

# BAMBI

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**SUN SAFETY**

**MUCH ADO  
ABOUT  
SPLASHING**

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A project of Childbirth and Breastfeeding Foundation of Thailand



**BAMBI 2023  
ANNUAL REPORT**

APRIL 2024



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**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.
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- Supporting parents through the pregnancy, birth and postnatal period.

For more information on CBFT, contact:

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*Hello!  
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in the magazine?*



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Lynda Suchintabundid

Dear BAMBI members,

Welcome to the happiest month of the year!

This month, we are celebrating Songkran festival. Songkran, as many of you will know, is the name for Thai New Year, and it's a beautiful time for Thai people and those residing here. You will see Thai people dressed in colorful costumes, and there will be flower decorations everywhere you go.

A very important feature of this festival is water. Leading up to Songkran, you will see many people bathing statues of Buddha with scented water to wash away the negativity of the year passed and to welcome in a fresh start for the new year. The water fun continues during Songkran festival as the whole country celebrates.

As well as Thai New Year, April has another important day; the day after Songkran day is called "Wan Krob Krua", or family day, and falls on April 14 every year. Thai families will spend time together during these holidays and children will receive blessings from their parents and grandparents.

I have happy memories of Songkran from when I was a child. To me, Songkran means long holidays and lots of fun. My parents would plan a trip and we would travel to join Songkran festivals in other cities away from Bangkok. I had so much fun and made so many great memories.

If you're lucky enough to be here in Thailand during Songkran, I encourage you to enjoy this unique festival as much as possible! You could even plan a trip with your family to see other cities outside Bangkok. I am sure you will enjoy exploring different cultures and experiences from every part of Thailand.

Happy Songkran!

Lynda  
BAMBI charities and benefits coordinator



## OUR COVER KIDS

### NAME

Imora and Gemma

### WHERE ARE YOU FROM?

We're from Kenya but I (Imora) was born in Denmark, and Gemma in Thailand.

### HOW LONG HAVE YOU LIVED IN THAILAND?

Three and half years

### FAVORITE PLACE TO GO AS A FAMILY IN THAILAND?

Phuket

### WHAT'S ON YOUR THAI BUCKET LIST?

Koh Samui

### WHAT DOES BAMBI MEAN TO YOU?

A place where my sister and I can socialize and make new friends.



Sanam Raisa Rahman

As we welcome the month of April, a spirit of celebration fills the air as we anticipate the joyous festivities that mark Songkran. It's a time when locals and expats come together to honor Thai traditions and create lasting memories.

While nothing feels better in this heat than splashing about in the water, Songkran is also a time for reflection and renewal. As parents, we can take this opportunity to instill values of respect, gratitude, and compassion in our children, using examples from Thai culture to teach them the importance of honoring elders and cherishing family bonds.

In the pages of this month's magazine, you'll find a treasure trove of content that will provide inspiration for making the most of Songkran with your little ones.

We begin this issue with reviews of Fun Garden and Get Growing Community Farm by Joe and Nick in our brand new page "Things We Loved". Here we invite readers to tell us about the places they loved to visit, eat at, or be entertained in, in Thailand. If you have something that you'd like to share with our community, drop me a line at [editor@bambiweb.org](mailto:editor@bambiweb.org).

Next we have "Sun Safety" by Rachel Ofo. This is your go-to guide for the heat-related conditions you should be aware of in the scorching April sun. Following this is "Apps to Beat the Heat", also by Rachel, where she discusses some cool apps that can help keep us and our families safe, happy, and hydrated this summer.

In this month's Dad Diaries, Joe talks about Marty's love of water in "Much Ado About Splashing". We learn how Marty always manages to make a splash, quite literally. It's worth taking a note from him though because as Gordon assures us, "Water Play's Not Just For Babies". In his article, he recounts all the fun he's had with his kids in the water.

And when the kids and you have had your fill of the sun and water, there's plenty to do indoors too. Enjoy the Songkran-themed activities designed by Anelia in Fun Corner, or grab one of Angela's book recommendations in Readers' Corner. If you or your kids want to know more about Songkran or Thai culture more broadly, then she has just the books for you.

In non-thematic content we have "Reading's Hottest Trends" by Kelly, where she tells us what's trending in the reading world and reminds us that not all trends are positive. Finally, and most importantly, we have the BAMBI Annual Report, which gives you an overview of BAMBI's performance in 2023. We think the committee are doing a great job, but if there are things you'd like to see done differently, why not join us as a committee member? There are a few positions open.

We hope you like this issue and that it puts you on the right track to embrace the spirit of Songkran and savor every moment of the celebrations. Here's to a month filled with laughter, love, and endless sunshine!

Wishing you and your family a joyous Songkran!

Sanam  
Editor





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# PLACES TO PLAY

## Get Growing Community Farm, by Nick, dad of two aged 7 and 9

We love this play area, café, and small farm located in the Green Lung area, across the river from central Bangkok. With its opportunities for parent-terrifying climbing and glorious mud, it's not for the fainthearted, but it is for the adventurous! Even getting there on the boat from the Wat Khlong Toei Nok Pier is fun too!

Upon arrival, you are immediately confronted by a huge wooden horse. I'm always reminded of the view the soldiers of Troy must have seen the morning after the Greeks pretended to sail away from the city, without any reduction of scale! I doubt that the Greeks installed water slides, climbing nets, zip lines or any of the other entertainment that this animal has tied to it though.

There are plenty of things to do at Get Growing, mostly involving pools of muddy water, actual mud, and things to climb on and scramble over. There are some animals and woodworking facilities too. I think it's ideal for kids aged six and up but is accessible to those below with supervision.

Although not for the risk-averse or those who prefer to stay clean, it's very much what a good childhood should be full of: climbing, scrambling, mud, adventure, and ice cream. It's probably as good for a child's gut microbiome as it is for their fun. It's a great spot for them to just be kids and get fabulously dirty! A truly lovely change from city life.



*Photo courtesy of the author.*

Share with us and spread more joy!

Send short reviews of places, things, food, etc. you enjoyed as a family to [editor@bambiweb.org](mailto:editor@bambiweb.org), and we might feature it here!

## Fun Garden Ao Nang Krabi, by Joe, dad of one aged 2.5

We loved Fun Garden on our recent visit to Krabi and ended up going pretty much every day. The owner describes it as "paradise for kids", and as far as we were concerned, she wasn't far wrong! With a reading room, a games room, and a toy room as well as a splash pool and outdoor play area, Marty found plenty to amuse himself with. Delicious cakes and both Thai and Western food meant that as parents we were also happy to spend relaxing hours there, while he played.

The Thursday fireshow was a terrifying spectacle that was clearly a must for many local families and a great evening out. If you find yourself in Krabi with kids and in need of a relaxing break from the beach, we can't recommend Fun Garden too strongly. Although we didn't use it, they even offered half-day childcare services.



*Photo courtesy of the author.*



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# SUN SAFETY

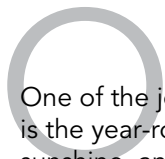
A scorching sun is a fact of life in Thailand, but we don't always want to be hidden away with our air conditioning. Rachel gives us a quick overview of some of the heat-related conditions we need to be aware of and a few tricks to try and avoid them.

## About the Author

Rachel Ofo moved from the US to Bangkok in 2016 and spent six and a half years there. She has a daughter, whom she loves dragging around on various adventures like hikes and fishing trips. In her free time, she enjoys reading, watching movies, and trying new restaurants. She also enjoys being out in nature.







One of the joys of living in Thailand is the year-round warmth and sunshine, and that means lots of outdoor time where safety is a priority for parents. We want our children to freely enjoy themselves, but we also don't want to be reckless. As the temperatures increase, the risk of heat-related illnesses increases as well. Some steps to take to avoid any issues include drinking plenty of water; wearing light, breathable clothing; applying/reapplying sunscreen; and not covering baby strollers and car seats. One study revealed that even covering a baby's stroller with a light cloth increased the temperature in the stroller by 10°C in just 30 minutes (1).

Some have experienced heat-related illnesses in the past. I've had a few heat-related scares, one resulting in a paramedic being called in the middle of a hike up a mountain. It can come like a thief; even within our own bodies, sometimes we don't realize anything is wrong until it's too late. So, noticing it in our children can be tricky.

Let's have a look at a few common heat-related illnesses, how to spot them, and how to treat them in an emergency. This information is great not just for parents to read but to share with nannies and caregivers.

### Heat exhaustion

Although people aged 65 and over and infants are at a higher risk of heat exhaustion, nobody is exempt from it, especially during hotter months. A few signs to look out for include

- heavy sweating,
- flushed or pale skin,
- fatigue,
- weakness,
- dizziness,
- nausea,
- vomiting,
- muscle cramps,
- headaches, and
- feeling unusually thirsty or restless.

It's essential to recognize these symptoms early to prevent



progression to more severe heat-related illnesses. Taking immediate steps to cool down, such as moving to a shaded area, drinking fluids, and removing excess clothing, can help alleviate symptoms and prevent further complications. If symptoms persist or worsen, seeking medical attention is crucial.

