



FRANKLIN
PARENTS CENTRE
Where parenting is everything!

October-November 2011 Edition



In this issue:

- ୪ Parents Centre News ୪ Ideas for Holiday fun ୪ Playgroups
- ୪ Book reviews ୪ Recipes ୪ What's on ୪ Crafts
- ୪ ...And very cute babies! ୪

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editorial...

The focus for this issue of our newsletter is different forms of play and activities you can do with your children from attending playgroups, to reading books and crafts and activities you might want to do during the school holidays.

It is very important to play with your children as not only is this one of the main ways they learn but also as it helps to strengthen your relationship with them. And it is fun too!

A lot of credit for this newsletter goes to Linda Dunn (MPC secretary) as she provided many of the ideas and articles! ~ Emily (newsletter editor)

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Contact Astrid Carter (astridshirley@yahoo.com or (09) 236 3242)

Or Emily Harrop-Smith (emily@mindshift.co.nz or (09) 268 0226)

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email: franklin@parentscentre.org.nz **web:** <http://www.parentscentre.org.nz/franklin/>

franklin parents centre news

Can you help YOUR Parents Centre?

“No one can whistle a symphony. It takes a whole orchestra to play it.”

~H.E. Luccock

Parents Centres are a team effort! If you like helping to make things happen, it would be great to have your support! If you can help out with a job—big or small—it will make a huge difference! We are currently looking for a fundraising co-ordinator, a president, and general volunteers. If you can help contact Gemma Hirst—gemmahirst@live.com or 021 928 284

meet our new babies...



Ruby Laura Carter. Born 15th May, weighing 6lbs 15oz.

Daughter of Astrid and Wayne, sister to Sam.

what is on....

Compiled by Linda Dunn

Plunket is doing a free carseat check (and usually supply free anchor/tether strap fittings too) in the countdown carpark near The Stampede in Papakura from 10-1pm 11 October. If raining on the day, call 09 266 4890 for information

Hairy Maclary from Donaldsons Dairy, live show at The Pumphouse, Takapuna.
26 Sep – 22 Oct.

Parent & Child Show 30 Sep – 2 Oct \$15 at ASB Showgrounds.

Clevedon School Agriculture Day Fri 7 Oct 9.30am – 1pm. Clevedon Baa Baa races 4.30pm – 8pm at Clevedon Showgrounds. www.clevedon.co.nz.

The Butcher & the Bear live show.

8-15 Oct at The Edge. Recommended for ages 4 – 8. \$15 + booking fees.

Glow Worms at Totara Park Wairere Rd, Manurewa 10 & 17 Oct 9.00pm-9.45
Spot eels, koura & glowworms, listen for frogs! Wear sensible clothes/shoes.
Bookings essential. Kristen Ross ph 301-0101

Ambury Farm Day 16 Oct 10-4pm. Come for the whole day, pack a picnic or buy from the stalls. Entry and most activities are free. Ambury Regional Park.

Diwali Festival 16 Oct TelstraClear Pacific Events Centre. Noon-8.45pm. Indian festival with stalls and childrens activities culminating with fireworks.

Hansel & Gretel live show at Bruce Mason Theatre, Takapuna. 17-22 Oct \$14 or \$25 incl. Gingerbread Feast.

Free Rock Climbing for age 6>. Fri 21 Oct 12pm – 2pm
Allenby Park, 66 Allenby Rd, Papatoetoe

Kids Concert 30th Oct 3pm Mangere Arts Centre, cnr Orly Ave/Bader Drive, Mangere. Free (donations welcome).

Manukau Libraries have a great range of events/activities planned for the school holiday period. www.manukau-libraries.govt.nz

Agent Ani trail at Botanical Gardens. Pick up a booklet for a gold coin donation when you enter the gardens and follow the clues around the gardens.

You can find more family friendly events on around the South Auckland region on our blog <http://manukauparentcentre.blogspot.com/>

how to eat in a healthy way

by Caroline Adamson, Paediatric Dietician

Healthy eating is key to a long healthy life. Poor diet can lead to a multitude of health problems such as type 2 diabetes, heart disease some cancers which can ultimately lead to early death. It is important to remember that food is our fuel. We need to eat to supply our bodies with energy to function as well as essential nutrients, vitamins and minerals that are vital for our bodies to function.



