



MANUKAU
PARENTS CENTRE
Where parenting is everything!

October-November 2011 Edition



In this issue:

- ☛ Parents Centre News ☛ Ideas for Holiday fun ☛ Playgroups
- ☛ Book reviews ☛ Recipes ☛ What's on ☛ Crafts
- ☛ ...And very cute babies! ☛

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editorial...

The focus for this issue of our newsletter is different forms of play and activities you can do with your children from attending playgroups, to reading books and crafts and activities you might want to do during the school holidays.

It is very important to play with your children as not only is this one of the main ways they learn but also as it helps to strengthen your relationship with them. And it is fun too!

A lot of credit for this newsletter goes to Linda Dunn (MPC secretary) as she provided many of the ideas and articles! ~ Emily (MPC President/newsletter editor)

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Cover photo: Danae © Tania and Daniel North

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 news

Father's day picnic



Thea Rose and her dad Roger enjoying the face painting activity, courtesy of Blue September.

We held a Father's day picnic at Ambury farm on Saturday 3rd September. We had a few showers, but also lots of fun seeing the animals and having a lovely lunch together. To mark Blue September—Prostate Cancer awareness—we had a facepainting game where the kids (including 1 year old Riley) painted their dads' faces blue and dads painted the kids faces blue too. We also had goodie bags and spot prizes for dads, thanks to the support of Blue September, Bell Tea, Video Ezy, Burger King and SKIP.

Competition—Facebook



We've started a monthly prize draw for everyone who likes our new 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 October will be a cloth book with pictures of animals and the prize for November will be "The Sneetches and Other Stories" by Dr Seuss.

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!

meet our new babies...



Danae June North. Born 3 August
5.47am, Weighing 8lb 10oz (3.915kg),
Daughter of Tania and Daniel, Sister for
Kaynan and Brennan.

Maxwell Alexander Bain, Born
Saturday the 17th September
2011 at 6.24pm 8lbs son of
Alastair & Brenda Bain (Wattle
Downs)



Leah Dawn Clarke. Born on the
3rd of September to Kate and
Damien Clarke.

Here's a cute photo of Shannon and
Craig Greacen's son Blake (born 11 Au-
gust), taken a couple of days after he
was born...

He is wearing his first life jacket -
which was a present from his great
granddad!



what is on....

... at parents centre?

Baby and You Starts Thursday 6th October

Designed for mums with new babies 12 weeks and under, our five week Baby & You course provides a great line up of speakers as well as our qualified Childbirth Educator facilitating all sessions. Our course will provide you with information on the following topics: Adjusting to being a parent, Post natal distress and depression, Sleeping and Feeding, First aid for babies including CPR and what to do if your baby is choking, Your nutrition, Active movement for Baby, Play. Cost \$40 for Parents Centre Members and \$60 for non-members. Course is held at the Wattle Downs Golf club. Contact Charlie to enrol or for more information: Email : lwtwins@hotmail.com Phone: 09 235 2295 or 0275 467 125

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 Theresa a text or call—021 396 873 or for more information contact Emily on 09 268 0226 or emily@mindshift.co.nz

Manukau Parent Centre Craft Group

Come along to our once a month craft group, with crafts for both parents and pre-schoolers! Our next two scheduled meetings are 10am-11:30am Tuesday 11th October and Friday 18th November. Contact Emily for more information on 09 268 0226 or emily@mindshift.co.nz

Parents Centre Christmas Picnic

We are planning a Parents Centre Christmas Family Picnic, tentatively for Saturday 26th November, which is Election Day, at Omana Beach. More to follow on Facebook, our Blog and by email!

... in the community?

Compiled by Linda Dunn

Hairy Maclary from Donaldsons Dairy, live show at The Pumphouse, Takapuna.
26 Sep – 22 Oct.

Parent & Child Show 30 Sep – 2 Oct \$15 at ASB Showgrounds.

Clevedon School Agriculture Day Fri 7 Oct 9.30am – 1pm. Clevedon Baa Baa races 4.30pm – 8pm at Clevedon Showgrounds. www.clevedon.co.nz.

The Butcher & the Bear live show.

8-15 Oct at The Edge. Recommended for ages 4 – 8. \$15 + booking fees.

Glow Worms at Totara Park Wairere Rd, Manurewa 10 & 17 Oct 9.00pm-9.45
Spot eels, koura & glowworms, listen for frogs! Wear sensible clothes/shoes.
Bookings essential. Kristen Ross ph 301-0101

Ambury Farm Day 16 Oct 10-4pm. Come for the whole day, pack a picnic or buy from the stalls. Entry and most activities are free. Ambury Regional Park.

