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**DAD DIARIES:  
A BREATH OF FRESH AIR**

**BAMBI 2025 ANNUAL REPORT**

APRIL 2026



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- Mel Habanananda



We are a group offering support and companionship to families 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](mailto:vicechairwoman@bambiweb.org) or visit [bambiweb.org](http://bambiweb.org).

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

**Mission Statement**

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

- Encouraging the appropriate use of technology and medication for all births.
- 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:

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Splash! April arrives with sunshine, laughter, and colorful celebrations everywhere. For children, it is a time to play, explore, and enjoy special traditions with family and friends. As the warm days arrive, parks, playgrounds, and schoolyards fill with happy voices and bright smiles.

One of the most exciting celebrations in Thailand during April is Songkran, the Thai New Year. Many children look forward to this festival all year long. Water splashing, cheerful music, and friendly laughter fill the streets. While it is great fun to play with water, Songkran also teaches children about kindness and respect. Families often visit elders, gently pouring water over their hands as a sign of gratitude, and sharing warm wishes for happiness and good fortune in the year ahead.

In our family, Songkran is something my husband, my daughter, and I look forward to every single year. As soon as April arrives, the excitement in our home begins to grow. We start talking about where we will go, which streets will be the liveliest, and how we can make the most of the three wonderful days of celebration.

Last year, our daughter proudly chose her own colorful water gun for Songkran. She loved it so much that she hardly let me use it! Even long after the festival ended, the water gun continued to appear during water play at home, bringing back memories of those joyful splashing days.

Living in Thailand has always been very special to me. The warmth of the people, the beautiful traditions, and the joyful celebrations make it feel close to my heart. Among all these traditions, Songkran holds a particularly meaningful place in our family's memories.



April also brings the spirit of Easter, a celebration that reminds us of hope, kindness, and new life. Just like flowers blooming in spring, Easter encourages us to share love and happiness with the people around us.

As we celebrate this lively month, let us remember that joy can be found in the little things—a friendly smile, a helping hand, or a moment of fun shared together.

I warmly wish all our BAMBI families a joyful April filled with playful splashes, laughter, and love. May our children continue to grow with happy hearts, bright minds, and days full of wonder.

Shelka Sharma  
New Members and Pop up Playgroups Coordinator

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As parents, happiness often looks different from what we once imagined. It lives in the in-between moments—the giggles at the dinner table, the sticky hands reaching for ours, the bedtime stories requested “just one more time.” It’s not always grand or picture-perfect, but often, it is enough.

In the busyness of family life, it can be easy to overlook these small, bright fragments of the day. We move from one task to the next, one responsibility to another, rarely stopping to notice the quiet magic unfolding around us. But April is a time for celebration, and it invites us to gently slow down and take in all the colors and warmth of the month. From Songkran’s playful splashes to Easter’s message of hope, April gives us a chance to celebrate happiness in all its forms: laughter shared, connections renewed, and the small, joyful moments that make family life truly bloom. This month’s content

echoes the same sentiment with the theme “Happy Hearts, Bright Days”. Turn the pages and read what our writers have to say on the topic.

“Joy Can be Closer than You Think”, by Sonali Vongchusiri reminds parents that joy doesn’t have to come from big plans or constant effort. By letting go of pressure and embracing simple, playful interactions, families can create meaningful, lasting happiness woven into daily life.

In “Perfectly Imperfect”, Claudia Gomes explores how perfectionism is often rooted in a deep need for acceptance and safety, and can quietly lead to stress, disconnection, and burnout. She encourages a shift toward authenticity, embracing imperfection as the key to deeper relationships, greater creativity, and a more joyful, balanced life.

Sara Salam highlights how, by turning values into simple, consistent rituals, parents can create a sense of belonging, purpose, and joy that supports children’s long-term well-being and lasting happiness in “Mindful Joy: Raising Happy Families Through Shared Values”.

Anatta Zarchi looks at how excessive screen time can impact children’s focus and physical and emotional well-being, while also acknowledging its role in modern life. In “Protecting And Nurturing Joy In The Digital Age”, she encourages families to find balance by setting healthy boundaries and nurturing real-world activities that support creativity, connection, and lasting happiness.

Joe Barker brings “A Breath of Fresh Air” in Dad Diaries. This month’s humorous travelogue captures his family’s escape from Bangkok’s pollution into the wild beauty of southern Thailand, where idyllic moments are delightfully offset by close encounters with snakes, scorpions, and the chaos of parenting young children. Through it all, it celebrates the messy, memorable reality of family adventures where wonder, worry, and laughter go hand in hand. In Readers’ Corner, Kit Lang recommends “The Anxious Generation” by Jonathan Haidt and “The Rabbit Listened” by Cori Doerrfeld. The former is a compelling read for adults about how modern childhood—especially screen use—is reshaping mental health, urging a return to more independent, real-world experiences. The latter is a gentle, heartfelt story for little ones that shows the quiet power of simply listening to children’s feelings without trying to fix them.

Off-theme we have “More Than Tired: Reclaiming Maternal Energy” by Sheena Low. This insightful piece explores the often-overlooked reality of postnatal depletion and maternal health, highlighting how fatigue, hormones, and stress are deeply interconnected long after childbirth. Drawing on expert advice, it encourages mothers to prioritize rest, nutrition, and emotional wellbeing as the foundation for both their own health and their parenting.

And finally, for a summary of BAMBI’s performance and services in 2025, take a look at the BAMBI 2025 Annual Report which was presented at the Annual General Meeting held last month.

This month, as water splashes and new beginnings take root, let’s allow ourselves to embrace happiness not as something we have to chase, but as something already present in the smiles, chaos, quiet, and love that fills our everyday lives.

Wishing you a month of immense joy!

Sanam Rahman  
Editor

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# JOY CAN BE CLOSER THAN YOU THINK

Parent coach Sonali explains why joy doesn't have to come from big plans or perfect weekends. In this article, she shares simple, playful ways parents can transform ordinary moments into small sparks of connection and joy.

Photo by Aflo Images from アフロ (Aflo)



## About the Author

Sonali is a parent coach, speaker, and founder of Forward Together Parenting. She's been where you are with her own sensitive, strong-willed kids and has worked with thousands of parents worldwide. Her work is dedicated to sharing how you can confidently parent, have fun, and create lasting change that feels good.

**Y**ou're reading this, which tells me something important about you: you care deeply about creating happy memories. You have a deep desire to make weekends special. You're trying to say yes to the movie night, the favorite restaurant, the playdate. You're working hard to balance work, school runs, dinner, life—and still, somehow, be the kind of parent your child will remember as “fun”.

You want your kids to feel joy, but sometimes, despite your best efforts to keep it light, that desire turns into pressure. Joy starts to feel like something you have to produce, plan, generate, or organize. And when we're tired and our schedule's crammed full, there realistically isn't space for all that.

So instead, let's take one of those in-between moments and flip it. Not by adding more energy or effort, but with a spark of joy that's small, silly, and completely unexpected.

### PERSPECTIVE

First, joy and excitement are two different things. Excitement is loud. It's the birthday party, the weekend trip away, the fun outing. It's high energy and usually attached to something happening. Joy is quieter. It's steadier. It isn't necessarily loud or bold. It lives in the space between two people. It doesn't need a whole afternoon. It doesn't even need a special activity.

In fact, kids who feel deeply often connect best through gentle, playful moments—something small that makes you both smile. Something that makes the play feel safe, neither overstimulating nor understimulating, and which, by adding just the tiniest splash of fun, helps both you and your child remember that you can feel joy together, even when there is a busy schedule.

### WHAT TO SAY AND DO

Pick one completely ordinary moment. Maybe that's passing the butter at breakfast, giving them their water bottle on their way to school, or sitting beside them while they



Photo by Karola G from Pexels

finish homework. And tweak it ever so slightly to infuse joy. You could:

- Slip into a dramatic movie voice and say, “Ahhh... there you are, my favorite little human.”
- Or rate their apple slices like an overexcited food critic. “Oh, that apple earned a ten out of ten for taste.” Take another bite. “Oh, the crunch is a 13 out of ten.” Another bite. “The smell...24 out of ten.”
- Or use your favorite funny voice to ask them to pass the butter.

It takes five seconds. You're not using more time, you're not performing, you're not even turning into the “fun parent”. You're just letting a spark of lightness in. And often joy is even simpler than that. It's wearing the earrings that make you feel even more like yourself, or using your favorite pen instead of the one closest to you.

My recent favorite way to tap into joy has been to say to my kids before bed, “You know what I know about you? Your default setting is joy.” This one is my favorite because it lets kids know they can always return to joy and yet there is no pressure. It lets them know we see the joy in them and that it is their natural state—even when they aren't feeling that way right now. It feels freeing and empowering to say it to my kids.

These aren't massive gestures, and yet they massively change the joy of the moment.

### WHY IT WORKS

When we think joy requires more from us—more time, more money, more creativity, we unintentionally put it out of reach. Remember that joy doesn't actually ask for that much. All it needs is the tiniest spark of delight in a gentle interaction.

And something else happens when you let yourself access joy in small ways: your child learns they can create it too. They start throwing out their own silly voices and they notice the small good things. They stop waiting for the “big fun” to feel something warm between you, and that is the kind of joy that lasts. It's not loud or impressive; it's woven into ordinary life.

If you're tired, you don't need to become more. You don't need to plan something bigger. Joy is closer than you think. It doesn't require more of you, just a little less pressure, and it might be sitting right there at the breakfast table, waiting for a five-second shift.



