



MANUKAU
PARENTS CENTRE
Where parenting is everything!

December 2011 — January 2012 Edition



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editorial...

Christmas is nearly here! We have had a busy time over the last few months with Parents Centre Symposium, our Christmas Party, the launch of the Moving and Grooving class and a Children's market. We are sad to see two valued committee members move on to other things—Leigh Jamison, our funding and grants officer and Linda Dunn, our wonderful secretary (and newsletter contributor) and excited to welcome Fiona Vette (Funding and Grants) and Brenda Bain (Secretary) to our committee team. Thanks to Linda, Astrid Carter (Franklin Parents Centre) and Paige Tanner (age 11 but nearly 12!) for their help with this issue of the newsletter ~ Emily (MPC President/ newsletter editor)

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Cover photo: Maxwell © Brenda and Alastair Bain

Are you a **family friendly** business?

Manukau, Franklin, and Papakura Parents 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

Moving and Grooving

We started a new weekly music and movement programme called “Moving and Grooving” at the Taha Wahia-Woodside Girl Guide Hall, 68 Everglade Drive, Manukau. It runs during term time on Thursday 9:30am-11am. Contact Angie for more details phone 262 2676 or email giggles_ang@hotmail.com



Riley enjoys morning tea at Moving & Grooving

Parents Centre Symposium

Five committee members attended the Parents Centre Symposium over 7th—9th October at Waipuna Lodge. The Parents Centre Symposium is designed to help up-skill volunteers and we all learnt a lot from attending! There were workshops on a variety of topics including Marketing and Funding and it was a great chance to meet with the fantastic volunteers from the 50 other centres around New Zealand.

Outdoor explorers turns one

We celebrated our walking and outdoor playgroup “Outdoor Explorers” first birthday on the 21st October. Theresa made some delicious cupcakes and all the children got to choose a birthday present.



Katy enjoys a cupcake

Children’s Market *By Paige Tanner (volunteer)*

The Children’s Market held on the 26th November was an enjoyable event for all involved, and customers seemed to have liked the child-friendly zone, full of great bargains, and near-new baby and toddler clothing for small prices. I remember picking up some great bargains for my near-to-be little sister, due next March, including some cute little jumpers and tops.



Angie is congratulated after the Children’s Market by Emily (president) and Paige (volunteer)

Angie Finnigan—Volunteer of the Month

A big thanks to Angie Finnigan who has put a lot of effort into arranging both the Children’s Mar-

ket and starting our new Moving and Grooving Music and Movement Programme. Angie, you are a star!

Brolly Sheets fundraiser

We have a current fundraiser running until March 31st with Brolly Sheets, a company started by a New Zealand mum while living in the UK. Brolly sheets are easy to change cotton topped sheets with a waterproof backing and tuck in wings. Brolly sheet also stock Woolly cot Protecteors, Training Pants, Sheets and Duvet Covers, Mattress and Pillow Protectors and Chari Pads. You can get 5% off the products (and support Manukau Parents Centre with a 20% donation of sales) by entering the coupon code MAN001 both in the coupons and fundraiser headings online www.BrollySheets.com or quoting the code on the phone line 0800 276 559

Competition—Facebook



We have a monthly prize draw for everyone who likes our facebook page. All you have to do to enter is to like our page once and you will be in all the subsequent monthly draws.

The prize for December will be a Baby Einstein DVD and the prize for January will be Tommee Tipse spoons and some Bebelle containers for baby food.

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! Some ideas of things you could help with are making cards for new parents, co-ordinating one of the new programmes we would like to offer the community, writing for the newsletter or blog, help with marketing or promoting our courses, or fundraising. Call (09 268 0226) or email (emily@mindshift.co.nz) Emily to discuss what you'd like to do to help!

what is on.... ... at parents centre?

Manukau Parents Centre Moving & Grooving Sessions

Every Thursday 9.30am – 11am, term time. \$1 per session for Parents Centre families or \$2 for non member families. Music, morning tea, and play (and a chance to talk to other parents). Held at the Taha Wahia-Woodside Girl Guide Hall, 68 Everglade Drive, Manukau .

