



MANUKAU
PARENTS CENTRE
Where parenting is everything!

August-September 2011 Edition



In this issue:

- Parent Centre News
- Celebrating Dads
- Activities
- Mums in business
- Recipes
- What's on
- Crafts
- ...And very cute babies!

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editorial...

In honour of fathers' day, this issue is dedicated to dads, granddads and uncles! My dad raised my brothers and I after my mum died when we were little and my husband and I share the day –to-day care of our son as we both work from home so I know how fantastic dads are—and how often they are overlooked! Dads can do everything mums can (bar the breast-feeding !) and good dads, granddads and uncles should be valued and acknowledged. We've got some ideas of how to do this here, plus other interesting articles, news and activities.

~ Emily (MPC President/newsletter editor)

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Cover photo: Casey and Cuba © Darcel Luka

Are you a **family friendly** business?

Manukau, Franklin, and Papakura Parent Centres publish bi-monthly newsletters. By advertising with us, you will be supporting the work we do and get your message out to families in the area. Prices start from just \$25 for a quarter page sized advert and we have discounts for advertising in 2 or all 3 editions and for a year's worth of adverts.

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

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

Manukau Parents Centre, PO Box 97 028, Manukau

Phone: 09 267 1224

Email: manukau@parentscentre.org.nz **Web:** www.parentscentre.org.nz/manukau/ 3

manukau parents centre news

Manukau Parents Centre Shop Opening!



Our fantastic Treasurer Angie Finnigan has been hard at work sourcing some great products for our new “Manukau Parents Shop”. This shop will be open at our different courses and members will also be able to order items through Angie. Not only will members receive a discount on the products, but we’ll be able to raise money for our programmes too. Some of the items include—bright fabric covers for your WellChild/Plunket book (as pictured), Wheat bags, NZ made Merino wraps and clothes, organic baby balms. Check out the products list on page 19 for more details of what is for sale.

A big thanks to Volunteers

19th-25th June marked Volunteer awareness week and we have been very lucky with support from new volunteers. Darcel Luka officially joined our committee and we also have had some kind offers of help with our advertising strategy from Nikola McCarthy who attended our recent baby and you course with her son Stirling



and from Nikki Shadbolt from PORSE to help with posting out our newsletters. We also had two days of help from MIT Foundation programme students Ashnee Prakash, Rukshar Bi, Payal Prasad, Ajeshni Prasad, and Seema Devi who helped out with sending out our newsletter, making gift packs for mums-to-be and making cards! If you’d like to help out in any

way (big or small) contact Emily for more information (09 268 0226 or email emily@mindshift.co.nz).

websites we love

<http://www.diyfather.com/>

Here's a great site for dads that mums will love too. DIY Father was started by three dads from New Zealand and is now an international recognised site. It has information for dads of kids of all ages (from pregnancy through to teenagers) including cool activities you can do with your kids. Recommended!

meet our new babies!



Here is Daria Charlotte Eltham, born a couple of weeks early on 17th May weighing 7lb 2 oz. She is a very cruisy baby, happy to eat and sleep (long may that last). She is also proving to be a great time waster for Dad Adam and Mum Kylie.

And here is Joseph Michael Malele, son of Hanna and Andrew, born 12th March 2011



what is on?

Big Latch On—Friday 5th August at 10:30am

1st—7th August is World Breast Feeding. In New Zealand we have a “Big Latch On” which is an attempt to break the record for the most women breastfeeding simultaneously. See <http://www.biglatchon.org.nz> for more information and participating venues.

Moving and Munching Course 9th and 16th August, 10am-12pm

This course is designed for parents with babies aged from 4 months—1 year. Come and find out practical ways you can stimulate your baby across all areas of intelligence and ensure they are getting a well rounded start to their learning. Ideas and activities will be geared to the developmental needs of your baby. You’ll also gain knowledge about introducing baby’s first solid foods and what food choices are best for your growing baby. \$20 for Parents Centre members and \$30 for non-members. Contact Noline to enrol or for more information: (09) 292 7524 or nolines@grasshopperknees.co.nz

Manukau Parent Centre Outdoor Explorers Group

Join our outdoor play and walking group. We meet every week on Thursdays for some fun, songs, and a walk and talk in the park...Something for both Mums/Dads and pre-schoolers of all ages (0-5 years)....And it is **FREE!**

