



MANUKAU
PARENTS CENTRE
Where parenting is everything!

February—March 2012 Edition



In this issue:

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- ☛ What's on ☛
- ☛ ...And very cute babies! ☛

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editorial...

Summer of 2012 has arrived! While the weather has not always been the most summery, it has been good to have longer days again and more time outdoors. You'll find some crafts inspired by the outdoors and a recipe for your next picnic or barbeque. We've also listed some summertime events you may enjoy—such as the movies in the parks—you might be able to take the kids or if you find a babysitter, celebrate Valentines Day early or late, with a movie and picnic under the stars!

2012 also marks the 60th anniversary (or Diamond Jubilee) of the Parents Centre! To commemorate this, we'll include a short article about the history of Parents Centre in each issue of the newsletter this year.

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Cover photo: Putting down the airbed © Fiona and Graeme Vette

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

Quiz Night—Saturday 17th March, St Patrick’s Day, Wattle Downs Golf Course

One of our major fundraisers for the year is our Quiz night. This is very fun and we have some great spot prizes and raffles. The quiz will be on the evening of Saturday 17th March and tickets cost \$15 and go fast! A delicious home made supper is provided as part of the ticket price. Contact manukau@parentscentre.org.nz if you want tickets to this fantastic event!

Children’s carnival

Along with Papakura and Franklin Parents centres, we are holding a small Children’s carnival to mark Children’s day on Saturday 3rd March 12pm—4pm at the Papakura Parents Centre, Elizabeth Campbell Hall, Chapel Street, Papakura. Come along and with your family and enjoy a sausage sizzle, a bounce on the bouncy castle, face painting and more! If you are able to help on the day by volunteering (even for an hour) that would be fantastic! Contact Emily (09) 268 0226 or emily@mindshift.co.nz for more information.

Want to know more about Parents Centre or volunteer at Parents Centre?

This will be an exciting year for Parents Centres around the country, as it marks our 60th anniversary. We are planning a few events and would like to offer some new courses but need some more “people power” to do so! If you are interested in helping out parents and families in our community, we’re holding an introduction to Parents Centre afternoon tea at 1:30-2:30 pm on Tuesday 21st February.

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 Protectors, 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

meet our new babies!



Logan James Bishop-Read. Born on the 15th November 2011 at 8.08am, weighing 9lb 4oz, son of Joanne and Brent.

websites we love

New World has a special Baby Club website—which they are hoping you can help improve. The current club has recipes, members only competitions, special discounts and fly-bys points, and you can ask advice from a nutritionist. If you are a member of the New World Baby Club, you can help improve the club by giving feedback on any or all of the following:

- What's good about the club currently
- What doesn't work
- How you think the club should move forward
- How can New World deliver what parents want (e.g., cheap nappies)
- The best method of communicating with new parents
- The best method to identify and target new parents and mums during pregnancy

Please email your feedback to Joan Hay at the Parents Centre National office: j.hay@parentscentre.org.nz

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



Manukau Parents Centre Moving & Grooving Sessions

Moving and Grooving starts again for 2012 on the 2nd February, and runs 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 preschoolers 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 Parents Centre Baby and You

Baby and You is a 5 week course for mums with young babies. We have a course running on Thursdays 10am-12pm from 1st March-29th March at the Wattle Downs Golf Club. Cost is \$40 for Parents centre members and \$60 for non-members. Contact Kylie for more information or to enrol: corsair@slingshot.co.nz or 09 267 1050

Toilet Training Made Easier – Auckland East Parents Centre

Steven Haynes (Registered Psychologist B.Sc., M.Phil., Dip Ed Psych., Dip Tch.)



Monday 12th March 2012, 7pm - 9pm, Keall House, 31 Uxbridge Rd, Howick (next to library). Discuss toilet training issues such as: Determining when your child is ready; Preparing for toilet training, Special tips for boys and girls, Tips to encourage learning, Ideas for multiples, Tips to prevent accidents (for ages 18 months to 5 years). Cost is Parents Centre Members \$10 single/\$15 double, Non-members \$15 single/\$20 double. Enquiries and

Bookings Phone 09 537 0560

... in the community?

Movies in the Parks

Auckland City Council are screening movies in parks around Auckland through February and March. There are two series – Mercury Energy Movies by Moonlight with blockbusters including Inception and the King’s Speech as well as



more family friendly fare such as Surf’s Up, Puss in Boots and the Smurfs and another focusing on New Zealand movies “A Taste of Kiwi” including Boy, My Wedding and other Secrets, and The Orator. See <http://www.moviesinparks.co.nz/> for more details. (You may also be interested in checking out Music in the Parks, which has free music concerts: <http://www.musicinparks.co.nz/>)

Waitangi Day Family Celebrations

Monday 6 February 2011, 10am – 6pm Barry Curtis Park, Chapel Road, Flat Bush, South Auckland

This is a free day for the whole family and includes treaty education and information, arts and stalls area, and a tamariki zone with free children’s rides and activities, as well as NZ and international Reggae acts.

