classes.

In September this year the Parents Centre Parenting Forum is being held in Wellington. I have attended 3 of these conferences and they are fantastic, for the information sessions which can be attended as well as the girly weekend away with great friends. This year I will be enjoying this conference with Michelle Marsden, Rose Bloem, Dana Kazenbroot and Melanie Unsworth. We will let you know how that all went afterwards.

On a personal note I have returned to fulltime Primary school teaching which will mean taking a step back from Parents Centre. With the assistance of my amazing committee I am able to remain President which I am grateful for. I have handed over the Baby and You Convenor role to the lovely Rose Bloem. Being a fellow CBE, she will soon also see how amazing it is to have the continuity with the women in her classes and then at Baby and You each week. I know she will be fantastic at this role and be there to support you.

Remember, on the coldest frostiest days, look out the window through your child's eyes and see the beauty they see.

Nic

Nic Reid
President
East & Bays Parents Centre

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Moving and Munching

Did you know that a baby should spend about 400 hours crawling? Not that you have to time it or anything, but just be aware that crawling (the traditional "opposite hands and feet" method) is the most important gross motor skill a baby will learn and the more time spent crawling the better for the child's development. The most fun you'll have with your baby, is getting down on their level and playing with them - crawling on the floor, through tunnels, under furniture, and up and down stairs. Yes, you will wear the knees out of your jeans but hey, it's worth it in the end!

Have you ever wondered what your baby's physical milestones are? Are there activities you can do to help them achieve these milestones?

What toys can I make for them?

When should I introduce solids? What foods should I start with?

How much should I give baby?

The Moving and Munching course will answer these questions and more.

Course Description

Moving and Munching is a two night course, run approximately every two months, for parents of babies aged around 4-6 months.

The first night of the course is dedicated to baby development (physical and physiological) and how parents can assist and understand their child's development.

The second night is dedicated to starting solids and infant feeding from 4 months through to 9 months.

The speakers aim to make the sessions informative and interesting and will answer all your questions and more!

Topics discussed include:

- o The intellectual, social and emotional development of your baby.
- o How to stimulate baby.
- o Physical and language development.
- o When to start your baby on solids.
- o Age appropriate food choices.

Course Dates

Wednesdays 18 + 25 August

Wednesdays 20 + 27 October

Wednesdays 24 Nov + 1 Dec

Time 7:30 - 9:30pm

Venue **Meadowbank Community Centre**

Cost **\$30 (single) Parent Centre Member**

\$45 (couple) Parent Centre Members

\$40 (single) non member

\$55 (couple) non members

You will receive Free a copy of Alison and Simon Holsts' cookbook "Baby Food and Beyond".

Enquiries and Bookings

Phone **Amanda**, M+M Convenor on 625 1425

E mail: craig_amanda@woosh.co.nz

Antenatal Antics

Hello Everyone,

Well now that I'm fully into the swing of things, I have taken on the challenge of babysitting the Treasurer role as well....definitely one way to keep my mind alive. We have now completed 7 Antenatal Courses this year and have another 2 underway. With our 10th class for the year due to start in a few weeks, it is already fully booked and there are limited spaces for the next few classes after that. So if you know anyone who is pregnant and due in September, October & November, make sure you recommend Parents Centre and get them to give me a call. I am already filling our final class for the year in Nov/Dec with babies due late Jan/early Feb... So people are getting in early.



Life for me is all about NEGOTIATION at the moment. It's so incredibly easy to yell and rant and rave... only to find Little Miss 3 1/2 imitating me, so I've taken to talking calmly, negotiating and finally distraction. Someone told me the other day you have to tell a toddler something 72 times before they get it... they weren't kidding... or maybe I just love the sound of my own voice. Surrounded in Terrible Two meltdowns, and Horrible Three Awkwardness sometimes I wonder why I haven't gone back to work...leaving kindy to teach my children manners, good behaviour, how to count, write their name, learn the alphabet etc etc, seems like such a good idea sometimes! While trying to wrangle my two girls into a shopping trolley at pak n save the other morning, in the midst of crying, screaming and arguing, a lady came up to me and said 'well done you, it's terribly hard sometimes'. Such kind words can make you feel much more positive. Now I opt for The Treehouse Creche in Sylvia Park which is free....and lets me shop without all the stress. If it weren't for Committee and my Coffee Group I think I would go insane sometimes.

