



Dec/Jan Newsletter

EDITION TWENTY TWO, DEC 2011/JAN 2012

In this issue

Presidents report

Upcoming courses

Committee member profile

What's on this summer

New babies

5 ways to be Eco-friendly and save money!

Happy birthday to.....

Great Christmas present ideas

UHPC library book review

Contacting your committee

What our parent centre can offer you.

Contact us. Do you have an idea for the newsletter? A photo, birth story, or even a favorite recipe? Please contact our editor on uhpc.editor@yahoo.co.nz

Seasons greetings!

Welcome to the December/January issue of the UHPC newsletter! I am proud to be stepping into Justine's shoes as editor of the newsletter. This issue we have a couple of new features to debut - a book review identifying some of the fantastic books we have in our UHPC library and each month we will be showing member's babies birthdays. In this issue you will also find information on what's on this summer, ways to be eco friendly this Christmas as well as some terrific present ideas. Lastly, have a fantastic, fun, and safe holiday, and all the best for the festive season!

Fiona



Presidents report

Another year almost done and dusted. I can't believe how fast this year has gone, or the fact that I'm due to return to work in January! We've achieved a lot this year due to the fantastic effort our committee has put in to ensuring you have great courses to attend and support where you need it. The committee does become like a second family so it's sad when members move on. Justine Henare and Paula Bloomfield have both had a great stint on the committee and are moving onto roles with Playcentre. We thank them for their hard work and the great contributions they've made.

Recently many of you completed our membership survey. We decided to do this so that we could really focus on providing the services you actually want. Some of the results were surprising but they have given us some clear direction for the upcoming year. The main areas we'll be looking to improve on for next year are local discounters and expanding our range of courses so you're getting more for your membership. We've now added three toddler specific courses to our range, Toddler Speech, Toddler Nutrition and Positive Discipline as well as retaining our Toilet Training course. I'm sure you'll agree that these courses in conjunction with the magazines and current discounters make your membership really worth it.

Expanding our range of courses and the steady growth in membership numbers we're seeing has meant that our committee is also expanding. I'd like to welcome Amy Stewart, Bonnie Simon, Ada Suarez, Bethany Wickham, Bex Smiley and Jo Darvill to the committee and hope that you enjoy your time with us.

Well, that's it from me for the year. I wish you all a fantastic Christmas and holiday season with your family. For many of you this will be your first Christmas with a child and it does make it a totally different and wonderful experience.

Until next year, Sarah Kitchen

Upcoming parent education courses

"Bubbly Bub" January, 2012

Growing young minds through water play. Judy, an aquatic educator with over 30 years experience, will show you how to increase your child's learning and developmental opportunities during bath, shower and pool times.



Session one is held at Rimutaka Kindergarten Association and includes a presentation, notes summarising key messages and a FREE Tommee Tippee bath toy. Session Two is held at Togzone and is a lesson in the pool for you and your baby. This is an ideal course for Dads to attend.

Cost is \$20 for members, \$40 for non-members. Togzone also charges \$4 per swimming adult but spectators and babies are free.

Course dates are:

- Saturday 28 January 2012, 10am
- Saturday 11 February 2012, (lesson time will be confirmed at the first session)

To book a place contact Kelly Ratcliffe at uhpc.courses@yahoo.co.nz

Committee member profile:

Bonnie Simon, Membership Officer

Hi, I am Bonnie Simon and one of the newest committee members to Upper Hutt Parents Centre. After joining as a member and recently completing their Child Birth Education classes and receiving such great information and learning more about the centre after the birth of our daughter Mia, I decided to offer my services when they asked recently for volunteers.

I am now a proud committee member working in the role of Membership Officer. I look forward to helping the centre and new parents achieve their goals and giving them my full support.

I am married to Andre Simon and we welcomed our daughter Mia Olivia Simon into our family in July, this is our first child and it has been great having the support of UHPC around me and also the great friends we have made from our antenatal group.



What's on this summer:

There are many family friendly events coming up in the Hutt Valley:

- Saturday 3rd December, 2pm - Upper Hutt Santa Parade. Upper Hutt CBD. FREE.
- Saturday 3rd December, 5pm - 9:30pm: Carols by candlelight. Hutt Recreation Grounds, Lower Hutt. FREE.
- UHPC Children's Christmas picnic at the children's playground beside the paddling pool at Harcourt Park, Sunday 4th December 10:30am - 12:30pm. Be there early to get a spot under the trees! FREE.
- Monday 12th December, 9:45am - 11:30am Breastfeeding Cafe at the Hapai Building 879 Fergusson Drive, Upper Hutt. Mother to mother support and information on breastfeeding. Run by La leche league. FREE.
- Tuesday 13th December, 1pm and 2pm. 'Little Sparks' for creatively minded four year olds. Bookings essential. Phone 04 570 6500 or email email: dowsebookings@huttcity.govt.nz or visit: www.dowse.org.nz/en/Events/Events/Little-Sparks/ for more information. Cost \$5 per child.
- Friday 27th January, 10am - 12pm. Sand Sculptures, to be held on the beach in front of the Petone Settlers Museum. FREE.



