

BAMBI

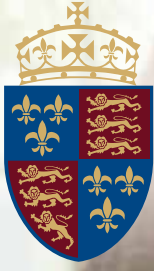
SUPPORTING FAMILIES IN BANGKOK SINCE 1982

REFLECTION,
RESILIENCE, AND
RENEWAL

**REFLECTION ON COVID
AND A NEW NORM**

JANUARY 2023

A project of Childbirth and Breastfeeding Foundation of Thailand



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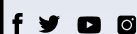
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Welcome to **BAMBI**

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

Mel Habanananda



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

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

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

Mission Statement

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

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

For more information on CBFT, contact:

English speaking, Tel 05-310-4573;
tanitmel@btinternet.com

Thai speaking, Mobile: 081-776-9391;
info@cbfthai.org or
sobsamai@yahoo.com. Or

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



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Yuika, Year 4, Regents International School Pattaya

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Mel Habanananda

Dear members,

As you know, BAMBI has just celebrated its 40th anniversary, and it was lovely to be able to finally meet the committee members and those of you who attended.

BAMBI was founded to give support and friendship to expectant and new parents living in Bangkok. From its seven original members and the commitment, hard work, and skills of so many amazing women over the years, BAMBI has now grown beyond anything I ever imagined.

The last two years have been difficult ones for many of us, including BAMBI. During the COVID pandemic, an Executive Committee was formed and they did a marvelous job of keeping BAMBI 'afloat'.

BAMBI has been a part of my life for more than half of my life, and it has brought me great joy, some worries, many friends, and the privilege of knowing many remarkable women and their families. It's wonderful knowing that we have been able to give so much support and friendship through the years, and also have been able to help many underprivileged Thai women and their children through our charity programs.

Sadly, and after much consideration, I have decided that due to health issues and a plan to move back to the UK permanently, the time has come for me to relinquish my role as Patron of BAMBI.

I know that there are now exciting times and changes ahead, and whatever the future brings I have every confidence that BAMBI will, with your valued support, continue to thrive and grow.

I would like to wish you the very best of health and happiness and may all your dreams for 2023 come true.

With love,
Mel



Founding members of BAMBI in 1982

Dear members,

Welcome to our January issue! I can't believe the past year has just fled us. This issue we explore, 'embrace and rebuild', with January being a time of new beginnings. I recently read a quote that stated, "Tomorrow is the first blank page of a 365 page book. Write a good one." This is when we make new goals and plans; the time we resolve to be a better version of ourselves. But that can't be done without learning from our past selves and embracing the lessons we've been taught.

BAMBI is no different. We recently celebrated our 40th birthday, and as a reflection of that and to commemorate it, we've adopted a new logo. It is still the same beloved BAMBI, upholding the same values, but with a new look.

I've learned quite a few things about myself this past year. From moving to Bangkok, to starting as a BAMBI volunteer almost immediately, I didn't know I was capable of doing so many things until I actually did

them. I now love the challenges that have come my way, though to be honest, I didn't in the past. I've learned to take them in stride (although not as easy as it sounds). And as much as we should learn from the past, it doesn't bode well to dwell in it. We should keep our past in mind, but always strive to be a better version. After all, danger lies in not evolving.

Finally, I would like to reiterate, BAMBI is an organization run entirely by volunteer moms. We are always looking for more volunteers. Come help us run a playgroup or an activity. Or explore the other vacancies we have! All we need is a few hours from your busy schedule. I can attest to the fact that being a volunteer has opened up so many new experiences for me. Entering as a complete newbie, the BAMBI family has been so welcoming; it's amazing!

As always, a huge thanks to our members and their support. It gets us excited to keep doing what we do.



Rocky Farheen

I would like to wish each and everyone a wonderful year ahead. Go write the best book you've written yet! Thank you.

Rocky
BAMBI Secretary

OUR COVER KID PETE



NAME

Pete

WHERE ARE YOU FROM?

Bangkok

HOW LONG HAVE YOU LIVED IN THAILAND?

22 months

FAVORITE PLACE TO GO AS A FAMILY IN THAILAND:

Nice cafés where I can enjoy yummy and healthy brunches with my parents.

WHAT'S ON YOUR THAI BUCKET LIST?

My mum plans to show me all 76 provinces of Thailand.

WHAT DOES BAMBI MEAN TO YOU?

Whenever I hear the word 'BAMBI' I feel so happy! I know that I am going to play and play and play!

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Happy New Year, Readers!

2023

2023 has officially arrived, and I hope you're all as excited about it as I am.

A new year brings new opportunities, experiences, and beginnings. For many of us, it is a time of renewed hopes and dreams, when anything seems possible, worthy of our efforts and attention. So we set new goals, make new resolutions, and count down the minutes till January comes, and it's time to kickstart everything.

But how can we rebuild ourselves and our lives without first reflecting on the past—figure out what's working for us, what we love and don't want to change, lessons learned, and so on? After all, the past shapes the present and the future. Keeping this in mind, the first issue of BAMBI Magazine in 2023 is based on the theme of 'embrace and rebuild'; let us start afresh in 2023 after accepting our pasts wholeheartedly.

Jaqueline Deeon, writer and editor, plans to do exactly this. In her article, 'Reflection On COVID And A New Norm', she recounts how the pandemic set her plans back to start a business, but despite all the trials and tribulations, she is choosing to be resilient, and braving a new step forward in 2023. If you have similar intentions,

but need a leg up on the process of reflection, turn to clinical psychologist Ben Weinstein's article, 'Reflection, Resilience, And Renewal', where he walks readers through the process of properly taking stock of their pasts and moving forward from them.

Anelia Van Zyl is back with a fun chore chart to help us all instill a sense of responsibility in our little ones. I know, I know—we've all done chore charts, and for some of us (ahem ahem) they haven't worked past a few days. But it's a new year, and we're taking time to reflect on what has and hasn't worked before. So Anelia's fresh take on chore charts in 'Cookies, Chores, And Scores!' may be just what you and your kids need to start over, successfully.

In 'Books to Inspire', Angela Chen and Waranat Annusorn list 'The Most Magnificent Thing' by Ashley Spires and 'Shuggie Bain' by Douglas Stuart as must-reads this month. The former is a heartwarming story of a child's lesson in problem-solving and processing emotions, while the latter is a coming-of-age story about a young man trying to find himself while managing his relationship with an alcoholic mother.

Overall, the idea behind this issue was to encourage self-reflection and ease



Sanam Raisa Rahman

into the new year with optimism and confidence. I hope that's the sense you all get as you go through the magazine. And before I leave you to it, I would like to thank our contributors, the graphic designer and the magazine team for their work on this issue, even through the holiday season. I would also like to express my deep gratitude to our deputy editor, Rachel Ofo, who is stepping down from the role, and moving on to a new chapter in her life. Thank you for the amazing support you've given us in the past year, Rachel, and good luck!

Sanam
Editor



WE ARE LOOKING FOR A NEW

PHOTO EDITOR

They say a picture is worth a 1,000 words. If you have a way with photographic words, join BAMBI as a photo editor!