Now I'm off to go and read Diane Levy's 'Of course I love you now go to your room' ...always thought this kind of stuff just came naturally... but alas I don't think it does, I wonder what our parents did?

If your interested in helping me out, I'm desperately looking for an Accountant to do our Quarterly Accounts....this shouldn't take very long and is only once every 3 months. I'm happy to split the Treasurer Role and keep doing the day to day part of the role, however I am not a qualified Accountant, so I need a hand if your able to help.

For antenatal bookings call me on 579 3399 or email me on east.and.bays@parentscentre.org.nz.

Dana & the Antenatal Team



Baby and You

Well after 6 years in this role I have had to step down in order to return to fulltime work. I am very glad to hand over the reigns to the very capable Rose Bloem. Rose has been the Baby Massage speaker for 5 years and has started on her CBE journey so I know first hand, as her mentor for the past year, the valuable knowledge she has to impart to all of you new Mothers. Thank you Rose for ensuring the leadership

Our Physio sessions are now covered by two amazing speakers. Nadia Bullivant has returned as a speaker after taking 6 months leave after the birth of her son Daniel and Kate Osborne, who has been filling in will return to share this role with Nadia, gave birth to a son in June. We thank them both for continuing to be at our sessions and for the superb info they give, checking our tummy muscles and offering advice for any aches and pains following the birth of our babies.

I would like to thank you all for the support I have had since I took on this role in Sep 2004, I have always loved seeing the babies and talking experiences with all of you lovely Mummies. I would love for you to say hi if you see me about-usually Meadowbank Mall is the place I see people.

Nicola Reid

Please call or email for any enquiries to

Rose Bloem

Baby and You convenor

095283353 martie@maxnet.co.nz

and continuity this course deserves.

Lately our numbers for this course have started to rise and so in the next few months our Friday sessions will start up again so smaller group numbers are ensured. If you have missed a course recently you can email or call Rose to find out the next available session.

Child Locators

It is so frightening to lose sight of a young child in a supermarket, at a playground or campground, even among clothes racks in a shop...and it can happen anywhere, anytime, and to any parent, despite their most diligent efforts in supervision. Our range of child locators give children freedom to explore the world around them, while providing parents peace of mind in knowing that the child is immediately locatable should they be lost from sight unexpectedly.

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Now available for purchase at East & Bays Parents Centre
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Introducing Melanie Unsworth

Born and raised in Born in Pukekohe, raised in Matamata Currently live with My husband Bruce, Jack (2 yrs) and Genevieve (6 weeks)

Favourite thing about my partner The way he manages to wind our babies, he gets wind out of them every time... I just don't know how he does it!

My biggest fear about parenthood Puberty!! It's a few years away yet, but apparently you can never be too prepared!!

Favourite thing about parenting The unconditional love each child has for you, their dependency, the cuddles, the smiles... the list goes on ;o)

Least favourite thing about parenting Not knowing why my babies were crying and googling many websites and reading many books to try and find out!

Top parenting tip There is plenty of help out there, so if you need it... ASK!!! You will find that people are more than willing to help!

I can't get by without Daktozin nappy rash cream... magic stuff that works in an instant!!

My advice is Don't sweat the small stuff... it's often not worth the effort or frustration we sometimes often it

Top "childproofing tip" move it or lose it!!

One thing I do to keep my child(ren) safe allowing them to explore and learn at their own pace so they realise there are consequences/dangers along with fun/excitement in many activities,

while at the same time giving guidance and protection to prevent serious harm

*Role on Committee Newsletter editor, Advertising Liaison and Website officer

The easiest Banana Bread recipe ever

- 4 ripe Bananas- mashed
- 1/3 C Melted Butter
- 3/4 C Sugar
- 1 Egg - Beaten
- 1 tsp Vanilla
- 1 tsp Baking Soda
- Pinch Salt
- 1 1/2 C plain flour

Pre heat oven to 175 Degrees Celsius

Mix butter with mashed banana in a large bowl with a wooden spoon.

Mix in the sugar, egg and Vanilla.

Sprinkle the baking soda and salt over the mixture and mix in.

Add the flour last, mix well.

Pour mixture into a buttered 4x8 inch loaf pan.

Bake for 1 hour

Cool on rack before removing from pan to slice and serve

Smother with butter or for a morning tea treat... toast it, then butter it

Body & Mind Therapies Ltd

PREGNANT MASSAGE

Are you feeling tired and starting to ache?

