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TRAVEL
MEMORIES**

**SLOW
DOWN**

**GETTING AROUND BANGKOK
AND BEYOND**

JUNE 2023

A project of Childbirth and Breastfeeding Foundation of Thailand



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Welcome to **BAMBI**

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

- Mel Habanananda



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

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

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

Mission Statement

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

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

For more information on CBFT, contact:

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

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

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



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Frances Billones

Dear members,

Time flies, doesn't it? It's June and we're now approaching the second half of 2023, and that means the end of the school year for the kids. Holidays here we come!

After three years of social distancing and staying at home, we can finally travel fairly freely again.

Last year, we took our first long-haul flight with our son. It was 16 hours of pure, unadulterated chaos. When he finally slept—for only four hours—I vowed there and then that I would never again travel with my toddler and inflict this torture on myself. Somehow though, after a month of dreading our flight back, when it actually happened, he was an angel: no tantrums, ate his food, and slept most of the way through.

Needless to say, I never kept that promise, and we've since taken lots of trips together. Although none have ever gone as smoothly as that flight back, the joy, wonder, and memories we've created as a family more than make up for it. Also, we've leveled up as first-time parents and are now armed with surprise snacks in pill boxes, an array of different activities and games for the trip, and, if all else fails, his favorite shows downloaded to our phones.

Anyway, without further ado, in preparation for the upcoming holidays, this issue is all about travel. We've got you covered with practical travel tips and information to prepare you for before and during your trips.

In BAMBI website news, we have been diligently working on ways to improve your online experience; from events listing and registrations to member sign-up and renewals. Look out for updates in the coming months.

May your holidays be smooth and (relatively) stress-free. Make wonderful memories together!

Frances
BAMBI website coordinator



OUR COVER KID MARTIN

NAME

Martin

WHERE ARE YOU FROM?

I was born in Thailand, but I have French and British passports.

HOW LONG HAVE YOU LIVED IN THAILAND?

I'm nearly two and have lived in Thailand all my life, although I love visiting my grandparents in France and England.

FAVORITE PLACE TO GO AS A FAMILY IN THAILAND?

I love the beach, so any beach is my favorite place to go.

WHAT'S ON YOUR THAI BUCKET LIST?

I've never been to any Thai islands, and my parents say they have great beaches.

WHAT DOES BAMBI MEAN TO YOU?

BAMBI means playing with lots of exciting toys and eating cake with Daddy.

Cover Photo by Mai Suzuki

When I was seven, I traveled across India with my parents and four-year-old sister. I remember driving past the homes of Bollywood celebrities in Mumbai, visiting the world's highest cricket ground in Chail, learning about sundials in Jaipur, and taking tourist-y pictures at the Taj Mahal. It was all great fun. But ask me if I would like to go on the same trip now, with kids who are also seven and four, and I would have to think long and hard about it.

You see, while I was enjoying myself, my parents were losing sleep over stomach bugs, mosquito bites, weird rashes, dehydration, etc., and all the while, lugging everything needed to keep my sister and me alive on the trip—milk, bottled water, medicines, snacks, toys, sunscreen...you know the drill: basically everything under the big, blue sky.

As parents, it can be daunting to think about the logistics of planning a vacation, from booking flights and hotels to making sure you have the right supplies for your trip. And sometimes, even when you painstakingly plan to the dot, things can somehow go off on a different tangent. But when has that ever stopped us from exploring good deals online for our next trip, right? So with the upcoming school holidays presenting a chance for you to get out of town and explore the world, we thought it made sense to bring out an issue that'll help you be as prepared as possible before and during your time away.

In this issue we have "Getting Around Bangkok and Beyond" by Rachel Ofo, a must-read if you've newly arrived in the kingdom and could use an overview of the different modes of transport commonly used to get around here. We have "Don't Forget Your Holiday First Aid Kit!" by Jaqueline Deeon, which gives you a run-down of the essential first aid items when traveling with children, and we also have "Seven Baby Travel Memories" from Joseph Barker—a light-hearted take on the challenges involved in traveling with children, and the unique, beautiful moments that are borne out of them and cherished for life.

In Readers' Corner, Angela Chen once again entertains us with two great reads, "Amazing Airplanes" by Ant Parker and Tony Mitton and "There Are Moms Way Worse Than You" by Glenn Boozan and Priscilla Witte. The former is a great way to get little ones interested in air travel, especially if it'll be their first time on a plane. The latter is for you to enjoy by the beach and rest assured when you start stressing about your family's junk food intake during your trip.

In Creation Station, Anelia Van Zyl and Johanna Greyling show us how to make some cute DIY fabric makeup bags to store makeup or odd knickknacks during our travels. Perhaps you'll want to make one for each family member. Your kids might also enjoy the travel activities we have in Fun Corner that were designed to teach and enhance their travel vocabulary and knowledge.

In this month's The Poetic Journey, while in quarantine, Cecilia Yu reflects on the importance of pausing for a moment to cherish the present and search for the positives in life even when negativity is abound; and finally, we have "Fight, Flight, or Freeze" where Chinyere Nwachukwu discusses ideas to help children identify sources of danger and manage their personal safety.

Traveling with kids isn't easy, but if you're worried about how they'll fare on a long-haul flight, or if you have to choose between taking an extra pair of trainers and your little one's favorite teddy bear, all I have to say is this—don't sweat, do what's easy, and just go with the flow.

For my parents, the India trip was perhaps one of the biggest parenting tests they were ever put to, but whenever they reminisce about the trip, they do so fondly and without regret. So go take that trip and make some beautiful memories!

I wish you all a safe and happy month of traveling ahead!

Sanam
Editor



Sanam Raisa Rahman

Note: Please note that the photo credit in the feature, 'A Dance Through This Life' in last month's print issue, was missing. The images used were taken from Canva.

We sincerely apologize to our readers for any confusion encountered due to this oversight.

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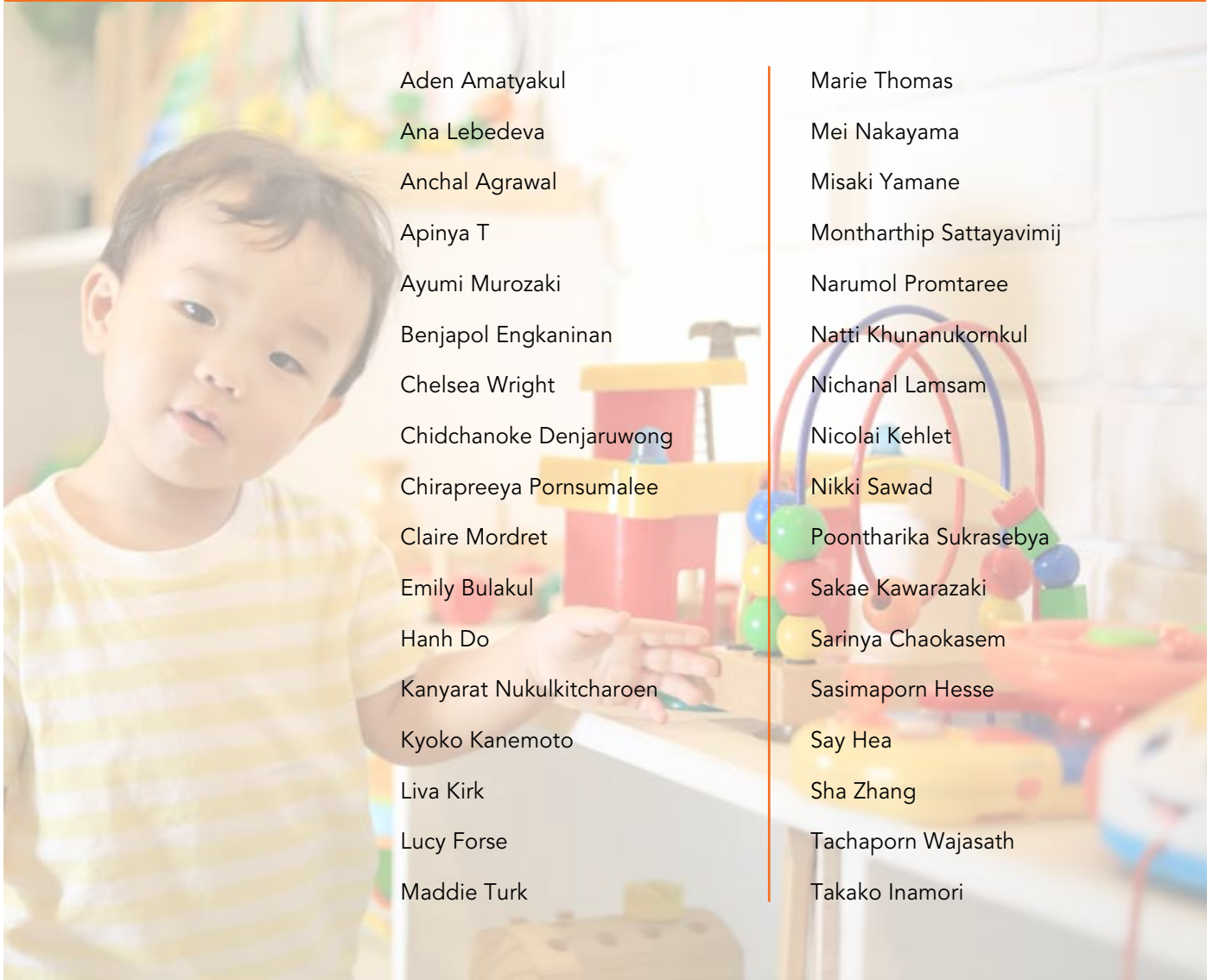
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Chidchanoke Denjaruwong

