



MANUKAU
PARENTS CENTRE
Where parenting is everything!

June—July 2011 Edition



In this issue:

- ☺ Parent Centre News ☺
- ☺ Activities for the winter months ☺
- ☺ Mums in business ☺
- ☺ Crafts ☺
- ☺ Recipe ☺
- ☺ What's on ☺
- ☺ ...And very cute babies! ☺

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editorial...

We have been pretty lucky with the weather so far, but winter is here now and we are sure to have some wet and wild days ahead!

This issue focuses on things you can do with your baby and small children during these types of days.

You'll also find the latest news and information about upcoming events.

We've also got crafts, an interview with some mums in business, a recipe for teething babies, and articles from Noline Skeet on intelligence and Liz Soma on kindergarten.

Stay warm!

~ Emily (MPC President)

contents

Manukau Parents Centre news	4
Meet our new Babies	5
What is on? Upcoming events	6
Recipe	8
Baby Factory discount shopping day	9
Mums in business—Presse Papiers	10
Winter Winners—Activities to keep everyone smiling in winter	12
how can your child be “intelligent” in a variety of ways?	14
All about: Kindy	16
Crafts	18

Cover photo: Oliver at 6 weeks—© Katie Speck

Are you a **family friendly** business?

Both Manukau and Franklin 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 both 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

Celebrating Motherhood

Three public relations students from MIT Rebecca Thompson, Saras Math and Onjeurlina Tumupu planned and (with their awesome team of volunteers) ran a fantastic pampering event for expectant and new mums. There were lots of giveaways from Stampin' Up, 4 My Earth and Love to Learn as well as a raffle won by Tyla Gurnick. Other treats included delicious Celebration Cakes Cup cakes and manicures, facials and more. Mangere Bakery kindly donated delicious savouries and a huge chocolate cake and Countdown also donated \$50 worth of food. All participants received PORSE goodie bags, filled with vouchers from Patrick Bellett Photography, Rock my Baby and SKIP booklets and magnets. Other sponsors included Grasshopperknees, Configure Express, Inner Health, Westfield Manukau, Club 519 Event Centre and Quing Lee.



Baby and You Co-ordinator Needed!

This role involves fielding phone calls and e-mails from those interested in attending the course. A detailed list of attendees will need to be kept and passed on to the facilitator.

Other responsibilities include:

- ★ Booking of speakers over the five week course
- ★ Receiving and recording evaluation forms
- ★ Liaising with the facilitator of the course
- ★ Liaising with the antenatal convenor (who passes on the details of those who are booked in to the course)
- ★ Liaising with the marketing officer to ensure courses are advertised
- ★ General marketing to the public (through Facebook, on-line forums and more)

For each course, there is approximately 2 hours of preparation.

Collation of information after the course finishes should take approximately 30 minutes. Contact Charlie (09) 235 2295 or Emily (09) 268 0226 if you can help us!

meet our new babies!



Imogen Reese Bish, born on 18th Feb 2011, first daughter of Patrick and Melanie Bish.

Here is Oliver at 6 weeks. Born 8th February, Mum Katie Speck says "He's such a cruisey little dude and is always so happy. And we love him to death!"



This is Rory Willcocks, the little brother of Thea Rose (aged 5) and son of Jodie and Roger.



Friday 13th was a lucky day for Kirsten McGhie and Robert Orec! Here is Harvey Alexander Orec, born 13th May at 9lb 12oz. All are doing well!

what is on?

Pamela Stephenson-Connolley

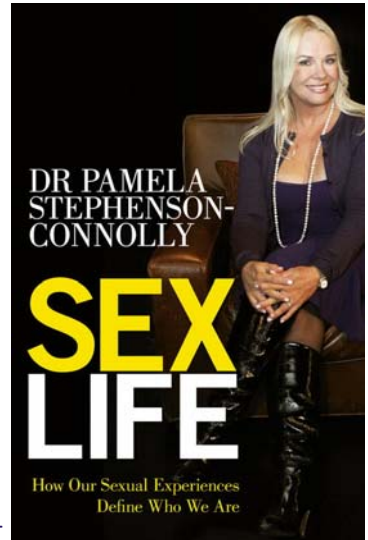
As part of Parents Centre Week, Manukau Parents Centre are working with Franklin and Papakura Parents Centre to host a talk, question and answer session and book signing by Dr Pamela Stephenson-Connolley on Thursday 16th June, 7pm at the Papakura Parents Centre at the Elizabeth Campbell Hall, 3 Chapel Street, Papakura.