### Heat stroke

People sometimes confuse heat stroke and heat exhaustion. However, there are a few key differences. The main and most important difference between the two is that heat exhaustion can be treated right then and there by taking a few steps to cool down and hydrate. Heat stroke is a medical emergency and requires immediate medical attention (2). Some signs to pay attention to are

- high body temperature (above 40°C),
- hot and dry skin,
- rapid breathing,
- flushed appearance,
- irritability or confusion,
- vomiting, and
- seizures.

A person suffering from heat stroke may also exhibit weakness, lethargy, or loss of consciousness.

It's critical to act promptly if any of these symptoms are observed, as heat stroke can be fatal. For instances like this, it is important to know the emergency numbers in Thailand. It's also recommended to know and save the emergency number for a nearby hospital.

### In an emergency, call:

191

1155 for an English-speaking operator

1669 for an ambulance

### Heat syncope (fainting)

Signs of heat syncope in babies and children include

- lightheadedness,
- dizziness,
- weakness,
- fatigue,
- nausea, and
- fainting.

They may also exhibit pale skin and a rapid pulse. Heat syncope typically occurs after prolonged standing or sudden changes in temperature, leading to decreased blood flow to the brain.

Immediate action should be taken to prevent injury if someone faints



due to heat syncope. This includes laying them down in a cool, shaded area, elevating their legs, and providing fluids if they are conscious. If symptoms continue, seek medical attention.

### Heat rash and sunburn (3)

Heat rashes and sunburns are a bit easier to spot. This is because instead of asking your child a million questions they may not understand or looking for signs you may not be able to see, rashes and burns are bright and visible.

There are many natural and modern ways parents go about preventing heat rashes and sunburns, but sunscreen or sunblock is the most reliable. Professionals recommend applying at least SPF 30 (not on babies under six months). However, it's not just about applying some sunscreen and sunblock—applying enough is essential too. It's important to follow the listed instructions.

A bit of research is also needed when deciding whether to use chemical sunscreens (also referred to as “sunscreen”) or physical sunscreens (also referred to as “sunblock”). Along with the sunscreens, always remember to carry a hat for your child and high-quality sunglasses, as eyes can also suffer sun damage.

Signs of heat rash in babies and children include red, itchy skin with small raised bumps, often occurring in areas covered by clothing.

Sunburn symptoms include

- red, painful skin,
- swelling,
- blistering, and
- peeling.

Both conditions can cause discomfort and irritability in children. It's essential to keep affected areas clean, cool, and dry for heat rash, while sunburns may require soothing creams and fluids like aloe vera gel.

Ultimately, staying informed and flexible are the best tools you can have. This means understanding the signs, symptoms, treatments, and preventive strategies to avoid any mishaps. These include staying hydrated, dressing appropriately, and avoiding excessive heat exposure.

Finally, understand that while you're navigating the streets of Thailand on a hot day, it's OK to make a stop. A quick blast of a 7-Eleven aircon won't delay you too much. Even grabbing an ice cream from the man on the bike may help everyone out. And remember that with everything going on around us, our priority is our children. Keeping an eye on the little ones will help us spot problems, even before they do. Have fun, and stay safe!

*Photos from Canva.*

**Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult a qualified healthcare professional for personalized guidance.**

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# APPS TO BEAT THE HEAT

Want to keep cool, stay safe, and have fun in the Thai sun? Rachel has the apps for you. Whether it's to find a hotel pool to cool off in, check on your family's water intake, or discover the best time of day to be outdoors, these apps do it all.



## About the Author

Rachel Ofo moved from the US to Bangkok in 2016 and spent six and a half years there. She has a daughter, whom she loves dragging around on various adventures like hikes and fishing trips. In her free time, she enjoys reading, watching movies, and trying new restaurants. She also enjoys being out in nature.







For many of us who were raised in the northern hemisphere, April means springtime flowers, maybe some rain here and there, and slightly warmer weather than in the preceding months. However, in countries with similar climates to Thailand, April is more than “slightly warmer”. April is HOT. Specifically in Thailand, April temperatures can reach up to 40°C. Along with the heat, Thailand also has high levels of humidity, which adds to the struggles of staying cool (1).

Although April is also the month of Songkran, when there are a few days to celebrate Thai New Year and find relief from the heat by cooling off with water splashing and water guns, for some, the rest of the month isn’t as bearable. Extreme heat, when not managed properly, can bring a world of issues including heatstroke, heat exhaustion, and sunburns. It can even exacerbate chronic issues (2).

In general, our bodies have the ability to regulate our temperature. However, issues arise when temperatures are extreme for extended periods of time. Sometimes our bodies need extra help in keeping ourselves and our children safe. So what are some ways to do that? Well, your helping hand is in your hand! Yes, we can simply fan ourselves to try to keep cool, but actually our phones can be our best tool.

There are many apps that can be used to keep our families safe, especially when traveling in the heat. We’ll take a look at some weather apps, a couple of “water” apps, and even some out-of-the box apps that you never thought you needed for the Thai summer but could definitely come in handy.

### Watch the weather

The easiest way to avoid being swallowed up by a wave of heat is by simply avoiding it. With these weather apps, you can keep a close eye on temperatures throughout the day. And if you’re anything like me and actually enjoy the heat, it’s less about keeping cool and more about avoiding UV rays. UV rays are rays emitted from the sun that can cause skin and eye damage, so making sure to avoid the sun when UV exposure is at its highest is your best bet. Here are a couple of cool apps and their features to help beat the heat.

- **Flowx:** Flowx is a free app available in both Google Play and App Store. They pride themselves on not being “your typical weather app”. Interesting features you’ll find on this app, along with standard weather data like temperature and UV index, include the ability to track hurricane paths, sun and moon phases, and even sea currents. Reviews praise the app for its usability, animations, and mobile-device compatibility.
- **Weather Underground:** Known for its crowdsourced weather data, Weather Underground offers hyperlocal forecasts based on data from nearby personal weather stations. This app provides valuable insights into temperature fluctuations and precipitation patterns, helping users navigate unpredictable weather conditions in hot regions.

And once you’ve made those plans to step out, there is still a level of precaution needed. Even though the UV rays may not be at their peak, it’s still extremely important to protect against the heat.

## Stay cool inward

I remember watching a video where a dad stressed the importance of not sharing water bottles with his wife and children. At the beginning, many viewers were concerned because “sharing is caring”, right? Wrong. In this instance, it was more caring and safer to not share when out on a hot day—the reason being so everyone’s water consumption could be tracked. My daughter drinks a lot of water throughout the day, but my husband does not. So if we were out and about with one bottle, thinking everyone is properly hydrated, we would be mistaken. Of course, lugging around multiple bottles along with everything else that accompanies stepping out with your child isn’t always ideal, but the benefits are so important.

Some apps to help you monitor water intake are:

- **Hydro Coach:** To prevent dehydration and heat-related illnesses, hydration is key. Hydro Coach helps you monitor your water intake by calculating your daily hydration needs based on factors like age, weight, and activity level. With reminders and progress tracking, it ensures you sip your way to optimal hydration levels throughout the day. Added bonuses of Hydro Coach are that you can sync it up with apps like Fitbit, Samsung Health, and even Google Fit!
- **WaterMinder:** Staying hydrated is crucial in hot climates, and WaterMinder helps users track their daily water intake with customizable reminders. This app is so fun and easy to use. You can set hydration goals based on the weather and even include different types of drinks. More customizable settings include the character you can choose that fills up as you reach your daily intake goals. Although the app is free, extra features like fun characters must be paid for either through a monthly subscription or one-time charge. This app ensures users stay adequately hydrated even in sweltering conditions.

If you are just completely against downloading new apps for something as mundane as drinking water, or if your phone storage can’t handle any more downloads due to the overwhelming number of cute baby photos, have no fear. There are a few apps already installed on your phone, like the alarm clock, which you can use to remind you to drink more water or reapply that sunscreen.

## Places to go

- **DailyPass:** Although not technically an “app”, their website, [dailypass.com](https://dailypass.com), is a great way to find hotels and resorts around Bangkok in which to escape the heat. The site allows you to search a location and date to find nearby hotels with “day passes”. Although they allow an array of options like buffets



and gyms, the star of the site is the ability to find pool access. So if you’re out and about and need a quick dip, or if your condo pool is unavailable, this is the app for you. It’s as easy as filling out a few boxes, remembering your swimsuit, and you’re on your way!

- **Google Maps:** An invaluable app I’m sure many of us Android users already have is Google Maps (or the iPhone equivalent, Maps). There are so many more features than just searching “waterparks near me”. Before heading to the waterpark, Google allows you to view when the busiest times at your destination are so you can avoid the worst heat and the worst crowds. Within the app, you can also check for accessibility of locations, so you can plan accordingly to bring the stroller, or leave it behind. On your way, to make the most of your journey, you can include multiple stops like an ice cream shop, without going out of your way.

Overall, protection is prevention. Keeping yourself and your little ones safe is key. Although some may reject the idea of more apps or more stuff, we’re arriving at a point in society where technology can be used responsibly to help us, and we have the choice to take advantage of it. Of course, we can just do what we’ve been doing for years, but it’s also fun to test out what’s on the market now and see if we can improve our old routines. The amazing thing about trying something new is you can toss it if it doesn’t work. Stay cool!

