

MARCH 2014

BAMBI NEWS

Staying **SAFE:**

Keeping fit
for new
and
expectant
moms

Help,
I'm flying with
a **NEWBORN**

Healthy
food fast:
Stir fried
Quinoa
with
Veggies

**FOCUS ON
LITERACY:**

Making the most
of reading with
your child





Topsy Turvy International School The British School of Bangkok Ltd.



General Information

- Curriculum - British
- Established - 1992
- Class size - 12 - 22
- Age range - 2 - 11 years
- Accreditation - CIS, ONESQA

36-36/1 Sukhumvit soi 4

Klong Toey, Bangkok

Tel: 026568224, 026569961

Fax: 026567736

E-mail: info@bsbangkok.ac

Website: www.bsbangkok.ac



Admissions

Foundation Stage

- Nursery /PP 2-3 years
- Early Years 3-4 years
- Reception 4-5 years

Key Stage 1 (KS1)

- Year 1 5-6 years
- Year 2 6-7 years

Key Stage 2 (KS2)

- Year 3 7-8 years
- Year 4 8-9 years
- Year 5 9-10 years
- Year 6 10-11 years



Welcome to **BAMBI**
Bangkok Mothers & Babies International

“**Support** and
friendship through
the common bond of
motherhood”

Mel Habanananda



We are a group offering support and companionship to each other through the early years of parenting.

We offer prenatal and postnatal support, regular playgroups, fundraising for charities and more. If you wish to join, come to our New Members' Coffee Morning or any other regular BAMBI activity. To volunteer to serve on the committee, contact any of the committee members listed in this magazine.

BAMBI is a project of the Childbirth & Breastfeeding Foundation of Thailand (CBFT).

Mission Statement

The CBFT is a non-profit networking and resource center dedicated to ensuring the best possible start in life for our babies.

We believe that this can best be achieved through:

- Encouraging the appropriate use of technology and medication for all births.
- Promoting breastfeeding for every mother and baby in the community.
- Providing information and training to health professionals involved in maternity care.
- Supporting parents through the pregnancy, birth and postnatal period.

For more information on CBFT, contact:

English speaking, Tel 05-310-4573; tanitmel@btinternet.com
Thai speaking, Mobile: 081-776-9391; info@cbfthai.org or
sobsamai@yahoo.com. Or
visit: www.cbfthai.org and www.facebook.com/pages/ChildbirthBreastfeeding-Foundation-of-Thailand



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BAMBI

March 2014
NEWS

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Cover Photographer: Lihi Darnell



Did you know that eye disorders in children are easily undetected?



Regular eye examination can detect early eye disorders for prompt and effective treatment.

The World Health Organisation (WHO) recommends children aged 3 to 18 have regular eye check ups for early detection of any abnormality.

Vision screening package ** includes:

- Visual acuity test to check the ability to see details
- Ocular alignment to test eye alignments and to rule out crosseye
- Refraction test – check for the need for corrective lenses
- Stereo-acuity test – check binocular depth perception
- Colour blindness test
- Doctor's fee included



Package price 1,600 baht

** please note that further testing and procedures recommended by the doctor are not included in this package. Extra charges may apply for prescription glasses, pupil dilation, retinal exams etc, if needed.

This package is not suitable for children with the following conditions:

- Mental and developmental abnormalities.
- Other chronic conditions that are believed to be related to eye disorders.

Our staff can advise you and answer your questions before you order the package.

To make an appointment with one of our Pediatric Ophthalmologists, please call 02 667 2000



Bumrungrad
International
HOSPITAL

Dear members,

This month, we mark International Women's Day (IWD) on March 8th, celebrating the achievements of women from around the world and across all types of fields. In some countries, IWD is even celebrated as a National Holiday! Although, BAMBI has become increasingly more family oriented, we were originally founded by and largely run by women.

This month, we have to remind ourselves that before we are mothers and wives, we are also women of many talents, skills, knowledge, creative ideas and dreams. BAMBI has been alive and kicking for the last 32 years because we have had such an amazing community of women who contribute, influence and have made their mark in our community. With this, there is no better time to welcome our new editorial team. They're a very talented and enthusiastic group of women; and a very international team indeed – a blend from America, Australia, SE Asia, Europe and the Mediterranean. Becky Horace now takes over as New BAMBI News Editor; Lihi Darnell as New Photo Editor and Yasmin-Tamana Tanwani, Francesca Rees and Alison Robins as our new Assistant Editors. I'm sure they'll rock it!

Our BAMBI Annual General Meeting (AGM) will also be held in March. This is the time when our lovely committee steps down and is elected once again. Some committee members have already expressed their interest to continue volunteering in their current positions and some will make room for new volunteers. With this being said, if you would like to contribute to BAMBI and have some free hours a month to spare for the benefit of our community, please join our committee AGM this month. For more details, please refer to page 35 and 37 in this issue.

This month we are paying farewell to our Yard Sales & Bazaar team 2013 - Dharak Wudhichut & Zoe Popham who worked very hard to present you with wonderful shopping opportunities last year. Thank you ladies for the time you devoted to BAMBI!

Also, don't forget our first Yard Sale of 2014 will be held this month on March 15th on Sukhumvit Soi 107. I know many of you are already eagerly awaiting this! We look forward to welcoming you; be it to sell or shop. Please don't forget to bring your kids, since we will have various children activities to keep them happy and busy. Thank you, Alison Robins, for stepping up to run this event.

March is a symbolic month for women, so remember to pamper yourself on the 8th of March. You deserve it!

Ravit. E

Ravit El-Bachar Daniel
chairwoman@bambiweb.org



Photo by Jaci Kohl

Ravit El-Bachar Daniel

“Lihi's images capture
precious moments
for a lifetime.”

Gili Back
CHOMP the comfort cafe



LIHI DARNELL

For Bambi members only
Portrait sessions starting
1,800 THB

Booking:
Call Lihi: 08-2441-8150
li@vimi.co





Becky Horace

Dear Readers,

I am so excited to be taking on the editor role for the BAMBI News. I have learned so much working as the assistant editor for the past year under the leadership of Suzy and Jen. I am truly blessed to have had this experience and to continue on and grow in this position is an honor.

My BAMBI experience has been wonderful be it through making new friends, enjoying a dinner out with the working moms and through volunteering for an organization that has provided me so much support in my years time here.

The magazine will be going through some changes, ones I hope you will enjoy. We have a completely new editorial team coming on and they are offering up fresh new ideas.

On another note, we would like to apologize that some of the pictures from our last edition did not have the proper credits to the photographer. We would like to thank Gabriela Ferreira for the image in our hypnosis piece and Sharon Pruitt for the pictures used with maternal musing.

In this issue, we want to share the importance of reading with your child; how you can help to mold their young minds and in essence change the world. We also have a new contributors who will be sharing a quick healthy recipe with easy to find ingredients and a craft idea you can do with your children that will help their precious little minds to develop.

We are a magazine for moms by moms! Please let me know if you would like to contribute to BAMBI News, you can send an email with your story ideas to editor@bambiweb.org.

I hope you enjoy your latest addition of BAMBI News.

Becky Horace
editor@bambiweb.org

Samitivej International Children's Hospital

Even children will tell you...
that *We Care*





BAMBI would like to thank its events' sponsors for their continuing support on 2014.



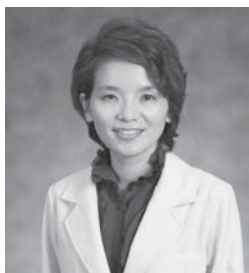
Look for upcoming events on www.bambiweb.org or on BAMBI's Facebook page.



Jean Harvey a native of Chicago, worked for 10 years as a financial advisor before giving it up 8 years ago when she moved with her husband to Bangkok from New York. Since then she has volunteered at the National Museum Bangkok and had her son, Arthur in May of 2010. She likes to play tennis, read and write in her spare time.



Shalini Phol currently lives in Bangkok with her daughter and husband. Lately she is pursuing her passion for cooking by studying french cuisine at the Le Cordon Bleu institute. She trades in the stock market and provides a course (from basic up to technical analysis) for online stock trading here in Bangkok. Her hobbies include writing and oil painting.



Nanthiya Pravittithikul, M.D., specializes in Pediatrics-Nephrology. She graduated in Clinical Science Pediatrics. She was an ISN Fellow in Pediatric Nephrology: ISN Scholar, The Children's Hospitals at Westmead, Australia. She also carries Thai Board of Pediatrics and Thai Sub-Board of Pediatric Nephrology.



Cecilia Yu is a Chinese American living as an expat since 2006. Since coming to Bangkok in May 2012, she has quit her full time job as a marketing consultant and filled her days being a full time mom and a mom-preneur of her own handmade, children accessories brand, Enchant. Cecilia's passions include arts and crafts, traveling, reading, and most notably amongst family and friends, being a neurotic nutritional provider for her family!



Erica Shane is currently living her dream as she works abroad in Thailand as a doula for expats. A graduate of the Matrona Holistic Midwifery program, Erica shares a compassionate and nurturing perspective surrounding pregnancy, birth, and new parenthood. With a passion for holistic caregiving and bringing birth back to the family, Erica is dedicated to each and every family she serves, understanding the distinct needs and wishes each one brings to their journey. Find her here: www.EricaShaneChildbirth.com



Yvon Van Kesteren, originally from the Netherlands, is now living in Phuket. She is the mother of two young girls and fills her day with volunteering for the Phuket Has Been Good To Us Foundation, being crafty and playing with her girls and has found she has a passion for beading. You can follow her on her website, www.mrsmeijerandco.com or on her Facebook page, facebook.com/mrsmeijerandco.



Martin Breen is a Year 3 teacher and Primary Literacy Coordinator at Bangkok Preparatory School. Originally from Merseyside in the United Kingdom, Martin has been working in international schools in Thailand for seven years. Before teaching, Martin graduated in Graphic Design at Staffordshire University and then subsequently worked as a graphic designer. He decided to pursue a role in teaching after spending some time teaching English in Thailand. He gained his teaching qualification at Sunderland University. After spending a considerable time in Thailand, Martin got married here and has settled down. He now considers Thailand to be his home.



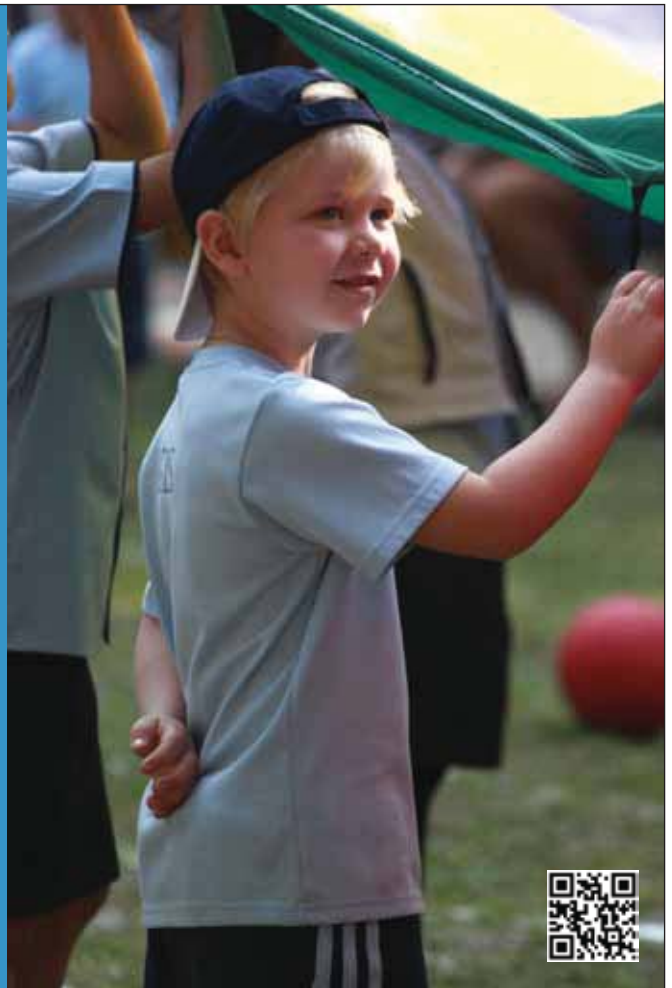
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Thong Lor Playgroup

BAMBI would like to thank everyone for their patience with playgroup scheduling at the start of 2014.

Due to political unrest, we have had to cancel some sessions at short notice, so thank you to everyone for checking the website or facebook page and staying updated.

Sometimes, it is unavoidable to cancel as our informal, unstructured sessions are run by volunteers who quite often have young children themselves.

If you go regularly to a playgroup, please ask the leader if they can train you in our basic admin function.

You may be able to save a playgroup from being cancelled in the event of unforeseen circumstances.

Your help would really be appreciated.

These photos are from our BAMBI playgroup at The Tiny Seeds International Pre-School in Thong Lor.

The children are making sticky fish, playing in the yard, enjoying the jungle gym and have even started to learn some songs now!

Join us each Wednesday from 9.30am to 11.30am. The school kindly gives us a tuk-tuk service for the return journey.

Please don't forget to volunteer if you can.

Thank you.
playgroups@bambiweb.org

Words and pictures: Karen Benat





Play, Learn, Grow.

Pre-Nursery Class

Age: 16 months - 2.5 years

Schedule: 9:00am - 12:30pm

Monday, Wednesday, Friday

Lunch & Snack included.

Features Include: Circle time, puppet show, rhymes, songs, exercises for fine and gross motor skills, sand and water play, story time, balloon and bubbles, interactive games, fun toys, parachute games, role playing, cycling and much more.

Early bird discount for first 10 admissions

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* Wait list available for at-capacity grade levels



Thong Lor Campus



On Nut Campus



Bang Na Campus

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wells-school.com | facebook.com/wellsschool | wells85@wells-school.com



BAMBI Pattaya Playgroup

Did you know we also have a successful BAMBI playgroup running twice-monthly in Pattaya?

The playgroup takes place at the Holiday Inn, Beach Road Pattaya on the 1st and 3rd Monday of the month from 10am to 12pm. Be sure to bring your swimsuit as we make use of their fabulous Kids Centre and swimming pool. The cost is ฿150 for members and ฿250 for non-members. These photos are from their brilliant 2013 Christmas Party, complete with great food and Santa!

A big hello to all our members in Pattaya and for those in Bangkok, please call in if you are in the area.

Photo credit: Nitu Gulati



A BAMBI non-sponsored playgroup

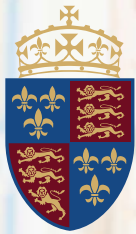
Don't forget that as well as our own BAMBI playgroups, your membership also gives you great discounts on sessions at a host of Bangkok's International Schools.

These photos are from the St Andrew's School playgroup at their Sukhumvit 107 campus, right at the foot of Bearing BTS. The playgroup now runs everyday and offers a generous 50% discount to BAMBI members.

These non-sponsored playgroups are often run by a pre-school teacher and include more structured activities for toddlers. These types of playgroups can help to prepare older babies for school by letting them enjoy social activities and by having fun inside and out.

Please check our listings in this magazine or our website for further details. And please contact the relevant school for more information.

Photo credit: Annie Hanson



**SHREWSBURY
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Shrewsbury International School offers an inspirational British education for children aged 3-18. We are now accepting applications for entry into Junior School in August 2014.

To book a school tour, call +66 2 675 1888 or email Ilka Hodapp at admissions@shrewsbury.ac.th



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For more information please call: 0 2762 7890
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Play & Learn

(Ages 0-5 yrs.)

Nurture confidence, curiosity and physical skills through play-based activities.



Music

(Ages 6 mos.-5 yrs.)

Explore music through play, activity and song.



Art

(Ages 18 mos.-5 yrs.)

Inspire creativity in visual and interactive arts.



School Skills

(Ages 3 yrs.-5 yrs.)

It's our Preschool Alternative, Develop key social and intellectual skills.



Yam



Paul



Surabhi



Leah & Daddy



Lilla



Coen & Ava

KUTE KIDS love technology

Kute Kids Next Month

See your kid's picture in **BAMBI NEWS!**

The theme for April kute kids is

SPLASH!

