

BAMBI

SUPPORTING FAMILIES IN BANGKOK SINCE 1982

**REAL-LIFE
READY**

**LITTLE
TEACHERS,
BIG
LESSONS**

**FIGURING OUT ...
SLEEP WITH A BABY**

JULY - AUGUST 2023



AMNUAY SILPA
First Thinking School
in Asia



BEST OF BOTH WORLDS

**ANS is a leading Bangkok-based school with an incredibly rich history.
We are a CIS accredited school offering both an International Programme
(UK Curriculum; Cambridge IGCSES, A Levels, IELTS) and Bilingual Programme.**

Scan to Register

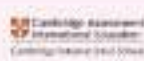


ANS now welcome applications for girls and boys aged 2-17.

admissions@amnuaysilpa.ac.th

Tel. 02 354 5267 ext. 125,128 or 081 355 5455

www.amnuaysilpa.ac.th





Welcome to **BAMBI**

**"Support and
friendship through
the common bond of
parenthood"**

- Mel Habanananda



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

We offer prenatal and postnatal support, regular playgroups, fundraising for charities and more. If you wish to join, come to our New Members' Coffee Morning or any other regular BAMBI activities. To volunteer or serve on the committee, email vicechairwoman@bambiweb.org or visit bambiweb.org.

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

Mission Statement

The CBFT is a non-profit networking and resource center dedicated to ensuring the best possible start in life for our babies. We believe that this can best be achieved through:

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

For more information on CBFT, contact:

English speaking, Tel 05-310-4573;

tanitmel@btinternet.com

Thai speaking, Mobile: 081-776-9391;

info@cbfthai.org or

sobsamai@yahoo.com. Or

visit: www.cbfthai.org and www.facebook.com/pages/ChildbirthBreastfeeding-Foundation-of-Thailand



Follow BAMBI on
Facebook:

facebook.com/BAMBIBangkok

5 Committee Letter

6 Editor's Corner

On the Cover

10-12 Real-Life Ready

18-19 Figuring Out ... Sleep With a Baby

32-33 Little Teachers, Big Lessons

Special Features

14-16 The Power of Parental Words

22-24 The Poetic Journey: My Power Is My Inner Peace

26-28 Advice to my 16-Year-Old Self

34 Readers' Corner: Books to Inspire

38-40 When Passion Meets Work: An Interview With Kru Bambi

41 Photo Feature: Messy May

42 Creation Station: Face It!

43 Photo Feature: Baby Massage

44-45 Fun Corner

46 Photo Feature: New Members' Coffee Morning

In Every Issue

5 Our Cover Kids

8 Welcome, New Members!

8 Happy Birthday from BAMBI!

30 Bangkok Support Groups

36 BAMBI Playgroups & Activities

48-50 Call for Volunteers

51 How to Become a BAMBI Member

52 BAMBI Member Benefits

53-54 BAMBI Team



ADVERTISING DISCLAIMER

Paid advertisements appear in BAMBI Magazine. BAMBI does not endorse or evaluate advertised products, services, companies or schools, nor any of the claims made by advertisements published in the magazine.

Advertising does not influence editorial decisions or content, and BAMBI does not receive payment financially or in kind in its capacity as a non-profit.

BAMBI reserves the right to refuse, reject or cancel any ad for any reason at any time without liability.



REGENTS INTERNATIONAL SCHOOL
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

Yuika, Year 4, Regents International School Pattaya

G
R
E
A
T
T
H
I
N
K
E
R
S

*Where great thinkers
are made*

We want your child to imagine a world of infinite possibilities. Yuika builds on her 21st century skills in the STEAM Machine at Regents International School Pattaya - skills that will help her invent the future.

This term, Yuika and her Year 4 classmates are working on a STEAM project to design and build a scale model of a traditional hill tribe house of northern Thailand.

See how your child can be inspired at
regents-pattaya.co.th



Chiaki Takegawa

Dear members,

Welcome to the July/August issue. I hope that by the time you receive this issue, you are enjoying the summer break with your family and you are not too exhausted!

I know many of you are traveling to your own country, visiting family, and catching up with friends. Summer is a wonderful break from the academic routine and gives us many opportunities to enjoy spending quality time together, make memories, explore new and exciting places, and learn more about who we are and where we live.

In this issue, we are looking at the knowledge and skills we need for life in the real world. We all want our kids to have happy, fulfilling lives. However, a lot of children are confused by everything that is available to them online, on social media, and on YouTube. There is so much content out there that it has become difficult to make sense of what is based on fact, half-truths, or lies. This is why it's now so important to learn how to understand the difference.

As a parent, I always check the highlights of the week from my child's teacher, and sit down with my son to ask questions about what he has learned at school. Is what he is learning carefully constructed to accurately reflect real-life situations? Do the experiences and challenges he's given encourage engaging and creative exploration? Developing critical thinking skills and learning how to meet the challenges of living in a diverse, complex world are the most important lessons for me.

Learning practical life skills is also important, such as how to take care of ourselves, how to communicate properly, how to maintain good relationships with friends, and how to deal with mistakes and stress. Growing up with traditional Asian parents, I was not allowed to speak up about my feelings or opinions and had to obey my parents at all times. But by learning from my own experience and seeing how other parents are raising their children, I'm raising my own children differently to how I was raised. Being part of the BAMBI community helps with that.

At this time of year, we usually have to say goodbye to some of our wonderful volunteers, and at the same time, many new volunteers join in! This year is no different, so if you have some free time and passion to spare, we are always looking for more volunteers to help us run the BAMBI community. Please reach out to us if you are interested.

I hope you have a great summer whether you are traveling or staying in Thailand.

Chiaki
BAMBI executive board



OUR COVER KIDS

NAMES

Kaito and Ryūto Hoshino

WHERE ARE YOU FROM?

Japan

HOW LONG HAVE YOU LIVED IN THAILAND?

Kaito has lived here for 2.5 years, and Ryūto has lived here for 21 months.

FAVORITE PLACE TO GO AS A FAMILY IN THAILAND?

We love exploring new kids' playgrounds.

WHAT'S ON YOUR THAI BUCKET LIST?

Koh Samui

WHAT DOES BAMBI MEAN TO YOU?

A place to have fun with friends!



Sanam Raisa Rahman

About three weeks ago, I saw some teenage girls on the BTS. Judging by their shirts, which were covered with farewell messages from their schoolmates, and their conversation ("What are you wearing to the graduation party tonight?"), I deduced they were recent graduates moving onwards and upwards to the "greener" pastures of adulthood.

Their youthful chatter was amusing, and it took me back to my high school days. But while the nostalgia was pleasant, the mother in me couldn't help wondering if they knew how to differentiate between cabbage and iceberg lettuce. You may laugh at me, but you see, until the age of 19, I couldn't do this myself! If not for a sudden craving for stir-fried cabbage and missing labels in the vegetable aisle at the grocers where the two items were displayed side-by-side, who knows how much more time would've passed before this gap in my knowledge came to my attention?

As parents and caregivers, the majority of our every waking hour is dedicated to raising our children to be well-rounded human beings with all the necessary skills, knowledge, and mindset to conquer the adult world they will eventually become a part of. We send them to the best schools, enroll them in extracurricular activities, take them to parks and museums, ensure they get their daily dose of "five a day", and tuck them in at night with a hug and a kiss—all in the hopes of getting it "right". But at the end of the day, or should I say, when the clock strikes 12 on their 18th birthdays, how prepared are our children to take on the real world? In this issue, under the theme of "Knowledge and Skills in the Real World", we attempt to answer this very question with a collection of carefully curated articles for you.

Rachel Ofo looks at the skills we should be teaching our children in "Real-Life Ready", and Sheena Low discusses how our words can have a profound effect on the way their minds develop in "The Power of Parental Words".

In "Advice to My 16-Year-Old Self", Chinyere Nwachukwu digs up the past and shares advice that some parents believe may have helped them transition more smoothly into adulthood. But while guidance from grown-ups to youngsters is generally the norm, Liz Pond tells a different story in "Little Teachers, Big Lessons" about how her children have taught her important things about herself. We also hear from Zumba instructor, Kru Monthira Lerat, about her passion for Zumba and the vocational training she opted to get in it, instead of following the traditional tertiary education route after high school.

In our regular columns, we have "My Power is My Inner Peace", a poem from Cecilia Yu in The Poetic Journey, "Face It!" by Anelia Van Zyl in Creation Station, and book reviews of "School's First Day of School" by Adam Rex and "The Family Firm" by Emily Oster in Readers' Corner. We are also excited to present "Figuring Out ... Sleep With a Baby" by Joseph Barker in his new column, The Dad Diaries.

Going back to my cabbage-lettuce conundrum: that day, after collecting my girls from school, I told my 7.5-year-old the story of how her mom learned the physical differences between cabbages and iceberg lettuce. I told her I had returned home empty handed (I was too embarrassed to ask anyone), pulled up images on the internet, and went back again with some newfound knowledge. "Mooom, cabbages are flat-round and whiter looking than lettuce. Lettuce is usually greener and round-round ... even I know that!" Well, good for her; she'll be able to make stir-fried cabbage at uni when she's on her own, and I couldn't be happier.

My deepest thanks to all our contributors, the magazine team, and our graphic designer for making this issue yet another good one to be a part of! Hope you all enjoy the summer break and see you in September!