We're looking for someone who can tell a story with a single image. From sourcing photos to organizing cover shoots, we need someone with a strong sense of photographic awareness.

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BAMBI

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— Jordan Shapiro ”

Inspiring Individuals

APPLICATION DEADLINE: JANUARY 20, 2023

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WELCOME, NEW MEMBERS!

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Anne Sophie Keen

Astha Lohia

Atchara Lai

Athena Orpeza

Belle Yu

Bhuri Tanatumsiri

Cecile Bonneval

Chan Hsu

Chanidapha Tangtrongsit

Chutima Nakrapanich

Crystalbel Seow

Dolphapat Visetsripong

Fadzillah Kamaluddin

Fujita Kagari

Helen Cao

Hiromi Tsuchiya

Jinjuta Taburan

Jiyoung Lee

Joy Ruqsapram

Kanchit Traeyaphorn

Kelly Vu

Kshitija Gowda

Lara Moloney

Liat Biron

Lise Hoang

Maartje Kleintjes

Machiko Matsumoto

Mai Terawaki

Matana Mahattanakorn

Mimi Su

Miyuki Aiura

Monika Mikusova

Nadda Samakayanusorn

Narmnueng Kosacarn

Nattanicha Wongcharoenyai

Nicola Sinclair

Nuntaporn Surawatsatien

Nuttakarn Songpornprasert

Nuttipa Treeburanapong

Ornichcha Chomraka

Panhatai Angkasorn

Panticha Cador

Parnrada Thongborisoot

Patchareeya Reawsripride

Pidichanan Macaluso

Ploynapat Basset

Priti Prajapati

Ratima Setthasomboon

Rieko Takagi

Risa Date

Sachi Fujiwara

Sara Takatsuto

Sharon Wang

Shiori Kimoto

Sunil Bahadur

Suwitcha Jogthong

Tatchaya Jaruwatthana

Theera Muangpoon

Thitaree Nunthavisut

Tom Narinrat

Tomomi Tsumura

Tunyaluk Thitiratsanont

Vanessa Steinmetz

Varinthorn Jittirattanatat

Vetida Yimthanom

Wei Yuan

Xiaojing Zhou

Yimei Chen

HAPPY BIRTHDAY FROM BAMBI!

JANUARY BIRTHDAYS

Amanah Safdar

Archibald

Chinnakrit Tangtrongsit

Dean Kusa Uthisanuraksakul

Finnian Glowacki

Harithra Praveenkumar

Jacob Oliver Shepherd

Jemima Anna Lloyd Rivera

Kai Yamamoto

Naya Chindaphorn

Noah Bissoni

Sam Goundry

Sawyer Fox

Shuta Banno

Siyana Safdar

Thatthep Phongtuntakul

Torres Chou

MEET LYNDA

Bangkok local Lynda talks about being a parent in Bangkok, and shows us how local and expat moms share many of the same concerns about raising children in Bangkok.

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

I'm from Bangkok. I am of Cantonese and Indian descent. I used to live in China and Dubai.

Can you tell us something about your career and work?

I was a flight attendant based in Dubai. I worked in the hospitality industry for 14 years. I can say that I have dealt with all kinds of people in this world, haha. I'm now using those skills to raise my dear son.

Please tell us a little bit about your family.

There are three of us; we are part of a big family on my husband's side.

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

As a full time mom, I spend most of my time with my son. After breakfast, I usually set up a morning activity such as playing at home, going to the park, or joining a BAMBI playgroup. I always look for a chance for him to learn new things and meet new people. He goes with me to many places and sees many faces. We're learning from each other. My everyday life is so special with him.

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

I love that we follow the sufficiency economy philosophy, which was strongly advocated for by our former king, His Majesty King Bhumibol Adulyadej. It makes my life easier and happier. I also love local markets and seeing people helping each other.

I have traveled from the north to the south of Thailand, and I would say that I love them all. But lately I've been traveling to secondary cities such as Nan, Chantaburi and Nakhon Nayok. Maybe you can plan your next trip to these beautiful destinations.

What were your main challenges as a parent in Thailand?

Only a few uncontrollable things such as pm 2.5 traffic jams, and footpaths that are not yet child-friendly enough to walk around the town on; you need to plan your trip



in advance to make sure that you will get to where you're going on time. However, I'm quite happy, especially after joining BAMBI. I know that there are a thousand mothers out there, and I am not alone.

How did you find out about BAMBI?

I was surfing the net, looking for English playgroups and mom and baby communities, when I found BAMBI. I liked the idea of BAMBI and wished to support expat moms in Bangkok, so I applied to volunteer. I am now the Benefits and Thai Coordinator.

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

Welcome to Bangkok! Come to and join BAMBI playgroups and activities as much as you can. I'm sure you guys will enjoy it! And wherever you are in this world, make sure your child is happy.

REFLECTION ON COVID AND A NEW NORM



No one knew what to expect when COVID first arrived, but now we have so much to look back on and even more to look forward to. Jaqueline Deeon reflects on her life adjusting to the pandemic. Uncertainties and a few setbacks have taught her the importance of taking every day in stride.

Hello, New Year. So, this time I'm not going to get in your face and demand that you're better than 2022 or any of the past few years. You, the unpredictable New Year, showed us who was boss in 2020, and again in 2021 and 2022. No, this time I'll tread lightly and respect whatever it is you and the universe hand to us.

Honestly, I have not made any New Year's resolutions. On the contrary, I've decided to take this year one day at a time, because the universe knows what's best, and whatever will be, will be. Here's why.

In 2019, like so many other people, I made all kinds of plans for how 2020 would be better than the previous year. Life is so predictable, or so I thought. What happened next was far beyond what anybody could have imagined. The world was about to be caught in the grip of a truly scary global pandemic.

We heard that, in early March, Thailand would close its borders to travelers. I immediately asked my sons to make plans to come home. The eldest opted to remain in the Philippines with his partner and their family, while my youngest decided to finish his semester as a teacher at a school in Cambodia and then head home. We didn't realize that time was running out.

At the beginning of March, my son barely made it into Thailand and got 'trapped' in no-man's-land, the Cambodia-Thailand border, just as things were shutting down. After establishing that he was not 'sick' and that his rescued dog and two cats had the correct paperwork, the vigilant (and sympathetic) Thai immigration officials allowed him to continue his travels down to the south of Thailand, to our home.

2020 was looking scarier by the day, and I so wished I had not proverbially 'thumbed my nose' at the previous year, 2019. What on earth did the future hold? How bad was this pandemic going to get? Was it really as deadly as I had read and heard about? I was scared but relieved that at least two of my three sons were safely 'home'.

Within days of his arrival, a fall off his scooter saw my youngest son in the hospital with a broken leg and ankle. Hospital staff were on high alert, and because Sean had come from a country that had already recorded thousands of COVID-19-positive patients, they were extremely cautious. He was tested

for COVID-19 by the head of the infectious diseases department at the hospital and isolated way down one end of the ward. My husband and I were told only one person could stay with him at a time.