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The school is also investing significantly in its learning environment. Newly refurbished Primary and Secondary classrooms are designed to promote creativity and focus, while Early Years students will benefit from a purpose-built outdoor learning environment encouraging exploration and meaningful play.

Future developments, including enhanced sports facilities and boarding upgrades, reflect Regent's long-term commitment to educational excellence.

Technology continues to play an important role in this evolution. A personalised digital library helps students discover books aligned with their interests and abilities, encouraging independent learning and curiosity. New digital learning spaces are also being introduced to support innovation and future-ready skills.

Together, these developments reflect a shared vision: to create a learning environment where students feel inspired, supported, and empowered to succeed in a global world.

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# A BREATH OF FRESH AIR

Trading Bangkok's smoky skies for southern Thailand's jungles and beaches, Joe and his family discover that fresh air, wildlife encounters, and adventurous children make for an unforgettable adventure.



## About the Author

Joe and his wife Diane moved to Thailand in 2018. Since the arrival of their son Martin in 2021 and daughter Alice in 2024, Joe has been a stay-at-home father. The whole family enjoys BAMBI playgroups and Thai beach holidays. Find Joe on SubStack: [BangkokDad bangkokdad.substack.com/](https://bangkokdad.substack.com/)



We've spent the last couple of months down south, hiding from the pollution that has blanketed Bangkok. With my wife able to work from home and me lacking any form of gainful employment, it seemed foolish to be breathing unnecessarily in Bangkok.

Given my wife's work often involves calculating the health penalties and premature deaths associated with urban pollution, I always feel uncomfortable walking along our soi while bus after bus pumps out black smoke, and that discomfort only grows when the air quality index gets stuck in the red.

So we packed our bags and headed off on a tour of Thailand. As a country boy, I always love being out of the city, and life immediately feels better when I'm surrounded by greenery, but that doesn't mean there aren't challenges in paradise.

Naturally the countryside is full of nature, but the nature of Thailand is grander, scarier, and more persistent than the nature of England. I usually treasure my ignorance, considering it a doorway to joy and happiness that is closed to my more intellectual friends, but when it comes to unexpected snakes by the patio, a little more knowledge might have saved me from a terrifying, and embarrassing shock. Instead, when Alice tottered giggling off the patio and I realized the brown stick with the pretty red head was not, in fact, a stick, I panicked and screamed, "Cobra, run, run!" It's a little known fact that the only thing that stops a toddler running away from you is yelling at it to run away. For the first time ever Alice responded to my yells by coming back toward me and, more worryingly, an increasingly angry looking snake. I don't remember exactly how I got hold of Alice, but we found ourselves, unbitten, back on the terrace. Meanwhile, the snake slithered into a flower bed.

By now the shouting had brought my wife onto the balcony so I took the opportunity to bellow "cobra" a few more times, just in case anybody in Phuket hadn't heard me. My panic subsided as my wife joined us and started spreading calm; she assured the worried looking faces that kept popping out of our hedge that we were all ok. She peeped into the bushes and informed everyone that it definitely wasn't a cobra, and was in fact about as uncobra-like as a snake could be. Nonetheless I spent the rest of our time in Phuket looking very suspiciously at all the sticks.

This experience had educational benefits, as three weeks later I was able to show off my new snake expertise. Having arrived at our favorite children's cafe in Krabi, we were about to settle down to some serious splashing and playing when Alice noticed a cat and immediately rushed off to shout boo at it. I'm not sure why the cat needed to be shouted at, but this is currently Alice's default reaction to seeing animals. All cats are aloof but this one seemed particularly uninterested in Alice's playful overtures. Worried that shouting might turn to kicking if



Alice continued to be ignored, I wandered over to them and was surprised to recognize my old red-headed stick friend from Phuket, or at least a close relation. Dragging Alice back, and warning Martin not to get too close, I reacted like a seasoned snake-pro and didn't scream cobra even once. Instead, I calmly took a picture before reporting the interloper's presence to the cafe staff.

I then pretended to be an expert, and confidently, if not entirely accurately, assured anyone who would listen that it wasn't a very dangerous snake. Much to my amazement the cafe owner and her staff spent fifteen minutes easing the snake into a plastic bottle so that it could be released into a nearby jungle. An act of mercy that was exciting to watch, but required getting a lot closer to a snake than I would ever be brave enough to get.

In Krabi we seemed to have booked ourselves into Dr. Dolittle's tropical retreat. On our first morning, Martin, glancing up from building Lego castles, found a huge black scorpion trotting along the terrace behind him. Once he had attracted my attention, I, with a stifled scream and a leap, gathered my children and we watched from atop the patio furniture as it strolled across the terrace and into the long grass. This was far from the only creature that we shared our home with. Every time we used the bathroom tap, a frog hopped into the shower, chickens stalked the garden, cockerels woke us at dawn, squirrels frolicked on the rooftop, and a family of tokay lizards and several giant spiders clung to the walls to watch us sleep. To cap off our animal kingdom, as I'm writing this Marty and Alice have just found a litter of kittens under the sofa.

Of course, the natural highlight of our trip was exploring Thailand's beautiful hills and beaches, but



these adventures weren't always idyllic. True, we've built innumerable sandcastles, scrambled on rocks, climbed hills, delved into caves and explored the limits of the human capacity for ice cream, however, as much sand has been thrown or eaten as was used in the construction of our impenetrable fortresses, and there were hours of nagging and whining before I would finally snap and grouchy slouch off to buy ice creams.

Undoubtedly, the least successful of our adventures was exploring caves, we set forth armed with headlights and torches only to discover that Marty doesn't like his caves to be dark nor underground. On three occasions he insisted that he wasn't scared of anything and wanted to go into the caves and three times we, much to my relief, turned back as soon as we could no longer see the sun. Unfortunately, Marty proved much more enthusiastic about scrambling on the sunlit rocks above the caves and as he scampered ever higher up the cliffs, I wished he was a little less brave or that I was a little more comfortable with heights.

I can't decide whether our family hikes into the jungle are something to brag about or to try to pretend never happened. It sounds impressive getting a four-year-old to climb Dragon's Crest, an eight kilometer walk with over 500 meters of climbing, but then I have to confess that it was achieved entirely through the power of crisps and chocolate. Martin only stopped moaning about how much his legs hurt when he was eating and we spent more time snacking than we did walking.

As our trip comes to an end, I will be sorry to say goodbye to the natural wonders of Thailand, but it will be a relief to return to our relatively snake-free life in Bangkok and leave the scorpions and crowing cockerels of Krabi behind.

*Photos courtesy of author*





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# MORE THAN TIRED: RECLAIMING MATERNAL ENERGY

Why do mothers feel exhausted well after giving birth? Sheena explores this and shares helpful suggestions for ways to reenergize and recover postpartum and beyond.

Photo by Mikael Blomvist from Pexels



## About the Author

Sheena is a mother to four-year-old, August, runs Super Fly Honey, a brand that makes technical activewear for pole dancers around the world, and dreams about writing children's books. After three years with a lot of yoga, deep friendships, purposeful retreats and IFS therapy, she realizes that becoming a mother is actually a superpower

I've been thinking about maternal health recently, but it's hard to feel healthy when you are negotiating with a toddler at 2am and your brain feels like a browser with 50 tabs open, most of which have frozen. So I turned to Penny Booth of Niraamaya clinic in Bangkok, an expert in maternal health with over 30 years of experience. She is a qualified gynecologist who integrates natural therapies like homeopathy and acupuncture into her practice. These are the insights that stayed with me for finding my way back to energy beyond a temporary caffeine fix.

## THE SEVEN-YEAR FATIGUE

Many mothers are told that after the six-week checkup, they are "good to go". That is a common misconception. Postnatal depletion is a syndrome that can last up to seven years after giving birth. This syndrome involves a chronic drain on your nutritional, emotional, and physical stores.

During pregnancy and breastfeeding, your body literalizes the phrase "giving of yourself". You are transferring essential minerals and energy to create a new person. If these stores are not replaced, your body enters a state of survival. When your brain energy tanks, you are experiencing a state of depletion that goes deeper than a "mom brain" moment.

High cortisol, your stress hormone, is likely to become your new baseline because you are sleep-deprived and hyper-vigilant. This state of high alert is a biological imbalance where your nervous system forgets how to stand down.

Stop the perfectionist spiral. If you are waking up exhausted or having intense sugar cravings, your body is asking for a nutrient reset. First, prioritize sleep; it is a medical necessity not a luxury. Second, focus on eating high-density foods that replace what has been lost. Third, move; exercise helps physically and mentally.



Photo by Karola G from Pexels

## THE HORMONE JIGSAW

Women's health is often treated like a single light switch. If you are tired, a doctor might check one marker and tell you everything is normal. In reality, your health is a jigsaw puzzle. The three main pieces for mothers are the thyroid, the adrenal glands (cortisol), and the ovaries (estrogen and progesterone).

These three systems are inextricably linked. If your adrenals are pumping out cortisol because you are stressed, your body perceives a threat. To save energy, it slows down your thyroid. This explains why you might experience thinning hair, cold hands, and weight gain even if your diet has not changed. Similarly, progesterone is your calming hormone, and production of progesterone drops when you're stressed, which leads to snappy irritability and intense PMS.

So if you feel off, get your thyroid checked out, and don't settle for a basic TSH test. Instead, demand a full panel that includes Free T3, Free T4 and thyroid antibodies. Penny explains that many mothers in Bangkok are walking around with subclinical thyroid issues or "Hashimoto's" that go undiagnosed because the testing was not deep enough. You should also check your iron and B12 levels as these are the essential fuel your thyroid needs to function.

