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## BEYOND THAILAND'S BEACHES

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YOUR CHILD DURING AN  
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JUNE 2022



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## Welcome to **BAMBI**

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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 activity. To volunteer or serve on the committee, email [vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org) or visit [bambiweb.org](http://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.

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



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Yuika, Year 4, Regents International School Pattaya

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Sara Chow

Dear members,

I hope you are all surviving this intense heat of the Thai summer. Having moved here three decades ago from a city with four seasons, having a year-long summer of different levels of intensity has its good and bad sides. But then again, I always personally preferred the sun over the rain.

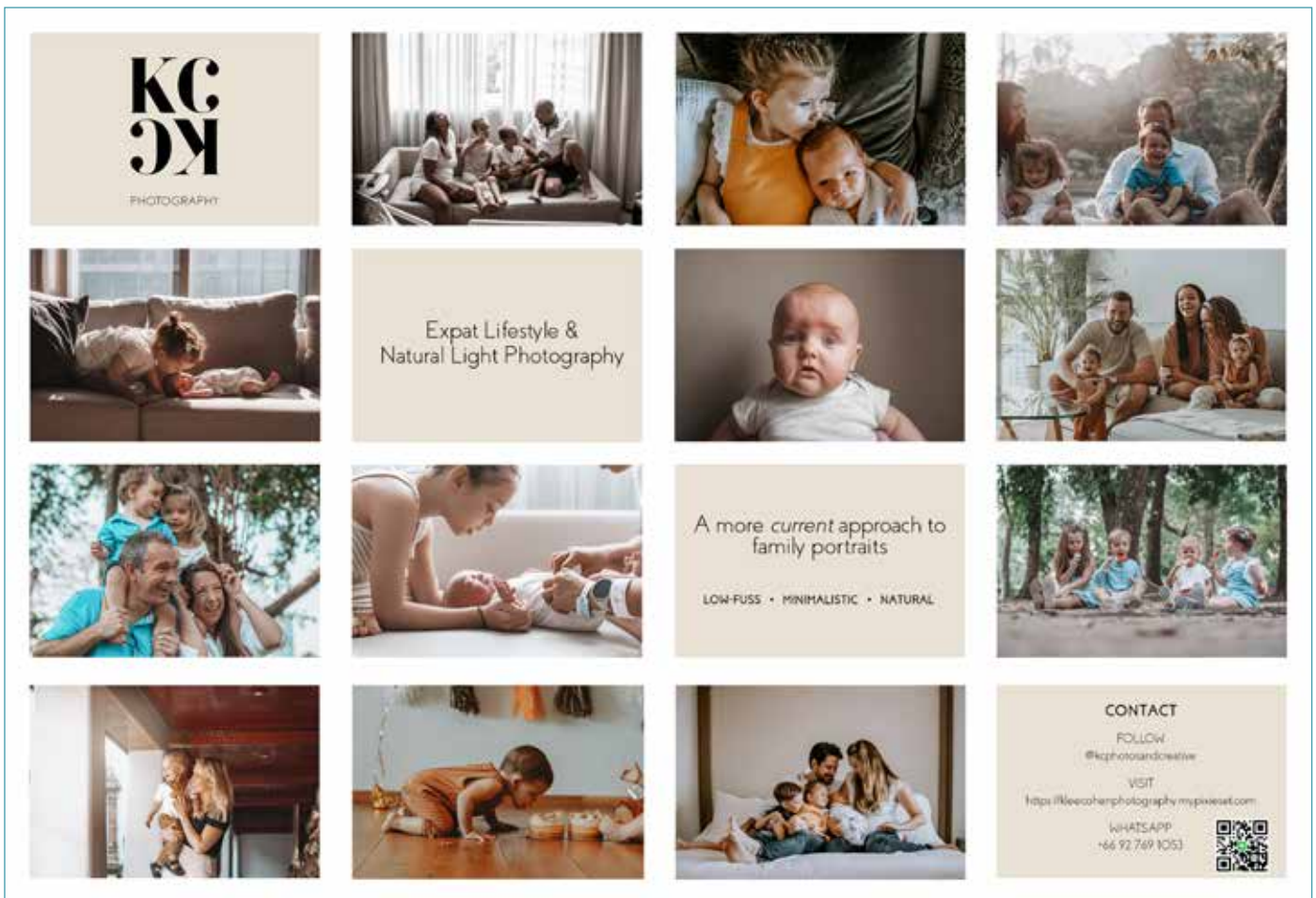
In this issue we explore the all-time favorite topic of travel. Before the COVID-19 pandemic, I guess traveling was something everybody enjoyed and maybe took for granted. Now that things on that front are finally looking a bit better, we can all slowly start to travel again. Thailand is an amazing travel destination with four regions of different local cultures and traditions. We have some of the best beaches in the world, gorgeous mountains and waterfalls, traditional religious architecture, superb hospitality establishments and services, and so much more.

Now that BAMBI has been open again for a few months, we hope you have all had a chance to enjoy what's been on offer. The last few months have seen our volunteers working very hard to open up and run new playgroups and activities for our members, with two brand new playgroups opened and our first post-COVID pop up playgroup—Summer Splash Party—held at KIS. We also held our AGM and were delighted to vote in our new committee.

We are still on the lookout for more volunteers as various positions on the BAMBI team remain vacant. Please reach out to any of our team members if you are interested in helping and can spare a few hours per week.

Wishing you and your family a great month of June, and I hope you all get to travel, near or far, in the upcoming holidays.

Sara  
BAMBI Executive Board



Dear readers,

Welcome to June! With travel restrictions easing up, we thought what better theme for this issue than 'travel'.

Travel is both a necessity and a luxury. It's what feeds our soul and helps us recharge with a change of scenery; it's what inspires and humbles us, and it's what brings home the paycheck when it's work-related! In this issue we bring to you a variety of articles aimed at reviving the traveler in you after months of living a sedentary life.

To start us off, financial coach Jex teaches us how to stop financial stress dampening our spirits during a vacation by making a travel budget. Next, if you're searching for a holiday destination in Thailand, check out page 13, where assistant editor Jaqui describes the gems popular among locals and visitors alike in her home district of Khanom. If you're looking for an alternative to the beach, why not visit the waterfalls and forests assistant editor Rachel highlights in her article, 'Beyond Thailand's Beaches'? Your little ones are bound to love

these places just as much as the beach, but to ensure their comfort and happiness throughout the trip, do read the fantastic tips our expert, young travelers have dished out on pages 16–17.

June is also when many families leave Bangkok, and saying goodbye can be especially hard for children. School counselor Melissa explains how you can help them cope with the change, and deputy editor Liz and her daughter, Emily, recommend a book that helped their family process the pain of losing friends who had moved away.

Other articles include photographer Ian's article on how to frame children when taking pictures, pediatric occupational therapist Sarah's discussion of baby walkers, and midwife Emma's article on prodromal labor. Finally, in celebration of BAMBI turning 40 this year, we hear what being part of Bumps & Babies means to former and current Bumps volunteers and the women they support.



Sanam Raisa Rahman

As always, thank you to all the contributors, our publisher and the editorial team for all the hard work put into bringing out this issue. Hope you all enjoy the articles!

Until next time,

Sanam  
Editor

## OUR COVER KIDS JOANNA & SAMANTHA



### NAMES

Joanna (five years), Samantha (three years)

### WHERE ARE YOU FROM?

United States of America

### HOW LONG HAVE YOU LIVED IN THAILAND?

Almost three years

### FAVORITE PLACE TO GO AS A FAMILY:

We love Harborland and Kidzooona. They're both great indoor places where we can run wild. Our favorite outdoor place to go is Benjasiri Park.

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

Ayutthaya and a farm stay

### WHAT DOES BAMBI MEAN TO YOU?

BAMBI is a community. When we go to BAMBI events, we know we'll see familiar faces. We love making new friends from so many different places and cultures!

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# HAPPY BIRTHDAY FROM BAMBI!



## MAY BIRTHDAYS

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Adriana  
Ailada Supjaroenkoon  
Arya Tansuwan  
Daniel Kaesmann  
Dian Cheng Samuel Lee  
Dilan Wongpanich  
Eden Vereecken

Eiffel  
Ellie Webb  
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Ezrael Yen Rizal  
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Pannaphat Cholpripimolrat

Phoebe Threlfall  
Punnat Suphanvibool  
Riku Yamazaki  
Ritsuka Tanaka  
Tara Assawamanakul  
Veewin Sarapanich  
Wonder Sven Lanng

# WELCOME NEW MEMBERS!



Akane Mori  
Akiko Kishida  
Alejandra Fraga  
Amy Kunrojpanya  
Annie Seymour  
Artika Tanapongpipat  
Ayako Kinoshita  
Bhumisith Chaiwichitsunthorn  
Boramy Sokry  
Cate Jones  
Chihiro Shirasaka

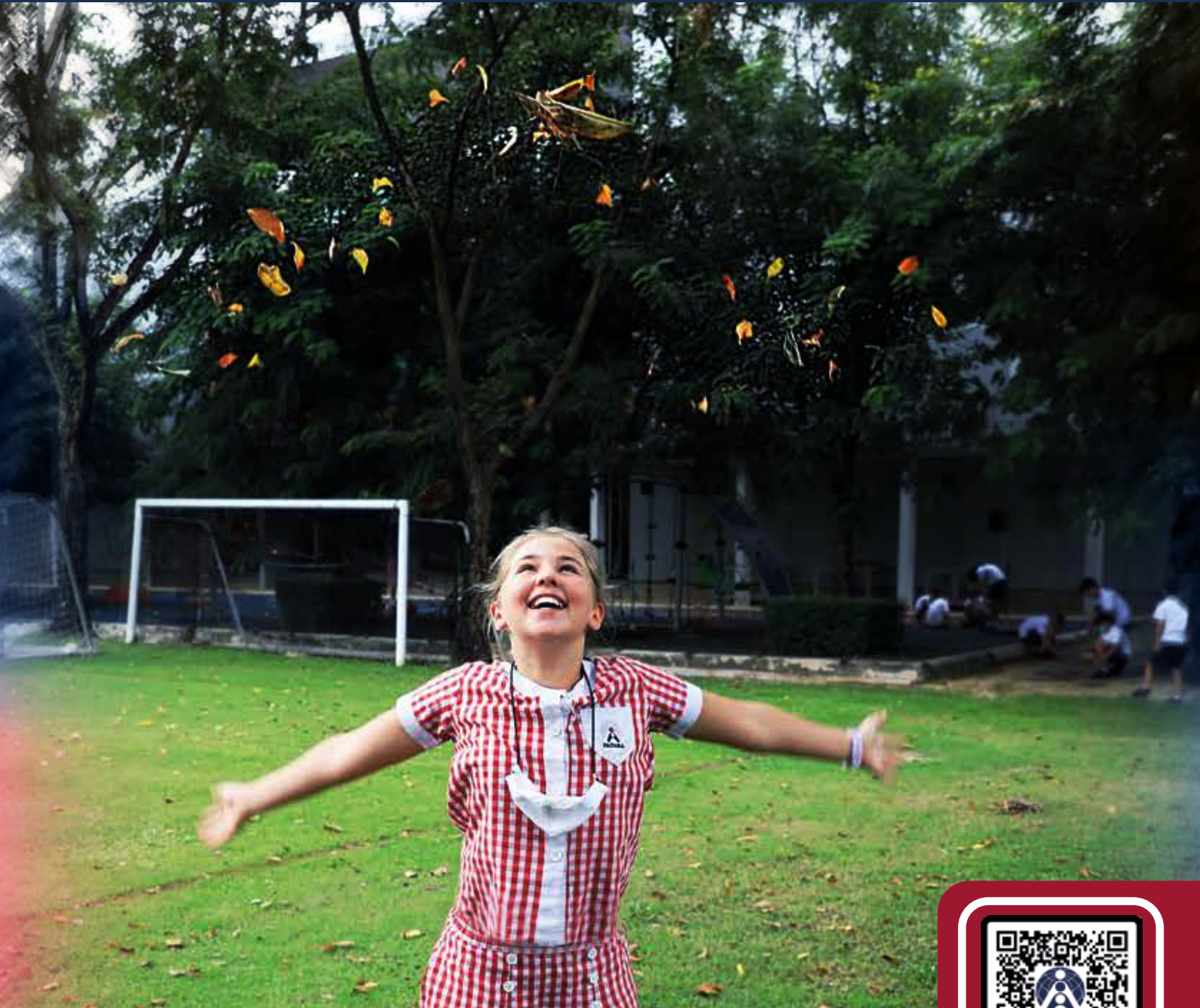
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Emi Shimizu  
Francesca Shepherd  
Kanyakorn Kanegi  
Kedkanok Nartnaruemit  
Khin Khaing  
Maho Yanagisawa  
Maneenuch Ngarmilpsatian  
Mekee Mercano  
Nisanuch Koolvisoot  
Nu Pornpattananangkul

Phongthnitt Pimpatalakitti  
Rawisada Virotwattanukul  
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Teresa Andersson  
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Yumi Inoue



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# MEET DONNA

Ex-military mom of three, Padonda Ali (Donna), shares how she has settled into life in Bangkok after exploring different places around the world with her family.

W

**What's your nationality?**

I am an American.

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

I joined the United States Air Force at 18 and spent 11 years in the military. I then went on to get a bachelor's degree in business administration, and now I am a stay-at-home mom. My husband is a teacher who loves to teach science and math, but right now he is teaching English at a Thai school.

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

I am married with three children, all boys, 13, 4, and almost 2. In 2019 we sold our home and everything we owned to travel around the US in a camper. Then we decided, after a year of traveling around the US, that we wanted to travel overseas. We homeschool and enjoy learning about the different areas we travel to. We have a travel Instagram page called Travel.Crazy.Family.

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

We arrived in Thailand in November of last year. I miss just driving to places like Target and walking around. Also the funky fusion style restaurants.

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

We do not really have a routine here in Bangkok. We wake up, I make coffee for myself (I cannot do anything without having coffee first), give the kids an apple or another snack. We cuddle and watch a show (the TV stays on all day—I like the noise). On Tuesdays we go to Plan-Toys where I am the BAMBI playgroup leader. Other days I clean, cook, read, play, and we do whatever we want.

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

My favorite thing about being here in Bangkok is the blend of different cultures and lifestyles. You can go to Starbucks or a high-end coffee shop and also get street food on the same block. I also love the indoor play spaces as well as parks such as Lumpini and the Green Lung.