APO4KIDS: When I Grow Up

Saturday 24th March TelstraClear Pacific 10:30am and 12 Noon

Our concert for three- to five-year-olds this year invites the children to dress up as what they’d like to be when they grow up. The kids will have a great time, learn about instruments, dynamics, rhythm and tempo, and perhaps experience an orchestra for the first time. This interactive concert includes conduct-along, sing-along and dance-along fun and ends, as always, with the popular Walk Through the Orchestra, so everyone can get up close to their favourite instrument. Tickets: Adults/Seniors \$20, Kids \$10

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

why was parents centre started?

Compiled by Emily Harrop-Smith from *Dobbie, M. (1990). The trouble with women: The story of Parents Centre New Zealand. NZ: Cape Catley Ltd.*

1952 is not very long ago – both of my parents were born that year. However, reading and listening to stories of giving birth at this time could lead you thinking that it was a very long time ago indeed - Giving birth in the 1940s and 1950s was a very different experience than we have today.

Women had no choice in terms of the amount of medication they were given, and were sometimes over-medicated – with disastrous consequences – as this often resulted in complications during the birthing process. Doctors and nurses were often patronising, abrupt and disregarding of what parents wanted. Men were not able to be with their partners during the birth. After the birth, the baby was removed into a nursery room away from the mother and fed on a rigid 4-hour schedule.

Helen Brew, one of the founders of the Parents Centre, had wanted a natural birth for her second child. While her doctor was not at all co-operative, Helen Brew persisted, and got through the first stage of labour well, despite being left alone on a bare bath board without either a pillow or a blanket. The nurse was shocked about how far Helen had progressed in her labour and insisted on administering an anaesthetic. Here is what happened next, as recorded by Helen Brew and recounted in *The Trouble with Women: The Story of Parents Centre New Zealand*.

“She held the mask firmly over my face...The anaesthetic must have been heavy for that baby was born for some time.” Two hours later she opened her eyes to a doctor rubbing his hands and saying, “you are very lucky to have a live baby.” Helen remembered her efforts to prise the mask away from her face with “Please, nurse, please...” And the firm “There’s a good girl, there’s a good girl.” Later another nurse who had been present at the birth told her that a pad had been

placed over the bulging vulva and that her thighs had been bound together to hold the pad in place until the doctor could be summoned to the hospital to completed the delivery. The baby failed to breathe at birth and had to be resuscitated.

Unfortunately this was far from being an unfortunate one –off experience. My grandmother had a baby die in the early 1950s after having the nurse hold the baby inside her until the doctor arrived. For her next child, it was a busy night and she ended up giving birth by herself, alone in a room. When the nurse came in the room, she told the nurse she had had the baby already. The nurse said “stop being silly” – until she saw the baby peering up at her!

One of the key reasons Parents Centre was formed was to make a positive difference to the birthing experiences of women and their partners.

summer recipes

Summer is a great time for barbeques and picnics.

Rice salad

Great warm or cold, this goes well with barbequed meats / vegetables.

Ingredients

2 cups of rice

1 red onion, finely chopped

1/2 celery, finely chopped, including the leaves

Small bunch of parsley, finely chopped

Vinaigrette (your favourite, or can be made from mixing three parts olive oil to one part white wine or balsamic vinegar.)

Cook rice as instructions on packet. Mix with onion, celery and parsley and dress with vinaigrette.



taking your young ones swimming for the first time

By Daniel Fulton, Fulton Swim School



Introducing your young ones to discovering the wonderful world of water should be a pleasant experience for you and your child. Must haves for infants when going swimming:

- Little Swimmers Nappies or the equivalent- they keep everything contained and will avoid embarrassment when the worst happens!
- Two towels- one for your child to lie on, the other to dry.
- Bring some food and drink for your child for after the lesson.

Here are a few tips to keep things fun and memorable so your child wants to come back!

Don't rush, get to where you need to be early if, if you are booked in for swimming lessons get there at least 10 minutes prior to the start- the aim is to provide a fun and relaxing atmosphere for you and your child

Classes are designed to be a positive experience, so try not to show any signs of distress or concern, as your child will pick up on this from you! Get involved in all the games and songs and have fun!