## THE WARMTH METHOD

We often think of healthy eating as cold salads and green juices. But for a mother's body—especially one recovering from birth or dealing with heavy cycles—cold is the enemy. In traditional and natural therapies, a "cold uterus" leads to stagnation. When the body is cold, blood flow slows down. This manifests as painful, dark periods and intense cramping. It is essentially stagnated blood. Cold dairy products also increase dampness in the body, which can interfere with everything from digestion to fertility.

Swap the iced latte for ginger or turmeric tea. Focus on warm foods like stews, soups, and cooked vegetables. If you suffer from heavy or painful periods, Penny suggests using a castor oil pack on your lower abdomen at night. It helps keep the area pliable and improves circulation to the reproductive organs.

## YOUR ESSENTIAL SUPPLEMENT LIST

Do not waste money on a wall of random vitamins. If you want to move from "exhausted" to "capable" you need a targeted approach.

**Magnesium Glycinate:** This is the ultimate off-switch. It is involved in over 300 biochemical reactions, including metabolism and thyroid function. It tells your nervous system it is okay to relax.



Photo by Alena Shekhovtsova from Canva Creative Studio

**Omega-3 fish oils:** Your brain is mostly fat. During pregnancy, the baby borrows your DHA for their own brain development. High-quality fish oils help fix the fog and stabilize your mood.

**B-complex:** These are the spark plugs for your nervous system. They help your body handle the fight-or-flight mode that kicks in when the house is in chaos.

**Glutathione:** Penny uses this to help open the four hormonal pathways in your liver, allowing your body to effectively clear out old hormones and toxins.

**Adaptogens:** Herbs like Ashwagandha or Rhodiola help your body adjust to stress. They help level out your cortisol so you do not crash at 3 pm.

Quality matters. Look for supplements with high bioavailability. If you are taking a handful of pills but do not feel different, your body may not be absorbing them, so check your gut health with a doctor. If your digestion is a mess, you will not absorb even the best vitamins.

## PARENTING FROM THE INSIDE OUT

We spend so much time worrying about our children's milestones that we forget they are energetic sponges. Children are incredibly intuitive. They feel our energy as much as our words.

If your cortisol is high and you are faking being okay, your child picks up on that instability. This often leads to unexplained tantrums or clinginess. Their difficult behavior is often an attempt to find safety in your energy.

The most practical thing you can do for your child is to prioritize your own emotional health. Setting healthy boundaries is a gift to your child. Dealing with your own stress is the best foundation for parenting.

## THE WISDOM OF THE ELDER

There is a beautiful perspective from certain cultures that views the end of the reproductive years as an entry into being an elder. During her training in the Northern Territory of Australia, Penny met an Indigenous Elder who shared a different view of menopause.

The Elder explained that menopause is not a medical condition. It is the time when a woman becomes world-wise. As our hormonal cycles change, our focus often shifts from nurturing others to honing wisdom. Doctors frequently jump to antidepressants for perimenopausal symptoms, but often, the body is just asking for a lifestyle change. It is a time when a woman stops leaking energy to everyone else and begins to hold it for herself.

Whether you are in the "three-year mess" of early motherhood or moving toward perimenopause, see these changes as a transition. You are evolving. Listen to the signals your body is sending. If you are tired, rest. If you are angry, look at what boundaries are being crossed. We need to be well, emotionally and physically, to be able to show up for our families. So let's prioritize our health.

*Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional regarding your specific health needs and diagnosis before starting a supplement or treatment plan.*



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# BOOKS TO INSPIRE

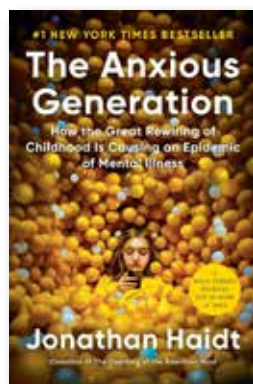
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## THE ANXIOUS GENERATION

By Jonathan Haidt

In *The Anxious Generation*, social psychologist Jonathan Haidt explores the rise in anxiety and emotional fragility among young people, tracing it to the shift from play-based to phone-based childhoods. Drawing on research and cultural insights, he argues that constant connectivity, social comparison, and reduced independence have reshaped how children build confidence and resilience.



Rather than simply criticising screens, Haidt calls for restoring what helps children truly thrive: unstructured play, real-world friendships, manageable risk, and sustained attention. When focus is fragmented and childhood becomes more virtual than physical, joy and self-assurance quietly diminish.

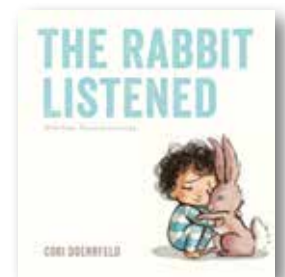
The book ultimately offers a hopeful recalibration. By protecting time, presence, and meaningful connection, families and schools can create steadier environments where children feel secure, capable, and free to grow, laying the groundwork for deeper, more lasting wellbeing.

*The Anxious Generation* by Jonathan Haidt was published by Penguin Press in 2024. A copy can be found in the non-fiction section of Neilson Hays Library.

## THE RABBIT LISTENED

Written and illustrated by Cori Doerrfeld

*The Rabbit Listened* by Cori Doerrfeld is a gentle, powerful reminder of what children truly need when things fall apart. After Taylor's carefully built tower crashes, a stream of animals arrive with advice—to fix it, dismiss it, or get angry. None of it helps. Only the rabbit, who quietly sits and listens, makes a difference.



With soft illustrations and minimal text, the story captures a truth many adults forget: children don't always need solutions. They need presence. In a world that rushes to distract, correct, or "move on", this book models the steady, attentive listening that builds emotional safety and resilience.

For today's families navigating busy schedules and screen-filled lives, *The Rabbit Listened* offers a timely message: when we shift from distraction to presence, we create the space children need to process feelings, regain confidence, and begin again—stronger and more secure than before.

*The Rabbit Listened* by Cori Doerrfeld was published by Dial Books for Young Readers in 2018. Doerrfeld is an American author and illustrator known for her emotionally insightful children's books that explore empathy and resilience. A copy can be found in the children's section of Neilson Hays Library.



Prepared by Kit Lang (@mskitlang) for Neilson Hays Library, 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. The library is 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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## **Who we're looking for**

We're seeking someone empathetic, organized, and familiar with global care standards for moms and babies. Healthcare professionals, such as midwives or doulas, have traditionally filled this role, but anyone confident in sharing evidence-based information and knowledgeable about local services in Thailand is encouraged to apply.

## **Why join BAMBI?**

This rewarding role allows you to support families during a life-changing time, foster connections, and give back to the community. So if you're ready to make a difference, join us and help parents navigate pregnancy, postpartum, and early parenting with confidence. For more details and/or to apply, please email to [bumps@bambiweb.org](mailto:bumps@bambiweb.org)



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# PERFECTLY IMPERFECT

Perfectionism doesn't protect us; it isolates us. Claudia discusses how to let go of the need to be polished and celebrate the real imperfect version of yourself that people actually connect with.



Photo by Karola G from Pexels



## About the Author

Claudia Gomes is an expert in Emotional Intelligence and Intercultural Awareness, and an ICF-certified Level 2 Transformative Coach. With 20 years of international experience across Spain and Thailand, 17 of them based in Bangkok, she specializes in bridging cultures, strengthening human connections, and fostering meaningful global collaboration. [contact@claudiagomes.coach](mailto:contact@claudiagomes.coach); [linkedin.com/in/claudiagomes-coach/](https://www.linkedin.com/in/claudiagomes-coach/)



Photo by Yan Krukau from Pexels

Humans want to belong and connect with others. Yet our judgments keep us away from what we want, even when we know what we need to do. We feel imperfect—like we need to be someone else or do something else to be accepted. Being who we are is not the ideal version; we believe we need to be polished and perfect.

Perfectionism looks like excellence but feels like anxiety. It is an email rewritten five times. A social media post never published. A house that must be spotless before guests arrive. The constant feeling of “not enough”.

Many of us grow up believing that if we try hard enough, improve enough, or fix enough parts of ourselves, we will finally feel accepted. We imagine a future moment where everything feels right: work is better, the house is more organized, we look different, others approve of us. But that moment rarely arrives. Instead, the standard keeps moving, and the feeling of “not enough” remains.

### THE ROOTS OF PERFECTIONISM

When you live your whole life striving for perfection, it is normal not to know how to behave differently. Healthy striving can seem like a myth. Perfectionism is rooted in several fears, many of which are quite common:

**Fear of judgment:** The concern about what others will think of you.

**Fear of not belonging:** The belief that if you don't follow the rules, guidance, or requests of others, you will be excluded from the group, family, or relationship.

**Fear of not being enough:** The constant questions in your mind. “Can I do it?” “Am I allowed to do this?” “Am I capable?” “Who am I to do this?” We refer to this as Imposter Syndrome.

At its core, perfectionism is not about standards—it is about safety. As humans, we are wired to seek safety, and we will do our best to feel safe in all situations in life. Perfectionism is a protection strategy, often learned in childhood, layered with cultural and generational expectations that condition us to act like “good girls or good boys”.

### THE HIDDEN COST OF ALWAYS BEING “RIGHT”

Normally, perfectionism promises approval but delivers exhaustion in the following ways:

**Emotional:** Constant alertness creates long-term stress. You become more self-critical, which normally extends to others as well. You feel guilty when resting or not actively producing something.

**Relational:** It becomes hard to be yourself or to be vulnerable with others. You develop controlling tendencies to keep things the way they should be, alongside a fear of being truly seen because deep down, you don't feel good enough.