New Baby

**Brydie Isla
Cosgrove - born
23rd October,
2011**

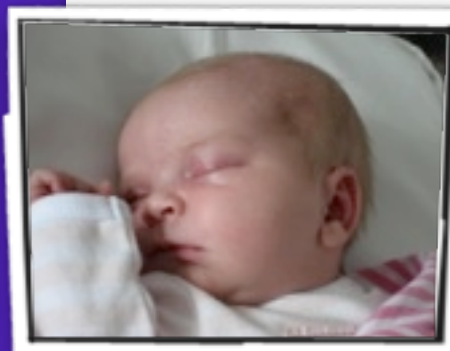
Denise and Myles Cosgrove chose the name 'Brydie Isla' as it is an old Irish name and 'a little bit different.'



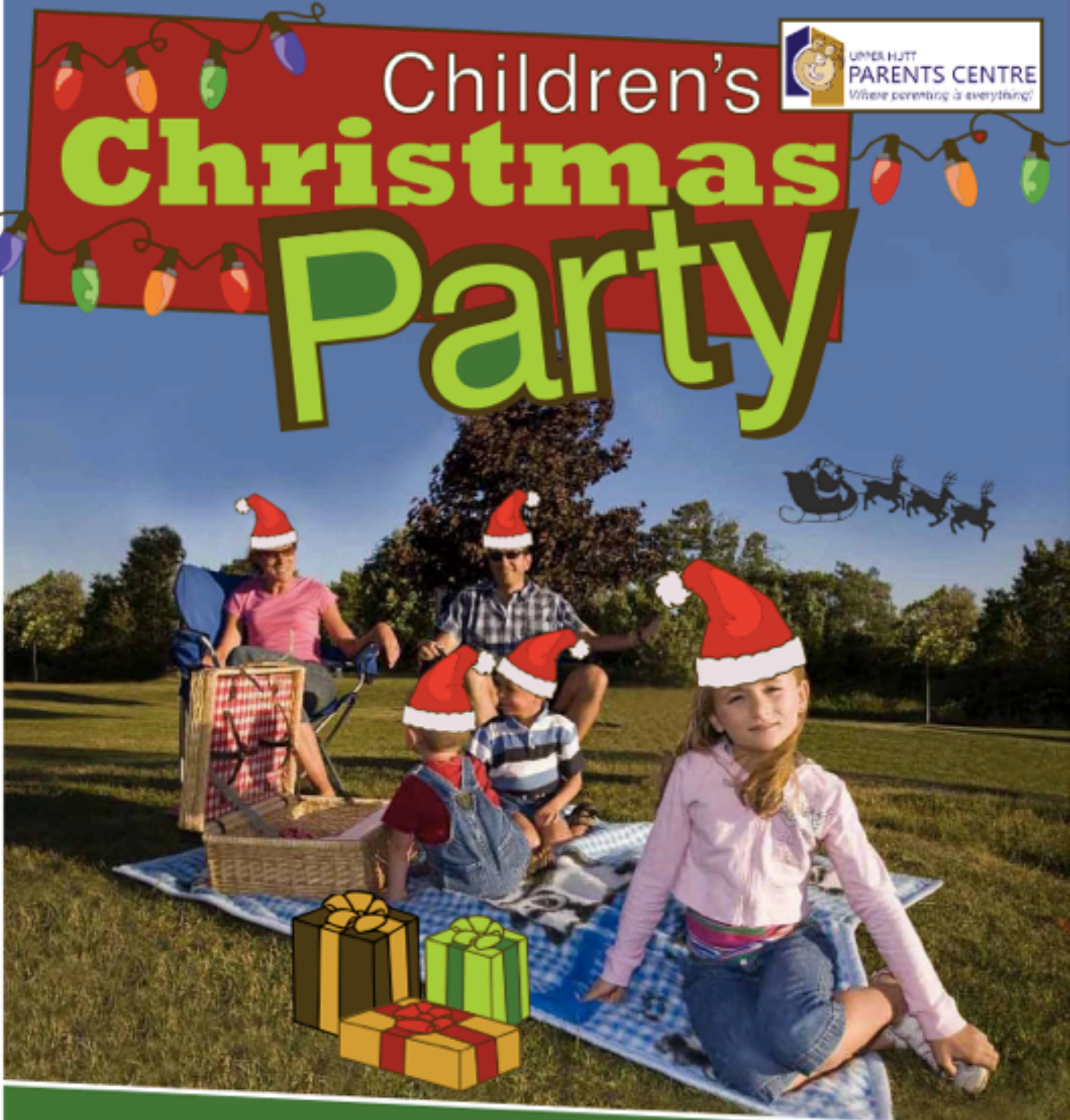
New Baby

**Lucy Elizabeth
Morgan - born
3rd November,
2011**

Parents Hannah and Blair Morgan chose the name Lucy as it was a name they both liked.