Chirapreeya Pornsumalee

Claire Mordret

Emily Bulakul

Hanh Do

Kanyarat Nukulkitcharoen

Kyoko Kanemoto

Liva Kirk

Lucy Forse

Maddie Turk

Marie Thomas

Mei Nakayama

Misaki Yamane

Montharhip Sattayavimij

Narumol Promtaree

Natti Khunanukornkul

Nichanal Lamsam

Nicolai Kehlet

Nikki Sawad

Poontharika Sukrasebya

Sakae Kawarazaki

Sarinya Chaokasem

Sasimaporn Hesse

Say Hea

Sha Zhang

Tachaporn Wajasath

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HAPPY BIRTHDAY FROM BAMBI!

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GETTING AROUND BANGKOK AND BEYOND

Getting around Bangkok can be daunting, so we often stick to familiar routes. But with all the exciting transport options in Thailand, you may be missing out on perfecting your commute or on some hidden city gems. Seasoned traveler, Rachel, shares some transport options you've just got to try.

Beeep beep! We've all been there, stuck in traffic in a taxi. You drift off into a daydream, wondering why you didn't take the Skytrain as it zips overhead. Will you make it to your appointment on time? Will your usual "Sorry, Bangkok traffic!" excuse work? The gentle hum of the monorail calms your nerves. However, you're jolted out of your traffic trance when a motorbike nearly collides with your taxi. At least they're actually moving. Your driver mutters something you can't quite catch, and you convince yourself he's cursing the motorbike out of jealousy, because nobody likes traffic, even if they're being paid to sit in it. 40 minutes later, and "only" 20 minutes late, you reach your destination and promise yourself to better research your route and traffic before stepping out next time.

However, research can sometimes be a daunting task, so continue reading for an outline of several modes of transportation in Bangkok and throughout Thailand. I'll highlight costs, location, and child-friendliness as well, so whether you're taking a short commute to the mall or a vacation up north, sit back and enjoy the ride.

Songthaews

Some of the most common and enjoyable ways to travel around the city are with a "songthaew" or a "tuk tuk". These two forms of transportation are common in South and Southeast Asia. The Thai word, songthaew, literally means two rows. These little trucks with two rows of seats secured in the bed are great because they can travel main roads like Sukhumvit or zip through back alleys and sois, allowing you to see parts of the city that are otherwise hidden. Depending on how many are in your group and how far you are traveling, they can be quite cost-effective. Songthaews usually cost ฿6–10, but prices will vary. My favorite spot to grab a songthaew is right off Kheha BTS station, on the way to Ancient City. There are plenty waiting to take you to the site, but just be careful, because if you're not paying attention, the songthaew will continue past your stop. My daughter thoroughly enjoys riding songthaews, and pushing the little "stop" button is her favorite part.

Tuk Tuks

Like songthaews, tuk tuks are another enjoyable way to travel around the city. "Tuk tuk" has become the

general term for all vehicles similar to a tricycle with seating; this includes "samlor" and "rot gra poh", and any other small, motorized vehicle with a compact seating area. They are only used for short distances, so traveling a long way in one wouldn't be doable. You can spot them all over the country, so no matter where you find yourself in Thailand, these will be an option for you. They're fun, (sometimes fast), and they should be tried at least once. A friendly note to keep in mind is to check and agree on the price before you hop in and take off.

If you want a more subdued way of getting around Bangkok though, hop on the bus or Bangkok's Bus Rapid Transit system (BRT).

Buses

There isn't a shortage of buses around Bangkok, and what's handy is that over the years, Google Maps has even started to include bus numbers and routes. So, if your Thai isn't very strong, keeping a close eye on your phone will get you where you need to go. Buses are fairly cheap—prices can start as low as ฿8 and I've even caught a few free ones—and consistent around Bangkok and surrounding cities. You can even



find a few running similar routes, so you're never waiting for too long. Keep in mind, certain buses charge a flat rate, regardless of how far you're going, and some charge based on distance, but, again, it's never a steep fare.

Another bus system I took full advantage of was the BRT. One of my favorite features of the BRT was the connection to the BTS Skytrain. So yes, you can use your Rabbit Card with the BRT! Although the BRT is specific to the Sathorn area, it's useful because you can catch it straight from Chong Nonsi BTS station and it even has its own driving lane, so you can be confident of a relatively speedy ride. These buses are also air conditioned and comfortable, so if traveling with children, you will have an enjoyable ride. Just remember that these buses leave at scheduled times. The buses can be a little intimidating though, especially if you're not used to public transit, so to get yourself started I would recommend trying any of the railway systems.

Railways

The Bangkok Mass Transit System (BTS or Skytrain), Metropolitan Rapid Transit (MRT), or the Bangkok Railway are also wonderful ways to get

around, without having to do much, and kids love trains! From the speed to sites passing by, rail travel is a fan favorite. The BTS runs above ground—above everything really—and travels a great distance around Bangkok, and its expansion is never ending. It's easy to navigate, because there are signs, kiosks and staff, all available to point you in the right direction. A single journey starts at ฿17. Payment itself is simple as you can use cash, a QR code, or a Rabbit Card that needs regular top-ups. Rabbit Cards are a great investment as well because many shops accept them as a method of payment.

For some areas that the Skytrain doesn't reach, head underground to the MRT. Although looking out the window isn't as interesting in a subway, it's still fun to think about how efficiently you can travel below the city. Like the BTS, the MRT has its own card which you can purchase for regular subway use. Fares start at ฿15. And for travel outside of Bangkok, check out the Bangkok Railway Station at Mo Chit.

Thailand's railway spans from the northern provinces like Chiang Mai to Surat Thani in the south. Granted, it will take hours, if not a couple of days, to travel from the north to the

south. Nevertheless, it is doable! And with options like first class cabins, there will be a level of comfort. A fun recommendation for families is either to take the train up to Kanchanaburi for a look at the waterfall or for a night of stargazing, or take the overnight train to Chiang Mai. It's an experience you don't want to miss.