We meet at 10am Thursdays normally in front of the Auckland Regional Botanic Gardens Café (except for an occasional trip). If you arrive late or can’t find us, give Theresa a text or call—021 396 873 or for more information contact Emily on 09 268 0226 or emily@mindshift.co.nz

Manukau Parent Centre Craft Group

Come along to our once a month craft group, with crafts for both parents and pre-schoolers! Our next two scheduled meetings are 10am-11:30am Friday August 19th and Friday 16th September. Contact Emily for more information on 09 268 0226 or emily@mindshift.co.nz

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

PARENTS CENTRE SHOPPING DAY

Present the coupon below and receive

20% off

on Saturday 10th, September 2011

Sorry gift vouchers, instore promotions,
laybys and hireage not included.
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If you would like to receive information from The Baby Factory via email, please tick this box.

celebrating dads...

for fathers' day and everyday

History

"A father is someone you look up to no matter how tall you grow." Unknown

Fathers' day was first celebrated in 1908, after a mining tragedy struck a community in West Virginia, leaving 210 families without a father. Fathers' day is celebrated at different times of the year in different parts of the world.

In New Zealand we celebrate father's day on the first Sunday in September which will fall on September 4th this year.



Celebrating Fathers Day

"Fatherhood is pretending the present you love most is soap-on-a-rope." Bill Cosby

Think about starting your own Fathers' day traditions. Think about your own families and what they did and also what things you think are important as a family. You don't have to come up with a big, expensive, or elaborate tradition, it could be as simple as:

- ✓ Taking a photo with dad (and/or grandad)
- ✓ Going for a walk together as a family (perhaps with a thermos of coffee and some favourite biscuits)
- ✓ Having a lunch with the extended family
- ✓ Making a homemade card for dad (check out our ideas in the craft column)



Sean and Riley Finnigan

- ✓ Go out as a family somewhere fun and different—some ideas are to the zoo, Western Springs, the beach for a Barbeque lunch, a walk along the waterfront, go to yum cha or the hot pools...
- ✓ Make dad a manly breakfast! Check out our recipe column for some dad breakfasts!

Small babies can still make presents for dads, uncles and grandads. Handprints on canvases, or a big smooth river rock make good present. Another idea is a framed picture of dad/uncle/grandad and baby. There are some cool products you can get with photos on too such as t-shirts, coffee mugs, and magnets. Or go electronic with a digital photoframe or digital photo keyring.

As your child grows over time, your family traditions will grow and evolve too. One suggestion is to start simple and add something new to your tradition each year and discuss it afterwards—if you like it, keep it, if not—try something else!

Supporting and celebrating dads everyday!

Unfortunately there hasn't been much support for dads and fathers in their roles as parents in the past, especially in regards with dealing with very young babies. However, this is slowly changing with places like Father and Child trust work to raise consciousness around issues for fathers as well as providing support and advice. They publish a quarterly magazine for the bargain price of \$15 a year and also hold talks on the importance of fathers in partnership with organisations like Parents Centre. Find out more about Father and Child trust by looking at the website: <http://fatherandchild.org.nz>



Cuba with his dad Casey

On an everyday time scale, it's great for dads, babies and mums for dad to have some one-on-one time each day with your children. If this isn't happening at the moment it could be just as simple as starting with reading a book (no child is too young for this), going for a walk with baby, playing together, feeding when baby starts on solids.

making a difference....

jessica richards—slingbabies

Tell us a little bit about you...

What area do you live in? I grew up in Henderson Valley and have just moved back to my old street, it's lovely.

Name(s) and age(s) of children? Xander 6, Emily 4, (Darien stillborn- would be 3) and Lorelai 2yrs.

What is the best part of being a parent? Being able to raise such awesome kids, and see them grow and learn.

Do you have any pets? A Bichon/Jack Russell called Oscar, a horse called Rocky and a miniature pony called Shonny.

What are your hobbies and interests? I love baby carriers, hence the forming of Slingbabies; I have been involved with La Leche League for 6 years and a Leader for 3 of those; I am a carseat tech as they fascinate me; I am just getting back into horseriding after a 7 year break and LOVING it; I still enjoy art and reading.

Tell us a bit about Slingbabies... Slingbabies is a non profit community group dedicated to getting the 'right' info out there about safe babywearing with decent carriers.

