

BAMBI

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1.0**

**NOURISHING
YOURSELF IN THE
CHILDBEARING
YEARS**

**THAILAND FOR LITTLE
EXPLORERS**

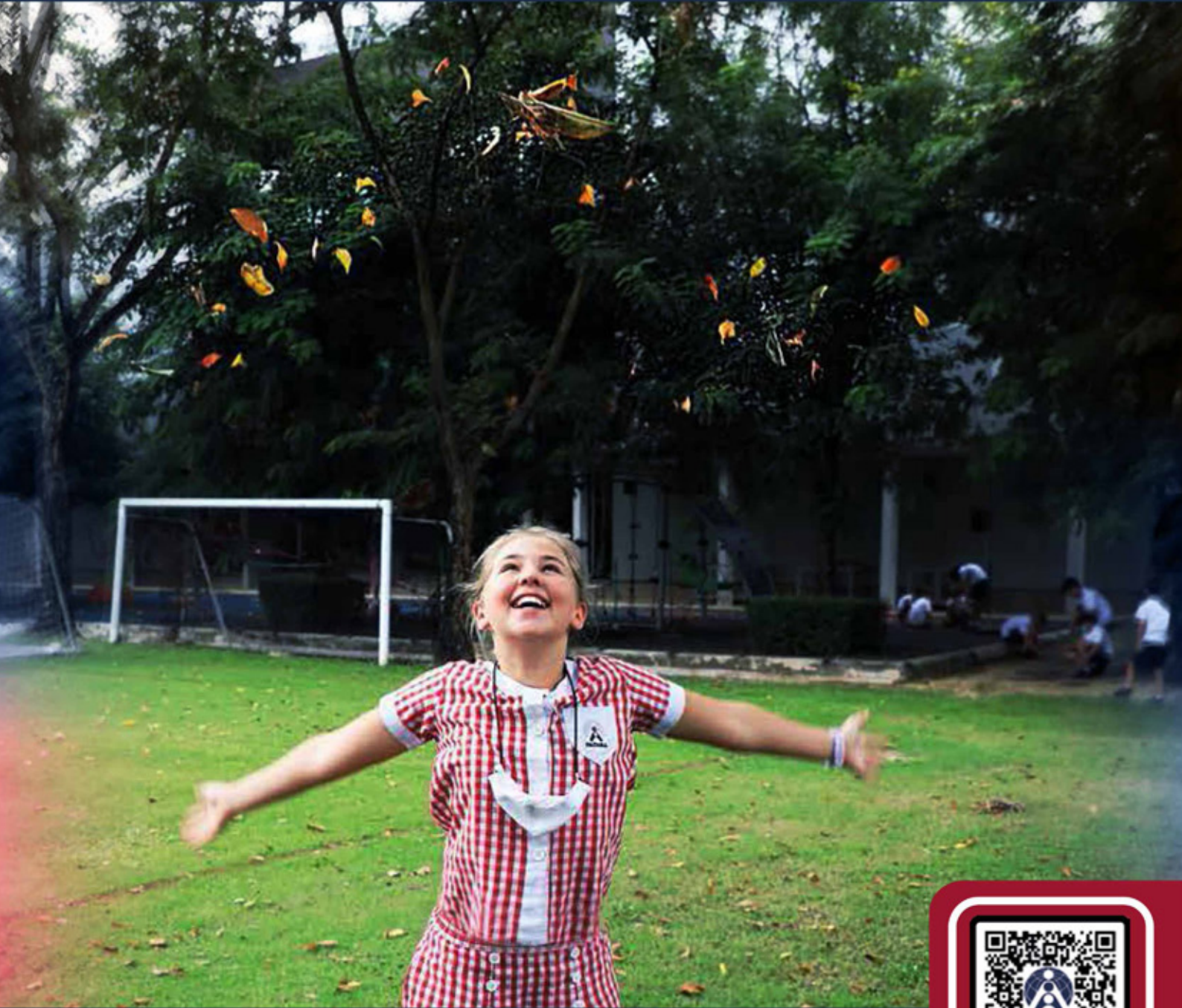
SEPTEMBER 2023

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A project of Childbirth and Breastfeeding Foundation of Thailand

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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



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5 Committee Letter

6 Editor's Corner

On the Cover

20-21 Thailand for Little Explorers

28-32 Nourishing Yourself in the Childbearing Years

40-42 The Dad Diaries: Naptime 1.0

Special Features

16-17 Creation Station: Marvelous Mugs

24-25 Ready, Set, Nursery: Five Tips to Prepare Your Child for Nursery

38-39 The Poetic Journey: You Are Never Too Old

44 Readers' Corner: Books to Inspire

46-47 Photo Feature: Volunteer Appreciation Day – Summer Aloha

48 Fun Corner

In Every Issue

8 Our Cover Kids

8 Welcome, New Members!

8 Happy Birthday from BAMBI!

10 How to Become a BAMBI Member

11 BAMBI Playgroups & Activities

12-13 Member Profiles

14 BAMBI Member Benefits

22 Bangkok Support Groups

34-36 Call for Volunteers

49-50 BAMBI Team

*Hello!
Can you find me
in the magazine?*



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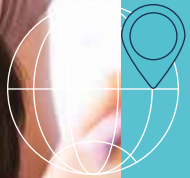
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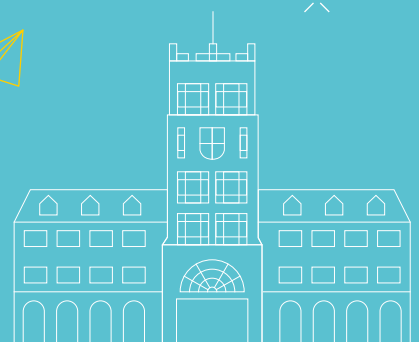
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Marianna Revolfato

Hello BAMBI families!

We've already reached September! I hope you've had a fabulous summer with your loved ones. For me, this is the month of new beginnings and good intentions. In fact, exactly two years ago, I moved to Bangkok with my husband and we discovered "a whole new world"—the theme of this issue.

Moving to a new country is a transformative journey that encompasses far more than the practical aspects of relocation. It's an opportunity for personal growth and self-discovery.

My journey began with excitement and a bit of trepidation, but I quickly learned that embracing change is essential for a successful transition. Adapting to a new culture meant adopting new customs, etiquette, and communication styles. Initially, ordering a meal or simply greeting someone required a level of skill I hadn't anticipated. However, my willingness to learn and immerse myself in the Thai way of life helped me overcome these obstacles.

Finding my footing in Bangkok also involved embracing the city's diverse community. I actively joined social activities and volunteered for various causes, which not only helped me meet like-minded individuals, but also enriched my overall experience of residing in a new country.

This year, I also became a mother for the first time. Ensuring my baby's well-being in a new context was my priority. I had to inform myself about local hospitals, doctors, and the various services available during pregnancy and postpartum. This process was challenging, but with the resources provided by BAMBI, I found the right care and support to ensure a safe and peaceful journey into motherhood. The community offered invaluable advice, fostering a sense of belonging and, through BAMBI, I was able to connect to many people, creating friendships that have enriched my life.

Building a new life from scratch requires courage and an open mind. It wasn't always easy, but the challenges I faced helped me grow and discover strengths within me that I never knew existed, and which I now cherish as invaluable assets.