Send us your best, high resolution photo to photoed@bambiweb.org by March 10th.

Bumps & Babies

Bumps Babies is a support group for women of all nationalities who are pregnant or have recently given birth. Most weeks there is a short talk on a topic related to pregnancy or parenting. The BAMBI website calendar and Facebook pages hold current information regarding what's on. Meetings are coordinated by a medical professional who is also there to offer support. If you are a new parent to Bangkok and are looking for support regarding information on doulas, breastfeeding, child birthing classes, baby wearing or postpartum depression please feel free to ask our coordinator or visit www.bambiweb.org and look under "Services" to find our "Bumps & Babies" page.

BAMBI is a project of the Childbirth and Breastfeeding Foundation of Thailand and welcomes speakers from all areas, presenting a wide range of information. All attempts are made to present topics of interest to BAMBI members, but those who present do so independently of BAMBI and as an organization we remain impartial to any points of view expressed.

Bumps & Babies Coordinator: Emma Lawrence - Women's Health Physiotherapist, 089-762-3439, bumps@bambiweb.org

Suggested family donation: ฿150 BAMBI with BAMBI membership card & ฿250 for non-members. Membership can be processed and renewed during the session.

BAMBI Library: Bumps & Babies has a significant collection of books about pregnancy, childbirth, baby care and parenting. Books can be borrowed by anyone in return for a ฿500 fully refundable deposit. Queries to be directed to Nicole Iberri at librarian@bambiweb.org.

Exercise During Pregnancy and Following Birth

By Emma Lawrence, Bumps & Babies Coordinator & Becky Horace

Your body is going to change and do things you never thought possible. Exercise is the way to ensure you are taking care of yourself during your pregnancy and after you bring home your little bundle of joy.

We have heard all of this during the past month at Bumps & Babies. There is so much advice floating around aimed at pregnancy and beyond but what professional guidelines exist to help women make decisions? What physical changes should be considered before putting on the running shoes?

Musculoskeletal

There are many changes to your body, both during and after pregnancy, that you should be aware of to help you better understand what happens and prepare physically. Here are some facts about the changes in your musculoskeletal system:

- Your posture and center of balance will both change as your baby bump develops. In addition, breast bulking and flexed upper back posture, which usually goes hand in hand with nursing and caring for the newborn, both place stress and strain on spinal joints and muscles.
- Diastasis (left and right belly muscle parting) at the top layer of the abdominals

occurs in women to differing degrees during pregnancy. Be prepared as after birth it can take several months for your body to return to the together position. While the muscles are still shifted apart the back and pelvis are vulnerable to strain. A doctor or physiotherapist can teach you how to check the position of muscles and advise you on managing your concerns about your changing abdomen.

- Hormonal changes increase the general flexibility of the body's joints. High levels of the pregnancy hormone relaxin can remain within your body for up to 12 months after birth.
- Your pelvic floor muscles work extremely hard during pregnancy to support the growing uterus and baby. They are then parted to allow the journeying baby through the birth canal to be born. After this amazing hormone controlled job, they need time and specific exercise to recover their action of everyday pelvic area support and control.

Cardiovascular

In addition to your entire musculoskeletal system changing, your cardiovascular system will be performing some amazing feats in order for your body to accommodate and support the life of your growing baby. Here are some fun facts about the your cardiovascular health during pregnancy that you might be aware of.

- There is an increase in your blood quantity, heart size, level of productivity and heart rate (even at rest).

“Well I know it sounds funny, but I didn't want to exercise in case, you know, baby kind of fell out.”

- The walls of your circulatory vessels reduce under the influence of hormones. Blood pressure dips during the first six months are common.
- When lying flat the size and weight of the uterus and the baby at around 20 weeks is enough to compress the main vessel that returns blood to the heart. Studies have found that during your sleep laying on your back does not appear to adversely affect the mother or baby, although you may be advised to avoid this position at night. During exercise lying flat poses greater demands on this already challenged system.

Exercising: What the professionals say

When it comes to exercising during pregnancy most western expert opinions are pretty consistent. The Royal College of Obstetricians and Gynaecologists, American College of Obstetricians and Gynaecologists and Sports Medicine Australia have all

Coming up April

2nd: Caring for your pelvic floor with Physiotherapist Emma Lawrence

23rd: 'Waterbabies' with James from Bangkok Dolphins

30th: Placenta Love and the 'third stage' of labour with Bangkok doulas Erica & Marianna

Coming up May

May 7th: Belly dance through the childbearing years with Nicole Iberri

“I've been really careful on the treadmill not to let my heart rate go over 110bpm.”

published evidence-based clinical guidelines that can be easily accessed and downloaded from the net. Among these physicians there is wide consensus that pregnancy is no longer considered a time for confinement. However, given the physical changes of the mother, exercise cannot be assumed to be entirely without risk.

The clinical governing bodies recommend that women check with their doctors before starting an exercise programme. When pregnancy is complicated or high-risk, exercise is likely to be closely monitored or restricted. With that being said, 30 minutes of moderate exertion on most days is widely associated with many health benefits for life, and on the whole, pregnancy is no exception. It can help boost the feeling of wellbeing, body awareness and conditioning in a time where uncertainty is high.

Any new mother must remember, although it is acceptable to take on a new style of exercise during pregnancy, the intensity of exercise should match pre-pregnancy activity level and try to avoid contact sports, horseback riding, skiing and diving. This is not a time to boost your fitness goals or take on some crazy new hobby. While doing your exercise routines be sure to avoid the lying down position past 18 weeks of pregnancy. With all of this hard work you are doing to stay healthy for you and your baby, be sure to take care of yourself by wearing a supportive bra, drinking more fluids to stay hydrated, exercise after you breastfeed and be sure to wear shock absorbing footwear.

Please be cautious and listen to your body. In the event of chest pain or palpitations, dizziness, painful uterine contractions or preterm labor, leakage of amniotic fluid, vaginal bleeding, excessive fatigue, abdominal pain in the back or pubic area, pelvic girdle pain, reduced fetal movement, breathlessness before exertion, headache, muscle weakness or calf pain and swelling; stop exercising immediately and contact your doctor.



TOUCH THERAPY FOR YOUR BABY

Getting the benefit of infant massage is a two-way street. Learn how both you and your baby can enjoy this age-old therapy.

By Erica Shane

Massage for Infants: a bit of history and common sense

Infant massage has been around since the beginning of time. Vimala Schneider McClure brought this ancient art to the USA in the 1970's, after she observed its positive effect on infants in India. She practiced specific Indian massage strokes on her own baby and was impressed by their benefits. McClure became the founder of the International Association of Infant Massage, and the author of "Infant Massage, a Handbook for Loving Parents". She includes techniques on Swedish strokes, reflexology, and yoga, along with the Indian massage strokes she learned. This makes for a dynamic curriculum for teaching parents the art of infant massage.

Parents naturally learn early of the effects of touching their baby. A baby in daddy's arms can help soothe her back to sleep with his familiar smell and beating heart. Skin to skin contact can help stimulate your baby during a feeding, and will regulate your baby's temperature and blood sugar levels. Remember, your baby has had constant contact with you since gestation. She has never had to ask for nutrients or affection inside your belly; it was automatic and continuous. Now, in your arms, she is really interested in connection and communication, and through touch and contact she is able to fulfill this desire. Babies, just like big people, need to adjust to big changes, and can use a little help releasing



“Bonding is a unique relationship between two people. It is specific and endures through time.”

— M. Klaus

their built-up stress. A little massage everyday can go a long way.

Benefits for Baby

Touch communication with your baby will normalize her physical and emotional life; helping to promote relaxation, improve sensory integration and aid in deeper and longer sleep. It can also encourage mid-line orientation and assist in bonding and attachment as well as vocalization. It is also supposed to stimulate the circulatory and GI systems, relieve gas or colic and enhance neurological development.

Touch therapy also stimulates the release of oxytocin, well known as the love hormone (both released in parent and child), and prolactin (promoting milk production in the mother). Oxytocin and Prolactin hormones stimulated by infant massage promote bonding and attachment between you and your baby.

the way you would like to be spoken to. Being touched and caressed, being engaged, is food for the infant, food as necessary as minerals, vitamins and proteins.

Benefits for Parents

Infant massage undoubtedly contributes to a secure infant-parent bond. While the experience is intended to resonate with the baby, it is simultaneously bringing out nurturing qualities in parents. This is why infant massage is recommended as a parent-baby interaction, rather than as therapy performed by a massage therapist. A professional may be able to show you the ropes, and from there your baby is all yours.

You will gain an increased awareness of your baby and her needs while engaged in touch therapy. It will trigger an increased confidence in parenting skills because you soon realize that it

and bodies' development. It will also strengthen their bond with parents which can result in a happier family life and facilitated development as they grow older. The benefits of this interaction are both short and long term. Physiological changes, action readiness, balanced emotions, discrete emotions, and most essential of all, love along with safety and security, are communicated to babies when they are touched. All parents can take time to learn about touch and use this knowledge to improve their children's quality of life. The key to successful infant massage is to remember that is it meant to be a pleasure for both parent and child. The focus of infant massage is not solely on the baby, but on the reciprocal interaction between infant and parent. Remember, infant massage is not done to an infant; it is done with an infant. A super pleasurable experience for all involved!

“While the experience intends to resonate with the baby, it is simultaneously bringing out nurturing qualities in parents. This is why infant massage is recommended as a parent-baby interaction, rather than as therapy performed by a massage therapist.”

A touch therapy session with your baby will help to relieve tension build-up from all the stimulation in her new environment. This world is so new to her. Her sleep/wake cycle will be regulated not only by her gradual adjustment to daylight and night time hours, but through therapeutic touch she will sleep better, I promise.

Infant massage will greatly alleviate gas and promote better elimination. It will release hormones for food absorption and will also release those handy endorphins (natural painkillers present in all our bodies) to ease emotional distress. Touch combined with vocalization helps reduce pain levels up to 80%. So sing with your baby; tell her a story, share with her exactly what you are doing, in just

is you that will know your child more deeply than anyone. While learning to understand and respond to your baby's cues, you inevitably become more comfortable in caring for your baby. It is an amazing tool for helping you and baby bond, and for mutual relaxation in general.

“Touching is the first communication a baby receives, the first language of its development is through the skin.”
Frederick Leboyer

Touch as a daily practice

Touch is the most essential communication channel for babies because they sense, understand, and experience it more than any other stimulation. Babies need to be touched because it affects their health and mind

She'll say “Thank you” in end in a language only you can understand. What a gift!

For specific and recommended techniques on infant massage, visit Erica's website: www.EricaShaneChildbirth.com

Recommended Reading

Dr. Alan Heath & Nicki Bainbridge; *Baby Massage: The Calming Power of Touch*

Vimala Schneider McClure; *Infant Massage, a Handbook for Loving Parents*

Elaine Fogel Schneider; *Massaging Your Baby: The Joy of TouchTime*

Frederick Leboyer; *Loving Hands: The Traditional Art of Baby Massage*

Making Math Fun

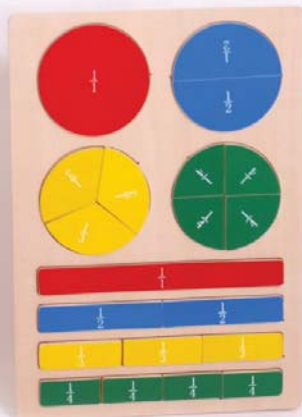
By Jean Harvey

Show your child how mathematics can be fun with these simple pointers.

"When they consider mathematics in preschool, many people and many preschool teachers think of learning to count and identify numbers; but young children also possess considerable competence in numerical operations, geometry and spatial relations, measurement, algebraic thinking and data analysis. This means that children as young as 3 or 4 years old begin to think algebraically by manipulating pattern blocks, making their own patterns, arranging objects according to a rule, or calling attention to patterns they observe in the environment. The object attributes that children attend to, as part of their emerging geometry and measurement skills are foundational for data analysis as well. Children's propensity to collect and sort items by their attributes is a key component of the ability to represent, analyze, and interpret mathematical data."

-Mathematics and Science in Preschool: Policy and Practice by Kimberly Brenneman, Judi Stevenson-Boyd and Ellen C. Frede

Every time you measure ingredients, cut a pie, count steps, disperse raisins, sort things by size or use "time-outs" you are exposing children to math concepts - so good on you! However, If you are looking to develop your child's mathematics skills further by incorporating structured play, here are some fun ways to do so.



Teach Me: Kindergarten App by 24x7digital

So far this 4.5 rated app has taught my son more and kept him interested longer than any other learning toy. It's truly amazing to witness him solve addition equations on the screen by dragging and dropping the starfish, pirate hats, rings, fishes, or carrots from the basket to arrive at the total count. For subtraction,

the objects are thrown away in the trash bin and then counted - very simple and visual! After a few correct answers the child earns a coin and can use it to buy a reward from the store. The reward is usually a digital sticker that can be placed on one of six backdrops or items to add to a virtual aquarium. The app remembers and posts up to 40 different users' progress, which helps to motivate the student as well as allow the parents to gauge which areas need work. Children can also practice writing numbers and letters on the touch-screen tutorial. From our family and many app critics: a fantastically fun and effective learning experience! Available on iTunes for ages 2-6 for \$2.99 USD.

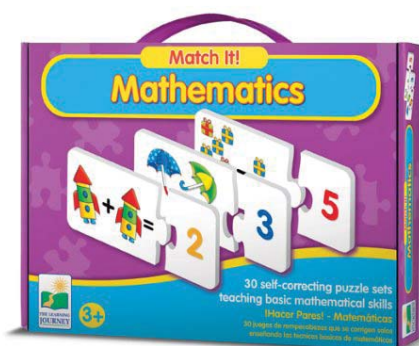
Leapfrog Learning Videos Numbers Ahoy

In this educational video, Tad and Lily want to play a board game called "Numbers Ahoy", but find it difficult because it requires a lot of counting. Their big brother "Leap" teaches them the basics of the game with a firefly named Edison. Edison uses his green learning stone to take them under the sea where they meet Pirate "Pythagoras", who captures animals in order to count them. The puppy, "Scout", ends up being one of the animals that the kids need to save via songs, nice sharks, and by using: counting, estimation, relative quantities/size and some advice about playing games fairly. Rating: 4.5 stars (83 reviews).



Fraction Puzzle by StarKids

Why not give your child a jump start towards mastering what is ultimately a difficult concept? The inexpensive plywood puzzle can help children understand the idea of cutting 3 pieces of pie. The top number will indicate the number of pieces you have taken away from the whole and the number under the line is the total number of pieces in the pie. The puzzle is especially important for kinesthetic learners; kids can feel they are making a whole from separate parts. Available at Central Chidlom, 6th floor, for ₱125.



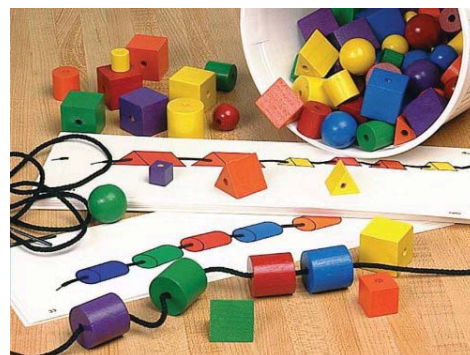
Math Adventure to the Moon

Here, Tad and Lily are preparing a school assignment and end up making a scientific expedition the moon. The rocket's speed is counted by 2's, 5's and 10's. Temperatures, weight and planets are sung about in a catchy song. Patterns in space, codes, numbers 1-20, skip counting, shapes, colors, sizes, sorting, science, as well as science fiction are all part of the edutainment.

“Every time you measure ingredients, cut a pie, count steps, disperse raisins, sort things by size or use “time-outs” you are exposing children to math concepts.”