This meant I had to drive back and forth to the hospital daily. The streets were dead quiet. At times, my vehicle was the only one on the road, and I encountered two to three roadblocks on the way to the hospital each time, where my temperature was taken at a long arm's length, and I was asked when I had arrived in the country. As it was all over the world, in Thailand it was assumed that people coming from outside of the destination country were potentially infected or



The motorbike taxi man outside the tea shop, Mr. Dun



Signature dish at the tea shop: retro toasted sandwich and chips

carrying the COVID-19 virus. For me, it helped being married to a Thai national, and my husband assured them I had not left the country in more than three years at that time.

Suddenly, things we took for granted became a challenge during the COVID-19 pandemic. Visiting immigration to renew visas, going to the dentist or the doctor, and even going to the shop for food was an issue. In waiting rooms, we found a huge 'X' on every other chair. In queues, those big Xs on the floor marked how far you could stand from the next person. Everyone wore a mask, and you could not tell a friend from a stranger. My husband could not sit next to me as we waited to be seen by a doctor or a government official, sometimes for hours. I felt so alone and isolated by this. Fear prevailed wherever we went. Sometimes we'd see friends and raise a hand to wave, and they'd take a few steps back, waving in a way that said, 'Don't come any closer or I'll run'.

As a person with a weak immunity and a history of lung problems and pneumonia throughout my life, I expected to catch this virus and die pretty soon after, to be honest. Thus, after my son was released from the hospital, I was terrified of the times I had to drive him to the local hospital for his physiotherapy sessions. There were so many stories about people flocking to the hospitals with COVID-like symptoms. Did they really think a flimsy mask would keep those germs away from other people?

With no other option, and nobody willing to help take my son to his weekly physio session, I put on my 'big girl pants', steeled my nerves, and took him to his appointments, knowing full well that if anybody as much as coughed near me, I could get sick. I won't lie. After each session, I waited for the sore throat, the fever, and the cough. Touch wood, it never happened. As a matter of fact, my whole family thought I'd be the first to catch

COVID-19 due to my poor health history.

The village was also deadly quiet. Nobody left their homes. All that flew overhead were birds and military aircraft surveying the surroundings. It felt apocalyptic, to say the least. On the flip side, I saw on the news how many animal species had started recovering in the most unusual parts of cities and towns. Even in my little village, I noticed many new birds flying around, the bee population in my garden grew, and the water monitors who thought I'd left town came to hang out in and beneath the trees around the house. I truly loved that part of the COVID-19 lockdowns.

Finally, around November 2020, about nine months after the first wave, they announced the pandemic truly 'over'. But like the other times when people tried to poke their heads out, it was a false alarm, and within weeks everything was shut down again.



Author serving tea and cookies to guests

The whole of 2021 and the beginning of 2022 was spent indoors, in fear. More and more people were diagnosed with the dreaded virus in our village. Ultimately, my husband too came down with COVID-19, and I banished him to our little shop for a week while he faithfully took the medication he'd been given at the hospital.

I'd thought I was the most likely person in our family to get COVID-19, and yet I hadn't been infected. I was also one of the 'sinful' people who refused to be vaccinated, but it felt more right than sinful to me. Having had adverse reactions to vaccines during my life, I believed that getting vaccinated could do me more harm than good.

At last, in July 2022, the pandemic really seemed to have subsided, and people were going about their business. Yay! I felt really positive and decided to make a dream I've had for many years a reality. I was

going to convert my husband's little woodworking shop into a tea shop. It was ideally situated in the center of the village at a busy intersection, and I hoped to be there to serve the 'beach people' when they came back to our laidback town.

I started my journey into this venture by taking over a friend's business that was up for grabs and re-registered it as my own. I threw myself into renovating our shop, believing that tourism would pick up immediately. Everyone wants to come to Thailand, right? Um, think again.

Minivans from two major cities as well as tour buses usually stop right across the street, so I was convinced it was the ideal spot to open up my tea shop. I had visions of tourists streaming back here, and being hungry and thirsty, they'd be happy to sit down in Auntie Moon's Tea Shop as they sorted out their itineraries or waited for transport to the hippie hangouts like Jam Bay,

Area 11, and even upscale resorts like Yotaka and Aava.

But that was not to be. The unpredictability of the times we live in issued another whammy. Things had changed, and people's tastes and life plans had altered. I had to face the reality that nothing would be the same again.

I thought about how the news reports had spoken of tourists flocking to Thailand at the end of 2021 when the government announced its 'Test and Go' scheme for fully vaccinated visitors. Then in early 2022, the scheme was dropped, and then came the July 1st, 2022 announcement that visitors could apply for a Thailand Pass online before commencing their journey. And from October 1st, 2022, Thailand had dropped the COVID entry requirements altogether. Whoop! Whoop! Soon tourism would recover, and we'd be back in business.

Roll up November 2022, and my emotions remain a rollercoaster ride. I go from hope to despair daily, as visitors trickle cautiously into our lovely town. And my shop is still not officially open.

My confusion and disappointment are shared by the local motorcycle taxi guys who languish outside my shop on the cement tables and chairs as they wait for customers. Thailand's little 'riviera' is forgotten as the tourists flock to the bigger beach-party towns like Pattaya, Samui, and Phuket. What was I thinking when I invested all my savings in this business? Have I done the right thing? While the fear of catching COVID-19 and dying has become a thing of the past, the future looms in front of me, even more uncertain than before.

Little towns like mine remain sleepy and only come to life for special holidays like Songkran, Loy Krathong, and Wan Pee Mai (New Year). Tour buses still roll by with their dark windows, carrying Thai visitors to their beachfront resorts, and the occasional international tourist walks past and does a double-take when they see me, a westerner, inside the tea shop and crane their necks to read the still-off LED sign hanging under my shop's eaves. Barely anyone comes inside.

Should I be sad? Should I give up on this dream of welcoming happy Thai and foreign visitors to our village, into my tea shop for a 'cuppa' and a piece of cake or a slice of pizza with a side of chips and a refreshingly cool drink?

That's not how I see things panning out. I believe normality will return slowly. At the time of writing this article, COVID had reared its head around the world again, but reports say it's a much less dangerous strain and has been downgraded to a bad flu. Here in Thailand, I wonder how the next few months will be as it is near to Christmas, and the local



Author's husband sitting outside the tea shop with Mr. Dun

motorcycle taxi guy and his team of drivers are hopeful that the merry season and Wan Pee Mai will see foreign tourists coming to our sunny seaside village for their festive holidays again.

This is certainly the new normal and we can only hope that COVID-19 has truly downgraded to a regular flu, and that people will overcome their fears and make the most of life. That's my hope for 2023. Fingers crossed.

Photos courtesy of author and Canva

Due to the ongoing cases of COVID-19 and the various strains, there is no guarantee how this might affect business, and the writer of this article makes no claims to this effect.

About the Author

Writer and editor Jaqueline Deon has lived in South-East Asia for 12 years. She is married to a local artist from Khanom. She has written a book about the pink dolphins and hawksbill turtles in the area to educate young children learning to read, and hopes her stories will encourage them to grow up to be responsible earth citizens with a love for nature. You can find her in her tea shop, Auntie Moon's Tea: <https://www.facebook.com/AuntieMoonsTea>.