We traveled in the Dominican Republic for a year before arriving here, and they do not have a lot of spaces for children to play in, sadly. We have only traveled to Phuket, Pattaya and around Bangkok. They each hold different things we enjoy so I can't choose.

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

You would think my main challenge would be finding a place to live, the language or connecting with other mom friends. But nope, those were easy because I researched like crazy! My main challenge when first arriving here were people's negative assumptions about me, which I've mostly learned to brush off.

**How did you find out about BAMBI?**

I found out about BAMBI from a mom I have yet to meet in person. We met through a Facebook group I joined when we moved here.

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

One suggestion I have for BAMBI members new in Bangkok is to volunteer with BAMBI. It is a great experience and so are the benefits! I have met so many moms, and it is nice to have a place to go to every week. The organization understands that we have young children we'd like to bring along, and so everyone is very accommodating and kind.



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# HOW TO BUDGET FOR A STRESS-FREE FAMILY HOLIDAY



Financial coach Jex offers sound advice and top tips on how to make your holiday budget work without breaking the bank.

Have you ever taken an amazing family trip, only to return home and feel stressed about how much it cost?

Many people are familiar with the idea of creating a monthly budget for household spending, but few people have ever made a travel budget. Just as it's important to have a plan for your money throughout the month, it's equally as important to have a spending plan while you're traveling. This can be done in one of two ways: figure out how much it would cost for the vacation you have in mind, then save that amount over time; or look at what you have saved in your travel category and create a trip that fits within the amount you have.

The travel category is a perfect example of a sinking fund. That's when you set aside a bit of money each month to use in a lump sum later. Most people don't have enough money left over at the end of a month to fund an entire trip, so it's important to set an amount aside each month. Take a trip once you have saved up enough for the trip.

When you're traveling, the biggest costs are usually lodging, transportation, food and beverages, and entertainment. For lodging, consider the cost of a hotel, vacation rental, campsite, or any other kind of sleeping arrangement. Include the cost of a baby cot or an extra bed, if necessary. Remember to also add the amount of taxes based on your destination—on a long trip, this can be significant!

Transportation could include airfare, taxis, a rental car and fuel, ferries, or train tickets. Some smaller transportation expenses are parking, tolls, checked luggage, and baggage

handling fees or tips.

Food and entertainment costs will vary widely from family to family and even trip to trip. On one trip, you might stay in a vacation rental, cook most meals yourself, and spend most days on the beach or at a national park. On another vacation, you might eat all your meals at the hotel restaurant and visit a lot of tourist attractions. When trying to figure out your food budget, remember that restaurants in Thailand charge 7% VAT and a 10% service charge, usually on top of the listed prices. Many other countries charge taxes and/or fees as well.

While those are usually the four largest expenses, there are many potential smaller things that are easily forgotten. If you plan to buy gifts or souvenirs, include those in your travel budget. Consider if you'll need to buy any weather appropriate clothing, such as warm clothes for a winter location, or activity-specific gear, such as skis or snorkels. Remember to account for any insurance you may need: trip, medical, rental car, and so on. If it's a long trip, you might include laundry expenses. If you're traveling internationally, include costs for visas, passports, and any currency exchange fees. Lastly, estimate any tips you might give, if applicable to the location you're traveling to.

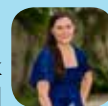
Now that you've imagined your trip from beginning to end and thought about all your expenses while you'll be away, it's time to think about things back home. What extra household expenses will you incur while you're gone? Do you have pets who need a sitter or walker? Will you have someone to house-sit or clean?

Once you have an estimate of how much the trip will cost, add another 10–20%. This gives you some wiggle room for unexpected expenses, additional treats, or things costing more than you expected.

And as with any spending plan, it's important to keep track of your expenses so you know whether or not you stayed within budget. If you pay for expenses online beforehand, write down those expenses as you make the purchases. For everything else, the easiest way to stay within budget is to use a cash envelope system. Put your budgeted amounts in envelopes—you could have just one envelope for all travel expenses, or make one for food and beverage, one for entertainment, one for shopping, and so on. If there's money in the envelope, you're within budget, but if the money runs out, you're done spending in that category. And when you return home after your trip, you'll feel more relaxed knowing you had a plan and you stuck to it!

*Photo from Canva.*

## About the Author



Jex lives in Bangkok with her husband and two daughters, who are five and three years old. She has a Masters in Business Administration and has studied personal finance since 2011. As the owner of Jex Leigh Financial Coaching, she helps individuals and families create better financial habits so they can achieve their dreams. To download a free editable travel budget or find out more about Jex's services, visit her Facebook page at: [facebook.com/jexleighfc](https://facebook.com/jexleighfc).



# KHANOM: THAILAND'S SOUTHERN PARADISE

Khanom local Jaqui Deeon tells us about the gems to be discovered in Khanom, from stunning beaches and caves to the pink dolphins that really do exist in this South Thailand paradise she calls home.

My family and I live in Khanom, one of the most scenic and beautiful parts of Thailand. We don't need to go further than our doorstep to enjoy 'time out' in paradise.

Khanom is about 720 km away from Bangkok. The easiest way to get here is by plane, with Nakhon Si Thammarat and Surat Thani airports close by. Most visitors come during the hot season as the rainy season sees a lot of floods in the area, and the sea is stormy and not much fun to swim in.

## Things to do

We live just off the famous scenic coastal route called Khao Phlai Dam, a nature reserve between Khanom and Sichon. From the many viewpoints, you can look over the bay and see beautiful, tempting tropical beaches.

We love visiting the many temples in the area. Some are on mountains and in caves. Visitors should see the beautiful Khao Wangthong Caves, but be warned, you have to climb many stairs to get up there, so it's not recommended for very small children. The Coral Pagoda, with its beautiful view overlooking the jungle and the ocean, is another 'not to be missed' attraction in this paradise.

A highlight for anybody visiting Khanom should be a trip in a longtail boat to see the pink dolphins. Yes, they really do exist! Local expats and most of the local Thais are very possessive over our pink dolphins and our hawksbill sea turtles that are endangered, and we strive to protect them.

## Eating and sleeping

Many restaurants are located

oceanside, but some like Blue Terrace, a restaurant serving Thai and western food, are located on the mountainside next to the Khanom View Point, where many tourists go for their 'back to nature' photo ops. Khanom Seafood and Rachakiri Resort are just two of many establishments that show off the beautiful view of the area.

If you are looking for luxury and pools right outside your room, Yotaka Resort is a good place to stay. I personally prefer the relatively low-key environment of Khwaenpao Resort, which has small rooms with hot showers, a fridge and TV, is comfy enough for a family and across from a pleasant beach.

If you are outdoorsy, Khanom offers several beaches where you can camp, such as the quiet and tropical Thongnod Bay. Here, muay boran master Saifon has a camp and runs boat trips to see the pink dolphins and takes fishing enthusiasts out for an overnight squid fishing experience. Another wonderful camping spot I can recommend to families who want to sleep in a tent on the beach is Area 11 on Nadan Beach, the main beach in Khanom.

## Getting the most out of your trip

Book your stay in advance. Maybe book a night or two in more than one place so that you can easily enjoy all the sights Khanom has to offer. Go for a walk, whether it is up to Hinlad Waterfall, near Naiphlaio Beach (easy road to walk up with little house shops along the way for refreshments or a snack) or take one of the other nature trails to Samet Chun Waterfall.

The owner of Area 11 takes people up the mountain in a 4x4 for more

beautiful scenery and hikes. There are NO taxis or tuk tuks in Khanom, so visitors are advised to rent a scooter or arrange transport with the staff at their resort.

Since the COVID-19 pandemic, the Bangkok bus schedule has changed. It is easy to catch a minivan from Surat Thani and people will be dropped off at Si Yak (intersection) or the van station, where they can ask for 'Sid', who owns a fleet of motorcycle taxis and some cars. He will pick hotel and resort guests up at the van station or at Si Yak and deliver them safely, with a smile, to their respective destinations.

## Helpful contacts

Saifon: +66 650 152 180; FB: Saifon Muay boran or Khanom-Tour-and-Fishing. Speaks English.  
Mr Toon Tours: +66 933 949 946. Speaks English.  
Gop (Area 11 and 4x4 mountain trail): +66 987 290 750. Speaks English.  
Khwaengpao Resort: +66 814 155 456. No English.

*Photo courtesy of the author*

## About the Author

Writer and editor Jaqueline has lived in South-East Asia for 11 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.



# FRAMING IN PHOTOGRAPHY: GETTING DOWN TO THEIR LEVEL!

In part three of Ian Taylor's series on taking the best candid pictures of your kids, we'll be looking at framing and how to make your child the center of attention in your photos.

While my previous articles on photographing your kids have focused on things every photographer needs to think about, this month's is 'kid-specific'.

Do you ever feel that all of your photos of your kids look more or less the same? A lot of that has to do with your positioning. As you consider 'Light, Frame, Moment' for every shot, this is about the frame.

In terms of composition, the most important thing you need to do when photographing kids is to get down to their level. I see so many potentially interesting portraits taken by grown-ups who have made no effort to see things from the kid's point of view. So often, it's the child staring up at a lens. The only positive thing about this shot is that you usually get nice light on the face and in the eyes.

The first thing to do is get down on the ground. Begin at eye level every time. This makes for more intimate portraits; it also levels the field between the kids and the adults. You are now one of them; you see the world as they do. Laughs will come more easily. The backdrops of your photos will become much more interesting when you are at your kid's eye level. Instead of the ground, it will be the environment: buildings, trees, sky, or other kids. Try to avoid photos where the kid is looking up at you, with grass or pavement in the background.

Now that you are down at eye level, you can improve your images even more by getting even lower so you are looking up at your subject. This completely changes everything; now the adult-child physical relationship has been completely reversed. When you are super low, kids are more likely to forget about you and do their thing, so getting truly candid shots is easier.



*Eye to eye vantage point. 85mm, f1.8*



*Low vantage point. Figure to ground. 24mm*

One idea that will instantly elevate all of your images is the idea of 'figure to ground'. This is a concept from the art world whereby you isolate your subject, so there is maximum contrast between the person and the background. The most straightforward is using the sky; think silhouette. (Remember the old "is this two faces or a wine glass" drawing? That's figure to ground.) Or have the kid framed against a very dark background; doorways are perfect for this.

Mix up your distances. Many photographers, even pros, often shoot every image from the same distance. For variety, get as close as your lens will allow, then get back. I mean way back. Make the subject tiny in the frame; think of a landscape shot with kids in it. These images look great printed as large artwork for your walls, serving as reminders of places you've lived and visited.

Play with extreme close-ups, once



*Getting back to show the environment. 24mm*



*Close up from a slightly lower angle. 60mm*

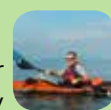
again getting as close as your lens will allow. (The example here is using a window for backlight.)

While all of these will lead to a better range of images, make sure you start with the eye-to-eye concept the next time you photograph your kids. When you get home, you should be covered in just as much dirt, grass and sand as they are!

*Photos courtesy of Ian Taylor Photography.*

## About the Author

Thailand-based Ian Taylor has been a roving family photographer since 2006. His e-book, 'Never Say Cheese: How to Take Great Natural Photos of Your Kids' is available at [iantaylor.ca](http://iantaylor.ca). For questions and comments, contact Ian via his website or on FB: @IanTaylorPhotography





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# TRAVEL TIPS FROM OUR TRAVELING TOTS

Preparing for a trip with our kids can be a lot of work! From where to go, to what to do, we want maximum enjoyment and minimal stress. So let's get some handy travel tips through the eyes of BAMBI's own mini travel experts on how to take a more enjoyable vacation.



Photo from Canva



## TRAVEL EXPERT: AMANAH, 6.5

### What's your favorite place to go on holiday? Why?

Koh Chang, because I can go on boat trips to the sea and snorkel.

### What are travel essentials in your suitcase?

Zeeby (stuffed Zebra), snorkel gear, socks.

### Who do you like traveling with the most?

My sister, Siyana.

### What kind of food do you like eating on holidays? Why?

Waffles and pancakes, because they're breakfast food and they have chocolate on top!

### What are your top tips for traveling comfortably?

Bring snacks like cookies and fruits.

### What's something you can do to stay safe on holiday?

Listen to my mom.

## TRAVEL EXPERT: JULIETTE, 4

### What's your favorite place to go on holiday? Why?

Nana and Granddad's house in the UK, cuz I miss Nana and Granddad.

### What are travel essentials in your suitcase?

I needa take lots of toys and my dinosaur fan. And balloons!

### Who do you like traveling with the most?

Mommy and Daddy.

### What kind of food do you like eating on holidays? Why?

Hmm...cookies! Pizza! Raisins! Cuz they are my favorite.

### What are your top tips for traveling comfortably?

Sleep in a bed.

### What's something you can do to stay safe on holiday?

Protect Mommy and Daddy.





## TRAVEL EXPERT: SHANAYA, 9

### What's your favorite place to go on holiday? Why?

My all-time favorite place to go for a holiday is Pakistan because I have my family there; my (maternal) grandparents and my aunt and lots of cousins and friends with whom I enjoy a lot of fun. We go on lots of picnics and play lots of games together. Also, because my grandparents and my favorite auntie pamper me and love me a lot.

### What are travel essentials in your suitcase?

My most essential thing is my milk, which I take from here; and lots of it, as occasionally I get allergies to milk over there. My other travel essentials are my comfy PJs. I also take a few books to read during my holiday and my coloring book.

### Who do you like traveling with the most?

I like traveling the most with my family, as we talk and laugh and take lots of pictures together and we always have a good time during the trip.

### What kind of food do you like eating on holidays? Why?

Whenever I go to Pakistan, I love to eat my grandma's cooking, as she makes super yummy food. My favorite is her chicken biryani. I also like gulab jamun. It's a dessert and it's my favorite. I also like to eat pizza and cookies and chocolate pudding, which my grandma also makes for me.



## What are your top tips for traveling comfortably?

My travel tips would be to wear very comfy clothes. I like to wear loose soft pants, socks, running shoes, T-shirt and a hoodie in case I get cold on the plane. I always take my favorite blanket. I also try to sleep more the night before and eat a good meal before I leave for the airport.

## What's something you can do to stay safe on holiday?

Whenever we travel, I always keep my parents' phone numbers and my grandparents' house address in my backpack, and also I keep sanitizers and an extra mask and I never wander off alone without informing my mother of where I am going. And whenever I go to my cousin's house, I always ask someone older to call my mother and inform her about me.