*Photos from Canva.*

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# MUCH ADO ABOUT SPLASHING

Joe Barker tells us about (healthy) family rivalry and his toddler's love of all things water, and he shares his top tips for staying dry this wet season (sort of).



## About the Author

Having enjoyed taking his son to BAMBI playgroups over the past months, Joe is excited to volunteer with BAMBI. He and his wife moved to Thailand from the UK in 2018. In 2021 they were delighted to be joined by their son, Martin. They love exploring Thailand as a family, especially anywhere with a playground or sand.







In something of a change of direction for this column, we're going to focus on one of the joys of parenting this month, rather than the trials and tribulations that normally occupy our attention. Nothing, except possibly cake, brings Marty more joy than water, and with Songkran coming up in April it seems like the perfect time to talk about water play. Now, of course, being a child Marty often manages to find ways to be upset even when doing something he loves, and can always be relied on to find ways to be annoying. Nonetheless, water play is generally a time for giggling, joy, and heartwarming family moments.

### **Family competition**

At three months old, Marty was already showing enthusiasm for water, and bathtime was one of the best parts of our day with delighted smiles and adorable splashing. This, I told myself, is just what we need to sneak a competitive advantage. How, I asked myself, could anyone fail to be bowled over by something so cute? Now you may be wondering why a three-month-old Marty needed a competitive advantage, and the simple answer

is: family rivalry. By making Marty the eldest grandchild, we had done our best to give him an edge in the race to be granny's favorite, but his cousin was only a few weeks behind him and she had a huge home advantage. Living only a few minutes from granny, she had been wowing her with cute smiles and hugs from day one. Marty might be equally photogenic but a picture doesn't compare to the real thing. So, as soon as we were back in England, I was determined that Marty should make up any lost ground, and the secret weapon in my armory was going to be bathtime.

Every bathtime had been full of joyous kicking and giggling followed by cocooning the beaming boy in a towel and a loving hug. On one of our first days in England, I, with the confidence of a new parent, insisted that granny should stop whatever she was doing and come help with a bath. It would, I promised her, be well worth her time. Cue the shortest, screamiest bath we've ever had—possibly the only screamie bath we've ever had. I still don't know why it happened, but what I do know is that granny beat a hasty retreat, Marty's screams ringing in her ears, and has refused to have

anything to do with bathtimes ever again. With the arrival of yet more cute and local cousins, I fear Marty has forever lost his chance of being the favorite. Was it the shock of bathing in an English winter? Was it the unfamiliar bathroom? Or was it simply the natural instinct of children to embarrass their parents at every opportunity?

### **Always helpful**

Obviously, whether it's bathtime or a quick rinse, Marty considers it his solemn duty to splash as much water as possible on the floor. To a water sprite such as him, floors are best when under an inch or two of water. Although better even than soaking the floor is soaking daddy or nanny, or whoever is washing him. Of course, he is most successful at this when we're finally ready to go out and all dressed in our finest clothes. As if changing a diaper and washing Marty hadn't already been enough of a delay, we then have to change daddy too.

He is similarly helpful when it comes to washing up. Why stop with the dishes? That shows a distinct lack of imagination and ambition. He leaves daddy to do the prosaic

plates and cutlery, while he, pausing only to pour a glass or two of water on the floor, grabs a sponge and starts scrubbing the cupboards—inside and out, the floor, the cat, and anything else that doesn't move quickly enough. Of course in Thailand things dry pretty much instantly; I imagine this would be a lot more annoying in a damp English summer.

### **A one-boy drought maker**

Marty's favorite way to be cleaned after a diaper change is for his nanny to hose him down in the garden. He'll come running out of the house proudly announcing that he needs a diaper change, refusing help from anyone but his nanny—the lucky lady! Once she starts spraying him with a hose, he doesn't like her to stop. Dancing, shrieking, naked in the yard, he plays in the fountain of water and loves it. I'm not sure what the neighbor thinks of it, but into every life a little rain must fall, or in this case a steady sprinkling of hosepipe water.

It didn't take Marty long to realize that playing under the hosepipe needn't just be a post-poop treat. Once he'd figured out how to turn the tap on, any unchaperoned moments were likely to be spent running to the hosepipe and then giggling gleefully while spraying water over himself and the garden, plus, of course, anyone foolhardy enough to try and turn off the tap. Not that there is much point in doing that as he'll soon give you the slip and turn it on again. The only solution is to turn the water off at the mains, which is hard luck for anyone in the middle of a shower.

### **Thai water features**

Thailand has a number of important features for the young water lover and their family. As we've touched on, its warmth means that things dry and no one gets too cold, but there are other greater advantages. Perhaps the finest of these is the wet season. Even a good hosepipe cannot compare to the exhilaration of running in a tropical downpour or maybe disporting under a thundering drain pipe. Instantly



drenched, but joyful, Marty struggles to understand why mommy and daddy are less keen to dance in the rain. As our soi fills with water, Marty can be seen splashing up and down, naked, except for an umbrella he waves wildly. Behind him comes a fully clad, and considerably less joyful, daddy trudging, huddled under a leaking umbrella.

### **BAMBI water play**

I couldn't talk about Marty and water without mentioning BAMBI playgroups with water play. These are always our favorite part of a playgroup. My top tip is to do

the water play at the end of the playgroup, so that you still have some dry clothes to change into. Obviously I worked this out for myself eventually, but not until I'd spent a few playgroups wondering firstly, why Marty was the only child playing with the water, and secondly, why he was the only child finishing the playgroup naked before being wheeled home clad just in his towel and one dry sock.

Happy Songkran and happy splashing!

*Photos courtesy of the author and Canva.*





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# WATER PLAY'S NOT JUST FOR BABIES!

A longtime swim instructor and successful swim school founder, Gordon shares his many happy memories of playing at the beach and in the water with his children. He reminds us that the seaside and pools are for so much more than just swimming and cooling off!



## About the Author

Gordon Ellard is the founder of Bangkok Dolphins, which was established in 1997. He is an assessor and trainer for Swim Australia where he trains new swim teachers in both Thailand and Australia. Gordon has a passion for all things swimming and has worked to establish a program at Bangkok Dolphins that is accredited by the Thai Ministry of Education. His favorite age to teach is babies and the learn-to-swim range. Gordon is married and has two teenage children, who he taught to swim.







I was born on the beach in the south of Thailand and grew up playing in the water there. For me the combination of laughter, water, and children is a hard one to beat, especially in Thailand, where we are blessed with temperatures of around 30°C year round—temperatures which beg us to swim daily! Some of the best weekends I have spent with my own children have been water-based weekends.

### **Sandcastles and fishermen**

My “happy place” when the children were younger was at our favorite beach just out of Bangkok, where we spent hours running from the “massive” shore-breaking waves that we get in Thailand. They were never too scary and provided unlimited entertainment as long as you weren’t the one getting dumped. If the waves were too big, we dug moats, quickly before the tide came in, to protect the sandcastles that we’d so diligently built.

I remember that if we were up early enough we’d head down to the beach and help the fishermen pull in their nets, which put a whole new dimension on what water and the sea is for.

We’d often take a mat into the water too and pretend that we couldn’t see land while talking about what we could see other than the shoreline. You definitely need goggles for this one, and other than the odd plastic bag or polystyrene container, there is so much exciting stuff to see under the water. This is all over and above just swimming in the sea.

### **Make the most of pool resorts**

Most resorts in Thailand provide equipment for children’s swimming activities. If you find a pool attendant, they often have noodles, inflatable toys or at least some balls stored somewhere; this is all if you have forgotten your own.





There is a great resort in Hua Hin with a huge slide, which my son Saiburi went on 63 times in one day without missing a beat. There was the never ending happiness of going up and down the slide, and of course we were happy lounging in the pool below watching him hit the water.

The same resort has a sand pool that is graduated into the water. Graduated pools are a perfect opportunity for toddlers to feel independent and secure whilst also having fun in the water. If the resort that you are staying at does not have a child-friendly pool, join in the daily water aerobics with your children. It is hilarious—well, maybe not for the instructor, but it was for me!

Being a sociable little fella, my son Saiburi loved to make new friends in most pools that we swam in. He loved to play games and impersonate one of his favorite aliens from the animation Ben 10 or act out the latest Disney character, usually with the help of a newfound friend. It was so much fun watching his imagination run wild, at the same time as laughing and playing with new friends.

### **The water highlight of the week**

Back in Bangkok, and especially on the weekends, my children always begged me to go downstairs to the pool. Luckily for us, we did get a fair amount of sun on the pool, so the whole experience wasn't too painful!

Saiburi, especially, liked to get all the equipment out and spent hours inventing new ways to go down the slide, introducing his latest crazy dance routine on mats or diving for treasure in the deepest part of the pool. My daughter Harriet, who at the time was just two-and-a-half years old, loved to try and copy her big brother, which at times was a little scary for us parents, but she always seemed to come up with a big grin on her face.