Manukau Parent Centre Outdoor Explorers Group

Join our outdoor play and walking group. We meet every week on Fridays 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 Fridays 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 Emily a text or call—021 125 0116 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 last scheduled meeting for the year is Friday 21st December 10am-11:30am where we will be making Christmas crafts (older children are welcome too!). Contact Emily for more information on 09 268 0226 or emily@mindshift.co.nz

... in the community?

Manurewa Santa Parade – 3 Dec 10.30am

Compiled by Linda Dunn

Papakura Santa Parade—3 Dec 2pm

Abe's Bagels Teddy Bears Picnic – 4 Dec

Manurewa Christmas in the Park – 10 Dec 10am – 9.30pm. Mountford Park

Coca-Cola Christmas in the Park – 10 Dec 7.30pm, Auckland Domain.

Carols by the sea—Maraetai Beach Park, 6:30-8:30pm—14th December

Polkadots Christmas Extravaganza, TelstraClear Pacific Events Centre \$6 - 17 Dec 11am – 12pm.

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

health news

free medical advice from the comfort of your home by Hayley Callard

We all know how hard it can be when our children are unwell in the middle of the night. Wouldn't it be great if you could get free medical advice over the phone without having to bundle the kids into the car at 3am? If you are a patient of a ProCare, East Care or Auckland PHO general practice, you now have access to free, quality after-hours medical advice from the comfort of your own home. A newly expanded telephone nurse advice service offered to practices belonging to one of the above primary health care organisations means that if you or your child is unwell when your doctor's practice is closed, you can just call your usual GP practice number first, for free medical advice in the evenings, weekends and public holidays. Your call will connect directly to one of our registered nurses who will assess your health concern and provide expert medical advice. In up to 80 per cent of cases, our nurses can help you to self-manage the health concern at home, avoiding any unnecessary costs or trips with a sick child to an A+M clinic. It also means your GP will always have your latest medical information to hand, enhancing the continuity of care your family receives. If you or your child do need further care, our nurse will recommend you go to a hospital emergency department or an appropriate A+M clinic, advising you which A+M clinics offer free or subsidised after-hours care to under six-year-olds and other eligible groups of people. To find out whether your GP practice offers this free nurse telephone service, please ask your practice receptionist or visit one of the PHO websites to find a list of participating practices. Web: www.procare.co.nz, www.aucklandpho.co.nz, www.easthealth.co.nz.

websites we love

WebHealth (www.webhealth.co.nz) is an online directory of health and social services—it's easy to use and is run by Linkage Trust, a Waikato based not for profit, community organisation. Webhealth is your free link to your community through 24 hour anonymous access to quality, local, up-to-date information and resources related to a broad health and well-being focus.

surviving summer

By Paige Tanner and Emily Harrop-Smith

Everyone looks forward to summer coming but when you are pregnant, or have small children, you can find summer is not so appealing.

Pregnant + summer = HOT!

Being pregnant in the summer is no fun. The extra weight of the baby, as well as hormones tend to make you feel very hot. Here are some ideas to cool down:

- 1) Drink lots of water—it is important to keep well hydrated
- 2) Wear cool and breathable clothing—many women who are very pregnant over summer have been known to wear not much at all at home eg., undies, a lavalava, or nothing at all—but this isn't really a solution if you have to go out! Sundresses can be a cool and stylish option however and some styles work both when you are pregnant and after as well.
- 3) Remember to put your feet up! Feet often swell in the hot weather so have frequent breaks and take it easy, where possible. You may need to remove your rings too if your fingers start to swell. (Tip: wear your rings on a necklace)
- 4) Go for a swim—this is both a great way to cool down and a way of getting some low impact exercise.

Heat and Babies

Babies can become stressed and grizzly in the heat.

Breast fed babies will feed more in hot weather, but don't usually need supplementary drinks, as your milk supply will change to meet your baby's needs.

Bottle fed babies may require more drinks of formula than normal or extra drinks of cooled boiled water if they appear thirsty.

Dress your baby in the same number of layers of clothing as you would need to be comfortable. It is fine to just have baby dressed in a nappy and singlet or just a nappy if it is very hot.

You can use a tepid bath (luke warm) if your baby seems very hot to help them cool down.

