

Dec '09/ Jan '10

Hamilton Parents' Centre



Parents' Press

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Committee Chit Chat

Hello to everyone,

As I write this the month of November is running out and we slip on into December... at this time of year I always find myself assessing the year that has been and considering the one that is on its way.

I have been part of Hamilton Parents Centre for over 4 years now and through this time I have met so many wonderful women, I am continually humbled by all that these volunteers do. I am here 4 years on because of two things; the fabulous people that I work with and the belief in the work that we do. In saying that, it is great timing that on 5th December it is International Volunteers Day. So a big **THANK YOU** to all those volunteers that have supported Hamilton Parents Centre throughout the past year, the roles that you fill are both big and small but they all come together to create a centre we can all be proud of.

It is an especially busy time for us all on the Hamilton Parents Centre committee. We are well under way with the planning for next year's Teddy Bears Picnic. Sunday, February 21st 2010 will be the 15th year that the picnic has run. This event, our annual fundraiser, is a huge undertaking and we would love the support of our 200+ member families. It is a great feeling to be part of a team that provides one of the largest events in Hamilton for children and their families. So check out our website; www.parentscentre.org.nz/hamilton for more information on this event.

So roll on Christmas and the New Year. A great chance to take some quiet time to celebrate with our families and friends and to enjoy the summer sun. Don't forget to "Slip, Slop, Slap and Wrap" and of course to enjoy this special time with the little people in your life. Our 4 year old, Eleanor, has got her "Santa Wish List" already started, have you?

Enjoy your newsletter and from all the committee, we would like to wish you all a very happy and safe festive season.

Wendy Flintoff-Baker

MESSAGE FROM THE EDITOR

Hi there,

It's been a wonderful year here at the Parents' Centre and right now it's the time for Christmas cheer and to look forward to a fabulous New Year!

Thanks to all our contributors, advertisers and committee members for making this issue what it is. A **special THANK YOU** and a big welcome to our newest committee member, Natalie who helped me with this issue.

I hope you enjoy this issue. I certainly enjoyed putting it together! From all of us here at the Hamilton Parents' Centre, we wish you a very merry Christmas and a fabulous New Year!

Cheers,

Deepthi Radhakrishnan

IN THIS ISSUE:

- ◆ Committee Chitchat
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- ◆ What's on in Hamilton guide
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- ◆ Puzzles and Colouring
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CALENDAR OF EVENTS

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>B&Y 09-07</i>	2	3 <i>Toy Library</i>	4 <i>Mini Rockers</i>	5 <i>Int Volunteer Day</i> <i>Toy Library</i>
6	7 <i>M&M 09-06</i> <i>CBE 09-06</i>	8 <i>B&Y 09-07</i>	9 <i>Committee Meeting</i>	10	11 <i>Mini Rockers</i>	12
13	14 <i>M&M 09-06</i> <i>CBE 09-06</i>	15 <i>B&Y 09-07</i>	16 <i>TBP Meeting</i>	17	18 <i>School Ends</i> <i>T4</i> <i>Mini Rockers</i>	19
20	21	22	23	24	25 <i>Christmas</i>	26
27	28 <i>Boxing Day</i>	29	30	31		

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
3	4	5	6	7	8	9
10	11 <i>CBE 10-01</i>	12	13 <i>TBP Meeting</i>	14	15	16
17	18 <i>CBE 10-01</i>	19	20	21	22	23
24	25 <i>CBE 10-01</i>	26 <i>B&Y 10-01</i>	27	28	29	30

WHAT'S ON GUIDE

Hamilton Community Christmas Tree

What: The beautiful 25m tall tree will again grace the Victoria St entrance to Garden Place. There will be entertainment under the tree every Friday, Saturday and Sunday night from 7pm. On the opening night there will be a showcase of the acts that will perform during December.

When: From 5 December

Twelve Days of Christmas Live in Concert

What: With a trio of French musicians - Les Trois Amis - representing the 3 French hens, acapella quartet RED becoming the 4 calling birds and Swamp Stomp's gumboot dancers being 10 legs a-leaping (instead of "lords") it will be a variety how like no other. Fire hula hoop, dancing, singing, Wai taiko drumming and more.