HotDots Junior “Let’s Master Pre-K Math” by Educational Insights

One of my son’s favorite toys and is actually made for home-schooling. Try the math self-correcting books that will light up “Ace”, the dog-pen’s eyes and elicit several barks and encouraging comments for right answers. If a mistake is made, the dog-pen will make a “sorry” or “try again” whimper-all of which takes the focus off the parent. It is a fun and semi hi-tech option for children. The portable case is great as a take along toy too. There are 100 lessons in all. Recommended for ages 2-5 years old. Available on Amazon for \$21.99 USD. You can also find in some bookstores in Thailand.



Attribute Beads and Pattern Card Set by ChildCraft

Young learners can enhance their fine motor skills necessary for writing, while stringing together 28 patterns or creating their own with this set of 144 beads in four shapes, three sizes and six colors all made of hardwood. The spheres, cylinders, cubes and triangular masses help children to develop their understanding of volume and dimensionality. Truly, this kit covers almost everything one needs to learn from a math standpoint for young ones: relative size, shapes, volume, patterns, sorting and counting. Recommended for ages 3-7. Available on Amazon for \$46.99 USD or ฿1,537. You can also find, 48 plastic beads by Learning Resources at Central Chidlom for ฿1600 and on Amazon for \$24.00 USD.



Match it! Mathematics Puzzle Cards by The Learning Journey

If your child loves games and puzzles, these are fantastic and economical. The 30 self-correcting puzzle pairs have 10 card sets for counting, 10 for addition and 10 for subtraction.

For younger children aged 3 and below, start with a 3 or 5 pairs of cards and place them in equation lines but not directly across from each other. Ask the child to make the match. You can add a stopwatch and record your child's time and progress if you feel it would make it more fun. Recommended for ages 3 years and up. Available at Central Chidlom, 6th floor, for ฿250.

Kumon Learning Centers-Thailand

Kumon is the world’s largest after-school math and reading program teaching everything from “counting to calculus”. The system moves through levels via worksheets and CDs expecting students to visit the center twice a week for about 15-30 minutes per day to do homework. The process is not about tutoring but teaching the children how to self-learn. The free trial and level assessment takes place on March 20th anytime from 2-5pm.

Contact Information: Call the Amarin Kumon at 02-252-8528 or for more information or the main line at 02-626-6555. Website: www.kumon.com



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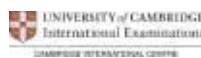
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What You Need To Know About Frequent Urination: Part II

By Nanthiya Pravitsithikul, M.D.

Recognising the symptoms of frequent urination early and correctly is important in diagnosing if your child has a problem. Our expert Dr Nanthiya explains.

In a previous issue, we discussed the infant urination problem, pollakiuria. However, before your child is diagnosed it is important to rule out other possible problems. These include:

1. Abnormalities of the bladder

- Abnormalities of the nervous system controlling the release of urine are usually present since birth, or result from damage to the parts of the spine and spinal cord. Children suffering from this syndrome experience dribbling urine or a weak flow of urine. Some urine will also remain in the bladder. A physical examination, a urination record and additional diagnostic tests can help screen out other unrelated diseases.
- Abnormalities in the bladder (that are not related to the nervous system) may be caused by the muscles of the urinary bladder, or if there is a problem with messages between the brain and the bladder.

2. Infection

- A threadworm infection
- A urinary tract infection:
- Infection or wounds in the vicinity of the genitalia

3. Diseases that contribute to an unusually large volume of urine include diabetes, diabetes insipidus, or stones in the kidney tissue or the urinary tract (in children this is rare and far lower when compared to adults). If this is suspected, a urine test and a blood test is required.

4. Some drugs or substances can stimulate frequent urination. These include diuretics or some groups of medicines to increase airflow to



the lungs (bronchodilators), certain types of anti-allergic drugs and certain types of drugs used to treat mental health conditions.

5. Other Causes

- Overly frequent/high water consumption.
- Intake of food or drinks that contain caffeine.
- Constipation
- Sexual assault in children. This and also has a psychological impact on children.

To confirm the diagnosis, it is important to rule out these other conditions. However, in certain cases, it is difficult to isolate it from some conditions which are believed to trigger the condition.

These include:

- A viral infection of the urinary tract
- Irritation or inflammation of the urethra and urethral opening caused by chemical substances
- Abnormally high amounts of calcium, oxalate or acid found in the urine

- The urinary bladder being over-sensitive to cool temperatures
- Children having mental stress as a result of the environment they live in or unknown internal trigger from their own minds

Treatment Approaches for Pollakiuria

1. Boosting a child’s confidence and giving support for treatment.
2. If the cause is not overconsumption of water, liberal fluid intake is recommended.
3. Avoid caffeinated drinks and food, or food that contains high calcium, oxalate or intense acid.
4. Specific Treatment
 - Medication can be used to treat cases when the symptoms are serious and resistant to therapy or training to the extent that it affects the everyday life of the child.
 - Bowel training, enlarging the bladder and conducting biofeedback therapy can be advised.
5. If the child has any psychological problems, it is advisable to have a psychiatrist in the team.

While the condition generally resolves by itself, some children can take a long time to return to normal. On average, it takes two to six months, although can be up to two to three years.

Of the children who go for therapy, more than 85% take four months to recover. To treat this syndrome, it is important to really understand it, as well as to have the cooperation of both parent and child. What children need most is moral support and their parents by their side.

Causes

1. Abnormalities in urination caused by the muscles of the urinary bladder or the nervous system
2. Enterobius
3. Unusually large volume of urine
 - Diabetes
 - Diabetes insipidus
 - Stones in the kidney tissue
4. Urinary tract infection
5. Intake of drugs or substances that stimulate frequent urination
6. Other causes
 - Over consumption of water
 - Constipation
 - Infection or wounds in the

vicinity of the sexual organs, urethra or urethral opening

Stimulating Factors

1. Infection in the urinary bladder that is not caused by bacteria
2. Inflammation or irritation in the urethra or urethral opening caused by chemical substances
3. Masturbation
4. The urinary bladder being over-sensitive to cool temperatures
5. Children having mental stress
 - Trouble in school
 - Study issues and being bullied in school
 - Feeling that they are being hurt by their loved ones or sexual assault
 - Parental divorce
 - Loss of family members
 - Going to a new school
 - Having a newborn younger sibling

“While the condition generally resolves by itself, some children can take a long time to return to normal. On average, it takes two to six months, although the longest recovery period can be up to two to three years.”



The poster features a blue background with white and yellow water splashes. At the top, five cartoon children are holding up the word 'BAMBI' in large, colorful letters. Below this, the word 'SPLASH' is written in large, white, block letters, and 'party' is written in a white, cursive font. A yellow duck-shaped inflatable ring and a beach ball are also depicted. The text 'Splashtastic pool activities organised by Bangkok Dolphins and fun activities for the kiddies!' is written in yellow. The event details are listed in white: '5 April 2014 (Saturday) 10:00 AM - 12:00 Noon The British Club, Silom Soi 18'. The entrance donation is '200 THB (BAMBI Members) / 300 THB (Non-members)'. A note says '*** Please bring your swimming wear & swim diapers for your little ones!'. The logos for 'THE BRITISH CLUB BANGKOK' and 'Bangkok Dolphins' are at the bottom right. The website 'www.bambiweb.org' is at the bottom center.



EARLY YEARS DAILY SCHEDULE: LET'S SEE WHAT A DAY FOR US IS LIKE!

7.45am: Stay & Play with our parents

8am-9.15am: Classroom Activities

Theme for this term: Africa



9.15am-10am: Snack & Playtime

Let's bike in the park



10am-11am: Enhanced Provision

(Library/ ICT/ Spanish/ Music/ Swimming/ P.E./
 Yoga & Meditation/ floating phonics)

Yoga Bugs



Floating Phonics*



* Part of our Enhanced Provision programme which allows us to practise our phonic skills in a very fun and stimulating environment in the EY pool.

11am-12pm: Lunch Time

12pm-1.20pm:
 Classroom Activities

Learning the Phonics
 (Reception class)



1.20pm-1.40pm: Outdoor Play

Let's climb a tree



1.40pm-2pm: Snack

2pm: Home Time!

ABOUT EARLY YEARS

Age for enrolment: 3-4 years old for Nursery
 4-5 years old for Reception

Curriculum: Early Years Foundation Stage
 Curriculum from
 the United Kingdom

Class size: 1 fully qualified teacher for
 15 students (Nursery)
 20 students (Reception)
 with teaching assistant

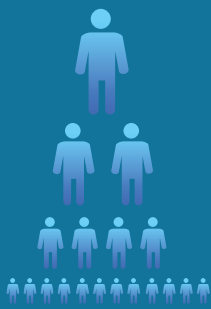
Location: Sukhumvit 53, adjacent to
 Thong-Lo BTS Skytrain

Now open for Enrolment



GLOBAL LITERACY

Being fully literate means being able to
read, write, do math
and use a computer



Globally, there are
123 million
illiterate young
people (aged 15-24)

1 in 2 live in
sub-Saharan
Africa

54 million of the
76 million illiterate
young women live in
just 9 countries

**2/3 are
female**



meanwhile
12%
of all adults
are functionally
illiterate

There are **57 million** out of school children

and **250 million** of primary school age

that lack basic reading and writing skills

PROMOTING LITERACY AT HOME

- 1 Start reading to your baby when they are in the womb so they can recognize their mom's voice.
- 2 Reading to your child once they arrive will build their vocabulary, stimulate their imagination and improve communication skills.
- 3 Reading introduces concepts of stories, numbers, letters colors shapes and everything in the world around them.
- 4 Enjoy the quality time together with your child and know you are shaping the great minds of tomorrow.



Tips on Listening to your Child Read

Help your child excel in reading with these simple tips.

By Martin Breen, Primary Literacy Coordinator at Bangkok Prep

Reading is a vital skill in the development of every child but what can we do to encourage our children to read and become lifelong readers?

While your child is at school, parents will often be asked to listen to their children read at home. This time together can be an excellent way to support your child's reading efforts. Effective reading time increases comprehension, vocabulary, confidence, and most importantly of all, help your child develop a love of books that will endure.

Quiet time

Reading should be quiet time in a quiet place. Reduce the number of distractions and turn the television off!

Reading should be fun

Make reading an enjoyable experience. Reading time should be something that your child will look forward to rather than dread. Sit with your child while they read and do not put too much pressure on them.

Reading levels are not a race

At school, your child will probably be placed on a reading scheme with a variety of levelled books. Please remember that racing through the levels is not the best way to develop your child's reading skills. Reading should be enjoyable and your child should be able to relate to what they are reading. Parents can often give children books that are too difficult in the hope that it will help the child to develop their reading skills more quickly. This can often have the opposite effect and affect their confidence and progress.

Practice makes perfect

Try to make time to read with your child regularly, especially on school days. Teachers have a finite amount of time and they often do not have time to read with your child on an individual basis.

Variety is the spice of life

Try to vary the materials that your child reads. Children need to experience a range of reading materials. You can try comics, magazines, poems, non-fiction books and even audio books to add variety.

Discuss the text you are about to read

Before you read the book, take time to



“Parents can often give children books that are too difficult in the hope that it will help the child to develop their reading skills more quickly. This can often have the opposite effect and have a negative effect upon their confidence and progress. Your child needs to build their confidence steadily and be able to enjoy and relate to the texts they are reading”.

look at the cover and discuss what your child thinks the book may be about. Ask them why they chose this book and whether they have read anything similar in the past.

Re-reading

Encourage your child to read for meaning. If they do not understand what they have just read, or they have mumbled through or skipped words entirely, have them go back and try again. For words that have been misread, try strategies such as sounding out. For words that your child is unfamiliar with, use strategies such as the context of the sentence and visual clues found in the illustrations to help them.

Be positive

Always try to use positive language and build your child's confidence with praise for their efforts. Try to avoid saying things like 'No. That's not right.' If your child is having difficulty, try to point out what they have done well and try using positive phrases such as 'Let's read that part together.'

Talk about the books

Being able to read with accuracy and fluency is not all that is necessary to be a good reader. Comprehension is perhaps the most important part. While reading, ask questions about what has happened so far, what they think will happen next and their own opinions of events and characters. Encourage the children to make connections to their own ideas and experiences and you will get a much clearer picture of how well your child understands the text.

Communicate

Most children are given a reading diary or reading record. Try to communicate regularly with the teacher with both positive comments and areas of concern. Your child's teacher will be happy to receive constructive feedback and your child will realize you are interested in their reading progress and value reading as a skill.

Be a reader

Demonstrate to your children that you also read for enjoyment. By providing a positive role model, you will encourage your child to read and help them to become a lifelong reader.

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April Fun Camp
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April 7-11,
2014

Committee Member Profile:

Porranee Thanapakpawin, PhD

By Shalini Phol

Porranee, mother of two, worked with the Hydro and Agro Informatics Institute, Ministry of Science and Technology. She is an expert in flood and drought risk management, including technical reporting, public outreach, and policy recommendation.

When her daughter was born, Porranee took leave and started her own company, www.Cheap.co.th, selling children's products. Her reason for doing so was to have more flexibility and time with her family.

In her spare time, she volunteers with BAMBI as the British Club Playgroup Coordinator. She enjoys writing articles on children safety issues and water resource management. Her husband, Jason, is working on developing his own web-application software product. As you read through this interview, it is obvious she loves to volunteer.



Bambi News: How did you know of BAMBI?

Porranee: I learned of BAMBI when I had my first child. I did an internet search looking for playgroups near my house, which led me to BAMBI.

BN: Can you elaborate more on your role as the British Club Coordinator and how you got into this role. How does it feel to be helping the expat community?

PT: I coordinate volunteers to help run the play group each week at the British Club. We take turns to run the sessions, which also includes cleaning up the toys. I am also a British Club member and the British Club is walking distance from my house. When my daughter was around 1 year old, I started to take her to the playgroup and thought, I could help out.

In addition to my role as the British Club coordinator, I am also happy when I am asked to bring and set up a play yard and toys at various BAMBI events. I'm glad my products are useful for BAMBI community. It is always fun to see the kids playing and the smiles on the parents' faces. This makes my day.

I never knew how much work and how many people were involved in organizing each event until I became a part of the committee. Ravit is a strong leader and is very organized. All committee members and volunteers are very friendly and dedicated. I feel satisfied that I do something meaningful for the organization. I have also been able to learn the process of organizing such events, which is also helpful when I organize an event for my own company. Plus, as a Thai, I am happy to see that foreigners and their families are "happy" and feel "at home" in Bangkok.

BN: Finally is there any advice you would like to share with the BAMBI readers?

PT: If you have some time to spare, we are always happy to have more volunteers, even if you cannot commit long term. Having an assistant is crucial in making it possible to hold a playgroup session every week and if there are more volunteers we end up having to help out only once a month or less frequent, allowing for more fun and less work.

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(18 months - 3 years)

Casa I (Children's House)
(3 years - 5 years)

Casa II (Children's House)
(4 years - 6 years)



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First Time Flyers

By Yasmin-Tamana Tanwani

New baby? Big trip planned? Hear from our experts about making your first trip with your newborn a flying success

Gone are the days you slipped on your headphones or napped on a flight. Instead, you now try to console an uncontrollably wailing child. We spoke to experts at Samitivej Hospital on how to prepare for your first trip with your baby.

Dr Anjana Sachabudhawong, Pediatrician and Pediatric Pulmonologist at Samitivej Sukhumvit Hospital explains, “Your baby should be at least two to three months old. This gives his immune system a chance to resist germs and receive the first few necessary vaccines. If you can’t wait that long, your baby should be okay to fly after his two-week checkup. For premature babies it may take longer.”

1. Chose a child-friendly hotel

Dr Amporn Santingamkol, Development and Behavioral Pediatrician at Samitivej Srinakarin Children Hospital says, “Most child-friendly hotels will provide great facilities for kids: a baby cot, an electric kettle (for formula), corner/edge bumpers, safety gate, etc.) or some fun activities. Also the access to your hotel should be easy, the more time you spend in a car, the more your child will get cranky”.