Dr Pamela Stephenson is a clinical psychologist who has been a psychotherapist for well over a decade. She gained her PhD in Psychology in California, USA, and established a private psychotherapy practice in Beverly Hills in 1994. She also taught as Adjunct Professor in the Psychology department of the California Graduate Institute for five years. Now a bestselling author, she and her husband Billy Connolly live in New York and the Scottish Highlands.

Cost—\$5 for Parents Centre members and \$10 for non-members (all proceeds go to the Parents Centres). Pamela's new book *Sex Life* will be on sale at the event with money from each sale going to our Parents Centres!

Manukau Parent Craft Group

Come along to our once a month craft group, with crafts for both parents and pre-schoolers! Little Rory as featured in "Meet our Babies" made a lovely painting for his Nana at our last craft morning. Our next two scheduled meetings are 10am-11:30am Friday June 18th, with a shared morning tea for Parents Centre Week and 10am-11:30am Friday 15th July. Contact Emily for more information on 09 268 0226 or 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 normally in front of the Auckland Regional Botanic Gardens Café (except for trip days see below). 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

Here are our themes for the June and July.

2nd June – Meet at Ambury Farm, Mangere for “Farm Animals”

9th June—Pukekos

16th June– Bubbles

23rd June—Butterflies and other Insects

30th June –Boats

7th July—Visit to Fire Station—to be confirmed

14th July—Cars and Trucks

21st July—Trains

28th July—Visit to Ardmore Airport



Stay and Play Workshop by Kids Music Company

This workshop covers songs for both the 0-2 year old and 2-5 year old age groups. The course will be held at Patumahoe School, 38 Patumahoe, Pukekohe on 23rd June from 7:00-9:15pm. Cost is \$50. Contact Annemarie@kidsmusiccompany.com or phone 09 479 6741 for more information.

You can find more family friendly events on around the South Auckland region on our blog <http://manukauparentcentre.blogspot.com/> and make sure you connect with us on Facebook to keep up-to-date with what is on offer at the Parents' Centre!

recipes

Here's a favourite recipe of Sacha Woolnough from Franklin Parent Centre. She found it in the Watties baby Food Book and has found that it's great for littlies- especially those who are teething!

Banana Biscotti

1/2 cup ripe mashed banana
1/2 tsp vanilla essence
yolk of 1 egg
1 packed down Tab brown sugar
1 cup self raising flour
pinch salt
water as necessary approx 1 Tab



Turn oven on to 160c . Mash banana with a fork in a medium sized bowl , add egg, vanilla, brown sugar, flour and salt.

Fold everything together until the flour is dampened without over mixing adding water if the mixture seems thicker than a muffin mixture.

Line the sides and bottom of a medium sized loaf tin then spoon mixture in and level the top with the back of a wet spoon.

Bake for about 15-20 minutes until skewer comes out clean . take out of oven cool a little before removing fro tin and cooling further on a cake rack. It should be pale not golden. Turn oven down to 125c.

When loaf has cooled cut it into slices with a serrated knife and lay on a cooling rack or even the oven rack and bake at the lower temp for a further 15-20 minutes or until golden brown and crisp through . store in an airtight container for up to 2 weeks.

Do you have a favourite recipe you'd like to share? Send it to

emily@mindshift.co.nz

PARENTS CENTRE SHOPPING DAY

Present the coupon below and receive

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If you would like to receive information from The Baby Factory via email, please tick this box.

mums in business:papier-presse

Tell us a little bit about you...

What area do you live in? Currently, Charlotte lives in Central Auckland & Olivia lives in Sydney.