Sanam
Editor



Spark

the

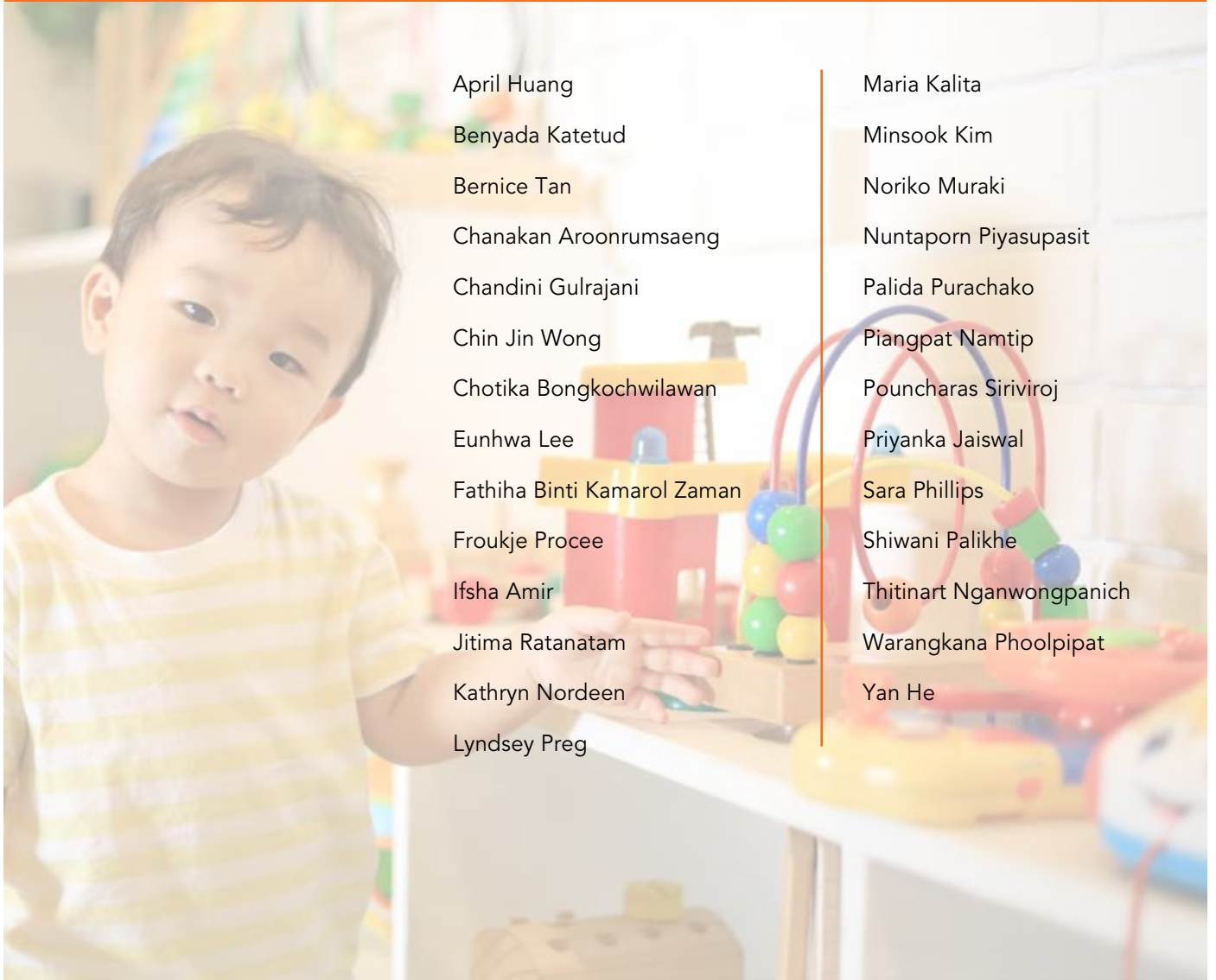
inner

curiosity

CURIOUS KIND

Early Childhood Centre

WELCOME, NEW MEMBERS!



April Huang

Benyada Katetud

Bernice Tan

Chanakan Aroonrumsaeng

Chandini Gulrajani

Chin Jin Wong

Chotika Bongkochwilawan

Eunhwa Lee

Fathiha Binti Kamarol Zaman

Froukje Procee

Ifsha Amir

Jitima Ratanatam

Kathryn Nordeen

Lyndsey Preg

Maria Kalita

Minsook Kim

Noriko Muraki

Nuntaporn Piyasupasit

Palida Purachako

Piangpat Namtip

Pouncharas Siriviroj

Priyanka Jaiswal

Sara Phillips

Shiwani Palikhe

Thitinart Nganwongpanich

Warangkana Phoolpipat

Yan He

HAPPY BIRTHDAY FROM BAMBI!

JULY AND AUGUST BIRTHDAYS

Cherkan Angkuraworwit

Daphne Cuthbertson

Destiny Engkaninan

Erika Jiravaraphan

Freddie Fousset

Odessey Engkaninan

Riku Yamazaki

Tanawin Phutirat

Wilma Pulli

Wonder Sven Lanng



A CULTURE OF CURIOSITY, CONFIDENCE AND KINDNESS



Contact us to learn more about Brighton College Bangkok's **Early Years** programme. We proudly nurture pupils aged 2 to 5 with **specialist teachers**, **world-class facilities** and flexible enrollment schemes.



BRIGHTON COLLEGE
INTERNATIONAL SCHOOL • BANGKOK

8/8 Krungthep Kreetha Soi 15 Yaek 4 Krungthep Kreetha, Bangkok, Bangkok 10240
+66 (0) 2 136 7898 | admissions@brightoncollege.ac.th

REAL-LIFE READY

While academic achievement is important, Rachel states that equipping children with essential life skills could be a vital component for future success.

High school graduation: a time when we were pushed to prepare ourselves for the “real world” because we would soon be deemed adults. Many of us had to choose majors that we would pursue in university; majors that would define the rest of our lives, the people we met, and ultimately, who we became. At 18 years old, many countries around the world expect us to choose a career that we will train for and work in until retirement. I don’t know about you, but even as an adult, my desires and needs change daily. What I liked yesterday, or what was conducive to my growth and happiness, changes. Yesterday, all I needed was a 20-minute nap to enter a state of complete bliss. Today, winning \$1 million is the only thing that will put a smile on my face. Due to this daily fluctuating change, the skills we need to respond accordingly will also change. That is why it’s so important to ensure young people are taught life-benefitting skills and not just standard academic knowledge, because this may one day be obsolete.

Entering university, I was set on becoming a doctor. I had the next ten

years mapped out. However, eight months in, I knew that was not the path for me, and the time and (lots of) money I’d spent on doing these courses had been wasted. We’re meant to have a grasp on life and plan all our steps, specific to a final goal. But as we find out as adults, sometimes specific isn’t always best. Sometimes, general life lessons are the best way to ensure success; general life lessons that we often wished we had learned prior to heading out into the world.

Even though the biology and calculus courses I took on my path to becoming a doctor aren’t very useful to me now, possessing the foresight to see how taking them later in the future would’ve cost me more was a skill, and not one that I was necessarily taught in school but that I was taught by my parents and the various coaches that mentored me. This very important skill is sometimes overlooked but is one of many that we should strive to make sure our children have by adulthood. Let’s review three crucial skills most people I asked for the purposes of this article wished they’d learned in school or before graduating and

think about how to better prepare our children for the real world ahead.

Money, money, money!

With an overwhelming number of votes, financial literacy was the most sought-after skill. Financial literacy has to do with making proper decisions about money. It can look like passing up buying ₦50 grilled chicken and sticky rice because you only have ₦55 in your account. It can look like investing in a company after watching their upward trend. It can even be as simple as lending money to a friend. And let’s not forget the financial terms that exist. What does “annual percentage rate” or “APR” mean? What is the difference between renting and leasing? I’ll be honest, even as an adult, my financial literacy is elementary. I can explain a credit card, but if someone asked me about refinancing, I would smile, nod, and find the nearest Google search to hide behind. It’s so important because it can help us avoid situations that could land us in a hole.

So, how do we help our kids cultivate their money trees before they’re



left in an economic desert? The first thing would be to talk. Conversations about money aren't always the most comfortable, but the more we talk, inquire, and answer, the more knowledgeable our children will be when it comes time to do things like buying a house or paying taxes.

One thing in life is certain: taxes

We see taxes everywhere we go, whether in the US where you're surprised with a completely different amount upon checkout at the grocery store, or in other countries that enforce a value-added tax (VAT). The idea of paying taxes on goods is one thing; however, we then get into things like filing taxes annually. If we've been paying taxes on everything we purchase, why do we have to file taxes at the end of the year for everything we've done? And how in the world do we do that? Fortunately, there is an endless amount of information online, and if you find yourself overwhelmed, there are professionals available to answer all your tax-filing questions.

Even while in Thailand, I was able to

chat with a Thailand-based tax pro who happens to be knowledgeable about American taxes. It was such a relief. When meeting with tax professionals, why not take your child along, or have them prepare their own questions to ask? So when their time comes, they won't feel overburdened. Once the heavier skills like tax preparation are handled, they'll be more able to handle simpler skills, which are often overlooked.

Basic survival skills

We now move on to more practical skills. One skill that was suggested several times was changing a car tire or really, any basic car maintenance that doesn't require a mechanic. One adult recalls:

"I remember being on the way to an appointment and getting a flat tire. Because I knew nothing about changing tires, I didn't even think to check if the car had a spare—which it didn't. But even if it had been equipped with one, I wouldn't have known how to change it. And I still don't!"

For those who didn't take an interest in practical skills or had parents that taught them, simple tasks like changing a tire or fixing a leaky faucet are usually done by engaging a professional to do the work. Let's take a look at Bangkok, Thailand. There are an estimated ten million people and about half that number of cars (1). So five million cars or 20 million potential tires that need changing. Yet it is a skill many feel they won't be able to accomplish, despite most cars being equipped with everything needed to complete the task. If the knowledge isn't there, there isn't much one can do.

Honorable Mention

One suggestion I thought was interesting to note was proper sex education. Although this is somewhat covered in school, there aren't resources put in to ensure proficiency in this area. You can check out BAMBI Magazine's March article titled "Go With the Flow" to see just how ill-informed both men and women are when it comes to reproductive health. One mom stated how she wished these topics weren't so taboo



in school as it would've prevented future misconceptions in adulthood. She also stated how euphemisms limit an adult's ability to properly do things like explain an issue to a healthcare provider.

Adults can get through high school and even university while still unable to keep themselves above water physically and financially. That's why it's so important to step outside the traditional classes. Talk to your children about saving. Discuss debt, credit, and bankruptcy. Yes, parents are busy, but taking a few minutes a day to discuss adult things, or even

signing your children up for classes, is signing them up for future success. It's noteworthy to mention that some of these skills are quite specific to certain countries; however, the general idea is still the same: What is taught in schools isn't always completely thorough or helpful for adult life.

The truth is that life changes, we change and the world continues to change. Of course we want our children to understand their ABCs and 123s, but sometimes taking a step back and signing them up for that cooking or mechanics class may

be just what they need to enter the adult world feeling prepared. Check out your local library, city council, or school. There may be more practical courses available for your children. Let's raise children who drive through life, able to handle whatever obstacles may hit their tires. Let's give our children the tools to help them understand that our reactions and abilities to learn from every situation can be our greatest strength.

Photos from Canva.

Reference

Hollman, N. (2020) Overburdened infrastructure. dandc.eu/en/article/there-are-far-more-cars-bangkoks-streets-its-infrastructure-can-handle



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.

AT VERSO,

We prepare and empower our young people with the skills and mindsets they will need to navigate their future lives.

**WE INSPIRE EVERYONE
TO BE FUTURE READY.**



Accredited by



☎ 02 0806200 ✉ admissions@verso.ac.th 🌐 www.verso.ac.th
📍 198 Moo 4, Soi Sarasetthasiri, Suvarnabhumi 3 Rd, Bang Chalong,
Bang Plee District, Samut Prakan 10540

- ◆ American Curriculum
- ◆ Project-based Learning Integrating Foundational Academic Skills in Reading, Writing, and Math
- ◆ Small Class Size for Personalized Attention
- ◆ Highly-experienced Faculty
- ◆ Priority on Student Well-being
- ◆ Award-winning Campus Designed to Spark Creativity and Innovation in Learning
- ◆ World-class Sports and Media Arts Facilities
- ◆ Wide Range of Extracurricular Activities

**APPLICATIONS
NOW OPEN**

FOR EARLY YEARS 2 - GRADE 12



THE POWER OF PARENTAL WORDS

Language is powerful, and when it comes to raising confident and resilient kids, the right words can make all the difference. Sheena explores some of the choices we can make and the lasting impact they can have on our little ones

Photo by Elodie Baron Valmary

Are you a parent or caregiver to a child within the tender ages of 0 and 6 years? Then congratulations—you hold the power to shape the foundations of that child's personality! The early years of a child's life is a crucial time in their development, and the experiences they have during this period can have a lasting impact on their personality and future well-being.