PHOTOGRAPHY
BY SAYURI

CONTACT



MELODEA126



SAYURI.PHOTO26



WE ARE LOOKING FOR A NEW

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Do you love numbers and want to be part of an amazing team?

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BAMBI





HOW TO BECOME A BAMBI MEMBER

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

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

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New membership fee: ฿1,400 | **Renewing membership fee:** ฿1,000

1-YEAR VALIDITY

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

STAY UP TO DATE

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

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

WWW.BAMBIWEB.ORG/FAQ

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

BAMBI MEMBER BENEFITS

Flash your BAMBI card and enjoy special discounts!*



**10% OFF
KIIDU**



**10% OFF
J-CLINIC**



**10% OFF
STEPS WITH
THEERA**



**10% OFF
LITTLE PEA**



**10% OFF
LILLI BY LILLI**



**10% OFF
MOVE WELL
WITH ANNA**

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

These include discounts from the below organizations:

Johny Live, Niche Salon Bangkok, Jumping Clay, Little Pea, Musical Theater for Kids, Playville, Kid Able the Mall Ngamwongwan Language School, Banana Thai School, Little Legend, Plan Toys, Bangkok Dolphins, Kiddy Kicks, Little Gym, Swimming Bangkok, Antique Cafe and Cakes, Baby Bib Cafe, Blue Parrot, Hilton Sukhumvit Bangkok & Doubletree by Hilton, Klong Phai Farm, Steps with Theera, Bumrungrad Hospital, J Clinic, Painaway Clinic, Iasnaia Maximo, Physio Clinic, Bangkok International Dental Hospital, Bangkok Self Storage, Ayasan Service, Kids Home and Family Services, Kiidu, Nick & Nishka Kids Concept Store, Ergobaby, Neilson Hays Library, Amy Diener

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





DESIGN FUTURES

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

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

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



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

elc international schools

The City School
Ages 3-11 years

Area: Thonglor
18 Soi Sukhumvit 49/4
Bangkok 10110

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

The Purple Elephant 39
Ages 18 – 36 months

Area: Phrom Phong
61 Soi Phrom Mit
Bangkok 10110

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

The Purple Elephant 49
Ages 18 – 36 months

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

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

The Purple Elephant 55
Ages 18 – 36 months

Area: Thonglor
79 Soi Thong Lo 8
Bangkok 10110

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

The Country School
Ages 18 months - 5 yrs

Area: Nonthaburi
44 Soi Samakkee 20
Nonthaburi 11000

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



only elephants should wear ivory



elc international schools

CALL FOR VOLUNTEERS



BAMBİ is run by a group of lovely volunteers. Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBİ community? This is your chance. As many of our current committee members are moving on from Bangkok, BAMBİ has a number of critical roles to fill to ensure ongoing service to members. BAMBİ is great fun and a welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us. To apply or if you have any questions about these volunteer opportunities, please email vicechairwoman@bambiweb.org, detailing which position(s) you are interested in.

We have a number of exciting opportunities currently available:

CHAIRWOMAN

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

Responsibilities & Duties

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

TREASURER

The treasurer attends monthly committee meetings as a voting member and takes care of all day-to-day financial aspects of BAMBİ.

Responsibilities & Duties

- supports BAMBİ volunteers on financial aspects
- processes payments and receipts
- together with the chair, sets the budget for each area of BAMBİ
- ensures compliance with accounting/bookkeeping

ASSISTANT TREASURER

The assistant treasurer helps the treasurer take care of the financial aspects of BAMBI related to playgroups, activities, and events. Financial background is not mandatory, but preferred.

Responsibilities & Duties

- receives and checks reports from playgroup leaders, activity leaders, and event managers
- organizes and forwards all paperwork to the book-keeper monthly
- may assist the treasurer with other financial duties

PLAYGROUP LEADERS

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

Responsibilities & Duties

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

EVENTS COORDINATOR

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

Responsibilities & Duties

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



PHOTO EDITOR

The photo editor is the first point of contact for anything picture related in BAMBI Magazine.

Responsibilities & Duties

- works directly with the BAMBI magazine and Bumps teams and Playgroups and Activities leaders to source photos for articles and photo feature pages in the magazine
- takes photos at events or coordinates with event staff and photographers to have photos taken
- organizes and oversees the magazine cover photo-shoot
- designs the magazine cover in coordination with the BAMBI Magazine editor and deputy editor



ACTIVITIES COORDINATOR

The activities coordinator is in charge of setting up profitable activities for older kids (3-6 years).

Responsibilities & Duties

- manages the bookings for each activity with the team
- communicates information on bookings and activities to activities leaders and venue representatives
- steps in to support the running of an activity if needed
- attends monthly committee meetings as a voting committee member

VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

'GROW TOGETHER, GO FURTHER' WITH THE EARLY YEARS AT KING'S BANGKOK

By Mr Raj Ladva, Head of Early Years

When should my child start schooling? This may be a common question across the world among new parents given that the world has changed rapidly from when we were young. Although answers may vary from family to family, I believe that what you may value most for your child would be development together with happiness. At King's College International School Bangkok ("King's Bangkok"), we work very hard to ensure that our Early Years students (ages 2-5) are eager to attend school and gain experience that will develop them everyday.



Our central focus is supporting children achieve their developmental next steps through play whilst still meeting the expectations of our curriculum. The Early Years Foundation Stage is laid out into 7 areas of learning. The 'Prime' areas of Personal, Social and Emotional Development, Communication and Language, and Physical Development. There are also 4 'Specific' areas that are Literacy, Maths, Understanding the World and Expressive Arts and Design.

3 prime areas of development

The children are supported to develop their personal, social and emotional development from the moment they walk onto campus. Encouraged to walk independently, carry their own bags and change

their shoes before entering the classrooms, these are all steps towards independent learners. On entering the classrooms, children are encouraged to identify their feelings and engage in a variety of experiences to begin their day happy, calm and confident.

In this way our Early Years practitioners are helping children develop skills such as turn-taking, regulating their emotions and discovering their own passions and interests. The children are supported with their interactions by attentive staff - at King's we promote the concept of 'peaceful problem solving' where disagreements are managed by a responsive adult during a calm moment. Respecting our differences and discovering our similarities as peers is also central to helping our children understand their



place in the world as well as how to relate to others. Long term, this helps to create empathetic listeners who can consider their own actions in a range of situations.

Communication and Language are key to children's development and we ensure that children are given a wide range of immersive language experiences to help them become fluent, confident and articulate. In an environment where multiple languages are spoken, it is crucial for us

to ensure that we are supporting the development of English as well as the students' primary language. To do this we use a best-in-class system that helps to build vocabulary, instructions and emotional language to help the children listen, communicate and understand those around them.