**Professional:** Procrastination creeps in, because starting means facing uncomfortable feelings. Burnout follows, as your mind doesn't relax easily. Delegating feels impossible when you need to control outcomes.

## WHERE IT BEGINS: THE NEED TO BELONG

As children, we want to be loved by our parents. Sometimes the way we experience love is through praise for our performance, or when love is linked to achievements. Our smart brains understand that if we do everything “right”, we will be safe, we will be loved. And so the pattern is set. We spend our whole lives keeping this pattern to avoid being cast out or dismissed.

The brain does this for our own good. There is no judgment in the process, just adaptability, but what we needed before may not be what we require now. As adults, we can create our own safety and see the world differently. Our brains have neuroplasticity—we can change our perceptions, and choose new ways of being. Because what protected us before could be limiting us now. Awareness is the first crack in perfectionism’s armor; these are signs that you might be trapped in perfectionism:

- Do I delay starting because I don’t feel ready?
- Do I struggle to celebrate achievements?
- Do I feel uncomfortable showing unfinished work?
- Do I overthink simple decisions?
- Do I equate mistakes with failure?

## THE SHIFT FROM PERFECT TO REAL

The shift happens when we are open to feeling awkward, inadequate, and okay in not being enough. Because, if you want to stop being controlling, you will have to start trusting. If you want to stop performing, you need to practice being more present with yourself. If you want to let go of the need for a certain image, you will need to strengthen your integrity with yourself. If you want to let your fears go, you need to be courageous.

Real connections require imperfection. They require you to be who you are, in every moment of your life—feeling what you feel, doing what you do, being your authentic self all the way through. Have you ever met an authentic person? It is quite impressive and attractive. So maybe the most magnetic version of you is the authentic, real one.

Joy requires a moment to happen. When everything is controlled, there is little room for creativity or spontaneity. Creativity needs risks. Joy needs space.

## PRACTICAL WAYS TO LOOSEN THE GRIP

Negative thoughts come from us, which means we can control them. It is easier when we start to prove to ourselves that it is not as bad as we thought. That people don’t care as much as we think. That we are more capable than we give ourselves credit for.

These are tools you can practice:

- Publish before you feel 100% ready



Photo by charliepix from charliepix

- Replace self-criticism with curiosity
- Share something vulnerable with someone safe
- Celebrate progress, not just outcomes
- Practice “good enough” in small, daily tasks

Encourage yourself to experiment, to try. Stop pressuring yourself for an overnight transformation.

## WHAT HAPPENS WHEN WE LET GO

When you allow yourself to transition to a non-perfect ideal life, you will see yourself acting and feeling different. Your body feels lighter, with less tension. Your inner voice softens, because you don’t need to criticize yourself as much. Your relationships deepen, because you are willing to be vulnerable with others. Your creativity grows, because you are more open to risks. And you will become more present, as your mind lets go of that “antenna” constantly scanning for something to fix.

Letting go of perfection does not mean lowering your standards or caring less. It simply means allowing yourself to be human while you grow. It means understanding that mistakes, doubts, and unfinished versions of ourselves are part of the journey. When we stop fighting our imperfections, life becomes lighter, relationships become more genuine, and joy becomes easier to access.

## A CLOSING REFLECTION

Imperfection is not a flaw. It is an accumulation of coping mechanisms—what if we look at them as opportunities to learn, grow, and connect?

We are not doing anything wrong. We are doing the best we can from everything we have learned. And we have the power inside of ourselves to create the life we want—as soon as we understand and decide what that life looks like.

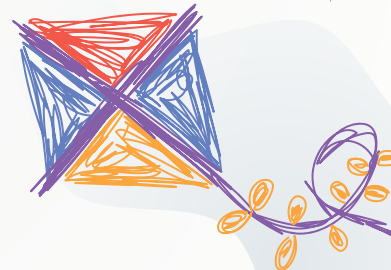
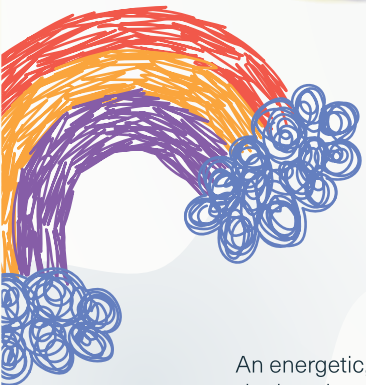
Are you open to meeting the real you? I am quite sure you would be surprised by the incredible, smart, strong, and deeply loving human being you are.



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# BRIGHT START



## Bright Beats

Wednesday, 10:00-11:00

For children aged 1.5–3 years | Parent and Toddler Room

An energetic, music-filled session designed to ignite your toddler's love for sound and movement. Through singing, dancing, and rhythm games, children develop key early skills in a joyful and engaging environment.

## Bright Explorers

Thursdays, 12:30-13:30

For children aged 1–3 years | Parent and Toddler Room

This hands-on session invites young explorers to dive into a world of sensory fun. With activities such as painting, water play, mud mixing, and natural material exploration, children develop key early skills in a joyful, creative environment.

## Bright Tumblers

Friday, 08:00-09:00

For children aged 1.5–3 years | Prep MPH

A fun-filled movement session designed to support physical development through purposeful play. Children build strength, coordination, and confidence while exploring soft obstacle courses in a safe, supportive environment.

## Scan to register

Bright Beats



Bright Explorers



Bright Tumblers



# MINDFUL JOY: RAISING HAPPY FAMILIES THROUGH SHARED VALUES

Parents pushed for time can feel like they have to fill every moment they spend with their children with activities, but Sara reminds us that small family rituals, and our undivided attention and love matter more than any activity.

Photo by Andressa Chagas from Pexels

## About the Author

Sara Salam is a mother to energetic boy–girl twins who keep her on her toes and regularly challenge her ideas about patience, boundaries, and quiet. She writes about parenting as she learns it—one day, one mistake, and one small win at a time.



# M

Modern parenting often comes with a quiet pressure: be present, be patient, build meaningful childhoods, and balance it all with careers and daily responsibilities. Many parents worry that their children's happiness requires constant attention, elaborate activities, and unlimited time. But research on well-being suggests something reassuring. Long-term happiness—for children and parents—does not come from doing everything. Instead, it grows from meaningful experiences and strong relationships in everyday life.

Psychologist Martin Seligman, a leading figure in Positive Psychology, describes well-being as something built through positive emotions, strong relationships, a sense of meaning, and achievement. Though his work is often applied in schools and workplaces, the same principles extend to family life—and one of the most practical ways to apply them at home is through a values-centric approach to parenting.

## FROM ABSTRACT IDEAS TO EVERYDAY LIVING

Parents often say they want their children to grow up kind, grateful, curious, and respectful. These values guide how we hope our children will move through the world. Yet values can remain abstract unless they are practiced. Children do not absorb values simply because we talk about them. Instead, they learn them through experiences, routines, and the emotional atmosphere of the home.

A helpful starting point is for families to ask a simple question together: what values matter most to our family? One way to begin this reflection is by thinking about your own childhood. What memories stand out when you think about feeling happy, safe, and connected at home? Often it is not the big occasions that stay with us, but small, repeated moments.



Photo by Nishant Aneja from Pexels

For me, one of my strongest memories is Friday lunch at home. Almost every Friday there would be biryani on the table. After lunch, the pace of the day slowed down and we lingered over family conversations. It was not elaborate; just food and time together but it created a sense of belonging. Even today, the smell of biryani brings back those memories and Fridays still feel like a time for family. Moments like these communicate values. In my case, those lunches reflected connection, togetherness, and the importance of slowing down to spend time with one another.

When we reflect on the memories that shaped us, we often discover values we want to recreate, perhaps in new ways, in our own families.

## TURNING VALUES INTO FAMILY RITUALS

Once a family has identified its values, the next step is finding simple ways to bring them to life in everyday routines:

**Gratitude:** Consider the value of gratitude. Rather than occasionally reminding children to “be thankful”, families can build gratitude into routines, such as a simple evening ritual where each person shares one good thing that happened during the day. This will eventually

encourage children to notice positive moments.

**Curiosity:** If a family values curiosity, they might introduce a weekly “wonder walk”. During the walk, everyone points out something they have never noticed before: a leaf on the ground, a shop on the street, the shape of clouds. The goal is not formal learning but the habit of observing and asking questions.

**Respect:** For families that value respect, one possible practice is creating “listening spaces” such as a weekly or monthly family conversation, where everyone gets a chance to speak without interruption. This helps children feel heard and teaches them to listen respectfully to others.

**Kindness:** If kindness is important, families can choose a small activity once a month like baking for a neighbor, writing a thank-you note to a teacher, or donating toys they have outgrown. From this, children learn that kindness is something to actively practice.

These value-centric activities do not need to be elaborate as their power lies in their simplicity and from doing them consistently.

Involving children in family values Another helpful step is inviting



Photo by Odua Images

children into conversations about family values. Parents often assume values must come from adults but children can offer thoughtful ideas when asked.

A short discussion at the dinner table can begin the process. Parents might ask questions such as: What makes our family feel strong? What kind of friend do we want to be to others? What kind of family do we want to be? How do we want to treat each other at home? What helps our family feel calm, safe, or happy? When someone in the family has a hard day, what can we do to help? What is something we enjoy doing together that we want to keep doing?

When children participate in these conversations, values become shared commitments rather than rules. Some families write their values on paper and keep them visible at home. Others talk about them during family meetings or at the start of a new school term. Revisiting these conversations every few months allows families to reflect on what is working and what might need adjustment.

It also helps children see that families change over time. A routine that worked when children were younger may shift as they grow older and develop new interests. The goal is not to preserve every ritual exactly as it is, but to keep the intentions behind them. Over time, children begin to see that values guide their everyday choices.