2. Pack the essentials

- Medication: your child’s regular medicines for basic illnesses (such as medicines for fever/vomiting/ abdominal cramping/ cold/allergy, oral rehydration solution, or bandages) and mosquito lotion
- Food or snacks
- Special eating utensils you use
- Child safety equipment: child harness and reins, outlet covers
- Your child’s favorite toys and treats
- Your child’s regular formula
- Bath/cleansing soaps, baby wipes
- Diapers (Bring at least enough to



last until you find a store)

- Extra clothes. Remember to take some spares.
- Baby stroller, baby sling

3. Choose the right flight.

“Try to plan your flight during your baby’s nap time and avoid layovers”, says Dr. Anjana. “However, if they fail to fall asleep, try to follow your child’s normal sleep routine”, adds Dr. Amporn.

4. Prepare for the flight

“Get to the airport early,” says Dr Amporn. Once you have your boarding pass:

- Find somewhere (not far from the gate) where your child can burn off energy
- Ensure that your kids are not too hungry before climbing aboard
- Change your child’s diaper before getting to your seat
- Prepare enough formula, food or snacks for the whole flight
- Don't board before other passengers. Some children get cranky being confined for too long

5. Relieving blocked ears during take-off and landing

Dr Anjana advises, “Try nursing or giving your baby something to suck on during takeoff and landing to relieve the ear pressure. Try to avoid feeding immediately before your departure to

help with this.”

6. Stay hydrated on the plane

“Airplane air conditioning can cause dehydration so encourage your baby to drink often. If you are a breastfeeding mother, don't get dehydrated yourself”, says Dr. Anjana.

7. Dealing with tears on flight

“Prepare toys, books or electronic edutainment to entertain your kids”, Dr Amporn says. Dr Anjana suggests, “Adding or removing a layer of clothes may soothe them. Have your baby’s favorite music ready and they are consolable then walking him/her to the back of the plane avoids those glares from other passengers.”

8. Prepare your child for unfamiliar food and food-borne illnesses while on holiday

If your child is difficult with unfamiliar food when traveling, Dr. Amporn advises parents to use commercial baby foods your baby is familiar with. In addition these foods are sterilized and ready to go.

9. Nanny or no nanny?

Travelling with children is always a bit of an adventure. You should be prepared for a tiring trip, but it’s up to you if you want to share both the burden, and that special time, with your nanny. Bon voyage!

The Simple Things That Mean So Much

In an ongoing series, this BAMBI Mom shares some of the precious moments enjoyed by her family as they help their son with his developmental delays.

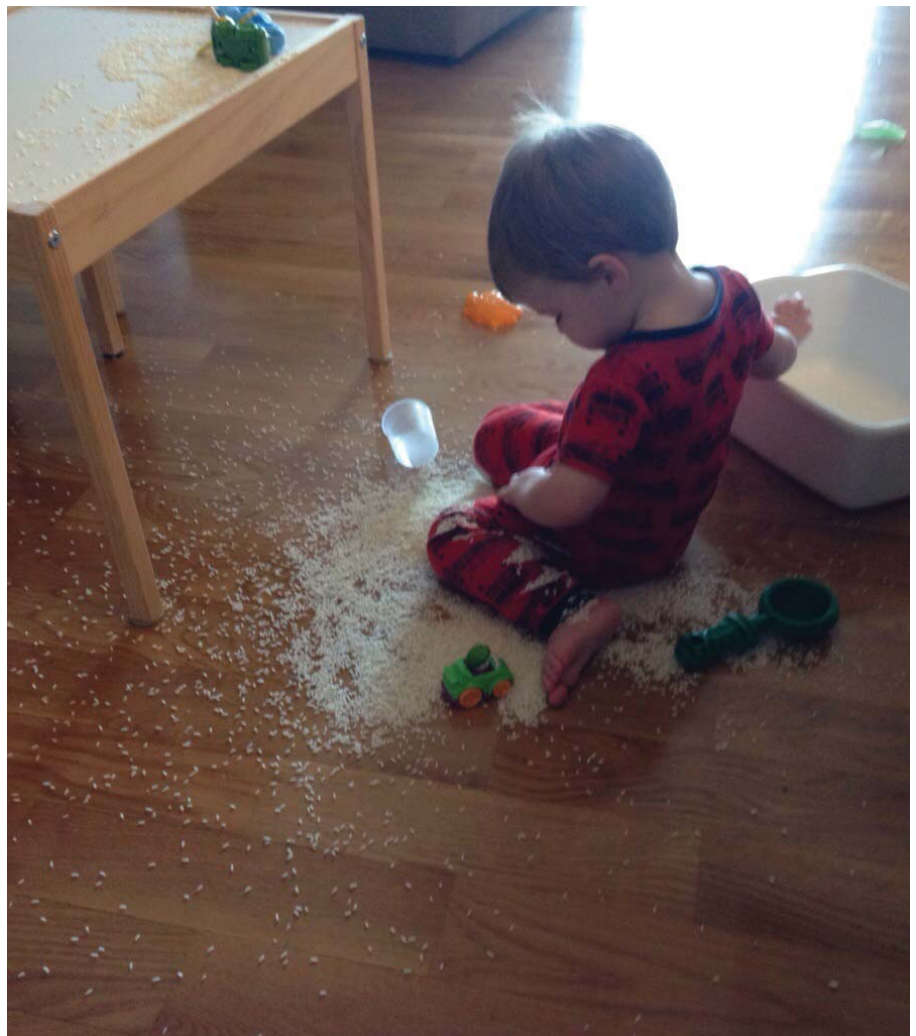
By Becky Horace

Week 6: Say Wha?!

“Say wha!?!?” That’s what I feel like most days when trying to decipher what my son is trying to say but this week we have seen a noticeable difference in my son’s communication skills. From the first week of therapy I would have said that Killi would sometimes say “dadadadada”, that was about it and it was few and far between. From the beginning stages of the ESDM therapy, we have been working on going to Killi’s “spot light” and narrating everything that is going on with a few very simple terms. And it is now finally paying off.

Instead of a monotone “dadadadada”, we now hear a lot of other consonants and vowels with different tones and inflection. I’m convinced my son is a genius and is actually speaking Mandarin but as I don’t speak Mandarin I have no clue what he is saying... maybe it’s actually Japanese...!

As the weeks have gone by, he has said a few words here and there but now by week six we are consistently, clearly, and in the proper context saying “up”, “hi”, “no”, “bye”, “go”, “please”, “daddy”. And as of last week he has begun saying “momma”, I have missed this so much! It started as “maw”; whenever he needed me he would take my hand and say “mawww” but now he is saying “momma” (yes it’s all the time and yes I am sure it will drive me nuts very soon but for the moment it’s pretty exciting). He can also combine the few words he does say. The other day our nanny tried to play with him but as I was in the room Killi looked at her and said “Nooooo! Momma momma!”. It didn’t hurt anyone’s feelings because we were so excited that he had combined two words!!



The big kicker was over the weekend, I had given Killi his rice bucket to play with. He was having so much fun and then all of a sudden I hear the rice pour all over the floor with a hundred little “tick tick” sounds and a huge mess for Mommy to clean up. I would have been a little annoyed but my son looked me in the eyes and with a huge smile, he said his first sentence: “I did it!” My jaw dropped and with tears filling my eyes all I could say was “That’s right baby! You did it!” How could I be

annoyed that there was a mess to clean up when I heard my son’s first full sentence.

It’s the little things; just hearing what I think is a new word coming out of his mouth that makes all of this hard work, day in and day out, all worth while. It isn’t easy, but having the support of a great doctor, friends that constantly check on us to see how we are doing, and everyone’s prayers make things a lot more manageable!

“It’s the little things; just hearing what I think is a new word coming out of his mouth that makes all of this hard work, day in and day out, all worth while.”

Week 7: All You Need Is Love

Killi is still progressing in his therapy and is trying to talk more with his babbling. He is becoming increasingly social, which is the foundation of trying to get him to talk to us. Being more social will lead to imitation and his desire to imitate will then lead to Killi trying to imitate our speech!

This week Killi has been more loving towards others. Normally he only wants his Mom all of the time, so much so that he clings to me and will not let go. I had no idea what I was missing

when it came to affection from my child. I would get the occasional hug but now he is the most loving boy. I get kisses all day long, I get eye-to-eye contact with a smile and a look that I believe is saying “Mom, I love you!”, and also hugs that are so tight they feel as if they could last all day. What a huge blessing this has been. And it isn’t just for Mom, this is also for Dad! Killi refuses to take no for an answer when he puckers up for a kiss on the lips! There’s no escaping the slobber Dad!!

When it comes to our nanny, the other

night she was saying goodbye and for the first time ever Killi totally freaked out. Normally he looks in the direction of the door when she leaves but doesn’t really react. But this time he ran after her crying, opened the door, ran to her in the hallway and hugged her neck and wouldn’t let go. When I told him “Okay son, Odie has to go to church and see Jesus” he loosened his death grip on her, waved bye and walked back inside.

This love is also being shown more at therapy. Killi enjoys the copy machine and our doctor is very gracious and will let him play with it. There is a hook thing inside and Killi has figured out that he can move one part and the hook will go down. This was the best thing ever in my son’s mind and he was so elated with joy he gave his doctor a big smile and hug, as if to say “thank you so much for having this awesome copy machine!”. And it was not once but several times!

This type of social interaction is a dream come true for any parent that has had a child that hasn’t been engaged or knew how to reciprocate the love he was being given. My heart sings with joy every time Killi initiates a hug and a kiss. By far it is the best feeling in the world.

“My heart sings with joy every time Killi initiates a hug and a kiss.”



Photo credit: Becky Horace



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Annual General Meeting

Thursday, March 27, 2014 at 9:30 am

BAMBI Needs You! Come Join the Committee!

BAMBI's Annual General Meeting will be held on March 27th at the British Club. All members are encouraged to attend to help determine the future direction of BAMBI. The primary task at the AGM will be to elect new BAMBI leaders for the coming year.

BAMBI is managed by a member-elected group of volunteers. At the commencement of the meeting, all current committee members will step down and then nominations for all roles will be taken from the floor. Several current committee members are willing to continue in their roles.

Please see the list of roles below. BAMBI needs your help! Some positions require a larger time commitment, while others simply require a smiling face and small time commitment. Some positions can be completed almost entirely from home, while others will have you out and about at various BAMBI functions in the community. Some of the positions can also be shared by two members.

Becoming a bit bored? Want to keep your priorities balanced? Don't want to overcommit yourself? Then we have a job for you!

Benefits

- Work with a great group of like minded people and feel involved
- Take a role in directing the future of BAMBI
- Have something concrete to put on your resume

Remuneration

- Zero but entrance fees are waived for committee members

attending regular BAMBI meetings; such as Bumps and Babies, British Club playgroup and other playgroups and special events.

Expectations

- All full voting committee members are required to attend the monthly committee meeting
- Your family and you come first. As a volunteer you will be expected to do what you say you will do but with the understanding that being a parent of young children often brings unexpected situations. You will form part of a team of parents – everyone is in the same boat!
- Whilst the committee year runs for 12 months, many of us are unsure of our tenure in Bangkok. All we ask is for your commitment for as long as you can.

Please read through the following descriptions to see what you fancy. If you are interested in any of the voting-positions listed, please contact the Chairwoman or other current committee members listed on the last page in the BAMBI News and join us at the BAMBI AGM on March 27th starting at 9:30am at The British Club. If you are interested in volunteering but unable to attend the AGM, please notify the Chairwoman of your interest and the position you would like to fill: chairwoman@bambiweb.org.

CHAIRWOMAN

This position coordinates the work of the committee, chairs the monthly meeting and writes a column for the magazine to keep in touch with

members. In addition, she serves as the official representative of the group, which requires a large time commitment.

SECRETARY

The administrator for the Chairwoman records and distributes minutes of meetings, handles general correspondence, keeps files up to date and ensures the BAMBI constitution is adhered to. This role may also help with the representative aspects of the Chair by attending one or two non-BAMBI events per month, such as coffee mornings with the rest of the international community in Bangkok or visit charities, etc.

TREASURER

Acts as Treasurer and Bookkeeper with the help of an assistant. The Treasurer is required to keep track of all income and expenses, prepare accounts for each monthly Committee meeting and reports to the Chairwoman & Committee. In addition, prepare accounts for the AGM and annual accounts for the CBFT. All accounts are submitted to the Chairwoman before distribution and is responsible for banking funds and making payments. If the Chair and the Secretary are not available the Treasurer will chair the meetings.

MAGAZINE EDITOR

The Editor for the BAMBI News monthly magazine will gather and proofread articles; decide on themes and layout of the magazine and coordinate the production with the help of assistants and a graphic designer. In addition, act as main liaison with the publisher and the advertising sales.

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CHARITIES COORDINATOR

This role will identify and evaluate potential charities to be recipients of BAMBI sponsorships and follow all BAMBI guidelines regarding sponsorships. In addition, arrange for the collection and distribution of monetary and material donations to BAMBI charities. This role will promote and organize BAMBI fundraising activities including managing the charities table at BAMBI Yard Sales.

YARD SALES-EVENTS COORDINATOR

Yard Sales Coordinator is responsible for organizing BAMBI's very popular Yard Sales/second-hand sales (3 events per year) and BAMBI Annual Bazaar. The position includes emailing and speaking to potential vendors, liaising with venues, publicizing the event, setting up before and tidying up after events, and organizing kids' activities.

EVENTS COORDINATOR

Events Coordinator will organize and coordinate BAMBI's Parties/events. These include but are not limited to the Easter Splash Party, Halloween Party and Holiday Party. Responsibilities will include: sponsor solicitation, setting-up and tidying up before and after events, organizing kids activities and food vendors.

PLAYGROUPS COORDINATOR

This role will support existing BAMBI-sponsored playgroups and support members in establishing new playgroups as needed; liaises with individual playgroup sponsors and leaders and the Treasurer.

NEW MEMBERS COORDINATOR

Welcomes new members to BAMBI and acts as the main contact for inquiries. Hosts new members' coffee mornings, as well as assembles and updates information packs. This role is required to attend BAMBI meetings and events to recruit new members.

DATABASE COORDINATOR

Database Coordinator ensures the online database is maintained, membership details are up to date and distributes this information to the committee as needed. She is also responsible for preparing different lists e.g. mailing list and list of expiring memberships, based on the data in the database and passing this information to magazine printer/distributor.

PR & MEDIA LIAISON

PR & Media Liaison will work with the Events Coordinator to notify the media of special and regular BAMBI events. In addition, supply various organizations with information about BAMBI (i.e. brochures, flyers) and will keep all PR material up to date. She will also promote BAMBI as an organization in general.

WEBSITE COORDINATOR

The Website Coordinator is responsible for the content, layout and updating the website. She will coordinate with all committee members regarding content/dates and financing of the website.

BRITISH CLUB PLAYGROUP LEADER

This role serves as the primary contact and coordinator for the British Club playgroup, as well as one of the voting BAMBI Committee members. She will attend and manage the logistical and administrative components of the weekly playgroup, as well as attend the monthly committee meetings, participates/assists with events, fundraisers and other organizational activities.

BUMPS & BABIES COORDINATOR (by invitation – non elected)

This role coordinates the postnatal support team and organizes weekly Bumps & Babies meetings and arranges for activities and speakers. She is responsible for making rental payment of room, collecting admission fees and submitting to the

treasurer. In addition, identifying the need for and requests budget for equipment/books/magazines etc. for group. She will give information and updates of Bumps & Babies programs and activities to the magazine editor and website manager. This position is required to attend and report at the monthly Committee meeting.

SUPPORT GROUPS COORDINATOR

(by invitation – non elected)

This role coordinates and supports BAMBI's special interest groups, such as adoptive parent, infertility, and Down's Syndrome groups. She will oversee all support groups, identifies and sets up new groups when appropriate and reports to committee on a monthly basis, as well as accept and manage queries from members.

BAMBI is also looking for the following non-voting positions:

PLAYGROUP LEADERS

To help be in charge of a playgroup; attends all playgroups, arrive at the playgroup prior to opening, welcomes attendees and collects fees, provides snacks for the children, takes new memberships and processes them on the BAMBI website and most of all, is a friendly face for newcomers.

It is your turn to give back!