Throughout the week, the children engage in physical development activities that encompass both gross and fine motor skills, as well as supporting the development of young children's health literacy. Our PD



specialist encourages the children to engage in a wide range of incredible physical opportunities, from digging in the mud kitchen to negotiating problems on the climbing wall. During these sessions children are encouraged to take risks, communicate with one another and understand how the activity has an impact on their bodies, from noticing their heartbeat to the importance of eating healthily. Alongside our specialist lessons, children have plenty of opportunities to develop both fine and gross motor skills in our carefully planned shared areas or within the classroom environment.

4 specific areas of development

When we think of Literacy in Early Years we are not simply consider-

ing the teaching of Phonics, we look to develop children's oral fluency through a range of techniques that build on their skills. During the week, the children take part in storytelling where they learn key story vocabulary to support their own telling of a familiar tale. In this way we help to develop children's phonemic awareness (their awareness of individual sounds in words) by focusing on elements such as rhyme and alliteration. Phonics is woven throughout the Early Years, from playing rhyming games at group time to the writing opportunities in our learning environment. In Reception, students do also have small group Phonics lessons to enable them to bring together their skills in a supportive, inclusive environment. This is then supported with regular reading throughout the week.

Alongside these broader concepts, our staff focus on specific skills such as numeral writing and addition in carefully planned interactions that help the children feel playful and confident when experimenting with their mathematical ideas.

One of the key concepts of good quality Early Years education is how we help children discover passions and interests throughout their experiences. Sometimes this may look like a large, hands-on opportunity, such as when we had a variety of transport in our shared areas for

To support our children's creativity and imagination takes care, thought and consideration. Across the early years environment, we also provide music specialist lessons to help foster a love of learning and bring their ideas to life. The children's emerging design skills are supported through



When we as adults consider Maths we often tend to focus on number recognition and counting to 'big numbers' - whereas for an Early Years child the opportunities for mathematical thinking are much richer and broader. From talking about capacity using different containers in the sand pit to describing number patterns in our environment, our role as Early Years educators is to find the mathematics in everything. One of the key elements of mathematical understanding is for children to understand concrete concepts first, before moving on to more abstract ideas. An example of this is counting objects that can be touched and moved, before being able to 'subitise' - meaning being able to know a group of three items is 'three' without counting each one.

the children to explore and ask questions about. More often though, it is in the small moments, such as having a caterpillar in class to look after, where our careful questioning helps the child make sense of their world. We are privileged to have world-class facilities and staff that will help children gain as many experiences as possible. We are also able to share in each other's cultures both at a community level and individually, as relationships blossom throughout each class.

visual instructions and planned interactions, developing the children's awareness of their own talents and abilities as well as learning from one another.

A quality early years curriculum is focused on play and centred on the child, helping them to grow as confident, independent learners. Supported by caring staff and wonderful facilities, our students at King's are provided with the best possible start to life, giving them opportunities to grow and develop that suit them as individuals. If you would like to find out more we would be honoured to welcome you to our beautiful campus in the Rama 3 area of Bangkok. For more information, and to book a tour, please visit www.kingsbangkok.ac.th

REFLECTION, RESILIENCE, AND RENEWAL

If used efficiently, reflection can foster renewal. Dr. Ben Weinstein shows us how to properly look back on and learn from the past without being caught there.

Why do some regrets, guilty feelings, and self-blame seem to remain year after year? How can we release ourselves from these?

By using our innate human capacity for reflection, resilience, and renewal.

Resilience is our natural ability to adapt to and recover from difficulty or adversity. In this article, I will introduce an exercise that can help you learn and grow from your experiences, in a resilient manner, so that you can move forward.

Reflection with resilience

The process starts with reflection. The new year can be a useful time for reflection. However, many are so busy with various responsibilities that time and energy aren't reserved for reflection. We need to rest and recharge. Reflection can be something very useful and helpful; it is the first crucial step in this process.

Before beginning, put devices into airplane mode to prevent distraction; constant stimulations limit our ability for productive reflection. To start, sit

down with a piece of paper and pencil, breathe and center (or compose yourself) for 1–2 minutes, and then reflect on each question. Express the responses in writing. It may help to pause between questions to breathe and center again for another 1–2 minutes.

These five questions have three clear emphases: the first two questions are about what elevated and satisfied you, the next two questions are about painful places where your mind might get stuck, and the final question is about what you want to carry forward as learning. As you continue, you'll see that this reflection exercise integrates ingredients of resilience (pausing, reducing unnecessary stimulation/distraction, centering, and self-compassion). So, the process of reflecting on these five questions individually can already make you more resilient! Let's begin with the first two questions:

1. What do I feel satisfied with and proud of from the past year?
2. What were the most joyful or enjoyable moments of 2022?

As you reflect on the first two questions, allow yourself to recall and savor your accomplishments and joys of the past year. Because we have an evolutionary tendency to focus on negatives and pains (1), most of us don't take enough time to think about and savor the highlights of our lives. So, please take the time to list, recall, describe, and hold these wonderful moments in your heart. Research shows that spending time with these moments can reduce negativity and increase well-being (2). The next questions to ponder are:

3. What were the difficulties and challenges I dealt with in the past year?
4. What do I regret or feel guilty about or blame/criticize myself for from this past year?

As you reflect on these two questions, see if you can support yourself in the same way you would support a good friend. Most frequently, we prefer not to focus on difficulties and pains; we might even avoid thinking of them. These painful events and situations can get stuck in our



hearts and minds. When you recall difficulties and challenges, imagine speaking to yourself the same way you might comfort a good friend. Perhaps saying something like, “I’m so sorry you had to face that, and I can see that you tried your best even when things didn’t go as you wanted,” or other kind and supportive words. See if you can recognize that encountering difficulty isn’t a sign of weakness—it’s just part of being human, and every single one of us faces difficulties and challenges.

Notice and list how you feel guilt, regret, self-blame, or self-criticism for the past year. As you reflect on these, ask yourself if you had a cherished friend who had lived through the same events and felt this way, would you see them as guilty or deserving blame and criticism? Probably not, as research indicates that we’re automatically kinder and more compassionate to our friends than we are to ourselves (3). Our final question is:

5. What have I learned from any of my experiences of the past year to apply in the coming year?

Reflecting on what you’ve learned from your joys and pains reveals that nothing you’ve experienced this year has been in vain. Every moment and every feeling you’ve gone through may help guide you in the coming year if you’re ready to listen (and by following this exercise, you are prepared to listen!). Don’t look for ‘right answers’. You should allow yourself to reflect and write down whatever comes to mind. You might be surprised by what emerges when you let yourself connect with both the joys and pains of your past.

Resilience is embedded in the process

We take time to reflect on these questions to grow and prevent ourselves from getting unnecessarily stuck in the past. The essence of resilience is the ability to learn from difficulty, and go forward without the burdens of self-blame and self-criticism. Each step of this process already has ingredients of psychological resilience:





pausing, reflecting, recognizing normal negativity, shifting your focus, supporting yourself in the way you support your friends, and so on.

As noted above, our human minds tend to be harder on ourselves than on others. We become more resilient when we develop our ability to relate to ourselves with the same kindness that we already regularly offer our friends. All of us naturally possess this capacity, and this exercise allows us to practice liberating our minds from pain before we get stuck.