Being a swim teacher and father, the water highlight of the week for me was the swim lessons with Harriet. It was during these lessons that she actually proved what she could do in the water as opposed to just horsing around in the pool at home. It was also a fun way to spend time with other children the same age and the 30-minute class always seemed to fly by far too fast.

### **An easy way to keep children amused**

The water environment is a place children love to discover the feeling of being independent. Splashing, playing, and swimming in the water are some of the easiest ways to keep children amused, occupied, and entertained for hours, and it's a fun environment for the whole family.

So this Songkran, get out your swimmers and your toys, and head to the beach or a pool and enjoy all that water has to offer.

*Photos from Canva.*





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LOCATION: THE PURPLE ELEPHANT 55



SESSION 1

24 JUNE - 12 JULY 2024

- the language of food -

The bright colours, textures, smells and tastes of fruits and vegetables are inviting to the senses. Exploring food is crucial for toddlers as it plays a central role in their physical, cognitive, and social development.

Food exploration also offers opportunities for learning and language development, introducing new words to describe tastes, textures, and food items, while fostering understanding of concepts like size, shape, and quantity. Additionally, it encourages the development of social skills such as sharing, taking turns, and table manners, while also offering opportunities for bonding and communication with caregivers.

SESSION 2

30 JULY - 16 AUGUST 2024

- wonders of the natural world -

The wonders of the natural world beckon our senses to engage: to look, touch, smell, and feel. Within our enchanting garden lies a realm of exploration and inquiry. Here, natural materials serve as versatile elements, awaiting the imaginative touch of children; a leaf transforms into a vessel, an aircraft, or a canvas for creative expression.



# BAMBI 2023 ANNUAL REPORT

This report was presented at the annual general meeting held on March 20, 2024.

## EXECUTIVE BOARD'S REPORT

Another year completed, and what an adventure it has been!

With the needs and preferences of parents and babies in Bangkok changing after COVID-19, and having to learn and adapt to these with our limited resources, 2023 was not an easy year for BAMBI. The following report is a summary of our activities and achievements in 2023 and current plans for 2024.

We welcomed many new committee members and bid farewell to a few old ones as well. Chiaki and Sara continued to serve on the executive board but warmly welcomed the addition of Rocky after Terry stepped down. BAMBI opted to maintain the executive board management approach, assigning specific responsibilities within the chairwoman's role to different executive board members, as it makes our volunteers' workload more manageable. This decision is anticipated to remain in place for the foreseeable future. With Sara stepping down from the executive board this year, we are delighted to welcome Daisy onto the board and thank her for stepping up.

In 2023 we had immense difficulty recruiting new volunteers, which resulted in us not being able to run as many events as before. However, with our handful of outstanding and skilled volunteers, we managed to host almost 200 playgroup sessions, 74 activities sessions with a designated teacher, numerous pregnancy information and baby massage sessions, an appreciation day for our volunteers, a fun-filled Halloween party with over 100 attendees, a complimentary Christmas photo session with the revered Santa Bill, and a very successful Christmas party with over 100 families in attendance. Not to mention, the magazine team produced 11 issues in 2023!

With very limited human resources, we are proud of what we have achieved for the BAMBI community in the past year and must thank all our wonderful volunteers. BAMBI owes much of its success to the dedication of its volunteers and committee members. Therefore, under the guidance and suggestion of our trusted honorary president, Simmi Rajkitkul, we have implemented several incentive schemes to express our gratitude for their invaluable contributions. This includes a volunteer

appreciation event for the volunteers and their families and committee lunches every trimester.

Financewise we had a total revenue of around ฿1.5 million while our expenses were around ฿1.6 million, resulting in a loss of approximately ฿170,000 in 2023. We have ฿2.89 million in our bank account. Both our actual income and actual expenses were less than budgeted. In the coming year, we aim to work within our budget and monitor our spending to make sure we are sustainable as an organization and that our income covers our operation costs.

This year we proudly donated ฿200,000 to our parent charity organization, the Childbirth & Breastfeeding Foundation of Thailand (CBFT), to aid their vital work in supporting mothers and babies. Together, we make a difference!

At the AGM, we amended Article 5.6 of our constitution to decrease the quorum for an AGM from 30 members to 20 members as our membership has greatly decreased. This motion was unanimously supported by the current committee.

### 2023 AT A GLANCE

**519**

active members  
at year end

**358**

new members

**74**

volunteers at  
year end

**196**

playgroups  
held

**170K**

actual loss

**221K**

donated to  
charity

**74**

activities for older  
children held

**90**

articles  
published

**80**

Bumps & Babies  
initiatives held

**15.5K**

social media  
followers





2023 BAMBI committee, outgoing members.  
Photo by Jana Capek.

## BAMBI MISSION STATEMENT

**“TO PROVIDE SUPPORT AND FRIENDSHIP THROUGH THE COMMON BOND OF PARENTHOOD.”**

## EXECUTIVE BOARD

The BAMBI Executive Board (EB) at the end of 2023 consisted of Sara (playgroups coordinator), Chiaki (NMCM/Pop Up Playgroups/activities coordinator) and Rocky (BAMBI secretary). The EB members consistently exhibited hands-on involvement in all decision-making processes. Additionally, they held separate meetings, distinct from the committee gatherings, to address any emergent issues requiring immediate attention. Furthermore, the EB actively engaged in on-site venue scouting,

activity planning, and liaison with school representatives, hospitals, and other organizations, demonstrating their commitment to comprehensive event management. This management approach has proven significantly efficient and is anticipated to remain in place for the foreseeable future.

## BUMPS & BABIES

At the start of 2023, the Bumps team consisted of Jo (Bumps & Babies coordinator) and Yaz. Jen joined midway through the year to support the team with its Pregnancy Information and pop-up sessions in Ari. By the end of the year, the team had grown to four as Tasha, from the playgroups team, supports the newly introduced Small World playgroup.

With an annual profit of ₱34,790, from an income of ₱65,040 and expenses of ₱30,250, it was a

good year for the Bumps team. Key highlights include two successful Baby Splash Bashes in January and October and the launch of the Small World playgroup.

The Small World playgroup was the team’s response to members’ feedback that they wanted a playgroup for the six months to pre-walkers age group. Initially started as a trial pop-up in November to gauge demand, it has grown into a regular, bi-weekly offering in 2024.

Given the success of both Splash Bashes in 2023, the Bumps team is looking into organizing more Splash Bashes in 2024. The team is also exploring interest from parents in other parts of the city. A few pop-up Baby Massage sessions were offered in Ari, but given low uptake and high venue costs, it was decided to suspend these sessions.

## PLAYGROUPS

Headed by Sara Chow, the playgroups coordinator, the BAMBI playgroups team is made up of two playgroups assistants who help manage the sessions, and around 20 playgroup leaders who run the playgroups.

With 11 playgroups to organize and lead, the playgroups team remains one of the busiest teams in BAMBI. A total of 196 playgroups were held in 2023, with Discovery Kids,

## Services and playgroups offered by the Bumps & Babies team:

Baby Massage	34 weekly sessions
New Moon Postnatal Support Group	34 weekly sessions combined with Baby Massage
Pregnancy Information sessions	8 monthly sessions
Bumps Splash Bash	2 pop-ups
Small World Playgroup	2 pop-ups
Bumps Newsletter	5

## Playgroups offered by the playgroups team:

Playgroup (location)	Number of sessions
Discovery Kids Playgroup (Kids Academy)	18
Wonderkids Playgroup (Wonder Woods)	30
Sathorn Playgroup (Plantoys)	17
Honeybear Playgroup (Honey Bear Bistro)	17
Thonglor Playgroup (Bangkok Prep)	20
Blue Parrot Playgroup (Blue Parrot)	8
British Club Playgroup (British Club)	34
Kiddieville Playgroup (Playville)	38
Saturday Nana Playgroup (Storytime)	8
HEI Playgroup (HEI School)	2
Little Birds Playgroup (Nest EKM6)	4
<b>Total</b>	<b>196</b>

Kiddieville, and the newly launched Little Birds playgroups being the most popular.

Sadly we had to close several of our popular playgroups in 2023. Sathorn and Thonglor playgroups closed due to the closure of the venues, our partnerships with the HEI and Discovery Kids venues were dissolved, and the Blue Parrot and Honeybear playgroups were no longer financially viable.

The team remains steadfast in its attempts to expand offerings for members and improve its services. The Little Birds playgroup was launched in November and has been fully booked since its launch. New indoor toys for other playgroups, such as Saturday Nana and the British Club playgroups, were purchased and well-received by attendees. The transition to the Glue Up application has made operations and on-site registrations easier for the playgroup leaders and attendees.

Overall, with annual revenues and expenses standing at ฿505,800 and ฿343,584, respectively, the playgroups team made a total annual profit of ฿162,216.

In 2024, the team will conduct surveys to obtain data on the needs and interests of active members and explore potential venues for new playgroups in other areas like Ari and Sathorn. The team will also undertake

a cost-benefit analysis of playgroups to see which are underperforming and decide if resources should be reallocated to other playgroups. With Sara stepping down, a new playgroups coordinator will lead the team in 2024.