When: Sunday 06 Dec 2009

Where: Clarence Street Theatre, Clarence Street, Hamilton

Ticket Details: Tickets from TicketDirect 0800 224 224 (service fees may apply). Adults \$15, kids \$5, families \$35, students & seniors \$10

"A Twist in Time" Summer Holiday Programme

What: Journey through time. Experience the rich history of Earth as time travellers. Your quest will take you to six different time zones, where you'll complete set tasks. The programme is for children aged 5-12 and runs for six weeks. At the end of the programme, participants and their families are invited to join us for our finale as we take over Garden Place for some old-fashioned fun and games. There'll be races, games, and heaps of fun activities! Light refreshments will be served.

When: Friday 11 Dec 2009 to Thursday 28 Jan 2010

Where: Central Library, Garden Place, Hamilton CBD

Cost and booking details: Free for children aged 5-12. Please register on the website or phone 838 6842. <http://www.hamiltonlibraries.co.nz/>

Christmas Parade 2009

What: Set to jingle all bells as well as set the tone for the merriest of festive seasons, this year's parade is jam-packed with a great line-up of fantasy floats, entertainment as well as some awesome surprises! Santa's party follows.

When: Sunday 13 Dec 2009. Pre-parade from 1pm - 2pm . Parade starts: 2pm . Santa's Part from 3pm to 4:30pm

Where: From Liverpool Street to Cnr of Anglesea & Knox Street. Santa's party: Garden Place, Hamilton CBD

Christmas at the Lake 2009

What: Bring a Picnic Blanket and enjoy yourself. Starting from 4.30pm with family fun activities, leading into the Mainstage programme to start at 7pm with Adeaze, Late 80's Mercedes & the Funky Monkeys being some of the great performers for the evening. A Laser Light show will feature as part of the programme and the night will conclude at 10pm with a Fireworks Display.

When: Sunday 20 Dec 2009.

Details: Free event

Miniature Train rides

Cost and booking details: Currently operates Every Sunday from 10.30am to 3.00pm (weather permitting)

Where: Minogue park, Tui Avenue, Hamilton

Christmas Treats

Festive Thumbprint Cookies

These are fantastic to make with kids and you know they'll enjoy making their thumbprints on the cookies!

- 3/4 cup chopped walnuts or pecans
- 1/2 cup butter, softened
- 1/2 cup sugar
- 1 egg yolk
- 1/2 teaspoon vanilla extract
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup fruit jelly or seedless jam or lemon curd



Instructions

1. Measure the nuts into the bowl of a food processor. Pulse the machine to finely chop the nuts, then set them aside.
2. Using an electric mixer, cream the butter. Gradually beat in the sugar until fluffy. Beat in the egg yolk and vanilla extract.
3. Sift the flour, baking powder, and salt into a bowl. Then stir the flour mixture into the butter one third at a time. Stir in the chopped nuts. Cover the dough with plastic wrap and refrigerate it for 20 to 30 minutes.
4. Lightly grease 2 large baking sheets. Heat the oven to 325°. Roll the dough into 1 1/4-inch-thick balls and place them on the sheets about 1 1/2 inches apart. Next, press your thumb into each ball to make a deep impression. (Tip: Before shaping the dough balls and pressing your thumb into the centres, dust your hands with flour to keep the dough from sticking.) Bake the cookies on the centre oven rack for 20 minutes, then transfer them to a wire rack to cool completely.
5. Spoon about 1/2 teaspoon of filling into each thumbprint. Store the cookies in a tin until serving time.

Makes about 2 dozen cookies.

Marshmallow Trees

- 8 paddle pop sticks
- 24 mega marshmallows (if you have regular size marshmallows, you'll need 32)
- 3/4 cup desiccated coconut
- 10 to 20 drops green food colouring
- 1 1/2 cups white choc melts

1. Line a large, flat baking tray with baking paper. Thread 3 marshmallows, pointed side up, onto each paddle-pop stick. Press last marshmallow on to cover top of stick.
2. Place coconut in a plastic bag. Add 10 drops food colouring. Rub coconut (through outside of bag) to mix colouring evenly. Add more colouring if desired. Spread coconut over a small plate.
3. Place choc melts in a heatproof, microwave-safe bowl. Microwave, uncovered, on MEDIUM (50%) for 2 to 3 minutes, stirring every minute with a metal spoon, or until melted and smooth, but not hot.
4. Using a pastry brush, brush chocolate over marshmallows (hold sticks over bowl to catch drips). Don't make it too thick or the chocolate will run. Roll marshmallows in coconut, sprinkling to coat. Carefully lay marshmallow trees on prepared tray. Allow to set. Gift wrap or serve.