September is also a month of fresh starts for BAMBI because all activities will resume, and there will be many exciting updates. We look forward to welcoming many of you to a fantastic new year!

Marianna
BAMBI media coordinator



WE ARE LOOKING FOR A NEW SECRETARY

If you're a great communicator and an effective organizer who loves working behind the scenes to ensure things run smoothly, we have the role for you!

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To apply, or for more details, please contact secretary@bambiweb.org.

BAMBI



Sanam Raisa Rahman

One of my earliest memories as a newcomer in Thailand is one where I spent nearly 30 minutes shopping for laundry detergent, only to walk out of the store feeling more perplexed than content with my purchase.

I'd just joined my husband, who'd already been here for some time. On realizing we were out of detergent, I rushed to the supermarket next door to buy some. To my surprise, everything was labeled in Thai, and I spent a good few minutes second-guessing every other pack or box I picked up. Finally, I gave up and asked the nearest sales assistant whether the product in my hand was detergent or softener. What ensued afterwards was at least 20 minutes of me being transferred to five different staff who I failed to explain to that I just wanted to know which product was the one to wash clothes with. Little did I know this was the first of many such incidents I'd be facing due to the language barrier, and it would take some getting used to.

Anything new can be daunting, but when you're an expat, even the most routine of tasks can bring on a whole new level of challenge and uncertainty which you'll need to patiently face with new skills and knowledge. So this month, with the theme "A Whole New World", we bring content that will help you navigate both everyday and milestone tasks in any new world you find yourself in—a new country, new school, or even parenthood.

In "Thailand for Little Explorers", Sheena Low explains the ways in which exposure to Thai culture and history presents beautiful opportunities to help your little ones transition smoothly into the Thai way of life. Also, in case your child is soon starting nursery in Bangkok, Siobhan Wyper and Jasmin Hagen's article, "Ready, Set, Nursery: Five Steps to Prepare Your Child for Nursery", provides the strategies your family can adopt to help your child feel comfortable about starting school.

For more ways to feel settled and grounded in an unfamiliar setting, check out the books in this month's Readers' Corner. "Saffron Ice Cream" by Rashin Kheiriyeh illustrates how a young girl adjusts to the struggles of a cross-continent move by finding her anchor in her family and friendships. In "Bringing Up Bébé", Pamela Druckerman details how cultural differences in parenting helped her take parenting as an expat in her stride.

If you're confused about what you should be eating as you venture into pregnancy and postpartum, Jenifer Sawchenko explains it all in "Nourishing Yourself in the Childbearing Years"; if you're lost in the world of naptime struggles, Joseph Barker's piece, "Naptime 1.0", offers you some humor and solace to ease the pain.

In other content, we have "Marvelous Mugs" by Anelia Van Zyl and "It's Never Too Old", a poem by Cecilia Yu. Follow Anelia's instructions to make some cute mugs for tea time with friends; read the poem and be inspired to chase after the deepest desires in your heart.

The first few steps in new surroundings and with new people aren't always easy, but we hope that this month's issue will be of some help in finding your footing. I'd like to thank the magazine team and our publishing agency for yet another month of hard work, and on behalf of us all, have a happy September!

Sanam
Editor



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OUR COVER KIDS

Name

Aarón Pinsuvana, and my nickname is Cooper.

Where are you from?

Bangkok, Thailand

How long have you lived in Thailand?

Since I was born, so almost six years.

Favourite place to go as a family in Thailand?

IconSiam or interactive museums and exhibitions

What's on your Thai bucket list?

Phuket and Chiang Mai as a family

What does BAMBI mean to you?

A community of friends and a place where everyone knows your name! :)



OUR COVER KIDS

Names

Mia and Kai Nakazawa

Where are you from?

Chiba, Japan

How long have you lived in Thailand?

A year now.

Favourite place to go as a family in Thailand?

Moori Moori farm! We love feeding animals.

What's on your Thai bucket list?

Koh Phi Phi as a family and getting close to elephants!

What does BAMBI mean to you?

Where we have so much fun and mom can enjoy seeing her friends too! :)

'Our Cover Kids' portraits by Kana Wakaiki

HAPPY BIRTHDAY FROM BAMBI!

SEPTEMBER BIRTHDAYS

Archawin Arsiralertsiri
Freya Upanwan
Haru Umehara
Jasper Dan Lloyd Rivera
Joanna Roach
Kanata Yoshikawa
Kotaro Onishi

Lincoln Cohen
Pimmada Lee
Shanaya Farid
Sora Fujiwara
Yuma Tsumura
Yunay Kapadia

WELCOME, NEW MEMBERS!

Agnes Yoon
Barkha Narula
Harairat Lertasavawekhin
Kwanruethai Roopmok
Mari Onishi
Naraporn Kharuhassuwan

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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!

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(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 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**



MEET DAISY

Meet Daisy, a mom-of-all-trades who loves being back in Thailand!

W

Where are you from and what's your nationality?

I'm Thai. I was born in Bangkok, Thailand, but spent most of my childhood in the US. I grew up as a third culture kid so home is a bit of both the United States and Thailand. I relocated back to Thailand over a decade ago.

Can you tell us something about your career and work? And what about your spouse?

I'm a full-time working mom and a jack-of-all-trades, working in the fields of media, education, and self-development. Besides taking care of our son, my husband assists with my many businesses.

What do you miss the most about the US?

I miss the weather and probably the touristy places.

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

I work seven days a week, so my early mornings and early evenings are filled with work. In between is usually late breakfast with the family and teaching classes. On weekends, we'll explore a park and grab lunch at our usual favorite places.

What do you love most about Thailand?

I love the lifestyle, the delicious food, and the breathtaking tourist spots.

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

I really enjoy the pristine beaches, especially in Krabi and Phang Nga, as well as the old town vibes of Phuket.

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

Meeting the right people and making friends. It took a long while before I found the right circle of friends and a community of like-minded individuals.

How did you find out about BAMBI?

I saw the BAMBI Magazine at one of the international schools in Bangkok.

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

Explore this wonderful city, learn, and be open to meeting lots of interesting people.

Here I am!





MEET AOI

Meet Aoi, a mom who knows how to make every day extra special in simple and meaningful ways.

W

Where are you from and what's your nationality? Can you tell us about your life back home?

I am Japanese and was born in Hyogo, Japan. During my teens I lived in Ohio, US, after which I went back to Japan to study. I worked in Osaka, Tokyo, and then moved to Singapore, where I later met my husband. I was on long maternity/childcare leave after having my first child, and then my husband got assigned to Bangkok, so instead of going back to work, I quit my job and we all came here together.

Can you tell us something about your career and work? And what about your family?

I used to work at a recruitment firm, but I have no plans to go back to that. My husband is working at an industrial electric company. We have two lovely children: a five-year-old daughter and a three-year-old son who loves his big sister very much.

When did you come to Thailand? What do you miss the most about your country?

We arrived at the end of July 2022; it's been a year now. I miss seeing my parents and both our families.

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

During weekdays I take my son to BAMBI playgroups and family yoga sessions, which I also assist with. During weekends when my husband is here, we go to Moori Moori farm, where the kids love to play. When my husband is busy, I take my kids to air-conditioned places such as the aquarium, museums, or indoor playgrounds.

What do you love most about Thailand? Which parts of Thailand have you traveled to, and which did you enjoy the most?

The people are very nice, and I love the fact that I can wear summer dresses all year. I traveled around the northern parts and islands of Thailand when I was still single. I would love to go back to Koh Phi Phi, but this time as a family.