## ACTIVITIES FOR OLDER CHILDREN

The activities for older children team is led by Chiaki Takegawa. They started the year with five activity leaders and finished it with four. The team broke even this year, with the more successful activities covering substantial losses on other activities. We discontinued our Zumba classes midway through the year due to high costs and low attendances.

Afternoon activities for older children are tough to attract attendees to because many older children are already busy with activities run by their kindergartens or schools.

### Activities offered for older children:

Activity	Number of sessions	Number of children attending	Income (฿)	Expenses (฿)	Profit/loss (฿)
Football	19	111	31,850	45,284	-13,434
Toddler Music	26	389	108,350	90,248.69	18,101.31
Toddler Tunes	22	308	84,050	76,287.83	7,762.17
Zumba	7	31	9,350	21,670	-12,320
<b>Total</b>	<b>74</b>	<b>839</b>	<b>233,600</b>	<b>233,490.52</b>	<b>109.48</b>

Toddler Tunes and Toddler Music, however, remain popular.

In the coming year we plan to reconsider what we offer based on demand and costs. To this end we are looking at new morning activities, such as art or gymnastics, aimed at toddlers. Football is one of BAMBI's longest running activities and we are reluctant to cancel it, but given the high costs involved and low participation rates, we may have to do so. We will also reduce the number of Toddler Music classes we offer as the Tuesday classes are considerably more popular than the Friday ones, and the venue costs are high.

## EVENTS

BAMBI's events team is in charge of planning and organizing all of BAMBI's bigger annual events, such as the Halloween and Christmas parties, and it does this with the spirit of giving back to the community. 2023 was no exception.

With Chiaki Takegawa at the helm as the events coordinator, the events team once again delivered two joyful events during the year in October and December—the Halloween Superhero Bash and the Cosmic Christmas Party. These were organized in partnership with Wells International School Sukhumvit 51 and Astra Academy International School, respectively, and with support from volunteers in other BAMBI teams as the events team was short-staffed.

The Halloween party was attended by 110 people and generated an



income of ฿26,550. Unfortunately, with expenses totalling ฿69,446, a substantial loss of ฿42,896 was incurred. The Christmas party, attended by 129 people, incurred a loss of ฿12,611, with revenues totalling ฿23,100 and expenses, ฿35,711.

Despite being financial losses, both events' real success lies in the positive feedback received from attendees, the anticipation with which the entire BAMBI community was looking forward to both events, and the strong relationship built with the partner schools and vendors invited to participate. As a result, the team will come back stronger next year with more resources, planning well ahead of schedule, and delivering more big events.

## NEW MEMBERS AND POP UP PLAYGROUPS

The New Members' Coffee Morning and Pop Up Playgroups team is headed by Chiaki Takegawa, who leads operations with a team of four volunteers.

In 2023, the team successfully held eight New Members' Coffee Mornings (NMCM) and six Pop Up Playgroups at various locations in Bangkok. The NMCMs were attended by 105 people while the Pop Up Playgroups welcomed 421 members and non-members. Financially, 2023 was a good year for the team. The annual incomes and expenses from NMCMs and Pop Up Playgroups totalled ฿57,500 and ฿9,682, respectively. This led to an overall profit of ฿48,918. However, year-on-year income dropped sharply. This is because of the cancellation of on-site new member sign-ups and renewals. Interested individuals can now only sign up on the website, which is not as convenient for them. Since on-the-spot sign-ups and renewals have historically made up a major proportion of BAMBI's income, the team is currently looking into restarting this procedure.

Due to the success and financial viability of the NMCMs and Pop Up Playgroups, the team plans

to continue these in the new year and attract more new members to BAMBI. To help with this, more volunteers will be recruited and tasks will be split amongst them.

## BAMBI ME-TIME

BAMBI's Me-Time activities resumed in the second half of the year after Aya took on the role of me-time coordinator in May.

Two activities were organized for members in 2023—dot-painting with Amy Diener in October and Zumba with Kru Bambi in December. Zumba was attended by eight people while five people signed up for dot-painting. Total incomes and expenses from both activities stood at ฿5,950 and ฿3,980, respectively, generating a profit of ฿1,920 in 2023.

In 2024 Cecilia Yu will organize Self Compassion Circles for mothers. In addition, more workshops are planned and will include watercolor painting, embroidery, cooking, and more.

## BAMBI MAGAZINE

With a team of eight people and some exciting themes planned for 2023, the year was off to a great start for BAMBI Magazine. Sanam continued in her role as editor, but at the end of January, Anelia took over as deputy editor from Rachel. The rest of the team consisted of four assistant editors and two photographers.

11 magazines were produced during the year, reaching, on average, 500 readers each month. The articles printed in these magazines were also published on the BAMBI website.

We covered a wide range of topics in 2023, with engaging and informative articles submitted by contributors as varied as schools, health centers and parents. Specific highlights of the year include the recruitment of three new feature writers to the team and the launch of two new columns—"The Dad Diaries" and "The Poetic Journey". The position of feature writer was created in 2023 with the hope that

generating content in-house would help alleviate some of the challenges of securing content that meets editorial standards and interests readers.

Engagement with readers was a prime focus in 2023. To achieve this the magazine team and the social media team collaborated to create weekly posts that boosted articles on BAMBI's social media accounts, and initiated conversations within the BAMBI community. Unfortunately there is still a long way to go, and the team will continue to explore strategies to achieve this in 2024.

The magazine team's long-standing partnership with ScandMedia Publications remains strong and at the end of the year, discussions to introduce a new layout in 2024 were finalized. It was also decided that moving forward the magazine would have a maximum of 52 pages as printing and distribution costs in the post-COVID-19 climate posed a financial burden on our publishing partner.

In the coming year, the team will continue to build relationships with new and existing contributors to bring more exciting content. Discussions are already in place with several health professionals. A readers' satisfaction survey will be conducted to gauge readers' interests and the magazine's performance. Based on these, content planning for 2025 will kick off in the last quarter of 2024. The team will also work to re-upload our archived magazines which were unfortunately lost in the transition from Wordpress to Glue Up.

At the end of the year, the team had ten members.

## MEDIA ACTIVITIES

2023 started with Mariana at the helm of all social-media-related activities for BAMBI, but in October 2023, with Marianna moving away, the role of media coordinator was passed on to Eva.

BAMBI currently enjoys a social media presence on three

platforms—Facebook, Instagram (IG), and LinkedIn. The organization’s social media reach has grown significantly in the past year, as seen by the rise in the number of followers. Currently this stands at 14,900, 673, and 24 on Facebook, IG, and LinkedIn, respectively. There has been increased interaction within the community on these platforms, especially with the sharing of video content.

A highlight of the year was the creation of BAMBI’s professional LinkedIn page. The idea behind launching a LinkedIn page was to showcase BAMBI in a professional manner, enhance the organization’s credibility and reputation, help recruit more volunteers, and share content that helps position BAMBI as a leading organization catering to the needs of families in Bangkok. The page was particularly well-received by our volunteers, who were now able to add their volunteering work to their professional profiles.

In the coming year, the media team plans to create more value-adding, interactive content and grow BAMBI’s contacts on LinkedIn by creating more engaging content about BAMBI’s activities.

## MEMBERSHIP AND DATABASE

2023 started off with Briana as database coordinator, but after several training sessions, Daisy officially stepped up to take over the role in July 2023.

The past year saw 358 new members join the BAMBI community and 104 memberships were renewed. One of the biggest achievements for the team was streamlining addresses manually in the BAMBI database so that all member details are accurate and up to date. This was especially helpful in generating accurate distribution lists for the magazine team and thus reducing the number of returned magazines.

The membership and database team also assisted the website team in the transition to the new Glue Up system. By coordinating with the

website team and training volunteers from other teams on the new system, the membership and database team was able to lessen the workload involved in membership sign-ups for playgroup leaders. Besides this, the team also provided support with check-ins and onsite sign-ups at BAMBI events, new members coffee mornings, and playgroups.

In the coming year, the team plans to recruit and train two database assistants and explore strategies to improve the membership and renewal numbers.

## MEMBER BENEFITS

Managed solely by Lynda, the BAMBI benefits team works to source new benefit partners for BAMBI and secure the best deals from them. The team also maintains close contact with partners to review and extend the benefits offered.

In 2023, several vendors expressed interest in becoming benefits partners with BAMBI. BAMBI members were also invited to present their own businesses and discuss potential opportunities to partner with BAMBI. Overall, the benefits team was able to offer a greater variety of products and services to the BAMBI community.

At the end of the year, the total number of benefits partners stood at 48. New benefits partners secured in 2023 include Curtain Up Drama & Magic, Body by Beast, GAB, The POP, Siva Yoga, Iroha Yakiniku, IRO IRO Cafe, Urban Flowers, Verde, Liber Bookstore, and Conscious Living.

In 2024, the benefits team aims to grow its resources and continue exploring more opportunities for BAMBI members. The team will look into more ways of reaching out to members with businesses that are of relevance to the BAMBI community and securing partnership opportunities with them.