Name(s) and age(s) of children? Madison (3.5 years) Zachary (2.5 years) Georgia (19 months) Cooper (10 months)

What is the best part of being a parent? Where do we start...we love cuddles, bed-time stories and chats, as well as laughing out loud by the funny things that our children do. Watching them grow up and become little people is an amazing experience, we feel very blessed.



Charlotte with Madison and Georgia

Do you have any pets? No, not at this stage, although there are currently regular requests for a cat and dog to join our households!

What are your hobbies and interests? Anything paper and stationery related, magazines, baking, chatting to our sisters, and spending time with our kids and husbands.

Tell us a bit about your business....

What do you do? We are an online paper boutique selling lots of paper and stationery goodies, ranging from cards, gift wrap, wall prints, gorgeous tapes and string and much more! As part of our store, we also write and update our blog, monthly newsletters and facebook page. Being online, we love getting to know our customers more via these forums. In time, we are hoping to open our own boutique store in Auckland.



Olivia with Zachary and Cooper

Why did you go into business? As self-confessed paper and stationery lovers, it had been a dream of ours for a long time to open a shop like presse-papiers! Spoilt by the range of boutique stationery available in Sydney, we felt there was a gap here in New Zealand for unique items to indulge ourselves in and so we envisioned a one-stop shop that would be filled with beautiful yet affordable paper and gift supplies. After having our first children, we had also both dreamed of career changes, and hoped that starting our own business would allow us

greater flexibility around our family needs as they change over time.

How long have you been in business? We launched our online store in October 2010, and also appeared at the Auckland Parent and Child Show our first weekend of business.

How has being a parent affected your business or the way you work? At the moment, we have to work around our children, which means fitting in customer enquiries/orders during day sleeps, as well as a lot of work at night time. Luckily, our eldest children are already obsessed with wrapping gifts and collecting ribbons and so they often join in and help with our work!

What is the best thing about working/your business? We love the flexible hours, and the fact that we can run an online business while living on different sides of the Tasman sea, and of course being able to buy (and use!) all of our gorgeous products.

Your business contact details. w:www.presse.co.nz e:info@presse.co.nz

“

We both go to Kindy! They welcomed us and I can stay and help with my son's learning. We both love it.

”

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winter winners...

activities to keep everyone smiling in winter!

Winter can be a hard time for parents with babies or small children. Parents who are at home with small babies may feel a bit trapped and it is easy to feel depressed in winter—there is even a proper name for it—Seasonal Affective Disorder! Small children often have lots of energy to burn and want to be out and about! Here are some ideas of things to do with babies and small children in winter weather:

1. Swimming!

While it might not be the first thing to spring to mind in winter, swimming is an all year round activity. It's a great way to burn off extra energy and for babies and small children to develop confidence in themselves and learn water safety skills. Most pools recommend waiting until babies are 6 months old, although some will take babies earlier than this. Scheduling swimming lessons into your week is a good idea as you'll have regular contact with other parents with children the same age, and a reason to go to the pools. For swimming you'll need some swimming nappies, togs and towels and warm clothes for afterwards. It can be a bit of a mission dressing a baby while you are dripping wet yourself, so if you can, take along a helper the first few times you go swimming with your baby.



2. Inside adventures

You might not be able to walk outside, but there are places you can walk inside too! Shopping malls work well for this—most have changing and feeding rooms (Botany has a great one!) Try going to a different one than normal.

Another place to try is the new Chinese Markets located at 262 Ti Raukau Drive, East Tamaki. The Chinese Markets have a big foodcourt and an indoor

play ground suitable for toddlers and up. While the Chinese Markets do have a changing room, they don't really have a place to feed babies in private.

The museum is another place you can go—it is free again for Aucklanders—just take along proof of address the first time you go. It has a good parents room, with space for feeding and changing babies.

3. Change your environment at home

Remember making forts when you were little? Little kids love hidey holes and places to play “peek-a-boo”. These can be made simply with blankets and chairs, or a big cardboard box. Slightly older pre-schooler may like the idea of an indoor picnic with a friend or their toys taking part! Bubbles and Balloons are also good things that can be brought out on occasion! A tip for balloons is not to blow them up too big—smaller balloons are less likely to pop!