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

To find sidewalks and streets that allowed me to walk with my kids and a stroller. Also the language barrier, especially when explaining to tuk-tuks or taxis where we want to go.

How did you find out about BAMBI?

The internet. I wanted to have a diverse community that I could belong to. I joined the New Members Coffee Mornings every month after arriving in BKK, and became a member/volunteer almost right away.

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

Come and join any playgroups and activities you are interested in! You will make new friends and find exciting places to go to on a regular basis. Join me at Honey Bear on Wednesdays!

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





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MARVELOUS MUGS

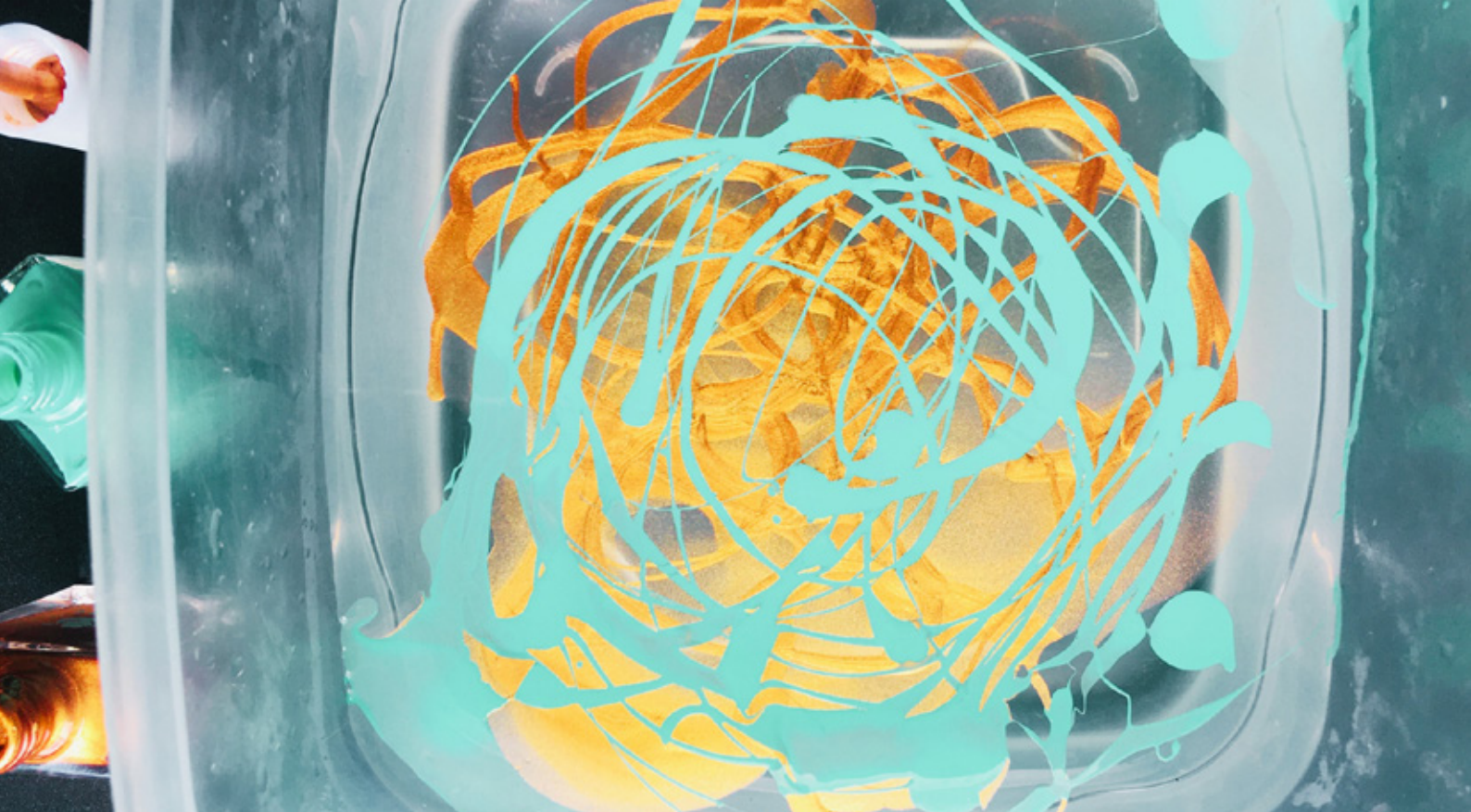
Anelia appreciates the value of a long-lasting friendship and a great cup of coffee. In this month's Creation Station, she teaches us how to combine the two with a beautiful marbled mug, perfect for any friend.

Friendship is important for support and companionship in our lives. True friends provide a listening ear and a shoulder to lean on in times of need. They bring joy, laughter, and shared experiences that create lasting memories. It's through friendship that we find encouragement, acceptance, and a sense of belonging. Why not treat your special friend with a DIY marbled mug? The technique we are going to use is called hydro dipping, but instead of spray paint, we'll use nail polish. It's an easy and fun craft, and the results are beautiful.

SUPPLIES

- Nail polish in color/s of choice (quick-dry nail polish is not suitable)
- Skewer
- Container filled with hot water
- White ceramic mug
- Nail polish remover (optional—if you make a mistake)
- Cotton buds or cotton wool
- Dishwasher-safe Mod Podge
- Small foam brush
- Newspaper to dry mug on





PROCESS

1. Make sure you have all your supplies ready. This craft requires you to work fast.
2. Ensure that your ceramic mug is thoroughly clean and dry. Remove the sticker on the underside with hot water and dishwashing soap.

TIP: If the sticker is especially difficult to remove, try heating it for a few seconds with a hairdryer before peeling it off.

3. Use a container that is large enough to immerse the mug without touching the sides of the container.

NOTE: The container may get damaged, so it's advisable not to use an expensive or valuable one.

4. Fill the container with HOT water. Carefully pour the nail polish into the water. Hold the nail polish bottle close to the water's surface to prevent the drops from sinking to the bottom. Instead of individual drops, opt for creating swirly lines of nail polish spread across the entire surface of the water but with gaps between the lines.

5. The nail polish tends to dry quickly, so it's crucial to work fast. Use a skewer and swirl the nail polish around, remembering to ensure it spreads and covers a large portion of the water's surface. Avoid thick globs of nail polish!
6. Dip your mug into the nail polish, taking care to avoid getting any on the area where your mouth will come into contact with the mug. Leave the mug for a few seconds in the polish-infused water, allowing the nail polish to adhere to its surface. Once done, carefully remove the mug from the water, and flip over to dry.
7. Remove any imperfections with a cotton bud or cotton wool soaked in nail polish remover.
8. Once the nail polish has dried, apply two layers of dishwasher-safe Mod Podge to the sections of the mug that have been coated with nail polish. Use a small foam brush to ensure even application. Allow each coat to dry thoroughly before applying the next one.

Then all you need to do is invite a friend over and put the kettle on. Cheers!

Photos courtesy of the author.



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 @aneliazv.



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Barry Sutherland
Founding Head of School

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THAILAND FOR LITTLE EXPLORERS



Experience the magic of Thailand with your little ones! Sheena explores the vibrant tapestry of culture and values that awaits our little explorers when we teach them to embrace Thailand's ancient temples, exquisite food, pristine beaches and more.