The first six years are a time of incredible growth and development, when the foundations for their future are laid, not only in terms of cognitive abilities, but also in shaping a child's character with traits like grit and resilience, and providing them with the tools they need to navigate life's challenges.



Photo by Elodie Baron Valmary

This period is also when outside influence is at a minimum, so you have maximum influence. It's before the world exerts its influence in ways we can't control or sometimes even imagine.

As a child gets older and explores the world, their circle of influence expands. It starts with scattered playdates, then grows to regular playgroups, summer camp, preschool, TV, aunts and uncles, friends, favorite shows, primary school, high school, and then all of a sudden, they're going on holidays without you and have a new best friend you have never met. Bit by bit, our child is influenced by the world at large while our influence diminishes. It's not that we stop being the main influence; rather, never again will we have the almost-absolute influence we have in their early years.

Because this early period is so important, it's vital that we are intentional in the way we act and communicate with and around our children. It can seem like a monumental task, and you might feel overwhelmed just thinking about it, but I'll share a few simple things we can do that I have learned through courses, workshops and books written by qualified experts in the field of child psychology and development—not just Instagram mommy influencers but researchers, psychologists, and psychotherapists. I promise it's not extra work to pour on top of your already-overflowing cup of tasks. Just replace some of your words and actions with others that are more intentional and imbued with lessons that will prepare children for the real world. It's teaching through real life.



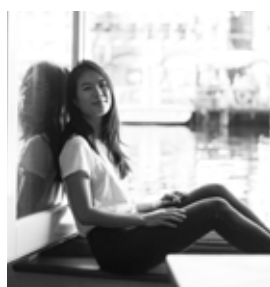
Photo from Canva

Situation	Often, it's natural and tempting to say or do this:	But instead try this:	So you can teach:
It's the first day of school and your child is anxious to step inside without you.	"Look at all the other kids playing. Such fun, don't be shy."	"It's OK to feel shy. This is hard. Have I shared with you how shy I was too on my first day of school?" Share a story about your first day.	Emotional awareness: When you see and validate your child's feelings, you teach them to trust and accept their own emotions. When you say "don't be shy", you teach them to ignore their feelings. You help put into words what your child is feeling but cannot yet express. Over time, they will learn from you that it is OK to express hard feelings and how to do so. And you'll be rewarded with being better able to understand your child. This is a gift that will keep on giving throughout your relationship with your child, from reducing tantrums in the early years to a deeper and stronger connection in the later years. When you share a story of how you also felt shy, you show them it's OK to feel that way. You model empathy, and in doing so, they learn how to show empathy towards themselves and others.
Your child falls down.	"Don't worry, it's just a small scrape. It doesn't hurt too much. It'll heal in no time. Stop crying."	"Aww, it hurts. And that must have been a shock." Offer a hug.	
Your child is about to get an injection and is scared and crying.	"It'll be over really quick."	"I know, you're scared and this is going to hurt. I'll be right here next to you."	
Your child is upset about not being invited to a classmate's birthday party.	"There will be another birthday party. They probably just forgot to invite you this time."	"Your feelings can hurt when you're left out. When I was younger..." Share a story about a time you felt rejected by a group.	

All the kids are going down the slide in glee but your child is hesitating at the top, holding up the queue.	"Look at all the other kids go down—it's not scary. Just go!"	"This feels scary. Let's try something else."	Teach them to recognize and respect their emotions rather than ignore them.
Your child is still playing with a toy that another child wants.	"Share your toy. You can play with it again later."	If there's no violence, step back and observe, but if you need to intervene, say to the other child: "[Your child's name] hasn't finished playing yet. Maybe you can have a turn when they are finished."	Holding boundaries: As adults, we don't have to share everything that is ours when we aren't ready to do so; why should kids? Let's not raise people pleasers.
An older family member wants a kiss and hug from your unwilling child.	"C'mon, give Auntie a kiss!"	"If you don't want to, that's OK. Instead, say 'hello' and wave."	Consent: Support your child in having full agency of their body. Provide a much less intimate option to still teach manners.
Your child is stacking blocks and is frustrated when the stack falls.	Immediately restack the blocks.	"Wow, this is tricky. You feel frustrated that it keeps falling. Let's think about how to do it and try again slowly."	Resilience and grit: If it's not dangerous, don't shield them from challenges and frustration. Normalize it. Let them feel it, cope, problem solve and persevere. Encourage them to think critically and creatively. Of course, keep in line with their developmental stage. Don't encourage a one-month-old baby to complete a Rubik's Cube!
Your child is struggling to fit a puzzle piece in.	Jump in to rotate the piece to fit it in. "There! It fits now!"	Do nothing, sit back and watch. Only if your child is on the verge of a tantrum do you go in to offer a suggestion: "What else can we do? How about rotating it?"	Difficult situations foster resilience and problem-solving skills. It's tempting to jump in immediately to "help", but allow them as much opportunity as possible to prepare them for the real world for times when you are often not around to jump in.

References

Faber, A and Mazlish, E. (2012) *How to Talk So Kids Will Listen & Listen So Kids Will Talk*. Piccadilly Press.
 Siegel, DJ and Bryson, TP. (2011) *The Whole Brain Child*. Random House.
 Good Inside (2023) [goodinside.com](https://www.goodinside.com)
 You can also follow Dr Becky from Good Inside on FB and IG: [drbeckyatgoodinside](https://www.instagram.com/drbeckyatgoodinside)



About the Author

Sheena Low is an aspiring children's book author, mother to two-year-old August, and runs Super Fly Honey, a pole activewear brand. In December 2020, anticipating the need for a nanny following her surprise pregnancy, she moved from Amsterdam to Bangkok. When August was born, it turned out she wanted to swap her more-than-full-time working hours for life as a full-time mom. She's still baffled how that seismic shift of identity occurred.

Congratulations Class of 2023!

Kis
International School



We are so proud of all your accomplishments! With 105 combined university offers from 14 countries, we see how KIS International School has prepared you for a lifetime as inspiring individuals. Go Wolves!



Tel: +66 (0) 2274 3444 | Email: admissions@kis.ac.th | www.kis.ac.th



inspiring individuals

apply now



FIGURING OUT ... SLEEP WITH A BABY

This month, Joseph (Joe) Barker shares his hilarious take on the fun and frustration of being a stay-at-home dad, and all that comes with it.

Welcome to the first of what I hope will be a light-hearted, but touching, monthly column on the joys, tears, frustrations, and above all, sleep deprivation in the life of one father. Everyone's parenting journey is different, so I cannot pretend to speak for any other fathers, let alone all fathers. Indeed, due to lack of sleep, I often can't even speak for myself. Nonetheless, I hope that other parents, be they mothers or fathers, will recognize many of the joyous, terrifying, heartwarming, and infuriating experiences that I will talk about.

I, presumably like many of you, was and remain an amateur at this parenting thing, and it continues to amaze me that something so difficult, confusing, and important is left to such an unsuitable person. Surely there ought to be some highly trained professionals who step in once you've had your baby and look after them for the all important first 30 or 40 years of their existence, to ensure they get the best possible start in life. This way, the loving and well-meaning but fundamentally inept parents such as myself can be limited to the occasional, carefully supervised visitation so any harm we might do will be mitigated as far as possible.

Instead, in what I still consider to be

an astonishing oversight, three days after our son was born, mommy and baby were packed off home with instructions not to return unless they really had to. Even three days in hospital was pretty luxurious. My sister, who gave birth in the UK, was sent home on the same day. Jaundice meant that their return was prompt, but thereafter, we were on our own. I have mixed feelings about jaundice; watching Martin turn yellow was pretty scary and not a great confidence booster after only three days of parenting. I know jaundice is very common and not something we have any control over, but nonetheless, we felt bad, so that was a bit negative. On the other hand, jaundice meant that we got to give Martin back to the hospital for two days and we got to sleep properly again; that was brilliant. Sadly, even the best holidays must end, and Marty was soon released from his sunbed and handed back to his bewildered family, poor boy.

In the hospital, there were all these nurses who seemed to know exactly what he needed, how to hold him, when to burp him, when to feed him. They made it look so easy, but now it was just mommy and daddy, who—though well-intentioned—were hampered by their inexperience,

exhaustion, and the crashing waves of their overwhelming love and terror for this impossibly fragile creature.

My son is two now, but I can still remember the panic and awkwardness I felt when I first tried to hold Martin. He was so small, and someone had told me that his head would fall off if I didn't support it just right. I'm still not sure if that's true or not, but there was no way I was taking any chances. Much of the next three months was spent focusing on supporting his head very, very carefully. Good news—it didn't fall off! The rigid terror captured in those first photos of my son and I suggest that I was not a natural at this parenting thing.

As a rampaging 15 kg of bruised, grazed, giggling toddler hurls himself onto the sofa, jumps down the stairs, or leaps into my arms, it's hard to believe how small, delicate, and incapable he was less than two years ago. He couldn't move or speak, bite or kick: happy, happy days. 12 kg and 18 months changes so much. Through the mists of exhaustion, these are still happy days, although sometimes it can be hard to tell!

So much changes so quickly, but some things stay the same. Regardless of their age, babies like to make



sure that we don't spend too much of our time in bed. Please tell me that there is an age at which this changes. Apparently, Martin prefers his father cranky, confused, and mildly gloomy due to sleep deprivation. Now, I've always tended towards cranky, confused, and mildly gloomy, so I can't blame all of this on Martin. However, I also used to be more intelligent and spent less time walking into rooms for no apparent reason and forgetting simple words such as "bed" or "cat". Is this baby brain? Can daddies even get baby brain? Am I doomed to become ever less intelligent, or will I revive as baby grows into childhood? So many questions, so little knowledge.

I am incredibly lucky to be bringing up a baby with my wife. She, of course, is significantly less lucky to be bringing up a baby with me, but don't waste your sympathy on her—it's her own fault as there were lots of much better men at her wedding. We're still fortunate to have a nanny to help us. Yet even with three people, a baby seems to take up all the time and exhaust everyone. I am filled with admiration for my friends and family back in the UK who are bringing up children without a nanny, and even more so for those who are doing it as single parents. How on earth do they cope?

It makes me feel like such a fraud every time I ask them for advice or admit that I'm struggling when I have all these advantages.

As if this wasn't enough to make me feel like a fraud, I also have the great good fortune to be a stay-at-home dad. No balancing work commitments and family life for me; instead I get to be present all the time and watch Marty's personality grow a little bit more every day. Some days I may wish it was a slightly less boisterous and demanding personality, but it is so exciting to see him becoming his own person. I am incredibly lucky to be so involved and have so much time with my son. So why do I find myself feeling overwhelmed? How, when I have it so much easier than so many other people, can I be finding it a struggle? Yet I have to be honest—sometimes it is a struggle. A wonderful struggle, but nonetheless a struggle.