### THE POWER OF SMALL MOMENTS

Research on child development shows that everyday interactions shape emotional well-being more than occasional big events. Children remember the rhythm of family life: conversations at the dinner table, shared laughter, traditions, moments when they felt listened to. These experiences nurture a sense of security and belonging in them and support their long-term well-being by helping them feel content, connected, and purposeful.

This perspective can ease the sense of guilt many parents carry. Working parents often feel they must compensate for limited time with lots of activities or constant stimulation. But what children need the most are meaningful connections

and consistent signals of love and attention. A five-minute bedtime conversation can matter more than a packed schedule.

### MINDFUL JOY IN EVERYDAY LIFE

Mindful joy is not about slowing life down completely or creating an ideal version of family life. It is about being intentional with the time and attention we already have. When families identify their values and create rituals around them, daily life becomes more purposeful. Parents no longer have to wonder if they are “doing enough”, because their actions are aligned with what matters most. Moreover, children benefit from this clarity as they grow up seeing values not just as words but as practices in daily life. In this way, happiness becomes less about chasing big moments and more about cultivating meaningful ones.

Ultimately, mindful joy grows from a simple truth: families flourish when their values are lived, not just spoken. When parents and children create small traditions that reflect what they care about, happiness becomes something they build together—one moment at a time.

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# PROTECTING AND NURTURING JOY IN THE DIGITAL AGE

Screens affect us more than we realize—from focus and sleep to happiness and social skills. Counselors explain how families can restore balance without resorting to bans.

Photo by Karola G from Pexels



## About the Author

Anna works for New Counseling Service (NCS), an internationally recognized mental health center in Bangkok with a diverse team of licensed counselors. NCS has provided counseling services in Thailand and surrounding regions for over 20 years, with therapists specializing in a wide variety of issues such as anxiety, depression, work stress, relationships, and more. [ncsbkk.com/ncs/](http://ncsbkk.com/ncs/)

Screens help us stay connected, provide entertainment, and are pretty much unavoidable. But how much is “too much”, and how can we use screens while maintaining a healthy mind?

### WHAT SCREENS ARE DOING TO FOCUS

Counselor Tatiana shares that many apps are designed to grab our attention. We tend to receive far more information in a short span of time than our brains are equipped to handle. Everything moves so quickly that we begin to lose the capacity to concentrate for longer periods of time. She explains that, “If we don’t teach children and teenagers to be aware of this design feature, and to set boundaries with their screens by turning off notifications or setting their phones to ‘Do Not Disturb’, it can lead to a dependency on screen time to feel secure and reassured.”

Counselor Pam adds that many teens express having trouble focusing, even though this wasn’t something they had previously struggled with. In her experience, focus tends to return once screen time is reduced. Her recommendation is that screens should be off-limits during homework and school hours to help children focus by avoiding multi-tasking and distraction.

### WHAT SCREENS ARE DOING TO PHYSICAL HEALTH

Counselor Pam says that people, both children and adults, tend to use their phones before bed. The blue light from the screen suppresses melatonin production, which, in combination with the addictive nature of social media and games, can keep us awake for much longer than we should be. This interferes with sleep hormones—and for children and teens, growth hormones as well.

Beyond sleep disruption, extended close-range screen use can also



strain the eyes. For children with high myopia or astigmatism, excessive screen time may contribute to issues such as eye muscle imbalance or double vision. Screens don’t just affect the mind—they affect the body too.

### WHAT SCREENS ARE DOING TO HAPPINESS

Counselor Pam also notes that screen use affects other chemicals in the brain, which may lead to anxiety and low mood. Additionally, phones grant us what people are now calling “fake dopamine”, meaning dopamine from some form of instant gratification that doesn’t actually give us lasting, rewarding, or genuine joy. Think of how you might feel restless, irritated, or anxious without your phone, and then placated again once you pick it up.

There is also the issue of comparisons on social media, which allows people to perfectly curate how they present themselves, and to (perhaps instinctively) share only the best parts of their lives. For many young people, this can be a deep source of unhappiness. It’s important to remind them that what they see isn’t the full story.

At the same time, heavy screen-time is not the sole factor that can affect our happiness. Feelings of

loneliness, rejection, or lack of fulfillment may also play a role. Tatiana adds, “I would argue that heavy screen-time is a symptom of a lack of fulfillment in day-to-day reality, that then becomes a negative feedback loop if unchecked.” Some might be using screens to escape from real life or from their own thoughts. While there is a joke online that teens like to make about how parents blame everything on “the damn phone”, and even though it definitely is the damn phone sometimes, it’s important to look at the other pieces of the puzzle too!

Tatiana shares that engaging in the right social media platforms can also be liberating for teens who feel like their interests don’t fit in with their peer group, and can even strengthen real-life friendships. Yet, too much social media can disconnect them from face-to-face communication, including important social cues such as tone and body language.

You might have seen some people online talk about the “Gen Z stare”. This “stare” is a blank gaze accompanied by silence that people have sometimes observed Gen Z doing when met with questions or comments, and which many believe is caused by a lack of real-life connection.

## RECLAIMING JOY AND FOCUS BEYOND THE SCREEN

So how can we protect joy and focus in such screen-heavy lives? The simplest answer is to nurture other hobbies that children enjoy and find rewarding—something adults could benefit from too. This could be sports, arts and crafts, singing, dancing, hiking, reading, writing, and more. Counselor Pam describes these as “three-dimensional activities” that allow children to express themselves or connect with others. Additionally, you could engage them in some of the following activities to boost one of the eight types of intelligence.

**Interpersonal:** Playing with others, letting kids take turns being a “leader” for a day (this could be in the roles they take while playing), and using emotion charts.

**Intrapersonal:** Journaling, reflective prompts, completing sentences about who they are, what they like, what their goals are, and so on.

**Logical-mathematical:** Brain teasers, logic puzzles, strategy games like Sudoku or chess, or science experiments.

**Naturalistic:** Being outdoors in nature, learning about plants and flowers, or planting something themselves.

**Spatial:** Three-dimensional activities like Lego, building blocks, puzzles, and different forms of art.

**Bodily-kinesthetic:** Sports, dancing, drama, physical movements that accompany learning (like jumping jacks or clapping), or eurythmy.

**Linguistic:** Reading, writing, storytelling, word games (Scrabble, crosswords), debates/discussions, and interpretation/analysis.

**Musical:** Singing, playing an instrument, listening to or watching shows with music.



As mentioned earlier, screens can be addictive, and when children see everyone else using them, they may feel left out if they don't have the same access. Protecting joy and focus doesn't mean eliminating screens altogether, but rather it means setting healthy boundaries.

Screen usage becomes harmful when it begins to affect other areas of life. Counselor Savinee suggests setting time limits on devices. For children younger than ten, this shouldn't exceed a couple of hours a day. For teens, Tatiana recommends creating space for open conversations—encouraging them to question and reflect on what they're seeing online to help lessen any negative effects of what they're seeing.

### FINDING BALANCE IN REAL LIFE

But what about when parents need rest, or have to work? Many children are given an iPad to keep them quietly occupied while parents manage other responsibilities, or just need a break. Pam and Savinee's answer is simple: toys, such as dolls, building blocks, drawing, painting, reading—all the things children enjoyed before screens became such a big part of our lives. Children have amazing imaginations and can safely play by themselves while you rest or do other things. Independent play supports children's development,

boosting their creativity and problem-solving skills.

I went to a school where phones and television were not allowed until Grade 9. This was an extreme stance, and I can speak from experience that too much “no” can cause children to be even more curious about what they're missing out on. This can lead to secret, unsupervised access for kids, which increases the risk of children accidentally consuming harmful media. Screen usage isn't inherently bad, rather, it's about finding balance.

In high school, we were asked to put our phones in a box at the beginning of the day and take them back after school. I think this was a reasonable and balanced method; it helped everyone concentrate in class and fully enjoy each other's company. Phones don't just disrupt focus when studying—sometimes they interrupt fun too.

To conclude, Tatiana says, “Too much doomscrolling is bound to affect anyone's mood, even if it is a cheap and easy distraction. It doesn't actually calm or regulate one's emotions. Time to go touch some grass! Switch it up with another activity. Do something to get out of your head.” As a big lover of touching grass, I second that!

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# BAMBI 2025 ANNUAL REPORT

This report was presented at the annual general meeting held on March 26, 2026, at Courtyard by Marriott, Bangkok.

## BAMBI EXECUTIVE BOARD’S REPORT

Another year has come to a close, marking a dynamic and eventful period for BAMBI.

In Bangkok, the needs of parents and young children continue to shift toward more structured activities, while competition has increased with the growth of themed playgroups offered by schools and early childhood providers. Against this backdrop, 2025 presented a number of challenges. This report outlines our key activities and achievements over the past year, as well as our priorities for 2026.

During the year, we welcomed several new committee members and thanked a number of long-serving members for their contributions. Frances and Lynda continued on the executive board, and BAMBI maintained its current management structure, with responsibilities typically held by the Chairwoman distributed across board members. This model has proven effective in managing volunteer workloads and will continue for the foreseeable future. A similar co-coordinator structure has been implemented across departments such as Playgroups, Me-Time, and Website, improving continuity and reducing the need for retraining when roles transition.

As social media and online visibility become increasingly important, the need for consistent event photography has grown. In response, a dedicated Photography Department was established under Jana’s leadership, with a streamlined system allowing departments to request coverage directly. In addition, a specialized marketing function will be introduced within the Media team to strengthen BAMBI’s overall marketing strategy.