AGM: 9:30 am
on Thursday March 27th

At The British Club,
189 Surawongse Rd
(entrance is via Silom Rd, Soi 18;
please show ID).

See you there!

to IB or not to

An education question

Designed to meet the needs of globally-mobile families, the International Baccalaureate programme lets children learn through discovery, say our Bangkok-based teachers

Introducing the International Baccalaureate

Inquiry. Knowledge. Thinking. Communicating. Principled. Open-minded. Caring. Risk-taking. Balanced. Reflective. These attributes express the values of International Baccalaureate (IB) education. IB is an educational approach with two concepts: inquiry-based learning, and educating students to become internationally minded global citizens, who will help to “create a better and more peaceful world”.

History and development

The IB Diploma Programme was created in Geneva in 1968 to meet the needs of “internationally mobile students,” being children whose parents worked overseas. The curriculum was intended to prepare senior students for university, irrespective of the school system, or country, where they would choose to study in the future.

The IB system now consists of four programmes offering a complete curriculum for students from three to 19 years of age: the Primary Years Programme (PYP), the Middle Years Programme (MYP), the IB Diploma Programme and, the IB Career-related Certificate – a recently introduced programme for senior students.

The Primary Years Programme

Introduced in 1997 this curriculum looks at; Who we are; Where we are in place and time; How we express ourselves; How the world works; How we organize ourselves and Sharing the planet. Each year students inquire into these same themes, but as the children grow older they study in greater depth.

Each idea is explored through units of inquiry that are in-depth and last for several weeks. These provide a framework for teachers and PYP

coordinators to design their own curriculum and integrate topics relevant to the particular school.

“Learning in IB is conceptual not thematic”, explains Kate Lynch, teacher and early years coordinator of NIST International School, “that means that the purpose of learning is not just collecting information but developing a deep understanding.” Six subject areas (language, social studies, mathematics, arts, science, physical, social and personal education) are, as much as possible, integrated into study.

PYP students are encouraged to take action after learning. Pinsuda Srisontisuk, a teacher from Magic Years International Kindergarten, tells us that, for example, if a child turns off water while brushing their teeth after learning about limited natural resources, the student has developed an understanding in the context of their daily life.

Learning in the early years

So how is a unit of inquiry explored

within the early years programme? During a unit of inquiry related to the theme of, “How the world works”, children inquire into the phenomena of light. They look into sources of light, ways light is used by people and develop an understanding of its importance.

Teachers set up an active learning environment. They create dark places and provide torches for children to explore them and/or a projector and a screen are set up so that children can play with shadows. Once children start exploring, teachers guide them by asking questions and drawing children’s attention to discoveries they make. Children can then experiment with light, shadows and reflections.

Our contributor, Kate Lynch, also explains that before introducing a new unit, teachers decide which resources children have to support their learning. Books are selected, sometimes a visitor can be invited into school, or a field trip organized. Children learn through discussions, experiments and playing with things that stimulate their inquiry.



Children's interests have a big impact on the curriculum. Each class explores the same unit of inquiry and central idea in their own way. Ms. Lynch recounts how in one year, while exploring a unit about change and growth, her class focused on physical changes because one of her students remarked that his teeth started changing and his classmates showed interest in this topic. Another year, studying the same unit, the class focused on development of skills (such learning to ride bikes).

Subject areas such as arts, math and language arts are integrated into the units. For example, in the above mentioned teaching (dealing with change and growth) children created graphs showing how many children in their class had lost no, one, two, or more teeth. Ms. Lynch believes that subjects should be integrated genuinely. For example, children practice math during the morning circle time by figuring out how many children are present in the classroom that day.

Fellow teacher Ms. Srisontisuk adds that each unit of inquiry also focuses on development of students' non-academic skills, such as social skills and self-management. Social skills are considered to be particularly important for early year students.

Assessments

Assessments provide feedback to students, parents and teachers. They reflect the progress of a student's knowledge and understanding of the world. An important part of the PYP assessments is its evaluation of a student's inquiry process. Teachers consider whether students are asking more in-depth questions, developing an ability to define problems and to find solutions. An important criterion is the student's capability to work both independently and collaboratively.

The three-way conferences used in the primary programme provide students, teachers and parents with an opportunity to reflect on a student's progress and identify learning goals. Every student's learning journey is documented in a portfolio, which includes pictures and samples of the students' work, chosen by teachers and students. A report at the end of each semester gives students and parents



feedback on strengths and learning targets, as well as social and self-management skills.

Teacher-student relationship

One of the main beliefs expressed in the PYP is that children learn best through their own inquiry. The teacher's role is to give the inquiry meaning and purpose. "We are facilitators of children's own learning," says NIST's Ms. Lynch. "We provide children with

discover knowledge for themselves and develop understanding for what they learn. Knowledge acquired through a student's own experience is long-lasting." Meanwhile, Ms. Srisontisuk echoes this sentiment saying, "Our students are confident in their knowledge, but open-minded to other opinions. This attitude builds a solid foundation for their social skills and helps the students with their transition to other environments."

“The IB encourages students to become lifelong learners. We, teachers, are the children’s peers in learning. We provide the guidelines, but children take a lot of the initiative.”

tools and the environment they need for their inquiry, help children make their own discoveries and build up their own knowledge.” From the primary years point of view Ms. Srisontisuk adds, “The IB encourages students to become lifelong learners. We teachers are the children’s peers in learning. We provide the guidelines, but children take a lot of the initiative.”

Benefits for children

Ms. Lynch takes back the baton saying, “In IB the emphasis is on students being inquiring rather than following a knowledge-based curriculum,” says our experienced early years teacher. “Guided inquiry allows children to

Criticism of IB and PYP

With regard to the primary years programme, (and the middle years programme), who have experience with the IB say the programme doesn't offer sufficient structure for learning. This is criticised for resulting in students' weak academic performance, even though the children are very motivated and teachers engaged. In another aspect, some opponents argue that the IB thrusts its own values upon schools and because it works within global context, it can push local cultural and religious beliefs and values into the background. It is also suggested to lessen the sense of belonging to a particular community and country.

International schools and pre-schools in Bangkok offering the IB Primary Years Programme:

KIS International School www.kis.ac.th

Magic Years International Kindergarten magicyears.ac.th

NIST International School www.nist.ac.th

Useful links:

The official site of the International Baccalaureate (IB) www.ibo.org



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Stir Fried Quinoa with Veggies

By Cecilia Yu

Tonight's quick and healthy meal idea the entire family can enjoy is here

I was desperate and tired. Desperate to strengthen my endlessly sick child's immunity. Tired of the bi-weekly doctor visits followed by medicine and complications resulting from simple cold viruses. Exercise? Check. Adequate rest? Check. Best hygienic practices? Check. Saline rinse the nose? Check. No fried food? Check. Plenty of fruits and veggies? Check. No junk food? Check. Vitamins and probiotics? Check. What was I doing wrong?

After searching high and low between Western, Chinese, and a number of other sets of holistic advice, I was frustrated. But that was until my Ayurveda doctor taught me it's not just about ANY healthy food. It is about the RIGHT kinds of healthy food. And after the advice of numerous holistic nutritionists, I am still convinced.

Instead of just relying on a little poultry and fish along with veggies, fruits, and whole grains, we need to focus on the WHOLESOMENESS of food.

Whenever possible, organic, non-GMO, non-processed, gluten-free food cooked with the right kind of oil is the magic immunity-boosting formula. It is this formula that has kept my family's health optimal, while detoxifying and boosting our immunities to fight off common ailments faster than before. My learning continues on this healthy journey every day and along the way, it has become my passion to share with others. Just how do you optimize your family's' health with the RIGHT kinds of easy, tasty, and nutritional food?

Stir Fried Quinoa with Veggies *(Serves four)*

For this dish, quinoa is the premium choice of whole grain. Compared to other whole grains, it is gluten-free, low-fat, and cholesterol free. Moreover, it's rich in protein, fiber, antioxidants, magnesium, and iron, making it an ideal staple for vegetarians too.



You will need:

- 1 cup quinoa
- 1 small onion diced
- 1 medium sweet pepper diced
- 7-8 medium mushroom diced (button/shitake)
- 1 pack of kale diced (Chinese kale)
- 1 1/4 cup water
- 2 tbsp coconut oil/olive oil
- Sea salt
- Black pepper

Quinoa and Chinese kale can be purchased from Villa, Gourmet, or Sunshine Supermarket on Sukhumvit Soi 31.

Directions

1. Cook the quinoa
 - a. Rinse the quinoa several times using a strainer
 - b. Boil the quinoa with the water on a high heat, with pinch of sea salt
 - c. Once boiled, reduce to a medium-low heat and simmer with the lid on
 - d. Simmer until water is gone and quinoa is cooked looking like clear spirals
 - e. Fluff and set aside
2. Stir fry the vegetables
 - a. Heat coconut oil/olive oil in pan on a high heat
 - b. Reduce to a medium heat, caramelize the onions
 - c. Add the mushroom and stir for 2-3 minutes
 - d. Add the sweet peppers and stir fry for 1 -2 minutes
 - e. If the oil in the pan begins to dry out, add water a little at a time while stir frying the vegetables.
3. Mix in the quinoa. Season with sea salt and black pepper to desired taste.
4. Serve and enjoy



Megha Jindal

By Katharina Ostermam



Megha, 31, originally from New Delhi, India moved to Bangkok with her husband in May 2013. She has a son, Kabir, aged one, and is a budding writer with many other involvements while also being a full-time mother. Megha considers herself neither a “stay at home” mother nor a “working” mother. Instead, she says, “There is lots of room to creatively define your own life without succumbing to either stereotypes”.

BAMBI News: What is your marital status? Are you married and do you have kids? If so, how old are they?

Megha: I have been married for five years already, with a one year old son, Kabir.

BN: When did you arrive in Thailand/Bangkok? Where are you from?

MJ: I arrived in Bangkok in May 2013. My home town is New Delhi, India.

BN: What brought you to Bangkok?

MJ: My husband’s job brought us to Bangkok, alongside a curiosity to experience the adventure of living in a country with a blend of both East and West.

BN: What kind of work do you do? Where? What are your working hours? What do you like in your work? What is the most challenging part of being a working mum?

MJ: This is not a straightforward question for me. On the visa and other such application forms, I take the easy shortcut of simply stating “housewife”. Here is the true and long answer.

I am a budding writer who contributes to my own blog, BAMBI magazine and a travel mobile app. I am a BAMBI committee member who shares the treasurer responsibilities and also helps manage benefits/discounts for members. I am also an advisor to a microfinance fund in West Africa. On top of that, I am a student of Iyengar Yoga and Thai language (if you haven’t pursued an interest seriously in a while, believe me when I say “its work!”)

BN: What is the most exciting thing in your motherhood experience?

MJ: The realization that I get to have the very best seat for watching this adorable brat of a baby grow into an adult human being. I am struck by the wonder of it every time I think about it.

BN: What do you like to do when you have a day off from work?

MJ: I never have a day off work! In fact, I am sometimes wary of the approaching weekend because I will have to change my rhythm to include the husband. I don’t really crave vacations. I am happier living an interesting day-to-day life filled with work, some errands, routines, a walk at Lumpini, spontaneous fun moments with my son and, chilling with a glass of red and “Breaking Bad” on DVD with the husband at night.

BN: When did you join BAMBI? Why?

MJ: I joined BAMBI even before landing in Bangkok because I was worried about finding a good nanny. A friend recommended BAMBI classifieds. Little did I expect to find a vibrant group of young mothers who care about contributing to a supportive community for young families in Bangkok. Being an active part of BAMBI now, I have come to see volunteering as a win-win. The community thrives thanks to the hard work of its volunteers, who in turn thrive on the opportunity to expand

their social network and build new skills (or keep the old ones from rusting).

I think some part of my decision is also based on my being a working professional in finance for 8-plus years and being raised by a “working” mom. I need to feel productive by doing some office-y things like Excel sheets, meetings and documents!

BN: When did you join WOMBLES? Do you have any WOMBLES dinner that you remember the most? Or any dinner you enjoyed the most? Why?

MJ: I joined WOMBLES because I refuse to be slotted into the limiting tag of a “stay at home” mother. I am interested in exploring different work opportunities in the new city and meeting women who feel the same way. My first WOMBLES dinner was also the first time I left my son at night with my husband. It was a milestone of sorts. It felt so strange being out on the streets alone at night. The nice kind of strange. I enjoyed meeting some interesting women who I continue to be in touch with. Father and son did just fine.

BN: What do you like most about WOMBLES dinners?

MJ: So far I have been to only one dinner. What I liked the most (besides the opportunity to step out at night without baby/big baby) was the opportunity to meet a group of women I would otherwise not bump into. On my side of the table alone, there were Chinese, American, French, Czech and Indian nationalities. Each having unique professional and personal backgrounds, wanting to stay professionally active and, keen on meeting like-minded women. How often do you find yourself in that setting?

BN: Any additional info/thoughts/experiences/ideas you would like to share with our audience?

MJ: I strongly feel that there is wide spectrum between the extreme tags of “working mom” and “stay at home” mom. We don’t need to feel pushed into either extreme. There is lots of room to creatively define your own life without succumbing to either stereotype. I have “worked” long enough and “stayed at home” long enough to call the bluff on both these tags.



WOMBLES DINNER AT WINE I LOVE YOU



WOMBLES is a group of working mothers and others who usually meet on the second Thursday of each month for dinner around Bangkok.

Please note that these evenings are not just for working mums. Pregnant women, mothers thinking about returning to the workforce, and those engaged in charity or other unpaid work are also welcome.

We invite every mum or mum-to-be to join us for an enjoyable night out with other like-minded women. We all deserve some grown up time! If you are interested in joining, let us know at: bambi.wombles@gmail.com.

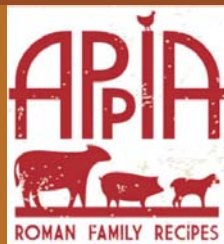


APRIL WOMBLES DINNER

Please join WOMBLES for dinner on **April 3rd at 8pm.**

April's WOMBLES dinner will be held before public holidays on **Thursday April 3rd at 8pm**

at **Appia**, a Roman trattoria serving rustic, satisfying "home style" delicacies in a casual environment.



20/4 Sukhumvit 31, Bangkok Tel: 02-261-2057

You can reserve a spot by sending an email to bambi.wombles@gmail.com. We hope to see you there!



Working, Overstressed Mothers of Bangkok - Lets Eat Supper

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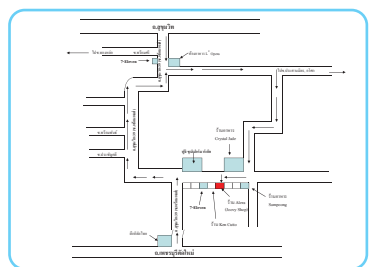
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joovythailand

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Let's play! - Gloop

By Yvon van Kesteren

Enjoy this new, easy, quick, inexpensive, messy CreActivity idea full of educational benefits your kids will enjoy for hours.

Gloop is an interesting substance you make by mixing corn flour and water. It acts like a solid when you try to hold it and as a liquid that flows easily when you stop applying pressure. It will be fascinating for your kids to discover what gloop does by squishing and moulding it with their hands.

Age

From 1 - 5 years old

What you need

- 2 cups of corn flour/starch
- 1 cup of water
- 1 large plastic container/bowl
- Food coloring (optional)

Preparation

As it might get messy, have your kids wear an apron or an old shirt and protect your table or floor by covering it with an old newspaper.

Play

- Add 2 cups of corn flour and 1 cup of water into a large container. A large plastic container is perfect for inside play as it keeps the mess to a minimum but if you don't have one you can use a large mixing bowl.
- Add some food coloring (optional), which is a safe and easy way to add color to any play activities.
- Let your child do the mixing, and the fun begins! Let them explore the gloop with their hands by squeezing and moulding it. In the beginning the substance is still quite smooth but by mixing it, the gloop will gradually get more solid.
- You can use beads, cups, spoons and a kitchen strainer to add to the fun.