I am only two years into parenthood, and it has undoubtedly been the best and most important experience of my life. Yes, I've been reduced to tears of frustration and exhaustion on an almost daily basis, but a smile, a giggle, or even a hug from Martin—if I'm lucky—makes it all worthwhile. From one moment to the next, fatherhood can change from the easiest, most heartwarming thing in the world, to the greatest test of patience and endurance I can imagine—and I've read books by Charles Dickens and run ultramarathons.

I hope some of these musings have struck a chord with you, and I look forward to sharing more of my experiences with you next month. Until then, keep enjoying the struggle and earning those smiles and hugs!

Photos from Canva.



About the Author

Having enjoyed taking his son to BAMBI playgroups over the 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!



DESIGN FUTURES

ELC international schools are places where children are active protagonists in their own learning. They comprise a family of unique schools where students base their research, discovery, and experimentation within the context of contemporary culture and learning. Those within strive to resolve dilemmas of individual and shared importance in their quest for knowledge and understanding but most importantly, imagine possibilities for a better future.

In the daily life of ELC schools, we can perceive a pronounced increase in children's creativity, the quality of their research, and their ability to access information. This facilitates the development of complex digital projects and products of knowledge, which are elaborated between children and between children and adults.

digital bicycles for enjoyment in the park using arduino technology
designed by
Pop and Anna
(ages 8 to 9 years)



automated solar and wind-powered street cleaner using arduino technology
designed by Caden, Fabian and India
(ages 10 to 11 years)

elc international schools

The City School
Ages 3-11 years

Area: Thonglor
18 Soi Sukhumvit 49/4
Bangkok 10110

+66 (0)2 381 2919
info@elc.ac.th

The Purple Elephant 39
Ages 18 – 36 months

Area: Phrom Phong
61 Soi Phrom Mit
Bangkok 10110

+66 (0)2 662 4570
purpleelephant@elc.ac.th

The Purple Elephant 49
Ages 18 – 36 months

Area: Phrom Phong
99 Soi Sukhumvit 49/13
Bangkok 10110

+66 (0)2 392 3190
purpleelephant@elc.ac.th

The Purple Elephant 55
Ages 18 – 36 months

Area: Thonglor
79 Soi Thong Lo 8
Bangkok 10110

+66 (0)2 116 2394
purpleelephant@elc.ac.th

The Country School
Ages 18 months - 5 yrs

Area: Nonthaburi
44 Soi Samakkee 20
Nonthaburi 11000

+66 (0)2 003 5185
countryschool@elc.ac.th



My Power Is My Inner Peace

I wrote this poem in the thick of a very busy morning, one of many that began who-knows-when and would end who-knows-when. Lately, I have accepted that life will often be filled with tumultuous waves of demands, emotions, and commitments: It just is and will just be. Simply because I am the mom of a teen (a tsunami on some days) and a curious, strong-willed six-year-old; wife to a man acting as an anchor as he surfs through the heights of his career; and the only child of an aging mom.

My Power Is My Inner Peace

They say I am a supermom.
I am not.
They say I multitask quite well.
On the contrary.
They say I am organized.
I am burdened with a mental load.
They say I am calm.
But I am a storm.
Sometimes the eye of it.

What's her power? They wonder.
Inner peace. That's my power.

This inner peace:
my daily compass, map,
and guiding light.

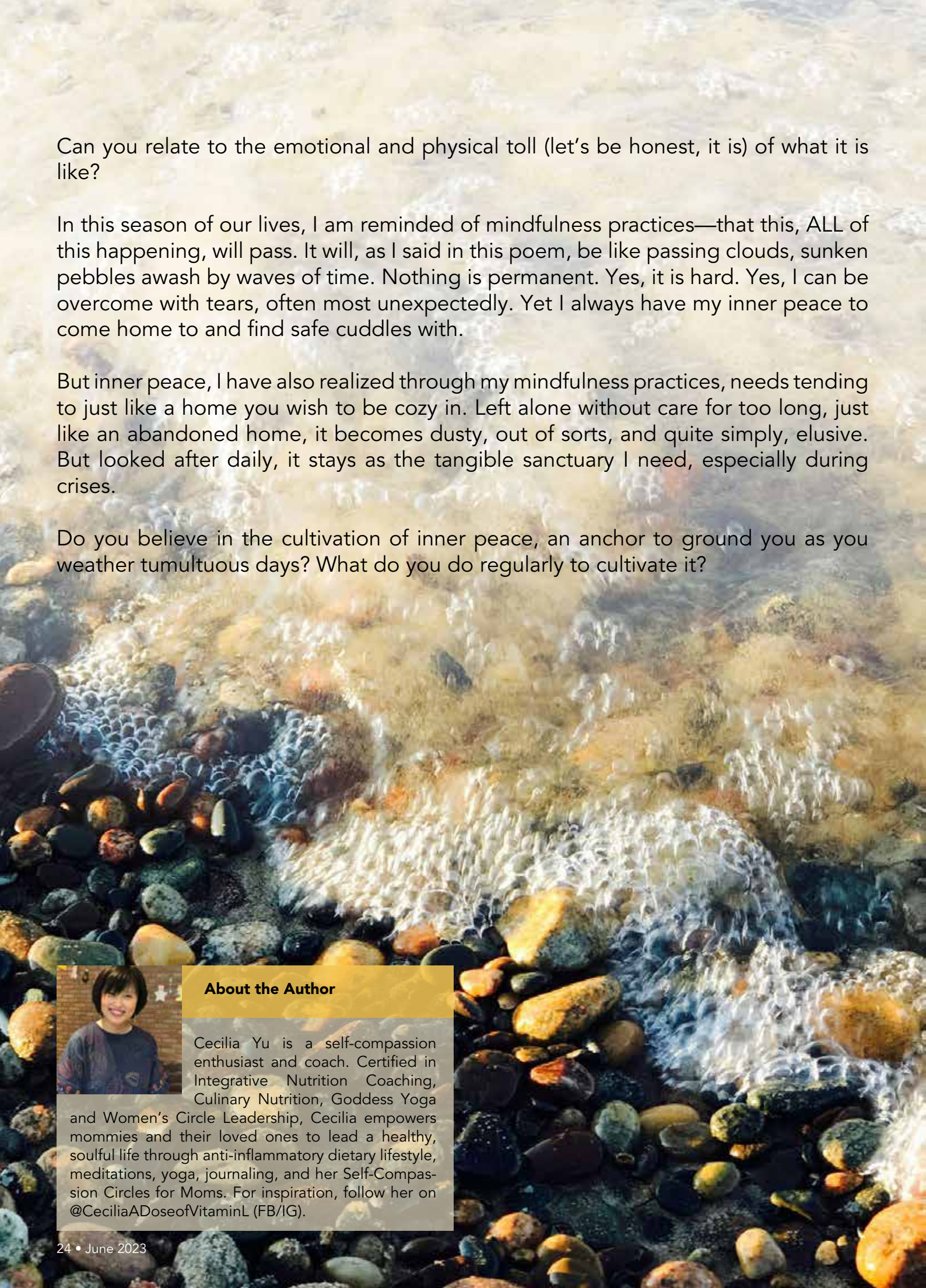
This inner peace that reins me in,
reminds me that—
all the relentless demands,
all the consuming demands,
and all the doubts
that follow me like a shadow,
are merely passing clouds, sunken pebbles
awash by waves of time.

My inner peace is no magic fairy dust,
as they assume.
She is like my child.
She asks to be listened to, tended to.
She asks to be cultivated, daily.

And so, I choose to entertain her,
my inner peace.
Intentionally. Compassionately. Daily.

Breathing in, breathing out. Deeply.
However many times she needs.
Sinking in, calling out. Shamelessly.
Emotions she wants named.
Drawing, replacing. Courageously.
Boundaries she asks.
Searching, receiving. Graciously.
Assistance she needs.
Leaving, casting behind. Unapologetically.
Values she defies.

My power is my inner peace.
She is demanding.
She is genuine.
She is me.
The fullest version of me, when I wear her.
All of her.



Can you relate to the emotional and physical toll (let's be honest, it is) of what it is like?

In this season of our lives, I am reminded of mindfulness practices—that this, ALL of this happening, will pass. It will, as I said in this poem, be like passing clouds, sunken pebbles awash by waves of time. Nothing is permanent. Yes, it is hard. Yes, I can be overcome with tears, often most unexpectedly. Yet I always have my inner peace to come home to and find safe cuddles with.

But inner peace, I have also realized through my mindfulness practices, needs tending to just like a home you wish to be cozy in. Left alone without care for too long, just like an abandoned home, it becomes dusty, out of sorts, and quite simply, elusive. But looked after daily, it stays as the tangible sanctuary I need, especially during crises.

Do you believe in the cultivation of inner peace, an anchor to ground you as you weather tumultuous days? What do you do regularly to cultivate it?



About the Author

Cecilia Yu is a self-compassion enthusiast and coach. Certified in Integrative Nutrition Coaching, Culinary Nutrition, Goddess Yoga

and Women's Circle Leadership, Cecilia empowers mommies and their loved ones to lead a healthy, soulful life through anti-inflammatory dietary lifestyle, meditations, yoga, journaling, and her Self-Compassion Circles for Moms. For inspiration, follow her on @CeciliaADoseofVitaminL (FB/IG).



ST ANDREWS INTERNATIONAL SCHOOL
BANGKOK

A NORD ANGLIA EDUCATION SCHOOL

CREATE YOUR FUTURE

The best stories you have from school aren't always written in the classroom. It maybe playtime with friends or exploring the school. Much of the curriculum at St Andrews Bangkok is delivered in ways that encourage discovery, multi-sensory exploration and role-play. We follow your child's interests and provide them with flexible learning opportunities across all areas of development.

Schedule a school visit with our friendly Admissions Team today and receive a personalised admissions experience.

www.standrews.ac.th



Scan me!

ADVICE TO MY 16-YEAR-OLD SELF



Parents prepare their children for a fulfilling adulthood by instilling valuable tools, skills, and mindset. In this article, Chinyere gathers insights from six adults reflecting on the advice they wish they had received at 16, guiding us in nurturing our children's growth.

I eagerly anticipated turning 16, and when the time came, I thought I knew all the answers. Little did I realize that I still had a lot of life ahead of me. Although I am grateful for my journey thus far, there are times when I wish I could go back to being 16. There are many things I wish I had done differently, and I know I'm not alone in thinking this.

For instance, when growing up, I always assumed that there were roles and feats reserved strictly for men. Because of this, even though I had the ability to do a lot of things, I chose not to because "it's not a girl's thing". Today, I know that there are no limits to the things a woman can achieve just as long as she stays committed to her goals.

I wish ...

It would be a very tempting offer if a mystical genie were to grant me the ability to return to my 16-year-old self. I would learn to grow and nurture relationships and spend more time developing myself as that would have made my transition into adulthood smoother. I'm willing

to bet the vast majority of you would like this genie to grant you the same wish, but genies don't exist in real life. However, while we cannot "course" correct ourselves anymore, we can try and ensure that the little ones we are raising, with all the love and care in the world, have the best possible chance to become the greatest versions of themselves as they transition into adulthood.

