

April—May 2011

Manukau Parents Centre



Manukau Parents Centre (FPC) is one of 50 Parents Centres across the country providing one of the largest parenting networks and associated infrastructure to support Parents and their children aged 0-6.

Parents Centre is the primary provider of Antenatal Education and childbirth support in New Zealand.



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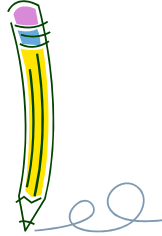


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Editorial



Welcome to the new look Manukau Parent Centre Newsletter. You may notice that the newsletter has arrived in your letterbox a bit earlier than usual—this is because we are aligning it to the publishing of the Kiwiparent magazine.

In this issue we have a feature on music.

Music is a great way for babies and children to learn and express themselves.

Judi Cranston has written an article about easy ways to incorporate music into everyday life with babies and young children. We've also profiled some different music groups and classes for your baby and pre-schoolers. In Upcoming events you'll find details of the APO4Kids event where the Auckland Philharmonic Orchestra plays a concert especially designed for pre-schoolers.

You'll also find the latest parent centre news, beautiful pictures of our latest (and youngest!) members, crafts, and interviews.

In this issue...

Our New Babies	4
Manukau Parent Centre News	5
Upcoming Events	6
Let's Do More Music	8
Mums in Business— Profile of Clare Harvey Fitzgerald	10
Meet a Midwife: Margie Ireland	12
Healthy Bits	13
Crafts	14
Baby Factory Parent Centre Shopping Day	16

Would you like to contribute to or advertise in Manukau Parent Centre's Newsletter?

Contact Emily on (09) 268 0226 or email emily@mindshift.co.nz to find out more.

Our New Babies!



Here is Meeraya Tiwari Lal at 5 weeks, Preeya and Pranesh's beautiful daughter born on 12 Jan at Middlemore. Preeya says "she is such a calm, good natured and very curious baby."



Gaynor Smith and Daniel Bennett's daughter, Tamsyn Iris Bennett was born 28 January 2011, weighing 6 pounds 8 ounces. "She is our beautiful little treasure and makes us laugh and smile so much!"



This is Leroy Mac, born 1st December, 2010, when he was just three days old. Mum Renae Beck said "He is our perfect wee man."



Vedaansh Kumar, son of Asish and Ronika, is a handsome fellow! He was born on the 19th December, 2010.

ALL PHOTOS © the babies' respective parents

Manukau Parent Centre News

'Celebrate Motherhood' Event

The Manukau Parents Centre (MPC) welcomes you to join them for a fun-filled evening hosted by MIT Public Relations students – to celebrate motherhood by purely pampering YOU! You will have celebrated Mother's Day already with your family, so come be pampered at a post-Mother's Day event designed especially for you. Meet us at the Wattle Downs Golf Course (Wattle Farm Road) on Tuesday 10th May, 2011 at 6.30pm – and let the fun begin! Feel free to bring your man along, there will be Sky Sport and a cash bar to keep them entertained too!

We hope to see you there!
Rebecca, Lina and Saras
(Public Relations Students at MIT)

AGM

Our AGM was held on Tuesday 29th March.

The new Committee are:

Emily Smith—President, Antenatal Co-Convener

Linda Dunn—Secretary

Angie Finnigan—Treasurer

Leigh Jamieson—Grants Officer (shared position)

Noline Skeet—Grants Officer (shared position), Moving and Munching convener

Charlie Saunders—Baby and You Convener, Antenatal Co-Convener

Tania North—Membership officer

Theresa Malloy—Outdoor Explorers Group Co-ordinator

Stacey McCarthy—Committee

Marta Foldkozi—Committee



Gift packs for Mums– to-be

To raise awareness of the Manukau Parent Centre we have been making and distributing these gift packs to mid-wives to give to their mums to be. The packs contain a congratulations card, information on our Antenatal and Baby and You course, our newsletter and the Kiwi Parent magazine.