Diwali Festival 16 Oct TelstraClear Pacific Events Centre. Noon-8.45pm. Indian festival with stalls and childrens activities culminating with fireworks.

Hansel & Gretel live show at Bruce Mason Theatre, Takapuna. 17-22 Oct \$14 or \$25 incl. Gingerbread Feast.

Free Rock Climbing for age 6+. Fri 21 Oct 12pm – 2pm
Allenby Park, 66 Allenby Rd, Papatoetoe

Kids Concert 30th Oct 3pm Mangere Arts Centre, cnr Orly Ave/Bader Drive, Mangere. Free (donations welcome).

Manukau Libraries have a great range of events/activities planned for the school holiday period. www.manukau-libraries.govt.nz

Agent Ani trail at Botanical Gardens. Pick up a booklet for a gold coin donation when you enter the gardens and follow the clues around the gardens.

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

All about: playgroups

What is a playgroup?



There are different types of playgroups. There can be informal groups started by a group of friends, or more formal groups which are certified by the Ministry of Education and receive funding and support. Certified groups are required to have a curriculum of learning, a place to operate from, and health and safety and administration policies in place. Some playgroups are community language playgroups and support parents and children to develop skills in a language e.g., Chinese or Tongan. All playgroups require a parent or caregiver to stay with the child at all times. They are not a childcare service.

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What happens at playgroup?

Normally there are toys and other activities set up at playgroup that will interest pre-schoolers of various ages. These may include: arts and crafts materials, water play, play doh, rocking houses, and blocks.

Parents / caregivers supervise and play with the children.

Most playgroups are fairly casual. If the playgroup is certified, you will probably need to complete a simple enrolment form for your child and sign them in and out of the playgroup.

How much does it cost to go to playgroup?

Costs vary from free to \$5 per family per session.

Benefits of attending a playgroup

By joining a playgroup, you will meet other parents and be able to share ideas and make new friends. You'll be rolemodelling the value of community to your

child, and as well as having fun and new experiences, your child will learn to socialise with other children and develop their social and communication skills.

Here are some playgroups:

Papakura Parents Centre Playgroup

Wednesdays 1:30-3:00pm

Papakura Parents Centre Room & Foyer (by Toy Library & Plunket) Elizabeth Campbell Centre, 3 Chapel Street, Papakura

Loads of toys for infants, toddlers (and probably Mum & Dad too!)

Enquiries: Jenn 021 662-128 or Leah 021 047-5528

Refreshments provided for Mums and Dads

Clayton Park Playgroup

Tuesday, Wednesday, Thursday 9-11:30am

Room 26 , Clayton Park School,
Coxhead road, Wattle Downs

Suggested donation \$1 a session

The Panda-Kiwi Playgroup

This a Chinese/English playgroup which runs on Tuesday - Thursday mornings 10:30am - 12:30pm at St David's Anglican Church, 813 Great South Road, Manukau (close to Telstra Clear Pacific Events Centre). It's designed for 0-5 and their caregivers and focuses on learning Chinese and fun activities for pre-schoolers. For more information contact: Charm Money - 021910123 or charm.money@hotmail.com

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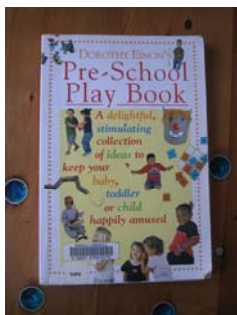
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books on play

These books can both be borrowed through the Auckland Libraries.

Dorothy Einon's *Preschool Play Book* (1999, London, Bloomsbury)



This book of ideas for games and play with small children is illustrated with lovely photographs. While it didn't really provide any earth-shatteringly new ideas, it did have many favourite games and a good range of low and no-cost play activities to use with pre-schoolers. My favourite part of the book was how the underlying learning aspects of the activities were given (e.g., improves fine motor control).

Most of the activities seem to be for two – five year olds although there are some activities for little babies and several for under-tuos.

Positives:

Nicely presented and organised

A variety of ideas

Most ideas are ones that are free or low cost

Describes the learning behind the activities

Negatives:

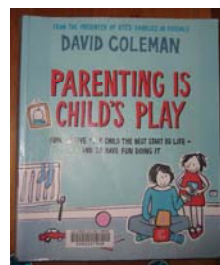
More activities for little babies would be useful for parents

Overall I'd say this book is best if you have a toddler or pre-schooler and are looking for some new ideas to stimulate your child's imagination and learning.

Parenting is child's play: How to give your child the best start in life – and to have fun doing it by David Coleman (2007, Penguin Ireland)

Parenting is child's play provides a Child-Centred perspective on the best way to raise a happy and emotionally healthy child by creating a supportive and loving relationship with fair and consistent boundaries.