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Massage during pregnancy is safe for you and your baby. You will feel relaxed, your aches will diminish. Your back, shoulder and butt muscles will be gently massaged and stretched. Baby will relax as well.

Massage alleviates stress in weight-bearing joints as well as the muscles. It helps maintain skin elasticity to ease stretch marks and uncomfortable tightness.

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Massage during pregnancy, when done correctly is safe and very beneficial for both mother and baby.

For an appointment phone: **Karin Hulme - 521 2757**
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Clinic: 2/134 Norman Lesser Drive, St Johns

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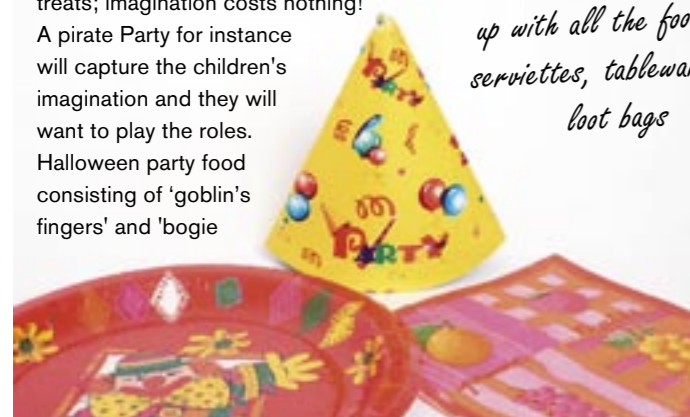
Birthday Party Tips

Creating a Birthday Party for your child need not be a harrowing or stressful experience. Here are a few simple guidelines you can follow to ensure things run smoothly and the party is a success for everyone involved.

Planning a Party:

- The first step in planning a birthday party is to sit down with your child and find out what type of birthday party he or she wants. Then determine if your budget, your creativity, and your energy can deliver that type of birthday party. If not, scale down.
- Don't go it alone, you can't be in two places at once. In birthday party terms, you can't play musical chairs, cut the cake, and direct traffic to the bathroom at the same time. Enlist one or more "big people" (adults or responsible older children) to help you at the birthday party. If your birthday kid is very young, chances are the parents of your guests will ask if they should stay for the duration of the birthday party. The answer is yes... ask them to be with the children and join in the show rather than talking at the back though. The parents can help with games, pour the punch, and take care of minor boo-boos. Just be sure to reward them for their service when you pass out the birthday cake. If you don't expect any parents to stay, and you can't talk your best friend into helping, hire one of your regular baby-sitters to help you. It is well worth the investment in terms of stress reduction
- Parties are traditionally held on a Saturday or Sunday afternoon, but this isn't always the best time: Children tend to droop around mid afternoon (so do a lot of adults), and the birthday boy or girl can often be past their best by then. Lunchtime always works well. Have the children arrive around eleven thirty, half an hour settling down time, a one hour show, food (they are ready for food, so they'll eat it), a few games, and then it's over and you have the afternoon to wind down and relax.
- The cost of a party adds up with all the food and serviettes, tableware and loot bags, not to mention the entertainer, so why not have a joint party with someone with a birthday around the same time? It reduces the cost by nearly half, there are more people to help, and it really makes no difference to me whether there are twenty children or forty.
- A theme is great fun, and themed parties are easier in the long run. You don't have to spend loads on throwaway party goods, and expensive treats; imagination costs nothing! A pirate Party for instance will capture the children's imagination and they will want to play the roles. Halloween party food consisting of 'goblin's fingers' and 'bogies'

The cost of a party adds up with all the food and serviettes, tableware and loot bags



dip' (also know as raw carrot sticks and avocado dip) can be devoured by kids without even realising they're eating healthy food and instead of using colourful plates, use plain white plates, but tell the kids the magicians or witches had stolen the colours. If they look very carefully, they will see faint traces of the colours on the plate after they've finished eating. It's amazing what kids can see in the tomato sauce remains!