For more information: Contact Emily on 268 0226



Upcoming Events

Here are some upcoming events to look forward to. You can find more family friendly events on around the South Auckland region on our blog

<http://manukauparentcentre.blogspot.com/>

APO4Kids Concerts



Calling all Preschoolers! Come to the TelstraClear Pacific events centre on Saturday 9 April and join the Auckland Philharmonia Orchestra in a fun concert tailor made for you. Designed especially for enquiring young minds, APO 4 Kids concerts are fast-paced and last for one hour. In 2010 more than 4300 people attended the orchestra's APO 4 Kids concerts.

At our APO 4 Kids concerts you get dance and clap along to popular children's classics like 'In the Hall of the Mountain King' and 'Flight of the Bumblebee', and you can join us in a sing song for 'The Teddy Bear's Picnic' and 'She'll Be Coming Round the Mountain'.

Take a walk through the orchestra to see and hear the instruments up close - some of them can play really loud. You can even try your hand at conducting (there's much more to it than just waving a stick about).

We have two APO 4 Kids events at the TelstraClear Pacific events centre, one at 10.30am and one at midday (just in case you sleep in by mistake); and because we know your parents get tired, the concerts are short, snappy and full of energy.

If you're 16 or younger it only costs \$10, and under twos get in for free.

See you there!

Who: Auckland Philharmonia Orchestra
What: APO 4 Kids Concert
Where: TelstraClear Pacific
When: Saturday 9 April, 10.30am and midday
Bookings: apo.co.nz / Ticket Direct
 (www.ticketdirect.co.nz). Adults \$20, 2-16 years \$10, under 2s free



Manukau Parent Craft Group

We are setting up a once a month craft group for parents and pre-schoolers. Our first meeting will be Friday 15th April from 10:00am—11:30am (the last day of the school term). It will focus on Easter crafts. Our May meeting (Friday 13th May) will be focused on Mother's day crafts and include finger painting canvases—a great gift for Grandmothers and special Aunties! For more information, phone Emily (09) 268 0226 or email emily@mindshift.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 in front of the Auckland Regional Botanic Gardens Café. If you arrive late or can't find us, give Theresa a text or call—021 396 873

Here are our themes for the April and May.

7th April – Up and Down

14th April – Leaves

21st April – Easter

28th April – Franklin Zoo Trip (see below)

5th May – Counting

12th May – Ducks

19th May – Musical Instruments

26th May – Fishing

2nd June – Farm Animals



Franklin Zoo Trip

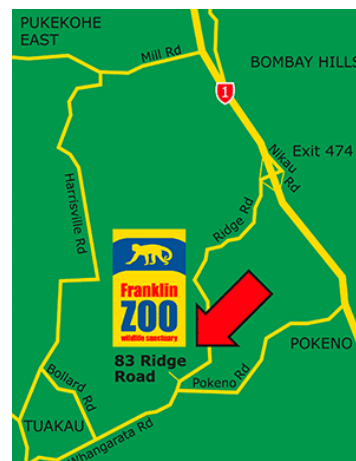


Want something different to do during the school holidays? Join us at the Franklin Zoo! Meet at 10am at the Franklin Zoo, 83 Ridge Road, RD 4 Tuakau on Thursday 28th April.

Cost: Adults **\$14**

Children aged 3-15 years **\$7** (under 3 years FREE) or Family Passes: **\$35** for 2 adults and 2 children between 3-15 years.

For more information: phone Emily (09) 268 0226 or email emily@mindshift.co.nz



Let's Do More Music!

By Judi Cranston, the founder of KindyRock Music Education. All kindyrock songs and programmes are original and written by Judi for NZ children. Details can be found on the KindyRock website www.kindyrock.co.nz or by calling (09) 292 2121.

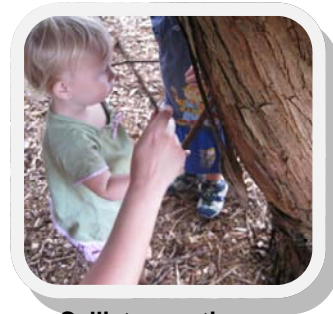
Turn your creativity switch on and get some music happening with your children.