There are 4 food groups that are essential for us to eat daily

1. Fruits (2-3 per day palm size) and vegetables (2-3 serves, 1 serve= 1 cup salad or ½ cup cooked vege)
2. Dairy (milk, yoghurt, cheese), 2-3 serves per day, 1 serve = 1 cup milk or 1 x pottle yoghurt or ~2 x slices cheese.
3. Breads and cereals (preferably wholegrain) minimum 6 serves per day (1 x slice bread, ½ cup or heavy cereal such as muesli or 1 cup of lighter cereal, 1 cup rice, pasta)
4. Meat, fish, chicken or vegetarian alternatives, 1-2 serves per day palm size)

A big problem we are facing these days is that non essential, treat and high fat foods (such as cakes, biscuits, chips and takeaway foods) are being eaten too frequently and taking the place of the foods that we need to be eating. Treat foods are typically high sugar, high fat, low in fibre and have little nutritional value. Added sugar has no nutritional benefit to the body and provides empty calories. Fat is a very energy dense so a little goes a long way. Takeaways are also typically high in saturated fats (animal fats, coconut and palm oils) which can raise cholesterol levels.

Fibre which is found in fruit and vegetables and grains and seeds has many benefits to the body such as making you feel fuller therefore you don't get so hungry and over eat. It can reduce cholesterol absorption which reduces heart disease risk and can reduce the risk of bowel cancer.

Key points in eating a healthy diet is avoiding too much fat, sugar and salt (found largely in processed foods), eating the essential 4 food groups every day and having a good fibre intake. Exercise is also vital to health. All adults should be doing a minimum of 300mins of exercise per week for health.

Healthy Eating and Pregnancy

Important advice for women who are pregnant is all for all adults to eat a healthy diet but key in pregnancy is also food safety. Food poisoning, whilst unpleasant for anyone, for pregnant women it can have serious implications. A key bacteria (bug) that needs to be avoided during pregnancy is listeria which can cause miscarriage, still or premature birth. The link below provides essential reading on food safety in pregnancy, where listeria can be found and how to avoid it. http://www.foodsmart.govt.nz/elibrary/Pregnancy_booklet_revised_Aug08.pdf

A common myth in pregnancy is that you are now eating for 2! The average female needs ~1800-2000 calories per day. During the first trimester pregnant women have no extra requirements in their calorie/energy needs. Trimester 2 your energy needs increase by ~300kcal per day (equivalent to a large banana and a pottle of yoghurt). Trimester 3 you need an extra ~450kcal equivalent to as previous as well as an extra slice of bread with spreads. It is important to gain enough weight during pregnancy but not too much. How much weight you gain depends on what your weight was before you got pregnant. Overweight women should gain less weight than under weight or normal weight women. Your Doctor can advise you on how much weight you should be gaining but for someone with a normal BMI 20-25 it is about 13kg.

Excess weight gain in pregnancy or a high weight prior to pregnancy can increase the risk of developing gestational diabetes (GDM). Gestational diabetes is diabetes that can develop during pregnancy but goes away when the baby is born. Women at higher risk of GDM are older women, women who are already over-

weight, some ethnic groups (such as Asian, Maori and Pacific Islanders) and those with a family history of diabetes. Having gestational diabetes (GDM) leads to increased risks of having a big baby which can lead to complications during birth with trying to get a big baby out. There is some evidence that children born to women who had gestational diabetes may be at higher risk of becoming obese. As well as risk to your baby women who develop gestational diabetes also have a higher risk of developing type 2 diabetes later in life. Also remember the more weight you gain during pregnancy the more you have to have to loss after the baby has arrived.

For women with type 1 diabetes it is important to discuss with your doctor/ specialist before trying to get pregnant. Often you will be referred though to a specialist diabetes team who can assist you to get perfect control before you get pregnant and then assist you with your diabetes management once you are pregnant. For type 1 women insulin doses can vary dramatically during pregnancy.

For women with type 1 and type 2 diabetes perfect blood sugar control is the goal during pregnancy as poor blood sugar control can impact on your growing baby. Good glycaemic control (sugars between 4-7mmol) before conception and during pregnancy is essential to reduce the risks of stillbirth, miscarriage, congenital malformation and neonatal death.

Children

Nutritional advice for children, same as for adults above but serving sizes are small and snacks are more like mini meals (they should be aiding children to eat all their serves from the 4 food groups) The serving sizes need to reflect the fact that children's are small and therefore using children hands to judge portion size is important as their hands are smaller than adults.

Activity is vital and all children need to be keeping active for 60min a day. This can be accumulated over the day and doesn't have to be done in one go.