From resilient reflecting to renewal

Take a few additional moments to look over your reflections again. Formulate what you've learned in terms

of wishes or intentions for the coming year. For example, you might intend to build more courage in the coming year, and you can state the intent as:

- I wish to face life with more courage
- I'm determined to act with as much courage as I can this year
- May I learn to accept that I'm not perfect and life isn't perfect
- I intend to encourage myself the same way I support my friends this year

You must find what resonates with you.

Once you've written your renewal intentions, take a moment to close your eyes, breathe and place a hand gently over your heart as a symbol of

inner strength and encouragement, and begin repeating your wishes to yourself. Do this for 60 seconds and see how you feel. You have to make sure to acknowledge and honor your intention to grow. If this connects, try repeating this gesture and wish once a week. As you continue this process of reflection, resilience, and renewal, you must focus on what connects for you and let go of the rest!

Wishing you a wonderful, deeply lived, and fulfilling 2023.

Photos courtesy of Canva

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About the Author

Dr. Ben Weinstein is a clinical psychologist and teaches the life-changing Mindful Self-Compassion (MSC) training course online. He offers his 'Fresh Start with Self-Compassion' guided practice to support self-reflection. More information about his courses and guided practice can be found at benweinstein.com/fullcourse and insighttimer.com/benw/guided-meditations/fresh-start-with-self-compassion.





NEW MEMBERS COFFEE MORNING

The recent New Members Coffee Morning held at the Little Treehouse Nursery on November 18, 2022 was a fun and memorable experience for all who attended the event. Seventeen families participated, and seven applications for BAMBI membership were received.

All attendees were able to enjoy the storytelling session, large indoor play stations, and outdoor sensory play which included water, ice, and sand-play invitations. There were also lots of free-play spaces for families to explore.

Sincere thanks to the Little Treehouse team for their warm hospitality, and for sponsoring the venue, healthy snacks, and beverages for us all.



PRESSURE ON, PRESSURE OFF

The end of the year can leave us feeling frazzled, burnt out, and in desperate need of stress relief. Deputy editor Rachel Ofo tells us about some holistic treatments to help us get our new year off to a healthier and happier start.

Perpetual exhaustion. The state of going to sleep tired, waking up tired, and continuing through daily routines tired. Maybe we try something new: a new haircut, a new restaurant down the road, maybe binging a new Netflix show. But we're left feeling the same way. So what can we do to refresh ourselves and feel renewed? We often think of the new year as a chance to do just that. So how can we give our lives a jumpstart?

One of the culprits of relentless exhaustion is stress (1). In fact, stress is a common factor when it comes to feelings of exhaustion and other emotional, physical, and even cognitive problems (2). It makes sense then that eliminating or even decreasing stress will have plenty of benefits. So let's check out some ways to refresh our minds and bodies with massages and spa treatments.

Foot massage

Starting from the ground, foot massages are an excellent way to revive the mind and body by prompting the nervous system to release endorphins to help with stress management (3). Fortunately, throughout Thailand you can find places for massages on almost every corner, ranging any-

where from B|150/hour to B|400/hour, depending on where you drop in. Another great thing about foot massages is you don't even have to go anywhere to get one. Finding a friend, partner, or child willing to help is always an option (one I often use).

Thai massage

In Thailand, it's almost criminal to not try a Thai massage at least once, if able. Its benefits range from helping sleep regulation to reducing stress (4). Thai massages are a full-body experience, but not for the faint of heart (although good masseuses will

consider your pain tolerance). They differ from traditional massages by also involving stretching, pulling, and twisting. These also require the masseuses to incorporate their full bodies, so don't be alarmed when you feel a foot, knee, or elbow used to work out a stubborn knot. While in the moment the massage may feel a bit stronger than other massages, the after-event of complete euphoria is worth it. Thai massages are typically in the same price range as foot massages. You can also find places where a Thai massage can be paired with another service like an herbal massage.





Herbal massage

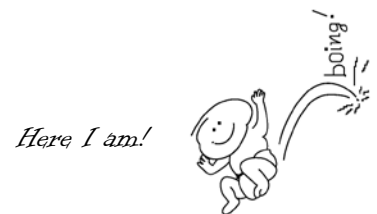
Herbal massages are exactly as the name says: massages with herbs. These usually involve a cloth filled with herbs, heated up, and applied to the skin and muscles. I'm a huge fan of this, so much so that I've recently purchased my own Thai herbal compress to apply on those days when I need an extra boost. The herb mixture can include things like kaffir lime, turmeric, and lemongrass. Many of these herbs are believed to have properties that promote stress relief to decongestion (5), leading to a more refreshed feeling. Along with compresses, herbal treatments can come in the form of oil massages, which ditch the steamy cloth

for a more relaxed rub-down, focusing on using warm oils directly on the skin to decompress those tight muscles.

There are many more ways to find peace, relaxation, and refreshment in our lives, but hopefully this handful of suggestions will spark ideas to get the new year started right. And although they focus on physical touch, the connection between mind and body is clear, so when you take care of one, the other will benefit. Regularly setting aside a couple of hours in silence for our emotions, mind, and body for much-needed rest and recovery will allow us to take on this new year.

Medical disclaimer: This article is for informational purposes only and is not intended as medical advice. If you have any questions/concerns regarding massages and the use of herbs, please contact your doctor. And if you're pregnant, please consult with your doctor before commencing any of the mentioned treatments.

Photos courtesy of Canva



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About the Author

Rachel Ofo moved from the US to Bangkok in 2016.



She has a daughter, whom she loves dragging around the city on various adventures. In her free time, she enjoys reading, watching movies and trying new restaurants. She also enjoys being out in nature with her daughter. She looks forward to her time with BAMBI.

BAMBI PLAYGROUPS & ACTIVITIES

BAMBI holds regular playgroups and activities around town, open to both BAMBI members and non-members. BAMBI playgroups are characterized by free play, and the use of venues' toys and playgrounds. BAMBI activities provide a wide range of activities for children age 1 to 6 years old to develop their athletic, creative and cognitive skills.



**KIDDIEVILLE
PLAYGROUP**



**SATHORN
PLAYGROUP**



**THONGLOR
PLAYGROUP**



FOOTBALL



**TODDLER MUSIC &
TODDLER TUNES**



KUNGFU



BAMBI PLAYGROUPS

SCAN NOW

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



**NON-BAMBI
PLAYGROUPS**

<p>Ages 18 months - 11 years</p>			<p>Growth</p>
		<p>High Expectations</p>	
	<p>Multi-culturalism</p>		<p>French, German Mandarin and Japanese programs</p>
<p>Community-Minded</p>			<p>English National Curriculum</p>

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Thailand's Official Specialized Dental Hospital

BIDH Dental Hospital on Sukhumvit Soi 2 provides professional children dentistry above 6 months treated by pediatric dental specialists certified specifically children's oral care and behaviour.



- Oral checkup and care
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- Orthodontic braces for children and teens
- Safe sedative dentistry for dental phobic or anxiety

Ask on dental benefits for BAMBI members. Or visit our alliance clinics BIDC at Emquartier, BIDC at Siam Paragon and JCI accredited BIDC dental center at Ratchadapisek.