Sawasdee ka! As an expat parent living in the vibrant land of Thailand, you have a golden opportunity to immerse your children in the rich tapestry of Thai culture. Beyond the pristine beaches and tantalizing street food, Thailand holds a treasure trove of traditions, values, and experiences that can shape your children's perspectives and enrich their lives. Join us on this extraordinary journey as we explore fun and engaging ways to teach your little ones about Thai culture, instill important values, and foster a deep love for nature.

Exploring temples, spirituality, and cultural landmarks

Thailand's landscape is adorned with majestic temples, or "wats", offering a serene space for contemplation and exploration. Take your children on a temple-hopping adventure to iconic temples such as Wat Phra Kaew in Bangkok or Wat Phra That Doi Suthep in Chiang Mai. Teach them about the significance of these sacred places and encourage their participation in traditional rituals, such as lighting incense sticks or making a respectful offering. Engaging with Buddhism and spirituality will foster a sense of mindfulness and respect for different belief systems.

No exploration of Thai culture would be complete without visiting its world-famous landmarks. Take your children to the Grand Palace in Bangkok, where they can marvel at the

opulent architecture and intricate details. Another historical gem is the ancient city of Ayutthaya, a UNESCO World Heritage Site, where they can wander among the fascinating ruins of temples and palaces. These landmark visits will provide a window into Thailand's rich history and cultural heritage.

Celebrating festivals with gusto

Thailand is a country that loves to celebrate, and its festivals are truly a sight to behold. Immerse your children in the joyous celebrations of Songkran, the Thai New Year, by joining water fights and engaging in traditional ceremonies that symbolize cleansing and renewal. Experience the Lantern Festival in Chiang Mai, where families release beautiful lanterns into the sky, carrying away their worries and hopes. Encourage your children to participate in these festivities, learn about their cultural significance, and embrace the spirit of unity and celebration.

Culinary adventures and traditional Thai arts

Thai cuisine is a feast for the senses, and introducing your children to its delectable flavors will broaden their culinary horizons. Take them on a culinary adventure, sampling iconic dishes such as pad Thai, tom yum soup, and mango sticky rice. Visit local markets like Chatuchak in Bangkok or the Walking Street Market in Chiang Mai, where aromatic street

food stalls beckon with their tempting offerings. Engage your children in fun cooking sessions at home, allowing them to assist in preparing simple Thai dishes to explore the diverse textures and smells of Thai herbs and fruits. By embracing Thai cuisine, they will develop an appreciation for diverse flavors and cultural culinary traditions.

In addition, why not unlock your children's creativity and introduce them to the world of Thai arts and crafts? From intricate wood carvings to vibrant Thai silk, there's something for every budding artist. Engage them in activities like traditional Thai art classes, batik painting, tie dye, or even trying their hand at traditional Thai dance movements. These hands-on experiences will not only nurture their artistic skills but also provide a deeper understanding and appreciation of Thai cultural heritage.

Thai language, values, and "sanuk"

Learning a few basic Thai phrases can open doors to authentic cultural experiences and interactions. Encourage your children to embrace the Thai language by teaching them common greetings, expressions, and simple words. Make it fun by engaging in playful tongue twisters, like "Yak Yai Lai Yak Lek" (which means "a big giant chases a small giant"). Embracing the language will make your children feel more connected



to the local community and deepen their appreciation of Thai culture.

Thai culture places great emphasis on respect, gratitude, and good manners. Teach your children these values by modeling them in your everyday interactions. Encourage them to greet others with a polite “sawas-dee ka” (hello) and practice the Thai gesture of respect, the wai, by pressing their palms together and slightly bowing. Teach them to show gratitude by saying “khob khun ka” (thank you) and by demonstrating appreciation for the efforts of others. Teach them about the concept of “sanuk” (finding joy in everyday activities) and “mai bpen rai” (the relaxed and easygoing attitude). Emphasize the importance of showing kindness and compassion to others, whether it’s through acts of giving or volunteering in your local community. In Thailand, a little can go a long way due to the large socio-economic gap. By practicing these values, your children will develop a deep respect for Thai culture and a sincere appreciation for those around them.

Nature’s playground and beach bliss

Thailand’s natural beauty offers a playground for your children to connect with nature and develop a love for the earth. Take them to national parks such as Khao Yai, Doi Inthanon, or Erawan, where they can marvel at cascading waterfalls, go on wildlife-spotting adventures, and trek through lush jungles. Encourage them to embrace their inner explorers and engage in activities like hiking, camping, or birdwatching. These experiences will foster a sense of environmental consciousness and appreciation for the wonders of nature.

Thailand’s stunning coastline and turquoise waters offer ample opportunities for beach adventures. Take your children to destinations like Phuket, Krabi, or Koh Samui, or the lesser known Koh Samet, Koh Larn or Koh Lipe, where they can build sandcastles, frolic in the waves, and explore vibrant underwater worlds through snorkeling or diving. Use these coastal adventures as an opportunity to teach them about the importance of

marine conservation. Activities like beach clean-ups or visits to marine sanctuaries can highlight the importance of protecting the environment and all living things .

Conclusion

Living in Thailand provides a unique opportunity to nurture your young children’s understanding of Thai culture, instill important values, and foster a love of nature. By immersing them in the temples, festivals, language, arts, values, and nature of Thailand, you are opening their hearts and minds to a world of diversity, understanding, and environmental consciousness. As you embark on this extraordinary journey together, you’ll not only strengthen their connection to their new home but also instill in them the wisdom, open-mindedness, and compassion that will guide them throughout their lives.

Photos courtesy of the author.



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.



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.

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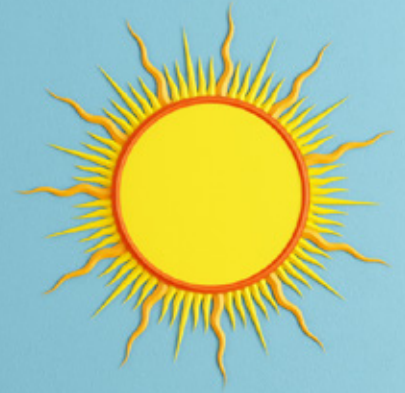
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READY, SET, NURSERY: FIVE TIPS TO PREPARE YOUR CHILD FOR NURSERY



The first day at nursery is bound to be an equally exciting and scary day for us and our children, so we've asked two experts, Siobhan and Jasmin, for their top tips on how to prepare for this milestone.

Sending your child to nursery is an exciting milestone, marking the beginning of their educational journey. Embarking on the journey of preparing your child for nursery is a truly rewarding endeavor that demands dedication and time. Setting the stage for a smooth transition to nursery is crucial for your child's emotional well-being and development. However, it's natural for both parents and children to experience a mix of emotions during this transition. As you prepare to take this exciting step, here are five tips to help you and

your child embrace this new chapter. These tips will focus on building foundations, nurturing routines, growing connections, empowering and encouraging your child, and the importance of communication.

1. Building Foundations

Before your child starts nursery, it is important to build a strong foundation for their learning and social development. Engage in activities that promote cognitive skills, such as identifying colors, shapes, and numbers. Bangkok offers various child-friendly

attractions where parents can take their children, such as the Children's Discovery Museum or Kidzooona, where they can learn through interactive play and exploration. In addition, parents can explore local parks like Lumpini Park or Benjakitti Park, where children can enjoy outdoor activities and develop their confidence in unfamiliar settings.