Written by the Irish Child Psychologist David Coleman, the book covers general areas such as increasing communication, making the most of play learning op-



portunities and empathising with your child's feelings and topics of specific interest to parents of young children such as dealing with tantrums, sleep and eating issues, and potty training.

Positives:

Presents parenting in a positive way – it is not about following a strict routine to the letter, it is about being human and developing a positive relationship with your child

Provides good information about child development

Gives good practical ideas you can use straight away

Has a bit of humour mixed in!

Negatives:

Is written for an Irish audience, so occasionally uses language in a way I wasn't familiar with e.g., bold = naughty – not a major one though!

Overall I'd say this is a great book, especially if your child is a toddler. It's designed for parents with children aged 0-6 however and a good read for any parent.

swimming tips

By Daniel Fulton, Fulton Swim School



Last month we talked about your babies reflexes and tipping water over the head with the use of cue words.

One of the reflexes that is stimulated with the water running over the eyes is the diving response, this is controlled by a number of reflexes (gag, mono.....)

In some infants the dive response is very strong and others not. This response lessens as they get older.

In the prone position the swimming reflex causes babies arms, legs and body to move in the water

Tip: hold your child in a prone position (as pictured) in a pool or bath. This will stimulate their arms and legs.

Keep your fore finger under the chin to ensure your child is not taking in water.



For further information this link: <http://www.fultonswimschool.co.nz/babies.htm>

kids and books

It is never too early to start reading to your child—and never too late to start either!

You can start reading to your child before he or she is born. Barbara Kisilevsky and other researchers have found that by:

- 30 weeks gestation foetuses have developed to be able to hear and responded to simple noises, such as bursts of white noise,
- 33 weeks it can recognise different tempos of music
- 35 weeks it can recognise its mother's voice
- 37 weeks, a foetus can recognise different features of speech.

It is fine to wait until your child is born however! Board books and cloth books are good first choices for babies as they are a bit more durable than other types of books. You can put a cloth or board book in front of your baby during tummy time. Very young babies see black and white first, then red. You can buy or borrow books with these colours to capture a newborn's attention.

Most books for babies have either labelled pictures or very simple stories.

Older babies like books with different textures for them to touch. Usborne have a series called "Touchy-Feely" which all have titles starting "That's not my..." and finishing with everything from robot to monkey to fairy to reindeer that are a good example of this type of book.

As soon as your baby enjoys peekaboo, you can be pretty sure they will enjoy books with flaps to lift. This type of book also helps with their fine motor skill development as it requires a bit of hand eye co-ordination to lift the flap.

You can borrow texture or flap books from the library or have a go at making one for yourself!

Here are some recommended books and stories from mum

Linda Dunn:

Age 0 – 3:

Owl Babies, by Martin Waddell

Dear Zoo, by Rod Campbell

Age 3+

The Cat in the Hat, by Dr Seuss

Mike Mulligan, by Virginia Lee

Burton

Age 5+

A Walk in the Park, by Anthony

Browne

The Ugly Duckling, by Hans Christian Anderson



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”

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october holiday fun

It sounds geeky, but a list of ideas for the holidays can save stress, money and give the family something to look forward to.

By Linda Dunn

One day home, and one day out is quite a good plan so that littlies and parents don't get worn out. So based on that theory, here is my rough plan for the holidays.

- See the new Te Wao Nui exhibit at the zoo.
- Go to the city to see the giant rugby ball and new developments.
- Checking out the libraries website to find an activity or two that we would like.
- Bush walk at Cascades-Kauri, Waitakere
- Going to the playground at Allenby Park, Papatoetoe.
- Maybe the movies.
- Bike riding at Sir Barry Curtis Park.
- The Learning Centre at the Museum is always great (especially when wet), plus they have the Taniwha live show on.
- At home we'll plant some veges in the garden, wash the car, bake, maybe try the pizza making (see cooking with kids, p 16) & colourful carnations (see p 18) and kick the rugby ball over our new, home-made rugby goal posts!



Family Fun Time

This is an idea that doesn't have to wait for the holidays!

Make a time slot on the calendar to have **Family Fun Time**. Plan this time so that everyone attends, no one is only half focussed, make fun snacks – focus

on the fun and don't treat it like something on your 'to do' list. Kids love their parents' involvement!

Play a board game

Here are some great Traditional Board Games for young kids.

- Kerplunk
- Candyland
- Snakes & Ladders
- Jenga
- Sorry
- Dominoes



You can create your own personal family gameboard by downloading templates at <http://jc-schools.net/tutorials/gameboard.htm>
Games at good prices are plentiful on websites such as Trade Me.