SINGING: Remember you don't have to be Celine Dion, sing, sing, sing away! Children love to sing and you can sing about anything. It is a great way for them to develop their language skills, vocabulary, listening skills, syntax as well as a sense of pitch.

- ♪ Sing nursery rhymes
- ♪ Sing about an activity you are doing – make up a tune. E.g. this is the way we wash our face...
- ♪ Sing a song and get your child to echo.
- ♪ Sing when its time to tidy up the house

MAKE YOUR OWN MUSICAL INSTRUMENTS: This can be done in various ways and helps children to develop their fine motor skills, creativity and musical skills of course!

- ♪ Pots, Pans and wooden spoons make great drum sets.
- ♪ Chops sticks make great tappers or drums sticks to keep the beat with a piece of music.
- ♪ Old plastic bottles filled with rice or sand make great shakers – just make sure you have sealed the lid tightly; an extra piece of tape over the top often helps.
- ♪ Empty out your kitchen plastic cupboard or pot cupboard. Experiment with other kitchen items – what sound do they make?



**Callista practises
drumming on a tree**

CREATE YOUR OWN FREEZE SONG: Help develop your child's understanding of stop and go. This is a fundamental skill for children to become aware of when music is playing or not. Also develops listening and gross motor skills.

- ♪ Play your favourite or child's favourite song and at various points stop the music. When it stops your child needs to freeze/stop.
- ♪ Experiment with different ways of stopping. Stop with your arms out, with one leg up, crouched down in a ball etc.

ENCOURAGE FREE MOVEMENT/DANCE. Encouraging your child to move to music helps them to develop their spatial awareness and directionality, creativity and gross motor skills.

- ♪ Play a piece of music and dance around the room. Use props such as scarves and ribbons.
- ♪ You could describe various ways for your child to move: high/low, left/right, fast/slow.
- ♪ Move like animals such as like a bird, an elephant, a tiger etc.

Just let your child go crazy and interpret the music in their own way



James and Will play 'stick' trumpets

EXPERIENCE LIVE PERFORMANCES AND DIFFERENT KINDS OF MUSIC

Take your children to as many different live concerts as you can. Don't limit your child's experiences by what you like. As the saying goes: You don't know what you like, you like what you know.

Finally, remember that as parents and caregivers we provide a model for our children in everything we do. If you are enthusiastic about music then it makes it much easier for your child to want to be involved in music. Set your child up for life by opening up the door to a life of loving music.

Music groups for kids

Kindy Rock classes

Our family programmes are 45 minutes long and include include singing, moving, & playing instruments. Props, puppets, scarves and special surprises are also included. Parents and caregivers are actively involved in a session that is fun, easy and a great learning experience. The sessions are suitable for 0 months – 6yrs. Papakura 9.30 am Monday Phone 09 2922121

Saturday 9.30 at the Howick Music School, Howick Intermediate ph Claire 09 534 9624

Musical Mums and Bubs

Held Thursdays at St Lukes Anglican Church, Corner of Weymouth and Russell roads. Mums or dads with pre-schoolers welcome to come along to this fun and educational music session, followed by a cup of tea and a chat. Cost is \$2 per family. Phone Angela 268 8058

Wriggle and Rhyme: Active Movements for Babies and Toddlers

Wriggle and Rhyme is a free programme for preschoolers, especially those aged under 2, that encourages movement to music. Sessions are half an hour long and give parents and caregivers ideas that they can put into practice at home. Here are a list of times for Wriggle and Rhyme sessions in Manukau Libraries:

Mangere Town Centre - Mondays, 9:30am
Mangere Bridge – Mondays, 9:30am
Te Matariki Clendon – Mondays, 11:00am
Papatoetoe - Mondays, 11:00am
Manukau City Centre – Tuesdays, 9:30am Highland Park – Tuesdays, 9:30am
Mangere East – Tuesdays, 11:00am
Otara– Tuesdays, 11:00am
Manurewa - Wednesdays, 9:30am
Tupu - Wednesdays, 9:30am
Pakuranga - Wednesdays, 11:15am
Howick – Thursdays, 9:30am
Botany - Thursdays, 10:45am

Mums in Business

Clare Harvey-Fitzgerald

Tell us a little bit about you...