Bikes, taxis, and more

Other ways to travel around the country on land include car taxis, motorbikes, minibuses, vans, and coaches. When taking a look around the city, these types of transportation are everywhere. That's because, depending on where you're going and the number in your party, they can prove to be very comfortable and cost-effective. Minibuses, vans, and coaches can be found at terminal stations or public areas, like malls. Car and motorbike taxis can be picked up just about anywhere, whether you hail one down or book via one of several ride apps. The one downside to these is that the cost can add up and rides can be denied. But if and when you get one, they're usually reliable. Just try not to get stuck in traffic, especially during the rain, because Bangkok has plenty of water.



Waterways

If you've made it this far, you've come to my absolute favorite way of getting around Bangkok: on water. Boats aren't just for floating markets. Bangkok was pretty much built on water, so there is no shortage of canals, or "khlongs", and rivers to float down. The types of boat vary from free passenger ferries that can pick you up from Saphan Taksin BTS and float you to ICONSIAM, to low-sitting wooden motorboats that cruise up and down the Chao Phraya River between the mainland and Bang Krachao. Even if you're on a motorbike, you can find water taxis which double as vehicle carriers, transportation-transportation, if you will. Ferries are preferable because although not very fast, they won't drown your wallet. To get from Wat Bang Na to Bang Krachao will cost you a whole ฿8. And who could forget the famous longtail boats used for island-hopping around the

beautiful Thai beaches? However, if you're looking for a bit of adventure, hire a local fisherman to carry you into the sea in his aluminum dinghy. Just make sure the skies are clear, as I can attest that getting caught in the rain is not fun.

In a city that's always on the go, Bangkok has done a great job of providing travel options. Pack a few hundred baht and your child and head out! Although the prospect of getting lost, whether in transit or in translation, is always near, that's part of the adventure. Plan a day trip, try to challenge yourself to use as many modes of transportation as possible, and see where you end up! Up the challenge by traveling outside of the city. Road trip up and down the coasts or through the mountains to see what Thailand has to offer. It's a beautiful country and it would be a shame to limit yourself because you haven't stepped outside your comfort zone. And finally, always

remember to consider safety before all, especially when traveling with children. Things happen, but being prepared and remaining calm helps guarantee success.

Disclaimer: BAMBI advises all families to take appropriate safety precautions when using all modes of transport in Bangkok and Thailand. These include, but are not limited to, the use of seatbelts, child restraints, and protective head coverings.

Photos from Canva.

Here I am!



About the Author

Rachel Ofo moved from the US to Bangkok in 2016 and spent six and a half years there. She has a daughter, whom she loves dragging around the city on various adventures. In her free time, she enjoys reading, watching movies, and trying new restaurants. She also enjoys being out in nature with her daughter. She looks forward to her time with BAMBI.

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CALL FOR VOLUNTEERS



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

BAMBİ is run by a group of lovely and dedicated volunteers. As many of them are moving away from Bangkok, there are a number of critical roles to fill to ensure ongoing service to our members. BAMBİ is a fun and a welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us. To apply or if you have any questions about these volunteer opportunities, please email vicechairwoman@bambiweb.org, detailing which position(s) you are interested in.

The following opportunities are currently available:

CHAIRWOMAN

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

Responsibilities & duties

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

WEBSITE ASSISTANT

The web team provides a daily overview of the webpage and works diligently to ensure that all advertisements, classifieds, forums, events, etc. are up to date and site appropriate. The website assistant works under the guidance of the website coordinator for all website technical functioning.

Responsibilities & duties

- provides assistance with the content design and layout of the website, and updating these as needed
- maintains communication and coordinates with the committee members regarding website layout, content, financing etc.
- attends monthly committee meetings as a voting committee member and participates/assists with events, fundraisers and other organizational activities



PLAYGROUPS COORDINATOR

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

Responsibilities & duties

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

PLAYGROUP LEADERS

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

Responsibilities & duties

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

FEATURE WRITER—BAMBI MAGAZINE

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

Responsibilities & duties

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

EVENTS COORDINATOR

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

Responsibilities & duties

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



EVENTS ASSISTANT

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

Responsibilities & duties

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

NEW MEMBERS COORDINATOR

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

Responsibilities and duties

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

MEDIA ASSISTANT

The media assistant supports the media coordinator in building meaningful connections between BAMB! and all our members and affiliated organizations on our main social media platforms, Facebook and Instagram, and on the email marketing service we use, Mailchimp.

Responsibilities & duties

- creates and shares engaging and timely content relating to all BAMB! social events, playgroups and activities
- disseminates information and general announcements about BAMB! activities, playgroups and social events
- tracks and responds to communications and inquiries (in coordination with other BAMB! departments) from members, non-members and the general public

VOLUNTEER BENEFITS



FREE PLAYGROUPS



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EXPAND YOUR NETWORK



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DON'T FORGET YOUR HOLIDAY FIRST AID KIT!

Do you have a first aid kit? If not, Jaqueline explains why you should and gives some great suggestions on what it needs to contain. Bumps and scrapes are a fact of life with kids, so it's best to be prepared.

OK, you have spent weeks planning your upcoming holiday and the family is packed and ready to go, and the kids are already asking, "How long will it take to get there?" But STOP! Did you forget to pack something? What about the first aid kit?

We plan our holiday for weeks, yet we usually don't give a moment's thought to that first aid kit we all need.

"You might be away from home on holiday," says Bonus, a young aunt and teacher, "when an accident happens. It could be a fall or simply a scrape on a dry branch. Either way, you'd want to have some kind of ointment or disinfectant handy, not to mention a plaster. For example, in my classroom, accidents rarely happen, but if they do, I grab the disinfectant, some cotton swabs, and a plaster for the injured student. The same applies when you are on holiday. You definitely need a first aid kit with you." She adds, "a hug and some comforting words also go a long way in easing a child's discomfort."

When traveling, basic medical care may not be readily available or people who respond to your emergency situation may not speak the same language.

Scott van Doren, Emergency First Response (EFR) instructor and managing director of First Aid Training Bangkok says: "Traveling around Thailand with very young children can be a challenge and it is important to have a traveling first aid kit handy for those bumps and scrapes or even for greater emergencies. It needs to be something compact."

Scott adds that knowing the emergency numbers in the country you are traveling in goes hand-in-hand with having a well-stocked first aid kit. There are four national emergency telephone numbers available in Thailand.

1. Police: 191
2. Fire: 199
3. Ambulance: 1669
4. Tourist Police: 1155

The challenge you are likely to encounter when calling the first three numbers is that it is very unlikely that they will speak English, and that makes sense; we are in Thailand. Interestingly, if you don't speak Thai and need assistance with a medical emergency, of the four numbers above, the best number to call is the Tourist Police as they speak English, their number works nationwide, and they will liaise with the 1669 (Thailand EMS) staff in Thai on your behalf.

Whether you are at your "home away from home" in a resort or hotel, or in the car traveling to the many beautiful holiday locations in Thailand, ensure that you have the necessary items in your first aid kit for things from stings to sunburn or cuts and more. Being prepared will eliminate a lot of stress and possibly save a life.

Scott says: "Thai hospitals often have mobile intensive care units that are sometimes used in emergency situations. Voluntary emergency rescue teams are also widely used throughout Thailand to support as first responders for incidents such as road traffic accidents. They are usually the first to arrive at the scene of an accident. Most private hospitals will send out their own ambulances in an emergency and within reasonable distances. However, there is usually a fee included for this service."

We always hope that nothing too serious will happen when we embark on an exciting holiday adventure, and often, western families living in Thailand—or visiting—DO have the odd plaster or a little bottle of Savlon with them. However, the parent in charge of the first aid kit might have to restock the medical box with strange and confusing brand names when in Asia.