What do you do? We have monthly meetings/workshops, and a coffee morning inbetween, so there's something every two weeks. We have a sling library where people can borrow a carrier for two weeks, then they go to whichever supplier they need to buy it. We don't sell anything- we're just in it for the love!

Why did you start Slingbabies? I was forever answering the same questions via online forums, and started the meetings as a way of spreading correct information. The website came later, to centralise my information and globalise us.

How long has Slingbabies been running? I started Slingbabies in late May 2007, and the website went online 1st Nov 2007.

What has been your biggest achievement to date? Fundraising to donate 100 wrap slings to Auckland NICU, that was amazing.



What is a goal you have for Slingbabies? To be the best baby sling website available, and to get rid of 'bag'-type slings in NZ

What piece of advice do you have for someone wanting to make a difference?

Start small- if you manage to help even ONE person- that's wonderful. You've changed their world for the better. And make sure your family is your #1 priority in whatever you do.

You can find Slingbabies on the web: <http://www.slingbabies.co.nz/>

The SouthEast Auckland branch meets each 3rd Sunday of the month, 1.30-3.30 at the Anchorage Park Community House (rear room) 16 Swan Crescent, Pakuranga.

The West Auckland branch meets each 1st Friday of the month, at the Stuges West Community House, 58 Summerland Dr, Henderson, West Auckland. The meeting runs from 10am -12noon. Both venues are baby/toddler friendly with baby toys and playgrounds.

swimming tips

By Daniel Fulton, Fulton Swim School



Over the next few months we will be offering tips on how to get you and your babies ready for a safe and fun filled aquatic adventure. Each month we will offer a tip, and an exercise for you and baby to try.

New born babies' movement is controlled by over 70 different reflexes and with-in movements the infant has limited head control, learns through sensory exploration and repetition. Bath time stimulates most of these reflexes, and can be a special bonding time for parents, babies respond to skin on skin contact.

Exercise: Parents- use cue words, this will stimulate a response from baby "Fulton are you ready 1, 2, 3" squeeze water over the head this will prepare them for going under the water at a later date. Progress to larger amounts of water eg cups, watering cans when baby feels comfortable.

Enjoy the experience and remember always supervise your children around water!

For more information check out our website www.fultonswimschool.co.nz

mums in business:emma harper

Tell us a little bit about you...

What area do you live in?

Drury

Name(s) and age(s) of children?

Charlie aged 4, Isobel aged 3, Jake aged 1

What is the best part of being a parent?

Watching the kids laugh with each other

Do you have any pets?

Yes, Ellie the overweight golden retriever

What are your hobbies and interests?

I have signed up to run the Auckland Half Marathon with some friends - so I guess I should say running!

Tell us a bit about your business....

What do you do?

I devised the First Footprints Inkless Print Kit. Its a way of getting your newborn footprints with no ink and no mess. Simply wipe the baby's foot with the applicator and press with the paper - Hey Presto! It's perfect for newborns.

Why did you go into business?

I wanted to have a goal that was outside childcare, but I knew I didn't want to be away from the kids for long hours

How long have you been in business?

We launched at the Auckland Parent & Child Show 2010

How has being a parent affected your business or the way you work?

It affects everything. It was the idea and reason for starting the company.



I want to show my kids they can achieve anything - if they want it enough

What is the best thing about working/your business?

Seeing the footprints of the premature babies in the Neonatal Units.

Your business contact details

Tel: 0220 234 020 or visit www.flutterbubs.com or FlutterBubs on Facebook.

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shoulder gallopers, upsy-downsy, over-and-through, round-and-about whoosers.***

Dads are smugglers and secret sharers.

-- Helen Thomson

raising intelligent kids—the first secret—talk it up

By Noline Skeet, www.grasshopperknees.co.nz

In our previous article we spoke about the importance of developing our children across their multiple intelligences so they will be **well balanced all rounded intelligent kids**.

We particularly emphasised the recent brain research. Did you know, to maximize your children's intelligence you need to start right from birth? This is to capitalise on the time in your child's life when their brain is having the **most critical and significant growth**.

We also need to be aware that the brain operates in a use or lose it fashion! If the brain doesn't get the opportunity to form and strengthen its connections through learning at the right stage, the connections can fade and disappear. This is why it is critical that children are provided with experiences and activities that are specifically suited to their stage of development.