4. Go to the library

Libraries have changed dramatically in the last couple of decades. As well as books, you can borrow magazines and music CDs. Most libraries have a good children's section, with board books for babies and music CDs. Most libraries also run a pre-schoolers programme, with stories and songs. Since the merge of the “Supercity” all children's CDs can be borrowed for free. Make it a regular part of your routine to go to the library, choose some books for yourself and some for your baby. One trick to make sure that you don't lose any books is to only get out a set amount of books each week—e.g. 5 for you and 5 for your baby and put the receipt on your fridge. Then you know how many to look for on your way back to the library!

5. Brave the outdoors

If you have a toddler or pre-schooler, you can take them outside in rainy weather for short walks. They will enjoy jumping in puddles! With raincovers for strollers available, you can also take babies for a walk too. Going for a short bush walk is nice in the rain—the trees will protect you from the worst of the weather and plan to have nice warm clothes to change into once you are done!

how can your child be “intelligent” in a variety of ways?

By Noline Skeet

This article is the first of a series giving parents/caregivers/educators specific ideas about how they can help maximise children’s intelligence. This first article will focus on intelligence in general with specific reference to the ‘Multiple Intelligences’ theory. Subsequent articles will be about the specific Multiple Intelligences with practical ideas to help children’s brains grow in a healthy all rounded way.

Recent brain research is telling us that both nature (our genetic makeup) and nurture (our environment including loving relationships and experiences) contribute to intelligence. Many of today’s neuroscientists and educationist researchers are challenging our long held beliefs that intelligence is just academic achievement in literacy and numeracy. They believe that the traditional definition of intelligence is too narrow and we need a broader definition that reflects the differing ways in which humans think and learn.

Renowned Harvard professor of Education Howard Gardner and author of a ground breaking book in 1983 called Frames of Mind believes that there are two traditional areas of intelligence in literacy and numeracy but there are also 6 others - spatial, musical, kinaesthetic, interpersonal and intrapersonal and nature. He has labelled these as Multiple Intelligences.

The key principles underpinning Multiple Intelligences are:

1. Each person processes all intelligences in different degrees
2. Everyone has the capacity to develop their own unique pattern of intelligence
3. Everyone can develop each intelligence to an adequate level of competency

All the Intelligences are intertwined in a complex way

It is vital that children are exposed to a variety of experiences and learning activities that will teach, nurture and strengthen both the intelligences they are strong in as well as those less-developed intelligences.

If we are to capitalise on the rapid brain development in the first 3 years we must start from birth in order to maximise the brain connections made in this critical time. See our website www.grasshopperknees.co.nz to understand more about how introducing the right activities and toys at the right stage will ensure you’re maximising the brain connections and giving your children the head start to learning they deserve.

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Do you want you baby or child to get the best start to their lifelong learning journey?

Parents and caregivers can play a significant role, particularly in the first 3 years when approximately 85% of brain connections are made.

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.

Director Noline Skeet has 40 years educational experience and would love to come and talk to your coffee / parent group about the benefits of introducing your child to the right toys and activities to maximise your children's learning.

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

www.grasshopperknees.co.nz



all about: kindy

By Liz Soma, AKA

Cast your mind back to your days at kindy, perhaps you remember a favourite teacher, playing outside on the wagon wheel, or having a visit from the local fire brigade.

Since 1908, the Auckland Kindergarten Association (AKA) has been providing quality early childhood education to over 14,000 children every year.

Kindergarten education values the importance of child initiated play based experiences. Children at kindy are encouraged to make their own learning choices, problem-solve, observe and explore at their own pace with support from teachers, families/whanau and their peers. At each kindy you will be greeted by spacious well-resourced curriculum areas where your child will have the opportunity to experience exploration, creativity, literacy, numeracy, independence, confidence, working together, sharing and social interactions.

The environment at kindy is safe, nurturing and enriching where children have fun and develop a passion for learning and love of life. The complementing large outdoor areas promote physical exercise, development and an understanding of the natural world around them.

Your child's learning and development will be further supported and extended by a passionate teaching team who are qualified in early childhood education, hold current registration certificate and first aid certificates.