The car can be a very hot place and heat up quickly. Never leave your baby in a hot car by themselves and be careful with the metal clips on seat belts as these can heat up to high temperatures. To help keep your car cool you might want to consider getting your windows tinted. Tint-a-Car Manukau offers a 10% discount for Parents Centre Members.

Older children and sun

While it is Important to get a bit of sunshine, sunburns can cause skin cancer later in life. The best way of preventing sun burn is to stay out of the sun during the hottest part of the day 11am—4 pm. Have a siesta and do indoor things in the heat of the day—art projects, go to the movies, and hit the beach fist thing in the morning or in the evening.

great parks By Linda Dunn

Omana Regional Park

Located south east of Auckland city, between Beachlands and Maraetai, Omana is an ideal family park with a shelly beach offering safe swimming at high tide, picnic areas and barbecues. It has friendly, pet farmyard animals, which are always popular with the kids.

This was the venue for Manukau Parents Centre Christmas BBQ.

Below the regional park the beach has its own reserve area including a playground, public toilets and has great rock & beach exploring for kids in gumboots at low-tide. Check out www.arc.govt.nz/parks/our-parks/parks-in-the-region/omana for more details.

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volunteering as a family

By Linda Dunn

Voluntary work where your whole family takes part together not only benefits your community, but it helps to create a sense of responsibility, empathy and is fulfilling for everyone, young and old. Kids enjoy a genuine sense of satisfaction by helping others.

There are many different ways to volunteer, whether it is regularly, annually or a one-off event. Here are some ideas that may help inspire your family:

- Tree planting at a local park (check out the council's website)
- See your local animal shelter to see if you can collect bedding, food or walk the dogs.
- Have a charity game night at home and invite your friends and family. Have everyone bring an item or meal that everyone else can bid for and donate the money to charity.
- Enquire with established organisations that regularly use the help of volunteers e.g. Red Cross, Habitat for Humanity, Greenpeace.
- Enquire with your local church or community group to see if you are able to help.
- Give parents a free night: invite their kids over to spend the evening playing family games.
- Have a tidy up your street day; it might inspire your neighbours to follow your lead!

For more information or events, check out:

<http://www.volunteeringnz.org.nz/>

<http://www.volunteernet.org.nz/>

book corner

By Linda Dunn

Extended Fun with Books

When your child is really enjoying a book, you can extend on that by re-enacting parts of the story at home. A couple of examples that our family have enjoyed are: When reading "The Cat in the Hat", by Dr. Seuss, part of the story reads that the cat in the hat eats cake in the bath with an umbrella overhead sheltering him from the shower. We have a shower over our bath so we could do this with our kids. It wasn't as easy as it sounded because we had to hold the umbrella just right so that the water ran back into the bath and not all over the floor; but it was worth the effort because the kids were ecstatic and thought it was the zaniest thing ever.

“Wild Boars Cook”, by Meg Rosoff & Sophie Blackall is based on some wild boars cooking a Massive Pudding, and the story finishes with a recipe for a Massive Cookie. We made the Massive Cookie with our kids during the last school holidays and it was a real event. I also doubled the recipe because I knew that the kids were going to eat just like Wild Boars once the cookie was baked, and I didn’t want the whole thing gone in five minutes flat!

Recommended Story Time

Age 0 – 3: *Goodnight Moon*, by Margaret Wise Brown and *The Elephant and the Bad Baby*, by Raymond Briggs

Age 3+: *Slinky Malinki’s Christmas Crackers*, by Lynley Dodd and *Harry the Dirty Dog*, by Gene Zion

Age 5+: *The Polar Express*, by Chris Van Allsburg and *You’re All My Favourites*, by Anita Jeram

swimming tips



By Daniel Fulton, Fulton Swim School

At 6 months of age your child is ready to join a swimming class. We tend to start at 6 months as by then your child’s immune system is strong and they are able to hold their head up.

When looking at joining a swim school you need to consider a few points:

Are the premises clean and tidy?

Is there area where you can feed baby after lessons?

Is the water temperature warm?

We suggest that you go and watch a class, are the instructors fun? enthusiastic and knowledgeable? Babies and parents happy? is there a strong emphasis on water safety in the program?

Tip: Do your homework, ask other parents. Call the Swim School reception for information, visit the swim school.