Christmas Gift Ideas your kids can make

Teach children the spirit of giving with these lovely homemade gifts that they can make!

Bookmark/Gift Tag:

Materials

8- by 2 1/2-inch piece of card stock
Craft knife
Glue
Pencil
Coloured markers
Con-Tact paper
Ribbon



Instructions

1. Draw a simple Christmas shape, such as a Christmas tree, a star, some holly on the card stock.
2. With a craft knife, cut out the shape (a parent's job) and discard it. Next, glue the card stock onto a slightly larger piece of card stock that's been cut from a contrasting colour.
3. Use markers to colour in the design and print the name of the person who will be receiving the gift.
4. Make a hole in one end of the tag and tie a loop of ribbon through it for tying the tag to its package.
5. Finally, laminate the tags with Con-Tact paper to make them long lasting.

Rudolf the Red-nosed reindeer

Materials

Pencil
Brown craft foam or card stock
Black marker
Red glitter glue
Gold sequins
Glue
Googly eyes
Red pom-pom
Brown pipe cleaner
Paper clip or clothespin



Instructions

1. To assemble one, first use a pencil to trace your child's hand onto a piece of brown craft foam or card stock.
2. Cut out the shape and add black marker hooves to the fingertips.
3. Next, add a red glitter glue collar with gold sequins for bells, then glue on a googly eye, a red pom-pom nose, and a tail cut from the brown craft foam or card stock.
4. For the reindeer's antlers, cut a brown pipe cleaner in half. Bend each half in two (slightly off-center) and curl the ends. Glue together the pipe cleaner pieces, holding them in place with a paper clip or clothespin until the glue dries. Finally, glue the antlers in place on the reindeer.

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Local knowledge

Hamilton has been my home for the past 7 years so I know the area well. I keep a keen eye on the property market and an ear to the ground. I'm happy to share with you the tips I've learned from my customers and contacts in the Real Estate business. So, if you're looking to buy a new home in the greater Waikato area, talk to me before you sign a deal.

Experience

I've been in banking for more than 10 years, working as a Mobile Mortgage Manager for the past 3 years. In that time I've helped finalise dozens of home loan deals. Everyone's situation is different so at Westpac we tailor a home specifically to suit you. Whether you're looking to buy your first or tenth home, re-finance or purchase an investment property it's important you get the right home loan advice.

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Fighting Fatigue in pregnancy

Cara Baddington

8pm Off to bed, I'm exhausted from my day at work and vomiting bout when I got home. Gee, this pregnancy lark is glamorous! Seems ridiculous to hit the hay now, but who am I to fight it? Can't wait to curl up in my nice warm bed and drift off. 10pm I've just jolted awake after strange dream that I'm giving birth to a small green alien that looks like my father-in-law. What the?! 1am Toilet stop, all that warm milk to help relax is coming back to haunt me. 3am another toilet stop – no need for the lights, I can find my way in the dark these days. 5am Lying awake worrying if I'm going to be a good mother. 7am Alarm goes – another 'great' night's sleep!

Feeling exhausted is completely normal during pregnancy, so don't beat yourself up about it! As pregnant women in the 21st century we have high expectations that we can just keep functioning as we were before-belly. But this is often not the case. In the first three months of pregnancy, things like hormone changes, constant nausea, and broken sleep from peeing all night long can leave you feeling washed out. Many women (not all!) feel well and energised in the next three months, but for most the final three months is another time of fatigue. By this time, you may be increasingly uncomfortable at night and peeing all night long again, not to mention crazy vivid hormone induced dreams!

- Like most pregnancy complaints, this is one of those ones with no cure but the birth of baby – and that brings a whole new type of sleep deprivation! But there are certainly steps you can take to minimise fatigue and care for yourself:
- First and foremost, look after yourself! Good sleep (sleep and rest whenever you can), good food (a whole food balanced diet), good hydration, and good vibration (do things that make you feel happy!).
- Keep hydrated. Don't stop drinking water because you have to make frequent trips to toilet at night. It is important for baby's and your wellbeing to get sufficient fluids. Stay away from caffeinated tea and coffee though. For a hot drink, try warm milk or a herbal tea with relaxing properties.
- Exercise in moderation. This will help you sleep better at night. Swimming and walking are great gentle forms of exercise that eases aches and pains, and minimises strain on your joints. Get advice from your Lead Maternity Carer on other suitable forms of exercise.
- Ask your partner to give you a back, shoulder and neck massage to relieve tension before bed. Some women prefer to use unscented mas-

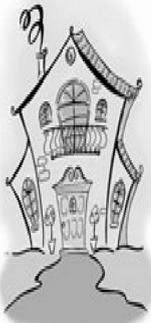
sage oil and waxes during pregnancy. If you wish to use massage oil with essential oils, avoid in the first trimester and then stick to lavender and neroli which are safe for use in pregnancy.