## WEBSITE

The BAMBI website team manages the day-to-day website operations and provides IT support to the

rest of the team. 2023 began with Jung as the website coordinator and Frances supporting her as the website assistant. During the year Jung left and Frances stepped up as the coordinator. She has been overseeing all website-related operations single-handedly.

One of the biggest highlights for the website team has been the transition from Wordpress to Glue Up, an all-in-one platform that helps organizations manage member data, streamline operations, manage events, and more. The team was also successful in getting approved as a legally recognised non-profit organization by Techsoup and will now be able to access various much-needed software at discounted rates.

Plans for 2024 include switching to Google Workspace under a non-profit account and migrating all data from Bluehost.

## CHARITIES

Run single-handedly by Lynda as the charities coordinator, the charities team exists to uphold BAMBI’s values of giving back to the community.

In 2023, BAMBI supported the Baan Tantawan and Baan Nokkamin charities by giving them donations of ฿11,738 and ฿9,740, respectively. These funds were generated from the entrance fees of the two yard sales hosted in March and November. Both events were organized by the charities team in March and November and proved to be a huge success. Attended by both members and non-members, the events received a lot of praise and besides monetary donations, also provided a platform for people to donate numerous pre-loved items for mothers and babies.

BAMBI’s annual Giving Tree project took place in December. A total of 80 bags filled with new clothes, toys, and personal items were donated to Karen children by both members and non-members, with eight of these being funded by BAMBI itself. The number of donated bags exceeded last years, and the





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# ITALIAN

## Tuesday's

A Culinary Journey Around Italy



PIZZA



PASTA



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✉ info@12mediterranean.com

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Every Tuesday, starting 2nd of April from 5 pm until close

- Italian Pasta & Pizza
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\*All prices are subject to 10% service charge and 7% VAT.

**690 ++**  
**THB/Person**

kids, 6 - 13 years old @ THB 345 ++,  
under 6 years old = FREE

initiative received a lot of positive feedback from old, new, and non-members.

Owing to the success of the yard sales and the Giving Tree project, the charities team plans to continue all three in the coming year. It is believed that expanding the team's human resources will help in the implementation of these plans.

## TREASURY

Led by Ritika, the BAMBI treasurer, Saeko, Takako, Rieko, and Shino form the BAMBI treasury team and manage the organization's finances.

In 2023, BAMBI moved accounting services from Almet Asia to SAS Group. With SAS Group already providing administrative accounting services for BAMBI, it made sense to get both services from one company. This increased efficiency for us by reducing the workload

and facilitated more accurate documentation. The transition to Glue Up in mid-2023 also made it easier for the team to track money transfers and event revenues.

Overall, BAMBI's revenue in 2023 was approximately ₱1.5 million, about 23% less than the budgeted revenue. Expenses were approximately ₱1.6 million, 35% less than what was budgeted. This resulted in a loss of ₱170,092.64. The loss was mainly due to the suspension of some popular playgroups, leading to a decrease in our main income source, and the decrease in the number of active members leading to a drop of 20% in membership fees.

One of the biggest highlights of the year, however, was BAMBI's donation of ₱200,000 to CBFT. As CBFT is our parent organization, it was a proud moment for BAMBI to be able to give back to the entity

that was instrumental in laying down the foundations for BAMBI to grow from. The donation was used to fund a training program for nurses.

In 2024, we will continue to work within the budget and monitor our spending to ensure that we are sustainable and can break even to cover our operation costs in the future. Our aim is to implement a process that monitors spendings against the allocated budget. We would like to encourage accountability through monthly discussions and reviews to check if any spending exceeds the budget.

Furthermore, we also plan to conduct assessments of BAMBI's payment process. Currently this involves a hard-copy check writing procedure and we would like to move to a digital payment system which will reduce the treasurer's work load and BAMBI's payment processing timeline.

## BAMBI FINANCIAL SUMMARY 2023

	Jan - Dec 22	Jan - Dec 23	%Δ YOY
<b>Revenue</b>			
Playgroups	933,600.00	813,300.00	-13%
Events	47,200.00	60,380.00	28%
Memberships	787,700.00	631,900.00	-20%
Misc. revenue	7,275.00	16,135.84	122%
<b>Total Revenue</b>	<b>1,775,775.00</b>	<b>1,521,715.84</b>	<b>-14%</b>
<b>Expenses</b>			
Advertising	1,365.00	1,850.00	36%
Office expenses	19,832.00	15,994.00	-19%
Meeting expenses	26,438.00	104,384.13	295%
Maid/Cleaning	400.00		
Transportation/Parking	103,422.00	120,154.00	16%
Vendors at events	6,500.00	129,956.67	100%
Supplies	46,550.00	22,930.02	-51%
Gifts to volunteers	17,100.00	62,290.00	264%
IT, computer, domain	186,543.18	288,294.03	55%
Professional fees	160,215.00	124,585.00	-22%
Rent and rates (Venues)	733,949.00	514,071.91	-30%
Donations (Charities)		221,478.00	
Misc. Expenses		20,863.37	
Non-deductible and depreciation	107,350.00	64,957.35	-39%
<b>Total Expenses</b>	<b>1,409,664.18</b>	<b>1,691,808.48</b>	<b>20%</b>
<b>Profit (Loss) for the Year</b>	<b>366,110.82</b>	<b>-170,092.64</b>	<b>-146%</b>



## THANK YOU TO OUR PARTNERS AND SUPPORTERS

We extend our heartfelt gratitude to all our supporters and partners for their unwavering dedication and generosity in 2023. Your contributions and assistance have played a pivotal role in advancing our mission and empowering us to make a meaningful impact in the lives of those we serve. Together, we have achieved remarkable milestones and created lasting change in our community. Your steadfast support fuels our passion and commitment to continue our work with even greater determination and resolve. Thank you for standing beside us as we strive to create a brighter future for families in Bangkok.

### **Sponsors and partners:**

Asian Tigers  
Astra Academy  
Ayasan Nonthaburi  
Bangkok Dolphins  
Bumpy Daisy  
Copel  
Donz Rice Bowl  
Moori Moori Playfarm  
SAS Accounting  
ScandMedia Corporation Co., Ltd.  
St. Andrews International School Bangkok  
Wells International School

### **Benefits partners:**

Amy Diener Dot Painting Workshops  
Antique Café and Cakes  
Ayasan Service  
Banana Thai School  
Bangkok Dolphins  
Bangkok International Dental Hospital  
Bangkok Self Storage  
Blue Parrot  
Body by Beast  
Bumrungrad Hospital  
Curtain Up Drama and Magic  
Design2U  
Ergobaby  
Gymnastics Academy of Bangkok (GAB)  
Hegen  
Hilton Sukhumvit Bangkok & Doubletree by Hilton  
Iroha Yakiniku  
Iro Iro Cafe  
J-Clinic  
Johny Live  
Jumping Clay  
Kid Able  
The Mall Ngamwongwan Language School  
Kiddy-Kicks  
Kids Home & Family Services  
Kiidu  
Klong Phai Farm  
Lilli by Lilli  
Little Big Dream  
Little Gym  
Little Legend  
Move Well with Anna  
Musical Theatre for Kids  
Niche Salon Bangkok  
Nick & Nishka (Kids Concept Store)  
Neilson Hays Library  
Painaway Clinic  
Physio Clinic  
Plantoy  
Playville  
Samitivej Hospital

Siva Yoga  
SRC Health  
Steps with Theera  
Swimming Bangkok  
The Pop Team  
Urban Flowers  
Verde Sukhumvit 26  
Wonder Woods Co-learning Space & Kids Cafe

### **Non-BAMBI playgroups**

Brighton College Bangkok  
First Steps International Preschool  
HEI International School Sukhumvit 36  
KIS International School  
Kids Kingdom Play Center  
Ruamrudee Kids' Academy International School  
Noddy by Elizabeth Playgroup  
OISCA International School Outdoor School Bangkok  
Precious Learners World Nursery and Kindergarten  
Regent's: Rama 9 Campus  
Regent's: Langsuan Campus  
RIS Swiss Section – Deutschsprachige Schule Bangkok  
Shrewsbury International School Bangkok Riverside  
Shrewsbury International School (City Campus)  
Storytime Pre-School  
St. Stephen's International School Bangkok  
St. Andrews International School Dusit  
The Apple Tree International Kindergarten

### **Venue sponsors for playgroups:**

Bangkok Prep International School  
Blue Parrot  
British Club  
HEI School  
Hidden Space  
Honey Bear Bistro  
Noah Futsal  
Noddy by Elizabeth Pre-School  
PlanToys  
Playville  
Skyview Hotel  
Wonder Woods Co-learning Space & Kids Cafe

### **Venue sponsors for New Members' Coffee Morning & Pop Up Playgroups:**

Apple Tree International Kindergarten  
ASB American School of Bangkok  
Aster International School  
Curious Kind Early Childhood  
Kids Academy  
KIS International School  
Melodies International School Kindergarten  
Nest by Little Treehouse Nursery  
Precious Learners World  
St. Andrews International School Sathorn  
Storytime Preschool



BAMBI committee, 2024. Photo by Jana Capek.

Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBI community? This is your chance.