Caroline Adamson is a Paediatric Dietician and has spent 8 years working with people with diabetes.

cooking with kids

Making pizza with the kids is easily tailored for different ages and tastes. Make your own base, or buy some from the supermarket. Use food from the fridge and pantry, or buy great pizza topping ingredients. Copy the topping from your favourite pizza company, or try the kiwi kid's favourite like tinned spaghetti & pineapple. The choices are endless. Kids love to make smiley faces or patterns with the colours of their toppings.

Ingredients

Base	Topping
2 cups flour	1 x tin spaghetti
2 tsp baking powder	1 small onion, sliced thinly
½ tsp salt	1 ham steak, diced (or use bacon etc)
1 tsp dried oregano	1 x tin pineapple pieces (drained)
1 Tbsp butter(softened)	Sliced veges (capsicum, mushrooms)
Milk to mix (roughly ½ cup)	grated cheese (tasty, pizza or a mix)



Preheat oven (and pizza tray) to 220°C.

Sift together the dry ingredients, stir in the oregano, then rub in the butter with fingertips. Add milk and mix with a knife to make dough.

Roll out dough with a rolling pin on a floured board to a size that suits your pizza tray. If using a baking tray sprinkle flour on it to stop the dough sticking.

Put toppings on the base in the order listed above, customising to suit. Slice your vegetables the same thickness so that they all cook evenly.

Bake for 15-20 minutes (or as per the packet instructions for store bought bases).

websites we love

<http://www.instructables.com/> is the world's biggest how to guide. If you like to make things, you'll love instructables! All the guides have plenty of pictures and are generally well written. They have a special section on Halloween with heaps of ideas if you'd like to make special costumes for your kids.

All about: playgroups

What is a playgroup?



There are different types of playgroups. There can be informal groups started by a group of friends, or more formal groups which are certified by the Ministry of Education and receive funding and support. Certified groups are required to have a curriculum of learning, a place to operate from, and health and safety and administration policies in place. Some playgroups are community language playgroups and support parents and children to develop skills in a language e.g., Chinese or Tongan. All playgroups require a parent or caregiver to stay with the child at all times. They are not a childcare service.

Children to develop skills in a language e.g., Chinese or Tongan. All playgroups require a parent or caregiver to stay with the child at all times. They are not a childcare service.

What happens at playgroup?

Normally there are toys and other activities set up at playgroup that will interest pre-schoolers of various ages. These may include: arts and crafts materials, water play, play doh, rocking houses, and blocks.

Parents / caregivers supervise and play with the children.

Most playgroups are fairly casual. If the playgroup is certified, you will probably need to complete a simple enrolment form for your child and sign them in and out of the playgroup.

How much does it cost to go to playgroup?

Costs vary from free to \$5 per family per session.

Benefits of attending a playgroup

By joining a playgroup, you will meet other parents and be able to share ideas and make new friends. You'll be rolemodelling the value of community to your

child, and as well as having fun and new experiences, your child will learn to socialise with other children and develop their social and communication skills.

Here are some playgroups:

Franklin Plunket and Parents Centre Playgroup, Buckland Hall, Buckland

Wednesdays during school term, 9:30-12pm

Gold coin donation

Papakura Parents Centre Playgroup

Wednesdays 1:30-3:00pm

Papakura Parents Centre Room & Foyer (by Toy Library & Plunket) Elizabeth Campbell Centre, 3 Chapel Street, Papakura

Loads of toys for infants, toddlers (and probably Mum & Dad too!)

Enquiries: Jenn 021 662-128 or Leah 021 047-5528

Refreshments provided for Mums and Dads

The Panda-Kiwi Playgroup

This a Chinese/English playgroup which runs on Tuesday - Thursday mornings 10:30am - 12:30pm at St David's Anglican Church, 813 Great South Road, Manukau (close to Telstra Clear Pacific Events Centre). It's designed for 0-5 and their caregivers and focuses on learning Chinese and fun activities for pre-schoolers. For more information contact: Charm Money - 021910123 or charm.money@hotmail.com

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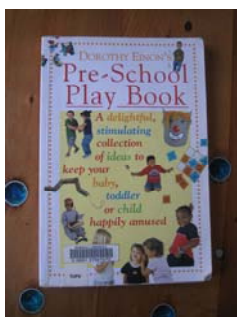
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books on play

These books can both be borrowed through the Auckland Libraries.