Add-ons for more fun

Let your kids use their imagination and use gloop for pretend play. Here are some ideas;

- Add some red food coloring, dry pasta and beads to make tomato soup.
- Make a fish pond by adding blue food coloring, plastic fish and boats.
- Play with it in the bathtub so the kids can feel it over their whole body and the easy clean up is a bonus.



Educational

Kids learn by exploring their senses. By adding play, learning becomes more fun. Sensory play – such as gloop - is a great example. It's an open-ended, unstructured activity making it a great way for your kids to use their imagination, creativity and develop their fine/gross motor skills.

For an added educational bonus, talk with your child about the substance when playing and explain the different stages it goes through from powder, dry, wet, to solid. You can also help your child to learn different colors and create new ones through this activity by adding and mixing the food coloring.

Clean up

When the fun is over and it's time to clean up, simply wipe it off with a cloth and some warm water. Just be careful when you have a lot of gloop left over, it could block the drain.

Your BAMBI Family wishes you a

Happy Birthday!



1st Birthday

Yuuka Minami	01 Mar
Nathan Fauvarque	08 Mar
Haruma Hase	12 Mar
Hallie Econs	20 Mar
Yuna Kai	24 Mar
Ellie Vergara	27 Mar

2nd Birthday

Lenny Eichentopf	02 Mar
Becca Palmqvist	05 Mar
Aadia Kwatra	07 Mar
Jonas Beyer	12 Mar
Rena Yamase	13 Mar
Aya Sereewiriyakun	23 Mar
Astrid Thomas	30 Mar
Charlotte Strupp	31 Mar

3rd Birthday

Odysseus Murphy	11 Mar
Aya Khaeriya Binti Mohd Aidi	13 Mar
Marley Barr	19 Mar
Light Matsuura	23 Mar
Emma Fauvarque	23 Mar
Neil Brahmhatt	24 Mar
Penelope Crook	27 Mar
Sloka Gadde	31 Mar
Aaron Levy	31 Mar

4th Birthday

Eshitaa Kedia	14 Mar
Mizuki Inoue	27 Mar

5th Birthday

Caelan Apperley	09 Mar
Reia Lee	23 Mar

6th Birthday

Lilli Cattarin	20 Mar
Amiel Montanari	23 Mar

7th Birthday

Nitika Archambault	05 Mar
--------------------	--------

8th Birthday

Loren Vaessen	09 Mar
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9th Birthday

Thea Burden	07 Mar
-------------	--------

10 Birthday

Li yan fu Appelman	03 Mar
Mia Scanlon	23 Mar

EXPIRING MEMBERSHIP

The BAMBI annual donation for new members is ฿1,100 and renewals is ฿1,000. Please do not send cash in the mail.

Make cheques payable to: CBFT/BAMBI and post to BAMBI, P.O. Box 1078, Suanphlu, Bangkok, 10121, or make your payment at the next BAMBI event or Playgroup.

Alternatively, transfer your donation via ATM or bank transfer to Thanachart Bank; Account Number: 489-2-40200-6. Account Name: **CHILDBIRTH AND BREASTFEEDING FOUNDATION OF THAILAND.**

Please email a copy of your bank/transfer receipt to BOTH the following addresses: treasurer@bambiweb.org and database@bambiweb.org, in order to receive email confirmation of your membership account activation.

Please note that we can only activate your membership once we receive proof that payment has been made.

BAMBI Welcomes New Members

Apichat Waewbandhit	Misako Sakai
Azusa Uchida	Mos Boonnaiva
Carla Rijnders	Nao Klein
Clara Wang Sidhwa	Peter Blumenfeld
Clare Tomlinson	Piyanut Vivattanavongsa
Clementina Cantoni	Premika Srichawlz
Eri Kawaguchi	Rachel Hongpitakpong
Flora Natalia	Sakshi Rastogi
Jinae Higashimo	Saranya Manoguchisan
Julie Taylor	Shannon Wang
Junko Saito	Sirikwan Watchara
Katherina Dreith	Sofie Teerlinck
Keiko Taguchi	Talia Marques
Keiko Nakao	Tomo Yamamoto
Ksenija Zagar	Tracy der Byl
Marta Prytys	Yasmin Tanwani
Melanie Crase	Yuriko Kimura



BAMBI has 2 travel cots (pack and plays), 1 infant car seat and 4 toddler car seats available for rent.

The rental fee for each item is ฿100 per day or ฿500 per week with a deposit of ฿2,000. All proceeds go to BAMBI Charities. For more details contact: charitiesassts@bambiweb.org.

BAMBI Buddies

Bangkok is a wonderful place to live. It is a lively, culturally diverse place with so much going on that your baby may need an appointment diary! But it can also be a huge and forbidding place when you first arrive.

BAMBI Buddies aim to make the settling-in process a bit easier with helpful contacts ready to share their local knowledge and experience of everyday life in Bangkok. These volunteers will help point you in the right direction whether you want to know how to hire a maid, where to buy baby supplies and other essentials or which mother and baby activities are right for you. Just email or phone the BAMBI buddy for your area.

Sathorn / Silom: Mirka Gautron Fillova, mirka.gautron@gmail.com / 087-030-9106

Phloenchit: Simmi Rajkitkul, s1mm1@hotmail.com / 088-8511611

Sukhumvit - top (Expressway to Asoke): Christina Parra Cuchet, Christinaparra1973@hotmail.com / 080-220-4638

Sukhumvit - upper (Asoke to Thonglor): Christina Parra Cuchet, Christinaparra1973@hotmail.com / 080-220-4638

Sukhumvit - lower (Thong Lo to On Nut): Anh-Trang Pham, atbroadwell@hotmail.com / 086-886-2352, 02-392-1316

Sukhumvit - end (On Nut-Bang Na): Lizzie West, ea_west@yahoo.co.uk / 086-033-8914

Ari area: Lihi Darnell, li@vimi.co / 082-441-8150

Donmuang Airport, Ramintra Rd. & Jaengwattana Rd.area: Dharak Wudhichut, wdarak@me.com/ 087-706-9998

All other areas: Charlie Nichols, charshepp@hotmail.com

Help in Thai, Malay & Bahasa: Simmi Rajkitkul, s1mm1@hotmail.com / 088-8511611

Help in Chinese: Joice Ang, joicegrace@gmail.com / 089-890-4675

Help in Japanese: Akiko Cayne, japancoordinator@bambiweb.org / 080-805-6881

Help in Vietnamese: Anh-Trang Pham, atbroadwell@hotmail.com / 086-886-2352, 02-392-1316

Help in French: Catherine Ripouilh, khuncath@gmail.com/ 091-415-6107;

Sandrine Thomas, sandrinefengshui@hotmail.com / 084-386-9108

Help in German: Ellen Siebert, ellensiebert@hotmail.com / 084-926-8126

Help in Italian: Donatella Lazzari, donut@libero.it / 080-595-0560

BAMBI Buddies Coordinator: Charlie Nichols, charshepp@hotmail.com

BAMBI'S NEWEST ADDITION

Please help us welcome one of our newest members of our BAMBI family.

BAMBI member, Ruth, and her husband Todd Richert welcomed their newest bundle of joy to their family in December.

Zoe Ruth Richert was born on December 3, 2013; weighing 4.1kgs!

Wishing the Richert family all the best!

- BAMBI News



Follow BAMBI on Facebook:

[www.facebook.com/pages/
BAMBI-Bangkok-Mothers-and-Babies-International](http://www.facebook.com/pages/BAMBI-Bangkok-Mothers-and-Babies-International)



Photo credit: Karen Benat



Photo credit: Emma Lawrence

www.bambiweb.org • 47

BEAUTY

JOHNY LIVE HAIR STUDIO: Johnny, a London Vidal Sassoon-trained hairdresser, has a small hair studio in central Bangkok, as well as offering in-home visits for mothers.

DISCOUNT: 200 off or 20% discount for the first visit; 15% discount on cutting and coloring

CONTACT: Tel: 087-105-1614, www.johnylivehair.com

REVITALITE: Health, Beauty, Weight loss, Fitness, Anti-Aging, Longevity, Personalized Programs, consultations with Specialist Doctors.

DISCOUNT: 10% off all services.

CONTACT: 2-5 Ruamrudee Village, Soi Ruamrudee. Tel: 02-651-4751/3, www.revitalite.co.th

EDUCATIONAL

ENHANCED DEVELOPMENT AND SENSORY INTEGRATION CLASSES:

Learn ways to enhance baby's motor, cognitive, attention and problem solving skills for years to come. Classes for ages 4 months to walking. Classes incorporate elements from PeKip, Ayres Sensory Integration and Baby Fun.

DISCOUNT: 20% discount on the class fees. CONTACT: Donna Murphy, MS, OTR, Tel: 089-077-8277, donnamurphyot@gmail.com

KINDERJAM: A high-energy music and movement program that emphasizes the kinesthetic learning of preschool skills and concepts. Classes are designed to enrich children from ages 1 to 5 years old. DISCOUNT: First two (2) sessions are free. CONTACT: ms.ami@kinderjam.com or www.kinderjam.com

STORYTIME PRESCHOOL: Enroll from 1 to 6 years. Full time and part time enrollment is available.

DISCOUNT: No registration fee

CONTACT: Soi Sama Harn,

Sukhumvit Soi 4 (BTS Nana) Tel: 02-656-9084 or 081-646-4535, www.storytime-preschool.com or www.facebook.com/storytime.preschool

FITNESS

BANGKOK DOLPHINS:

DISCOUNT: 10% off all swimsuits and in-store merchandise.

CONTACT: Soi Klang Racquet Club, No 8, Soi Amorn 3, Sukhumvit 49/9. Tel: 02-712-9297, www.bangkokdolphins.com

KIDDY-KICKS: Children aged 1 to 6 years are welcome to develop their soccer skills in various venues around Bangkok. Free for toddlers under the age of two; 380-420 for children aged 3-6.

DISCOUNT: 15% discount on membership fees (1500 discounted to 1225)

CONTACT: Tel: 082-645-6406 (English and Japanese) or 090-790-1432 (Thai), www.kiddy-kicks.com or valentine@kiddy-kicks.com

LULLABY YOGA: Offers various styles of yoga classes taught only by qualified Yoga Alliance Certified Teachers, in the most attentive and safest environment.

DISCOUNT: 2,500 for one month unlimited (44% off) and 10% discount on all yoga packages (excluding drop-ins), first class is free.

CONTACT: Mark at www.lullaby-yoga.com/home.php for locations and further information.

THE PILATESTUDIO:

DISCOUNT: 10% off when purchasing packages of 20 classes or more. Payment in cash only.

CONTACT: 888/58-59 Phloenchit Rd. Tel: 02-650-7797, www.pilates.co.th or info@pilates.co.th

FOOD

BIRDS IN A ROW DELIVERY SERVICE AND CATERING:

Mediterranean-influenced healthy cuisine catering to those looking for a tasty and healthy alternative to the regular fare.

DISCOUNT: 10% off

CONTACT: Tel: 02-628-4588 or 084-539-1819, <http://birdsinarow.wordpress.com>

CHARLEY BROWNS MEXICAN RESTAURANT:

DISCOUNT: 10% off when dining with kids

CONTACT: Tel: 02-651-2215, www.charleybrowns.asia

MRS BALBIR'S:

Fine Indian cuisine. Cooking classes available.

DISCOUNT: 10% off on food (Sukhumvit 11 location only)

CONTACT: 1555/1-2 Sukhumvit Soi 11/1. Tel: 02-651-0498, vinderbalbir@hotmail.com or www.mrsbalbir.com

SEVEN SPOONS RESTAURANT:

Mediterranean influenced dishes and a selection of vegetarian dishes, made from local and organic ingredients wherever possible. Open for dinner, seven days a week, from 6pm to midnight.

DISCOUNT: 10% off meals

CONTACT: Corner of Lan Luang and Chakkrapatipong (211 Chakkrapatipong Road), in a restored Chinese shophouse. Tel: 02-6284588 or 084-539-1819, sevenspoons@live.com

MISCELLAENEOUS

BANGKOK SELF STORAGE:

DISCOUNT: 10% off storage units
CONTACT: 3249 Rama IV Road. Tel: 02-261-1516 or Darrel: 086-888-5121, info@bangkokselfstorage.com

The following organizations offer BAMBI members special discounts upon presentation of your BAMBI membership card or if you mention that you are a BAMBI member when calling.

PARENT SUPPORT

IPN (INTERNATIONAL PARENTING NETWORK THAILAND):

An organization which offers a wide range of parenting support services to parents and childcare professionals through events, seminars and workshops.

DISCOUNT: 10% discount for monthly event entry fees and annual membership fees.

CONTACT: The Foreign

Correspondents' Club of Thailand (FCCT), Maneeya building Chidlom BTS station (Exit 2). Tel: 081-826-2399 or 080-980-8230, ipn@ipnthailand.com or www.ipnthailand.com

KIDS HOME & FAMILY SERVICES:

Nanny, Maid and Babysitting Services

DISCOUNT: 10% BAMBI discount for hourly rate and daily babysitting services. 1,000 discount for first month of monthly babysitting service.

CONTACT: Khun Jin, Tel: 02-656-7024/5, www.thaikidshome.com

PARENT-IT-FORWARD:

Asia's Only PCI-Certified Parent Coach; creatively support and enhance your personal parenting journey; re-connect with your parenting voice and achieve greater joy, peace and fulfillment in your parenting.

DISCOUNT: 15% discount when working together with a coach

CONTACT: www.parent-it-forward.com or megha@parent-it-forward.com.

PARTY SUPPLIES & ENTERTAINMENT

BOUNCY CASTLE:

Inflatable Bouncy Castle for rent. Suitable for children's party. Cleaned and sanitized regularly. Rate is 3,500 and upwards, inclusive of transportation and setup. BAMBI discount: 500 (or about 14% for the least expensive castle) Contact: Cheng 081-869-0566

PARTY LOVERS' PARADISE

SHOP: Party supplies and much more. Open Mon-Sat, 9am-5:30pm. Parking available in front of the shop.

DISCOUNT: 15% off when purchasing with cash, in the shop only (excludes services and promotional items)

CONTACT: 3/1 Sukhumvit 49; 100 meters into Sukhumvit Soi 49, on the left-hand side. Tel: 02-662-4827/8 or neena@partyloversparadise.com

PINATA PARTY SUPPLY SHOP:

DISCOUNT: 10% BAMBI discount.

CONTACT: 12/5B Soi Prommitr, Sukhumvit 39. Tel: 02-259-7067 or www.pinatapartyplace.com
SHOPPING

GOOD FIND SHOP: ORIGINAL GIFTS FOR LITTLE PEOPLE:

Imported educational toys, arts and crafts and products for kids by well-known US brands including Radio Flyer, Melissa & Doug, Stephen Joseph, Baby Banz and more. DISCOUNT: 15% discount (excluding promotional items).

CONTACT: Blue Hut on Sukhumvit Soi 38, opposite Morph 38 Condominium. Tel: 081-817-3114, goodfindgoodfind@gmail.com or www.Good-Find.com

BKK FRENCH TOUCH: Childrens games and toys including Foosball tables, indoor Petanque sets and play anywhere Ping Pong nets.

DISCOUNT: 10% discount on every product
CONTACT: Tel: 091-050-1408 or 02-261-6675, Benjamin Conrazier on benjamin@bkkfrenchtouch.com or tmin@bkkfrenchtouch.com

TRAVEL

BEACHFRONT: Child-friendly, 3-bedroom holiday rental in Rayong. Fully-equipped condo (170 sqm) for short-term rental, 1 km from

the Novotel Rim Pae on a tranquil, palm-lined stretch of coast in Rayong Province.

DISCOUNT: 10% reduction or 350 discount on the nightly rate of 3,500.

CONTACT: Margo on Tel:+66-84-525-4105, beachrayong@gmail.com or www.beachrayong.com

SAMET VIEW BEACH HOUSE:

Family-friendly holiday house (330sqm). Easily accommodating 2 small families, this house is surrounded by lush tropical gardens and is situated on the stunning Rim Pae Beach.