Entertainment

- There is no destructive force greater than a crowd of preschoolers with nothing to do. You need to keep them occupied from the moment the first guest arrives at the birthday party until the last guest leaves. Lucky for you this is not as hard as it sounds. Put out some toys your kids are willing to share so the early arrivals can play while you wait for the others. When all the guests have arrived for the birthday party, start the birthday games. For kids this age, the best type of games are cooperative, rather than competitive ones. For instance, instead of playing musical chairs, play a game in which you take away a chair each round, but all of the kids stay in. The goal is to see how many kids can pile on the chairs when the music stops. Instead of working against each other, the kids help each other.
- If the kids are getting a little too wild, it's time for a very short story. Gather everyone in a circle and tell a story, using the party go-ers as characters. Think up the story ahead of time and write it down on index cards, then go around the circle inserting the kids' names when appropriate. Make sure you have a character for each child present.
- Another way to bring down the frenzy of kids at a birthday party is to give them a simple craft project to do; there are plenty of ideas at any spotlight store. Always plan a few more activities than you expect you'll have time for. That way, if one is a colossal flop, you can switch to the next activity on the list of birthday games.

Invitations

- Unless you are inviting the entire class, it pays to not pass out invitations at school. If you do invite the entire class, ask the teacher for a class list to ensure everyone gets an invite and no newcomers are left out. If you don't want that big a crowd, or if there are one or two children in class that your birthday child simply cannot abide, mail the party invitations or deliver them in person outside of the school setting.
- It is advisable not to have all boy parties, particularly if they are seven or eight years old! Your boy is of course a charming young gentleman, but some of his mates won't be, and the presence of girls has a calming effect.
- Don't worry too much about the age range. If it's a five year olds party and there are older brothers and sisters and a few friends that's fine. They'll enjoy an excuse to be young again and join in with the younger children. (This is even truer of the grown-ups!)



Mickey Mouse Themed Birthday Party



This is a great theme for preschoolers who love the show

Decorating the venue:

- For Mickey Mouse party decorations, use red, white, yellow and black colours.
- Cut a large Mickey's head shape out of black paper, and mount it near the entrance.
- Draw footprints of Mickey with chalk on the walkway leading to the front door.
- Post a sign that says "Welcome to Mickey Mouse Clubhouse!"
- Draw the Mousekadoer (giant Mickey-head shaped computer) on a large piece of paper and tape it to the wall.
- Hang a sign that reads "Meeska Mooska Mickey Mouse."
- Play tunes from Mickey Mouse Clubhouse.
- Cover the party table with red or yellow table cloth. Print and laminate pictures of Mickey and Minnie, and have them at each setting for placemats. Tie balloons to the back of the chairs.

When your guests arrive:

- Disney Transformations: As children arrive to the party, give them Mickey Mouse headbands (available at party outlets) to wear during the event. Color the tip of their noses with face paint or black marker.
- Colour Mickey: Spread out Disney colouring pages and dot-to-dots on the floor. Offer crayons and pencils to the kids, and have them colour their favourite characters.
 - Watch the Show: Invite the kids to watch an episode from Mickey Mouse Clubhouse while their waiting for all the guests to arrive.

Post a sign that says "Welcome to Mickey Mouse Clubhouse!"



Party Games:

- Mickey's Easter Egg Hunt: Before the party, print and laminate pictures of decorated eggs. Next, hide them around the party area. At game time, get the kids to find as many "Easter eggs" as they can. Give them clues, such as arrows drawn on the cards showing where to look. Offer help to younger kids in the group, and make sure that children find roughly the same number of eggs.
- Don't Wake the Giant: This Minnie Mouse party game is a lot of fun for young kids. Ask one of the adult to be Willie the Giant. He would lie down on the ground and pretend to be asleep. Place different toys

(cont next page)

Etiquette

- Birthday parties are a wonderful opportunity to reinforce the good manners you know are lurking somewhere deep within your preschooler. Don't wait until the day of the birthday party to start this. Start from the moment you write the invitations. Manners are especially important when it comes to opening presents. The first birthday present may be opened with an accompanying remark like, "I've already got one of these! I want something else." Now before every birthday party, discuss how to handle situations like duplicate presents ("Look, now I have twins!") and gifts that aren't quite to the birthday child's taste ("What a neat idea! How did you know I didn't have one of these?").
- The birthday child should thank everyone while opening the gifts. Try to keep a list of each birthday present and the child who gave the gift, writing the gift on the back of the card is one way. Then a day or so after the party ask the birthday child to sign a thank-you. As soon as kids can write their names, they can sign thank-you notes themselves.