## TRAVEL EXPERT: EDIE, 6

### What's your favorite place to go on holiday? Why?

We just got back from Paradise Resort on Koh Yao Noi and that was my favorite place because it is beautiful. I liked the beach and collecting shells and coral when the tide went out. And we went in kayaks to explore caves and find new beaches.

### What are travel essentials in your suitcase?

Sticker books, notebooks and pens for drawing, sunglasses, sunscreen, swimming goggles, and my teddy bear.

### Who do you like traveling with the most?

My sister Nina because I like playing with her. I love it when my Nana (grandmother) comes out to visit us and comes on holiday with us.

### What kind of food do you like eating on holidays? Why?

I like buffet breakfasts at hotels: bacon, pancakes, waffles and honey, and pineapple.

### What are your top tips for traveling comfortably?

Pack your own bag with your favorite toys and books and games.

### What's something you can do to stay safe on holiday?

Wear sunscreen on the beach and in the pool.



# BEYOND THAILAND'S BEACHES

With so many beautiful beaches in Thailand, we may find ourselves spending all our vacation days on the sand, soaking up the sun, and listening to the crashing waves. Avid adventurer Rachel explores what more Thailand has to offer beyond the beaches.

Thailand is a tropical country, which boasts average yearly temperatures in the 80s. So heading out on a nature walk isn't always the first thing on people's minds. However, with popular destinations like Khao Yai, Kanchanaburi and Hua Hin just a few hours away from Bangkok, it's easy enough to take a trip out and spend the day splashing in waterfalls, inhaling fresh air and taking in what Thai forests have to offer. Below are a few places that are ideal for nature lovers and their mini nature lovers. The following locations are particularly child-friendly, so order your child a pair of bird-watching binoculars and get on your way!

## **Phraya Nakhon Cave, Khao Sam Roi Yot National Park**

*approximately 260 km from Bangkok*

This park can be found about an hour outside of central Hua Hin. The amazing thing about Sam Roi Yot is that it's situated on a beach. So those who are still struggling with giving up a beach day for a hike, you can have both here! You can hike all the way, or for a ฿400 round trip, you can rent a longboat that zips through the ocean to a beach, shortening the hike time by about 30 minutes. Upon entering the trail, keep your

eyes peeled for monkeys swinging from branches overhead. The hike itself isn't particularly long or difficult, but with the elevation and heat you might need to stop for several water breaks. About 300 meters up the trail, there is a breathtaking lookout point overlooking the beach, and a cave another 300 meters up. Inside the cave, you can rest, enjoy a significant drop in temperature, and gaze upon a pavilion constructed over 100 years ago. And if you're worried about taking your children, there are plenty of toddlers leading the way for their parents. My four-year old basically ran up.

## **Namtok Sam Lan National Park**

*approximately 125 km from Bangkok*

Located in Saraburi Province, this park is fairly close to Bangkok and has a little bit of everything, from camping to hiking to bike paths. There are three waterfalls which draw plenty of crowds, even during the dry season. Upon arriving at the park, you're greeted by a small lake in the center where many people set up tents to relax. You can also rent camping gear. But if you're not into sleeping on the ground, there are also bungalows available for rent. For those more interested in getting active, there is



Sam Lan Trail





Phraya Nakhon Cave

a paved road, ideal for walking and biking. This road leads to the trail-head. The path heading to the first waterfall is fairly easy, flat and short, making it a favourite among children. And if you're not up for returning to Bangkok immediately, you can order some Thai food from the restaurant and have lunch near the lake.

### **Namtok Haew Narok, Khao Yai National Park**

*Approximately 150 km from Bangkok*

Situated in Khao Yai National Park, this is the largest waterfall in the area. The hike itself is short, with lots to see

on the way. There are five bridges that children will surely enjoy crossing. You'll also see plenty of lizards scurrying across the trail. To reach the waterfall, you'll descend a fairly steep stairway. This definitely requires rail holding and possibly hand holding. My child stayed on my back. There isn't much to do besides looking at the water as swimming is prohibited, so it's probably best to stay in Khao Yai, or tie in a visit to another nearby waterfall. There are also picnic areas in fields or next to nearby lakes, which would be great to further enjoy the outdoors. Maybe you can even spot an elephant or two since they're

known to frequent the area. Between the drive and park entry fees (฿300 for non-Thai adults and children, and ฿90 baht for a car), it's best to consider spending a few hours in the park.

Overall, with millions of acres of forests within Thailand, there is an unlimited amount of opportunity for nature lovers. Hundreds of trails and waterfalls will be sure to keep you and your little ones busy. And although they all share similar geographic features, each forest has its special characteristics, keeping you exploring beyond the beach.

*Photos courtesy of the author.*



Haew Narok Waterfall

### **About the Author**



Rachel 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 joined BAMBI as an assistant editor and looks forward to this opportunity.





## 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.

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designed by  
Pop and Anna  
(ages 8 to 9 years )



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# SIX TIPS TO SUPPORT YOUR CHILD DURING AN INTERNATIONAL MOVE



Image: Canva

Moving can be stressful. We often overlook our children's feelings of separation anxiety and fear of the unknown in the excitement of starting a new chapter in a new place. School counselor, Melissa Stonehouse, offers advice on how to support your child and help them to cope during a move.

I am sure that we all appreciate the many advantages and opportunities that become available when we move abroad, but there are also many challenges. One of the biggest ones faced by international families is 'the big move', whether this is the initial move from your home country or moving from one host country to another.

This change is a significant life event for everyone involved. There are layers and layers of stress, excitement and anxiety, all intertwined with the logistics of packing up everything you own and moving your family and all that stuff across the world!

When I talk to families who are actually in the process of moving, I relate to their situation from many different perspectives. First and foremost, as a mother of three children who has supported her own children as they transitioned into another new country, culture and school. Second, over many years as a teacher, recognizing the wonderful advantages for children attending international schools, but simultaneously observing what a big adjustment changing schools is for children—learning their way around new campuses, becoming familiar with new routines, and

building new friendships.

Now, as a counselor, I see how these moves with all their positives and opportunities can also have a significant impact on a child's wellbeing. It's very easy to get swept away in the excitement of the move and forget that starting this new adventure means that, to some extent, your previous one is ending. This can be particularly hard for children who aren't the decision makers when it comes to the family's move, and

make them feel as if their sense of personal control is under threat.

Big changes in life often come with a feeling of loss. When we talk about moving, this is usually the sense of loss we feel from saying goodbye to a country and culture in which we as a family have created a home. Physical changes in houses, routines and favorite places can be hard to process, but more often it is losing the connection with friends, teachers and other members of your community that can leave us feeling sad and distressed.

To help your child cope with such changes during a move, here are some tips for supporting them:



Image: iStock

**1. Acknowledge the loss.** One of the great ways that you can help normalize these feelings for your child is to talk about how you are feeling. Articulating things like 'I'm really going to miss Sunday afternoons with our friends when we move' will reassure them that feeling a sense of loss when moving is normal. As a parent you always want to help your child feel better; this is completely natural. So when your child is sad or telling you how much they will miss something or someone, it can





Image: Author

feel supportive to counteract with positive statements about the new country. However, despite good intentions, responding to 'I'll miss going to my tennis class' with 'but you're going to love the beaches in Thailand' may actually invalidate a child's feelings, and perhaps make them feel guilty about not being equally excited about the move.

**2. Prepare together.** Take the time to do some research together about the new country, such as finding similarities and differences. Perhaps learn a few words in the local language and explore school and activity options. For example, taking a virtual tour of your child's new school if one is available on the school's website can be a fun way for them to explore their new school and acclimatize. They can even share this experience with friends and family.

**3. Maintain connections.** For third culture children, the question of 'where are you from?' can potentially raise a sense of worry and confusion. By maintaining connections with your home country and other countries in which you have lived, you are creating your family's own subculture, building on your child's

unique sense of who they are. There are so many ways that you can do this. Some examples are cooking meals at home that you would have eaten in previous countries, having artwork or photographs from these countries displayed around your home, and perhaps talking about events that are taking place in your previous place of residence. This can really help children feel proud and connected to 'their story'.

**4. Create a family bucket list.** Make a bucket list of things that you want to do before you leave, photographs you want to take, places you want to see and things you want to re-experience. Most importantly, include time to say a proper goodbye to friends and family on this list to give yourself and your children closure and a positive ending.

**5. Continue relationships.** It's important to teach children that relationships can be maintained even when you are separate. There will be change, but there are great ways to maintain communication. If they are anxious about leaving friends and family behind, they can practice calling and emailing before you leave so that the relationship is already beginning the transition, and

become comfortable connecting in this way. This may also benefit some family members or friends you are leaving behind who are not particularly confident with the use of technology as a communication tool.

**6. Model good self care.** As international travelers, we are all used to being reminded to put on our oxygen masks before helping others. When dealing with stressful situations, it's good to do the same. Remember to take care of yourself, be mindful of your own feelings, and share these strategies with your children. Mindfulness activities like yoga and meditation can be great ways to reduce any stress, and doing them together can also be a wonderful way to bond as you tackle this transition as a family.

#### About the Author

Melissa Stonehouse is the resident primary school counselor at Bangkok Prep. She has an MSc in Psychology, a diploma in Counseling, and a BSc in Geography with qualified teacher status.



# BOOK RECOMMENDATION: JUNA'S JAR

As many of us prepare to say goodbye to expat friends this month, Liz and Emily share their thoughts on a book that can help young children navigate the experience.

*This feature is dedicated to our friends Iwona and Livia.*

For many in the Bangkok expat community, the month of June means saying goodbye to great friends. As the school year ends, many families will move on from Thailand. Some will journey back home, and others will set off on a new leg of their expat adventure somewhere else in the world. For all of them, they will say farewell not just to the city, but also to the people who have become part of the 'family' during their stay in Bangkok.

Our first meaningful experience of this was when my children were aged four and one. The tribe we'd formed—a small group of moms and toddlers—had a 'goer'. One of our great friends and her family was moving on to a new post, and we were being left behind.

This is when we discovered 'Juna's Jar', written by Jane Bahk and illustrated by Felicia Hoshino.

Juna's Jar tells the story of Juna, best friend to Hector, and an empty kimchi jar. One morning, ready to start on another of their great adventures together, Juna pays a visit to Hector. She is sad to find that he has moved away with his parents and didn't have the chance to say goodbye.

On seeing his little sister so sad, Juna's big brother, Minh, does his best to cheer her up by helping her to find new things to put in her empty jar. In the days that follow, though

she misses Hector dearly, Juna embarks on some new adventures, discovering magical worlds and meeting some unexpected yet welcome friends along her way.

I won't lie—reading Juna's Jar for the first time with my children had me in



## Thoughts on Juna's Jar by Emily, age 7

I like reading this book by myself and with my mummy. My favorite character is Juna's brother, Minh, because he helps his little sister. My favorite part of the book is when she goes inside the jar and explores. It's really fun. I think other kids would like this book because lots of fun things happen in the story. I would give this book five stars.

tears! Bahk tells the story with simple yet beautiful descriptions, immersing the reader in the magic of Juna's adventures and illustrating the depth of her friendship with Hector. Hoshino's illustrations are stunningly detailed and capture Juna's emotions perfectly on every page. Juna's honesty makes her character and her experience relatable to children, and the love shown to her by the other characters as she moves through her journey is heartwarming.

For those of us that are 'stayers' when June comes around and friends move away, this story of friendship is like a warm hug for both parents and children. It validates our feelings of sadness, understands our loss, and shows us just how powerful our imaginations can be. It reminds us that what we're going through is all because we've been lucky enough to have had a great friendship, and that we can and will have that again. Juna's Jar is a great addition to the bookshelves of all expat parents with young children.

*Photos courtesy of the authors.*

*At the time of writing, Juna's Jar was available to order online from [thailand.kinokuniya.com](http://thailand.kinokuniya.com) and [amazon.com](http://amazon.com).*

## About the Author

Liz has been an expat in Southeast Asia since 2013. She is a mom-of-two from the UK and a proud BAMBI volunteer, having been involved in various roles for over three years. She is currently enjoying her role as a member of the BAMBI Magazine editorial team. Emily is seven years old. Her favorite color is white. She likes drawing and going to theme parks. Her favorite ride is the 'Speedy Mouse' roller coaster at Dreamworld.





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# LOVE'S LABOR'S LOST—AN EXAMINATION OF PRODROMAL LABOR

In a two-part series, midwife Emma McNerlin looks at the extremes of the labor experience. This month, she examines prodromal labor, where episodes of painful contractions are experienced for days or sometimes weeks before baby arrives.

As with many aspects of pregnancy and birth, labor is not a 'one-size-fits-all' experience. Experts refer to two extremes of labor: precipitate labor, or extremely fast labor where baby is born within 3 hours of contractions starting, and at the other end of the scale, prodromal labor. Prodromal labor is a phenomenon that affects up to 20% of pregnant women,<sup>1</sup> where they experience painful contractions for days or even weeks before labor starts.

Pregnancy, labor and birth can be imagined as a great voyage, with many details remaining unknown or beyond your control when you board the boat. You set out knowing the journey will take roughly nine months, but the experience at sea may vary greatly from your boat to another's, and the final journey into port relies on calm and skilled sailing in sometimes stormy conditions. Others will share *their* experience on *their* boat, but not all of it will resonate with you. In prodromal labor, the boat feels like it is coming into dock, but really it is still a mile from the shore and thrashing in the waves.

The term 'prodromal labor' comes from the Latin word *prodromus*, meaning 'comes before', so 'labor

symptoms that come before labor starts'. Medical professionals sometimes refer to prodromal labor as false labor, but for any woman who has experienced it, they will confirm it feels very real out there on those choppy seas! As well as this, some older medical texts do not distinguish prodromal labor from Braxton-Hicks contractions—a painless tightening of the uterus often referred to as practice contractions. Perhaps for this reason, prodromal labor remains a topic largely unexplored by obstetric research.