My name is Clare. I was born in England and emigrated to New Zealand 8 and a half years ago with my husband who is a kiwi. I have lived in Conifer Grove for 7 years and moved to Pukekohe in February last year. I have always been passionate about fitness. I would definitely class myself as a fitness freak! I like to work hard and get results. I also teach fitness classes around Auckland and love to dance. I have a certificate and diploma in Personal Training, I am a Certified Les Mills Body Jam and Body Combat Instructor and a Freestyle dance Instructor.

What area do you live in?

Pukekohe

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

Luca Harvey-Fitzgerald, 1 Year

What is the best part of being a parent?

The joy my little man brings me. I couldn't imagine my life without him now.

What are your hobbies and interests?

I love to dance and keep fit. I also enjoy reading when I get the chance.

Tell us a bit about your business....What do you do?

I am a Personal Trainer and run my own studio from my home in Pukekohe. I focus on training mums to get back into shape after having children. I work out a training program that is specific to each individual's goals and update it regularly. Mums are welcome to bring their children with them as I have a play area in the studio where the children can play safely and mums can see them while they train.

Why did you go into business?

I have always wanted to start up on my own and work for myself. I like the challenge and the flexibility it gives me.

How long have you been in business?

I have run my studio for 3 years. I started up in Conifer Grove and have now relocated to Puke-

kohe.

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

My son was born 3 weeks after I moved here so I put my business on hold initially to focus my attention on him. The last few months I have been setting up and I am now up and running. The business works around my son. As I work from home he can still have his naps and if he is awake when I am working then he comes into the studio and plays in the play area. It works well for us.

What is the best thing about working/your business?

Meeting new people and being able to help mums achieve their fitness goals. I am a mum myself so I understand how hard it is to get back into shape. With a new baby you are so busy that you don't often get time for yourself. That is why my studio is relaxing, flexible and fun.

Your business contact details

To B Fit Limited
Tom Keven Way, Pukekohe

Ph: 021 0366 988

Email: tobfitld@xtra.co.nz



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Meet a Midwife

Margie Ireland

Tell us a little bit about you...Where did you grow up?

I grew up in Cape Town, South Africa

What is your favourite way of relaxing?

Reading and spending time with my husband and children and I love to travel

What are your main interests?

Reading, squash, walking, travelling

Tell us about your experiences as a Midwife...

I have been a midwife for over 20 years. I qualified in South Africa and moved to New Zealand in 2004. I have done many different facets of midwifery, I had my own practice in South Africa, I have done hospital and private work and I have been an independent midwife in New Zealand since 2007.



Why did you become a Midwife?

I did nursing first and then did midwifery after that and absolutely loved it and that is all I have done since then. My mother is a midwife and my father an obstetrician so it is probably in my blood!

How long have you been a Midwife for?

Since 1990

What training and qualifications have you done?

General nursing, midwifery

How many clients do you book a month?

5 to 6

Do you work by yourself, in partnership with another midwife, or part of a group practice?

In a group offering cover for weekends off as we are on call 24 hours a day and so need some time off. There are 3 of us in the group at the moment. We look after our own women and then my colleagues cover me when I have some time off.

Where do you hold your clinics?

At Botany Downs Maternity Unit

Where do you deliver?

I prefer to deliver at Botany but will deliver at Middlemore too

How long do you visit your clients, after they have given birth?

Till 4-6 weeks after delivery

What is the best part about being a Midwife?

I am passionate about my job and never get tired of it. I love the empowerment I see in women, as I look after women who prefer to have a natural birth and it is such a privilege to be there on their journey of the most important event in their life.

What is your favourite piece of advice to first time mothers?

There is theory and there is life! In other words, the books may say one thing but reality is often different. I have a very practical approach to midwifery and will do all that I can to help my women achieve the birth they want but also being realistic as to the best and safest path for them to follow. I will give them heaps of help and practical advice to achieve the best outcome possible.