Safety

- You don't usually think of children's birthday parties as especially dangerous, but there a few safety tips to remember that could make the day trouble free.
- If you plan to decorate with balloons, remember that balloons are a major choking hazard for young kids. Keep the balloons out of reach.
- If you give out birthday favours, make sure they are age-appropriate for your guests. Many of the favours you find in party stores contain small parts that could choke a young child. These favours also tend to break very easily.
- If you are holding a birthday party somewhere other than your house, ask each parent to tell you who will be picking their child up at the end of the birthday party. Do not release a child to anyone you don't know. During the birthday party, make sure you have an adult who can run kids to the bathroom if it's not close to where the main action is. Also, make sure you have enough adults to adequately supervise all the kids, and if necessary, assign each adult a kid or two to supervise.
- By hiring a local instead of having a party at your home, it'll give the children somewhere else to run around, there's nothing to get broken and there's usually a car park, kitchen, and toilets, and everyone is in one room, so no one is off getting up to mischief.

It's your Child's party!

- Your primary goal is to make the birthday child feel special. A secondary goal is to ensure that everyone has a good time at the birthday party. The children will remember whether they had fun, not whether your house was spotless or whether you carried out your chosen birthday party theme down to the last tiny detail. As far as I'm concerned, a successful birthday party is one in which no one bursts into tears.
- Lastly remember it's a very special occasion that only happens once. Relax, enjoy it, and re-discover the magic of a child's world - they'll grow up faster than you could ever imagine.



BIRTHDAY PARTIES

close to the giant's body (near his arms, legs, etc.). Get the kids to try to snatch the toys without "waking" the giant. If the giant wakes up and spots somebody trying to pick a toy, that kid goes out the game and receives a prize. Let the very young kids stay in the game even if they get caught. They will be giggling with excitement.

- **Bark Like Pluto:** One at a time, have the kids demonstrate their best barks. Award prizes for the scariest, funniest, loudest, most real...bark. Set up the activity so each guest wins one prize.
- **Meeska Mooska Counting Game:** Here is a great activity for very young children that allows them to review (or learn) how to count. Get the kids to form a circle. Have them hold hands and move in one direction in the circle. Say "Let's find out how many Mickey Mouse Clubhouse guests we have tonight!" Get one child to say "Meeska, Mooska, one" (with all the other kids repeating the line), then next child "Meeska, Mooska, two", next "Meeska, Mooska, three", and so on -- until you finish going around the circle. Next, do the count backwards starting with the person who led off last round.

Here are a few websites that may help you to plan your child's birthday party

- www.hiretoys.co.nz – toys and equipment hire
- www.321funbouncycastlesentertainment.co.nz - Bouncy castles of all shapes and sizes
- http://www.rainbowrascals.co.nz/ - Entertainment... balloonists, clowns, face painters etc
- http://www.poppypeed.co.nz/ - Themed party items such as invites, cup cake cups/holders, party packs
- www.fun-theme-party-ideas.com – Plenty of theme ideas and planning tips
- www.thefairyshop.co.nz - Fairy themed party ideas, entertainment, items, food, cakes etc
- www.party-people.co.nz – Complete party organisation of the entire event
- Cake's specialists
- www.mandascakes.co.nz – kids birthday cake specialist
- www.celebrationcakes.co.nz – cakes of all styles
- www.citycake.com - cakes of all styles
- www.sugarcrafts.co.nz – cake decorating supplies

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For all your party hire needs, see Jan and the team at First Party Hire!

63 Ireland Road, Panmure Phone: 09 570 4007 www.firstpartyhire.co.nz

Open Monday to Friday 8am to 5pm, Saturday 8am to 1pm

The Big Latch On in association with OHbaby! and The Parenting Place

10am – 11am Friday
6 August 2010

OHbaby! magazine and the Parenting Place are joining forces for the Big Latch On 2010. Come along to this great venue and not only will you be taking part in this co-ordinated record attempt, there are some great giveaways and prizes to be had as well!

There are free OHbaby! magazines and Parenting magazines for every participant as well as spot prizes and 5 x free subscriptions to be given away to some lucky mothers. So come along and join us in this record-breaking event.

For more information, or to register your interest in participating at The Parenting Place event please drop an email to juliette@ohbaby.co.nz or call 524 1387. There are limited seats available so register yourself, or your groups, interest today. As there is limited space can you please bring your babies in capsules and not buggies. Buggies tend to take up a lot of space and we need all the space available for you and your little ones.

We look forward to seeing you there!

HAVE YOU VISITED THE PARENTING PLACE YET?

Come and see us...