Here's a list of things that you need in Thailand for your first aid kit:

- First aid manual
- Emergency phone numbers
- Sterile gauze pads of different sizes
- Adhesive tape
- Band-Aids in several sizes
- Elastic bandage
- Splint
- Antiseptic solution—like hydrogen peroxide
- Antiseptic cream
- Saline solution
- Tweezers
- Scissors
- Safety pins
- Disposable instant cold packs
- Alcohol wipes or ethyl alcohol
- Thermometer
- Calamine lotion for insect bites
- Tylenol tablets and syrup for aches and pains
- Betadine/iodine liquid
- Flying White Rabbit tummy remedy or Belcid
- Antibacterial Pises Powder (ผงพิเศษ ตรารมชูชีพ)
- Cotton swabs
- Octenisept liquid spray for small children's wounds

"There is one final step in preparing or purchasing a first aid kit, and that is knowing how to use it," says Red Cross worker, Thanaporn Kunkel, from Thailand's Surat Thani Chapter. Not everyone can attend a first aid course in their lifetime, so here is a list of possible things that could happen while on holiday and how to deal with these emergencies.



Injury/symptoms of illness	What to do immediately	Useful first aid items	Follow-up treatment required
Insect bites	Grab a cold, wet swab or a cloth filled with ice and apply it to the sting location.	Cotton swabs, cloth, ice from the freezer, calamine lotion (Antipru in Thailand)	If breathing is affected or if the patient is known to be allergic, seek medical attention immediately.
Sunburn	Apply a cool damp towel to the skin, take pain relief (check the box for dosage instructions), apply gel or moisturizing lotion to the affected area, have the patient drink extra water, and don't pop blisters.	Aloe vera gel, paracetamol syrup—120 mg/5 ml (smaller children) 250 mg/5 ml (bigger children)	<p>Seek immediate medical care if you are sunburned and experience:</p> <p>A fever over 103 degrees Fahrenheit (39.4 degrees Celsius) with vomiting</p> <p>Confusion</p> <p>An infection in the sunburned area</p> <p>Dehydration</p>
Broken or sprained limbs	For sprains, rest and an ice pack on the affected area are key, but if it is suspected that there is a fracture or if there is an obvious break, it is best, if possible, NOT to move the person until medical help arrives.	A cold pack made with ice blocks in a towel is good, or apply a slush bath—a liquid nitrogen frozen pack. You can apply cold damp towels to bring the swelling down, give them a mild painkiller such as Tylenol (paracetamol) or a mild sedative—Rescue Remedy drops.	<p>If it is a sprain, make the patient comfortable and raise the affected limb by propping it up with cushions, offer some paracetamol and a few drops of Rescue Remedy if the patient is stressed out from the accident. Do not give Rescue Remedy to children under the age of one.</p> <p>If limbs are visibly broken, do not move the patient until medical help arrives; call ambulance and rescue services immediately.</p>
Concussion	First, move the patient to a cooler place and loosen their clothes, then find a cool cloth and wipe the face, arms, and neck to reduce body temperature. Sit them down, comfort them, and make sure they rest. You can hold a cold compress to their head too.	A cool cloth.	Seek immediate medical advice if symptoms such as mild dizziness and a headache get worse.



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- (Image of a teacher and student working together)
- (Image of students in a classroom)
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<p>Cuts or bruises</p>	<p>If it is a serious cut, find any clean cloth and press it onto the cut to stop bleeding. Call an ambulance immediately. If it is not a serious cut, clean the wound with clean water and find a clean cloth to press onto the wound to stop bleeding.</p> <p>In the case of bad bruising, use an ice pack or ice cubes wrapped in a cloth to put on the bruised area. Call a doctor or emergency services if the skin is split and appears to need stitches.</p> <p>If the patient is in severe pain that continues for two hours after having taken pain meds, or if the patient is a child under a year old, call an ambulance and get them to hospital immediately. If the skin is badly scraped and the injury seems to go deep or covers a large area, seek immediate medical attention. If the bruise darkens or if the bruised area begins to swell, seek medical attention immediately.</p>	<p>Octenisept antiseptic spray (can be used for cuts and scrapes with small children)</p> <p>Clean swabs, towels, and water</p> <p>Antiseptic cream</p>	<p>If the cut or bruise is causing major bleeding that can't be stopped even by applying pressure on the wound, then get the patient to the ER immediately, as excessive blood loss may be life threatening.</p>
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Possible food poisoning	Help them to the bathroom to bring up the bad food or liquid in their stomach, offer lots of liquids, make them comfortable, and keep a bucket or bag close by for the patient if they are vomiting; stay close to the bathroom in case of diarrhea.	Give medicine if prescribed by a doctor. Make an electrolyte solution from: 8 level teaspoons of sugar and 1 level teaspoon of salt added to 1 liter of sterilized water.	If the patient feels dizzy and it continues for one or two hours, take them to hospital immediately. Make the patient comfortable. Give them dry crackers to eat, continue to give them electrolyte solution, seek medical attention if the patient becomes listless or continues to vomit.
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This article was compiled with the help of the following contributors:

1. Scott H. van Doren (English) Phone: 0957 602 802
Emergency First Response (EFR) Instructor, Trainer #302826
2. First Aid Training Bangkok Co. Ltd.
3. Chanokpim Chuchartpong, The Genius – Kids by Bonus school, Thailand
4. Thanaporn Kunkel, Red Cross worker, Thailand Red Cross, Surat Thani Chapter

Photos courtesy of the author and Canva.

Resources

Nemours Kids Health (2023) First-Aid Kit. kidshealth.org/en/parents/firstaid-kit.html



About the Author

Writer and editor Jaqueline Deeon has lived in South-East Asia for 12 years. She

is married to a local artist from Khanom. She has written a book about the pink dolphins and hawksbill turtles in the area to educate young children learning to read and hopes her stories will encourage them to grow up to be responsible earth citizens with a love for nature. You can find her in her tea shop, Auntie Moon's Tea: facebook.com/AuntieMoonsTea.



HOW TO BECOME A BAMI MEMBER

Becoming a BAMI member is very simple. Go to any BAMI 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.

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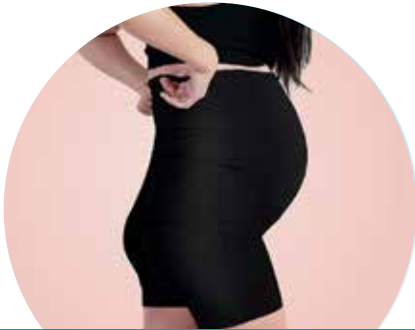
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*Terms & conditions apply on all BAMBI benefits & discounts.

NEW MEMBERS' COFFEE MORNING

On April 21st, BAMBI hosted a New Members' Coffee Morning at newly opened international school, Curious Kind Early Childhood Center, located on Sukhumvit soi 38. The school generously provided tasty snacks and treated our members to a small circle time with nursery rhymes as well as some outdoor activities in their lovely garden space. Parents were also able to tour the school's beautiful facilities.

Thank you Curious Kind Early Childhood Center for opening your doors to welcome BAMBI families.





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



BAMBI PLAYGROUPS

SCAN NOW

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



**NON-BAMBI
PLAYGROUPS**



JAPANESE FESTIVAL

We had a very successful Pop Up Playgroup at Universal Kids Bangkok International School on Saturday April 29th. 76 families attended, and all were eager to explore the Japanese-style school facilities.

Parents and kids got to experience firsthand what the Japanese kindergarten setup is like with a variety of indoor and outdoor play stations facilitated by the teachers.

Despite the hot weather, the children enjoyed playing outside with water and running around the spacious grass field for a long time!

Indoors there were Japanese games, craft activities, and a bouncy castle as well as spaces dedicated to pre-walkers and toddlers.

Sincere thanks to the team of Universal Kids International School for your kind hospitality.