The dedicated teaching teams regularly document children's work incorporating digital photographs into stories, which provide a snapshot of children's learning. These assessments, which are recorded in individual portfolios, highlight chil-



dren's strengths, interests and learning dispositions.

The AKA offers two types of options for families.

'Sessional' Kindy; This is when your child attends kindy for a 3 or 4 hour session. Usually starting in the afternoons, children generally attend three times per week, and move to five morning sessions per week as they move toward school. The sessions are generally set but the number of sessions and hours varies from kindy to kindy.

'Day' Kindy; This is kindy with "school type" hours with a sessional option as well (between 4 and 6 1/2 hours per day). You have the flexibility to choose the hours and days your child attends.

The AKA encourage parents to enrol their child at their local kindy at two years of age. Unlike schools our kindergartens are not zoned and therefore you can enrol your child at the kindy of your choice, maybe one near your work. It is a good idea to visit several of our centres, talk with the teaching team and experience the place in action before you decide which best suits your child and family needs.

Your child will normally start kindy around the age of 3, when a vacancy occurs. The vacancies come up when other children move on to school.

All AKA kindys offer 20 hours ECE to 3-5 year olds. With your 20 hours ECE subsidy paid for, the first 20 hours of your child's kindy is free. The cost over that 20 Hours ranges from \$1.55 - \$4.50 per hour depending on the number of hours your child attends. Your local kindy can give you all the details and costs based to your needs.

Whether it's a few mornings per week or full days AKA have kindys that will suit your needs.

Visit www.mykindy.co.nz or phone 0800 4 KINDY to find out how AKA can help you.

recycling gift wrapping paper

– by presse-papiers (www.presse.co.nz)

With winter now upon us, it is timely to think of some indoor craft ideas to keep you entertained through the chilly months. Both creative and practical, here are a few ideas for recycling those pieces of gift wrap/paper that we all tend to accumulate from birthdays and parties.

Paper fans



Cut a long rectangle of gift wrap and fold it back and forth, like an accordion

Fold and staple or tape one end, and cut the other end in a curve shape

Spread out fan and use double sided tape to stick to your gift (or use as a fan like we used to as little girls!)

Paper blossoms/garlands



Follow steps 1 and 2 for Paper fans instructions

Bring both ends of the fan right around and staple together

Tie string to each blossom to create pretty decorations, string together to create a garland, or stick to the top of a wrapped gift or box

Paper snowflakes



Fold a square of paper into quarters, and then fold on a diagonal to make a triangle and then repeat again.

Now create different snowflakes by cutting into the triangle on different angles. Once you open your paper up, it will reveal a unique and pretty gift tag to place on your gift.

These designs and the beautiful wrap come from the talented world of Love Mae, which you can check out here www.lovemae.com.au.

You can also have a go at making your own gift tags - using left over wrap, backs of greeting cards and lots of colourful masking tapes. We would love to see your creations so send us a picture at info@presse.co.nz.

crafts for your baby

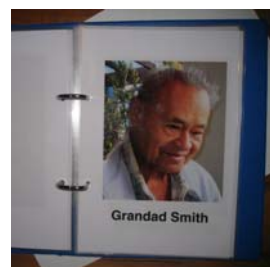
A great winter time project is making a book for your baby to read. These don't need to be expensive and you can tailor them to the stage and interests of your child.

Here are some different ideas:



Cut out pictures from magazines, advertisements (like countdown catalogues), cards, and wrapping paper to make a scrapbook. You can write about each picture or make collages of items in themes— e.g. a page of red things, a page of babies, a page of eyes etc.

Print photos of people in your family or people important to your child. These ones have been laminated to protect them from wear and tear and put into a folder.



Come up with a story and using photos of your child, make it into a book. These can be also used to reinforce behaviours in your child—for example, showing your child carrying out their bedtime routine, eating their dinner etc.

A class for you and your child to gain confidence, develop water awareness and improve motor co-ordination in an aquatic environment. With the use of toys and games we are able to create a fun learning environment where children progress with skills that are vital for their development in swimming and aquatic safety.

BENEFITS INCLUDE:

Parent and child bonding, confidence, socialisation, learning swimming skills that will aid them in their development as swimmers.

Lessons from 6 months

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