DISCOUNT: 10% off daily rate (discount is exclusive to family bookings only)

CONTACT: Tel: 089-129-6494, www.sametview.com or info@sametview.com

TRAVEL EASY ASIA: Not your average city guide. Our sets are small and compact, concise, durable and bilingual. Just show and go.

DISCOUNT: 200 off 3 or more TEA City Cards; 10% discount (45) on individual T.E.A City Cards - Bangkok.

CONTACT: Tel: 080-909-5131, www.traveleasyasia.com or info@traveleasyasia.com

Would you like to list your business here for free? Please email websitemktasst@bambiweb.org



Photo credit: Karen Bendt

Support Groups

BAMBI provides a range of support groups that are open to everyone. While anyone is welcome to call or come along any time, we ask that people become BAMBI members or make a donation to help us continue this service. Many thanks for your help!

Bangkok Adoption Support Group

There are many people in Bangkok who are adopting or have adopted a child. The Bangkok Adoption Support Group gets together on the first Thursday of the month at 10:30am at Au Bon Pain (02-664-8996), Emporium Tower (near the Emporium Suites, NOT in the Mall), 1st floor, Sukhumvit Soi 24. For further information, or if you would just like to be put in contact with others who are able to share their knowledge, experiences and understanding, please contact: Monique Kleinnibbellink on 080-596-1922 or adoptionsupport@bambiweb.org or Nikki Turner: 083-054-9095 or nvjackson@btinternet.com.

LEAP (Learning and Educational Advocacy Program)

This group serves as a point of contact for parents in need of support, referrals and information concerning their children's special needs, including learning disabilities, developmental delays, sensory integration and autism. For further information email leapbangkok@gmail.com.

The Rainbow Room - A Special Needs Awareness Center

This is a group of parents, family and friends of individuals with developmental and behavioral special needs, who come together to raise positive awareness by offering information, education, empowerment and encouragement through a "parent-to-parent" model. The Rainbow Room organises meetings for parents of children with Downs Syndrome every 4th Wednesday of the month, and a meeting for parents of children with autism every 2nd Thursday of the month. They also have an inclusive playgroup every 2nd and 4th Saturday of the month at 30 Soi Saengchai, Sukhumvit Soi 38. For further information and to RSVP, please contact The Rainbow Room on 02-712-0923 or www.facebook.com/specialrainbow.

TWINS and Multiples Group

This group provides support and contacts for parents who have, or are expecting, twins or multiples, and holds a weekly playgroup and a monthly dinner. The group is not just for English speaking parents, they can provide support in French, Spanish, Portuguese, Thai etc. For more information please contact Jessica Pelham on 089-685-9615 or jessicapelham@yahoo.com or look for the Bangkok Twins Group page on Facebook.

Attached in Bangkok

The Attachment Parenting group is an informal group of parents who meet and share their experiences on practicing the principles of attachment parenting (AP).

The essence of Attachment Parenting is about forming and nurturing strong connections between parents and their children. Attachment Parenting challenges us as parents to treat our children with kindness, respect and dignity, and to model in our interactions with them the way we'd like them to interact with others. The long-range vision of Attachment Parenting is to raise children who will become adults with a highly developed capacity for empathy and connection. It eliminates violence as a means for raising children, and ultimately helps to prevent violence in society as a whole.

AP parents are usually in the minority and may feel different or doubt their parenting ways due to criticism from the mainstream. This group is here to offer a strong support system for parents, their families, children and the wider community. The group meets once a month in an informal setting. Furthermore, a Facebook page (www.facebook.com/attachedinbangkok) includes information on AP and provides an online platform for parents to ask questions on various issues, such as co-sleeping, breastfeeding, babywearing,

infant sleep issues, toilet learning and much more. For more information email Adeline at attachedinbangkok@gmail.com or visit their Facebook page, www.facebook.com/attachedinbangkok.

Bangkok Area Homeschool Network Group

This is a support network for home-schooling families to provide parents with an opportunity to discuss teaching methods, curriculums and available resources. Home-schooled children can have regular contact with others on field trips, through play times and group classes/educational activities. For more information please visit www.groups.yahoo.com/group/bangkokhomeschoolers.

Pattaya BAMBI Group

If you live in the Pattaya/Rayong area and are keen to meet other BAMBI members, please contact Nitu Gulati on 081-618-8616 or bambi_pattaya@bambiweb.org.

Working Mums

WOMBLES is a group of working mothers (paid/charity work) who meet on the first or second Thursday of the month for dinner around Bangkok. Pregnant women and mothers thinking about returning to the workforce are also welcome. If you are interested in joining, please email bambi.wombles@gmail.com or check out further details on the BAMBI website, www.bambiweb.org.

Central Blood Register

Rhesus Negative blood groups are very rare in Thailand. Thailand's Central Blood Register lists people willing to give Rhesus Negative blood in the event of an emergency. Signing up for the CBR does not carry any obligation, nor does it mean you will necessarily ever be asked to donate. If you are called though, the chances are that

you will help save someone's life. Contact the CBR on 089-068-8533 or centralbloodregister@hotmail.com.

Bangkok Breast Cancer Support Group (BBC)

This group aims to provide personal attention as well as mental and emotional support to women who have been diagnosed with breast cancer. Please contact Daljeet Saluja (Chairperson) or Koong (Office Manager) at 02-256-4991 ext. 1026 or email bkkbreastcancer@gmail.com. BBCS is based at the Queen Sirikit Center, Basement Level, Chulalongkorn Hospital, 1873 Rama IV Road, Bangkok. If you can't get through on the phone, the best way to contact them is by email as it is checked several times a day when the office is closed or unattended.

A monthly support meeting for Breast Cancer Survivors to meet and share their experience, their strength and hope is held every first Wednesday of the month, 10am-12pm at Olive Restaurant in the Ten Ten Building, between Sukhumvit Soi 33 and 35 (next to Subway sandwich shop and Villa Market). If you are a survivor, please join. For more information regarding the meetings, please contact the BBCS office on 085-908-8002.

Cancer Support Group

This group provides a safe and friendly environment where English-speaking cancer patients can discuss feelings and exchange experiences. The group meets every Thursday, 10:30am-12pm at Bumrungrad International Hospital on the 3rd floor of the main building in conference room no. 3. Guided by two counselors, participation is limited to 15 patients on a first come, first served basis. Please call 081-809-7672 for further details.

WINGS - Wo(men)

Investigating and Nurturing Gifts and Skills - A non-profit adult development program that aims to help trailing spouses find volunteer opportunities in Bangkok. The mainstay of WINGS is a mentoring relationship. The goal is to pair spouses with mentors who have successfully found a niche for themselves in Bangkok. WINGS also hosts coffee morning sessions, informal seminars and corpo-

rate-type workshops on topics relevant to expat women/men seeking to develop their professional selves. Please contact wingsbkk@gmail.com or visit www.wingsbkk.com for more information.

The International Parenting Network (IPN)

This is a parenting networking organisation based in Bangkok, offering a wide range of parenting support services to parents and childcare professionals through events, seminars and workshops. IPN provides parents with family-based resources, learning opportunities, and effective techniques and strategies designed to support the raising of well-balanced children. IPN organizes events that are held on the last Tuesday of every month at The Foreign Correspondents' Club of Thailand (FCCT), Maneeya Center (BTS Chidlom exit 2) from 6:30-8:30pm. A guest speaker is invited to speak on a variety of topics related to parenting, family health, education, etc. For more information visit www.ipnthailand.com or contact 081-826-2399 or 080-980-8230 or ipn@ipnthailand.com.

Compassionate Friends

A support group for parents and other family members who have lost a child or children either post-natally or pre-natally. Run by a couple who have lost children and aim to provide a space where affected family members can share and discuss the grief they are experiencing. Meeting times are arranged based on the availability of those who wish to join and are held at the home of the organizers in the mid-Sukhumvit area. Please contact Nicole on 085-240-3803 or luluanator@gmail.com or Gregor on nibbol@gmail.com.

Pre- & Post-natal support

The Bumrungrad Moms & Babies Club hosts an expert speaker at each meeting to share their knowledge on topics relevant to your baby's first year of life and your's postpartum. Meetings are held monthly, on the third Thursday of each month, 9:30 to 11:30am, in the Conference Room on the sixth floor of the Main Hospital Building, next to the nursery. The fee is ฿150 for Bumrungrad Moms and Babies and ฿200 for all others. Refreshments are served and babies

are welcome. For more information find us on Facebook at www.facebook.com/momsandbabiesclub or email Rasee Govindani on rasee@bumrungrad.com.

If you are pregnant and have questions about birth in Bangkok, need recommendations for doctors, hospitals and other care providers, or if you are considering hiring a doula, come and meet some of Bangkok's doulas at a free informal gathering on the fourth Saturday of each month, 10 am to 1 pm at KUPPA, Sukhumvit Soi 16. For more information, find the Doulas of Bangkok on Facebook, www.facebook.com/bangkokdoulas or email Rasee Govindani on doularasee@gmail.com.

How do the BAMBI support groups work?

BAMBI provides a range of support groups that are open to everyone.

Whilst anyone is welcome to call or come along at any time, we ask that people become BAMBI members or make a donation to help us continue this service. Many thanks for your help!

The contact person for each group is provided. If you have any difficulties reaching a specific person, require additional information or you just wish to chat to someone who has experienced a situation similar to your own, please contact the Support Groups Coordinator at any time.

Alternatively, if you feel you can provide support to others, please contact the coordinator to discuss how you can help.

Playgroup and Activity Listings

****Welcome to our spring 2014 listings.** Please always check the BAMBI calendar on our website or our facebook page before setting out. Our BAMBI playgroups are run by volunteers in local pre-schools and are occasionally subject to last-minute cancellations.

Before going to a non-BAMBI sponsored playgroup, please contact the school/venue to confirm that it is open and the playgroup is running. Thank you!

BAMBI SPONSORED

BAMBI PLAYGROUPS are characterized by free play, use of the school toys and playgrounds. The donation per family for all BAMBI playgroups (except for British Club Playgroup) is ฿150 for members and ฿250 for non-members. New Members' Coffee Mornings are free.

BAMBI BRITISH CLUB PLAYGROUP: Thursday, 9:30-11:30am. For children aged 0-5. The donation per family for this playgroup is ฿200 for members and, ฿300 for non-members. 189 Surawongse Road (entrance is via Silom Road, Soi 18; please show ID). For more info please contact: Porrhane on 081-668-0303 or BCPlaygroup@bambiweb.org

BUMPS&BABIES BANGKOK: Wednesday, 9:30-11:30am. For pregnant, nursing and non-nursing mothers of newborns. Also includes the BAMBI library and special interest presentations on alternate weeks. Storytime Preschool, 85 Soi Sama Harn, Sukhumvit Soi 4 (BTS Nana). Contact: Emma on bumps@bambiweb.org.



NEW MEMBERS' COFFEE MORNING: Now every last Monday of the month, 9:30-11:30am. This is a free session for new members to come along, make new friends and find out more about BAMBI and living in Bangkok. For more info please contact: Lushana on 084-873-3725 or newmembers@bambiweb.org.

BAMBI BANG NA PLAYGROUP: Tuesday, 10am-12pm. For children aged 0-4. Join us for some fun and singing at Charter International School, 36 Chaloen Phrakiat Ratchakan Thi 9 Prawet. For more info please contact: Ana on 087-125-5655 or bangnaplaygroup@bambiweb.org.

BAMBI EKKAMAI PLAYGROUP: Wednesday, 3:30-5:30pm. For children aged 0-5. O.I.S.C.A. International Day Care, 9/4 Ekkamai Soi 4. For more info please contact: Irene on ekkamaiplygroup@bambiweb.org.

BAMBI PATTAYA PLAYGROUP & COFFEE MORNING: If you live in the Pattaya/Rayong area and are keen to meet other pregnant women or mothers with

babies and toddlers, please join us for our coffee morning at the Holiday Inn, No. 1 Beach Road, Pattaya. Meetings are held from 10am-12pm on the first and third Monday of the month. We have morning tea by the fantastic kids pool area and have plenty of pool toys, so please bring swimwear for your child (and yourself if you like). Towels are provided and the donation includes light snacks and beverages. For more info please contact: Nitu Gulati on 081-618-8616 or bambi_pattaya@bambiweb.org.

BAMBI THONGLOR PLAYGROUP: Wednesday 9:30-11:30am. A fun and friendly playgroup for children aged 0-3. The Tiny Seeds International Pre-School, 105/1-3 Soi Naphasub 5, Sukhumvit 36. For more info please contact: thonglorplaygroup@bambiweb.org. or call Kim: 088-648-2440

DADDY'S PLAYGROUP: Every second Saturday of the month (please check our website calendar/facebook), 10am-12pm. For children aged 0-6. Dads (and Mums) are invited to come and enjoy our relaxed, friendly weekend playgroup at Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4. For more info please contact: Michael on 091-723-0371 or daddysplaygroup@bambiweb.org.

BAMBI SATHORN PLAYGROUP: Please come along to our afternoon playgroup at St Andrew's International School Campus in Sathorn (behind BNH). Every Monday, 3-5pm for children aged 0-5. St Andrews Sathorn campus, 9 Sathorn Soi 4, North Sathorn Road, Bangrak. For more info please contact: playgroups@bambiweb.org.



CHOMP BAMBI FAMILY PLAYGROUP: All are welcome to our new weekend family playgroup at Chomp Café, Samsen Soi 1 corner. Sunday, 11am-1pm. Please join us as we play and learn Thai with Khun Jah. Kids can enjoy the yummy, healthy snacks and play in our bright playroom or join Mum or Dad for a Thai language lesson. Normal fees apply - ฿150 for members and ฿250 for non-members. For more info please contact: Gili on 084-098-8633 or playgroups@bambiweb.org.

NON-BAMBI SPONSORED

There are more non-BAMBI sponsored playgroups listed on the BAMBI website. Don't forget to check them out!

Non-BAMBI sponsored playgroups are mostly structured (school/center organizes some activities for the participants). Flash your BAMBI card and receive a 50% discount at many of the following playgroups. Please check with schools directly for any changes before going and visit www.bambiweb.org to read about additional non-BAMBI sponsored playgroups.

Playgroup and Activity Listings

ST. ANDREWS INTERNATIONAL SCHOOL - GREEN VALLEY, RAYONG CAMPUS: Monday and Wednesdays 1:45-3pm. For children aged 0-5. This is a structured playgroup with a focus on singing and dancing at the beginning of each playgroup. The school has a fantastic shaded outdoor play area with a trampoline, a sand pit and a bike track as well as an air-conditioned indoor area with a great dress-up corner, drawing, painting and play dough, a dolls corner and mini kitchen. The group is run by a highly qualified and well-known teacher with over 20 years experience - Ms Retno Cheah. Cost: ฿150 for non-members - 50% discount for BAMBI members. St. Andrews International School, Rayong. 1 Moo 7, Banchang - Makhamkoo Rd, Tambol Samnakhorn, Banchang, Rayong. For more info please contact: 038-893-716, www.standrews-schools.com, or admissions@standrews-schools.com.

ST. JOHN'S INTERNATIONAL SCHOOL: Thursday, 9.30-11.30am. For children aged 0-3. This is a structured playgroup with free play, some structured play activities and use of the school's well-equipped playground. Cost: ฿250 - 50% discount for BAMBI members. 1110/8 Viphavadi-Rangsit Road Latyao, Jatujak, Bangkok (Phaholyothin MRT). For more info please contact: Kwan on 02-513-8575 ext 109, pariyanee@stjohn.ac.th or <http://wiki.stjohn.ac.th/groups/playgroup/>.



STORYTIME PRESCHOOL: NEW DAY! Thursday, 9.30-11.30am. For children aged 1-3. This is a structured playgroup with circle time, waterplay, snacks, storytime, artwork, and sandplay. And every 2nd Thursday there is a Lalala music class, 9.30-11am. Cost: ฿400 - 50% discount for BAMBI members. Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4. For more info please contact: 02-656-9084, storytime_preschool@yahoo.com or www.storytime-preschool.org.