Typically, in the first stage of labor the cervix softens, shortens and thins (referred to as ripening and effacement) and eventually dilates. There is a latent (early) phase in which the cervix ripens and effaces around 80% and dilates to 5–6 cm. This can take 12 to 18 hours for first births, much of which is experienced as low, dull backache or period style cramps, morphing later into regular contractions occurring up to five minutes apart. These are at least a minute long and are strong enough that you cannot walk, talk or smile through them. This develops further in the active (mid) phase when contractions become stronger and closer together and the cervix completes

effacement and dilates to 8 cm. The length of this phase will depend on you being able to move around in labor and the baby's position. In the transition phase, contractions are at their strongest and closest together, one to two minutes apart. This phase typically lasts one to three hours as the cervix opens the final 2 cm and baby moves deeper in the pelvis.<sup>2</sup>

In contrast, prodromal labor is observed as episodes of painful contractions that occur in a pattern—typically five minutes apart and lasting just under one minute, for several hours at a time. They eventually subside and, importantly, they do not cause any changes in the cervix. There is no ripening, no effacement and no dilatation, so without an internal examination it can be hard to identify prodromal labor contractions, as they feel very real and painful. It is therefore important to pay attention to the pattern of contraction frequency and duration. The key with prodromal contractions is that they do stop, unlike typical labor. Table 1 is a helpful guide to the differences.

The causes of prodromal labor are not well understood although several contributing factors have been



identified, including:

- Breech position baby;
- Imbalance in the ligaments and muscles that support the uterus and pelvis;
- Feeling apprehensive about labor and birth or general anxiety;
- Multiparity—the uterine muscle changes the more pregnancies you have and the more labors you have experienced.

Low impact exercise such as yoga, pilates, or swimming can help to stretch and lubricate the ligaments to avoid imbalance in the pelvis. Also, if you are experiencing anxiety or negative emotions regarding your pregnancy or birth, it is important to talk about them before you reach term. You are not alone; one in five women suffers with anxiety in pregnancy.<sup>3</sup> Being in the healthiest possible headspace prior to labor will help to support your body's natural hormonal process when it comes. Reach out to BAMBI in confidence ([bumps@bambiweb.org](mailto:bumps@bambiweb.org)) to receive guidance on where to get help locally should you need it.

Interestingly, there is no evidence that prodromal labor causes any distress to baby at all. In fact, women who experience prodromal labor are more likely to have shorter established labor when it does finally progress.<sup>4</sup> As for any pregnancy, if you experience painful contractions before 37 weeks or have bright red vaginal bleeding, waters breaking or reduced fetal movements, contact your OB-GYN.

Prolonged prodromal contractions are exhausting and disheartening, sapping much needed energy in the last weeks of pregnancy and leading you to enter labor with no reserves. It is therefore important to get into a headspace where once you recognize it, you ignore it as much as possible. Try to remain upright and walk, and dance or sway when the contractions are there. Eat slow-release energy foods often and keep yourself hydrated. Don't be afraid to use analgesia like paracetamol—always following dosage instructions on the label—which is effective when taken regularly. When the



**Table 1: The differences between the various types of contractions**

	Braxton-Hicks contractions	Prodromal contractions	Typical labor contractions
Onset	Any time from 2nd trimester	Periodically in the last few weeks of pregnancy	From 37 weeks (more often between 39 and 41 weeks)
Pattern	None discernable	Regular and typically up to 10 minutes apart but not growing closer together	Regular and get closer together over time
Duration	Short, between 10 and 30 seconds	Typically last just under 1 minute	Increasing in length from 30 seconds
Pain	Not painful, may be mildly uncomfortable, felt in the abdomen	Painful, felt in the lower abdomen/ pubic region	Painful, typically felt in the lower back, upper legs and lower abdomen
Intensity	Low	Consistent, painful, but not strong enough to take your breath away	Increasing in intensity as time passes and contractions become closer together
Resolving/ waning	Self-resolving, usually with change of position and hydration	Self-stopping eventually, irrespective of maternal behavior	Not stopping, gradually getting longer, stronger and more frequent



contractions stop, rest and sleep, even if this means you are up at night and sleeping in the day; grab all the rest you can, while you can.<sup>5</sup>

Prodromal labor is often mistaken as early (latent phase) labor because all the books say when the contractions are five minutes apart, go to hospital, right? WRONG! Remember, prodromal contractions are persistently the same, not gradually increasing in length, strength and frequency. Arriving at hospital expecting to be well advanced, or at least halfway, only to find that your cervix is unchanged, can be devastating. At this point, it is important to know that you are not broken. If you are beyond 37 weeks, baby is moving well, you have no

bleeding or fluid leaks, and you are coping well, then the best place for you to wait is at home.<sup>6</sup> There is no need to hurry Mother Nature; remember, prodromal labor feels very real, but it does not change the cervix. Women in prodromal labor can behave like they are in established labor, which can result in doctors offering to speed up labor. Staying in hospital means risking interventions that are unnecessary in prodromal labor, such as breaking of waters or use of Pitocin to speed up contractions, which can result in a much different labor experience than you had planned. Being at home and given time in a safe, calm, familiar environment can help support your natural hormones to regulate the

contractions and get them under-way.<sup>7</sup> As always, the golden rule is if you are OK and baby is OK, there is no need to intervene. Keep in mind that your baby is steering the ship; your job is to try to calm the seas and make sure you have enough steam left to get you into port.

It seems that there is so much to learn and know about labor and birth. There are many decisions and choices, circumstances can change, and plans can often go awry. There is no right or wrong way to birth; each labor is unique. Being well-supported by your birthing team, as well as getting as prepared and informed as possible, will help you to navigate your decisions.<sup>8</sup> No labor lasts forever, but pacing yourself during episodes of prodromal labor will help you to stay on track for the birth you planned.

*Photos from Canva.*

#### About the Author

Emma McNerlin is a UK trained and registered midwife, first aid instructor, and owner of Bumpy Daisy Café and Community; a cafe and parenting community centre for new and expecting parents offering birthing classes, hypnobirthing, first aid workshops, and baby classes.



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# WHAT'S THE BIG DEAL ABOUT BABY WALKERS?

Baby walkers—are they good? Are they bad? Pediatric occupational therapist Sarah Russell explores the evidence surrounding the use of these devices to help us make our own informed decision.

*Image: Canva*

Around the world, 50–70% of 3 to 12-month-old babies use a baby walker.<sup>1</sup> While they might be fun and entertaining for some babies, give parents some hands-free time, and current research doesn't clearly indicate that baby walkers impact child development, these wheeled devices are banned in Canada and aren't recommended by the American Association of Pediatrics due to safety concerns.<sup>2</sup> Confused yet?

## Are baby walkers safe?

All baby equipment comes with some risks and warnings. Studies show that as few as 12% to as many as 50% of babies experience an accident or an injury using a baby walker.<sup>3</sup> In fact, between 1990 and 2014, 230,000 children aged 15 months and younger in the US ended up in the emergency room after being injured while using a walker.<sup>4</sup> Despite the known risks however, 89% of pediatricians in the UK argue that there isn't enough evidence to influence parents' decision-making regarding baby walkers.<sup>5</sup>

## Will using a baby walker help my baby learn to walk?

Just as there is no clear evidence to show that baby walkers negatively impact walking development, there is also currently no evidence that baby walkers are beneficial for the development of walking.<sup>6</sup> There is

a possibility that assisting a baby to walk before they are developmentally ready may interfere with the natural development of walking,<sup>7</sup> but this requires further research.

## Will they support my baby's overall motor development?

Quite simply, research is inconclusive. One of the largest studies on this topic with a sample size of 190 babies noted a delay in crawling, standing alone, and walking alone in babies using a baby walker.<sup>8</sup> Similarly, another study with a sample size of 109 babies reported that those who used a walker demonstrated motor delays in the areas of sitting, crawling, and walking, noted during a developmental assessment.<sup>9</sup> In contrast, a study completed in 2015, albeit a smaller one with 20 babies, found no difference in motor development between babies who were and were not using a baby walker.<sup>10</sup>

## Will a baby walker impact the development of my baby's hips and legs?

While there may be anecdotal evidence from online articles, there's a lack of evidence-based research indicating any link between baby walkers and an impact on babies' hip and lower limb development. Research focused on the possible impacts of baby walkers on quality of movement and other noteworthy effects such as

whether they affect the development of babies' hips, ankles, and feet is warranted.

## Should I never place my baby in a baby walker?

Inconclusive and conflicting evidence makes this a challenging decision. While there does not currently appear to be enough quality research to suggest baby walkers impact the development of walking, what the research does all have in common is the recommendation that baby walkers should be used with caution until more conclusive information is available.

The bottom line? Babies will start to walk when they are ready (usually between 10 and 18 months). While it's impossible to pinpoint what exactly supports your baby to get up and start taking those first steps, what is known is that walking is the development of many 'mini milestones' (such as crawling, walking with support along furniture, being able to get from sitting to standing and standing to sitting). The most important things we can provide babies with are variety and opportunities to learn, develop, and explore their bodies and their surroundings.

## How can I minimize the risks of using a baby walker?

If you want to use a baby walker,





Fig 1: Baby walker  
(Image: Canva)



Fig 2: Push-style walker  
(Image: author)



Fig 3: Exersaucer  
(Image: author)

understand that there are safety concerns. This applies to any equipment used with babies (e.g., bouncer, baby lounger, floor seat). If you decide to use one:

- o Ensure that your baby is closely supervised at all times.
- o Ensure the walker is low enough so that your baby can place both feet completely flat on the floor.
- o Limit the time your child uses a walker, ensuring they also have the opportunity to practice standing, cruising, and walking around on their own, in their own time.
- o Another option is an 'exersaucer' (see figure 3), which is similar to a baby walker but without wheels, which can make for a safer alternative. The above safety advice still applies.

### What do you recommend as a children's occupational therapist?

If you want to use a walker, I recommend a push-style baby walker (see figure 2). Push-style walkers don't pose as many safety issues should your baby have a tumble. Additionally, they are easier to maneuver based on size and weight. Based on my own independent research, I recommend looking at the brand V-Tech, which makes a range of push walkers and is readily available in Thailand.

### What else can I do to help my baby learn to walk?

- o Support your baby to walk holding your hands.
- o Encourage your baby to walk along furniture and objects (known as cruising) until they are ready to move away and try to take a step.

You can do this by placing toys on furniture like the couch, coffee table, and on top of chairs.

- o Continue to provide opportunities to strengthen and support the development of the muscles in the legs, bottom, and core through lots of play involving sitting to standing and standing to sitting, high and low kneeling, and sitting in a variety of positions (side sitting, legs out in front).

Remember to enjoy your baby at their current phase and stage. It's tempting to want them to run before they can walk, but they are little for such a short period of time. Go enjoy your baby!

*Disclaimer: At the time of writing, this was the best-known information made available to the writer following a literature review. For any specific concerns regarding your baby, please contact a pediatric occupational or physical therapist.*

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## About the Author

Sarah Russell is an Australian-trained pediatric occupational therapist.



Since 2014, she has been working in South East Asia, formerly in an international school and private practice, until becoming a mum herself. Sarah is particularly interested in empowering babies to move, grow, and thrive through simple, yet fun and interactive play. To contact Sarah, please email: [stamburrini@gmail.com](mailto:stamburrini@gmail.com).

# BAMBI BUMPS IS 40

This year we celebrate BAMBI's 40th birthday, an immense achievement from very humble beginnings. Did you know that BAMBI began in 1982 with a group of just seven new and expecting mothers brought together by Melanie Habananda, a dedicated midwife and wife of Dr Tanit, the founder of the natural birth movement in Bangkok? Much has changed since then, but what has remained the same is that the moms who come through BAMBI Bumps today still crave a connection with other mothers and guidance from the BAMBI Bumps team—birth professionals dedicated to supporting them.

Over the years the Bumps & Babies baton has been passed on to many wonderful birth workers. I am privileged to have been a part of the Bumps team for almost seven years, allowing me to continue to use my knowledge and experience as a midwife. To celebrate BAMBI's birthday, a few past and current team members have shared what being a Bumps volunteer has meant to them. Here's what they had to say.



"The BAMBI committee: the trailing spouses, those saturated in parenthood, those with something to offer the world in the absence of formal employment, and those who felt they had nothing to offer—the committee took us all in. We were put to work for the cause, talents were released, debates were had, new skills were cultivated, and friendships were forged. As hoped for, the community enrichment came, but in return for the hours spent, something else happened: that same enrichment rained down and hydrated our lives. So BAMBI secured a corner of our hearts and made it almost impossible for many of its committee members to leave . . . Happy 40th birthday and long live BAMBI!"

— Emma Lawrence (Coordinator 2013–2016)



"I was lucky enough to volunteer with some wonderful women in BAMBI, no more so than the Bumps team, rich in knowledge, experience and perspectives, which served the community with compassion and humor. I also became a mother during my time with BAMBI and was able to experience firsthand the gentle power of the Tuesday morning New Moon coffee meetup which held space for those who were struggling, and built friendships that have lasted way beyond Bangkok. Congratulations to BAMBI on its 40th birthday."

— Fran Safaie  
(Bumps Team 2013–2017)



"It was wonderful to find BAMBI Bumps & Babies and become part of its volunteer group when I first arrived as it provided me with the opportunity to connect with the expat community, to give back, to support others, and find fulfillment while forging beautiful friendships along the way."

— lasnaia Maximo  
(Bumps Team 2017 to present)



"Being a volunteer at BAMBI Bumps & Babies meant so much to me! Bumps was one of the first places I volunteered after arriving in Thailand. As I did not know anyone, it became a place where I felt welcome, where I belonged, where I was able to give a little of myself to do something fun for other women like me and their babies, and where I could try to make their breastfeeding journeys better. I loved my time there and wouldn't change it for anything."

— Lia Segall Pasternak  
(Bumps Team 2017–2020)



Now in its 40th year, BAMBI Bumps moves under new stewardship with British midwife Joanna Cox taking over from me as the Bumps coordinator. Jo brings new energy and passion to the role, relaunching BAMBI Bumps as we move beyond the COVID era. Here are a few words from Jo:



"As a midwife by profession, I am thrilled to be engaged as the BAMBI Bumps & Babies coordinator at such a critical time following an extended period of hibernation. While the prolonged COVID-19 restrictions have challenged the Bangkok parent community in many ways, alternative and positive support initiatives have also emerged, and these should be celebrated. As coordinator of the Bumps team, I aim to gain a clear understanding of the current needs of expectant mothers and new families in Bangkok, and to strengthen the necessary links through information and referrals to providers. With the expert contribution of the Bumps team and close collaboration with maternity service providers in the city, I believe this should be achievable."