- An essential oil spray first thing in the morning can help to pep you up.
- Learn to lower your standards in keeping your household running and ask for help! This is great training for the arrival of your baby, so get lots of practice in now. Your priority right now should be growing your baby, and to do that looking after yourself is paramount.
- Treat yourself to a warm bath (not too hot) and slather yourself with beautiful lotion afterwards.
- Chant the mothers' mantra 'This too shall pass...'

If you or your family are concerned that you are abnormally tired, ask your Lead Maternity Carer to test for anaemia and talk to them about how you are feeling emotionally, as depression can make you very tired.

Cara Baddington is mum to Elise & Harry. She is a childbirth educator, breastfeeding counsellor, and runs Gently Does It (www.gentlydoesit.co.nz) a website packed with information and gentle safe products for mums & babies such as Tui Massage Waxes and Earth Mama Happy Spray.

Advertorial



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Christmas Survival Guide

It's the silly season, and some of us (the writer included) tend to go silly on the endless amounts of Christmas fare that seems to pop up from mid November onwards. Healthy eating and activity lower stress levels, whereas weeks and weeks of treats can have us feeling tired, sluggish and stressed out, and when it comes to dealing with children, this is not really how we want to feel. This is Christmas survival guide for mums who would like to stay on top of their game over the holidays.

Plan to Succeed

Most people will reside to the fact that they're going to "eat lots" and "do no exercise" over the holidays. This is planning to fail. Plan to succeed and you will. Planning to succeed involves telling yourself that you "Will" keep yourself feeling healthy over the holidays.

Plan any workouts in advance

You should know where you're going to be for the holiday season, so you can plan where and when you will be doing a workout. There are no excuses of "But there's no gym". If you can walk....you can run, and when you can't run any more, you can still walk...and skip, and do star jumps etc. And if you've got babies and toddlers that you can't leave, there are plenty of at home exercises you can do and exercises using baby as a weight or you can run around with the kids for half an hour or so.

Give yourself permission to have 'free' meals

Keep it in perspective though, a 'free' meal is a treat, something that if you ate all the time you probably wouldn't end up feeling so great. Free meals can also be healthy though, a large fresh piece of salmon with some potato salad and a few glasses of wine can certainly be considered a treat.

If you 'fall off the wagon' just jump right back on

Staying off the wagon for a whole day may end up as consuming an extra 1000 calories more than you would have otherwise...and that's a fair amount of cardio! Again, go back to 'planning to succeed'

Maintain your good eating habits

Keep up the good habits you've maintained all year – once we start breaking them, then we have to form them all over again.

Control your portions

Do you really need to eat a whole quarter of pavlova? You can have your cake and eat it to, just keep it controlled and yes you can still eat treats during the holidays. This also applies to alcohol. We all know the stomach pains of post-christmas eating all too well. You've got babies and children leaping around, crying, yelling etc – all part and parcel of a Christmas celebration, but the way you feel after the meals are done may be the difference in how you tolerate the fracas.

Don't let others control your eating

Everyone has different goals in life – if yours is healthy eating during the holiday period don't let others derail you. People will make comments, and they will try to make you eat what they are eating – but it's your body, so you make the choice.

Choose wisely

Bread, entrée, main, dessert AND alcohol! This is pretty much a common dining experience. Make your choices – does your body need all five items? At a party choose vege sticks and hummus instead of chips and dip. Slowly trawling through the kids treats all day is another sure fire way end up feeling low on energy.

Enjoy the people, the food is extra.

Try to focus your attention on the company you are with and not the food – this will help make the event enjoyable without the extra calories or an uncomfortable full tummy.

Stacey Hancock is a qualified Nutritionist and Personal Trainer here in Hamilton and is our guest speaker here at the Hamilton Parent Centre for the regular 'Munching' courses. Stacey works with men, women and children of all shapes and sizes to achieve their specific health and fitness goals and provides realistic nutrition solutions to such medical conditions such as high blood pressure and triglycerides, cholesterol and type-2 diabetes. To find out more information visit www.staceyhancock.co.nz or to contact Stacey phone or text 021 688 540 or email info@staceyhancock.co.nz.