Always watch for babies with their mouths open, they could be taking in water.

Enjoy the experience!

For more information contact fulton-swimschool@gmail.com, 09 238 1841 or visit us at www.fultonswimschool.co.nz

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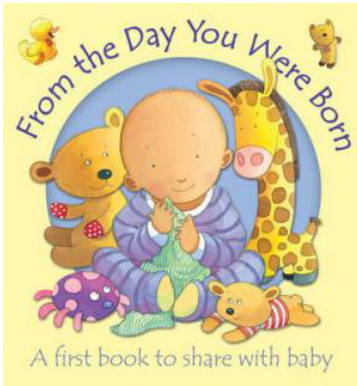
book corner

Reviews by Alexandre Parish (Bays North Harbour Parents Centre)

From the Day You Were Born by Sophie Piper

Lion Hudson Plc, Board Book: RRP \$10.99

Since having children I've learnt to appreciate the sheer sentimentality of many children's books, clothing, nursery decorations, paintings – you name it, there's bound to be something to cater for the most saccharine of tastes.



From the Day You Were Born is particularly sweet. It has set itself around the time a baby is learning to sit and smile. It reminds me of greeting cards. It manages to say what you feel, but possibly wouldn't say out loud. For example I don't often tell my littlest how special he is for "breathing and sleeping" or "waking and looking". It goes without saying actually. However, with this book, I get to tell him so.

Our experience of reading this together was similar to me reading a love poem, whilst the recipient chewed on it. No matter. The back of this book says it all: 'A gift to tell you just how much I love you'.

Confessions of a Coffee Group Dropout by Eleanor Black

Allen & Unwin RRP \$29.99

This is a very well written, funny and honest book by a local writer. I laughed out loud more than once, which I appreciated. I also appreciated the honesty of the women interviewed for the book. Some of their statements resonated with me and helped normalise some of my more negative feelings towards motherhood. So this book managed to serve a similar function to coffee groups. It includes lots of venting, and has other NZ mums talking about what they're going through, making your experience feel normal too.

However Eleanor Black takes a couple of shots at coffee group mums. She brings up

a comment about baby food that must still bother her. At these moments I felt she just needs to get over it. I actually happened to encounter a few anti-coffee group discussions in real life recently too. I have been included in a range of coffee groups in the last 2 years and have got to know a diverse range of people, who I wouldn't otherwise have met apart from the fact that we had children around the same time. I see this as a positive, but for whatever reason, some others don't seem to think so.

I have therefore come to the following conclusion: If you are in a cafe and a coffee group turn up, be aware that they will be noisy and take up a lot of space. If this is a problem for you, it may be a good idea to find a cafe that only has bar stools. You should be safe there.

I suppose it comes down to this: When you are sleep deprived, can you cope mixing with other sleep deprived mothers? If so, coffee groups should work for you. Parents Centre does a particularly fine job of organising these, (no bias)! If that's not your cup-of-tea, this book covers it all and does a great job of it.

great parks



Ambury farm is run by the council and has different farm animals including sheep, pigs, goats, cows, rabbits and chickens.

You may also see exciting things such as tractors and cows being milked!

It's free to visit and there are free gas-powered Barbeques too. There

are picnic tables (including ones under cover) and good facilities for washing hands etc. You can also go camping at Ambury Farm (although you have to pay for this - \$10 adults, \$5 children). Every year in spring there is a big Ambury Farm day where there are many extra attractions to see—but it is a great place to meet up with your coffee group, or take your children on a more regular basis.

active bodies = active minds

by Noline Skeet, Director GrasshopperKnees Ltd



In our previous article we spoke about the importance maximizing our child's intelligence and helping our child's brain grow in a healthy all rounded way to start a love of life long learning. Our first secret was all about getting the language going from an early age.



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

Secret Number Two: Active Bodies = Active Minds

You can't start early enough to get me up and moving.

The more I move the more I learn in the early years.

Right from birth, movement related activities can make a real difference to building the foundation for my learning. Through movement I will soon be exploring and discovering my world, testing out my memory, and building physical skills to fine-tune my co-ordination, flexibility and balance - all important attributes vital to grow up in this complex ever changing world.

Movement helps my brain make lots of important connections that I need to grow into a healthy well balanced all rounded intelligent kid. Neuroscientists now believe that learning/intelligence is much more than just the genes we are born with. Our main "circuits" may be "prewired" (for such functions as breathing and heart-beat), but it is the experiences we have in a loving caring environment that really make the difference to getting our learning off to the best possible start.

Movement helps my body and brain work together. Messages are received through my nerve endings all over my body and taken to my brain to be interpreted.