— Jo Cox (Bumps & Babies Coordinator)

We also heard from some of our Bumps moms to find out more about what BAMBI Bumps & Babies means to them.



The BAMBI membership fee is one of the best investments I've ever made. Going to Bumps & Babies has found me new best friends that I never thought I would have after having babies in a country I'd never lived in before and where I didn't know anyone. Having mommy friends has healed me from my depression and anxiety; just being part of a supportive group and able to hear and share experiences of being a new mother makes me a better person and a better mother.

— Hilda Anita

My family moved to Thailand in August 2020 with our three-month-old baby. As a first-time mom at that time, everything was new. I had no family support except my husband, and not as many friends as I had back at home.

When I learned about BAMBI, I went along to Bumps & Babies, and joined the group right away. This was the best decision I made at that time because my baby and I were both able to meet some amazing friends through BAMBI. Since then, we've been able to share and ask for lots of information—and no more loneliness! I really appreciate BAMBI for organizing playgroups and events for us to attend and for what they do to help the community.

— Hyein

I started going to Bumps sessions when I was pregnant with my first baby, and meeting Emma and the team opened up a whole new world for me. Following my first session, I changed doctors and hospital and ended up having an unmedicated vaginal birth, which my previous doctor had not been supportive of. Then, with my newborn, they provided so much support, information, and a safe space to talk openly about the highs and lows of becoming a mother. From these sessions, I also met my mama friends, who I couldn't do motherhood without! Forever grateful to them.

— Yvonne

My journey of motherhood became more special when I shared it with other mums and friends who came into our lives through BAMBI. The playgroups and support which BAMBI gives to us mothers is priceless as it just makes the whole experience more wonderful and memorable. I would really like to thank all the BAMBI volunteers and coordinators for their efforts and help. We are glad to be part of the BAMBI community. Thank you for guiding and helping us when we needed it the most!

— Pragya, and 2-year-old Tavish

### About the Author

Emma McNerlin is a UK trained and registered midwife, first aid instructor, and owner of Bumpsy Daisy Café and Community; a cafe and parenting community centre for new and expecting parents offering birthing classes, hypnobirthing, first aid workshops, and baby classes.





# BAMBI ANNUAL REPORT 2021

This report was presented at the annual general meeting held on 20 April, 2022.

## CHAIRWOMAN'S REPORT

When the world was ready to move on and thought the COVID-19 pandemic was coming to an end, we could not have been more wrong. BAMBI had to once again close all of our activities from April until the end of the year, including membership registrations and renewals. This resulted in a major decline in our income, and while we didn't have major expenses, we still had fixed costs to cover.

At the beginning of the year, BAMBI was just starting to recover from the closure in 2020. Attendance numbers were picking up, even with strict government restrictions in place. People were used to wearing masks (even younger kids), booking a spot, and using hand gel.

We moved our booking system from Google Forms to the paid application Typeform due to a lack of reliability from Google.

We introduced a new type of playgroup, which we named 'Premium Playgroups'. These playgroups offered better facilities and a greater variety and number of toys. They were held at Playville and Plantots.

In total, we ran ten playgroups, two Bumps activities (Baby Massage and Baby Rhyme Time), six activities for older kids, and one pop up playgroup, which were very successful. We had just enough time to hold our Yard Sale, from which all the proceeds went to support Home of Grace. A total of 2,092 families attended our events.

Unfortunately, we were unable to organize our famous volunteer appreciation day, Halloween, and Christmas events.

2021 saw the departure of many of our volunteer families, bringing about the challenge of keeping BAMBI afloat. Our volunteers are the core of BAMBI and without all of them, there is no way for us to survive.

At the beginning of 2022, we reached out to the community to find new volunteers and I'm happy to announce that we managed to form an executive board to manage operations while the chair position remains vacant, and fill many of our vacancies. This will help us to continue offering opportunities to bring the community together.

This year we will be celebrating BAMBI's 40th birthday. Mark your calendars!

We are hoping 2022 will see, if not the end of COVID-19, at least the normalization of it, and we will be able to go back to offering you our full calendar of events by the end of the year.

Thank you for your continued support.

Gloria Pino  
Former Chairwoman



*An address from Mel Habanananda, BAMBI's founder:*

I am so sorry not to be able to join you all today especially as it is BAMBI's 40th Birthday.

Forty years! I never dreamt all those years ago, when seven new mothers and myself got together to form 'just a little support group for new mums', that forty years on we would still be around as a somewhat bigger group, but still supporting new mums.

In spite of BAMBI's growth and development we still adhere to our 'roots', to our identity and values of 'Support and Friendship through the Common Bond of Parenthood'.

This has been our strength especially during the last two difficult years. During this time BAMBI has been able to continue thanks to our wonderful volunteers whose dedication and determination has been to 'see us through and keep us going'.

To the ENTIRE committee and all of our wonderful volunteers I would like

to quote Gloria when she wrote in 2021:

"Thank you each and every one of you for all your hard work, commitment and effort".

I am filled with admiration for all that you have achieved through such difficult times.

However, in spite of the difficulties, the last two years have given us the time to assess our weaknesses and strengths and to plan changes that will help us move forward and meet new challenges in the coming years.

Today is a very important day for BAMBI because if it is to continue to develop, grow, and meet these future challenges, it needs help, it needs volunteers, it needs you, our members, to help to forge BAMBI's future.

BAMBI will always remain close to my heart; it has been a privilege to be



part of a community of women who give friendship, love and support to each other. I have met many amazing women over the years and enjoyed many friendships, some that have endured to this day, and I hope that it will be the same for you.

Thank you all for attending today and I hope that I'll be able to meet you later in the year when we can get together to celebrate BAMBI's 40th.

With many good wishes and love,  
Mel

## BUMPS & BABIES

2021 was a challenging year for the Bumps & Babies team. We only operated for six weeks from mid-February to late March due to the COVID-19 lockdown.

Emma remained in the voting position as Bumps & Babies coordinator. Yaz remained on the team as an assistant.

The Bumps team facilitated a total of nine sessions in 2021, down from 37 sessions in 2020. This reflects the continued impact of COVID-19. During our limited run in 2021, the team welcomed and supported 94 families, down from 554 in 2020. Bumps processed 34 new memberships and two renewals in 2021.

Jo joined the team in January 2022 and will take over as coordinator. Emma, Yaz and Sheena remain as assistants to Jo.

### New Moon Postnatal Group

The New Moon postnatal group

remained the cornerstone-offering of the Bumps team. The Baby Massage session held immediately before New Moon every Thursday was especially popular, consistently booking out within minutes each week. In three sessions we welcomed 29 families.

### Small World

Small World baby playgroup returned briefly in 2021 after being suspended in 2020 due to COVID-19. In 2021, we welcomed 58 families in four sessions. Baby Rhyme Time moved to a new slot prior to Small World on Tuesdays and remained popular.

### Bumps & Babies

The Bumps pregnancy advice and support group relaunched in mid-March 2021; however, we only managed to hold two sessions before lockdown. We welcomed seven families.

### Other Bumps Activities

- 11 Bumps articles were published in BAMBI Magazine with contributions from all members of the Bumps team.
- BAMBI Bumps found a new home

at Bumpsy Daisy Café and renegotiated reduced rates for venue hire.

- The Bumps team maintained contact with both Samitivej and Bumrungrad hospitals throughout 2021 and were effective in disseminating advice and support to families birthing during the lockdown.

### Plans for 2022

- Recommence activities from March 2022 following an updated schedule.
- Baby Massage alternates with New Moon on Tuesdays, Baby Rhyme Time with Small World takes place on alternate Mondays, and Bumps & Babies (pregnancy advice) is held bi-monthly on weekends. This schedule remains under review subject to demand and COVID restrictions.
- Create more awareness about what Bumps & Babies offers as there are a lot of new mums in Bangkok who are not familiar with our support and services, especially after the lengthy suspension



BAMBI Outgoing Committee, 2021-2022

of all Bumps activities. We will aim to do this by promoting on social media platforms and in women's groups.

## PLAYGROUPS

Playgroups were only operational between February and April 2021. These included:

- British Club playgroup (British Club)
- Saturday Ekkamai playgroup (Bright Skies International School)
- Novotots playgroup (Novotel Sukhumvit Soi 20)
- Thonglor playgroup (Bangkok Prep International School)
- Saturday Nana playgroup (Story-time Preschool)
- Riverside playgroup (Darunbanalai Children's Library)
- Kiddieville playgroup (Playville)
- Sunny Kids playgroup (Sunny Side Up)
- Sathorn playgroup (PlanToys)

In 2021, we opened two new playgroups:

- Kiddieville playgroup (Playville)
- Sathorn playgroup (PlanToys)

One playgroup was closed in 2021 as the venue was shut down for good:

- Sunny Kids playgroup (Sunny Side Up)

BAMBI playgroups were suspended on April 19th 2021 for the remainder of the year. We were able to resume operations on March 1st 2022.

In total, 1,123 families attended the

various BAMBI playgroups in Bangkok throughout the year. This reflects a decline of 53% on last year's figure of 2,385. This is because playgroups were held only from February to mid-April due to COVID-19.

At the end of 2021, the playgroup team had 24 volunteers, without whom all of these playgroups would not have happened. Unfortunately, in 2021 we were unable to hold our playgroups leaders breakfast meeting where all the volunteers can meet, socialize and share information.

### Plans for 2022

- Focus on finding new venues such as hotels and outdoor cafes to hold our playgroups. Schools are largely not available at the moment due to COVID restrictions.
- The plan is to run profitable playgroups and to eventually move away from booking forms when the COVID-19 situation improves.
- Recruit more volunteers to be able to reopen more playgroups.
- Hold training sessions and breakfast meetings for our playgroup volunteers.

## ACTIVITIES FOR OLDER CHILDREN

In 2021, five activities for children aged three to six were active between January and April 2021.

- Creative Movement and Dance at RumPuree Dance Studio
- Football at Soltito Familia Soccer School
- Kung Fu at Thai-Chinese Shaolin

Kung Fu

- Toddler Music at Hilton Sukhumvit Bangkok
- Toddler Tunes at Hilton Sukhumvit Bangkok

Our Play-based Nature activity at Bambini Villa was suspended during 2021 due to consecutive loss-making in 2020.

Due to COVID-19, BAMBI had to suspend all activities from April 2021 for the remainder of the year. Despite the lengthy closure however, we had over 800 participants for the activities in 2021. Before closing down in 2021, BAMBI activities had eight volunteers leading the activities.

We were able to resume activities in March 2022. We managed to reopen our Play-based Nature activity in March of this year at the new venue of Patom at Sukhumvit 49. We have also recruited a new teacher for our Toddler Tunes and Toddler Music sessions as the former teacher has left Thailand.

### Plans for 2022

- Recruit more activities leaders.
- Open one new activity for older kids and one new activity for toddlers.
- Look at possibilities to expand activities to the Sathorn area.
- Reopen Kung Fu when we are able to adhere to the COVID-19 policy of the school.
- Look at closing consecutive loss-making activities, e.g. dance.



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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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## EVENTS

In March, we held our Yard Sale. This sale included vendors who had booked to attend the sale postponed in February and new bookings that came through. We decided to move away from the school location after receiving feedback that it was difficult to access. The sale was instead held at Hilton Sukhumvit Bangkok, and they generously gave us the space for free. We were thankful to receive 81 families eager to shop at our sponsored venue.

The total amount earned from the entrance and vendor table fees at the Yard Sale was \$10,841.79, which we chose to donate to a local organization, Home of Grace. All the remaining items from the 'swap shop' were sent to the Home of Grace Community Store at the end of the event. We also sent on a generous number of material donations received from Yard Sale attendees.

Due to COVID-19, our events plans were put on hold. We were forced to close BAMBI events between April until December, meaning that the Splash Bash, Halloween and Christmas parties had to be canceled.

Total income: \$10,841.79 (47 member families, 34 non-member families)

### Plans for 2022

- Recruit a new events coordinator
- Yard Sale
- 40th birthday celebration
- Volunteer recruitment event

## NEW MEMBERS AND POP UP PLAYGROUPS

### New Members Coffee Morning

Despite the COVID situation

continuing, the new members/pop ups team managed to organize two New Members Coffee Mornings and one Pop Up Playgroup in 2021.

We had our first New Members Coffee Morning at Honey Bear Bistro in Sukhumvit Soi Ekkamai in February. 15 new members along with their children joined and had the chance to get great styling tips from Miss Victoria Aramburu, who has worked to style many busy moms with simple, ready-to-go looks. Mon Panama, a well-known brand for one-of-a-kind, hand-woven hats and handbags brought along their beautiful accessories as props. Bringing guest speakers helped increase the number of participants and encouraged the people who attended to join BAMBI on the spot.

In March, the New Members Coffee Morning was held at Melodies International School Kindergarten at Sukhumvit Soi 38. 25 new members came to our meeting to connect with other moms and discover what BAMBI has to offer. The school provided each family with individual toy boxes so that their children could play freely while they chatted with other moms. A number of participants signed up to become BAMBI members at this event.

At a total of two coffee mornings, we received nine new member registrations and one membership renewal, which was a great result for the team.

### Pop Up Playgroups

Our popular Saturday Pop Up Playgroup was held on March 20th at Kids' Academy International School Sensory Campus in Sukhumvit 63, Ekkamai Soi 2. We had a great turnout with 101 families joining us. The

school provided us with an array of fun sensory activities for all children, such as arts and crafts, learning activities, water planting and circle time for babies led by a school playgroup teacher. The huge garden became a nature playground filled with different activities, and indoor classrooms became fun craft activity rooms.

A total of seven new members signed up, and we received two membership renewals. We also had 30 non-members join this playgroup, which made this event a financial success.

### Plans for 2022

- Explore alternative venues to international schools such as outdoor cafés for both coffee mornings and pop up playgroups.

## BAMBI MAGAZINE

In 2021 we published 11 issues of BAMBI Magazine. Copies were distributed to members and supporting organizations, including all playgroup venues. 104 articles were written by 85 individuals who donated their time and expertise to write articles of interest for our members. The number of articles was lower than in 2020 due to the COVID-19 lockdown. We had to reduce the pages in our issues in response to a drop in advertising but still managed to cover a wide range of topics for our readers. These included parenting tips, child development, disability, personal experiences from mothers and fathers, adoption, gender equality, racial diversity, mental health, crafts, education, Thai language and culture, expat life, and pre-and postnatal support.