Phil and Tasha are happy to announce the safe arrival of Rhy John Wasley born 18/9/09 weighing a nice 8lb 7oz and a little brother for Caitlyn and Joshua



Hope you have had a Happy 4th Birthday Caitlyn lots of love from Mum, Dad, Joshua and baby in mums tummy.

How to get a Stork Report or Birthday Message

If you've just had your baby and you'd like to announce the birth or say Happy Birthday please email ppress.editor@gmail.com and let me know the details and I will include them in the next issue.

Feel free to include photos of your new baby or the happy birthday child.



Happy 3rd birthday Tobias! Hope you had a lovely day!



CBE Class 09-05

From left to right are: Malcolm & Kirstie Barr, Emma & Jared Woodcock, Anastasia Hildred & Brydon Davidson, Lucy Watt & Nigel Everton, Carly & Scott Stowers, Susan & David Simpkin, Ellie & Raymond Massey, Catherine & Kerry Weston, Jenny & Andy Summers.

Exercising with Little Ones—Part 4

There are plenty of exercises that mums can do to help tone up after having a baby, and the best ones are the ones that you can do with your baby. Babies provide fantastic resistance – as they grow and get heavier then you end up with a heavier weight – no need to go and buy a whole set dumbbells on this program!

PART FOUR - BABY WEIGHT LUNGES

Lunges are fantastic for leg strength, toning up the butt and also helping our abdominals as we hold our bodies upright during the lunge.



You can either use a sling or a backpack for this exercise – a sling will encourage the use of the abdominal muscles more so, but when it comes to working our legs – both methods of holding baby are just as effective. You may want to work your arms at the same time and hug baby into your chest, or in any other position that feels comfortable.

A few things to remember when lunging – you must keep your back upright – no leaning forward, suck your belly-button towards your spine, (aka keep that core tight) and always keep your knee in line with your ankle on the front leg and lunge straight down (no launching forwards). When you push back up keep the weight even through your whole foot, slightly to the heel, squeeze your glutes and use this squeezing action to push you back up.



There are lots of different lunges. **DYNAMIC LUNGE:** Starting in an upright position step your right foot forward, bend the right knee to 90degrees and lunge down, push up, step back and repeat with the left foot. **STATIC LUNGE:** Same as dynamic, but you stay on your right leg for a set of 10-20 reps squeeze up and down, then repeat on the left. **REVERSE LUNGE:** Same as dynamic but instead of stepping forwards – you step backwards. **WALKING LUNGE:** Start as you would with the dynamic lunge, but instead of stepping that right foot back, you pick your back foot up and step this forward.

Stacey Hancock is a qualified Nutritionist and Personal Trainer here in Hamilton and is our guest speaker here at the Hamilton Parent Centre for the regular 'Munching' courses. Stacey works with men, women and children of all shapes and sizes to achieve their specific health and fitness goals and provides realistic nutrition solutions to such medical conditions such as high blood pressure and triglycerides, cholesterol and type-2 diabetes. To find out more information visit www.staceyhancock.co.nz or to contact Stacey phone or text 021 688 540 or email info@staceyhancock.co.nz.



Puzzle—Christmas Tree Maze



FOR SALE

Bambino's & Think Pink Beauty Therapy are for sale.

Bambino's will be closing on Sunday, 29th November 2009.

We hope to find a purchaser to take over so that Bambino's and Think Pink can continue.

Thank you to all our loyal customers who have supported us.

We would like to wish you and your family

Merry Christmas and Happy New Year.

Lynda Voyle & the Team



Enquiries to Lynda (027 482 8490 or 07 829 5373).