Great Parks

Cascades-Kauri, off the road to Bethells Beach in the Waitakere Ranges is an Auckland Council park with a great bush walk that takes around an hour (with the kids) to walk the loop. It is pram and wheelchair friendly, takes in some majestic kauri and a good portion of the track runs parallel to a lively stream.

There's heaps of parking and park-like lawn before the track so it's ideal to pack a picnic to have before or after the walk, meaning you can leave the gear in the car and not have to carry it in the backpack.

It's lovely in good weather, and fun with the raincoat and gumboots in the rain.

See www.arc.govt.nz for further info.

cooking with kids

Making pizza with the kids is easily tailored for different ages and tastes. Make your own base, or buy some from the supermarket. Use food from the fridge and pantry, or buy great pizza topping ingredients. Copy the topping from your favourite pizza company, or try the kiwi kid's favourite like tinned spaghetti & pineapple. The choices are endless. Kids love to make smiley faces or patterns with the colours of their toppings.

Ingredients

Base	Topping
2 cups flour	1 x tin spaghetti
2 tsp baking powder	1 small onion, sliced thinly
½ tsp salt	1 ham steak, diced (or use bacon etc)
1 tsp dried oregano	1 x tin pineapple pieces (drained)
1 Tbsp butter(softened)	Sliced veges (capsicum, mushrooms)
Milk to mix (roughly ½ cup)	grated cheese (tasty, pizza or a mix)



Preheat oven (and pizza tray) to 220°C.

Sift together the dry ingredients, stir in the oregano, then rub in the butter with fingertips. Add milk and mix with a knife to make dough.

Roll out dough with a rolling pin on a floured board to a size that suits your pizza tray. If using a baking tray sprinkle flour on it to stop the dough sticking.

Put toppings on the base in the order listed above, customising to suit. Slice your vegetables the same thickness so that they all cook evenly.

Bake for 15-20 minutes (or as per the packet instructions for store bought bases).

websites we love

<http://www.instructables.com/> is the world's biggest how to guide. If you like to make things, you'll love instructables! All the guides have plenty of pictures and are generally well written. They have a special section on Halloween with heaps of ideas if you'd like to make special costumes for your kids.

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

crafty ideas

By Linda Dunn

Colourful Carnations

You need:

- 3 White carnations
- 3 water bottles
- 3 different food colours
- 3 stems of celery (incl. leaves)
- 3 plastic cups



Fill each water bottle with water and colour each one.

Cut the end of each carnation stem. Place one flower in each bottle

Repeat the process with the celery into the plastic cups.

Leave them all overnight and see how the flowers and celery draw the water up their stems into the petals and leaves, as the plants will take on the colour of their water.

A personal touch!

If you don't want to spend a fortune on official Adidas or RWC gear for your kids (or you just can't find any good gear for girls in the right size!), take a leaf from my book and get some iron-on transfers and make your own. This theory can apply to any event or occasion, as so long as you don't breach copyright, the world's your oyster!



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 wiggly babies but ultra-soft to lie against delicate skin. The larger size also means it can be used as a cot blanket.	Various, see www.strawberryjam.co.nz	\$45	\$50
Natural Bubba Balms Baby Massage Balm Baby Bum Balm Preggy Belly Balm Baby Sleepytime Balm	See www.naturalbubba.co.nz	\$11.50 \$11.50 \$15.50 \$9.50	\$13.50 \$13.50 \$17.50 \$11.50
Natural Bubba Merino Wear Sleeveless singlet Long Sleeve Singlet Leggings Beanies Mittens	Cream or Grey All items available in 0-3mths, 3-6mths, 6-12mths except beanies and mittens which are only available in 0-3mths. See www.naturalbubba.co.nz	\$27.00 \$34.00 \$27.00 \$12.00 \$12.00	\$32.00 \$39.00 \$32.00 \$17.00 \$17.00
Heart to Heart Baby Wrap	White (available late Aug) Black (available late Aug) Steel Blue (available now) Kahurangi/Moss Green (available late July) See www.babywrap.co.nz	\$71.00 \$73.00 \$73.00 \$73.00	\$73.00 \$75.00 \$75.00 \$75.00
First Aid Kits Standard	See www.caringconcepts.co.nz for list of contents	\$65.00	\$70.00
Parent Centre Stacking cups	White/Blue	\$10.00	\$10.00
Thermos Mug	Silver/Blue	\$20.00	\$20.00

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

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

Email: giggles_ang@hotmail.com

PARENTS CENTRE SHOPPING DAY

Present the coupon below and receive

20% off

on Saturday 12th, November 2011

Sorry gift vouchers, instore promotions,
laybys and hireage not included.
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