DESIGN FUTURES

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

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

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



automated solar and wind-powered street cleaner using arduino technology
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The Purple Elephant 39
Ages 18 – 36 months

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purpleelephant@elc.ac.th

The Purple Elephant 49
Ages 18 – 36 months

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The Purple Elephant 55
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SEVEN BABY TRAVEL MEMORIES



Traveling with kids can be like a change of location without the vacation. It can be tiring and challenging as you have to go along with the moods of your child. Joseph (Joe) humorously recalls some of his fondest (and not-so-fond) memories of traveling with his son.

Many of us live in Bangkok, and it is a great, vibrant, busy, friendly city, but this is true of so many cities, large and small, around the world. What, in my mind, makes Bangkok truly special is what you find when you leave it. Golden sands, James Bond islands, mountain trails, jungle paths, water sports, timeless temples—the list is almost endless.

One of our favorite features of first moving to Thailand was the weekend trips and local holidays we could take: from a drive to Pattaya on Friday night so that we could recharge at the beach and run in the hills, to an overnight train to Buriram, where we explored the temples, forests, and local craft beers. Then there were the longer adventures. A drive along the Mekong, exploring from Surat Thani to Phuket, Koh Kood, and Chiang Mai. So much stunning scenery, so many wonderful, friendly yet cheap hotels and restaurants. Travel was easy, affordable, and fun, and quite simply, the best part of our life in Thailand. Then we had a baby.

Now for us, and I'm sure you too, it wasn't really a holiday if it didn't involve at least one 50 or 60 km run through the jungles. Although I had heard peculiar rumors that it was possible to holiday without running, I'd never believed them. Now of course I know different, and I understand that you may possibly even have preferred your holidays without hours of sweating through mosquito-infested jungles, although if so, that is entirely your loss. Whatever your previous holiday priorities were, I'm sure they changed when your baby made their appearance.

Babies are many, many things: noisy, smelly, irritating, unbelievably lovable, and undoubtedly the best things in our lives; but ideal travel companions they are not. Yet to live in Bangkok and not travel is unthinkable. So, we've





kept on traveling, as I'm sure you all have too. Gone, however, are the simple days of carry-on luggage only and heading to new locations for long runs in the mountains followed by evenings in local bars, or lazy days by the beach reading books and sipping cocktails—obviously after a 30 km sunrise beach run. Instead, we're now more likely to be cramming what seems like all our worldly possessions into a car, before driving to somewhere with a nice playground that isn't too noisy after 7pm. Very different holidays, but still in the same wonderful scenery and still with the occasional cocktail by the sea.

Traveling with children can be a daunting undertaking, and I'm sure we would all like some top tips on making travel easier. Sadly, I have no top tips. As always with children, the only constant is that there are no constants. Every trip brings different challenges and what works perfectly on one trip results in non-stop screaming—usually from the baby, but we all find travel quite stressful—on the next. So rather than share what would be pretty worthless tips, I thought I would share some of my strongest travel memories—both good and bad.

Most memorable holiday moments

1. I love a beautiful sunrise and so, apparently, did my six-month-old son. So much so, in fact, that he clearly dreaded missing any part of it whilst holidaying in Pranburi. Thus, 4am would see me stumbling out of our beach bungalow carrying an infant, presumably screaming with excitement at the thought of another sunrise, or possibly in fear of being late and not getting a good spot to watch this unique celestial show. Despite his fears, there was never much of a crowd, and being Christmas time, the sunrise rarely started much before 6:30am; still better safe than sorry. There is no question that this was a beautiful

start to the day, and I enjoyed the chance to talk to my family in the UK, but, and sorry if I sound hard to please here, I really wouldn't have minded a couple more hours in bed.

2. Long-haul flights are a challenge, especially with a baby who has just discovered how to walk and wants to explore everything. So, whilst most of the plane was sleeping during a flight to Paris one year, myself and a few other parents were slowly being walked up and down the plane by our little explorers. Fortunately, the lovely cabin crew on Thai Air welcomed us into their rest area and formed what was effectively a small playgroup at the back of the plane.

3. On our first trip back to the UK with our three-month-old baby, we were, probably for the last time for many years, able to go on a long family walk up Snowdon on a glorious sunny day. Our son obviously slept most of the way up, but we have the pictures to prove he was there.

4. So many wonderful hours spent on the beach digging holes and running, splashing, rolling, and giggling in the sea. The joy with which children play is so infectious! This is more tiring, but so much better than relaxing, reading books, and drinking cocktails—although I would really like to do that again one day, please.

5. Interminable hours in a car with an unhappy baby. Yes, Phuket was beautiful. Yes, we saw some amazing parts of Thailand. Yes, it was useful having a car in Phuket—but why would anyone choose to drive from Bangkok to Phuket, especially with a baby? I'm still baffled that we thought this was a good idea. I know I promised no tips, but one tip is don't go on long road trips with a baby. Unless they're asleep,* they're a nightmare in the car. Or at least mine is; yours is probably great. See what I mean about no useful tips?

6. Good Friday is never a good day to travel in the UK. Good Friday 2022 was one of the UK's worst ever travel days. Not a problem for us though! With a baby who likes to get up at 5am, we were on our way by 6am, and



pretty much home before anyone else got on the road. It's rare to get to feel so smug about being woken up before dawn.

7. I can't end this list of memories without mentioning one of the most fun parts of being on holiday with your baby: bedtime. Nap times and bedtimes can be hard at home. On holiday, in an unfamiliar room, they can be an absolute nightmare. Sometimes it seems that the hotel goes out of its way to make it worse: the hotel in Cha-am with a window between the bedroom and the bathroom so that any light in the bathroom would wake the baby up; the beeping door lock in Ratchaburi—he's asleep now, how do we step out of the room? The random light switches in Hua Hin—how many lights and switches does one room need, and why is there a light under the bed?

I could go on, but I know you'll have memories of your own amazing adventures, and of challenges that can only be enjoyed in hindsight. A reminder that we have all experienced tough holidays, but that we have also made some great memories. Every holiday has had its different nightmare moments and every one of them has, ultimately, been amazing. So perhaps that is my only tip: keep traveling and making memories.

Photos courtesy of author.

**Babies and young children should spend no longer than two hours at a time in a car seat, so remember to stop for regular breaks when driving.*



About the Author

Having enjoyed taking his son to BAMBI playgroups over the months, Joe is excited to volunteer with BAMBI. He and his wife moved to Thailand from the UK in 2018. In 2021 they were delighted to be joined by their son: Martin. They love exploring Thailand as a family, especially anywhere with a playground or sand!



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AMAZING AIRPLANES

by Ant Parker and Tony Mitton

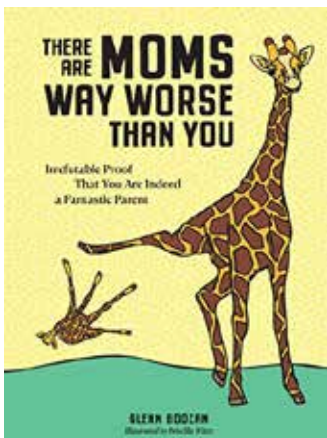


What better way to prepare a curious child for a big trip than by diving deep into all things aviation! The book begins in the airport and ends on the landing strip, covering everything from check-in to in-air safety. The final page offers an overview of aircrafts, their parts and mechanisms, and how they soar. Author Tony Mitton's clever rhythmic rhymes, the cute animal characters, and illustrator Ant Parker's bright illustrations capture the imagination. "Amazing Airplanes" is part of the "Amazing Machines" series of books which feature rescue vehicles, rocket ships, ground transportation, and even robots. Each book also includes a visual glossary to help teach new vocabulary and concepts. Mitton's technical and teaching background and Parker's artistic talent combine for a wonderfully entertaining and educational reading experience. Parents may learn something new too!