We had numerous photo features, book reviews, children's games, interviews, and content to support and inform members.

During 2021, together with the media and photography team, the image of BAMBI was redesigned in the magazine, creating a fresh and innovative brand that will connect with our new generations.

The BAMBI photo team led by K'Lee produced a diverse range of covers for the 11 issues.

The editorial team remained stable



with just a few changes. Francine stepped down as deputy editor, and Liz stepped into the role. Rina stepped down as editor, replaced by Eunice. One volunteer left the team, and three new members were welcomed.

While the magazine team did not meet as regularly as before as most members were busy with home-schooling duties, regular communication was maintained through the team chat and emails.

### Plans for 2022

- Continue to source content that supports our readers by maintaining liaison with existing contributors and connecting with potential new contributors. This will also incorporate readers' requests from the 2020 member survey. We aim to continue delivering content that is accessible and inclusive for all our members.
- Involve the BAMBI community in BAMBI's 40th birthday celebrations. This will be the primary focus in the April 2022 issue, but the editorial team will try to feature content showcasing BAMBI's journey over the years in each successive issue.
- Bring a fresh update to the magazine with a new editor.
- Update the editorial style guide to ensure consistency and ease in the work of our assistant editors.
- Continue receiving additional editorial support where needed from our publisher, ScandMedia.
- Provide team members who wish to expand their skills with more development opportunities, and get everyone together more regularly to plan BAMBI Magazine's next steps and strategies.

### MEDIA ACTIVITIES

In 2021, Facebook continued to be the main stream of communication with our members in terms of promoting our playgroups and events. We invested a great deal of time in planning and implementing new strategies to ensure this communication was effective and clear.

A content calendar was created to help plan all the social media posts across the organization and ensure



that we were promoting and featuring all venues fairly while making sure they were clear to our members. We aimed to post five to six times per week.

A brand guideline was also developed to ensure that moving forward, all communication platforms look the same and there is consistent branding. This brand guideline is being used on Facebook, the website and the magazine. Color palettes, fonts, layouts, and logos are a few of the things that can be found in the new brand guideline. The media team also worked closely with the photography team to ensure the look and feel of all creative and member-focused material were aligned, and this task is ongoing.

With the importance of and focus on improving the BAMBI brand, we also created a new logo for BAMBI, which will be rolled out in 2022. When designing the new logo, the brief was to ensure that it stayed true to the BAMBI brand but added a modern edge.

### Plans for 2022

- Roll out the new logo across all platforms and launch it side by side with the 40th birthday. This will also involve updating all elements and creative content that currently have the old logo on it.
- Launch an Instagram account to give our existing and new members a snapshot of what it is like to be part of the BAMBI community.
- Increase promotion of the BAMBI

Magazine on Facebook with weekly article features.

### MEMBERSHIP AND DATABASE

At the start of 2021, Liz stepped down from the role of database coordinator. She developed extensive training materials and provided one-on-one training to Briana, who took over the role in March 2021.

Due to the suspension of BAMBI offerings during the ongoing COVID-19 pandemic, new and renewal membership registration was suspended in January and again from April until December.

In the months that operations were open, 215 families became new members. 80% of the total membership registrations were new members and 20% were renewals.

To support our members and families, a ten-month complimentary extension was granted to all members who were active mid-April 2021. Including the complimentary extensions, BAMBI ended 2021 with 1,070 active members.

### Plans for 2022

- Ensure current memberships are valid and updated following automatic extensions.
- Return to processing new and renewal memberships.
- Continue supporting playgroups and activities volunteers in membership and database-related processes.

## MEMBER BENEFITS

In 2021, the list of members' discounts did not change significantly as many businesses were closed during the lockdown of Bangkok.

### Plans for 2022

- Update and expand the current list of discounts.
- Continue promoting on Facebook to raise awareness of member benefits as the majority of our members don't know about all the discounts they can have.

## WEBSITE

In 2021, we organized the system to reduce the workload of volunteers and to make it more user-friendly.

We made four major updates:

1. The expense report and the expense form, which were launched in 2020, were finalized. These enable volunteers to submit financial information easily. Furthermore, the finance team can check the information that they need quickly, which also reduces their workload.
2. Due to COVID-19 restrictions, all events required pre-registration. We moved to Typeform to create booking forms to limit the numbers of attendees in an organized manner. Using Typeform allowed us to make the registration form easier to manage. The form closes automatically when the participant limit has been reached, and the data can be tallied and managed automatically. Additionally, Typeform provides our members with a better user experience when making their booking.
3. We worked with the media team to change the font on the web page and ensure consistency with content posted on our Facebook page. This helped to make our content easier for people to recognize, regardless of the platform used. We also created some logos and images for playgroups, activities, and Bumps & Babies on the website to make the information posted even more accessible.
4. We updated all QR codes in order to reflect the new price structure.

Alongside these updates, the website team was in charge of maintaining the website so that it remained up to date. This was—and continues to be—an extremely important task as it is the number one source of information for our members.

### Plans for 2022

- Begin the process of digitizing our membership card.
- Update all content on the website in line with the new brand guidelines.
- Find a solution to the challenges faced when installing website updates.
- Continue supporting all the different teams while interacting with all the different systems created.

## CHARITIES

A review of BAMBI's strategy conducted in 2020 resulted in a significant reduction to the charities budget for 2021 compared to the year before. The annual budget for 2020 was \$400,000. A budget of \$100,000 was approved by the committee for 2021. There were a number of factors behind the decision to reduce the charities budget:

1. A large sum of surplus money refunded by the 2017 Tribunal had been digested.
2. We had experienced a sharp drop in income from members and new members due to the restrictions placed on all BAMBI activities, including playgroups, by the COVID-19 pandemic.
3. The retention of the previous budget amounts would put pressure on BAMBI's own finances and make it difficult to achieve the objectives of its activities.

In 2021, we supported two organizations/projects:

1. Tchin Tcho Nursery/Baan Dek Foundation  
Total donation: \$100,000

Baan Dek Foundation works to support children living in construction site camps in Chiang Mai by providing access to education, health, and safety services.

Tchin Tcho Nursery is a registered critical care nursery for vulnerable children aged 1.5–4 years who are at

risk of neglect and/or abuse, or living in unsafe environments. They provide children with a safe environment and the opportunity to develop essential skills. BAMBI has been supporting the nursery since 2019.

In addition to monetary donations, BAMBI Charities also organized a donation of material items through a 'toy drive' in July. Many BAMBI members participated by donating used toys, educational materials, and children's clothing. The items were delivered to Tchin Tcho Nursery and to the young children in construction site camps in Chiang Mai.

2. Terres Karens Association/ Giving Tree Project  
Total donation: Non-monetary donation of 59 gift bags from BAMBI members

Giving Tree is an annual year-end charity project organized by the Terres Karens Association which arranges end-of-year gift bags for children in Karen villages in the mountains of northern Thailand (The Song Yang District). These children are living among less privileged families and communities. The bags provide each child with clothing, school essentials, books, and toys in the spirit of the year-end festive season. Following on from 2020, a basic hygiene kit was also included in each bag in 2021 to assist with COVID-19 prevention.

BAMBI Charities appealed for members to support the program, and a total of 59 bags were donated and handed to the project organizer on 30 November 2021 at Bumpy Daisy Café and Community. Through the project, more than 500 children from nine villages were supported. All bags were successfully delivered to the children by February 2022.

### Plans for 2022

- Continue to work with the \$100,000 budget and either pick one charity or split amongst a couple.
- Increase focus on non-monetary donations through charity drives at events and playgroups.
- Continue support of the Giving Tree project at Christmas time.



# SUMMER SCHOOL

For children 1.5 – 3.9 Yrs

27 June – 12 August  
At Sukhumvit 31



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FUN  
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CIRCLE  
TIME

Price (Thai Baht)				
Daily	Weekly	Session 1 (4 weeks) 27 June – 22 July	Session 2 (3 weeks) 23 July – 12 Aug	2 sessions
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South Sathorn rd., BKK Tel. 02-286-2772, 087-495-5490  
Line ID : littlemaplenursery

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

## TREASURER

In 2021, BAMBI's treasurer team experimented with a new team structure of treasurer, financial analyst, and bookkeeper, plus treasurer assistants. This was successful until half the team returned to their home countries. Ai stepped up as treasurer for several months until she returned to her home country, after which Jex, the financial analyst, resumed the treasurer duties.

Significant achievements for 2021 include a new volunteer reimbursement system, successfully navigating a bank merger, processing more than \$1 million worth of payments, and maintaining a detailed handover file for future treasurers.

In 2021, the website team and treasurer finalized the new system and reports for volunteer reimbursements. This has made it much easier and faster for volunteers to submit their expenses for reimbursement, and it has also streamlined the workload for the treasurer team.

BAMBI's bank accounts were previously held at Thanachart bank, which merged with TMB to form ttb in July 2021. This affected our bank account numbers, our online account access, and our checkbooks. We were able to retain enough access to keep operating, and we are currently working to regain all of the access we had previously.

### Plans for 2022

- Farewell the former treasurer and current financial analyst, Jex, as she prepares to return to her home country.
- Welcome new treasurer Sanam to lead the team.
- Outsource backend record checking and documentation management to an administrative accountant at SAS Group to provide increased continuity and assist in keeping our overall accounting costs lower.
- Further research the process to move BAMBI's payments from a hard-copy check-writing process to a digital payment system to reduce the treasurer's workload and BAMBI's payment processing timeline.

## BAMBI FINANCIAL SUMMARY 2021

Unit: THB	Jan to Dec 20	Jan to Dec 21	% change year-over-year
<b>Revenue</b>			
Playgroups	395,050.00	333,350.00	-16%
Events	46,020.00	6,327.74	-86%
Memberships	528,650.23	239,800.00	-55%
Misc. Revenue	11,200.55	1,453.30	-87%
<b>Total Revenue</b>	<b>980,920.78</b>	<b>580,931.04</b>	<b>-41%</b>
<b>Expenses</b>			
Advertising	15,824.00	1,601.00	-90%
Office Expenses	47,301.71	15,305.04	-68%
Meeting Expenses	225,072.01	38,806.80	-83%
Maid/Cleaning	26,740.00	26,740.00	0%
Transportation/Parking	90,770.09	30,545.53	-66%
Vendors at events	68,150.00	0.00	-100%
Supplies	62,490.06	2,844.00	-95%
Gifts to Volunteers	114,809.31	25,000.00	-78%
IT, Computer, Domain	527,312.32	258,649.24	-51%
Professional Fees	205,900.00	90,200.00	-56%
Rent and Rates (Venues)	556,673.00	253,205.59	-55%
Donations (Charities)	328,740.00	110,841.79	-66%
Non Deductible & Depreciation	223,384.77	163,132.10	-27%
<b>Total Expenses</b>	<b>2,493,167.27</b>	<b>1,016,871.09</b>	<b>-59%</b>
<b>Profit (Loss) for the Year</b>	<b>-1,401,801.49</b>	<b>-435,940.05</b>	<b>-69%</b>

## FINANCIAL ANALYST

BAMBI has spent more than it has earned for the last several years, so we identified a need for a financial analyst. Jex stepped up and created a detailed annual budget and a transaction tracking system.

The budget was created by the financial analyst to help BAMBI rein in spending. At the beginning of 2021, at BAMBI's current rate of spending, it was projected that the organization would run out of money by mid-2023. Despite the lengthy closure due to COVID-19, which meant no income, our work over the year has pushed that event out to early 2025.

At the beginning of 2021, BAMBI was two years behind with its annual audits. With the help of a new auditor, Khun Tan at S.T. Accounting & Taxation, Jex was able to close out the audits for 2018, 2019, and 2020. The accountant remains Miyuki Taniguchi at Almet Asia Co. Ltd.

### Plans for 2022

- Continue to increase revenue and decrease expenses to further postpone our 'go broke' date.
- Utilize the 2022 budget and make spending adjustments throughout the year as appropriate.
- Continue developing a strategic plan for sustainability. This will include a series of 'trip wires'—financial benchmarks that will indicate that certain budgetary adjustments must be made.
- Continue to monitor spending and use more recent data to influence current and future projections.
- Complete 2022 audit on time to avoid late fees.

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).

*Photos by Sayuri.*





# HOW TO BECOME A BAMBI MEMBER

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

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

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

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

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

## 1-YEAR VALIDITY

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

## STAY UP TO DATE

Make sure to check [www.bambiweb.org](http://www.bambiweb.org) and the BAMBI Facebook page (@BAMBIBangkok) for regular updates.

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

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

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



# CALL FOR VOLUNTEERS

BAMBI 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 BAMBI community? This is your chance. As many of our current committee members are moving on from Bangkok, BAMBI has a number of critical roles to fill to ensure ongoing service to members. BAMBI 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](mailto: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 BAMBI's official representative in the wider community.

### Responsibilities & Duties

- coordinates the work of the committee and chairs the monthly committee meetings
- prepares annual report for the AGM and the CBFT together with the treasurer, sets the budget for each area of BAMBI
- 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

## BENEFITS COORDINATOR

The benefits coordinator works with organizations within Bangkok to gather special discounts for BAMBI members and volunteers.

### Responsibilities & Duties

- keeps current benefits list up to date by checking in with businesses ensuring our discounts are still valid
- contacts local organizations asking if they would like to add their business to our list of benefits
- works within deadlines to ensure magazine listing is up to date
- liaises with schools and non-BAMBI playgroups, updating current listings and looks for new opportunities



**WHEN WE PLAY,  
WE LEARN**



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## PHOTOGRAPHERS

Our photographers work as a team to take candid photos at BAMBI activities and events.

### Responsibilities & Duties

- reports to the photo editor
- attends BAMBI activities as assigned

## ACTIVITIES LEADERS

Our activities leaders help to organize and run activities for older children (3-6 years).

### Responsibilities & Duties

- attends and manages the activity: collects entrance donations and welcomes new and current members
- requires a minimum commitment of one afternoon per week

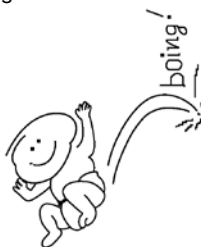
## ASSISTANT EDITORS-BAMBI MAGAZINE

Our assistant editors work remotely to revise articles following editorial guidelines to ensure that the magazine is free of inconsistencies and errors.