Dorothy Einon's *Preschool Play Book* (1999, London, Bloomsbury)



This book of ideas for games and play with small children is illustrated with lovely photographs. While it didn't really provide any earth-shatteringly new ideas, it did have many favourite games and a good range of low and no-cost play activities to use with pre-schoolers. My favourite part of the book was how the underlying learning aspects of the activities were given (e.g., improves fine motor control).

Most of the activities seem to be for two – five year olds although there are some activities for little babies and several for under-twos.

Positives:

- Nicely presented and organised
- A variety of ideas
- Most ideas are ones that are free or low cost
- Describes the learning behind the activities

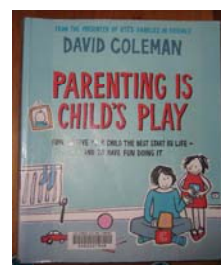
Negatives:

- More activities for little babies would be useful for parents
- Overall I'd say this book is best if you have a toddler or pre-schooler and are looking for some new ideas to stimulate your child's imagination and learning.**

Parenting is child's play: How to give your child the best start in life – and to have fun doing it by David Coleman (2007, Penguin Ireland)

Parenting is child's play provides a Child-Centred perspective on the best way to raise a happy and emotionally healthy child by creating a supportive and loving relationship with fair and consistent boundaries.

Written by the Irish Child Psychologist David Coleman, the book covers general areas such as increasing communication, making the most of play learning op-



opportunities and empathising with your child’s feelings and topics of specific interest to parents of young children such as dealing with tantrums, sleep and eating issues, and potty training.

Positives:

Presents parenting in a positive way – it is not about following a strict routine to the letter, it is about being human and developing a positive relationship with your child

Provides good information about child development

Gives good practical ideas you can use straight away

Has a bit of humour mixed in!

Negatives:

Is written for an Irish audience, so occasionally uses language in a way I wasn’t familiar with e.g., bold = naughty – not a major one though!

Overall I’d say this is a great book, especially if your child is a toddler. It’s designed for parents with children aged 0-6 however and a good read for any parent.

swimming tips

By Daniel Fulton, Fulton Swim School



Last month we talked about your babies reflexes and tipping water over the head with the use of cue words.

One of the reflexes that is stimulated with the water running over the eyes is the diving response, this is controlled by a number of reflexes (gag, mono.....)

In some infants the dive response is very strong and others not. This response lessens as they get older.

In the prone position the swimming reflex causes babies arms, legs and body to move in the water

Tip: hold your child in a prone position (as pictured) in a pool or bath. This will stimulate their arms and legs.

Keep your fore finger under the chin to ensure your child is not taking in water.



For further information this link: <http://www.fultonswimschool.co.nz/babies.htm>

kids and books

It is never too early to start reading to your child—and never too late to start either!

You can start reading to your child before he or she is born. Barbara Kisilevsky and other researchers have found that by:

- 30 weeks gestation foetuses have developed to be able to hear and responded to simple noises, such as bursts of white noise,
- 33 weeks it can recognise different tempos of music
- 35 weeks it can recognise its mother's voice
- 37 weeks, a foetus can recognise different features of speech.

It is fine to wait until your child is born however! Board books and cloth books are good first choices for babies as they are a bit more durable than other types of books. You can put a cloth or board book in front of your baby during tummy time. Very young babies see black and white first, then red. You can buy or borrow books with these colours to capture a newborn's attention.

Most books for babies have either labelled pictures or very simple stories.

Older babies like books with different textures for them to touch. Usborne have a series called "Touchy-Feely" which all have titles starting "That's not my..." and finishing with everything from robot to monkey to fairy to reindeer that are a good example of this type of book.

As soon as your baby enjoys peekaboo, you can be pretty sure they will enjoy books with flaps to lift. This type of book also helps with their fine motor skill development as it requires a bit of hand eye co-ordination to lift the flap.

You can borrow texture or flap books from the library or have a go at making one for yourself!

Here are some recommended books and stories from mum

Linda Dunn:

Age 0 – 3:

Owl Babies, by Martin Waddell

Dear Zoo, by Rod Campbell

Age 3+

The Cat in the Hat, by Dr Seuss

Mike Mulligan, by Virginia Lee

Burton

Age 5+

A Walk in the Park, by Anthony

Browne

The Ugly Duckling, by Hans Christian Anderson



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october holiday fun

By Linda Dunn

It sounds geeky, but a list of ideas for the holidays can save stress, money and give the family something to look forward to.

One day home, and one day out is quite a good plan so that littlies and parents don't get worn out. So based on that theory, here is my rough plan for the holidays.

