



March newsletter

EDITION TWO

1 MARCH 2010

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WHY JOIN

PARENTS

CENTRE?

Antenatal classes
delivered by experienced,
qualified educators

Coffee groups and
parenting support networks

Retail discounts at a
number of local retail stores

Free subscriptions to
Kiwi parent magazine and
Sandbox

Parenting Workshops
discounted for members

Social events monthly
morning teas and other fun
events run throughout the year

UHPC library is free for
all members

Changes Afoot

Already we are two months into the year and it won't be long before we are left wondering where summer went! I hope you and your families have been making the most of the warm evenings as well as the great local events that have been on offer.

Now is the time to start thinking about what courses you might want to attend.

See our list of upcoming courses on the next page. Also don't forget the Parents Centre Discount Shopping Day at the Baby Factory on Saturday, 13th March! I will hopefully be popping along to stock up on some new items and a few essentials as we are expecting a little brother or sister for Telson around mid-March. Life as we know it is about to change!

While I take a short break, over the next few months, you will hear more from some of our other committee members.

Remember to email any stories or photos you would like to have published. We would love to hear from you!

Justine

Helping Your Child to Speak

One of our members writes about her experience after attending our 2009 Speech Development Course:

My daughter was 20 months old when I went along to the first speech course. I had no idea that you could actually assist your child's speech development. I thought that if we spoke to them, sooner or later they would talk!

The course is run by a qualified speech language therapist and the session is informative and fun. From the course I learnt to reduce my language when speaking to my daughter and that being a 'good parent' and anticipating your child's every need does not help their speech skills.

After the course it was time for action. I realised that I had never really told Aimee what she was eating for her dinner. I put her plate in front of her and said "pasta". To my utter surprise, she pointed, and then attempted to repeat the word. After I'd said it again, Aimee clearly said "pasta" for the first time! Before the course Aimee would point in the general direction of the kitchen and I knew that it was the milk she wanted. My response was to give her the milk without saying anything and congratulate myself on what a good Mum I was because I knew exactly what she wanted without her having to ask! This time, I stopped. I said "milk" and paused. I repeated again and waited. Then Aimee tentatively said "milk". Trust me, words will come thick and fast when your child learns they have to ask for what they want! We have never looked back.

Next course 16 March 2010. See next page for booking details.



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

Meet your committee

This month our Treasurer, tells you about her role on the committee:

Hi, my name is Kim Black, I joined the UHPC committee in November 2008. I live in Silverstream, with my husband Paul, and Lochlan, 20 months.



My role on the committee is Treasurer which involves handling all receipts and payments of money and preparing the accounts, among other things. I am also the Sandbox liaison for UHPC; you may have noticed I write the recipe page and other articles in the Sandbox magazine.

I enjoy my time on the committee as I can participate in areas that interest me, and sometimes it's just nice to have something to get me out of the house and have some adult time!

I have recently completed a degree in International Business and I am continuing my study extramurally this year with a Post graduate Diploma in Business and Administration. I also have my own business selling cookware for *The Chefs Toolbox*, so you might see me presenting at a cooking show fundraiser later in the year.

In my spare time I enjoy reading, seeing friends and pottering about in my vegetable garden.

JOIN A FRIEND AND WIN

Join a new member to the Upper Hutt Parents Centre in the month of March and you will both go in the draw to win a BRAND NEW Peanut Pod worth \$130.00

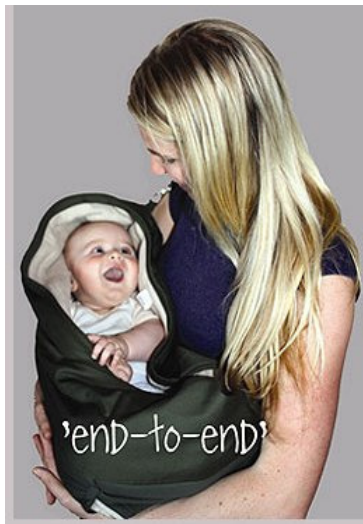
To enter the draw, email uhparentscentre@yahoo.co.nz

your details and the name of the person you referred to join Upper Hutt Parents Centre in the month of March. Once that person is a member, you're both in the draw to win. EASY!

The more members you sign up, the more chances you have to win.