### Responsibilities & Duties

- completes copyediting and proofreading tasks, and occasional writing tasks
- attends occasional team meetings
- must possess a great level of English, an eye for detail, and the ability to work to deadlines

*Here I am!*



## 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





## CHARITIES COORDINATOR

The charities coordinator attends monthly committee meetings as a voting member and identifies and evaluates potential charities to be recipients of BAMBI sponsorships according to BAMBI guidelines.

### Responsibilities & Duties

- works with the events team to hold BAMBI fundraising activities and initiatives
- arranges the collection and distribution of monetary and material donations to BAMBI charities



## 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

## VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

# PLAYGROUPS & ACTIVITIES

BAMBI holds regular playgroups and activities around town, open to both BAMBI members and non-members. Please always check BAMBI's online calendar before setting out, as our playgroups are run by volunteers and are occasionally subject to last-minute cancellations.

Before going to a non-BAMBI playgroup, please contact the school/venue to confirm that it is open and the playgroup is running.

## BAMBI PLAYGROUPS

BAMBI playgroups are characterized by free play, and the use of the venue's toys and playgrounds. The entrance fee per family (children plus one accompanying adult) for all BAMBI playgroups is ฿150 for members and ฿350 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

### SILOM/BANG RAK/KHLONG TON SAI

#### **BAMBI BRITISH CLUB PLAYGROUP**

Thursday, 9:30–11:30am. For children aged 0–5. The British Club, 189 Surawongse Road (entrance is via Silom Road, Soi 18).

#### **[NEW!] BAMBI YENAKART PLAYGROUP**

The third Saturday of the month, 9:30–11:30am. For children aged 1–3. Centre ACACIA Sathorn: 4/2 Soi Prasat Suk, Yenakart Soi 2.

### SUKHUMVIT—CENTRAL: ASOKE (SOI 21) TO EKKAMAI (SOI 63)

#### **BAMBI WEDNESDAY THONG LO PLAYGROUP**

Wednesday, 9:30–11:30am. For children aged 0–3. Bangkok Preparatory & Secondary School, 23 Sukhumvit 53.

#### **BAMBI HONEY BEAR PLAYGROUP**

Wednesday, 9:30am–11:30am. For children aged 0–5. Honey Bear Bistro 23/7 Soi Naphasap, Klongtan, Klongtoei.

#### **BAMBI SATURDAY EKKAMAI PLAYGROUP**

The first Saturday of the month, 9:30–11:30am. For children aged 0–5. Centre ACACIA Ekkamai: House 11, Ekkamai Soi 6, Sukhumvit Soi 63.



#### **[NEW!] BAMBI MONTESSORI PLAYGROUP**

Bring your little one to join this free play playgroup at Modern Montessori International Preschool. Each week your child will have fun with a Montessori-style activity and the session with circle time run by the school.

Monday, 9:30–11:30am.

For children aged 1–3.

MMI, Modern Montessori International Pre-School, No. 4 Sukhumvit 44.

*BAMBI Montessori Playgroup at Modern Montessori International Pre-school (Member discount partner—please visit bambiweb.org for more details.)*





### **BAMBI LITTLE TREES PLAYGROUP**

Splash around at the beautiful terrace pool at Hilton Double Tree! Towels are provided. Please bring swim nappy if child is not toilet trained. Shower and change facilities are also available. Open play area in the shade is also another option for your child to have some fun!

Wednesday, 9:30–11:30am.

For children aged 0–5.

Doubletree by  
Hilton Bangkok Sukhumvit 26, 18, 1 Soi  
Sukhumvit 26.

*Little Trees play group at DoubleTree by Hilton (Member discount partner—see page 55 for details.)*

## **[NEW!] BAMBI PREMIUM PLAYGROUPS**

BAMBI Premium Playgroups are held in custom-designed play spaces. The entrance fee per family (children plus one accompanying adult) for all BAMBI Premium Playgroups is ฿250 for members and ฿400 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

### **SILOM/BANG RAK / KHLONG TON SAI**

#### **BAMBI SATHORN PLAYGROUP**

Tuesday, 9:30–11:30am. For children aged 0–5.  
Plantoys, Sathorn Soi 10.114/1 Sathorn Soi 10,  
Sathorn Road, Silom.

### **SUKHUMVIT—CENTRAL: ASOKE (SOI 21) TO EKKAMAI (SOI 63)**

#### **BAMBI KIDDIEVILLE PLAYGROUP**

Thursday, 9–11am. For children aged 0–5. Playville, 8/3 Sukhumvit 49  
2nd floor at 49 Playscape.

We would love some help with our playgroups, so please volunteer if you have a little time to spare at your favorite group. It's easier and more rewarding than you think to get involved.

As a playgroup leader, you will be able to attend ALL BAMBI playgroups for FREE!

Contact [playgroups@bambiweb.org](mailto:playgroups@bambiweb.org) to apply. Thank you!

## BAMBI ACTIVITIES

BAMBI Activities provide a wide range of structured activities for children aged 1 to 3 and 3 to 6 years old to develop their athletic, creative and cognitive skills.

Activities require advance registration. The entrance fees per child are ฿250 for BAMBI members and ฿450 for non-members, except where otherwise noted.

We always welcome new ideas and volunteers. Feel free to contact us at [activities@bambiweb.org](mailto:activities@bambiweb.org).

### [UPDATED!] FOOTBALL AT SOLTILO PARK

This activity is designed by Bangkok French Academy professional football coaches to be fun and active. With a coach for the younger kids and another for the older ones, children 3–5 years old will enjoy practicing new soccer skills at Soltilo Familia Soccer School Thailand's football pitch. Age: 3–5. Day and Time: Every Thursday, 4–5pm. Location: 20 Soi Atthakawee 1, Rama 4 Road Klongtoey. Behind K Village on Sukhumvit Soi 26. Nearest BTS: Phrom Phong. Parking Available.

### TODDLER MUSIC

Come and join our music class led by our music teacher. Songs with matching instruments and lots of fun! Age: 1–3. Day and Time: Every Tuesday, 10:30–11:15am. Location: Hilton Sukhumvit Bangkok, Soi Sukhumvit 24. Nearest BTS: Phrom Phong.



### [NEW!] TODDLER TUNES

Come and join our music class led by our music teacher. Songs with matching instruments and lots of fun!

Every Friday, 10:30–11:15am.

For children aged 1–3.

Hilton Sukhumvit Bangkok, Soi Sukhumvit 24.

Nearest BTS: Phrom Phong.

*Toddler Tunes activity at Hilton Sukhumvit Bangkok (Member discount partner—please see page 55 for details.)*

We would love some help with our activities, so please volunteer if you have some time to spare. It's easier and more rewarding than you think to get involved.

As an activity leader, you will be able to attend ALL BAMBI playgroups for FREE as well as be entitled to free entrance for your child to the activity that you run.

Contact [activities@bambiweb.org](mailto:activities@bambiweb.org) to apply. Thank you!





**BAMBI**

ARE YOU LOOKING FOR A

## TENS MACHINE FOR HIRE?

BAMBI Bumps have a number of Tens Machines for hire from your 37th week of pregnancy.

Cost for Rental:

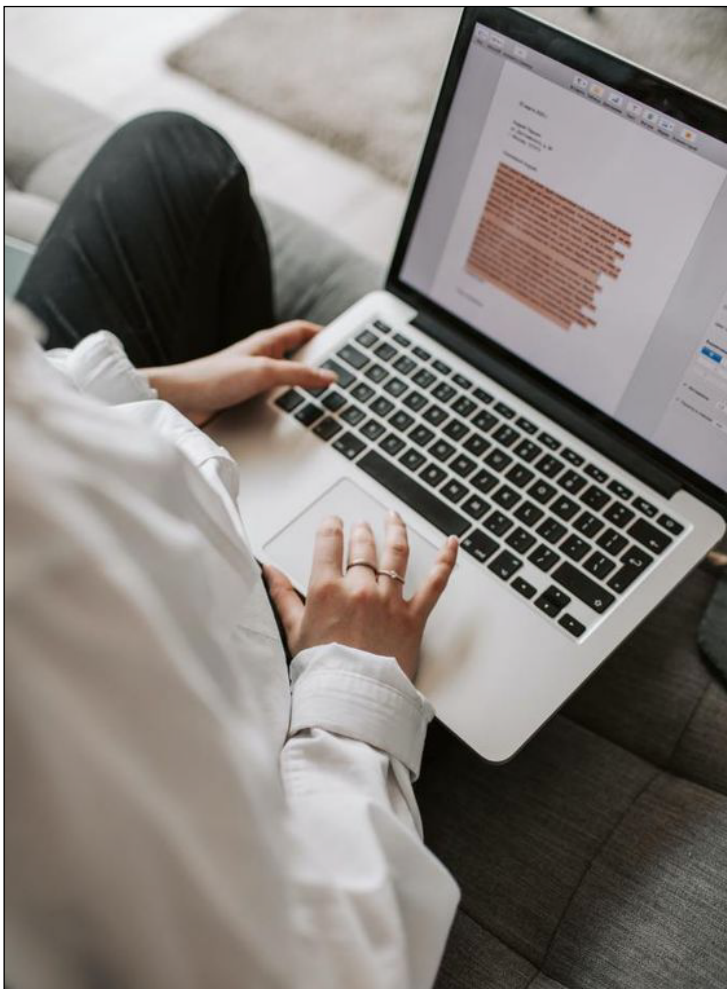
500 baht members

800 baht non members

All rentals are also subject to a 2000 baht deposit refundable on return of the undamaged machine.

For more details or to arrange hire please email:

[bumps@bambiweb.org](mailto:bumps@bambiweb.org)



WE ARE LOOKING FOR

## ASSISTANT EDITORS

Do you have an eye for detail and sound knowledge of English grammar? Are you passionate about reading something good and making it even better? Interested in dabbling in occasional creative writing tasks?

Then look no further than BAMBI Magazine's Assistant Editor position. We're hiring!

For more details, see page 46 and/ or email [editor@bambiweb.org](mailto:editor@bambiweb.org).

**BAMBI**



# SUPPORT GROUPS

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

## PRE- AND POST-NATAL SUPPORT

### **BAMBI BUMPS AND BABIES BANGKOK**

For pregnant women, new mothers and their babies, Bumps and Babies holds regular talks on topics pertaining to pregnancy, childbirth, breastfeeding and the postpartum period. A TENS machine hire is also available. Please check the website calendar for the next session. Donation per family is ฿150 for BAMBI members and ฿350 for non-members. For more info and to be added to the Bumps mailing list for details of forthcoming sessions, please contact [bumps@bambiweb.org](mailto:bumps@bambiweb.org).

### **BAMBI NEW MOON NEW PARENT MEETUP**

For all new parents and babies. The New Moon team are there to support the transition into parenthood by providing a supportive and non-judgmental environment to share birth experiences and feelings about motherhood and parenthood. Meetings include a mixture of structured sessions with topics related to evidence-based postnatal and baby care, and some informal sessions. Every other Thursday, 9:30–10:30am at Bumpsy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿150 for BAMBI members and ฿350 for non-members. For more info, please contact [bumps@bambiweb.org](mailto:bumps@bambiweb.org).

### **FERTILITY SUPPORT GROUP**

This is a group for those that wish to discuss fertility matters. The aim of the group is to create a meeting place to chat and share experiences and to offer support in a non-medical framework. There is a secret group on Facebook: IVF Support Bangkok. Please message the page to be admitted by the admins. For more information please contact [sheena@bangkokbabies.com](mailto:sheena@bangkokbabies.com).

### **DOULAS IN BANGKOK**

If you are pregnant and have questions about birth in Bangkok, need recommendations for doctors, hospitals and other care providers, or if you are considering hiring a doula, come and meet some of Bangkok's doulas at 'Choices in Childbirth', a free, informal gathering on the fourth Saturday of each month, 10am–1pm at Kuppa, Sukhumvit 16. For more information, visit [facebook.com/bangkokdoulas](https://facebook.com/bangkokdoulas).

### **BREASTFEEDING CAFÉ BANGKOK**

BFC is a breastfeeding support group—a place where women can meet, encourage, and support each other with breastfeeding issues. BFC meets every Friday, 10am–12pm, at Bumpsy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). There will be a lacto doula present who can offer advice and individual support if required. For more information, please email [bkkbfc@gmail.com](mailto:bkkbfc@gmail.com). FB: Bangkok Breastfeeding Café.

### **JAPANESE SUPPORT** 産後鬱などの日本語サポート

- 大手病院（日本語可）：バンムンラートやサミティベート病院の心療内科、バンコク病院のバンコクメンタルヘルスセンター
- K&N Support Office：産後うつも含む、カウンセリングを提供。月～土、10時～18時。事前予約要：info@knsupportoffice.com, 093-020-1077。所在地：22nd Fl., CTI Tower, 191/41 New Rachadapisek Rd (BTS Asok/MRT Sukhumvit駅より徒歩10分)
- バンコクこころのでんわ：匿名で電話相談が可。日・月・火、10時～16時。02-392-2680
- Cotree（コトリー）：日本発のオンラインカウンセリングサービス。cotree.jp/



## PARENTING

### **ADOPTION SUPPORT FOR FAMILIES IN THAILAND**

There are many people in Thailand who are adopting or have adopted a child. For more information, please contact Amanda Degler via the group's Facebook page, 'Adoption Support For Families In Thailand'.

### **TWINS AND MULTIPLES GROUP**

This group provides support and contacts for parents who have, or are expecting, twins or multiples. There's also a weekly playgroup and a monthly dinner. The group is not just for English-speaking parents; they can provide support in French, Spanish, Portuguese, Thai, etc. For more information, please contact Jessica Pelham on +44-77-1971-7279 or [jessicapelham@yahoo.com](mailto:jessicapelham@yahoo.com); Rhena K W Clark +66-80-805-2607; Nori Brixen +1-949-424-4606. FB: Bangkok Twins Group.

## DISABILITY AND NEURODIVERSITY SUPPORT

### **LEAP (LEARNING AND EDUCATIONAL ADVOCACY PROGRAM)**

This group serves as a point of contact for parents in need of support, referrals and information concerning their children's special challenges, including learning disabilities, developmental delays, sensory integration and autism. For further information, email [leapbangkok@gmail.com](mailto:leapbangkok@gmail.com).