Bangkok International Dental Hospital (BIDH) Sukhumvit Soi 2, Khlong Toei (Ploenchit)

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www.DentalHospitalThailand.com

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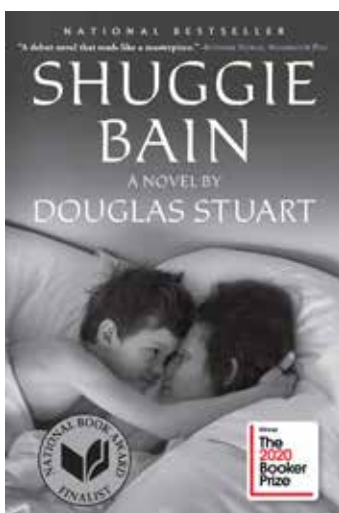
THE MOST MAGNIFICENT THING

written and illustrated by Ashley Spires

We love picture books that simply captivate the reader while teaching important life lessons; this book is all about problem-solving and having perspective. *The Most Magnificent Thing* follows a girl struggling to bring a spectacular idea to life. With the steadfast support of her canine buddy, she is encouraged to embrace mistakes, regulate big feelings, and patiently solve problems.

The illustrations are as charming as the story, capturing the pure emotions and whimsical actions of a young child. Both parents and children will relate to the emotional rollercoaster of excitement, disappointment, and frustration, and ultimately, acceptance and understanding.

Published by Kids Can Press in August 2013. Ashley Spires is the award-winning author, illustrator, and creator of the graphic novel series 'Binky the Space Cat'. 'The Most Magnificent Thing' has been translated into multiple languages and adapted into a short film. Suitable for ages 2-7. A hardcover copy can be found in the Children's Corner of the Neilson Hays Library.



SHUGGIE BAIN

by Douglas Stuart

Shuggie Bain was our Book Club pick of February 2021. Nearly two years later, this moving novel still tugs at the heartstrings of our members. Set in an impoverished, Scottish coal-mining town, the book centers around the life of Shuggie, a young man struggling with self-identity, and his mother Agnes' battle with alcoholism.

Neilson Hays Library Board Vice President and Book Club leader Khun Waranat 'Jhim' Annusorn shared the lasting impression that *Shuggie Bain* had on the group: many agreed that while the story was quite raw, the tone is tender, loving, and most importantly, forgiving. The writing felt authentic and honest, neither mushy nor attention-grabbing.

This coming-of-age story's heavy topics of addiction, poverty, and trauma are balanced by the author's extraordinary empathy and an undeniably strong parent-child bond.

Published by Pan Macmillan in November 2020. This is the debut novel from Scottish-American writer Douglas Stuart. Although not autobiographical, 'Shuggie Bain' is inspired by Stuart's early life experiences and his relationship with his mother. An instant success, the book landed on multiple bestseller lists and has been translated into 38 languages. It won the 2020 Booker Prize and numerous other literary awards. BBC and A24 Studios are adapting the book into a TV series. A hardcover copy can be found in the fiction section of the Neilson Hays Library. For more information about our book club, please email info@neilsonhayslibrary.org.

About the Author

Angela Chen is a Neilson Hays Library Board Member and Children's Program Chair. Waranat 'Jhim' Annusorn is the Neilson Hays Library Board Vice President and Book Club Chair.

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



Little Maple

Creative Learning Center

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

"Together we can prove this!"

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

Nursery Program

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WE'RE BACK!

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1-3 YEAR OLDS
STARTING

9TH JANUARY -
15TH MARCH 2023

MONDAYS / WEDNESDAYS / FRIDAYS
9:00 AM - 11:15 AM

*LIMITED TO 10 STUDENTS PER SESSION
(FIRST COME FIRST SERVED)

650 THB PER SESSION
(ANGLO-PARENTS)

850 THB PER SESSION
(NON ANGLO-PARENTS)



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SCAN ME



COOKIES, CHORES, AND SCORES!



Anelia Van Zyl shares a crafty idea to help our kids develop a sense of responsibility by getting involved with chores around the home.

It's a new year with fresh ideas and hopeful expectations. In this installment of Creation Station, I'm going to show you how to turn a cookie sheet into a chore sheet. It's a fun and engaging way to get the youngsters involved in household chores. Doing chores can teach kids valuable life skills and create a sense of responsibility. Plus, every parent can do with a little help around the house.

For this project, you can either use a new cookie sheet or repurpose an old one. If you repurpose one, be sure to remove any food residue before you begin. For ease, print out the chore chart available on BAMBI Magazine's website (1), or create your own chart with tasks that suit your kid's age, interests, available time, and so on.

Put the cookies aside and turn that cookie sheet into a magnetic chore chart!



Supplies:

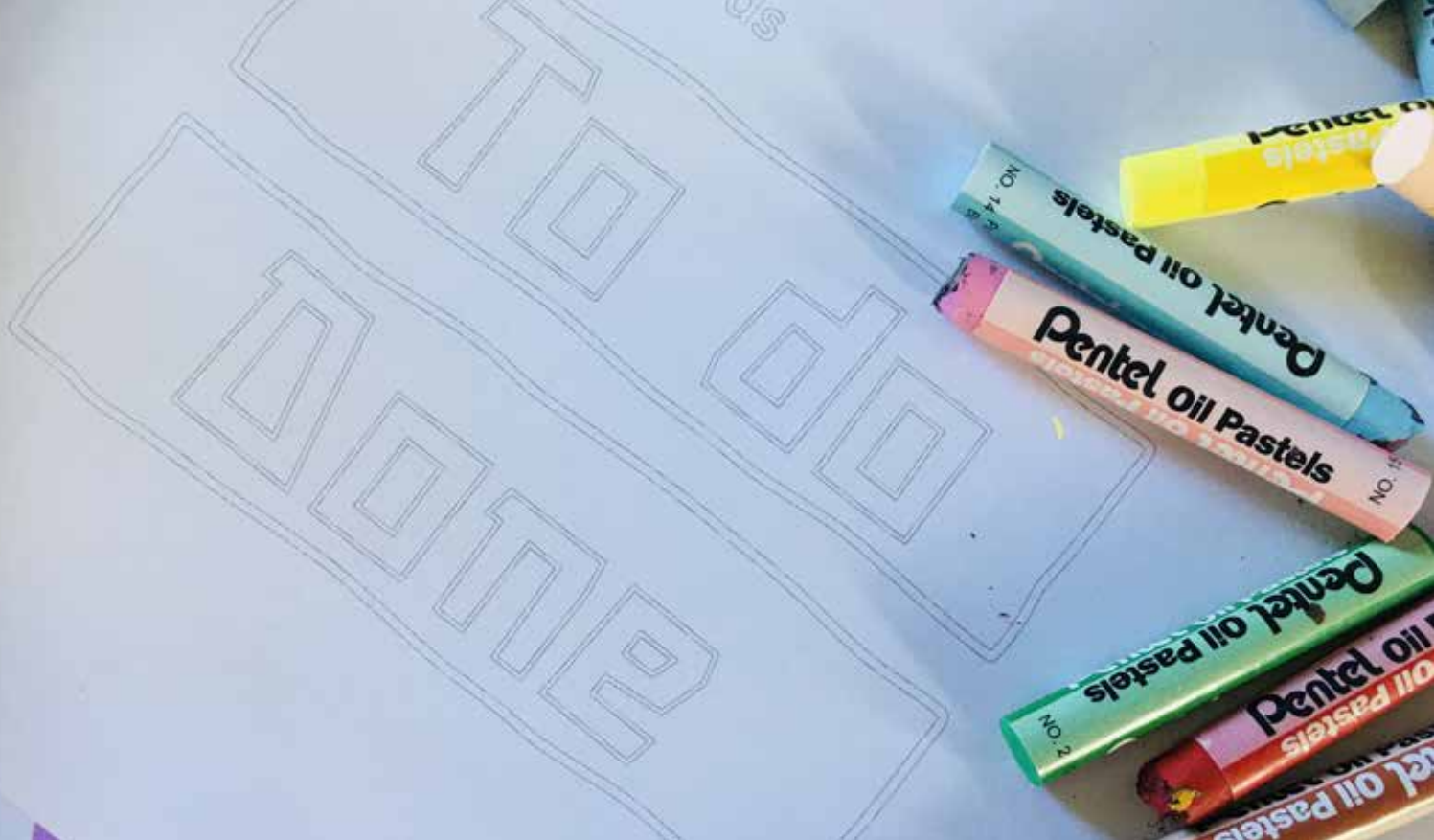
- 1 sheet of fine grit sandpaper
- 1 cookie sheet (22 cm x 32 cm)
- 50 ml of acrylic paint (your color of choice)
- 1 flat paintbrush (the larger the stroke, the easier and quicker it will be to paint the surface)
- Washi tape in a coordinating color or pattern
- 12 small round magnets
- Blu Tack temporary adhesive
- Double-sided tape
- 2–3 sheets of white card stock (for chore chart and words)
- 3 A4 sticker papers/clear adhesive plastic
- Printable chore chart (for magnets)
- Scissors or circle craft punch