I spoke to five amazing mothers and one cool dad about the skills and realizations they wish their 16-year-old selves had had, and all of their responses were insightful and meaningful. They revealed that the innate desire of most people is to be the best version of themselves at each stage of life.

Realizations about "self"

A mother in her late twenties, Nne-Ese, stresses the importance of nurturing high self-esteem. She believes that by embracing her own uniqueness, she might not have sabotaged her values and made the wrong friends when she was younger.

"I suffered from low self-esteem and because I wanted to be liked by my so-called friends at the time, I succumbed to peer pressure. Authenticity is the real deal. You can never fail if you're being yourself. The only time you struggle is when you try to be someone else."

This realization has shaped how she relates with people today. "Before I go on to do anything, I consciously ask myself if I am doing it for the superficial applause and acceptance, or if I truly believe in what I want to do. The answer helps me decide whether to continue or apply the brakes."

Similarly, for Precious J, a business owner, the advice that could've made a difference to her as a 16-year-old would have been to focus on pursuing her own dreams and goals instead of getting swayed by popular trends.

"Just because something is trending does not mean it is right for you. I should have focused on pursuing my dreams without expecting everybody to understand them. The



dreams and goals are mine; therefore the responsibility of going after them lies solely on me. I have had to give up some of them because I no longer have the time to go after them. There are still one or two goals that I am working towards, but the pace is much slower because life has happened."

Healthy habits

35-year-old homemaker, Grace N, however, would've advised her 16-year-old self to eat healthier food as what she fed her body at 16 would affect her health in future.

"I would emphasize that overeating is not a sign of affluence or wealth. It is in fact a total disregard for the body. Your body is the tool that will enable you to pursue all your dreams and goals. If it is not performing at its optimum, your ability to function is drastically reduced. You want to be fit enough to enjoy your favorite activities and play with your kids."

As an adult, Grace struggles to manage her body weight and blood pressure and thinks this is solely due to her poor eating habits from an

early age. She is, however, taking small steps every day to improve this and ultimately her health.

The value of life skills

Business owner and dad, Godfrey, places great value on "cooking" as a crucial life skill that children should learn by the time they are 16.

"Cooking is a life skill, not a gender-specific skill. I grew up thinking that cooking was reserved for girls and now I struggle, especially when my wife is not around, to take care of the kids. I am teaching my son to do better."

Ebere O., a lawyer and mother of two, on the other hand, thinks her life may have turned out differently if she had started developing sound financial habits from a young age.

"If somebody gave me this advice when I was 16, I may have become more disciplined when it came to saving and spending money. I would have worked on getting a source of income for myself instead of relying completely on another person, even if he is my spouse."

Reaching for success

Janet S, a mom in her early 30s, attributes success to hard work, determination and staying focused. A entrepreneur by profession, she strives to build a legacy with all the resources available to her. If given the opportunity to go back in time, she says she would urge her 16-year-old self not to assume that she has all the time in the world. "Youth is a vapor and living in regret is one of the worst things that can happen to you, especially when you are aware that you could have done better."

When asked if she thinks her life may have turned out differently if someone had given this advice to her when she was 16, she said, "Yes! I assumed I had a lot of time on my hands, and because of that I failed to apply myself. When it dawned on me that I had to take responsibility for my life, a lot of doors had already closed. I had to work extra hard to get to where I am today."

Overall though, Janet regrets nothing as hindsight is 20/20, and she is making the most of her life right now. As a mother, her priority is to



help her children avoid the same mistakes she made without mollycoddling them.

She believes that small wins are still wins and should be celebrated, and that it is important to remember that one is not in competition with anyone but oneself; the goal should be to keep on improving on the previous version of yourself.

Final thoughts

It is clear that almost everybody has something to say to their 16-year-old self. We all wish we did better in one area or the other. Does any of the above advice resonate with you? What would you say to your 16-year-old self? While this question calls for some deep reflection, it is not a call

to stay stuck in the past or wallow in regret. It is a reminder to maximize the time we have now, and carefully guide the younger ones coming after us.

We all wish to see our 16-year-olds en route to becoming outstanding citizens by the time they become adults at 18, but it is crucial to note that many of the learnings discussed above can be instilled at even earlier ages. Developing your child's self-esteem for example, can be as simple as praising them for the effort they put into coloring within the lines at four or inviting them to share their views on a topic at the dinner table when they're ten.

Remember that nobody has got it all figured out, and we are doing

the best we can with the knowledge, skills and resources available to us.

In summary, even though I wish I could turn back the hands of time, I am grateful for my journey, every single stage of it. I do not regret the lessons learned or the friendships forged in the constant quest to do better than yesterday.

I encourage you to learn from yesterday, give your best today and hope for a better tomorrow.

Photos from Canva.

Here I am!



About the Author

Chinyere Nwachukwu is a mom of three and entrepreneur. She helps other moms start and scale their own businesses from home by leveraging digital skills. When she's not working, she is spending time trying out new recipes in the kitchen or reading a thriller novel.



SCRAMBLED

ART

"We focus on process, not product"



SENSORY PLAY



PROCESS ART



PAINTING

COURSE

Sensory Play : (1-3 years)

Process Art : (3-6 years)

Painting : (6-12 years)

📍 Pattanakarn 61 (open everyday)

📍 The Apple tree international kindergarten
(sukhumvit 26) (Open only on Saturday!)



094-809-1666



Scrambled art :





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

SLEEPLESS
IN SIAM

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.



PREMIUM NANNY TEACHER ACADEMY

PRIVATE NANNY-TEACHER

OUR ACADEMY PROVIDES PRIVATE NANNY-TEACHER FOR YOUR CHILDREN AT HOME AS A FULL-TIME TEACHER. SUITABLE FOR PRE-SCHOOLERS AND HOMESCHOOLERS.

OUR SERVICE

NANNY-TEACHER AS SHADOW TEACHER

OUR ACADEMY GIVES SOME SCHOOL SUPPORT FOR SPECIAL KIDS, SUCH AS LD, ADHD, AND AUTISTIC. WE PROVIDE SHADOW TEACHERS FOR BOTH PRIVATE AND PUBLIC SCHOOL.

NANNY-TEACHERS FOR HOLIDAYS AND HOSPITALS

WE ARE CURRENTLY WORKING WITH HOSPITALS FOR ENTERTAINING CHILDREN WHO ARE ADMITTED AND NEED SOME FUN ACTIVITIES TO CHEER THEM UP. WE ALSO WORK WITH HOTELS SUPPORTING EXPATS AND TRAVELLERS WITH INFORMATION AND CHILD SUPPORT.



094-665-8647



LineID: @teachcarelearn



Facebook: @teachcarelearn



LITTLE TEACHERS, BIG LESSONS



Being a parent is wonderful but hard; it teaches and tests us in ways we never expected. Liz shares what parenthood has taught her about herself and reminds us all of the importance of asking for help.

I'd call myself an avid learner. I love researching new theories and concepts and taking courses and classes to hone my skills. But the most important lessons I've learned in life haven't come to me in books or from wise, qualified teachers. The most influential teachers I've ever had are just four and eight years old, and they are my children.

Pregnancy

Two lines. **Two** pink lines. I remember shaking in disbelief as I stared at the test. Positive! After many, many negative pregnancy tests, this is what I'd been longing to see. And in my bathroom that morning, I unwittingly embarked on the journey that would teach me things about myself that I'd never realized before.

I was incredibly lucky to have a comfortable, healthy pregnancy, and I was so excited about becoming a mom. But at times I would struggle with some of the feelings that popped up. Comments about the size of my bump left me feeling inadequate. Advice that contradicted what I'd learned about having and caring for a baby was confusing and irritating. And I still remember the exact question I asked another mom: "Do you

ever worry that someone else might be better at looking after your baby than you?"

My daughter was born later that year, and just like all babies do for their parents, she changed my life forever.

Anxiety, fear, and validation

As my baby grew, we developed a strong attachment. Everywhere I went, she would come along, strapped to my front—my little sidekick. I could have used a break, but I was reluctant to leave her with anyone other than my husband. The idea of giving up control and trusting someone else with her left me feeling anxious.

The irony was that I didn't really trust myself either. Teaching her to settle herself to sleep had me inconsolable, but I followed the advice I was given anyway. I barely slept the week leading up to her very first solid meal, second-guessing my decision of what her first food should be. And I dragged my mom around store after store, searching for the "perfect" backpack to buy when it came time for her to start nursery. Every decision I had to make was steeped in fear.

I didn't realize it until very recently, but from the moment she was con-

ceived, this little girl was teaching me that deep down inside, I was terrified of making mistakes and being judged for them. I'd become so used to looking to others for validation of my worth that I found it a challenge to trust my own intuition.

Take two

When my daughter was three, our second baby joined our family. I felt much more confident and relaxed this time around, and I quickly fell into a routine with the two of them, but though I often pretended otherwise, juggling them both was exhausting.

I was tired and overwhelmed, but I found a way to escape these feelings by volunteering. Did I have the time or the capacity for it, honestly? No. But it felt wonderful to use my brain for tasks that weren't all about meals and diapers and child development. And being so busy alongside raising my kids earned me the label of "Supermom"—which provided me with the external validation I so desperately sought.

What I later came to learn was that in a vain attempt to feel more like myself again, I was setting myself up to feel those oh-so-familiar feelings that told me I was doing a bad job and I needed to do better. Busy can



be exciting and fulfilling, but it's not sustainable, and when your efforts fall short of "super", validation from others goes away.

Spiraling downwards

And so it went on. I was trapped in a vicious circle of self-doubt and playing busy. The more I lacked trust in my intuition and abilities, the harder I worked to seek validation from others that I was doing things well. And in keeping myself busy with my quest, I allowed myself no time to process any of the emotions that bubbled up when my kids poked and pushed me with their age-appropriate, but challenging, behaviors.

Every time I couldn't help my baby settle, my inner voice would say: "You're not good at this".

Every time I was unable to calm my toddler's tantrums, I would hear: "You don't know what you're doing".

Every time my primary-age kid threw a punch or yelled at me, I'd think: "You're failing".

Over time, this vicious circle transformed into a spiral heading one way only: down. My inner beliefs were impacting my relationships and the cracks that few people saw dur-

ing my Supermom days were visible now. Change wasn't just good at this point; it was essential.

Getting help

At the end of last year, when I was finally able to acknowledge that I needed some support, I crossed paths with a handful of incredible women who had been where I was and survived to tell the tale. One of these—Mariana—has been an amazing mentor, gently, carefully supporting me and giving me the nudges I so desperately needed to look inward and discover the woman who's actually inside. This is ongoing work, and it's uncomfortable and confronting. But guess what? I'm starting to see that who I am inside is not someone who is afraid to make decisions or take risks. I don't need to hear others saying I've done a good job to feel happy and good enough. I believe in the good in myself and the good in my children, and I know I am capable of more than I ever thought before.