What are your contact details?

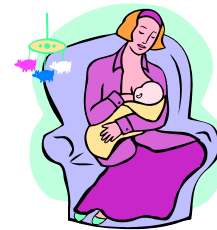
Mobile: 021 978667 Landline (Office hours ONLY): (09) 535 3645

Healthy Bits



Congratulations to the Greenstone Family Clinic in Manurewa who have developed a “Best for Baby” bag initiative for their expectant mothers. Each of the gifts in the bag (including a breast feeding DVD, soap, electric socket covers) represent a health topic. Greenstone Family Clinic have set themselves goals around reducing hospitalisations for babies and promoting breast feeding.

La Leche League (pronounced “Lah Lay-chay League”) was first established in the USA in 1956 to help make breastfeeding easier and more enjoyable for both mothers and their children. Le Leche League has 50 groups in New Zealand and offers mums support in breastfeeding and more. There is a La Leche League Breast Feeding support group held on Mondays 10am—12pm at the Pukekohe Maternity unit, corner of Tuakau and Kitchener Roads. For other groups, check out www.lalecheleague.org.nz



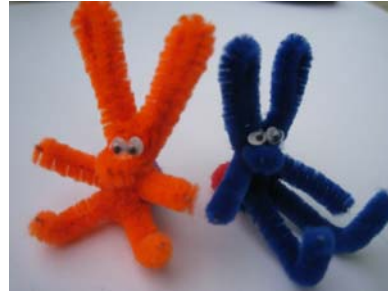
Did you know that toddlers need as much iron as an adult man? Toddlers who are low in iron can be pale, tired, have poor concentration and be irritable and grumpy. Red meat and shellfish are both excellent sources of iron that is easily absorbed by the body. Including vitamin C in meals—which is found in tomatoes, broccoli, cauliflower and capsicum as well as many fruits—will help the body absorb even more iron—up to 4 times as much.

Crafts

Make some cute bunnies for Easter!

You will need:

A pipecleaner/Chenille stick, Scissors or wirecutters, PVA or tacky glue, A small pompom, Googly eyes



1) Make the ears by cutting off about a 10 cm length of the pipecleaner. Fold both ends into the middle and into a v shape.



2) Make the head and body by cutting another 10cm length and folding in half. Lay the ears on top of the body.



3) Bend the top of the bent pipecleaner down over the ears and up again to make the face of the bunny



4) Cut two pieces of pipe cleaner for the arms and legs. They should be about 4cm. Bend the legs in half and bend the ends of the legs to make feet.



5) Lie the arms and legs on top of the body.



6) Bend the ends of the body up under the chin to complete your bunny. Decorate your bunny by glueing on a pompom tail, googly eyes and any other things you want!



Fabric Covered Note Book

Make this notebook for your mum for mother's day.

By Olivia from Presse Papiers. Check out presse-papiers blog for other great ideas and their website for supplies!

<http://pressepapiersboutique.blogspot.com/>

<http://www.presse.co.nz>



1. After ironing your fabric with spray starch, place it print side down and lay your notebook on top. Cut out the fabric, leaving a 3cm border around the notebook.

2. Stick double-sided tape around the outside edges of the notebook, leaving the spine clear, and then with the notebook closed, stick it down in the centre of the fabric. At the top and bottom of the spine, cut two snips into the fabric so that you can leave the spine clear but still be able to fold and stick down the rest of the fabric onto the inside of the book. Tidy the corners.

e



3. You can now decorate it how you like. If using a button and ribbon, you need to sew the button through the fabric at the front, and then stick a piece of ribbon or string in place on the inside using a sticker or washi tape, which is long enough to go around the notebook at least once. We used a colourful badge, which worked just as well. Alternatively, you can simply tie a ribbon or leather string around the notebook. Get creative with the inside pages of the notebook, by creating pockets for notes/receipts and giving space for the owner to record their details. We included a little book-mark as well.

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Sorry gift vouchers, instore promotions, laybys and hireage not included.
Discount Applied to original retail price

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