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COMMITTEE VACANCIES



Do you feel like you are getting into a good routine with your bundle of joy or are you finding you have a little more "me" time? Why don't you volunteer. You could be the ideal person to help us. We have some committee roles that need filling...

Treasurer

We are seeking a volunteer to become our Treasurer for the East & Bays Parents Centre. This role requires responsibility for all financial and budgeting matters relating to the Centre and its accounts and would suit someone is familiar with accounting processes.

Key tasks are:

- Managing the bank account and advising committee of deposits on a weekly basis
- Banking cheques and cash as required
- Paying invoices
- Attending monthly committee meetings and updating on the financial position
- Preparing quarterly accounts
- Preparing 6-monthly GST returns
- Liaising with auditors at year end re annual accounts

Generally the role takes about an hour a week plus a couple of extra hours prior to monthly committee meetings. It takes about a day's work to prepare the accounts each quarter.

Newsletter Publisher

We are seeking a volunteer to become our Newsletter Publisher for the East & Bays Parents Centre. The newsletter is currently

produced using Indesign CS3.0.1. But has also been laid out in the past using pagemaker.

Key tasks are:

- laying out the articles and ads each issue
- downloading images to go with articles
- producing PDFs for the printer

This role requires someone who has a basic understanding of publishing layout and using images for print.

The role takes approx 6-8 hours bi-monthly.

Newsletter Distribution

We are seeking a volunteer to become our Newsletter distributor for the East & Bays Parents Centre. Do you have transport and a small amount of storage space? We need help with the distribution of the bi-monthly mail out of Kiwiparent magazine and newsletter.

Key tasks are:

- Being the delivery drop off point
- Purchase mail out envelopes (reimbursed)
- Pack newsletter & Kiwi parent magazine into envelopes before the mail out deadline and post
- The time commitment is approx 4 hours bi monthly

If any of these roles interest you or you would like more details please contact Nic Reid on nicola_reid22@hotmail.com or ph5294445



Property Funding Ltd is proud to be a supporter of East and Bays Parents Centre.
For rural and development funding please call Miles Purchase or Blair Kirk 0800 111 080.

Property Funding Ltd
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Auckland, New Zealand

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Fax 09 303 3221
Email: miles@propertyfunding.co.nz



Antenatal Course M0210 Dates: January 21st 2010			
Parents	Baby's name	Birthdate	Weight
Treena & Carl Brown	Riley Brown	3rd April	3.7kg
Jayne & Craig Mason	Abby Mason	17th March	2.7kg
Fiona & David Prendergast	Ella Prendergast	19th March	3.22kg
Naomi Cervin & Mark O'Brien	Noah O'Brien	10th March	3.24kg
Karyn Brown & Andre Worsnop	Louis Worsnop	26th Feb	2.6kg
Abby & John Wilson	Isaac Wilson	5th March	3.22kg
Melissa & Richard Irving	Isabella Irving	23rd March	2.77kg
Amy & Jeff Tutt	Cooper Tutt	26th March	3.4kg
Orn & Brent Fogelberg	Sean Fogelberg	1st April	3.99kg
Yi & Walter de Wit	Andreas de Wit	17th March	2.22kg

Ours thanks to Childbirth Educator **Nic Reid** and Course Coordinator **Rose Bloem**

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Email: east.and.bays@parentscentre.org.nz
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Baby & You: Nicola Reid Ph 529 4445
Moving & Munching: Amanda Tolley Ph 6251425
Prem Baby Kits: Ph 575 5998 (answerphone)

committee list

Amanda Tolley *	Rose Bloem
Dana Kazenbroot	Hassanah Rudd ^
Helen McLauchlan	Natalie Purcell ^
Michelle Marsden	
Melanie Unsworth	^ Incoming
Nicola Reid	* Departing
Susanne Baldwin *	
Toni Mitchell	
Vanessa Thomas	
Kirsty Diamond	
Hannah Harper	
Tanya Hodgkinson	
Antonia Burton	
Natasya Tucker *	

moving house?

Tell us your new contact details!
E-mail: Kirsty.diamond@xtra.co.nz
Phone: 521 7544
Post: PO Box 87366, Meadowbank

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local support services

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Plunket Support Line	0800 933922
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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
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library hours

Come look through our well-stocked library for resources on all aspects of pregnancy and child rearing.

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. The library 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 **Nicola Reid** on 529 4445.

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