The book was first published by Kingfisher in September 2005. Educator and author, Tony Mitton, and artist, Ant Parker, have collaborated on over a dozen books in the past two decades. "Amazing Airplanes" is suitable for ages 3–7. A hardcover copy and many other books by Mitton and Parker can be found in the Children's Corner of the Neilson Hays Library.

THERE ARE MOMS WAY WORSE THAN YOU

by Glenn Boozan and Priscilla Witte



There are few things more stress-inducing for parents than preparing to travel internationally with babies and toddlers. Luckily the actual trip usually goes better than we imagine. This book does not provide tips and tricks for a magically smooth international flight. However, it will bring levity, humor, and reassurance to get you through any stressful parenting situation, transcontinental flights included! Hilariously clever comedy writer, Glenn Boozan, uses examples of awful parenting from the animal kingdom to help quell anxieties of human parents all over the world. She was inspired to write this funny and uplifting book after hearing her sister, a stellar first-time mother, anxiously lamenting about mom-guilt. Illustrator and muralist Priscilla Witte's bold drawings perfectly accompany Boozan's quippy writing. From quokkas tossing their babies to dingoes in Australia to giraffes kicking their newborns until they walk in the African savanna, the illustrations and rhymes are sure to bring a giggle. Warning: suitable only for parents with a sense of humor.

This book was published by Workman Publishing in 2022. It is the first book by comedy writer Glenn Boozan. Illustrator and muralist Priscilla Witte's work is quickly becoming iconic across Los Angeles and the USA. A hardcover copy of "There Are Moms Way Worse Than You" can be found in the non-fiction section of the Neilson Hays Library.

Prepared by Angela Chen, a Neilson Hays Library Board Member and the Children's Program Chair.

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

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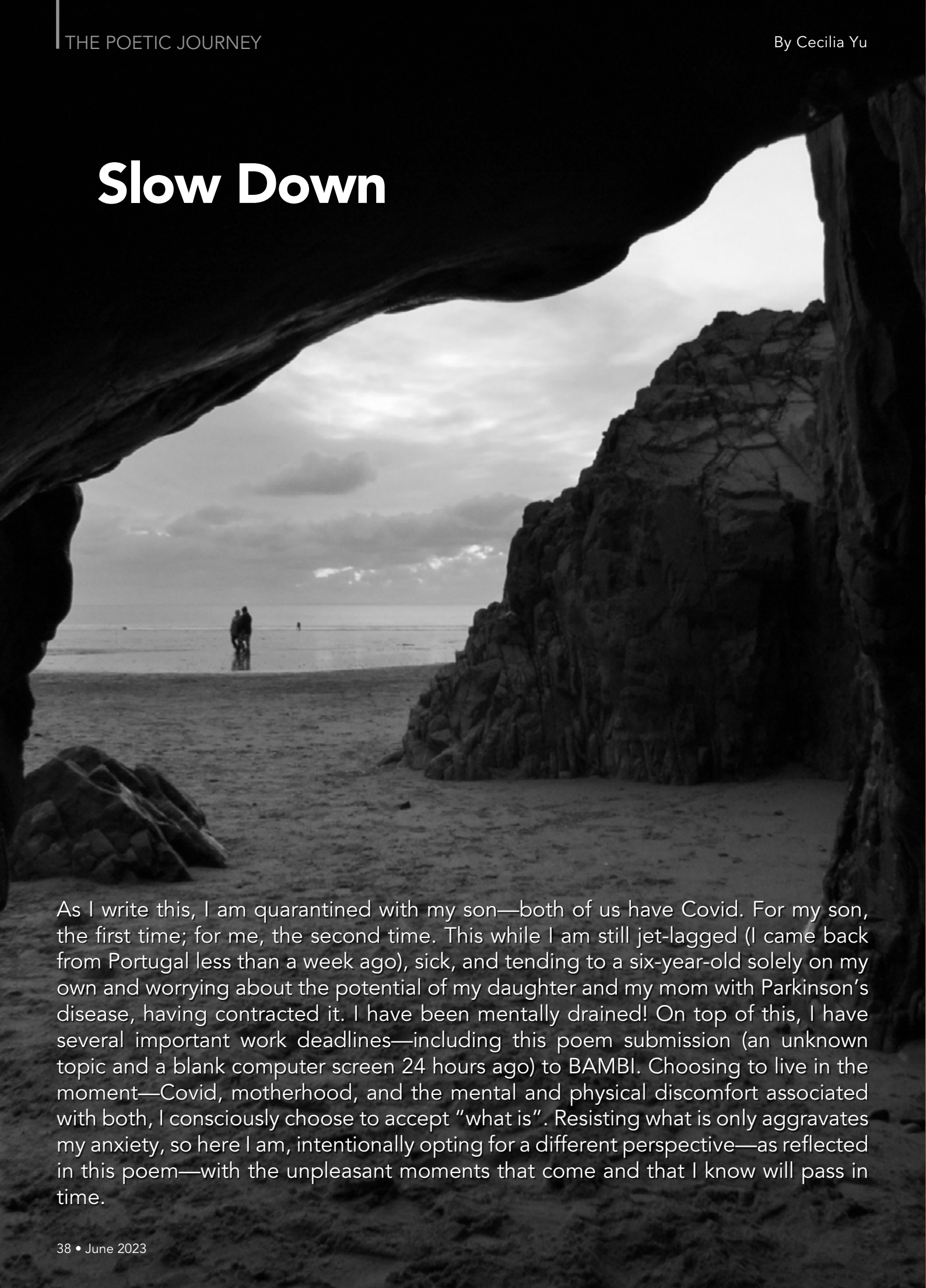
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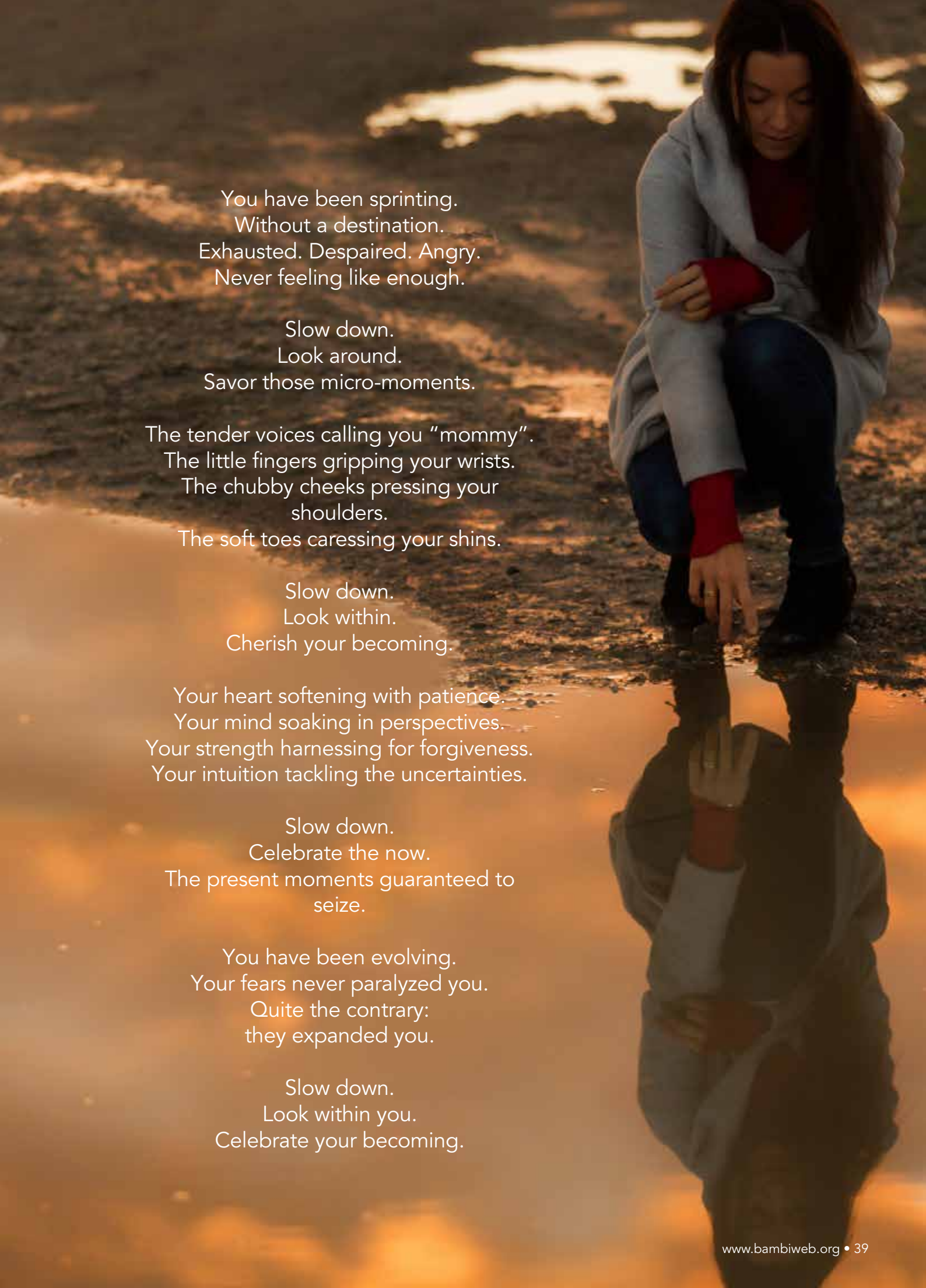
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Slow Down