- See the new Te Wao Nui exhibit at the zoo.
- Go to the city to see the giant rugby ball and new developments.
- Checking out the libraries website to find an activity or two that we would like.
- Bush walk at Cascades-Kauri, Waitakere
- Going to the playground at Allenby Park, Papatoetoe.
- Maybe the movies.
- Bike riding at Sir Barry Curtis Park.
- The Learning Centre at the Museum is always great (especially when wet), plus they have the Taniwha live show on.
- At home we'll plants some veges in the garden, wash the car, bake, maybe try the pizza making (see cooking with kids, p 9) & colourful carnations (see p 18) and kick the rugby ball over our new, home-made rugby goal posts!



Family Fun Time

This is an idea that doesn't have to wait for the holidays!

Make a time slot on the calendar to have **Family Fun Time**. Plan this time so that everyone attends, no one is only half focussed, make fun snacks – focus

on the fun and don't treat it like something on your 'to do' list. Kids love their parents' involvement!

Play a board game

Here are some great Traditional Board Games for young kids.

- Kerplunk
- Candyland
- Snakes & Ladders
- Jenga
- Sorry
- Dominoes



You can create your own personal family gameboard by downloading templates at <http://jc-schools.net/tutorials/gameboard.htm>
Games at good prices are plentiful on websites such as Trade Me.

Great Parks

Cascades-Kauri, off the road to Bethells Beach in the Waitakere Ranges is an Auckland Council park with a great bush walk that takes around an hour (with the kids) to walk the loop. It is pram and wheelchair friendly, takes in some majestic kauri and a good portion of the track runs parallel to a lively stream.

There's heaps of parking and park-like lawn before the track so it's ideal to pack a picnic to have before or after the walk, meaning you can leave the gear in the car and not have to carry it in the backpack.

It's lovely in good weather, and fun with the raincoat and gumboots in the rain.

See www.arc.govt.nz for further info.

crafty ideas

By Linda Dunn

Colourful Carnations

You need:

- 3 White carnations
- 3 water bottles
- 3 different food colours
- 3 stems of celery (incl. leaves)
- 3 plastic cups



Fill each water bottle with water and colour each one.

Cut the end of each carnation stem. Place one flower in each bottle

Repeat the process with the celery into the plastic cups.

Leave them all overnight and see how the flowers and celery draw the water up their stems into the petals and leaves, as the plants will take on the colour of their water.

A personal touch!

If you don't want to spend a fortune on official Adidas or RWC gear for your kids (or you just can't find any good gear for girls in the right size!), take a leaf from my book and get some iron-on transfers and make your own. This theory can apply to any event or occasion, as so long as you don't breach copyright, the world's your oyster!



Craniosacral Therapy

Parents Centre member discount of \$10 on first 'Mum & Baby' postnatal session booked

What is Craniosacral Therapy (CST)?

Craniosacral Therapy (CST) is a gentle body therapy where the practitioner places their hands lightly on the client's body to feel the fluid movement within the body.

For Mum

CST can help a woman's body cope with the changes of pregnancy and in the preparation for labour and delivery. CST can also help the woman's body return to the pre-pregnant state after birth, along with coping with any medical interventions that may have occurred. Common conditions CST is used for include:

- | | | |
|-------------------|-------------------------------|-----------------------|
| -Morning sickness | -Congestive Headaches | -Pubic Bone Pain |
| -Back Ache | -Sciatic pain | -Post Epidural Issues |
| -Birth Anxiety | -Pelvic preparation for birth | -Birth Trauma |
| -Baby blues & PND | -Body realignment | -Exhaustion |

For Baby

CST can be great for helping everything from a *wellness check* to calming an *unsettled, crying baby* & from dealing with *reflux* to *feeding* issues. Births which involve medical intervention (e.g. *forceps, ventouse, caesarean*) may cause health problems for some babies later in life. CST can address these issues now, rather than waiting to see if problems arise later in life. For the toddler, CST is often used to help with *ear infections, digestive problems & behavioural issues*.

Angela Wheeler

Angela Wheeler is a registered Craniosacral Therapist (RCST- PACT Inc), Childbirth Educator & International Tutor of CST with over 10yrs experience in the field of Craniosacral Therapy.

Clinic Rooms: **Heal Clinic -143 Queen Street, Pukekohe, ph: 09 2391856**

And: **Clear Touch -38 Ingram Street, Papakura, ph: 0274 510234**



For more information, visit www.innerhealth.co.nz

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