Directions:

1. Sand down the cookie sheet to remove any nonstick material or residue. Give the sheet a quick wash with hot water and dishwashing liquid, and let it dry completely. This will ensure the paint sticks, and doesn't peel off from the surface.
2. Apply the first coat of paint, and check that you've covered the whole surface. Once dry, add a second and third coat, allowing each layer to dry before applying the next one.
3. When the third layer is dry, apply washi tape to the cookie sheet in the shape of a 'T', leaving some space at the top for your child's name.
4. Either print out or draw your child's name and the words 'to do' and 'done' on cardstock. Slowly apply the sticker paper over the printed cardstock, smoothing it down carefully to remove any bubbles. Then cut out the words and stick them on the cookie sheet with

Note:

(1) bambiweb.org/magazine/



the Blu Tack adhesive.

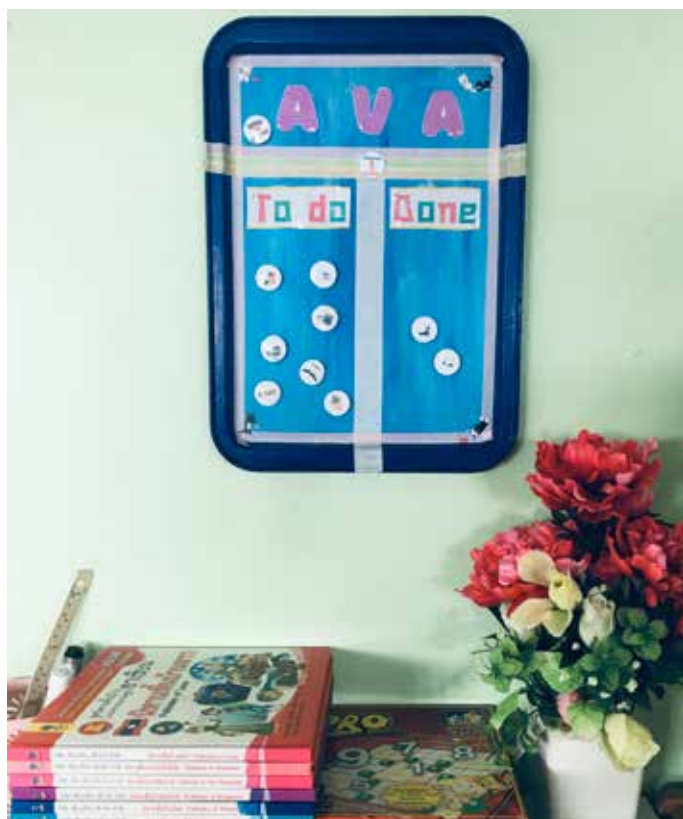
5. Print out the free chore chart or draw your own on another piece of cardstock. Place the sticker paper over the chart, and smooth it out to remove bubbles.
6. Using either scissors or a circle craft punch, cut out the chore circles. Stick a tiny piece of Blu Tack on each magnet and attach one to each chore circle.
7. Stick the double-sided tape on the back of the painted cookie sheet. It's not a heavy craft, so one strip in each corner of the sheet should be enough.

How to use the chart:

1. Hang the chart where it is reachable and visible for your child.
2. Place all of the chore magnets in the 'to do' column.
3. When your child completes a chore, they can move the corresponding magnet to the 'done' side of the chart.
4. Once all the chores are completed, the 'reward' magnet will be the only one left 'to do'.

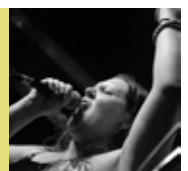
Keep rewards small but motivating and fun, and choose rewards that match the needs and personality of the child. Another way to get the kids involved is to give them the opportunity to decide on the rewards. Some encouraging rewards may include a pack of stickers, a trip to an ice-cream shop, or a family movie or game night. For older kids, a new cell phone accessory, some make-up, or a small gift card from their favorite store can be used. It's really up to you or the kids to decide on the rewards. Rewards can help you shape your child's character and behavior, and when used in unison with a chore chart, is a great way for kids to learn to work as a team, and be responsible.

Photos courtesy of author



About the Author

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





BANGKOK SUPPORT GROUPS

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

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

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GROUP (BBCS)



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St. Stephen's International School provides a truly international education whilst maintaining the values and customs that are so important to our Thai community; East certainly does meet West at St. Stephen's in the best possible way. Our campus communities are happy and caring. Whether in urban Bangkok or in the beautiful environment of Khao Yai, staff, students and parents all contribute to the special family atmosphere which is apparent to even the casual visitor.



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- sis.edu/bangkok

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it's time to think about the past year!

MY REFLECTIONS OF 2022

MY FAVORITE PARTS OF 2022 WERE:

IN 2022, I LEARNED:

HOW I FEEL ABOUT THE NEW YEAR:

we learn things every day of the year! What did you learn?

setting goals is important so we can keep learning and growing.

MY GOALS FOR 2023 ARE:





BAMBI

THE TEAM

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

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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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