BAMBI is run by a group of lovely and dedicated volunteers, and from time to time, a number of critical roles need to be filled to ensure ongoing service to our members. BAMBI is a fun and welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us. To apply or if you have any questions about these volunteer opportunities, please email [vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org), detailing which position(s) you are interested in. Please note that as per BAMBI's constitution, interested candidates are required to have an active membership at the time of applying.

# CALL FOR VOLUNTEERS



Please scan for more details about the available positions.

## The following opportunities are currently available:

- Assistant Editors (BAMBI Magazine)
- Chairwoman
- Database Coordinator
- Photographers

## VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK





WE ARE LOOKING FOR A NEW

# EVENTS COORDINATOR

Have you ever been told you have a knack for party planning? Do you enjoy liaising with different stakeholders to deliver successful and memorable events? If yes, then come volunteer with BAMBI as our events coordinator!

We are looking for an enthusiastic and motivated individual who loves working in a diverse team, and can help organize and deliver BAMBI's larger annual events such as the Christmas and Halloween parties, as well as internal team events.

If you are interested and/or require more details on the position, please email [vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org).

**BAMBI**

©JANA\_CAPEK\_PHOTOGRAPHY

*Jana Capek Photography*

# BAMBI PLAYGROUPS & ACTIVITIES

BAMBI holds regular playgroups and activities around town, open to both BAMBI members and non-members. BAMBI playgroups are characterized by free play and the use of venues' toys and playgrounds. BAMBI Activities provide a wide range of activities for children aged one to six years old to develop their athletic, creative and cognitive skills.



**KIDDIEVILLE  
PLAYGROUP**



**BRITISH CLUB  
PLAYGROUP**



**WONDERKIDS  
PLAYGROUP**



**FOOTBALL**



**TODDLER MUSIC &  
TODDLER TUNES**



**BAMBI  
PLAYGROUPS**

## SCAN NOW

To find out more about all of our playgroups and activities, scan the QR code to visit our website. We also have a non-BAMBI playgroup listing. We look forward to seeing you soon at one of our events.



**NON-BAMBI  
PLAYGROUPS**



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[outbound@asiantigers-thailand.com](mailto:outbound@asiantigers-thailand.com)

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# MEET EVA

Mother of two, Eva, tells us about moving during COVID lockdowns and how BAMBI has helped her connect with other parents.

## Where are you from and what's your nationality?

I am from Kenya, and I am Kenyan though I have been living abroad since 2015.

## Can you tell us about your life back home?

Life in Kenya is simple and beautiful because I have all my extended family and friends there.

## Can you tell us something about your career and work?

I am a marketer by profession, and I have previously worked in different international organizations. Currently, I work remotely as a marketing consultant and volunteer for BAMBI as the media coordinator.

## And what about your spouse?

My husband works with the United Nations in Bangkok.

## Please tell us a little bit about your family.

I am married to a wonderful man, and we have two girls. Imora is seven years old and Gemma is one year and five months.

## When did you come to Thailand?

I came to Thailand in August 2020.

## What do you miss the most about your country?

The food and my family.

## Can you tell us a bit about your routine here in Bangkok?

Each day is different based on what I have planned for the day. Mostly, I am awake by 6:30am. I do my morning Bible devotion and prayers, and I go to the gym. Then I do some studying and take my youngest daughter for a playdate or swimming, and later I pick up my eldest daughter from school. Not



to forget, every week I have to slot in a few hours of BAMBI work and other online and volunteer work I am currently engaged in.

## What do you love most about Thailand?

The people here are welcoming, and I love the beaches.

## Which parts of Thailand have you traveled to, and which did you enjoy the most?

I have traveled to several beach areas and islands; my favorite place is Phuket.

## What were your main challenges when you first arrived in Thailand?

We arrived during COVID and had to quarantine, and it was very challenging to settle in considering there was a lockdown. Not forgetting the heat—I'm still not used to it!

## How did you find out about BAMBI?

I found out about BAMBI when I took my youngest to a Baby Massage session. That is where I signed up to become a member.

## Are there any specific suggestions you can give to BAMBI's new members here in Bangkok?

BAMBI has a lot to offer to members. By being a member, you benefit from free entry to several events, and you get to connect with other parents from different cultures. I think it is all about the connections and learning from each other, plus your kids get to socialize and make new friends too.

*Here I am!*





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Sathorn Map

**Little Maple Nursery (Bilingual nursery - Thai/Eng)**

21, Soi Naradhiwas 17/7, Thung Mahamek, Sathorn, Bkk 10120 Tel. 087-4955490 Line ID:littlemaplenursery  
26, Soi Thonglor 25, Klongton-nua, Wattana, Bkk 10110 Tel. 085-3174317 Line ID:maplesukhumvit



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# READING'S HOTTEST TRENDS

Kelly takes us on a whistle-stop tour of what's hot in the world of literacy and reminds us that while reading never goes out of style, tastes and types of books do change.



## About the Author

Kelly is currently a stay-at-home mom who has lived in Bangkok for over seven years. She previously worked as a primary educator and literacy specialist. Kelly loves reading fiction books, listening to podcasts, and exploring Thailand with her family.





If you've stepped outside recently in Bangkok, you've most certainly felt it. Some days it's the searing sun, other days it feels like walking through a hot, sticky shower.

April heat waves are a part of life in Thailand. Frequent showers, blasting the AC, and dips in the pool give us some respite, but the heat remains. And while some days I wish for the cool, gentle breezes of spring, the April heat reminds me how lucky I am to call our tropical paradise home. So, embrace the heat, grab a cool drink, a lounge by the pool, and enjoy reading about what's hot (and not) in literacy today.

## WHAT'S HOT

### Choice

Nothing will turn a child (or adult) off reading faster than forcing them to read a certain level, genre, or author. As a parent, I'm sure you've quickly learned the value of presenting choices to your child. Making decisions about books empowers and motivates kids to keep reading. Maybe that book about butts/poop/underwear isn't on the top of your "to be read" list, but if your child shows an interest, don't stop them!

Some kids can happily browse a library and find just what they're looking for, but others might need more support. You can prompt decision-making skills by offering a narrower choice—do you want to read a book about robots or sharks today?

### Graphic novels

Sometimes as adults, we look back on our adolescence with fond nostalgia. But we need to recognize that the books we loved as children and teens might not be a great fit today. Graphic novels are often written off as "not real" reading, but that couldn't be further from the truth! Graphic novels are engaging and appealing to kids because of their unconventional approach to storytelling. Sequential

art panels, thought bubbles, and inventive page design help kids and teens develop both critical thinking and visual literacy skills.

### #BookTok

Book reviews have taken on lots of new forms beyond the traditional words on a page. Many readers now turn to BookTok to learn about new and noteworthy books that are trending. BookTok appeals to younger readers because of short "snapshot" videos with appealing visuals that mirror their speech and experiences. Publishers are capitalizing on the BookTok community and it is frequently used to promote young adult, fantasy, and romance genres.

### Social issues

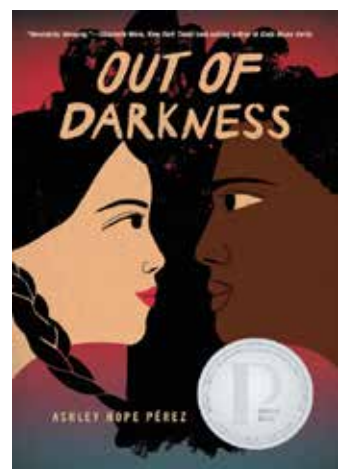
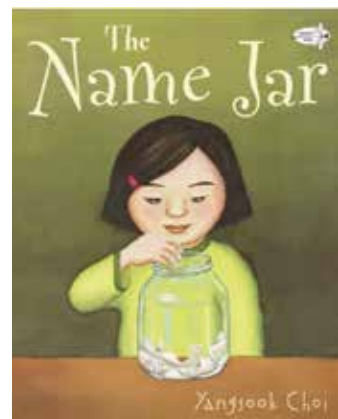
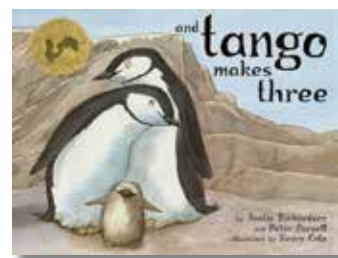
We all love a good beach read, but books that focus on thought-provoking social issues can inspire change and develop empathy in the reader. Books that focus on social issues are written for all ages, and you can find both fiction and non-fiction. There's an incredible range of topics to be found, too—from gender identity and racism to climate change and cycles of violence.

## WHAT'S NOT

### Book bans

I've been living outside of my home country, the United States, for almost 11 years. A disheartening, often politically motivated trend in the US is the current banning of books in schools and libraries. Book banning is a type of censorship that limits or prevents access to texts, usually on a local scale. Banned books often focus on the LGBTQ+ community, people of color, sexuality, and historical events.