Following discussions with CBFT, we were reminded of the importance of staying aligned with BAMBI’s core mission: supporting families through prenatal and postnatal care, childcare guidance, education, playgroups, member activities, and contributions to child welfare charities in Thailand. In particular, we aim to further develop the Bumps department by expanding events, information sessions, and support for breastfeeding mothers.

Financially, BAMBI remains in a strong position, reporting a profit of 288,965 ฿ in 2025. Membership numbers have remained stable, while increased playgroups and activities have contributed significantly to revenue. Our annual events—Songkran, Halloween, and Christmas—were especially successful. We also introduced a Volunteer Appreciation Day, held during school hours to provide a more relaxed, adult-focused gathering. This new initiative was well received and offered a valuable opportunity to recognize our volunteers.

Looking ahead, we are seeking to fill several key roles: Database Assistant, New Members/Pop-up Coordinator, and Website Co-Coordinator.

## BUMPS & BABIES

BAMBI’s Bumps & Babies team is dedicated to supporting expectant parents and those with infants by providing a welcoming and supportive community. Through playgroups, information sessions, and social events, the team helps new and expecting parents connect, share experiences, and access valuable resources during this special stage of parenthood. In 2025, headed by Jas Hsu as the coordinator and supported by volunteer Jenifer Sawchenko, the team

2025 AT A GLANCE			
<b>฿1,390,100.52</b> Total revenue	<b>฿1,101,135.02</b> Total expenses	<b>348</b> Members at year end	<b>55</b> Volunteers at year end
<b>16,535</b> Followers on social media	<b>24,000+</b> Visitors to the website	<b>200</b> Playgroups	<b>6</b> Bumps & Babies initiatives
<b>71</b> Activities for older children	<b>12</b> Me-Time activities for parents	<b>116</b> Featured content in BAMBI Magazine	



organized and offered the following activities and events:

Activity / Event	Total number of sessions in the year
Baby Rhyme & Flow	3
Information Session: Starting Baby on Solid Foods (Weaning)	1
Childbirth Preparation Part I of II	1
Childbirth Preparation Part II of II	1

### Notable Changes in 2025

- **Information Session: Starting Baby on Solid Foods (Weaning):** Introduced in 2025, this new information session is delivered by Midwife Jenifer Sawchenko. The session is unique in Bangkok, as we are not aware of any other providers offering a dedicated talk on this topic. It has consistently attracted a strong turnout from families.
- **Baby Massage:** This session is currently suspended as there is no qualified instructor available to lead it.

Income ₱	Expense ₱	Profit/loss ₱
8,105	6,102.5	2,047.5

### Highlights of 2025:

- A total profit of ₱ 2,047.5 generated from total income of ₱ 8,105 versus total expense of ₱ 6,102.5
- Bumps was active from September to December 2025. During this period, Baby Rhyme & Flow sessions featured a structured set of activities and songs designed to support the developmental needs of babies aged 0–6 months.

- Mothers' groups were also established on WhatsApp and LINE, helping participants stay connected, share experiences, and build supportive peer networks beyond the sessions.

### Plans for 2026:

- Securing a permanent venue with the capacity to host 20–30 people to facilitate scheduling of talks, provide greater opportunities to interact with families, and enable the hosting of additional activities.
- Recruiting a new Bumps & Babies coordinator following Jaz's departure from Thailand.
- Expanding operations and offerings for members by recruiting more volunteers and establishing connections with new venues and partners.

## PLAYGROUPS

BAMBİ's playgroups provide a fun and engaging environment for young children to play, explore, and socialize while offering parents a supportive community to connect with one another. With a variety of playgroups held across Bangkok, the Playgroups team ensures that families have access to safe, inclusive, and stimulating spaces where children can learn and grow through play.

2025 was another successful and profitable year for the team. Headed by co-coordinators, Hilda Anita and Erica Jeong, and supported by playgroup leaders Ratthar Sriduam, Nana Jiravaraphan, Ting Rodgers, Nobuka Ishikawa, Akane Igawa, Nupur Birani, Makiko Takishima, Chiharu Watanabe, Kurumi Ozaki, Kaho Satake, Sarah Biviji, Roanne Matel, Shoko Suzuki, Kaori Mariko, Nana Egusa, Chikako Kikuchi, Ashley Mitchell, Shivangi Tripathi, Deepika Vijayan, Lily Rojanamitr, and Risa Imaizumi. the team hosted the following playgroups in 2025 in coordination with venues across town:

Playgroups	Total number of sessions in the year
Wonderkids PG	33
Little Seeds PG	12
Kiddiezilla PG	35
Niko Niko PG	5
Little Panda PG	19
Little Treehouse PG	9
Kiddieville PG	38
Little Steps PG	15
Little Sparkles PG	15
Cosmosville PG	3
Saturday Nana PG	8
Yenakart PG	5
Little Tots PG	3

**Notable changes in 2025:**

- Suspended Services / Activities:
- Little Sparkles – The activity was suspended as it consistently operated at a financial loss.
- Cosmos Ville – The activity was discontinued due to low attendance.

**Highlights of 2025:**

- **Leadership and team growth:** The BAMBI Playgroups team welcomed a new co-coordinator, Erica Jeong. Together with Hilda, the department is now led by two coordinators—the first time this structure has been implemented. They are supported by a team of 20 active playgroup leaders, creating a more efficient structure and enabling faster growth within the department.
- **Expansion of playgroups:** Under this collaborative leadership, we’ve doubled the number of playgroups run this year. With the goal of offering playgroups every day of the week, families can now enjoy a wider variety of engaging sessions across different days, providing greater flexibility and choice for our community.
- **New Playgroups launched:** Several new playgroups were introduced during the year, including Little Seeds, Niko-Niko, Little Steps, Little Tots, Little Sparkles, and Cosmos Ville, further expanding the range of offerings available to families.
- **Attendance and popular playgroups:** BAMBI playgroups recorded a total of 2,503 attendees during the year. Kiddieville and Wonderkids continued to be the highest-attended playgroups in 2025. Little Steps is emerging as one of the most sought-after playgroups and has been highly profitable, almost always reaching maximum capacity. Little Treehouse consistently received full bookings; however, it did not always reach maximum capacity due to no-shows and cancellations.
- **Ticket price adjustment:** A ฿ 50 ticket price increase was implemented for some of the most popular playgroups. This adjustment followed many years without any price changes, despite rising inflation

and increasing operational costs. No complaints were received regarding the price adjustment, and the department remains committed to delivering the best possible experience for our community.

- **Playgroup Leaders’ Breakfast Morning:** This was held on May 16, 2025 at El Mercado Cafe and was a great opportunity for our playgroup leaders to get to know each other.
- **A profitable year:** Total profit of ฿ 188,890 generated from total income of ฿ 353,140 versus total expenses of ฿ 164,250

Income ฿	Expense ฿	Profit/loss ฿
353,140	164,250	188,890

**Plans for 2026:**

- Expand the playgroups programme: Continue growing the playgroups programme to better cater to the diverse needs of BAMBI members.
- Increase geographic reach: Introduce playgroups in additional areas of Bangkok so that activities are not concentrated in Sukhumvit, allowing more families to conveniently access them.
- Encourage community participation: Encourage members to attend playgroups in new locations to help ensure their success and sustainability.
- Respond to community needs: Continue exploring opportunities to introduce new playgroups and activities in response to the growing requests and needs of our community.

**ACTIVITIES**

BAMBI’s Activities team organizes engaging and enriching experiences for children aged three and above, providing them with opportunities to learn, play, and develop new skills. From creative workshops to active play sessions, the team curates a diverse range of activities designed to encourage exploration, socialization, and fun in a supportive community setting. 2025 began with Sara Salam leading the activities team with support from activities leaders Takako Toyama, Rosie Zhang, Hideko Narusawa and Janet Fung.

**Activities offered in 2025 included:**

Activity	Total number of sessions in the year
Toddler Music	32
Football	23
Little Athlete	16

**Notable changes in 2025:**

- Initially, Little Athlete ran four sessions per month, held fortnightly on Fridays and Sundays (two Fridays and two Sundays each month). However, the Friday sessions struggled to attract sufficient attendance, so the final Friday session was held in December 2025.
- Towards the end of the year, the Activities Coordinator stepped down.

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**Highlights of 2025**

- **Participation and popular activities:** A total of 653 attendees participated across the three activities in 2025, comprising 437 for Toddler Music, 153 for Football, and 63 for Little Athlete.
- **Stable leadership and programme continuity:** Despite changes among volunteers, the leaders for Toddler Music and Football remained the same and continued to run their activities steadily throughout the year.
- **Growth of Toddler Music:** Toddler Music saw a dip in participation from August to October following the start of the new school year, but the group continued to operate smoothly, introducing new songs and activities and successfully attracted new regular members. Toddler Music was the most popular offering and generated a profit of ₪ 11,781.
- **Launch of a New Activity:** In April 2025, Little Athlete was launched through the coordination efforts of Rosie with Janet and Lynda.
- **Strengthening the Football Programme:** Football developed into a stable weekly programme with an average of 10 regular attendees. The creation of a LINE group helped boost engagement, improve attendance, and share updates and reminders, resulting in higher sign-up and show-up rates. The recruitment of a new coach also reduced operational costs by ₪ 500 per session and increased children’s engagement through a more personalized teaching approach. Strong relationships among children and parents have further fostered a sense of community within the group.



respectively. Over 200 families attended all three events and the Halloween and Christmas events even generated profits.

- Volunteer Appreciation Party held at Tribe. This was a great success that celebrated all BAMBI volunteers and thanked them for their hard work throughout the year. 36 families participated in the day’s festivities.