2. Nurturing Routine

Establishing a predictable routine is essential for children's sense of security and comfort. Begin introducing a structured schedule a few weeks before nursery starts. This can include regular wake-up times and morning routines that might resemble the experiences they will have on school mornings. In addition to this, having set meal times, consistent bedtimes, and dedicated playtime are all invaluable in helping children to settle into new routines.

3. Growing Connections

Building connections with other parents before your child joins nursery can be beneficial for both you and your child. Seek out local parent groups or online communities specific to Bangkok, where you can





connect with fellow parents. By fostering these relationships, you can arrange playdates or meetups to allow your child to socialize with peers before starting nursery. Some online platforms like Meetup or Facebook groups can help you connect with other parents in your area.

4. Empower and Encourage

Empowering your child and fostering their independence will help them adjust to nursery life. Encourage them to take responsibility for simple tasks, such as dressing themselves, waiting for a turn with something, or tidying up their toys. Engage in age-appropriate activities that promote confidence and self-expression, like art classes or music lessons. Bangkok offers a range of creative and educational classes tailored to different age

groups, allowing your child to explore their interests and talents.

5. Talk, Talk, Talk

Open and continuous communication with your child is crucial in alleviating the possibility of separation anxiety. Talk positively about nursery, highlighting the fun activities and new friends they will make. Read books such as “Preschool Day Hooray!” or “Froggy Goes to School” and watch videos together that discuss the nursery experience. Visit the nursery with your child if possible, allowing them to familiarize themselves with the environment and meet their teachers in advance. Bangkok has several nurseries that provide opportunities for parents and children to visit and have orientation sessions, and ease the transition process.

Preparing your child for nursery in Bangkok requires careful planning and support. By following these five tips—building foundations, nurturing routines, growing connections, empowering and encouraging your child, and maintaining open communication—you can ensure a positive and successful transition to nursery life. Remember, every child is unique, so adapt these tips to suit your child’s individual needs and preferences. With your guidance and support, your child will thrive on their nursery journey, and create lasting memories and friendships along the way.

Photos from Canva.



Siobhan Wyper

Jasmin Hagen

About the Authors

Siobhan Wyper, head of Preparatory School and Jasmin Hagen, head of Early Years are driving forces at Brighton College Bangkok. With over two decades of educational experience, Siobhan fosters holistic growth, blending academic excellence with character development. Jasmine, with her profound understanding of early childhood, nurtures curiosity and exploration in the Early Years program.

A young child with dark hair tied up in a bun, wearing a light blue short-sleeved shirt with ruffled cuffs and dark pants, is holding a clear plastic sheet in front of their face. The child is looking through the plastic with a focused expression. The background is a brightly lit room with a white wall and a vertical light fixture emitting a green glow. The overall lighting is soft and colorful, with a pinkish-purple hue on the right side of the frame.

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NOURISHING YOURSELF IN THE CHILDBEARING YEARS



You are what you eat, and so is your baby. So what should you eat? It's a tough question, but fortunately, midwife Jenifer has done the research and has all the answers we need to nourish ourselves during pregnancy, postpartum, and lactation.

G

Get enough protein. Limit salt. Avoid fish.

This is some of the advice you may receive soon after you find out you're expecting. You already know that nutrition is important, but you may not be exactly sure what you need to be doing. Your doctor may tell you a few things if you ask, but the reality is that nutrition is barely covered in medical school. You may go in search of guidance on the internet, find an abundance of information—sometimes conflicting—and end up feeling confused. It isn't always easy to decipher which advice to follow.

One reason may be that most conventional nutrition guidelines are based on a mix of outdated research and guesswork due to a lack of current research on pregnant women. Additionally, research suggests that it can take an average of 17 years for scientific evidence to make it into clinical practice where it will be used for our benefit. Nutrition guidelines are no exception (1), (2). So, what do we do?

Combing through all the latest research ourselves isn't practical for most of us. So we look to those who are steeping themselves in the latest research (3), (4) and find out what they're saying, which is what I've done. My hope is that you will feel inspired and empowered with information you can start using today to bring more nourishment to yourself and your baby.

The importance of nutrition

At no other time in your life is good nutrition more important than in pregnancy, postpartum, and lactation. The sacrifices of motherhood begin early, as the childbearing body prioritizes the needs of the baby growing in the womb and at the breast. This can happen at the expense

of the mother's own nutrient stores. If she isn't replacing what is demanded of her, she will end up depleted. And if she enters any stage of pregnancy or postpartum already depleted, there can be a significant impact on the baby's current and future health. This is a sobering reality, but keep in mind that the benefits of adequate and optimal nutrition during this stage of life are equally as powerful and can reap significant health rewards. Understanding what the needs and potential impacts are at each stage is a good start to ensuring you are meeting your nutritional needs.

Nutrition for a healthy pregnancy

In pregnancy, extra nutrients are needed to build the placenta and grow the fetus, as well as to create extra tissues, fluids, and blood in the mother to support a healthy pregnancy.

Additionally, research done in the field of gene expression (epigenetics) has shown that lifestyle choices—including adequate nutrition during pregnancy and lactation—impact the long-term health of the baby by affecting the risk of obesity, heart disease, high blood pressure, and type 2 diabetes (5).

Deficiencies in certain nutrients such as vitamin B12 and DHA during pregnancy and lactation can lead to irreversible growth and developmental deficits (6), (7), (8). Even something as simple as restricting salt, which contains two important minerals needed in higher amounts during pregnancy, can negatively impact the normal growth of the fetus (9). If nutrient stores are ample, however, the risk of gestational diabetes, premature delivery, preeclampsia, anemia, developmental and growth problems in the baby, and



excessive or inadequate weight gain in the mother are significantly lower.

Nutrition for the postpartum period

There is a lot of focus on nutrition for pregnancy, and rightly so, but information on nutrition for postpartum recovery and lactation is often overlooked. This is unfortunate because in the first months postpartum, calorie and nutrient needs are actually higher than in pregnancy. The demand is high as the body focuses on repairing stretched and torn tissues, building breast tissue, establishing a milk supply, and healing wounds (even in a vaginal delivery, the placenta leaves behind a large wound inside the uterus). Then there's the need to fully replenish nutrients lost in pregnancy, which takes about two years. The nourished parent is more likely to experience a smoother recovery with better energy, better mental health, and preserved fertility for future pregnancies.

Nutrition for the lactating mother

During lactation, requirements for many nutrients increase, and levels of these same nutrients can vary widely in breast milk depending on the mother's nutrient status and dietary intake. Nutrient deficiencies during this time are more common than you might think. B-vitamins, fat soluble vitamins (A, D, E and K), minerals, and fatty acids such as DHA can all be greatly affected. Needs for vitamin B12, for example, may be three times the amount needed in non-pregnant individuals (10). Rest assured though that even if the maternal diet is less than ideal, human milk remains a powerful superfood. Not only is it extremely digestible, but it provides antibodies and healthy bacteria which lay the foundations of an infant's healthy immune system.

Optimal nourishment for you and your baby

So how can you nourish yourself to fuel your pregnancy, support your recovery, and feed a growing baby without sacrificing your vitality along the way? Let's look at what will make the biggest impact.

Include as many nutrient-dense foods in your diet as possible

The most nutrient-dense foods are whole foods—foods found in their most natural, unprocessed form. These are foods like vegetables and fruit, meat including organ meats, poultry, fish / seafood, full-fat dairy, nuts, seeds, whole grains, and lentils / beans. Nutrients in whole foods have a synergistic effect, which is why you don't get the same benefits from taking isolated synthetic vitamins and minerals in supplement form.