The Toy Library

New toys arriving soon



**Great new ride ons from
Little Tikes**

A Deluxe Exersaucer

A Thomas Activity Table



December/January hours and Stocktake

Christmas is fast approaching which means the Toy Library will close again for its annual stock take. If you are able to donate a few spare hours on the days listed below, please contact me at the Toy Library. Also a huge Thank You to all of our fabulous members for another wonderful year
- Claire Devitt

Saturday 5th December: Last hire day for 2009

Thursday 10th December: Returns and Stock take begins

Saturday 12th December : Returns only and Stock take

Thursday 17th December: Returns only and Stock take

Saturday 19th December: Final returns day for 2009 and Stock take completed

**The Toy Library is closed from the 20th of December to
the 23rd of January 2010.**

Hours:

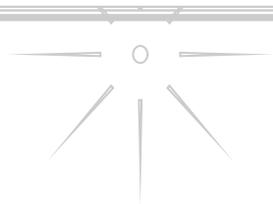
Thursdays: 2.30 - 4.30pm

Saturdays: 9.30 - 12pm

Location:

87 Boundary Road

(Down the driveway and through the gate)



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Announcing the 15th Annual Teddy Bears Picnic scheduled for 21 February 2010.
It's a fantastic fun day out for the whole family, full of entertainment and prizes.
Mark this date in your diary now!

CAN YOU LEND A HELPING HAND??

The Teddy Bears picnic is our centre's major fundraiser of the year. It is held as part of the Hamilton Gardens Summer Festival; at the Hamilton gardens Rhododendron Lawn.

To continue to make it a successful and fund day for everyone – WE NEED
YOUR HELP!

The success of the picnic ensures we can continue to run our centre and offer the fantastic services we currently offer to all current and future members.

Any offers of help for this wonderful day can contact:
Catherine (TBP Convenor) 07 856 7671

Hamilton Parents Centre - MINIROCKERS

Hi there everyone,

Wow! Term 4 has gone quick. A few things have happened over the past weeks. **Thanks** to all the ladies helping with the running of the Friday mini rockers sessions. While on leave I have been getting great feedback! Sadly, we have had to put a hold on the Wednesday mini rockers this term. However, we are hoping to restart the Wednesday sessions next year. I will keep you all posted.

What we are looking at for the next year is a rotating roster for both Wednesday and Friday. If anyone is interested in running one or two days a term, give us a call. Having our third baby, things have got a bit busier than I thought it would be.



Now, to introduce our new arrival little baby Rhys John born 18th Sept. At 8lb 7oz he's a nice small one for us. Caitlyn and Joshua think he's the best little brother.

Hope to catch up with you soon to have a sing and dance till then have fun!

Tasha

**Come and have fun with music, singing
and instruments.**

Coffee, chat and free play afterwards

Every *Friday* morning

***10am* to 11.30am approx**

Starting 5th Feb 2010 to 26th March 2010(8 week term).

Free for Parents Centre members

\$3 per session for non-members

Enquires to: Ph: 853 6110

Email: hpcbaby@xtra.co.nz

**Run by volunteers from the
*Hamilton Parents Centre***

Committee Happenings

Upcoming Meetings & Events

- **Christmas get-together for committee members and their families:**
When: 5th December 09
Where: Mezzanine Floor, The Cook, Cook St. Hamilton East
What: Dinner. Arrive at 7 pm
- **Family Day**
When: 11 AM, 12th December '09
Where: Peachgrove Playcentre
What: great indoor/outdoor venue for the kids last time who kept themselves very amused while we all relaxed. Bring lunch to share. Cost for venue to be shared. Santa can also be come in if you are interested in bringing small gifts for him to give out.

RSPV: sarahjane.sinclair@gmail.com for both events

Committee Profile: Jennifer Summers

My husband and I had been thinking about moving to New Zealand for a while as he is from a long line of relatives who had nearly, but not quite, made it out here. The attraction was the quality of life, the dramatic scenery and the ability to get away from it all. It may have all remained a dream but redundancy in the UK gave us the push that we needed and we decided that if we didn't take this opportunity we would always regret it. It wasn't until later that we found out we were expecting the pitter patter of tiny feet!

When we moved here four months ago I was four and a half months pregnant. I wasn't working so I decided to do some volunteer work to do something useful and meet some people at the same time. When the role of host for a HPC antenatal class came up it seemed quite fitting. I went along to my first committee meeting and haven't looked back!

Moving thousands of miles away from family and friends when expecting your first baby was a difficult decision but we have found that the people here couldn't have been more friendly or helpful. We are now looking forward to our new life in New Zealand with a new addition to our family.