In my first year spending time lying, rolling, moving on the floor is much more beneficial for my physical development than spending lots of time in car seats, bouncers, jumpers, strollers and high chairs and left to watch TV/videos etc. And activities that cross over my mid line (invisible line going through the centre of my body) really help me develop my thinking processes.

As I move from lying to sitting to creeping/crawling and finally to standing position, my perspective changes, as does my perception of the world and its possibilities. The more mobile I become, the more I increase my knowledge about myself and the people and things around me. I am continually acquiring information through touch, body awareness and vestibular (motion awareness) senses. With each new stage of movement I enter loads of new brain connections are made.

When I'm a baby I don't need lots of toys to stimulate me; in fact a few well-chosen ones to match my developmental stage will do the trick. There is nothing better than classic rolling wooden rattles, rolling balls, simple focus books to get my attention and help me move my eyes, head, hands, feet and body. Brain building toys are the ones that are open ended and encourage me to move, manipulate, interact or figure something out.

Here is a list of movement activities particularly focussing on birth to 18 months that will really help you get your baby up and moving:

- Encourage lots of rolling by gently lifting one leg, rolling baby down a slight decline or rolling baby over a rolled up blanket or foam pad.
- Read tactile touch/feel books together. Encourage and help baby to reach out and touch the pictures.
- Use a soft bouncy beach ball or swiss ball to gently roll baby back and forth and side to side. Try lying baby on their tummy then on their back.
- Encourage tummy time from birth to develop upper body strength that is really important for crawling:
- Try lying baby on your tummy to begin with to get them used to the position.
- Lie on the floor with baby on soft mat - talk, play, sing, read a book together.
- Provide a mirror for your baby to watch their own face and interactions.
- It won't be long before you can put a wooden rolling rattle just out of their reach to encourage them to move.
- Eyes need to move too. Eye tracking activities such as following a ball (Oballs are great for this) threaded through a scarf as it moves back and forth.
- Engage in lots of finger rhymes and songs e.g. Round and Round the Garden, This Little Piggy, See Saw Margery Daw, Incy Wincy Spider. Playing Pat-a-Cake games are great for social interaction, imitation, touch and rhythmic awareness.

- Do different cross over activities e.g. using my left hand to touch my right foot.
- Use a sing song voice as you are doing the actions or sing songs such as This is the way we touch our toes (In tune to – Here We Go Around the Mulberrybush).
- Put baby’s feet against a hard surface to encourage pushing off or try rolling up a towel and encourage them to kick off to get creeping/crawling practice.
- When baby can hold their head up try gentle swaying and swinging movements holding baby securely under the arms either facing you or facing out. This can soon progress to holding up high, turning upside down and going for aeroplane rides around the room as you twirl and spin around.
- Dance to music together. Try soft gentle music to calm and soothe or upbeat pop/jazz or similar to dance and giggle to.
- When your baby is sitting you can provide baby with a variety of safe natural textured objects for them to feel and play with. See our GrasshopperKnees Discovery Box page for tips on things to use.

For more information visit www.grasshopperknees.co.nz or contact Noline on nolines@grasshopperknees.co.nz or 0274976294



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cooking with kids ...cooked playdough

While this isn't good for eating, it is very fun to play with! This is the tried and tested recipe of Darcel Luka (Manukau Parents Centre committee) and will keep for months in an airtight container.

2 cups flour

1 cup salt

2 cups water

2 tablespoons oil

4 teaspoons cream of tartar

Food colouring

Cook in microwave and stir every minute or so for 3 - 5 minutes.

Keep in an airtight container.

If you don't use cream of tartar it will still work, it will just go off eventually and should be kept in the fridge to prevent that.



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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

craft: inspired by the outdoors

Craft instructions by Amanda Crozier

Ocean Canvas Artwork

What you need:

Plaster of Paris, Chocolate moulds – Sea shapes, Assorted paints, sand and glitter, Glue, Canvas

Create it:

1. Mix plaster of Paris as per instructions and pour into moulds
2. Paint canvas to look like the sea
3. Add sand and paint for the ocean, leave to dry while moulds are also drying.
4. Remove shapes from moulds and decorate, leave to dry.
5. When dry add to your canvas and then ta da your masterpiece is complete

Bird feeder

What you need: Pine cones, Peanut butter or margarine, Bird seed, String and plastic bowl

Make it:

Tie string to top of pinecone

Fill gaps using a spoon with peanut butter or marg

Put bird seed in a bowl then roll pine cone into it

Hang in a tree and outside and watch the birds come !



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 Black Steel Blue Kahurangi/Moss Green 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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