Diets with the most nutrient-dense foods historically were those of traditional cultures—all of which included animal products to some degree. These ancestral diets had very little, if any, processed food. With the advent of modern diets and processed foods came the metabolic diseases we see plaguing our societies today.

Significantly reduce your intake of refined carbohydrates and added sugars

Also known as empty calories, refined carbohydrates—think foods like white flour and white rice—are the least nutrient-dense foods and end up displacing more nutrient-dense foods. High intake of refined carbohydrates and sugar is linked to vitamin and mineral deficiencies, higher blood sugar and blood pressure, excess weight gain in pregnancy, excess infant birth weight, and obesity in children (11), (12). Avoid sugary drinks, limit fruit juice, and opt for fresh fruit if you're craving something sweet.

What does optimal nutrition look like on the plate?

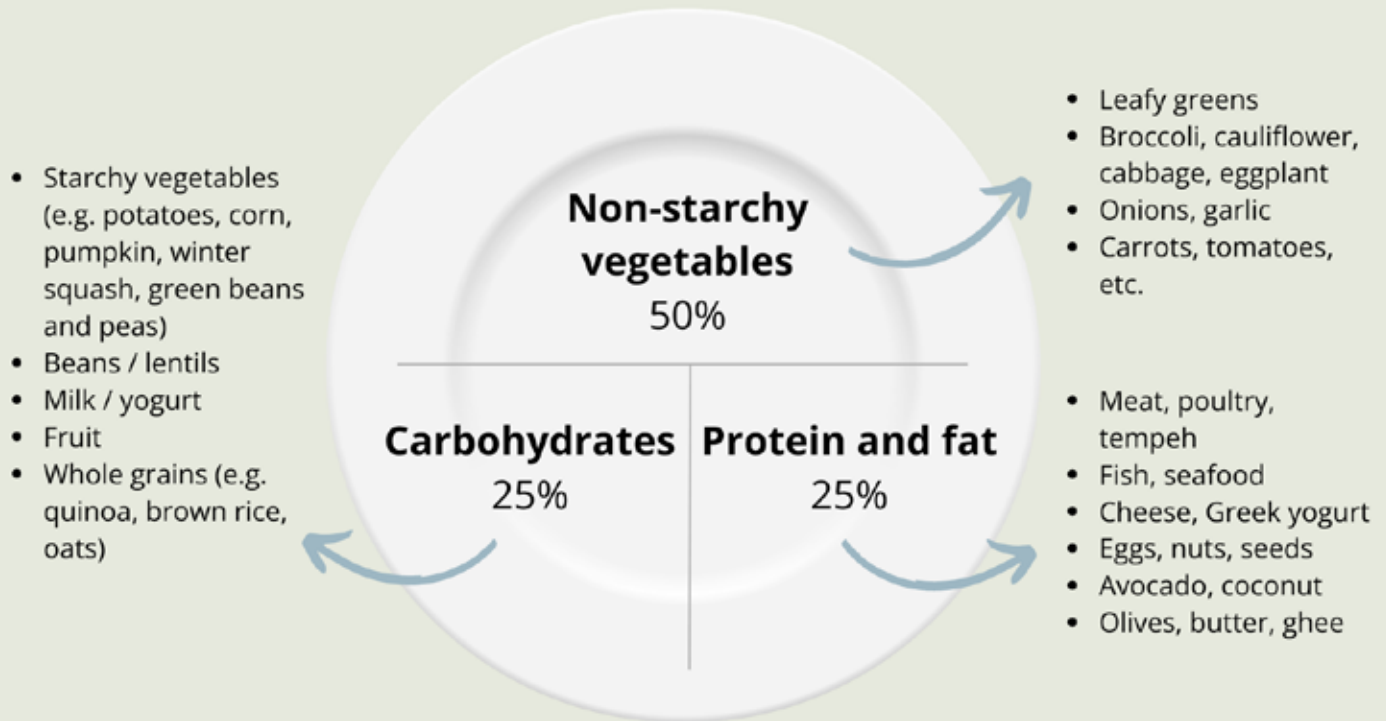


Figure 1 The picture above highlights what optimal nutrition can look like on the plate. The more whole foods you can include in your diet, the better. You don't have to have the perfect diet—any shift in the right direction will reap benefits.

Don't be afraid of fat

Unprocessed sources of fat do not carry the same health risks as processed fats do. Naturally occurring fats, as seen in fish, meat and organ meats, eggs, dairy, avocados, nuts, seeds, and olive and coconut oils, contain numerous vitamins and minerals that are needed in higher amounts during pregnancy and lactation. When we cut out these foods, we are cutting out the nutrients that go with them. Equally important is avoiding unhealthy fats, so limit foods made with processed vegetable oils and trans fats. Trans fats in processed foods show up in the blood of breastfed infants and can cause obesity and diabetes later in life (13), (14).

Get enough protein, especially in the second half of your pregnancy

Protein needs increase as a pregnancy progresses (15), (16). Eat a variety of animal and plant sources of protein, and aim for a total of 80 grams per day in the first half of pregnancy, and closer to 100 grams per day in the second half. For reference, an egg has about 6 grams of protein, and a 100 gram portion of animal protein—about the size of a deck of cards—has about 25 grams. 100 grams of tofu or lentils and 30 almonds have about 9 grams each. Protein continues to be important as you recover from childbirth and through lactation, although the protein content of breast milk is pretty stable. Protein also helps to balance blood sugar and curb cravings for less healthy foods.

Eat salt to taste

Salt needs actually increase during pregnancy. A





Cochrane Review of research concluded that advice to limit salt in pregnancy should be reversed (17). Recent studies have shown that higher salt intake in pregnancy lowers blood pressure and reduces complications caused by preeclampsia (18).

Take a good quality prenatal vitamin and take it for as long as you're breastfeeding

Supplements can never replace whole foods, but they can certainly help cover your bases. If you're unsure which prenatal vitamin products to purchase, feel free to email me for a list of my recommendations, which are based on my own independent research.

Take vitamin D and fish oil

Vitamin D deficiency is very common due to the avoidance of sun exposure. Diet alone cannot supply enough, making deficiency common in exclusively breastfed infants (19). Supplementation with 6400 IU* of vitamin D while breastfeeding supplies enough in the breast milk and infant, and thereby eliminates the need to give vitamin D directly to your baby (20).

Levels of DHA in human milk vary widely depending on diet. Unless you are eating 2–3 servings of fatty fish—sardines, mackerel, salmon, or fish eggs—every week, supplementing your diet with fish oil throughout pregnancy and lactation is recommended.

Lacto-ovo vegetarians may need to supplement additionally with glycine, iron, and an algae-based DHA, and they will need to eat three eggs per day to meet needs

for choline—an essential nutrient during pregnancy and lactation.