Income ₪	Expense ₪	Profit/loss ₪
147,640	157,903	-10,263

**Plans for 2026:**

- Continue organizing BAMBI’s key annual events: Songkran Fiesta, Pumpkin Patch Spooktacular, and Christmas Party.
- Strengthen partnerships and sponsorships to support event costs.
- Consider organizing smaller social gatherings throughout the year for members and families.

**NEW MEMBERS AND POP UP PLAYGROUPS**

BAMBI believes in establishing a community where all families feel welcome and supported, fostering meaningful connections through shared experiences and resources. In 2025, The New Members and Pop up Playgroups team led by Shelka Sharma and supported by volunteers Nobuka Ishikawa, Miki Fujikawa, Jeannie Kim, Regina Chu, Jigyasa Narang and Mika Takahashi worked hard to promote this belief and introduce BAMBI to families in Bangkok.

**Highlights of 2025**

- **Reduced number of events:** Compared to 2024, fewer events were held in 2025. In the first quarter, a major earthquake led to the cancellation of two planned events, and disrupted the broader event schedules of participating schools.
- **Community events:** Four New Members’ Coffee Mornings were held during the year, attended by a total of 99 families. In addition, four Pop-Up Playgroups were organized, with a total attendance of 221 families.

Income ₪	Expense ₪	Profit/loss ₪
204,985	198,374	6,610

**Plans for 2026:**

- **Structured activity categories:** organize activities into three main categories: Art, STEM, and Motor Skills/Sports.
- **Daily activity offering:** aim to offer at least one activity per day, with sessions distributed across the three categories to provide a balanced and varied programme for members.

**EVENTS**

The BAMBI Events team takes pride in delivering well-organized, engaging, and memorable events that bring families together and strengthen our community. As with previous years, in 2025, Clarisse Chan, with support from events assistants Kim Narrandes and Kat Sitsankul planned and hosted several of BAMBI’s annual events with great enthusiasm, dedication, and attention to detail.

**Highlights in 2025:**

- The Songkran Fiesta, BAMBI Pumpkin Patch Spooktacular, and BAMBI Christmas Party, which were held at Wells International School, Future Steps International School, and Chocolate Ville, Bangkok,

- **Financial outcome:** The events generated a total profit of ₱ 5,087, from total income of ₱ 8,850 and total expenses of ₱ 3,763.

Income ₱	Expense ₱	Profit/loss ₱
8,850	3,763	5,087

**Plans for 2026:**

- **Explore new venues:** Identify and explore new venues for future events. Members are encouraged to share suggestions for potential locations.
- **Increase number of events:** Aim to organize more events during the year, supported by the growth of new memberships.

**BAMBI ME-TIME**

Jointly managed by Me-Time co-coordinators Aoi Nakazawa and Tomomi Furuyama (who joined in September 2025 to help plan and execute more events in Sathorn), BAMBI Me-Time activities have flourished into a diverse and engaging program in 2025, offering enriching experiences that cater to parents’ well-being and personal growth. In 2025, 55 parents from the BAMBI community participated in the following Me-Time activities:

Activity	Total number of sessions in the year
Zumba	1
Bollywood dance	2
Coffee morning	1
Cave art painting workshop	1
Clay & resin earrings making workshop	1
Chinese tea experience	1
Parent Circle: Finding a Suitable School for Your Child	2
Kids & parents yoga play with live cello	1
Parent Circle: Developing an Attitude of Gratitude, in collaboration with Parent Connect	1
Parent Circle: Discovering Rhythm, Warmth, and the Waldorf Essence, in collaboration with Tawan Sprout	1

**Highlights of 2025:**

- **Introduction of the “Parent Circle” series:** In addition to Art and Dance for Parents, a new Parent Circle series was introduced. These sessions provide a space for parents to gather, learn, and share experiences.

- **New parent–child activity, Kids & Parents Yoga with Live Music:** this was introduced to provide an opportunity for parents and their young children to connect through shared “us” time in a relaxed and engaging environment.
- **Financial outcome:** A total profit of ₱ 3,466.99 was generated, from total income of ₱ 21,225 and total expenses of ₱ 17,758.01.

Income ₱	Expense ₱	Profit/loss ₱
21,225	17,758.01	3,466.99

**Plans for 2026:**

- **Expand the Parent Circle series:** Offer the Parent Circle series in both Sukhumvit and Sathorn to reach more families.
- **Continue kids & parents yoga:** Maintain Kids & Parents Yoga with Live Music sessions at various venues and in different group sizes to accommodate diverse participation levels.

**BAMBI MAGAZINE**

2025 was another exciting year for the BAMBI Magazine team with new themes covered and fresh perspectives introduced, enriching content for our diverse readership. The department, led by Sanam Rahman, editor, with assistance from Joe Barker, deputy editor, and other volunteers in the capacities of assistant editors, feature writers and photographers— Monisha Gurbani, Rachel Ofo, Natasha Duffin-Jones, and Chrissy O’Brien, Jeannie Kim, Kelly Patten, Sheena Low, Sara, Salam, Jana Capek, Chikako Takahashi, and Chihiro Hiki— together contributed their time and expertise to produce engaging and high-quality content for the magazine throughout the year.

**Highlights of 2025:**

- 11 issues of BAMBI Magazine published over the year
- 116 articles and other contributions curated from external and in-house writers. Topics covered included child development, parental musings, diversity, mental health, crafts, book reviews, gender, nutrition, and much more.



## BAMBI UPDATES

- Around 400 print copies distributed every month
- Close collaboration with BAMBI Media team to boost magazine's online presence
- Built and maintained connections with new and old external contributors

### Notable Changes in 2025:

- **Changes in the team:** Towards the end of 2025, Kelly Patten and Rachel Ofo stepped down from their roles as Feature Writer and Assistant Editor, respectively, due to personal and professional commitments. Joe Barker transitioned to the role of Professional Editor, a position hired by the magazine's publishing partner, ScandMedia. Sara Salam joined the team as a Feature Writer.
- **Establishment of a separate photography department:** A new Photography Department was established, separating it from the magazine team, and placed under the leadership of Jana Capek. This change reflects the evolving role of BAMBI photographers, whose work now extends beyond providing images for the magazine to also covering BAMBI events and producing content for social media. The creation of a dedicated department is expected to streamline communication and coordination between photographers and other BAMBI departments.

### Plans for 2026:

- Continue to forge and nurture relationships with new and existing contributors to bring more exciting content
- Implement new strategies to further boost readers' engagement
- Recruit a deputy editor and feature writers, and invest in skills enrichment programs for interested team members
- Conduct a readers' satisfaction survey to gauge readers' interests and the magazine's performance
- Plan content for 2027 based on the survey results

## MEDIA ACTIVITIES

In 2025, the BAMBI Media team made great strides, fostering community engagement through creative content designed by BAMBI promotional designers Yumi Shimada and Atsuko Ikeda, and setting the stage for new initiatives in 2026. All social media operations were handled by coordinator Arisa Hirade with support from social media assistant, Arisa Yamashita.

Platform	Followers in 2024	Followers in 2025	Growth %
Facebook	15379	15749	2.4%
Instagram (IG)	1117	1944	74%
LinkedIn	39	56	43.5%

### Highlights of 2025:

- **Advertising spend:** A total of ₱ 3,945.39 was spent on advertising from September onwards.

- **Event driven campaign success:** Campaigns linked to specific community events, such as the Yard Sale and Christmas Party, consistently achieved higher engagement rates.

### Plans for 2026:

- **Continue monthly calendar posts:** Maintain regular posting of the monthly events calendar to keep members informed about upcoming activities.
- **Increase video content:** Produce more reels, particularly to promote new playgroups and highlight BAMBI activities.

## MEMBERSHIP AND DATABASE

The BAMBI Membership and Database team plays a vital role in managing member registrations, renewals, and volunteer applications, ensuring a seamless experience for families joining our community.

In 2025, in coordination with other departments, database coordinator Shiwani Palikhe led assistants Yoko Mito and Sehee Kim to better support BAMBI's growing network. The team was responsible for activating memberships and producing monthly reports for various departments, including the membership financial report, Magazine distribution list, and new members report. In addition, the team handled requests related to updating membership profiles, supported the activation of volunteer applications, and maintained updates to the volunteer database spreadsheet.

### Highlights of 2025:

- **Membership activation:** Processing and activating membership requests for 243 new memberships and 105 renewals.
- **Support for department requests:** Began handling ad hoc requests from departments to activate memberships linked to Activities and Playgroups.
- **Volunteer database updates:** Initiated the process of cleaning and updating the volunteer list based on step-down forms submitted through the Glue Up system.

### Plans for 2026:

- **Leadership transition:** Transition the role of Database Coordinator from Shiwani to Kim.



- **Team expansion:** Recruit a new Database Assistant to fill the position previously held by Kim.

## MEMBER BENEFITS

The BAMBI Member Benefits team is dedicated to securing valuable perks for our members by partnering with businesses and institutions across Bangkok. In 2025, Sassy Bairan, Benefits Coordinator, single-handedly expanded our network of benefit providers, offering exclusive discounts on refreshments, services, and family-friendly activities to enhance the BAMBI membership experience. At the end of the year, total benefits available for all BAMBI members stood at 48.

### Highlights of 2025:

- **New member benefits:** Twelve new member benefits were secured in 2025 through partnerships with the following businesses and institutions:

B2S	Morinaga
B2S	Parent Connect
Bailey'	Rhizome Creative Studio
EQ for Kidz	StinkyDooh
Carpe Diem BJJ	WildQuest
Chilly Babe	WOW Park
Evi Mae	

- **Promotion scheduling system:** Introduced a promotion schedule accessible to the Graphics, Media, and Magazine teams to enable more seamless information sharing and coordination of promotional timelines.
- **Standardized partnership documentation:** Following the Executive Board's advice, began implementing membership partnership benefits forms to document key information about each partner business and details of the benefits offered.