THE COMMITTEE

Kathryn Trotter	856 8567 Packs Officer & Website Manager	Rachel Clarke	Membership Officer
Wendy Flintoff-Baker	839 6563 Treasurer/Banking, Toy Library SC, TBP Gardens Liaison	Tasha Wasley	Supplies Officer, Minirockers Facilitator
Helen Bond	855 4044 Secretary, CBE Convenor	Catherine Murray	Volunteer Liaison Officer
Claire Devitt	855 9152 Toy Library Manager	Donna Aitken	Moving & Munching Convenor
Nicci Delahunty	Baby & You Convenor	Anne Brown	Newsletter Distributor
Sarah Sinclair	Social Convenor	Natalie McLeod	Newsletter Assistant
Deepthi R	Newsletter Editor	Madeleine Alderton	
		Sam Thorburn	
		Jennifer Summers	

Committee Meetings are held on the 2nd Wednesday of each month. The next committee meeting is scheduled for the 9th of December at a committee member's residence— If you would like to come along, contact Helen Bond - 854 12 73



New baby?
Invitation to join us
Supporting Parents
alongside Children's Education
S P A C E

Free weekly educational sessions for you and your baby in a friendly group environment with other parents and new babies.

Ministry of Education approved and funded curriculum
Year long course.



Book now for new courses
0-3 months
Starting Tuesday 2nd December and February 2010
Limited places
For more information, visit www.space.org.nz
For enrolments contact Catherine
Ph **855-5443** or email:
space@waikatoplaycentre.org.nz

847 1739 office

Wobble
essentials for little kids

Super special buggy
deals in December



Hundreds of great
Christmas gift ideas



Rototuna Shopping Complex
Cnr Horsham & Thomas Roads, Hamilton
Open 9am-5pm weekdays & 10am-4pm Saturday
or shop online at www.wobble.co.nz

ph: 07 855 3630 | email: info@wobble.co.nz

Come to us for all your baby and toddler needs

Courses and Workshops

BABY & YOU Newborn—4 months

Baby and You is one of our most popular and relevant courses for parents of babies aged 0 – 4 months. All the useful information about a baby's first months, as well as sharing your experience with mums of babies at a similar stage.

In 2010 we are running 6 Baby and You courses. Each course runs for approximately 2 hours on a Tuesday morning for 5 weeks. The dates are as follows

- 26 January
- 23 March
- 11 May
- 29 June
- 14 September
- 16 November



The course will be made up of 5 sessions covering:

- ◆ **Feeding & Sleeping**
Learn how to determine your baby's 'tired signs' and other useful feeding and sleeping tips for surviving and enjoying the first months.
- ◆ **Changes: Physical & Emotional**
Learn about the physical and emotional changes going on within yourself, your life and your relationship. Useful tips on how to survive those first few months with a new baby.
- ◆ **CPR & First Aid**
Learn how to execute CPR and choking procedures for babies. General first aid, issues such as poisons, burns and accidents will also be discussed.
- ◆ **Infant Health**
A medical health professional will cover common infant health complaints including nappy rash, fevers, cradle cap, ear infections, thrush and answer your questions.
- ◆ **Child Development/Baby Massage**
Learn major developmental stages for your baby and ideas to stimulate their mind. Have a fun session where you will learn about basic baby massage for your baby's enjoyment.

See our calendar for full course dates.

Cost: \$40 for Parents' Centre Members; \$60 for non-members

For registration or more details contact Nicci on **852 5088** or nicciclark@hotmail.com

MOVING & MUNCHING 4 — 9 months

Two fun & informative sessions for parents of children aged between 4 and 9 months.

Learn about:

- ◆ The development of fine and gross motor skills, and how you can assist.
- ◆ How babies learn through play and age appropriate toys.
- ◆ The development of language and intellect and how you can stimulate this.
- ◆ Introducing solids and establishing good nutrition.
- ◆ Baby safety now they are mobile.
- ◆ **Just \$15 for members** (non members \$25)



Enrol now and receive Alison Holst's Baby Food & Beyond Recipe Book free with the course.

Upcoming Course dates are 7th & 14th Dec

Please contact Donna Aitken tel: **027 54 66 539** and dondon77nz@hotmail.com

Exclusive Hamilton Parents' Centre Discounts

Below is a list of local businesses that offer exclusive discounts for Parents' Centre members.

All you have to do is show them your membership card.