Contact Fulton Swim School on 09 238 1841 or email fultonswimschool@gmail.com

For a full up date check out this link: www.fultonswimschool.co.nz lessons baby

making a difference: charm money

Tell us a little bit about you...

What area do you live in? I live in Manukau.

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

I have two sons. Ethan Money aged 2y8m. Asher Money aged 1y2m

What is the best part of being a parent? Being a parent means being their first teacher. Being a parent means really understanding what unconditional love is: Love is kind, love is patient, love is responsibility.

What are your hobbies and interests? I have so many interests, I love dancing and drawing. As a busy mum, recently, I am interested in social work, early childhood education and multi-culturalism.

Tell us a bit about Kiwi Panda Playgroup

What do you do? I am the co-ordinator of Kiwi Panda Playgroup (Chinese-English). This is a unique bilingual programme and cross cultures studies.

Why did you start the play group? I studied my MBA and my final research focused on non-profit organizations for women. I prayed to God two years ago, God gave me a vision that I will set up a playgroup that I can help more women and families. My family is cross cultural and I really understand both of Kiwi culture and Asian culture. I want to contribute my knowledge to the community and help more Asian mums understand western culture and more western mums understand eastern culture. Kiwi-Panda Playgroup, the first free Bilingual (Chinese-English) playgroup, gained a full certificate from the Ministry of Education.

How long has the Kiwi Panda playgroup been running? Kiwi Panda Bilingual Playgroup was established in June 2011. From 3 families it grew up to more than 60 members in three months.

What has been your biggest achievement to date? Panda kiwi bilingual playgroup does not just provides a bilingual environment to kids; it also provides the opportunity to empower families. It improves the awareness of early child education in the Asian Community. All our talented parents work cohesively together and share the positive values of family.



What is a goal you have for the Panda Kiwi Playgroup? I have a long term goal and a short term goal. My short term goal is that the playgroup provides a unique bilingual environment to families who are willing to learn Chinese and about other cultures. Also to provide positive family values and encourage parents to spend more quality time with their kids. My long term goal, I believe the playgroup will empower more families and we may set up a higher standard non profit organization for bilingual education.

What piece of advice do you have for someone wanting to make a difference? Nothing is impossible. If you want to make a difference, TAKE ACTION! I had many volunteer jobs in different non profit organizations in Auckland. I was a volunteer in women's refugee, Problem gambling foundation, etc. Recently, I was a board member of Auckland Regional Migrant Services Charitable Trust (ARMS) for three years. Taking opportunities only provides positives to someone who plans their future. Contribute to the community and you can create a win-win situation. Always hope and always love and be giving.

Kiwi-Panda Playgroup runs Tuesday - Thursday mornings 10:30am - 12:30pm at St David's Anglican Church, 813 Great South Road, Manukau

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mums in business

louise deed, scamps boutique

Tell us a little bit about you...

What area do you live in? We are currently living in Waiuku



Name(s) and age(s) of children? Amelia is 5, Kiya is almost 3 and Daria is 4 months

What is the best part of being a parent? Every part of it!

Do you have any pets? We have a cat called Poltie, a bird called Bella and a free range rabbit called Twitch

What are your hobbies and interests? Being a work from home business mummy keeps me fairly busy. I have just become the President of the Franklin Parents Centre so there really isn't a lot of spare time any more! I do like to read and watch movies and catch up with friends over coffee when I get the chance.

Tell us a bit about your business....

What do you do? I own Scamps Boutique and The Baby View. Scamps Boutique is an online e-store selling eco products for mum, baby and child. The Baby View is an online giveaway, information and review website for parents.

Why did you go into business? I went into business because I wanted to be a stay at home mother and I was also frustrated by the lack of eco products available online.

How long have you been in business? I have been in business since 2007.

How has being a parent affected your business or the way you work? It's a huge juggling act! Most days I'm responding to emails or loading new product with a baby on my lap and the older kids playing around me.

What is the best thing about working/your business? Not having to commute to and from an office and being able to be there for my children.