It's with support that I've been able to identify that in raising my children, I've been pushed—with full force—out of my comfort zone over and over and over again. And it is in that space, with each tear, each tantrum, and each challenge, that I have been given the opportunity to grow. My

children have taught me that the beliefs I held about myself do not define who I am, and they're helping me to identify new beliefs that will serve me well for the rest of my life.

A note on women's mental health

The feelings I described myself as having in this reflection are common, but they aren't healthy. Feeling this way does not have to be your reality—support is available to you. No matter the age of your children, if you are a woman in need of help, the BAMBI Bumps team is on hand to speak with you as well as to suggest further sources of professional support.

Photos from Canva.



About the Author

Liz is a professional copyeditor and proofreader, and the assistant sub-editor of

BAMBI Magazine. She is also a mother of two, a lover of karaoke and ramen, and a keen amateur sewist. Connect with her online: LJPondProofreader.Com; IG: LJPond_Editor_And_Proofreader.

BOOKS TO INSPIRE

Brought to You by Neilson Hays Library



SCHOOL'S FIRST DAY OF SCHOOL

by Adam Rex, illustrated by Christian Robinson



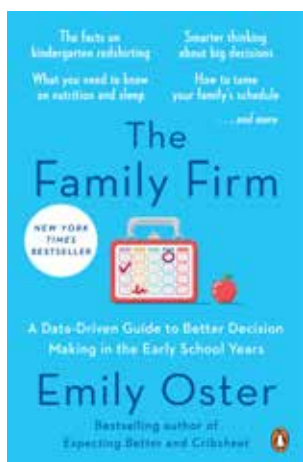
Whether it's a brand new school year or a move to a different school, that pivotal first day can be an emotional rollercoaster for children and parents alike. With empathy for a young child's understandable jitters, "School's First Day of School" flips the narrative upside down through the point of view of a nervous and hopeful newly constructed school. The book cleverly and cheekily navigates first impressions, expectations, and purpose.

Illustrator Christian Robinson's signature bright and soothing artwork complements author Adam Rex's authentic and humorous narrative. Both Rex and Robinson's works are simple yet richly emotional. Of the countless books about school, this one truly shines with its unique perspective.

Published by Roaring Brook Press in June 2016. Author Adam Rex and illustrator Christian Robinson are creators of over a dozen award-winning bestsellers. "School's First Day of School" is suitable for ages 3–8. A hardcover copy and several other books by Rex and Robinson can be found in the Children's Corner of the Neilson Hays Library.

THE FAMILY FIRM

by Emily Oster



All parents experience decision fatigue, especially surrounding larger matters such as the well-being, health, and education of our children. Expats face an additional layer of decision-making as we navigate school and extracurricular activities in a country and culture different from our own. Luckily, author, mother, economist, and professor Emily Oster provides data and guidance on these big family decisions in "The Family Firm", the third book in her collection of evidence-based guides to parenting called "The Parent-Data Series".

Rather than preach what to do, Oster presents data to help guide parents in making informed decisions in her empowering and encouraging style. Oster's first two bestsellers focused on pregnancy ("Expecting Better") and a child's first years of life ("Cribsheet"). "The Family Firm" provides the same sensible guidance to making smart decisions in the early school years. Most importantly, this is a well-organized quick read, perfect for the busy parent who is inevitably already juggling an endless to-do list.

Published by Penguin Press in August 2021. This is the third book by economist and professor Emily Oster. "The Family Firm" and Oster's other bestselling works can be found in the non-fiction section of the Neilson Hays 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.

Enrol Now

Bangkok Campus

Khao Yai Campus
Day & Boarding School



St. Stephen's International School

2 - 18
Years old

📍 Bangkok | 091 737 2165
📍 Khao Yai | 093 126 2444




The First Steps
International Pre-School

**18 MONTHS -
UP TO 4 YEARS**

SUMMER CAMP

**Swimming · Sport · Art & Craft · Cooking
Fun Science · Circle Time · Stories**



**Snack & Lunch included.
Bus transport optional.**

info@thefirststeps.ac.th | 02 260 3152

**26 JUN -
11 AUG**

Daily, weekly
or session packages
are available



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**



**SATHORN
PLAYGROUP**



**THONGLOR
PLAYGROUP**



FOOTBALL



**TODDLER MUSIC &
TODDLER TUNES**



KUNG FU



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**



Little Maple

Creative Learning Center

"A bilingual nursery(Thai/Eng)" a revolutionary new concept for you child's development and accelerated learning. Your child learns faster than you think

"Together we can prove this!"

We are the bilingual nursery. Our curriculum is a thoughtfully designed program that provides developmentally appropriate experiences within a child-centered, comprehensive, and play-based approach.

Nursery Program

We provide Day care services
for all nationality kids, aged 1-6 yrs old.

Take away Food
Order via  Foodpanda

Location : Sathorn,
Search "Food and Fun by
Little Maple Nursery
Mon - Fri (10 a.m. - 3 p.m.)



Sathorn branch : 58, Soi Sathorn 9,
South Sathorn rd., BKK Tel. 02-286-2772, 087-495-5490
Line ID : littlemaplenursery

Sukhumvit branch : 26, Soi Thonglo 25,
Sukhumvit 55 rd., BKK. Tel. 02-1850785, 085-3174317
Line ID : maplesukhumvit

www.littlemaplenursery.com
www.facebook.com/littlemaplenursery



DOLPHIN BAY RESORT is a family run beach resort in Sam Roi Yot National Park, offering comfortable rooms, suites & pool villas. Enjoy a relaxing holiday away from the crowd where there's something for everyone.



www.dolphinbayresort.com - +66 (0) 3282 5190 - LINE @dolphinbayresort

WHEN PASSION MEETS WORK:

An Interview With Kru Bambi

Zumba and a zest for life are Kru Bambi's driving forces in achieving her goals! In this honest interview, Kru Bambi tells her story of breaking through personal barriers, believing in oneself, and making her dreams happen.

Tell us a little bit about yourself (your personal, educational, and professional background).

My name is MargotEmilie Monthira Lerat, but my nickname is Bambi. I am half Thai, half French, and I was born and raised in Thailand. I graduated from Regent's International School Pattaya, having been a student there from the age of four. My favorite subjects were theater arts and dance.

Currently, I work as a Zumba education specialist (master trainer) for Zumba Thailand—training people to become instructors—and I also teach regular Zumba classes as a full-time job. So you might say I live-eat-breathe-sleep Zumba!

Initially, Zumba was supposed to be something I did to earn some extra cash as a student, since in Thailand I couldn't get a part-time job in the service and retail sectors like my friends abroad did. But after high school, I asked my parents if I could take a gap year and move to Bangkok to pursue Zumba teaching; I've been here for five years!

How did you first become interested in Zumba? What motivated you to become a Zumba instructor?

I started dancing ballet and jazz when I was three years old. That is where my love for dancing began, and I continued dancing regularly till I was about 14. From what I remember, Zumba was quite popular during my early teenage years, but I thought it was only for mothers and middle-aged ladies. It wasn't!

Being a dancer, I decided to give it a go, and I remember the feeling after my first class—I wanted more! It was an amazing workout for physiological fitness, but it was also great fun and good for my mental health. The party-like atmosphere helped me feel confident, which I believe helped bring out the best version of me.

After about a year of regularly attending these classes, I went online to zumba.com to learn more about zumba. The first thing I saw on the website was "BECOME A ZUMBA INSTRUCTOR" in bold letters. I didn't think I could ever become an instructor ... until one day, I did!

It took my then-instructor a few months to convince me I should go for it. But after that, I worked hard to save up for the training by babysitting and doing any small part-time jobs I could find. The course was my Christmas gift to myself, and I became an

instructor on 28 January 2017 when I was just 16.

Zumba can be a great way for families to exercise together. What tips do you have for parents who want their children to try Zumba classes?

There's a Zumba program for everyone, from Zumbini classes for babies and toddlers to various programs for adults, such as Zumba Fitness. This makes it really inclusive for all age groups and abilities.

For parents who want their kids to try it, Zumba Kids is a program that encourages movement. Unlike the focus of dance academies and classes, Zumba is all about helping children have fun and gain confidence, while making a mind-body connection. So if parents are looking for something less structured than a typical dance class, this is a great option.

How can Zumba help busy families fit exercise into their daily routines?

I understand sometimes life gets busy. Zumba is one of the easier workouts to fit into your schedule because it's exercise in disguise! The goal is to have fun.

Zumba classes run from 45 minutes to



1 hour, depending on the class. They are a great option for families because you can do them anytime and anywhere—from online virtual classes at home to in-person classes at gyms and other facilities.

One of the reasons Zumba is popular all around the world is the strong sense of community involved. How do you build a sense of community within your Zumba classes? Have you seen any lasting friendships form within your classes?

Yes! Zumba is one of the world's biggest group fitness programs. It actually started as an accident and grew to become a global sensation! We have instructors from 175 countries, and the party-like atmosphere helps people have fun and enjoy the workout together.

In the Zumba world, there are two communities: the Zumba Instructor Network (ZIN) and the student community. Both help us to get together, collaborate, and make friends. What I tell my trainees and class participants is that we humans are creatures and need community. You can't be a lone wolf to succeed in modern-day life. Whether it's family or close friends, a strong support system will allow you to achieve the best version of

yourself. The nature of Zumba makes building a strong support system easier!

How do you make sure that everyone in your classes feels comfortable and welcomed, whatever their body shape, size, or fitness level?

Introducing myself before the class commences is one of the strategies I use to make participants feel comfortable. Most of my students also make newcomers feel welcome, no matter their age, gender, or fitness level.

As a fitness trainer as well, I know that if it gets too physically demanding, participants will lower the intensity to suit themselves. For those who don't have much self-confidence, I tell them "All eyes are on me", so it makes them feel less insecure about people watching them. I aim to put a smile on their faces, which is truly a blessing to me and makes me keep going.

Which career pathway is more popular where you come from—vocational training or other training or education such as a college or university certificate?

I studied at an international school, and most of my peers followed the path of going to university or college

to study a course that would potentially benefit them in the future. A small number, like me, knew what career path they wanted to follow, which made vocational training a good option.

What made you do vocational training in Zumba instead of other training or education such as a college or university certificate?

It was a battle with my parents at first because I am an only child, and I had spent my life in an international school where the trend was to go to university and get a bachelor's degree. However, I didn't feel like I fitted into that bracket. At that stage, I wasn't aware of my ADHD or dyslexia and I felt like I struggled to keep up with the fast academic pace of my peers in a regular school. I made it to the end of school as an average-grade student, and although I had found it difficult to keep up, I had always loved to learn!

As an adult, I realized that I worked best in my own time and at my own pace, which allowed me to benefit from vocational training. My mother also played a big role in inspiring me to step outside the box. She was an orphan raised by her aunts in the Thai countryside who decided to move to



Bangkok to attend school and find opportunities for herself. She realized that she enjoyed working more than going to uni, so she dropped out to pursue her dream of becoming a business owner.

I also didn't want a corporate job where I had to make it to the top like my father did. I was able to save up enough to become financially independent by the age of 20, and at 21 I bought my first car from a dealership.