Children's Christmas Party



Harcourt Park Toddler Pool and Picnic Area
Sunday 4 December, 10.30 am – 12.30pm

Bring a picnic lunch and blanket. We'll provide **FREE** sausage sizzle, iceblocks and face painting!

Santa will distribute gifts (bring a present for your child with their name on it, maximum value of \$15)

We encourage the kids to dress up in their favourite costume!

Tips for being Eco friendly this holiday season:

By Madeleine Booth-Smits

Here are five green tips to not only reduce your environmental impact but also save you truck loads of money.

Cloth nappies: Cloth nappies are so easy to use and are bright and colourful. Things to look out for are what material the nappies are made of and ease of use. I prefer bamboo and organic cotton as these are more absorbent and last longer (though do take longer to dry). I also like nappies where the boosters can be snapped in and out so you don't have to wash the whole nappy every time you change your baby. Nappies have never been as much fun as they are now! Tip: use flushable liners! Makes your life so much easier and way less messy!

Cloth wipes and wipes solution: I prefer bamboo velour cloth wipes as these are easy to clean, thicker and easier to use. I use a wipes solution invented by the [green goddess](#). The wipes solution: ½ cup water, 1 Tbs rosewater, 1 Tbs witch hazel, mix together and pour over wipes or dip your wipes in this solution. Cloth wipes and this solution are great for nappy rash and saves you loads of money. Not to mention reducing chemicals on your baby's bottom.

Second hand: Second hand clothing is much cheaper (or often free) and have been washed several times so minimal or no chemical residue is left in the fabric.

Wooden and eco friendly toys: Wooden toys are great and they are making a huge comeback. Wooden toys can offer greater imagination building activities and can encourage self discovery rather than have the toys do everything for you. Bonus these are often quieter toys too.

Glass baby bottles: Glass baby bottles are fantastic. They are safer as some plastic bottles can leech chemicals into your baby's milk or drink. If you do use plastic buy BPA free ones. Glass bottles are surprising resilient to knocks and drops and generally last longer than the plastic ones (provided you don't drop them on tiles!)

Fluffy bum John wearing an 'itti bitti'



New Baby

Fergus Justin Noldan - born 12th of November 2011

The name Fergus means 'man of strength'. Fergus was an IVF baby and his mother Sharyn says that right from the beginning when he was an embryo he was so strong that at the fertility clinic his egg was called a 'racer'.

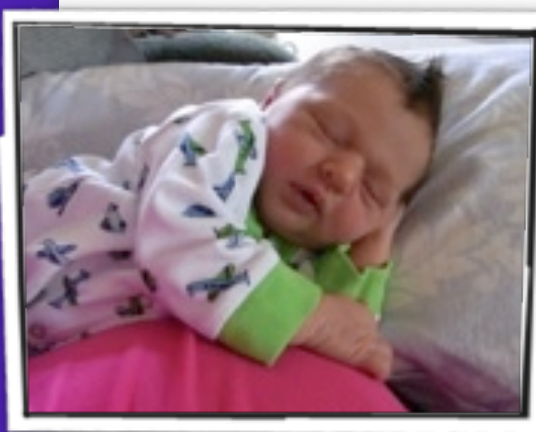
Fergus was born with ABO jaundice but he was strong and made it through. His middle name, Justin, comes from Sharyn's brother (who passed away at the age of 17) and Sharyn and her husband Karl have honoured her brother's memory by naming their first son after him.



New Baby

Leo William Sykes - born 6th November, 2011

Mary and Chris Sykes chose the name Leo as they both like it and because Chris's Mum and Mary's Dad are both born under the star sign Leo. William is a family name on both sides - Chris's Grandfather, and Mary's Fathers middle name and it is also the name of the man who was like a Grandfather to both Mary and Chris.



Happy birthday to.....



15th December
Jake Potter, 1 year old



1st January
Izayah Tafaeono, 1 year old



19th January
Aimee McGall, 4 years old

Fantastic Christmas present ideas!

At the Upper Hutt Parents Centre we offer a range of products to our families at discounted prices.

'Kimberly Blankets'

These are stunning woven New Zealand wool blankets, available in both cot and bassinet size.