Your business contact details

Scamps Boutique www.scamps.co.nz or info@scamps.co.nz

The Baby View www.thebabyview.com or info@thebabyview.com

cooking with kids

Dinosaurs and Bronto Tails

(Serves 4 Dinosaurs)

Ingredients:

200g Diamond Dino Shapes

¾ cup ham, chopped

½ cup grated tasty cheese

¼ cup lite sour cream

2 large eggs

1 garlic clove, crushed

Salt and freshly ground black pepper

Directions:

Cook pasta according to packet instructions. Drain the pasta over a bowl and reserve ½ cup cooking liquid.

Heat a large frying pan over medium heat. Add the ham and cook for 2 minutes. Add the pasta and stir to combine.

In a separate bowl, whisk together the cheese, sour cream, eggs and garlic. Add the reserved pasta cooking liquid and gently whisk to combine. Pour mixture over pasta and stir well.

Cook over a low heat for 3-4 minutes or until the sauce thickens (do not boil as the sauce may split). Season with salt and pepper to taste. *Printed with permission from Diamond Pasta*

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* Appointments required.

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Phone: 09 296 1026

Email: counties@activephysio.co.nz --



christmas recipes

Contributed by Linda Dunn and Astrid Carter

Coming into the festive season, home-made sweets, pickles & jams make great gifts for teachers, carers and important people in your child's life. If you have your own vegetable garden, this activity may be all the more rewarding.

Beetroot Relish (Linda Dunn)

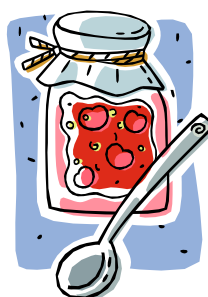
Cook 1kg whole beetroots taking care not to pierce the vegetable letting all of that beautiful colour leak out. Once cooled, chop finely and/or grate.

Into your largest saucepan put the beetroot, 500g finely chopped onion, 2 c sugar, 1tsp allspice, 6 peppercorns and 1Tbsp salt. Gently bring to the boil and simmer for half an hour.

Mix ½ c flour with water until it's a smooth paste then stir into the beet mix making sure no lumps form. Simmer for another 5 minutes then take off the heat.

Once the mixture has cooled spoon into prepared jars (used jars are fine, clean then prepare by heating in an oven at 120°C for at least ½ hour) and replace the lids tightly. Once the jars are almost cool, the 'pop-up' seal button on the lids should depress, showing that the jar is properly sealed.

On your computer use MS Paint to get your child to make a picture and then you can customise your labels to stick to the jars. Add a nice ribbon around the neck of the jar for the finishing touch.



Fudge (Astrid Carter)

Here's a recipe for the festive season - good old fudge!

2 Blocks of good quality dark chocolate (such as whittakers)

60gms butter

1 tin condensed milk

Dried nuts/fruit

Place in a pot and heat gently together until it goes glossy.

Pour into a lined tin and place in the fridge.

Cut once set.

Enjoy!

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**

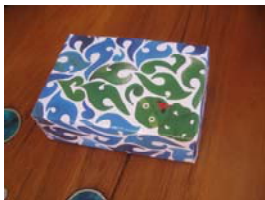
And: **Clear Touch -38 Ingram Street, Papakura, ph: 0274 510234**



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

christmas crafts

...recycling christmas cards



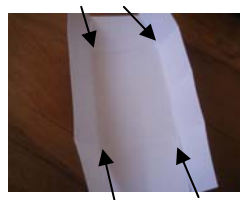
To make this cute little box—which you could use to put a small Christmas present in, you'll need: a Christmas card, scissors and glue or cellotape.



First cut the card in half along the crease. Work with the side with the picture on first—this is the top of your box. Fold the sides of the card into the middle like the picture shows



Unfold the card and then fold the card into the middle lengthwise. Unfold and cut along the folds as shown by the arrows.



Fold the two tabs inwards and then the top part over them to make the box up.



To make the bottom part of the box, cut about 5-7 mm off the side and top of the other half of the card and then make it like the top of the box. You can have the message of the card inside the box like in the picture. It should fit snugly inside the box.

Other ideas for cards by Astrid Carter

Garlands: Cut circles out of old Xmas cards and sew together using a straight stitch on a sewing machine.

Decorations: Cut letters out of old Xmas cards to spell Xmas inspired words such as "Joy", "Peace" etc. Hole punch at top and thread string through to hang.

Products list

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

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