### **RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER**

This is a group of parents, families, and friends of individuals with developmental and behavioral special needs, who come together to raise positive awareness by offering information, education, empowerment and encouragement through a 'parent-to-parent' model. Meetings for parents of children with Down's Syndrome are held every 4th Wednesday of the month. Please see our activity on our Facebook page. We are at 11/13 Thonglor 25 Sukhumvit 55 Wattana, Bangkok 10110 Thailand. For further information and to RSVP, please contact The Rainbow Room on 02-023-2396; FB: @specialrainbow; Line Official: @therainbowroom

## SUPPORT TO WOMEN

### **BEYOND BOOBS**

Founded by two breast cancer survivors, Beyond Boobs offers information and support to breast cancer fighters and survivors in Bangkok. The group hosts monthly support group meetings. For more information, please see [www.facebook.com/beyondboobsbangkok](http://www.facebook.com/beyondboobsbangkok) or email [beyondboobsbangkok@gmail.com](mailto:beyondboobsbangkok@gmail.com).

### **BANGKOK BREAST CANCER SUPPORT GROUP (BBCS)**

The Bangkok Breast Cancer Support Group is affiliated with The Queen Sirikit Centre for Breast Cancer. Our small group of volunteers consists of healthcare professionals and breast cancer survivors. We offer compassion, emotional support, and up-to-date, evidence-based information to women who are living with or have been diagnosed with breast cancer. We are also committed to raising breast cancer awareness. If you, a family member, or friend has been diagnosed with breast cancer, or you just want more breast cancer information, we would love to chat. Please contact us on: Raymonde 085-810-8208; [bkkbreastcancer@gmail.com](mailto:bkkbreastcancer@gmail.com); FB: Bkkbreastcancersupport.



# MEMBER DISCOUNTS

Flash your BAMBI Card and enjoy special discounts.

The following organizations offer BAMBI members special discounts upon presentation of your BAMBI membership card or if you mention that you are a BAMBI member when calling.

## BEAUTY

**JOHNY LIVE** is a mobile hair stylist who can visit your home.

DISCOUNT: 25% discount on cutting and coloring services

CONTACT: 087-105-1614; johnylive6@hotmail.com; johnylive.com; FB: Johny Live Hair

**NICHE SALON BANGKOK:** Hair salon/Nail spa/Waxing studio. Kerastase salon, hair color, and Keratin. Nail spa with CND Shellac. Waxing studio with Caronlab Australia. Experienced stylists—English speaking—private room

DISCOUNT: 10% discount on all services

CONTACT: 02-654-3993 / 092-515-6395; FB: nichesalon.th. 3rd floor, CRC Tower, All Seasons Place, Wireless Road (BTS Ploenchit)

## EDUCATIONAL

**JUMPING CLAY:** Specially-designed educational programs under the concept of 'Learn through Play'.

DISCOUNT: 10% off

CONTACT: 095-759-6686 / 081-869-2051 / 02-721-8968; ph.jumpingclay.th@gmail.com; FB: JumpingClay Thailand. Jumping Clay Seacon Square Srinakarin (3rd Floor)

**LITTLE PEA:** A space for families in the community to connect through multi-sensory play, fun activities, and enriching food.

DISCOUNT: 10% off at the Little Pea Cafe (with minimum ฿300 purchase of food and beverage)

CONTACT: 02-712-5245; hello@littlepeabkk.com; ; littlepeabkk.com; FB/IG: littlepeabkk. Unit P1, Play Yard (2nd Floor) The Commons, Thonglor Soi 17, Wattana, Bangkok 10110

**Musical Theater for KIDS:** Sing Dance Act & Design at The Hop or online! Suitable for children aged 6–12 years. Improve your child's confidence, spontaneity and creativity through song, dance and art in a warm and supportive environment.

DISCOUNT: 10% off all class packages or online subscriptions  
CONTACT: Young Ji Kim at musicaltheatreforkidsbkk@gmail.com; musicaltheatreforkids.com; FB: musicaltheatreforkids

**PLAYVILLE:** A warm cozy place for families with young children. Apart from free play, they provide a wide range of workshops for children as well.

DISCOUNT:

1. ฿100 discount to join Baby Play Date every Monday 10–11am. This includes all day entrance fee to Playville for a child under 1 year old and 1 adult. Booking required.
2. 10% discount on entrance fees every day (when presented with BAMBI member card)
3. 15% discount on membership fee
4. 10% discount on party or private events

CONTACT: 02-297-0091;  
FB: playvillethailand

**KID ABLE THE MALL NGAMWONGWAN LANGUAGE SCHOOL:** Montessori teaching in English and Chinese for preschool, playgroup and kids aged 1–12 years.  
DISCOUNT: 10% off for all classes, first class free. Registration fee free  
CONTACT: 081-848-6300 / 062-387-3883; FB: KidAbleNWW; Line: @kidablenww. 9th Floor Education Zone, The Mall Ngamwongwan  
**BANANA THAI SCHOOL:** An online platform to learn Thai language. Access our online courses and materials (video lessons, textbooks, flash cards, quizzes and exercise books) at any time from everywhere

with clear explanation and 24/7 support from trained Thai teachers.  
DISCOUNT: 25% off online courses and materials

CONTACT: Kru Smuk at info@bananathaischool.com; bananathaischool.com

**LITTLE LEGEND:** A unique play area to inspire imagination through arts and crafts. With toys inspired by nature, made from natural materials like wood, metal, cotton, fabric, and even rock. They go hand-in-hand with the Reggio Emilia approach to teaching.

DISCOUNT: 10% off  
CONTACT: 085-122-9080; littlelegend.co/; FB: little legend. nature play

**[NEW!] PLANTOYS:** PlanToys aims to encourage families and children to enjoy hands-on experience while playing. To this end, we have established the Forest of Play Bangkok, PlanToys Toy Library, and various activities. We also organize family tours, trips and camps.  
DISCOUNT: Special discounted entry to Forest of Play for BAMBI members: ฿280 for 1 child and 1 adult, ฿50 for additional adult; 10% off all PlanToys products.  
CONTACT: 063-593-9690; FB: ForestofPlayBangkok



## FITNESS

### BANGKOK DOLPHINS

DISCOUNT: 10% off all swimsuits and in-store merchandise.

CONTACT: 02-712-9297;  
bangkokdolphins.com. Soi Klang Racquet Club, Sukhumvit 49/9

**KIDDY-KICKS:** Children aged 1–6 years are welcome to come to develop their football skills and technique at our two venues on Sukhumvit Soi 26 and Soi 31.  
DISCOUNT: 15% off membership fee

CONTACT: 095-652-4153 (THAI ENG FRA JPN); LINE: @kiddy-kicks; info@kiddy-kicks.com

### LITTLE GYM

DISCOUNT: 10% off membership fees, if registered on the day of the free visit for all branches.  
CONTACT:

- Emporium Tower: 02-664-8994-5
- Central City Bangna: 02-3994415 / 023994445
- Central Chaengwattana: 02-101-0200

- Central Rama 3: 02-673-5957
- The Walk Kaset Navamin: 099-451-6292

**SWIMMING BANGKOK:** Private swimming lessons at your own swimming pool.

DISCOUNT: 20% off and free shipping on all accessories and swimsuits. Use the promo code BAMBI20 to enjoy the discount.  
CONTACT:

tony@swimmingbangkok.com;  
swimmingbangkok.com

## FOOD

### ANTIQUE CAFÉ AND CAKES

DISCOUNT: 35% off any bakery item when you order any drink  
CONTACT: 02-258-6005; FB: AntiqueCafeBkk

### BABY BIB CAFÉ AT BAMBiNi VILLA

DISCOUNT: 10% discount on menu incl. food, drinks and cakes.  
CONTACT: 02-056-4336; FB: Babybibcafe

### BLUE PARROT

DISCOUNT: 10% discount on the bill.  
CONTACT: 02-235-4822;  
FB: blueparrotbangkok

### HILTON SUKHUMVIT BANGKOK & DOUBLETREE BY HILTON

DISCOUNT: 20% off total food and beverage bill. Does not include promotional items and special offers.  
CONTACT: hilton.com/en/hotels/bkksuhi-hilton-sukhumvit-bangkok/; Hilton Sukhumvit Bangkok, Soi 24.

### KLONG PHAI FARM:

Free-range chickens, ducks, and eggs

DISCOUNT: Free delivery for the first order with over ฿1,000 of purchase  
CONTACT: 02-016-3907;  
contact@klongphaifarm.com; order at klongphaifarm.com and mention BAMBI.

**STEPS WITH THEERA:** A health-focused coffee shop and cafe that also provides vocational training for adults with special educational needs. The menu is diverse with options for those with and without dietary requirements and a kids food and drink menu. The cafe strives to create a community space that is accessible for everyone.

DISCOUNT: 10% off at the Ekkamai 10 and Sukhumvit 42 branches only.  
CONTACT: 02-381-6590, stepswiththeera.com

## HEALTH

### BUMRUNGRAD HOSPITAL

DISCOUNT: 10% discount for cash payment and 5% discount for credit card payments on room rate, medicine, lab, medical supplies, and x-rays except for doctor's fee, package or another discount program, chemotherapy, and other special medicine and supplies verified by Bumrungrad Hospital. CONTACT: 02-066-8888; bumrungrad.com

### J-CLINIC

DISCOUNT: 10% off treatment fee (manual therapy, electronic treatment, acupuncture, and Chinese herbal medicine), except initial visit fee, doctor consultation fee, taping, supporter, and medicine; 10% off physiotherapy and acupuncture coupons; 5% off student athlete coupon.  
CONTACT: Prompong 02-262-0831 / Thonglor 02-185-3433 / Ekkamai 02-115-8433; jclinicth.com; FB: jclinic.th

**PAINAWAY CLINIC:** Pain relief through Japanese adjustment therapy.

DISCOUNT: Free 3D scan for foot or posture report (normal price: ฿500)  
CONTACT: 02-258-1361; contact@painawayclinic.com; painawayclinic.com, FB: @painawayclinic. B1 Floor, Interchange 21 Tower, Sukhumvit 21, Asoke.

## HEALTH

**IASNAIA MAXIMO:** Pregnancy, Birth, and Postpartum Doula. HypnoBirthing Educator, childbirth classes, lactation and breastfeeding support, newborn care, infant massage instructor.  
DISCOUNT: 10% off Doula support. 20% off Breastfeeding Support.  
CONTACT: info@maedoula.com; maedoula.com

**PHYSIO CLINIC:** Japanese style physical therapy will change your life! DISCOUNT 10% off all physical therapy treatments  
CONTACT:  
Tel: 02-070-7900; info@physio8.com; FB: @Saha Clinic Physio; IG: physioclinic33. Nuamcomplex, 4th Floor, Sukhumvit 33, Phromphong.

**BANGKOK INTERNATIONAL DENTAL HOSPITAL**  
DISCOUNT: 5% discount for dental treatment services  
CONTACT: 02-115-8977; dentalhospitalthailand.com. Ploenchit Sukhumvit Soi 2

## MISCELLANEOUS

**BANGKOK SELF STORAGE**  
DISCOUNT: 25% off storage units  
CONTACT: 02 249-9357; info@bangkokselfstorage.com; bangkokselfstorage.com; FB@StorageBSS

**DESIGN2U:** A full-service web design company that focuses on customer satisfaction. Professional and fluent in both web design and English.  
DISCOUNT: 10% off web design  
CONTACT: 089-748-1073 / 081-488-9698; contact@design2u.biz

## PARENT SUPPORT

**ADI NEVO:** Life coach, specializing in relocation perspectives and personal growth. Helping to connect you to the best version of yourself. DISCOUNT: Two free coaching sessions plus 20% off regular session prices afterwards. 30% off for buying a package of six or eight sessions in advance.  
CONTACT: 08-2459-2078; adinevo.me

**AYASAN SERVICE**  
DISCOUNT: 20% off agency fee  
CONTACT: ayasan-service.com (maid/nanny/elderly care), ayasan-driver.com (driver), ayasan-app.com (on-demand), gomaid-agency.com (Indonesia), jobnurse.co (medical job platform)

**KIDS HOME & FAMILY SERVICES:**  
Nanny, maid and babysitting services.  
DISCOUNT: 10% off hourly rate and daily babysitting services. \$1,000 discount for the first month of monthly babysitting services.  
CONTACT: Khun Jin at 02-656-7024/5; thaikidshome.com

**KIIDU**  
DISCOUNT: 5% discount on membership fee for full-time nannies/maids, and 5% discount for on-demand nannies/maid  
CONTACT: 02 5506038; LINE: @kiidunanny; WhatsApp: +66 972462073; kiidu.com. 1044/2 Sukhumvit 44/2, Phra Khanong, Bangkok 10110.

## SHOPPING

**NICK & NISHKA (KIDS CONCEPT STORE)**  
DISCOUNT: 15% off all merchandise on minimum purchase of \$1,000 (excluding promotional items). Shop online at nickandnishka.com and use the code BAMBIONLY at checkout.  
CONTACT: 064-270-1426; info@nickandnishka.com; FB/IG: nickandnishka; LINE: @nickandnishka

**ERGOBABY:** Ergonomic baby carriers for babies starting from newborn to four years.  
DISCOUNT: 15% off on purchases made through the Line account  
CONTACT: Line: Ergobaby

Would you like to offer  
special promotions to our members?  
Please email us at [benefits@bambiweb.org](mailto:benefits@bambiweb.org).





# BAMBI 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.

## **PATRON**

Mel Habanananda  
[mel@bambiweb.org](mailto:mel@bambiweb.org)

## **HONORARY MEMBERS**

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

## **VOTING POSITIONS**

Chairwoman | VACANT  
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BAMBI Magazine is the non-profit monthly magazine of 'BAMBI'. It is distributed free of charge to members. Editorial contributions from members are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI Magazine Editor: [editor@bambiweb.org](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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INFO@ASTRA.AC.TH  
061 734 5556  
WWW.ASTRAACADEMY.SCHOOL







isb.ac.th

A young girl with long dark hair, wearing a white school shirt and a dark skirt, is swinging happily on a large swing set. She is wearing red sneakers with white socks. A bright, glowing yellow triangle is superimposed over the swing, with light rays emanating from it. In the background, other students are playing on a large, complex metal play structure on a green lawn. A school building with a red roof is visible in the distance under a clear blue sky.

# uniquelyISB

#5. ISB takes fun seriously. It is a school where play, risk and physical challenge are just as important as classroom learning. Students have helped design three exciting play spaces including a stream, an impressive 9m slide and an adrenaline-boosting zip line envied by all parents. #uniquelyISB



**#uniquelyISB**

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