- Designed and made in New Zealand manufactured using 100% New Zealand long fibre new fleece wool.
- The unique air cell weave of these blankets creates a lightweight blanket that has the equivalent thermal effectiveness of a heavier traditional blanket (equivalent to 1.5 traditional blankets).
- The natural properties of wool ensure better temperature regulation in the micro-climate of the bed. Wool is also naturally fire resistant.
- Air cell weave enables excess heat and body moisture dissipation.
- Perfect all year round; one layer is ideal for summer, add another for perfect winter warmth.
- Woven to form a light weight air cell which retains body heat, yet gives your baby freedom of movement.
- Bound with 100% baby-safe non-toxic satin binding.
- Fully machine washable.
- Free local delivery to members.
- Proceeds from sales go towards subsidising courses and events for UHPC members.

These blankets make a perfect gift for someone expecting a new baby or as a Christmas present for those who already have a baby or young child.

Special discount for members:

- Bassinet size \$40 (Retail \$70)
- Cot size \$60 (Retail \$100)

Available in 7 different colours

To place an order, please email uhpc.products@yahoo.co.nz



Book review:

Reviewed by UHPC member, Judith Beaton

'The sensational baby sleep plan' by Alison Scott-Wright

Follow *The Sensational Baby Sleep Plan* and your baby will soon sleep 12 hours through the night. This is the claim that Alison makes on the back of this book, and as a mum to a 15 month old, I found it to be true. We used Alison's techniques at 7 months to get our son to drop his 3.30am feed. It wasn't the most pleasant experience, the first night he cried for an hour, but the second night was only 30 minutes, then 15 mins. By night 4, he was sleeping 7pm to 6am, and has been a great sleeper night and day ever since.

The Sensational Baby Sleep Plan gives parents:

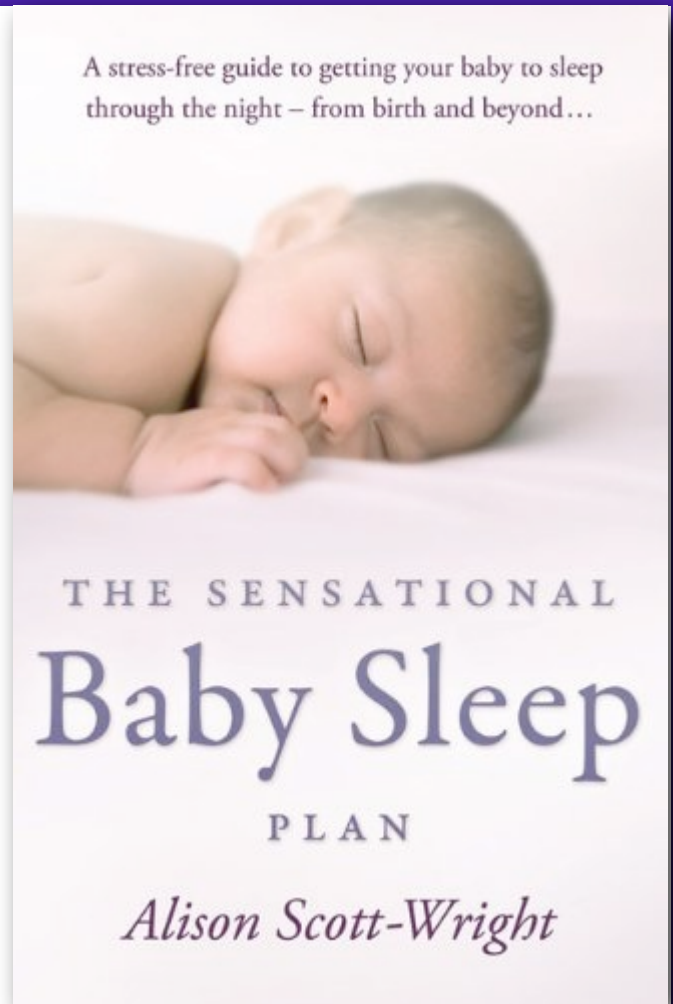
- * Realistic, easy to follow advice and guidance
- * Sensible feeding plans that can be tailored to suit the individual
- * Simple explanations of how to interpret different cries
- * Useful tips to encourage belief and trust in their parental instincts
- * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic.
- * Happy babies that sleep through the night and have structured naps from around 2 months.

Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, *The Sensational Baby Sleep Plan* is a step-by-step, must-have manual for stress-free parenting.

About the Author

Alison Scott-Wright comes from a vast and varied nursing background. Her successful and ever-expanding consultancy service gives parents factual, reality-based advice on a range of baby ages.

This book is available for UHPC members to borrow from the UHPC library.



What can our parent centre offer you?

Are you aware of what your annual membership to the Upper Hutt Parent Centre offers you?

- Discounts at stores such as Baby Factory in Lower Hutt.
- Discounted products.
- Discounted parent education courses.
- Social events
- Six issues of Kiwiparent, and five issues of the Sandbox magazine.
- Free access to the UHPC Library.

Contacting your committee:

Need to contact your committee? Have a question for a committee member? Feel free to get in touch!

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