This article will focus on our first secret of raising an intelligent child.

Secret Number One



Talk it up - build your child's self confidence through language

Language will be the key to your child's success in the academic world. Intelligent children know how to articulate their thoughts and feelings. Capitalise on every opportunity to listen attentively to what your child has to say and expand their vocabulary.

This secret is based on our **WORD Learning Leap**.

“Babies’ and preschoolers’ exposure to more and to specific kinds of adult talk around them related positively to later reading proficiency.” (Hart & Risely, 1995; Dickinson & Tabors, 2001)

Here are some practical ideas to make sure you capitalise on every opportunity to have a WORD intelligent child. (The ideas given start from birth and progress with your child as they move through developmental stages in line with age).

Our Learning Leap Activity Cards have lots more tips to help you develop the WORD intelligence with your kids.

- ✓ Smile, cuddle and talk lots to your baby from day one.

- ✓ Read books from day one too. Use animated voices and finger puppets.
- ✓ Always explain what you are doing with your baby e.g. I am washing your fingers, changing your socks etc.
- ✓ Sing songs, nursery rhymes, poems, chants for your child.
- ✓ Be prepared to repeat easy everyday words e.g. mummy, daddy, car, dog, nana, bye bye. Encourage your child to imitate you.
- ✓ Talk in detail about the books you are reading your child. Spend time to discuss the pictures.
- ✓ Make up nonsense words, rhymes and explore different ways of saying things.
- ✓ When the “why” questions start... try your best to spend the time explaining so they understand.
- ✓ Get your child to draw pictures or write stories (in their own special way) to describe what is going on.
- ✓ Give your kids plenty of wait time when they are explaining themselves (don't put words into their mouths) and ask encouraging questions.
- ✓ Model open ended questions and encourage your child to ask pertinent questions?
- ✓ Encourage your child to think of alternative answers/solutions – e.g. what else might it be? I wonder what might happen if....?

We recommend you spend the time doing a variety of fun learning activities with your child to stimulate new vocabulary. See our GrasshopperKnees Activity Cards for many different ideas that the kids will love.



GrasshopperKnees can help you maximise the learning by providing quality educational toys, books and fun day-to-day learning activities that will stimulate your child across all spheres of 'intelligence'. We've taken the guesswork out of choosing the right educational toys and activities to suit your child's stage and age.

Visit our exciting on-line store for more information

www.grasshopperknees.co.nz.

Contact Noline on: Ph 09-2927524, mob 0274 976294 or email nolines@grasshopperknees.co.nz

fathers' day breakfast recipes

Breakfast Croissants—A favourite recipe of Gemma Hirst, Franklin Parents Centre President

Ingredients : *4 rashers bacon, trimmed of rind; 4 croissants; Edam or Cheddar cheese; 300g can Baked Beans*

1. Heat the oven to 180°C.
2. Place the bacon rashers on a microwave proof dish. Cover well with absorbent paper and place in the microwave. Cook on high power (100%) for 2 minutes. Allow to stand for around 1 minute until cool enough to handle.
3. Carefully cut the croissants on an angle to make a pocket, but do not cut all the way through.
4. Cut thick slices of cheese and place 1-2 in each croissant. Arrange a cooked bacon rasher on top of the cheese and then spoon in about 2-3 Tblsp Baked Beans .
5. Place on an oven tray and cook for 10-15 minutes until hot and golden. Carefully remove from the oven, using oven gloves and serve with hot tea or coffee. Serves 4.

Garlic French Toast

Ingredients: *1 clove of garlic, 2 tbs butter, 3 eggs, 3 tbs milk, 6 pieces of bread.*



1. Make garlic butter by softening butter in microwave and adding finely chopped garlic and mixing.
2. Beat eggs and milk together. Slice bread in half and dip into egg mixture.

Baked eggs with Hot smoked Salmon

Ingredients: 100g hot smoked salmon, 2 large eggs, 2 tbs cream, 1 teaspoon chives, grated parmesan cheese to taste, Black pepper

1. Preheat oven to 180°c
2. Divide salmon between two ramekins
3. Crack an egg into each dish and drizzle over a tablespoon of cream. Season with parmesan, chives and black pepper.
4. Bake for 8-10 minutes until bubbling and egg is just setting. Serve with toast. (Vegetarian option: replace salmon with baby spinach and pinch of nutmeg)

song: slippery fish!