Terms and conditions

The 'join a friend' draw applies to new Upper Hutt Parents Centre memberships signed on & commenced in the period 1 March to 31 March. The winner will be notified by telephone. Full terms and conditions for this prize draw are available on request.



Upcoming Parents Centre courses

Active Movement (for under 5's)

Active Movement focuses on quality movement experiences that enhance physiological, emotional, social, and cognitive growth of children. The Active Movement workshop will cover; what Active Movement is, its benefits and how it can be used. The workshop will consist of theory and practical components. \$5 members.

Course dates:

10 March, 7.30-9.00pm (Theory)

12 March, 10.30-11.30am (Practical)

Speech Development

Learn techniques to encourage speech in children aged 18 months and over. See our course review on previous page. \$5 members.

Course date: 16 March, 7.30pm

Magic Moments

Three modules focusing on using positive discipline and encouraging parents and caregivers to build strong and caring relationships with their children whilst giving clear boundaries.

\$20 members and \$30 couple.

Course dates: 23, 30 March & 6 April, 7.30pm

Baby & Infant CPR

An essential course or refresher for all parents and caregivers. \$25 members.

Course date: 13 April, 7.30pm

Childrens Health & Wellbeing

Covers medicines suitable for babies/children, keeping kids healthy during winter, recognising common illnesses and diseases in children. **FREE.**

Course date: 20 April, 7.30pm

For course enquiries or to book please

contact: Sarah 5274011 or
uhpc.courses@yahoo.co.nz

Antenatal classes

Bookings are now being taken for all Upper Hutt Parents Centre Antenatal classes for 2010. To ensure a place, it is a good idea to book early as places are limited.

Next class starts: 19 April 2010

Contact: Deena Gray ph 939 8990

uhpc.childbirth@yahoo.co.nz

Coffee mornings are back



A reminder that our Parents Centre coffee mornings recommence Saturday 13th March, 10.00am-11.30am. All parents and their families are welcome to come along, meet other parents and enjoy a coffee & a biscuit or two!

Our centre library will also be available for those parents wanting to borrow from our range of pregnancy, birth and parenting books.

This month Karen from Phoenix Trading will once again be displaying some beautiful gift cards. She has a fantastic range of baby announcement, christening, and thank you cards all at very reasonable prices.

10% of all purchases are donated to UHPC.

See www.phoenixtrading.com.au to view some of the range online.

Congratulations!

This photo was just too cute not to publish!

Big sister Maia, says hello to her brand new brother, Bailey. Proud mum, Kate, is a valued member of our committee. Congratulations to Kate and Steve on their new addition to the family!



Upcoming Events

4 Mar Sport Wellington's Buggy walk, Kaitoke Regional Park, Start time: 10:30am
www.buggywalk.co.nz

13 Mar UHPC Coffee & Card Morning, Rimutaka Kindergarten Assoc, Criterion Lane, 10.00am – 11.30am. All welcome!

13 Mar Baby Factory Shopping Day
Remember to take your Parents Centre Card for your 20% discount

Every Sunday in March

Boobs in the Berries, Breastfeeding classes,
The Blueberry Farm, 1229 Akatarawa Road,
2-4pm. \$10
www.blueberryfarm.co.nz

We need your help

Do you have some free time and want to get involved as a volunteer?

With a pretty busy year ahead, **Upper Hutt Parents Centre** are looking for volunteers to help us out with a variety of tasks. Whether you have a specific expertise or you just want to lend a hand, we'd love to hear from you.

As a volunteer you can:

- Learn or develop a new skill
- Make new friends
- Use or develop your own expertise
- Feel good about yourself while helping others
- Be part of your community

You're most welcome to join us for a meeting to see how we operate without committing to anything. Just come along for a coffee.

To find out more please contact Robyn Thayer on 526 9715.



Fundraiser

UHPC is pleased to be offering the new edition of the popular Entertainment Book to members and their families as part of our fundraising campaign for this year. Entertainment books contain hundreds of 25-50% off vouchers and two-for-one offers from restaurants, cinemas, hotels, and attractions in the Wellington region. The sale of each book will raise money for our centre allowing us to continue to subsidise our course costs. The book will be available and able to be used from early April. All discounts are valid until May 2011.



Get in early and place your order now for extra discounts! See attached flyer for order details.