Listen to your body and snack regularly

Early pregnancy may be challenging, so just do the best you can if you're dealing with nausea. As pregnancy progresses and through lactation, you may find yourself really hungry and thirsty. Listen to those cues and have nutrient-dense snacks and plenty of water on hand. Healthy snack ideas include:

- Greek yogurt and frozen or dried / dehydrated berries
- Cashews and watermelon
- Avocado and tomato on sourdough bread or a brown rice cake
- Apple and nut butter
- Cubed cheese or olives and cherry tomatoes or roasted vegetables
- Hummus and carrot sticks

Focusing on nutrition during pregnancy or when you have a new baby can be challenging, but I assure you it's well worth the effort. Not only will you be improving your health and that of your baby, you'll be setting up a strong foundation of healthy eating that will serve you and your family well for years to come. There may be no better time to support your vitality and make nourishing whole foods a bigger part of your life. After all, you've already given so much.

Photos courtesy of the author and Unsplash.

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About the Author

Jenifer Sawchenko is a midwife from the US who has lived and worked in both developed and developing settings in Asia since 2004. Jenifer earned Bachelor's and Master's degrees in nutrition from Bastyr University in Seattle, Washington, and since then has brought a whole foods approach to her focus on maternal and infant nutrition while teaching in various settings in the US and abroad. Nutrition continues to be her first passion and what led her to her interest in supporting childbearing families through midwifery. She lives in Ari with her husband and two daughters.

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

BAMBİ 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. BAMBİ 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 BAMBİ'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 BAMBİ
- 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 BAMBİ'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 BAMBİ
- ensures that all information pertaining to BAMBİ 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 staffed 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 & 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

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You Are Never Too Old



This summer I had some time to slow down, witness, and celebrate my own children growing into maturity. I was also overcome with a feeling of grief. Grief for the innocence my children are slowly abandoning as the years pass us by. Grief for what I wanted to do more of, for myself, and myself only, but had to put off due to raising a family.

But then my mindfulness practices, which teach me to reinterpret even the most challenging of times and rebuild them with sparkles of optimism, reminded me that I can STILL do more of what inspires me. I can do all these things as long as I still have consciousness. Yes! I certainly can. Age is just a number, a perception with limitations I bound myself prisoner to. I am never too old; you are never too old!

You are never too old for anything. To be the kid your kids are. To pursue that career you have been dreaming of, knowing with certainty you have what it takes to succeed at it. To begin that PhD program, not because you want to be in academia, but purely because you want to dive deep into that area you are passionate about.

What do you think you are too old for, really?

You are never too old

You are never too old.
Speak to your inner child.
The one who had unsatiated wonders about
the world.
The one who was left behind when you had to
grow up—
To shoulder the world and
protect your own.

You are never too old.
Dance in the rain!
Perhaps not in heels.
But certainly, on your bare feet adorned with
the perfect pedicure.

You are never too old.
Play with slippery, slimy mud!
Perhaps not in your best attire.
But certainly, in your “I am a hot mess, rolled
out of bed” look.

You are never too old.
Dye your hair to resemble the rainbow!
Perhaps not with all the colors at once.
But certainly, start with purple or blue.

You are never too old.
Swim and splash about in your birthday suit!
Perhaps not on a crowded family beach.
But certainly, in that secluded, tranquil lake.

You are never too old.
Prance around in a tutu!
Perhaps not for that parent-teacher meeting.
But certainly, for that playdate you will
supervise.

You are never too old.
Doodle hearts and butterflies!
Perhaps not on your business cards.
But certainly, on your daily to-do list.

You are never too old.
Pen your own happily-ever-after story!
Perhaps not with a tub of ice cream in
one hand.
But certainly, after watching a movie with your
favorite underdog.

You are never too old.
Rewrite your own story!
Perhaps not with places, situations or people
you can do without.
But certainly, with faith, knowing that every
chapter is your best ...
At this moment.

Photos from Canva.



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).

NAPTIME

1.0

This month, Joseph (Joe) Barker is back and shares his witty whims about toddler naps, or the lack thereof.

I'm writing this in the UK while lying on a grassy hillside at a beautiful National Trust property as the first rays of sunshine poke through the day's gray cloud. Pretty idyllic, you might be thinking, and you would not be wrong, yet there is a fly in the soup of my happiness: I resent having to be here. It's just after 1 pm and with a two-year-old baby that should mean that it's nap time—that most glorious time of the day when baby goes down to rest and mommy and daddy get to fulfill their basic and most deep-rooted desires in some precious alone time. In my case, that almost always means lunch and then a nap, or sometimes a nap then lunch. Bliss.

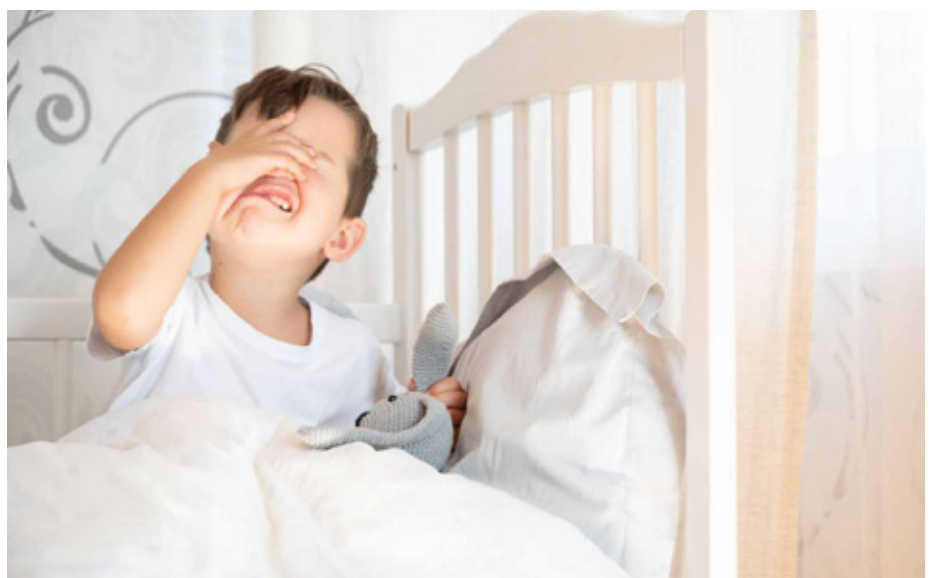
Cruelly, this magical time was snatched from us about six weeks ago when Martin started to refuse to nap. A brutal ten days of battles and tantrums followed as we fought to get him to stay in his room. I'm sure you know the sort of thing: he'd scream and throw things because his evil parents wanted him to go to sleep, then I'd scream and throw things because my evil son wouldn't let me nap, then mommy would have to step in and tell us both off for

acting like spoiled toddlers—even though he clearly started it. Following which, mommy and daddy would hurl recriminations at one another as we blamed each other for the failed nap, before nanny would rush in to rescue Martin's delicate ears before they heard things no baby ears should hear. Not a happy time.

In a rare moment of what I frankly describe as "daddy ingenuity", I ended this pointless war by remembering that this was not the first time that Martin had refused to nap in his

bed. The solution now, as then, was simple: put him in a stroller and push him till he sleeps. Peace reigned once more in our home, but at a terrible price. Daddy was once again harnessed to the stroller and sent out to walk the burning streets of midday Bangkok. (Sidenote: mainly mommy actually, but daddy's writing this so he's the hero in this story.)

Thus, while I may be lying on an idyllic hillside, I'm not alone, and there is a palpable tension in the air as the slightest sound may herald the





reawakening of a small child, at which point I must leap, with the frenzied energy of a coiled spring, into instant stroller-rocking action. So this month I've chosen to write about sleep (especially naps) and the trials, tribulations, and occasional triumphs associated with them.