Another benefit of a vocational course was the freedom I had to travel anywhere I wanted, for however long I wanted, without having to ask for permission from a boss or a manager. For gyms, I just had to find someone to cover my shift, and as long as the class was still running, all was good!

Entering the Zumba world has opened up many doors for me in terms of wanting to learn and grow with more knowledge. Since I started, I've gone on to study personal training and nutrition courses online. Maybe one day I'll decide to go to university. I've got all the qualifications for it if I ever decide to!

Have you faced any challenges or obstacles in your career as a Zumba instructor that you think you might not have faced if you had studied at college or university instead?

The biggest challenge I had to face was the language barrier! Yes, I am a Thai citizen, but I needed to relearn

the language because I couldn't just get away with my broken Thai. It took me about three years of living in Bangkok to fully immerse myself into Thai culture and understand more of the way of life and the language. I wouldn't have had this challenge if I had gone to university.

Another challenge was that I had to grow up a lot sooner. I wasn't living the college life—I was living the life of an adult, working in an industry where most people would start the job in their 20's or 30's. I was the only teenager in the community and sometimes I wanted to act like the 18-year-old I was, but I had no choice but to be mature and show up.

How has your training in Zumba helped you prepare for life in the real world?

It taught me a lot of responsibilities as a young person: being punctual, showing up on time, listening to people who had different opinions, coming to work prepared, not leaving things until the last minute, and all the other challenges that come with "adulthood".

It has also helped me to find people on the same wavelength as me—these are the people who formed my amazing support system as I worked hard to show the world I was capable of being successful in my career. I had to let go of some relationships at a younger age than I would have done if I had done something else at 16.

What specific skills or knowledge have you gained through your Zumba trainer certification that have been valuable to you in your personal and professional life?

I've found it important to continue educating myself and updating my knowledge on specific topics. This has involved me expanding my fitness knowledge—from training and nutritional knowledge to learning new dance styles. Learning is limitless!

What advice do you have for people who may be thinking about doing vocational training instead of studying at college or university?

If I had only one piece of advice to give, it would be to focus on making and achieving one goal at a time. I'm not a believer in setting many goals at once because they can become unrealistic, and I find it hard to manage my time towards achieving multiple goals. Vocational training never ends, and if you don't work hard and give each stage your best, you can be left with lots of unfinished tasks. By setting myself one realistic goal at a time and taking it step-by-step, I can give 100% at all times. Once I achieve that one goal, I can make a new one right away and dive straight in!

Photos from author

Join Kru Bambi for some active fun at BAMBI's Zumba activity for 4–6 year olds. Check the BAMBI web-site calendar for details of the next session.



MESSY MAY

Many thanks to St. Andrews International School Sathorn for co-hosting our Messy May Pop Up Playgroup on 27 May.



Children and parents were able to explore the classrooms and garden area, and enjoyed playing with a wide range of toys and resources. We were also treated to some special themed activities and a story-time session with librarian, Mr Peter, who has been with the school for many years and built an amazing culture of reading for the students!

The school also provided a variety of fresh fruits and pastries as well as coffee for the parents.



FACE IT!

Indulge in the goodness of nature's treasures with homemade facial masks, harnessing the skin-nourishing power of ingredients from your garden or kitchen. Anelia's recipes show us how.

In the ever-evolving world of skincare, consumers are continually seeking natural and effective ways to look after their skin. Homemade facial masks offer a combination of affordability and simplicity, while being easy to customize according to a person's skincare needs and preferences.

In this article I will share my two favorite homemade facial mask recipes. Both of these masks are easy to make and will leave your skin feeling radiant and glowing. So gather your ingredients and discover the power of nature, the joy of self-care, and the confidence that radiates from within when you embrace the art of crafting beauty in your kitchen! Let's unlock the secrets to radiant skin ... ONE MASK AT A TIME!

ALOE AND PAPAYA MASK

Benefits:

- Moisturizing for dry and sensitive skin
- Anti-aging properties

Ingredients:

- 50 g of fresh aloe vera (cut into small pieces)
- 100 g of ripe papaya (cut into small pieces)
- 30 g of oatmeal or rice flour
- 5 ml of vitamin E oil

Equipment:

- Blender
- Tablespoon
- Bowl
- Airtight container (plastic or glass)

Process:

1. Pulse the cut aloe vera, papaya, and oatmeal or rice flour in a blender until they form a thick paste.
2. Remove the mixture from the blender, scoop into the bowl, and slowly mix in the Vitamin E oil.
3. Gently massage the paste over your skin. Leave on for 15–20 minutes and then rinse off with lukewarm water.

Notes:

- Use once or twice a week.
- Store any leftover mask in an airtight container, and keep away from children.

COCOA, CINNAMON, AND PLAIN YOGURT MASK

Benefits:

- Anti-aging properties
- Skin nourishing—makes skin firmer and more supple

Ingredients:

- 2 tablespoons of unsweetened raw cocoa powder
- 4 tablespoons of plain and unsweetened yogurt (pot-set type)
- Pinch of cinnamon powder

Equipment:

- Bowl
- Tablespoon
- Airtight container (glass or plastic)

Process:

1. Using a spoon, thoroughly mix the cocoa, yogurt, and cinnamon in a bowl.
2. Apply the mask to your face and neck, and leave on for 20 minutes.
3. Rinse off with lukewarm water.

Notes:

- Use once or twice a week.
- Store leftover mask in an airtight container, and keep away from children.

Photo from Canva.



About the Author

Anelia is a performing artist from South Africa. She has been living and working as a teacher in Thailand for eight years. She also writes educational children's books, makes music, and loves to spend time in the kitchen. Follow her adventures on IG @aneliavz.

BABY MASSAGE

Our youngest members know where to go to escape the sweltering heat this time of year!

Every Thursday at 10am, our expert Bumps volunteers lead parents and caregivers through a special massage session for babies six weeks of age to the pre-crawling stage. Massage is a beautiful way to bond with your baby as well as support their well-being.

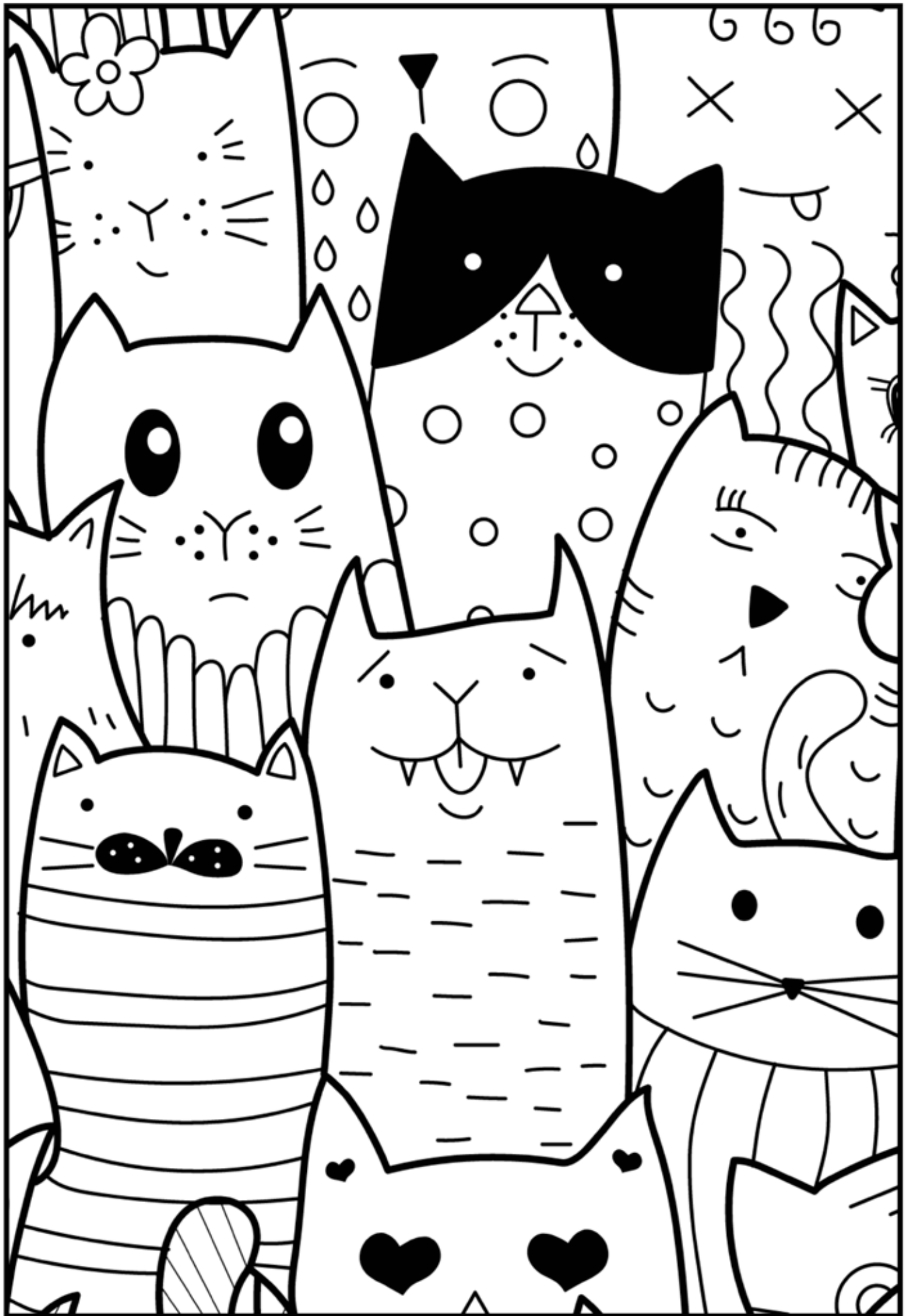
Baby Massage is held at the lovely Bumpsy Daisy Café on Sukhumvit Soi 31. Please bring a muslin cloth / blanket with you; massage oil is provided.

For more information on this and other BAMBI Bumps & Babies events, please check our website calendar.



Mindfulness Coloring





NEW MEMBERS' COFFEE MORNING

On 19 May, BAMBI hosted a New Members' Coffee Morning at newly opened international school, Little Koala International Kindergarten, in Rama 4.

It was a wonderful morning spent doing many fun and educational activities that gave us the chance to explore and get to know each other as well as experience some of what the school's nurturing, play-based curriculum has to offer young learners.

Thank you Little Koala International kindergarten for opening your doors to welcome BAMBI families.

BAMBI New Member's Coffee Morning is held at a different location each month and is open to both members and non-members. If you would like to join our next coffee morning, please contact newmembers@bambiweb.org.





WE ARE LOOKING FOR A NEW

PLAYGROUPS COORDINATOR

Do you enjoy connecting with new people and building relationships?

Are you a skilled problem-solver, decision-maker, and manager?

Do you want to create opportunities for play and friendship for families around Bangkok?

If yes, you could be BAMBI's next playgroups coordinator!