A slippery fish, a slippery fish is swimming through the water,

A slippery fish, a slippery fish, Gulp, gulp gulp.

Oh no! He got eaten by :

An octopus, an octopus is swimming through the water

An octopus, an octopus, gulp, gulp, gulp.

Oh no! He got eaten by:

A tuna fish, a tuna fish is swimming through the water,

A tuna fish, a tuna fish, gulp. gulp, gulp.

Oh no! He got eaten by:

A great white shark, a great white shark is swimming through the water.

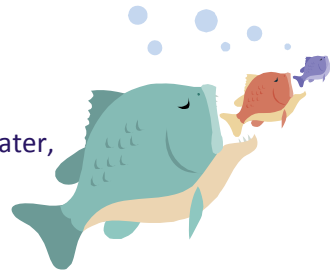
A great white shark, a great white shark, gulp, gulp, gulp.

Oh no! He got eaten by:

A ginormous whale, a ginormous whale is swimming through the water.

A ginormous whale, a ginormous whale, gulp, gulp, gulp.

BURP!



easy father's day card



First get your baby to do a drawing. Even babies who are 3 months old can grasp a pen and with some help can do a scribble!



Cut out an interesting bit of the scribble and insert behind your cut out shape. Now use a glue stick to glue the scribble behind the window.



And here's the card! Older pre-schoolers might like to further decorate it with stickers and glitter pens

Next fold another piece of paper in quarters and cut out a shape in the bottom right corner. Some ideas: a heart, star or "D"

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Description	Colour/Size	Member Price	Public Price
Well Child Book covers by Nimble Fingers	Various, see www.nimblefingers.co.nz	\$18	\$20
Large Wheat Bags by Nimble Fingers 52cmx22cmx2cm (Fantastic size for back pain during labour!)	Feminine themed fabrics (You are welcome to give a colour choice and Nimble Fingers will try and match, but no guarantees)	\$25	\$28
Mini WheatBags by BA Wheaties (The perfect size to provide comfort during breastfeeding)	Pukeko, Buzzy Bee or Dots Will have samples to view on website shortly	\$8	\$10
Merino Wrap by Strawberry Jam 100cmx130cm These wraps are larger than most, they are nice and stretchy so it's perfect to swaddle wriggly babies but ultra-soft to lie against delicate skin. The larger size also means it can be used as a cot blanket.	Various, see www.strawberryjam.co.nz	\$45	\$50
Natural Bubba Balms Baby Massage Balm Baby Bum Balm Preggy Belly Balm Baby Sleepytime Balm	See www.naturalbubba.co.nz	\$11.50 \$11.50 \$15.50 \$9.50	\$13.50 \$13.50 \$17.50 \$11.50
Natural Bubba Merino Wear Sleeveless singlet Long Sleeve Singlet Leggings Beanies Mittens	Cream or Grey All items available in 0-3mths, 3-6mths, 6-12mths except beanies and mittens which are only available in 0-3mths. See www.naturalbubba.co.nz	\$27.00 \$34.00 \$27.00 \$12.00 \$12.00	\$32.00 \$39.00 \$32.00 \$17.00 \$17.00
Heart to Heart Baby Wrap	White (available late Aug) Black (available late Aug) Steel Blue (available now) Kahurangi/Moss Green (available late July) See www.babywrap.co.nz	\$71.00 \$73.00 \$73.00 \$73.00	\$73.00 \$75.00 \$75.00 \$75.00
First Aid Kits Standard	See www.caringconcepts.co.nz for list of contents	\$65.00	\$70.00
Parent Centre Stacking cups	White/Blue	\$10.00	\$10.00
Thermos Mug	Silver/Blue	\$20.00	\$20.00

Samples of most items are displayed for viewing at each course/event held by the Manukau Parents Centre.

Post your order and chq to Angie Finnigan, 6 Grevillea Court, Manukau 2105 or pay by DC to 06-0169-0125335-00 (please put your name and "MPC Shop" as your reference). If you have any questions about your order, please contact Angie Finnigan Tel: 09 262-2676 Mob: 021 177-2380

Email: giggles_ang@hotmail.com

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