Of all the challenges we've faced as parents, I think sleep has been the biggest and most consistent of them. Whether it's our sleep or Marty's, bedtime or nap time, when he falls asleep or when he wakes up, or one of

the countless other issues we've had, sleep never seems to be consistent or simple. The vast number of books dedicated to the subject suggests we're not alone in this struggle. Now I'm sure your children are perfect, always consistently sleeping through the night and reliably napping at the same time every day. However, on the off chance that this isn't the case, my experiences may seem familiar to you. Now, as always, a quick reminder to expect no useful tips or advice from me—my purpose is vague uselessness rather than producing

anything of value or substance. Obviously if I had anything useful to say about sleeping babies, I would have written a book about it and be too busy rolling in my money and admiring my Nobel prizes to write this.

Let us leave this dream of fame and affluence to return briefly to our hillside where a quick coughing fit has me leaping up to rock the stroller. No sooner do I sink wearily back to the turf than a sharp breeze forces me up to move Marty out of the wind. The very image of a coiled spring in action—I strike a heroic pose and bow to an admiring flock of sheep, as well as a couple of bemused hikers I hadn't noticed before.

The less sleep-deprived among you will have noticed that so far I'm mainly stationary in this story, and that is a significant silver lining to this stroller-shaped cloud. Once asleep, Martin will stay asleep in a motionless stroller, whereas in earlier iterations of stroller napping, perpetual motion was demanded, or instant, screaming wakefulness would follow. Oh, how I used to dread traffic lights, or even slow pedestrians, on those early nap walks. "Must keep moving"





I'd mutter as I sprinted across a major intersection in front of oncoming traffic. "Out of my way!" I'd scream, before crashing through a party of innocent window shoppers and nearly mowing down another little old lady. A pleasant reminder that there are always ways that things could be worse.

Three weeks have passed and today I've spent an hour sitting in a museum car park while Marty naps. Cars are as good as strollers for rocking him to sleep, but unlike strollers, you can't then roll them into your house and get on with your day. In the interest of honesty, I must admit that I enjoyed the peace and confines of the car. Now, however, the joys of my car prison are starting to pale. It's also getting toward time to wake the poor boy. It seems so cruel to cut off his nap, but bedtime is already enough of a nightmare without letting him nap for too long. Oh, the ironies of parenthood: as soon as you stop worrying about them waking up, it's time to worry that they're not waking up.

Of course, napping in his stroller has not always been a good thing. To

counterbalance the weeks spent running with him in a stroller so that he would sleep, there were the months of trying to run him home from BAMBI playgroups before he slept. I would have to leave early and dash home in the midday heat, stopping only to frantically prod and tickle Marty to discourage him from drifting off to sleep. For those months, a stroller nap was the greatest disaster that could befall us. It would last only a few minutes and guarantee a cranky non-napping baby for the rest of the day. So daddy would arrive home from playgroup either heroically as a sweaty, but triumphant, mess with an alert baby, or as that lowest of all creatures—a sweaty, dejected mess who has failed to keep baby awake and thus brought the curse of the cranky baby down upon us all. Oh,

the bliss when I was successful. Oh, the misery when I failed. The margins between success and failure, joy and despair, were so narrow.

Those margins have now widened a little, but naps still have the power to decide our day. A short one leaves us grumpy with a long list of unfinished tasks and the afternoon stretching interminably ahead of us; a long one guarantees contented, productive parents, refreshed and girded of loins, ready to face that greater challenge which comes to us all each day: bedtime. The bedtime battles, though, must wait for another day as it's now naptime. Sleep well, everyone.

Photos courtesy of the author and 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!



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SAFFRON ICE CREAM

by Rashin Kheiriyeh

From the Caspian Sea to Coney Island, this vibrant picture book dives into the life of a young girl who has recently moved from Iran to the United States. She observes the stark contrast between transportation, beach etiquette, and of course, ice cream flavors! Amidst all of these differences she learns that some of the dearest things, like family and friendships, remain constant. An autobiographical tale, Rashin Kheiriyeh's vivid illustrations and thoughtful storytelling is relatable for any parent or child who has grappled with big life changes. Whether it's moving to a new country, changing schools, or saying farewell to dear family and friends, this book validates feelings of nostalgia and grief. It also teaches the important lesson of appreciating differences and celebrating our roots.

Published by Arthur A. Levine Books in May 2018. Written and illustrated by Rashin Kheiriyeh. "Saffron Ice Cream" is suitable for ages 4–10. A hardcover copy can be found in the Children's Corner of the Neilson Hays Library.



BRINGING UP BÉBÉ: ONE AMERICAN MOTHER DISCOVERS THE WISDOM OF FRENCH PARENTING

by Pamela Druckerman

This collection of international journalist Pamela Druckerman's musings as an American parenting in Paris became an instant bestseller and earned Druckerman a spot on Time's Most Influential list. After noticing that French children seemed more adaptable and French parents appeared less anxious, Druckerman went on a quest to uncover their secret. For three years, she took copious notes in a notebook tucked in her diaper bag. "Bringing Up Bébé" is the culmination of the nuggets of wisdom she observed.

This book has also been published in the UK under the title "French Children Don't Throw Food". Druckerman's other works include "Lust In Translation: Infidelity from Tokyo to Tennessee" (2007) and "There Are No Grown-Ups: A Midlife Coming-of-Age Story" (2018). Each of these books is presented in her entertaining, witty, and charming writing style. Her years of expat life spanning multiple continents lends perspective to her detailed observations of contrasting cultural norms. This funny and thought-provoking book is worth checking out, even if readers don't fully adopt the "French" way of parenting.

Published by Penguin Books in September 2012. "Bringing Up Bébé" is the second book by journalist Pamela Druckerman. This and Druckerman's other best-selling books 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.



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BAMBI



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KANA

Contact Me



@KAAAANA_117

VOLUNTEER APPRECIATION DAY

SUMMER ALOHA

On 12 June, we were finally able to host the BAMBI Summer Aloha Appreciation Day for our volunteers at Sukhumvit Park, Bangkok – Marriott Executive Apartments.

We have been unable to hold an appreciation event for our volunteers for the past three years due to COVID restrictions, so we were excited to finally have the opportunity to show our appreciation and gratitude to all of our volunteer teams for their hard work. Without them, BAMBI would not exist!

All of our hardworking volunteers and their families enjoyed a delicious buffet lunch served by the Marriott, and everyone had great fun painting canvas bags and figurines, making slime, playing with water balloons, and watching a mesmerizing magic show.

Our honorary president, Simmi, took to the stage to say a few words, and we introduced various members of the team who usually work behind the scenes but play a crucial role in keeping BAMBI running.

To each one of our volunteers – thank you for all that you do!





HOW CAN I BE A GOOD FRIEND?

Trace the words to finish the sentences.



I can say nice things

I can help

I can share

I can listen

Do you like...?

Yes, I do!

DO YOU LIKE...?



Ask your friends "Do you like...?" and color the square to match their answer. Use **green** for **yes**, and **red** for **no**. What is your favorite food?

<p>FOOD</p>	 <p>YES NO</p>	 <p>YES NO</p>	 <p>YES NO</p>	 <p>YES NO</p>



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.

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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.

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A baseball player in a white uniform with the number 8 is jumping high in the air, reaching up with a black baseball glove. A large, glowing yellow triangle is superimposed over the player, framing them. The background shows a baseball field with a fence and buildings in the distance under a cloudy sky.

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