As I write this, I am quarantined with my son—both of us have Covid. For my son, the first time; for me, the second time. This while I am still jet-lagged (I came back from Portugal less than a week ago), sick, and tending to a six-year-old solely on my own and worrying about the potential of my daughter and my mom with Parkinson’s disease, having contracted it. I have been mentally drained! On top of this, I have several important work deadlines—including this poem submission (an unknown topic and a blank computer screen 24 hours ago) to BAMBI. Choosing to live in the moment—Covid, motherhood, and the mental and physical discomfort associated with both, I consciously choose to accept “what is”. Resisting what is only aggravates my anxiety, so here I am, intentionally opting for a different perspective—as reflected in this poem—with the unpleasant moments that come and that I know will pass in time.



You have been sprinting.
Without a destination.
Exhausted. Despaired. Angry.
Never feeling like enough.

Slow down.
Look around.
Savor those micro-moments.

The tender voices calling you "mommy".
The little fingers gripping your wrists.
The chubby cheeks pressing your
shoulders.
The soft toes caressing your shins.

Slow down.
Look within.
Cherish your becoming.

Your heart softening with patience.
Your mind soaking in perspectives.
Your strength harnessing for forgiveness.
Your intuition tackling the uncertainties.

Slow down.
Celebrate the now.
The present moments guaranteed to
seize.

You have been evolving.
Your fears never paralyzed you.
Quite the contrary:
they expanded you.

Slow down.
Look within you.
Celebrate your becoming.

I wonder ... on the hard days that test your mental strength, grip your heart, and twist your stomach, do you consider slowing down and finding the will to see the positives? What do you see? Do you ask yourself “Why is this happening to me?” or “Why is this happening for me?”? Since I began my mindfulness journey, I have been asking myself more of the second question. After pondering, I usually find that the circumstances teach me vital lessons and ask me to grow beyond my comfort zone.

Photos from Canva.



About the Author

Cecilia Yu is a self-compassion enthusiast and coach. Certified in Integrative Nutrition Coaching, Culinary Nutrition, Goddess Yoga and Women’s Circle Leadership, Cecilia empowers mommies and their loved ones to lead a healthy, soulful life through anti-inflammatory dietary lifestyle, meditations, yoga, journaling, and her Self-Compassion Circles for Moms. For inspiration, follow her on @CeciliaADoseofVitaminL (FB/IG).

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DIY FABRIC MAKEUP BAG



Whether you're going on a weekend getaway or a long vacation, our DIY fabric makeup bag will be your perfect travel companion. Anelia and Johanna dive into the details and show us how to create a makeup bag that is both practical and stylish.

If you're someone who loves makeup, you know how important it is to keep your beauty products organized and accessible. When you're on the go, it's essential to have a makeup bag that can fit all your makeup and also be compact enough to fit in your luggage. This month's DIY fabric makeup bag is a fun and creative project to undertake, and it also allows you to customize the bag to your liking. In this article, Johanna and I will show you how to create your own DIY fabric bag that is not only functional, but also stylish and unique.

Whether you're a sewing novice or an experienced seamstress, this project is sure to be a rewarding experience that you'll enjoy using on all your travels. So, grab your fabric and let's get started!

STEP 1



Note: The dinosaur-printed fabric in this photo was used as a cutting template only.

STEP 2



What you'll need:

- 2 x 1 m cotton fabric of choice (complementary textiles)
- Fabric scissors
- 2 x 140 cm lengths of string (complementary to fabric)
- Thread (matching the fabric)
- Sewing machine
- Measuring tape
- Pins
- Ruler
- Fabric marker or pencil
- Diaper pin
- An iron

Process:

1. Lay out the two pieces of fabric on top of one another with the 'right' sides facing each other. Using a template, cut a circle with a radius of 40 cm. Now you have two circles of fabric.
2. Fold the circles in half. Using scissors, cut a small notch at both ends of the fold. When you unfold the circles, you should have a notch the shape of a tiny triangle and about half the size of your pinkie nail on either side (the notch will serve as the starting point

STEP 3



STEPS 4 & 5



- for the strips to be sewn onto the circle in step 4 and the hole the string will loop through).
- Next, cut two strips, 65 cm long and 4 cm wide, from either of the leftover bits of fabric. Take the two long strips and fold the long edges inwards 0.5 cm, then fold them in another 0.5 cm, so the raw edges are folded inside.
 - Choose the circle of fabric you want for the inside of the bag and lay it flat, 'right' side facing up. Place one long strip (folded edge facing the outside) around the edge of one half of the circle, pin together, and sew with a straight stitch—0.5 cm from the edge. Repeat with the other strip on the other half of the circle.
 - Now take the second circle and place it face down on top of the circle with the strips attached. The two 'right' sides will now be together.
 - Neatly pin the circles together.
 - Sew the two circles together about 1 cm from the edge, leaving a 4 cm gap to help you turn the fabric inside out. Remove the pins and cut off any excess fabric around the edge of the circle.
 - Turn the fabric right side out and iron so it is flat and neat. Stitch to close the 4 cm opening, either using the sewing machine or a needle and thread.
 - Attach the first 140 cm string to the diaper pin to help you thread it through the double-folded strip around the edge of the circle. Complete the full circle, loop through the small notches made in step 2, and tie the two ends together with a double knot.
 - Now take the second 140 cm string, and thread it through from the other side and tie the two ends together with a double knot.
 - Slowly pull the two strings apart, and you have yourself a brand new makeup bag for your next trip!
- Note: 'Right' side refers to the printed or pretty side of the fabric.

Photos courtesy of the author.



About the Author

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

Johanna is a Bangkok-based educator, sewing boffin, and the creator behind this pattern! Connect with her on IG @sew_whathanna

MEET JOSEPH

From running through the English hills to running after a busy two-year-old, assistant editor Joseph, tells us about his experience as a stay-at-home dad in Bangkok.

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

I'm from London in the UK. I was a keen runner and cyclist in the UK, so Saturdays would usually see my wife and I running our local parkrun (a free, weekly 5 km run held every Saturday morning in thousands of places across the world). So 20 minutes of exercise followed by two or three hours of eating cake, drinking coffee, and chatting with friends. On Sundays we might have been cycling somewhere nice for more coffee and cake. Or we might have spent our weekends heading out of London to enjoy running in the hills of Northern England.