Baby-On-The Move 10% off car seat hire

Envisage Photography Ltd 021 489 992 10% off all Portrait Prints

Beehive Industries 10%

Colourplus, Hamilton 10%

Fairfield Pharmacy 10%

Life Pharmacy Chartwell , Westfield Chartwell 10%

Mor-Mak Wall Claddings 10%

Neville Kane Pharmacy 10%

R&R Sport 5% off selected items

Snugasabug.co.nz 10%

The Baby Factory 12.5% off on specific days (see back cover)

The Event Fun Company 10% on Bouncy Castle or Slide hire

Bambino's Cafe, 20 Empire Street , Cambridge 10% discount

Active Attitude 10% off mobile personal training services for mums (individual and group options available) and my personal training sessions for children and teenagers. Phone Ashleigh on 021 145 7636

PEPSICLES offers home help for the first few weeks after baby is born. We offer free postage on our nappy hire kits for Hamilton Parents' Centre members or 10% off when buying cloth nappy systems through us. See our website for more details and to book: www.pepsicles.co.nz. Please quote "Hamilton Parents' Centre discount" in the subject line when emailing us.

Thank you so much to these businesses for their support of Hamilton Parents' Centre. Make sure you support them and take advantage of these great offers!

Merchandise

Kneeler Rockers for hire

Hamilton Parents' Centre have kneeler rockers for hire. We highly recommend the use of a Rocker to assist in **optimal foetal positioning (OFP)** and in **alleviating back pain**.

Members:

\$25 bond and \$5 per week

Non-Members:

\$60 bond & \$7.50 per week

Minimum of 4 weeks hireage.

To book:

Phone Parents' Centre on **853 6110** OR Parents' Place on **855 7517**

Hire during Toy Library sessions Thursdays 2:30-4:30 Saturdays 9:30 am-11:30 am



Merchandise for Sale: Nursing Pads (2 pairs) \$7.00

To enquire please see your Childbirth Education Support person or call 855 7517 or purchase through the Toy Library.

Where to go for Help—Community Contacts

Association	Contacts
0800MUM2BE : An information line explaining how the maternity system works, including how to find a Lead Maternity Carer (LMC) in your area.	Ph: 0800 686 223
Family care/Awhina whanau : Support for premature and special care babies & their mothers during and after the newborn unit.	Ph: 858 0990 Resource room staffed 10am—2pm Tues—Friday; Foyer level 02 Maternity Unit Waikato Hospital.
GRASP : Gastric Reflux Association for the Support of Parents and Babies.	Ph: 855 9359
Healthline & Well Child Service Immunisation Advisory Centre	Ph 0800 611 116. Ph: 0800 466 863
Lactation Consultant : To contact a local qualified lactation consultant.	Ph: 0800 452 282
La Leche League : Help with any breastfeeding enquiry:	Donna—Hillcrest . Ph: 856 6779 Margaret—Parents' Place Ph: 8438148 Annemarie—Richmond St . Ph: 856 6471 Minicall pager 086 806 259 Ph: 834 2036
Mackenzie Centre for Children with Special Needs Birth to 4 years. 8.30am—4pm Mon—Fri. Closed School Holidays.	Ph: 839 5357
Mothercraft Unit : A unit where mother and baby can “live in” for assistance with feeding and sleeping problems. Arranged by your GP/plunket nurse.	Ph: 839 8899 ext 6550
Multiple Birth Association	Ph: 0800 489 467
Parentline : Support/counselling for parents under stress. 8.30am—5pm Monday to Friday. Answer phone after hours. Parent to Parent : Support and information network for parents of children with special needs.	Ph: 839 4536 Ph: 839 1276
Post Traumatic Stress Disorder (PTSD)	http://www.tabs.org.nz/ http://www.mentalhealth.org.nz/page/203-Post-Traumatic-Stress-Disorder-Related-Sites
Plunket Society Plunketline (24 hr helpline)	Ph: 839 3982 Ph: 0800 933 922
SANDS Waikato : Support network for people who have lost a baby through stillbirth, newborn death or termination for foetal abnormalities, whether this loss is recent or many years ago. Available 24 hrs.	Ph: 0800 570 033
Waikato Family Centre Assistance with breastfeeding, crying, colic, sleeping, reflux, bottle feeding, postnatal distress and parenting skills. Please phone to discuss problems first. Stay during the day.	Ph: 834 2036
Waikato Family Centre : Assistance with breastfeeding, crying, colic, sleeping, reflux, bottle feeding, postnatal distress and parenting skills. Please phone to discuss problems first. Stay during the day.	Ph: 834 2036
Homeopathic and Natural Health Support :: Pregnancy, Birth, Breast-feeding, Women's Health, Infertility, Menopause, General Well-being	Ph: 07 856 41 56 / 027 478 59 22 Kaylene.midwife@paradise.net.nz



Please Note: Baby Factory discounts will be back here from the next issue