We need a detail-oriented person to be our central liaison for our playgroups! To apply or for more details, please contact: playgroups@bambiweb.org

BAMBI



PHOTOGRAPHY
BY SAYURI

CALL FOR VOLUNTEERS



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. As many of them are moving away from Bangkok, there are a number of critical roles to fill to ensure ongoing service to our members. BAMBI is a fun and a 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, detailing which position(s) you are interested in.

The following opportunities are currently available:

CHAIRWOMAN

The chair is our CEO, our liaison with CBFT and other volunteer groups in Bangkok, and acts as BAMBI's official representative in the wider community.

Responsibilities & duties

- coordinates the work of the committee and chairs the monthly committee meetings
- prepares annual reports for the AGM and CBFT
- together with the treasurer, sets the budget for each area of BAMBI
- responsible for recruiting new volunteers and is the first contact for new people interested in volunteering
- writes a bi-monthly column for the magazine
- ensures compliance with accounting/bookkeeping

SECRETARY

The secretary serves as BAMBI's administrator, and participates in monthly committee meetings as a voting member.

Responsibilities & duties

- undertakes office-related tasks
- records and disseminates accurate minutes of committee meetings and the AGM
- manages general correspondence on behalf of BAMBI
- ensures that all information pertaining to BAMBI volunteers is up-to-date
- assumes the role of chairperson during meetings in the absence of the chair or vice-chair, and assists with representative duties associated with the chair.



PLAYGROUPS COORDINATOR

The playgroups coordinator attends monthly committee meetings as a voting member and is responsible for managing the playgroups team comprising two assistants and approximately 20 playgroup leaders.

Responsibilities & duties

- ensures all playgroups are running to BAMBI standards and manages the bookings for playgroups that require registration
- selects, meets, and negotiates with new venues and recruits new volunteers
- works with fellow members of the team to ensure all playgroups are manned and team feedback is actioned
- runs training sessions and quarterly team meetings

PLAYGROUP LEADERS

The BAMBI playgroup leader runs a weekly “free-play” playgroup. Positions are available at various locations throughout Bangkok, Sukhumvit, Sathorn, and Silom.

Responsibilities & duties

- attends and manages the playgroup: collects entrance donations, welcomes new and current members
- takes photos of the playgroup for BAMBI Magazine
- can voluntarily introduce circle time or short activities to their playgroup at their own discretion

FEATURE WRITER—BAMBI MAGAZINE

The feature writer will work under the guidance of the BAMBI Magazine editor, and be responsible for researching and writing feature articles for every issue.

Responsibilities & duties

- meets with the editor to generate ideas for new content
- drafts creative and original content that appeals to BAMBI’s target audience
- follows BAMBI Magazine’s print cycle and ensures timely delivery of completed drafts
- provides the editorial team with occasional editing and proofreading support

EVENTS COORDINATOR

The events coordinator attends monthly committee meetings as a voting member and organizes and coordinates BAMBI’s parties and events.

Responsibilities & duties

- coordinates the planning and delivery of BAMBI’s large events such as our splash party and Halloween party. This includes sponsor solicitation, setting-up and tidying up before and after the events, organizing volunteers to help during the event, and organizing kids’ activities and food vendors.
- organizes internal team events



EVENTS ASSISTANT

The events assistant supports the events coordinator with the planning of events and organizing the BAMBI parties.

Responsibilities & duties

- assists the events coordinator with the planning and delivery of BAMBI's large events such as our splash party and Halloween party
- coordinates with other teams within BAMBI like media and website teams



NEW MEMBERS COORDINATOR

The new members coordinator attends monthly committee meetings as a voting member, and is the person responsible for welcoming and introducing BAMBI members and their families to the community.

Responsibilities and duties

- arranges monthly New Members' Coffee Mornings (one weekday morning per month)
- arranges Pop Up Playgroups (usually one Saturday morning per month for 2-3 hours)
- maintains liaison with schools and other venues via email and site visits to arrange and host New Members' Coffee Mornings and Pop Up Playgroups.

VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK



HOW TO BECOME A BAMBI MEMBER

Becoming a BAMBI member is very simple. Go to any BAMBI playgroup or event, including New Members Coffee Morning, and pay the membership fee in cash. You will get a membership card and receipt on the spot.

Alternatively, you can make an ATM or online payment to our bank account, and then send us your proof of payment using the form on the BAMBI website. We will activate your membership within a few days of receiving your submitted form, and you will receive your membership card by mail within two weeks of activation.

SIGN UP AT ANY BAMBI PLAYGROUP/EVENT OR SIMPLY GO TO THE BAMBI WEBSITE!

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

Your membership is valid for 12 months. The expiry date is written on the back of your membership card. Please renew when the year is up.

STAY UP TO DATE

Make sure to check www.bambiweb.org and the BAMBI Facebook page (@BAMBI Bangkok) for regular updates.

Want to know more? For more information about joining us, visit our website:

WWW.BAMBIWEB.ORG/FAQ

If you have any membership issues, please email: database@bambiweb.org

BAMBI MEMBER BENEFITS

Flash your BAMBI card and enjoy special discounts!*



**10% OFF
THE POP TEAM
ORGANIZER**



**20% OFF
ON KID MENU
IROHA**



**10% OFF
MELODY
FROM PARIS**



**20% OFF
SIVA YOGA**



**10% OFF
BODY BY BEAST**



**10% OFF
GAB GROUP
CLASSES**

Scan the QR code to find out more about what amazing benefits and discounts are on offer for our BAMBI members.



These include discounts from the below organizations:

Johnny Live, Niche Salon Bangkok, Jumping Clay, Little Pea, Musical Theater for Kids, Playville, Kid Able the Mail, 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 Theora, Bumrungrad Hospital, J Clinic, Painaway Clinic, Larnala Maximo, Physio Clinic, Bangkok International Dental Hospital, Bangkok Self Storage, Ayasan Service, Kids Home and Family Services, Kiddi, Nick & Nisha Kids Concept Store, Ergobaby, Neilson Hays Library, Amy Diener, Lili by Lili, Move Well with Anna, SRC Health, Little Big Dream, Wonder Woods Kids Cafe, Hagen Thailand, Curtain Up Drama & Magic, GAB, Samitivej Hospital, Iroha Yakiniku, Thonglor 11, Siva Yoga, Melody from Paris, The Pop team.

*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 with inquiries.

FOUNDER

Mel Habanananda

HONORARY MEMBERS

Paula Young
Anna Ingham (Bumps and Babies Founder)
Kathy Leslie
Ravit El-Bachar Daniel

HONORARY PRESIDENT

Simmi Rajkitkul | advisor@bambiweb.org

VOTING POSITIONS

Chairwoman | VACANT
chairwoman@bambiweb.org

Executive Board | Chiaki / Sara / Rocky
vicechairwoman@bambiweb.org

Secretary | Rocky
secretary@bambiweb.org

Treasurer | Ritika
treasurer@bambiweb.org

Activities Coordinator | Prae
activities@bambiweb.org

Editor, BAMBI Magazine | Sanam
editor@bambiweb.org

Charities Coordinator | Lynda
charities@bambiweb.org

Database Coordinator | Daisy
database@bambiweb.org

Events Coordinator | VACANT
events@bambiweb.org

New Members Coordinator | Chiaki
newmembers@bambiweb.org

Playgroups Coordinator | Sara
playgroups@bambiweb.org

PR/Media Coordinator | Marianna
media@bambiweb.org

Website Coordinator | Frances
websiteasst@bambiweb.org

VOTING/EX OFFICIO/BY INVITATION

Bumps & Babies Coordinator | Jo
bumps@bambiweb.org



NON-VOTING POSITIONS

Assistant Bumps and Babies Coordinator |
Yaz: bumps@bambiweb.org
Jenifer

Assistant Playgroups Coordinators |
Gienna: playgroupassist1@bambiweb.org
Sassy: playgroupassist@bambiweb.org

Assistant Treasurers |
Rieko: treasurerasst4@bambiweb.org
Saeko: treasurer@bambiweb.org
Takako: treasurer@bambiweb.org

Assistant Website Coordinator |
Jung: websiteasst@bambiweb.org

Activities Team |
Maria / Takako / Yumi / Karin

Bookkeeper |
Phorn: bookkeeper@bambiweb.org

Playgroups Team |
Mimi / Prissarat / Prae / Emiko M /
Wakako / Poppy / Deshna / Sayoko /
Aoi / Hilda / Nana

BAMBI Magazine - Deputy Editor |
Anelia: depeditor@bambiweb.org

BAMBI Magazine - Assistant Editors |
Rachel O: assisted1@bambiweb.org

Monisha: assisted2@bambiweb.org
Sade: assisted4@bambiweb.org
Joe: assisted5@bambiweb.org
Chanelle: assisted08@bambiweb.org

BAMBI Magazine - Photographers |
Sayuri / Kana / Mai

CBFT Advisor |
Cherry: advisor1@bambiweb.org

Chinese Coordinator |
Sara: chinesecoordinator@bambiweb.org

Events Team |
Donna: eventsasst3@bambiweb.org
Sneha: eventsasst2@bambiweb.org

Japanese Coordinator |
Aya: japancoordinator@bambiweb.org

Me-Time Coordinator |
Aya: me-time@bambiweb.org

Member Benefits Coordinator |
Lynda: benefits@bambiweb.org

Pop Up Playgroups & New Members Team |
Sayoko / Aya / Emiko

Promotional Designer |
Yumi: design@bambiweb.org

Thai Coordinator |
Lynda: thaicoordinator@bambiweb.org

BAMBI Magazine is the non-profit monthly magazine of BAMBI. It is distributed free of charge to members. Editorial contributions from members are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI Magazine Editor: editor@bambiweb.org.

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

Advertising Inquiries to:

Finn Balslev
Phone: 02 943 7166-8 Ext. 116
Mobile: 081 866 2577
Fax: 02 943 6618
Email: finn.scandmedia@gmail.com

Artwork Inquiries to:

Scandinavian Publishing Co., Ltd. (Dao)
Phone: 02 943 7166-8 Ext. 106
Mobile: 086 788 2050
Email: disraporn.scandmedia@gmail.com



At our campuses you will find



- Teaching and learning according to the British National Curriculum
- Qualified British teachers
- Intensive Language Programme (Mandarin, Japanese, Thai)
- Limited class sizes for personalised support & attention
- Focus on the development of talents and passions



Contact us today to see what we can offer your child at our close-knit family of schools

KIDS' ACADEMY EKKAMAI

✉ INFO@KIDSACADEMY.AC.TH

☎ 02 714 3636

🌐 WWW.KIDSACADEMY.AC.TH



KIDS' ACADEMY SRINAKARIN

✉ INFO@KAIS.AC.TH

☎ 02 047 7400

🌐 WWW.KIDSACADEMY.AC.TH



isb.ac.th



uniquelyISB

#9. ISB was the first international school in Thailand and still proudly - and successfully - not-for-profit. Students come first, with a substantial re-investment program boosting facilities every year since 1951, including 1-1 iPads or MacBook Airs for all students. #uniquelyISB



#uniquelyISB

**Thailand's Premier International School since 1951
welcoming applications for 2022**