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

I had just joined the UK civil service as a trainee accountant when my wife got a job in Thailand. Reluctantly, I swapped a budding love of spreadsheets and cold wet commutes in London for the beaches of Thailand. Tough choice. When we first arrived in Bangkok, I started teaching English as a foreign language. After four years, much to the mutual relief of me and the English language, I stopped to become a stay-at-home dad.

Please tell us a little bit about your family.

My wife, Diane, was born and brought up in Bangkok and was very excited to return to Thailand with her job. Two-year-old Martin was born here and is excited about pretty much everything.

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

We moved here in September 2018. My wife was worried that I would miss short runs in the cold, treeless hills of England, so she signed me up for a 50 km jungle run in November 2018.



This didn't stop me from missing short cold runs in the hills of England. I also miss parkrun and English beer and sausages, but what I miss most are friends and family—especially now that we're always looking for free babysitters!

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

Our day usually starts far too early as Martin is an early riser. Then we'll have breakfast and, naturally, a cup of tea. Martin will play with his nanny and then the two of us will head off to either a BAMBI playgroup or the playground in Lumpini Park. I'll run him home in his pram, hoping to get there by 12pm, desperately trying to stop him from falling asleep. Then we all pray for a successful naptime. After a hopefully very long nap, for everyone, we'll go to the local park to play with friends, ride our bike, or feed the fish. Then it's home for tea, bathtime, and bed.

How did you find out about BAMBI?

My wife.

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

Tough question. I love the friendliness of people, especially when you have a child. Everyone on our soi stops to speak to Martin, which is great. I don't think, except for an unfortunate weekend in Jomtien, that we've had a bad holiday in Thailand yet. All the countryside and beaches have been amazing. My absolute favorites have been Chiang Mai and Krabi, but then I think of some of the other places we've been to, and I'm not sure!

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

I found it very hard to meet people and replace my social life from the UK. Having a baby and BAMBI have helped a bit with that, but it is still not easy.

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

Try the excellent fried breakfast at the British Club playgroup!

FIGHT, FLIGHT, OR FREEZE



Whilst we can't always be there to protect our children, we can do our best to prepare them to be able to deal with whatever happens. Chinyere shares some ideas on how to help keep our children safe.

When I was younger, I had a teacher who made me feel uncomfortable. He would make derogatory comments about my body, tease me in front of my classmates, and once, even asked other students to bring me to his office and made me sit uncomfortably close to him. It was all terrifying.

The truth is that all of us have been in situations where we felt unsafe or outright threatened at one point or another. Sadly, children are not exempt. This is why the conversation around child safety is so important.

As parents, we constantly worry about the safety of our children in public places, such as schools and malls, and even around certain people. While we are wired to always protect and defend our children, sometimes it is impossible to do so. This is why it is important to take on the responsibility of teaching them how to navigate dangerous situations.

As unpleasant as it sounds, this is an important aspect of parenting and is necessary to help them develop and master the skills needed to stay safe in uncomfortable and threatening situations. This gives you some level of assurance, especially when they are away from your immediate care.

Breaking down the fight, flight, or freeze response

When we are in danger, our bodies engage what is known as the sympathetic nervous system. This system initiates a series of physiological responses meant to help us survive in risky conditions. The three primary responses are fight, flight, and freeze.

The fight reaction is characterized by a rise in heart rate, blood pressure, and adrenaline levels. This response prepares the body for physical action and can be useful in instances where fighting is vital for survival.

An elevated heart rate and blood pressure are also signs of the flight reaction, which primes the body to flee or escape danger. In circumstances where fleeing is the best course of action for safety, this reaction may be helpful.

A rapid stop of movement and speech as the body becomes paralyzed is a hallmark of the freeze response. When fighting or running are not an option, this response may be activated. In circumstances where remaining motionless and silent can

help to evade notice, this response may be helpful.

Because children are still in the process of learning, it is important to teach them how to deploy these responses so that they do not put themselves in more danger.

Teaching children to deal with danger

Teaching children how to deal with danger begins with assisting them in understanding their fight, flight, or freeze responses. Children should be taught that these reactions are normal and are designed to keep them safe. They must also be taught that these reactions are not always appropriate in all situations and can occasionally lead to danger if not deployed correctly.

Here are some of the ways to teach children about safety and how to respond when faced with any kind of danger:

1. Talk with your children:

Make it a point of duty to have healthy and open conversations with your children. Ask them if they have ever felt like they were in a dangerous situation or



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around dangerous people. Listen to them and take the opportunity to teach them what they should have done and what they should do if they ever find themselves in such situations again. Resist the temptation to scold them if you feel that they could have handled a situation better.

2. Engage in role-playing exercises:

You can act out various circumstances and scenarios, such as a fire outbreak or an intruder attack, and ask the children to respond as they would if faced with such situations. This allows children to learn and practice their response in a safe and supervised environment. This can be done as often as is necessary.

3. Teach your children about dangerous people:

It is good to teach children not to have any dealings with strangers. This is obvious and simple to adhere to. However, it is also important to teach them that even people they know well can constitute a danger to them. They need to be taught how to identify these dangerous people and how to respond.

4. Give guidance on what to do in specific scenarios:

Children should be taught the exact thing to do in specific scenarios. For example, children should know how to dial the emergency phone line, what to do if they become disoriented or lost in a public place, and how to identify safe people if they need to ask for help.

5. Enroll them for basic self-defense classes:

It may be necessary to enroll them for basic self-defense classes where they are taught how to defend themselves whenever they need to. These skills are very valuable as they may be enough to protect them from potentially dangerous situations.

6. Teach them basic first aid skills:

Having first aid skills is equal to having a life skill. It helps children to be risk aware and empowers them with the skills needed to save their lives and even those of others in the event of a medical emergency. First aid skills such as CPR (cardiopulmonary resuscitation) can be the difference between life and death.

7. Teach them about their bodies:

Children need to be taught that they own their bodies and nobody is allowed to touch their bodies in a way that makes them uncomfortable, including close friends and family members. "No." is a complete sentence, and they should know that they are allowed to use it!

8. Teach kids about staying safe online:

With the advancement of technology and with more kids using the internet, it is important to teach them what's appropriate in the online space and help them to understand the dangers they may be exposed to. Cases of online child predators are on the rise. We should set boundaries and enforce them to ensure that our kids stay safe, for instance, not sharing personal details online and reporting any suspicious behavior or problems to their parents.



13 basic safety rules you can set for your children

1. Stay as calm as possible and avoid panic.
2. Be mindful of your surroundings and trust your intuition.
3. Know who to call in an emergency (for example a trusted adult, a neighbor, or condo security).
4. Learn by heart the names, numbers, and addresses of parents or a trusted adult.
5. "Stranger danger": it is crucial to teach children how to recognize and deal with dangerous people. If lost or disoriented in a public place, seek out the help of a safe adult such as a mom with kids.
6. If someone tries to grab you, run and call for help.
7. Never go out without an adult family member.
8. Tell a parent or trusted adult if you feel threatened in a place or by certain people.
9. Keep away from potentially hazardous situations or objects such as fire, water, and even the medicine cabinet.
10. When participating in physical activities, always wear appropriate safety gear.
11. When walking or bicycling on the road, observe traffic laws.
12. Do not give out personal information (addresses, passwords, telephone numbers and so forth) to strangers, especially over the internet.
13. Scream "NO" to attract the attention of others if asked to do something that makes you uncomfortable.

Conclusion

While we wish that our kids could stay safe and not be exposed to any kind of danger, the reality is that danger is real and children are not exempt. It is important to start talking to your children about this as soon as they are old enough to understand. The important thing is to constantly keep the communication lines open, have healthy conversations around these issues, and give your children the confidence to open up to you at all times.

With practice and guidance, children can learn to manage their responses to danger and choose the best course of action for their safety.

Photos from Canva.



About the Author

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

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