### Plans for 2026:

- **Expand member benefits:** Continue exploring and securing additional benefits for BAMBI members by partnering with more parent-focused businesses, such as nail salons, spas, and similar services.
- **Strengthen partner outreach:** Recruit an assistant to support the identification and outreach of potential membership benefit partners.
- **Enhance partner promotion:** Explore new ways to promote partner businesses more effectively across BAMBI's platforms and communications channels.

## WEBSITE

The BAMBI Website Team serves as the organization's technological backbone, managing everything from website maintenance to database support and event scheduling on Glue Up. In 2025, their expertise ensured smooth digital operations, enhancing efficiency across BAMBI's platforms and improving the overall member experience. In 2025, Frances Billones and Archana Yadav



served as the website co-coordinators while Anshul Singhal supported as the events scheduling manager.

### Notable Changes in 2025:

- **Glue Up capacity increase:** Under the contract with Glue Up, BAMBI is allocated a fixed number of event and activity sign-ups that can be created and posted on the system. Due to the rapid expansion of BAMBI's offerings in 2025, this capacity was exceeded, and an additional allowance of 100 events had to be purchased.
- **Technology expenditure:** Total technology-related spending in 2025 was as follows:
  1. Glue Up: USD 3,400
  2. Bluehost: USD 203.88

### Highlights of 2025:

- 24,000 visitors to the website between 1 January and 31 December 2025.

### Plans for 2026:

- **Reduce technology expenditure:** Transition from Bluehost to Google Workspace in order to reduce overall technology-related expenses.

## CHARITIES

Since its founding, BAMBI has been committed to giving back to the community by supporting non-profit organizations that share similar values and vision. Through both cash and in-kind contributions, BAMBI's Charities department plays a vital role in making a meaningful impact, ensuring that resources reach those who need them most.

In 2025, Lynda Suchintabundid led BAMBI's charitable efforts by organizing Charity Day in May and the annual Yard Sale in November, in coordination with the Events team.

### Plans for 2026:

- Coordinate with the BAMBI Events team to organize the annual Yardsale on the 30th of May and Charity Day on 29th of June.
- Provide financial support to a wider range of

organisations beyond Bangkok, extending BAMBI's outreach and community impact.

## TREASURY

BAMBI's Treasury department, consisting of Treasurer Ritika Bhargava and assistants Saeko Omura and Takako Toyama, is responsible for managing the organization's financial resources with transparency and accountability. From budgeting and financial planning to overseeing petty cash and expenses, the department ensures that BAMBI operates sustainably while maximizing its support for charitable initiatives and community programs. SAS Group managed BAMBI's administrative accounting services, and Khun Tan at S.T. Accounting & Taxation supported as the auditor.

## Highlights of 2025:

- **Strong financial performance:** In 2025, BAMBI generated revenue of ฿ 1.39 million, approximately 24% higher than the budgeted revenue. Total expenses were ฿ 1.1 million, 25% lower than budgeted, resulting in a profit of ฿ 288,965. The positive financial outcome was largely due to cost reductions and the expansion of revenue-generating playgroups.
- **Support for community initiatives:** Yard Sale table booking fees are still with BAMBI and will be donated on 2026
- **Increased playgroup participation:** Playgroup bookings increased during the year, driven in part by a 13% rise in memberships compared to the previous year, which contributed to higher overall revenue.

## BAMBI'S PROFIT/LOSS STATEMENT FOR 2025

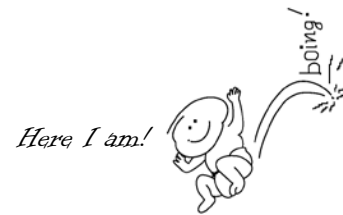
	Jan - Dec 24	Jan - Dec 25	%Δ YOY
<b>REVENUE</b>			
Playgroups	720,060.00	812,375.00	13%
Events	68,370.00	145,310.00	113%
Memberships	523,600.00	425,150.00	-19%
Misc. Revenue	22,060.77	7,265.52	-67%
Total Revenue	1,334,090.77	1,390,100.52	4%
<b>EXPENSES</b>			
Advertising	5,200.86	11,590.00	123%
Office Expenses	6,509.10	7,659.75	18%
Meeting Expenses	125,489.04	197,605.44	57%
Maid/Cleaning	500.00	600.00	
Transportation/Parking	101,035.00	113,470.00	12%
Vendors at events			100%
Supplies	18,742.93	16,531.36	-12%
Gifts to Volunteers	35,000.00	1,710.00	-95%
IT, Computer, Domain	83,370.67	56,934.34	-32%
Professional Fees	152,533.00	123,585.00	-19%
Rent and Rates (Venues)	477,516.00	500,685.00	5%
Donations (Charities)	3,944.05		-100%
Misc. Expenses	5,948.54	11,669.45	96%
Non Deductible & Depreciation	60,562.17	59,094.68	-2%
<b>TOTAL EXPENSES</b>	1,076,351.36	1,101,135.02	2%
Profit for the Year	257,739.41	288,965.50	12%

**Plans for 2026:**

- **Data-Driven financial management:** Implement a more structured, data-driven approach to financial management through regular monitoring of the annual budget. A process will be established to track spending against the allocated budget and review any overspending on a quarterly basis. The combination of an annual budget framework and a quarterly tracking system will enable the committee to make more informed decisions to increase revenue and manage expenses effectively.
- **Digitisation of banking operations:** Transition BAMBI's banking operations to online systems. Plans include opening a new bank account for petty cash transactions and moving from a hard-copy cheque-writing process to a digital payment system.

These changes are expected to streamline financial operations, reduce the workload of the finance team, and shorten payment processing times.

We welcome any questions you may have on the above information. Please write to us at [treasurer@bambiweb.org](mailto:treasurer@bambiweb.org) or [chairwoman@bambiweb.org](mailto:chairwoman@bambiweb.org).

**THANK YOU TO OUR PARTNERS AND SUPPORTERS**

BAMBI extends its gratitude to the following business and institutions for their invaluable support throughout 2025:

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Bangkok Dolphins  
Ayasan Nonthaburi  
Moori Moori Playfarm  
Donz Rice Bowl  
Copel  
Asian Tigers

**VENUES FOR NEW MEMBERS' COFFEE MORNING AND POP UP PLAYGROUP:**

Brighton College Bangkok  
First Steps Pre-School  
Kids Academy International School  
Melodies International School Kindergarten  
OISCA International School and Nursery  
St. Andrews International School Sathorn  
Storytime Preschool

**VENUES FOR PLAYGROUPS:**

Future Steps Bangkok International School  
Kidzillabkk  
Little Treehouse  
Nancy Language School  
Playville  
Storytime Preschool  
Sparkles and Sprinkles Kids Cafe  
Tiny Seeds International Preschool  
Tiny Tots International Preschool  
Twin Cosmos Cafe  
Wonder Woods Co-learning Space & Kids Cafe

**BENEFITS PARTNERS:**

Amy Diener	Little Big Dream
Ayasan	Little Gym
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BIDH	Parent Connect
Body by Beast	Plantoyo
Bumrungrad Hospital	Playville
Carpe Diem BJJ	Rhizome Creative Studio
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Curtain Up	StinkyDooh
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Hegen	Urban flower
J Clinic	Verde
Johny Live	WildQuest
Kiddy Kicks	Wonder Woods Co-learning
Kiidu	Space & Kids Cafe
Klongphai Farm	WOW Park
Lilli by Lilli	



# PLAYGROUPS & ACTIVITIES

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

## PLAYGROUPS

Name	Location
Wonderkids	Wonder Woods Kids Café & Co-Learning Space
Little Seeds	The Tiny Seeds International Pre-School
Kiddiezilla	Market Place Nanglinche (3rd Floor)
Kiddieville	Playville
Little Steps	Future Steps International School Bangkok
Little Panda	Nancy Language School
Little Treehouse	Little Treehouse Nursery
Saturday Nana	Storytime Preschool Bangkok
Yenakart	Noddy by Elizabeth International Playgroup
Little Tots <b>new!</b>	Tiny Tots International Learning Centre
Niko Niko <b>new!</b>	Sukhumvit (See registration for details)



## ACTIVITIES

Name	Location
Toddler Music	Skyview Hotel Bangkok Sukhumvit24
Football	Noah Futsal
Little Athletes <b>new!</b>	Noah Futsal



## SIGN UP TODAY!

For the latest information and further details on our playgroups and activities, scan the QR code on the right. Bookings are required to join playgroups and activities. Register today for unlimited fun and a welcoming community!



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



Please scan for more details about the available positions.

## The following opportunities are currently available:

- 🔍 Childbirth and Breastfeeding Professional
- 🔍 Playgroup Leader
- 🔍 Photographer
- 🔍 Bumps Coordinator
- 🔍 Deputy Editor
- 🔍 Feature Writer
- 🔍 Editor, BAMBI Magazine



## Volunteer Benefits





# BAMBI: THE TEAM

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

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Mel Habanananda

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## HONORARY MEMBERS

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Anna Ingham (Bumps & Babies Founder)  
Kathy Leslie  
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BAMBI Magazine is the non-profit monthly magazine of BAMBI. It is distributed free of charge to members. Editorial contributions are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI Magazine editor: [editor@bambiweb.org](mailto: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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# THE CALM AFTER THE STORM

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