Life abroad can sometimes feel disconnected from the problems at home. One way to fight book bans is to support authors whose works are targeted. Some commonly challenged and banned books you might consider reading are (1):



"The Name Jar" by Yangsook Choi

"And Tango Makes Three" by Peter Parnell and Justin Richardson; illustrated by Henry Cole

"Out of Darkness" by Ashley Hope Pérez

"All Boys Aren't Blue" by George M. Johnson

"The Hate U Give" by Angie Thomas

"Separate Is Never Equal: Sylvia Mendez and Her Family's Fight for Desegregation" by Duncan Tonatiuh

While book banning is always going to be a firm "not", what's hot is always changing; the only constant is that reading is the hottest hobby we know! So, grab a book and get reading!

*Photos from Canva and the BAMBI Magazine team.*

## References

1. PEN America (2024) Book Bans. [pen.org/issue/book-bans/](https://pen.org/issue/book-bans/)

# BOOKS TO INSPIRE

Brought to You by Neilson Hays Library



NEILSON HAYS LIBRARY



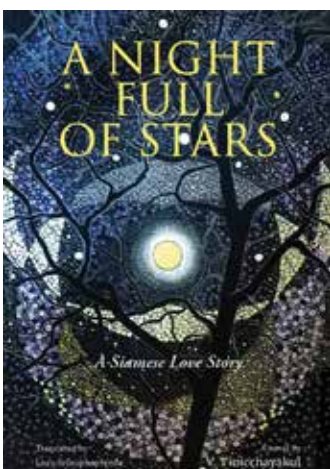
## **THAI CHILDREN'S FAVORITE STORIES: FABLES, MYTHS, LEGENDS AND FAIRY TALES**

by Marian Davies Toth and Patcharee Meesukhon

Songkran, like other Thai holidays, is deeply rooted in mythology and legends. These nine classic tales have been passed down through generations and are now presented in a kid-friendly English format with bright and fun illustrations. The stories offer life lessons and explanations about some of Thailand's unique customs and culture. "How the Thai Learned to Be Calm" teaches a lesson on finding strength in unity, and "How the Tiger Got Its Stripes" is a classic tale about courage that most Thai children have heard.

Author Marian Davies Toth is an American who lived in Thailand for many years and taught creative writing at the International School of Bangkok. Patcharee Meesukhon's colorful and detailed illustrations are recognized throughout Thailand and around the world as her books have been translated into many languages. Together they combine Toth's expat perspective and creative prose and Meesukhon's intimate knowledge of Thai culture to create memorable storytelling with lessons for all backgrounds and ages.

*Published by Tuttle Publishing on August 13, 2019. Suitable for ages 4–10. A hardcover copy along with other works by Toth and Meesukhon can be found in the Children's Corner of the library*



## **A NIGHT FULL OF STARS: A SIAMESE LOVE STORY**

by V. Vinicchayakul

Set during the 1932 Thai Revolution, this powerful love story offers a glimpse into Thai society and culture during a pivotal time in history. "A Night Full of Stars" is the emotional tale of Gade, a determined and strong woman, whose life is forever changed when she meets Nart, her flawed but charismatic husband.

Author V. Vinicchayakul is one of the most prolific writers in modern Thailand. She has written over 100 novels, many of which have been translated into other languages and adapted for television and film. Her works span genres from fantasy and mystery to historical fiction. Like her other work, "A Night Full of Stars" explores universal themes from a uniquely Thai perspective. The message of love and reconciliation will resonate with readers and challenge them to think differently about Thai ideas of social restraint and saving face. This period piece also discusses the complexities of marriage and the tumultuous politics at the turn of the 20th century.

*Published by River Books in 2024. A hardcover copy along with other works by V. Vinicchayakul can be found in the fiction section of the library.*

**Prepared by Angela Chen**, a Neilson Hays Library Board Member and the Children's Program Chair. The Neilson Hays Library is Thailand's premier English-language library. The Children's Program offers Saturday Story Time, a cozy Children's Corner, and special holiday events. Adult Programs include concerts, art exhibitions, book club, and book sales. Located in a beautiful historic building with a garden and cafe on site: 195 Surawong Road, Bangkok 10500, Thailand. Follow us on Instagram and Facebook.





# BANGKOK SUPPORT GROUPS

There are a range of support groups in Bangkok. Most are open to everyone, some ask for a small donation, and some require a reservation.

The groups listed here are run independently of BAMBI, except where otherwise noted. This listing is provided for informational purposes only, and inclusion does not constitute endorsement by BAMBI. Please contact the respective groups for more information.

## PRE- & POST-NATAL SUPPORT

BAMBI BUMPS  
AND BABIES  
BANGKOK

BAMBI  
NEW MOON

## PARENTING

ADOPTION  
SUPPORT  
FOR FAMILIES  
IN THAILAND

TWINS  
AND MULTIPLES  
GROUP

## DISABILITY & NEURODIVERGENCE SUPPORT

LEAP  
(LEARNING  
& EDUCATIONAL  
ADVOCACY  
PROGRAM)

RAINBOW  
ROOM

## SUPPORT TO WOMEN

BEYOND  
BOOBS

BANGKOK  
BREAST  
CANCER SUPPORT  
GROUP (BBCS)

## SCAN NOW TO READ MORE

To find out more about some of these amazing support groups, please scan the QR code for more information.



# HOW TO BECOME A BAMBI MEMBER

**SIMPLY SCAN THE QR CODE ON THE RIGHT AND SIGN UP TO BECOME A MEMBER!**



Becoming a BAMBI Member is simple. Just sign up online and pay by bank transfer.

Please note: the processing time for new and renewal membership applications is 6-10 days. We recommend submitting your application a minimum of one week before attending a BAMBI event to ensure your membership is active on the day. If your membership is not active, you will be required to pay the non-member ticket price for the event.

**BANK:** TTB (TMB Thanachart Bank)  
**ACCOUNT NO.:** 152 2 17807 6  
**ACCOUNT NAME:** CHILDBIRTH AND  
**SWIFT CODE:** TMBKTHBKXXX  
(as shown on ATM/online banking)

**NEW MEMBERSHIP FEE:** ฿1,400  
**RENEWING MEMBERSHIP FEE:** ฿1,000



## 1-YEAR VALIDITY

Membership is valid for 12 months. You will receive an email 15 days before your membership expires. Please follow the instructions in the email to process your membership renewal.



**Want to know more?**

**For more information about joining us, visit our website:**

[WWW.BAMBIWEB.ORG/FAQ](http://WWW.BAMBIWEB.ORG/FAQ)



If you have any membership issues, please email: [database@bambiweb.org](mailto:database@bambiweb.org)



# BAMBI MEMBER BENEFITS

Your membership allows you to enjoy special discounts!\*



**15% OFF  
AT URBAN  
FLOWERS**



**20% OFF THE  
KID'S MENU  
AT IROHA**



**10% OFF  
AT VERDE  
WITH A MINIMUM  
SPEND OF ฿200**



**10% OFF  
AT CURTAIN UP  
DRAMA & MAGIC**



**10% OFF  
GROUP CLASSES  
AT GAB**



**20% OFF  
AT SIVA YOGA**

Scan the QR code for more details on the amazing benefits and discounts that are on offer for BAMBI members.

These include discounts from the following organizations:

Johny Live, Niche Salon Bangkok, Jumping Clay, Little Pea, Musical Theater for Kids, Playville, Kid Able the Mall, Ngamwongwan Language School, Banana Thai School, Little Legend, Plan Toys, Bangkok Dolphins, Kiddy Kicks, Little Gym, Swimming Bangkok, Antique Cafe and Cakes, Blue Parrot, Hilton Sukhumvit Bangkok & Doubletree by Hilton, Klong Phai Farm, Steps with Theera, Bumrungrad Hospital, J Clinic, Painaway Clinic, Physio Clinic, Bangkok International Dental Hospital, Bangkok Self Storage, Ayasan Service, Kids Home and Family Services, Kidu, Nick & Nishka Kids Concept Store, Ergobaby, Neilson Hays Library, Amy Diener, Lilli by Lilli, Move Well with Anna, SRC Health, Little Big Dream, Wonder Woods Kids Cafe, Hegen Thailand, Curtain Up Drama & Magic, GAB, Samitivej Hospital, Iroha Yakiniku Thonglor 11, Siva Yoga, Melody from Paris, The Pop team, Urban flowers, Verde

\*Terms & conditions apply on all BAMBI benefits & discounts.





# BAMBI: THE TEAM

BAMBI is managed by an elected committee of volunteers and all BAMBI members are encouraged to volunteer. Vacancies can be found on the Call for Volunteers page in this magazine and are posted online; you are welcome to contact [vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org) with inquiries.

## FOUNDER

Mel Habanananda

## HONORARY PRESIDENT

Simmi Rajkitkul | [advisor@bambiweb.org](mailto:advisor@bambiweb.org)

## HONORARY MEMBERS

Paula Young

Anna Ingham (Bumps & Babies Founder)

Kathy Leslie

Ravit El-Bachar Daniel

## VOTING POSITIONS

Chairwoman | VACANT  
[chairwoman@bambiweb.org](mailto:chairwoman@bambiweb.org)

Executive Board | Chiaki / Daisy / Rocky  
[vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org)

Secretary | Rocky  
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