ASCOT INTERNATIONAL SCHOOL: Saturdays, 9am-12pm. For children aged 0-5. This is a structured playgroup with english communication activities (speaking/listening/reading/writing), role playing, singing, drawing, storytelling, and playground activities. Cost: ฿600 - 50% discount for BAMBI members. Ramkhamhaeng Road Soi 118. For more info please contact: K. Chaba on 02-373-4400 ext.112, jay@ascot.ac.th, chaba@ascot.ac.th or www.ascot.ac.th.

FIRST STEPS INTERNATIONAL PRESCHOOL: Monday to Thursday, 10-11:15am. For children aged 8-30 months. This is a structured playgroup run by a member of the teaching staff and also includes snacks and drinks. Activities offered include arts and crafts, splash day, story time, puppet show, music, dance and cooking, as well as use of the school grounds after the playgroup has finished. The main activities change each week and


are offered in a different language each day: Monday: French; Tuesday: German; Wednesday: English; Thursday: Japanese. There is "free" Tuk Tuk pick-up and drop off service from Soi 31 RSU building (please call for details) Cost: ฿450 - 50% discount for BAMBI members. 58/2 Sukhumvit 31 (Soi Sawasdee) Yak 4. (BTS: Phrom Phong or Asoke). For more info please contact: 02-260-3152, info@thefirststeps.ac.th or www.thefirststeps.ac.th

GARDEN INTERNATIONAL SCHOOL: Every Thursday, 2.45-3.30pm. For children aged 8-30 months. Activities include arts and crafts, circle time, singing and movement and having fun! Cost: FREE to BAMBI members (usually ฿50). 34/3-4 Yen Akart Road, Sathorn, Bangkok 10120. www.gardenbangkok.com. Contact: K. Pom on 02-249-1880 or marketing@gardenbangkok.com.

KENSINGTON INTERNATIONAL KINDERGARTEN: Every second and fourth Thursday of the month, 1:45-3pm. For children aged 1-2 years. Activities include painting, stories, sand, water and playdough in our toddler classrooms. Snacks and refreshments are provided. Cost: ฿250 - 50% discount for BAMBI members. Kensington International Kindergarten, 88 Bangprom 16, Ratchapreuk Road, Talingchan, 10170. Please reserve your spot by calling 02-864-9977. For more info please contact: info@kensington.ac.th or www.kensington.ac.th.

KIS INTERNATIONAL SCHOOL: Monday, Tuesday, Wednesday and Friday, 10am-12pm. For children aged 0-6 and their parents. Nannies welcome on Mon-Wed-Fri. FREE pick-up/drop-off service from Ekkamai BTS station on Tuesdays (please contact for details). This is a structured playgroup with singing, dancing, arts and crafts, outdoor and indoor play. Cost: ฿300 - 50% discount for BAMBI members. Kesinee Ville Estate 999/124 Pracha-Utit Road Huay Kwang (located one block north of Rama 9 Road and east of Asoke-Rachadapisek, MRT Thailand Cultural Center). For more info please contact: 02-274-3444, lynn@kis.ac.th or www.kis.ac.th. On request, a monthly information/discussion service for parents will be provided.

LITTLE DRAGONS NONTHABURI PLAYGROUP: First Saturday of every month, 10am-12pm. For children aged 1-3 years. This is a structured playgroup with activities including music and movement, storytelling, arts and crafts and outdoor play. This playgroup is conducted by experienced native teachers in English and the theme will change every time. Cost: ฿400 - 50% discount for BAMBI members. 88/22 Moo 3 Nakorn-In Road, near to HomePro, Rachaphruet Rama 5 and Tesco Lotus Bangyai (BTS: Wong Wian Yai). It is best to reserve a spot. For more info please contact: 02-924-8138, www.ldis.ac.th or info@littledragonschool.com.

Continued next page 

Playgroup and Activity Listings

MODERN MONTESSORI INTERNATIONAL PRESCHOOL: "MONTESSORI KIDS" Monday and Wednesday, 9:30-11:30am. For children aged 18 months to 5 years. Group size: max. 10 children. The playgroup is organised in three loosely timed sessions: the first is the Montessori Time, conducted by our qualified Montessori teacher in a prepared Montessori environment. After a snack break, our music and movement teacher conducts some structured play activities such as singing, dancing and brain gym exercises. Finally the children go outside (weather permitting) and make use of the school's playground. Refreshments are provided. Cost: ฿400 - 50% discount for BAMB! members. Modern Montessori International Pre-School, 4 Soi 44, Sukhumvit Road, Phrakonong. For more info/reservation please contact: 02-712-0958-59 or 084-6561553. Email: admissions@mmithailand.com Web: www.mmithailand.com. FB: http://facebook.com/mmipreschool.

PROMOTION: Like our FB page: <http://facebook.com/mmipreschool>, send a link of your FB profile to admissions@mmithailand.com and get a 70% discount to attend one of our Monday or Wednesday playgroups!

O.I.S.C.A. INTERNATIONAL DAY CARE: Monday and Friday, 3-4:30pm. Last Saturday of the month, 10am-12pm. For children aged 3 months to 3 years. This is a non-structured playgroup with use of the school toys and playgrounds. A parent or caregiver must stay with the child throughout the session and is solely responsible for the child's play and care. Cost: Monday and Friday - ฿100 for BAMB! members and ฿250 for non-BAMB! members; Saturday - ฿150 for BAMB! members and ฿350 for non-BAMB! members. 9/4 Ekkamai Soi 4. For more info please contact: www.oiscakindergarten.ac.th or 02-381-9852.

PLAYSTATION KIDZ CLUB: Monday International Playgroup, 10am-1pm. For children aged 1-5 years. Enjoy indoor playground facilities including climbing and sliding, trampoline, toddler playground, sandpit, as well as creative activities such as arts and craft, play dough, education game zone, imaginative house and reading corner. There is space for parents to relax and enjoy your refreshments. Childrens food and DIY snacks are also available to purchase. Cost: ฿200 for BAMB! members and ฿480 for non-members (2 free adults per child). Address: Play Station - kidz club, 3rd Floor, The Nine, Rama IX Rd. (on the main road in front of soi 41) If you come by express way, get down at Srinakarin exit. It will take you down to Rama IX Rd. The Nine will be on your left hand side around 100 meter after the exit. For more info please contact: 081-696-1219 or 02-716-7950 or playstation.bangkok@gmail.com.



THE REGENT'S SCHOOL, BANGKOK, BABY AND TODDLER GROUP: Monday, 2-3:30pm, Tuesday, 9-10:30am, Friday, 8:30-10:00am. For children aged 1 - 2 years. Come and enjoy the soft play area, arts and crafts, music time, outside play and 'splash time' on a Friday. Drink and light snack included. Children must attend with their parent/nanny. All sessions conducted in English. Cost: ฿200 for BAMB! members and ฿400 for non-members. Address: The Regent's School, Bangkok, 601/99 Pracha-Uthit Road, Wangtonglang, Bangkok 10310. For more info/reservation please contact: 02-957-5777 Ext 202 or admissions@regents.ac.th.

ST ANDREWS INTERNATIONAL SCHOOL - Sathorn Campus - Yoga Babes! Every Tuesday, 10-11am. For children aged 0-5 years. A fun yoga group run for mothers and babies. BYO mat please, if possible. Run by fully qualified instructors in a peaceful and relaxing environment, helping to build a healthy mind, body and spirit. Cost: ฿400 - 50% discount for BAMB! members. St Andrews Sathorn campus, 9 Sathorn Soi 4, North Sathorn Road, Bangrak. For more info/reservation please contact: 02-632-1995 or admissions@standrews-schools.com or annie.hansen@standrews-schools.com.

SHREWSBURY INTERNATIONAL SCHOOL: Wednesday, 1:30-3:30pm during term time. For children aged 0-3 years. Children and parents can make full use of our superb Early Years indoor and outdoor environment, enjoy arts and crafts activities, messy play, books, music, construction, as well as water play in our splash pool. Join in storytime and sing-along sessions led by our Early Years staff. Refreshments and snacks are provided for children and parents. Cost: ฿200 - 50% discount for BAMB! members. 1922 Charoen Krung Road, Wat Phraya Krai. Free shuttle boat service from Sathorn Pier (Saphan Thaksin BTS). Reservation required at least 1 day before at ilka.h@shrewsbury.ac.th. For more info please contact: 02-675-1888 (ext. 1110) or www.shrewsbury.ac.th.



DAILY PLAYGROUP ST. ANDREWS SUKHUMVIT 107 PLAYGROUP - HOME TO PLAYFUL PANDAS:** Monday - Friday, 8.30am-11am. For children aged 1-3 years. This is a structured playgroup with stimulating and fun indoor and outdoor activities that will help children gain skills in personal and social development, physical development and language for communication. There is access to a sandpit, water play facilities and a trampoline and bikes. Cost: It is a drop-in group and we offer BAMB! members a 50% discount. Please contact us for prices. On the 10th session attended all children will receive a complimentary Playful Pandas T-Shirt and school bag! St. Andrews International School, Sukhumvit 107 Campus (at the foot of Bearing BTS station). For more info please contact: 02-393-388 or admissions@standrews-schools.com.

THE TINY SEEDS INTERNATIONAL PRESCHOOL:

Tuesday, 10-11:30am. For children aged 15 months-3 years. This is a structured playgroup with arts and crafts, playdough, games, storytelling, singing, water play and use of the school playgrounds. Cost: ฿350 - 50% discount for BAMBI Members. 105/1-3 Soi Naphasub 5, Sukhumvit Soi 36. For more info please contact: 02-260-2926 or admin@thetinyseedspreschool.ac.th.

THE BRITISH SCHOOL OF BANGKOK/ TOPSY TURVY INTERNATIONAL SCHOOL:

Tuesday, 1-3pm. For children aged 1-5 years. This is a structured playgroup with arts and crafts, coloring, painting, outside play, music time, story time, and water play. Cost: ฿200 - 50% discount for BAMBI members. 36 Sukhumvit Soi 4. For more info please contact: manager@bsbangkok.ac, 02-656-9486/02-656-9961 or www.bsbangkok.ac.

WIGGLE TOWN IN PATTAYA:

Every Wednesday and every second, fourth and fifth Monday of the month, 10am-12pm. For children aged 0-5 years. Cost: ฿150 for BAMBI members and ฿250 for non-members. Activities on BAMBI playgroup days include arts and crafts, circle time and time to enjoy the indoor/outdoor playground. For the parents and caregivers we have a free self-serve coffee and tea bar and a light snack for the children. On non-BAMBI playgroup days, BAMBI members can come and enjoy unstructured play and receive a 20% discount off the normal entrance price. Sukhumvit Rd, between Tesco and BigC - Pattaya. For more info please contact: 085-084-1626, 03-837-3938, or info@wiggletown.com, www.wiggletown.com.

MANDARIN-LANGUAGE PLAYGROUP:

Thursday, 3:30-4:30pm. Please join us in the Asoke area to sing songs, play games and activities in Chinese. This is a structured but fun and casual playgroup and your child does not need to speak Chinese to attend. Cost: ฿200 for BAMBI members, ฿300 for non-members. For more info please contact: suzynam@gmail.com .



Photo credit: Mighty Bulldog



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YARD Sale

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ST. ANDREWS INTERNATIONAL SCHOOL SUKHUMVIT 107 (BTS BEARING-EXIT 1)

ENTRANCE DONATION: 60 THB PER PERSON

For information on how to reserve a table (they go fast!), email yardsales@bambiweb.org or contact Alison 095-6621354. 1,200 THB per table for BAMBI members.

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テーブルのご予約は、yardsales@bambiweb.orgまで

CHARITIES TABLE SPONSOR:



FOR MORE INFO & UPDATES PLEASE VISIT
WWW.BAMBIWEB.ORG



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BAMBI Committee 2013-2014

BAMBI is managed by an elected committee of volunteers. All BAMBI members are encouraged to participate. Kindly check our website for any information and email any of us for further details. We are mothers with young babies and/or toddlers; kindly use our phone numbers for urgent matters only.

Patron

Mel Habanananda / 087-343-9762 / mel@bambiweb.org

Honorary Members

Paula Young
Anna Ingham (Bumps and Babies Founder)
Kathy Leslie

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BAMBI News is the non-profit monthly newsletter of Bangkok Mothers and Babies International. It is distributed free of charge to members. Editorial contributions from members are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI News editors. Please send editorial enquiries to Becky Horace at editor@bambiweb.org or 084-103-6564.

Advertising enquiries to:

- 1) Advertising in BAMBI News - Finn Balslev 081-866-2577, 02-943-7166-8 ext. 116, fax 02-943-6618 finn@scandmedia.com;
Piyanan Kalikanon 02-943-7166-8 ext. 108, mb: 089-692-8135 fax 02-943-6618, piyanan@scandmedia.com;
Nattapat Meesang, 02-943-7166-8 ext. 110, mb: 089-743-4005, fax 02-943-6618 nattapat@scandmedia.com;
- 2) Advertising on BAMBI Website: website@bambiweb.org

Artwork enquiries to Scand-Media Corp., Ltd. Tel: 02-943-7166 Ext: 106 Dao Fax: 02-943-6618 disraporn@scandmedia.com.

The views expressed in the articles in this magazine are not necessarily those of BAMBI committee members and we assume no responsibility for them or their effects.



Reading with Your Children

"Children are made readers on the laps of their parents."

– Emilie Buchwald

"The more that you read, the more things you will know. The more you learn, the more places you'll go."

– Dr. Seuss

"You're never too old, too wacky, too wild, to pick up a book and read to a child."

– Dr Seuss

"A children's story that can only be enjoyed by children is not a good children's story in the slightest."

– C.S. Lewis

"We read to know that we are not alone."

– C.S. Lewis

"There are perhaps no days of our childhood we lived so fully as those we spent with a favorite book."

– Marcel Proust

“Reading aloud with children is known to be the single most important activity for building the knowledge and skills they will eventually require for learning to read.”

– Marilyn Jager Adams,
Child Development Expert .

"When you read a book as a child, it becomes part of your identity in a way that no other reading in your whole life does."

– Meg Ryan as Katherine Kelly in *You've Got Mail*

"Well, I've always been a firm believer in the three R's. Reading TV Guide, um ... writing to TV Guide, um... and renewing TV Guide."

– Homer Simpson, *Itchy & Scratchy: The Movie*

"Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him."

– Maya Angelou

"No book is really worth reading at age of ten which is not equally (and often far more) worth reading at the age of fifty and beyond."

– C S Lewis

"Promise me that you will always remember, you are braver than you believe, stronger than you seem and smarter than you think."

– Christopher Robin

"There is no substitute for books in the life of a child."

– May Ellen Chase

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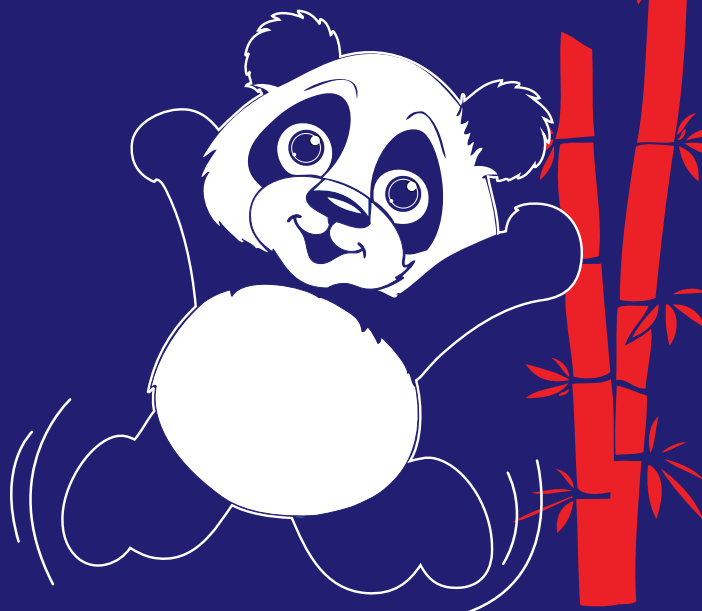
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