

BAMBI

SUPPORTING FAMILIES IN BANGKOK SINCE 1982

GO WITH
THE *FLOW*

YOUR GUT,
YOUR LIFE

CREATION STATION:
“I AM...”

MARCH 2023

Together, We are a Legendary Cognita School



Dusit | Ages 2 - 11

Green Valley | Ages 2 - 18

Sathorn | Ages 2 - 11

Sukhumvit S107 | Ages 2 - 18

With four exceptional campuses; Dusit, Sathorn and Sukhumvit 107 located in Bangkok and Green Valley on Thailand's Eastern Seaboard, the choices for a St. Andrews Education are boundless.

For more information visit
www.standrews-schools.com



St. Andrews
International School

Dusit Green Valley Sathorn Sukhumvit 107

COGNITA



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

ChildbirthBreastfeeding-Foundation-of-Thailand



Follow BAMBI on
Facebook:

facebook.com/BAMBIBangkok

5 Committee Letter

6 Editor's Corner

On the Cover

22-25 Go With the Flow

28-29 Creation Station: 'I Am...'

32-35 Your Gut, Your Life

Special Features

10-12 Beyond Breasts

13 Photo Feature: Discovery Kids Playgroup

19 Photo Feature: New Members' Coffee Morning at Melodies International Kindergarten

26 Photo Feature: Blue Parrot Playgroup

36-38 Back Pain and Keeping Your Spine Healthy

40 Readers' Corner: Books to Inspire

48 Fun Corner

In Every Issue

8 Welcome, New Members!

8 Happy Birthday from BAMBI!

14 Member Profile

16 BAMBI Member Benefits

18 How to Become a BAMBI Member

20 BAMBI Playgroups & Activities

42-44 Call for Volunteers

46 Bangkok Support Groups

49-50 BAMBI Team



ADVERTISING DISCLAIMER

Paid advertisements appear in BAMBI Magazine. BAMBI does not endorse or evaluate advertised products, services, companies or schools, nor any of the claims made by advertisements published in the magazine.

Advertising does not influence editorial decisions or content, and BAMBI does not receive payment financially or in kind in its capacity as a non-profit.

BAMBI reserves the right to refuse, reject or cancel any ad for any reason at any time without liability.



REGENTS INTERNATIONAL SCHOOL
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

Yuika, Year 4, Regents International School Pattaya

G
R
E
A
T
T
H
I
N
K
E
R
S

*Where great thinkers
are made*

We want your child to imagine a world of infinite possibilities. Yuika builds on her 21st century skills in the STEAM Machine at Regents International School Pattaya - skills that will help her invent the future.

This term, Yuika and her Year 4 classmates are working on a STEAM project to design and build a scale model of a traditional hill tribe house of northern Thailand.

See how your child can be inspired at
regents-pattaya.co.th



Briana Malone

Dear members,

Hello! As BAMBI's database coordinator, most of the ways I support BAMBI are from behind my laptop screen. I activate memberships, support our amazing volunteers who lead all of our BAMBI activities, and manage plenty other membership tasks. So while I may not get to meet many members in person, chances are I have sent you an email. I feel lucky to have the chance to connect with all of you this month!

Somehow we are already in the third month of 2023. The excitement and newness of a new year starts to fade around this time, and for me, I am starting to feel the reality of our family's day-to-day routine back in motion.

March also brings International Women's Day—a chance for the causes and issues that affect women most to be brought into the spotlight.

As I come closer to my 40th birthday this October, I see more and more how my ability to enjoy my day is tied to my health. I can more clearly feel the effects of a very active 39 years and two healthy and happy kids. While I am quick to schedule any doctor appointments my kids may need, I am slow to make the time to take care of my own health. To other women, I am the first to say: listen to your body, rest and recover, find physicians you trust. But of course, I miss these as my own priorities. This week though, I spent time scheduling my own appointments and definitely felt a sense of relief taking control of my health.

So here is the reminder to prioritize your own health and well-being. Be an advocate for yourself; create the time and space to seek the resources you need.

For BAMBI, March also means our Annual General Meeting where we recap 2022 and confirm plans for the future. As a BAMBI member, you are invited to attend, and we hope you will consider joining us.

Thank you for being a part of BAMBI!

Briana
Database Coordinator

BIRTH ANNOUNCEMENT

Marianna and Giacomo are delighted to announce the birth of their first baby,

Ada Lucchetta Revolfato,
weighing 3kg and measuring 50.5cm long

on Wednesday, 8 February, 2023
at 1:32am at Bumrungrad Hospital.

We are both very happy and excited to start this wonderful experience as a family!

Marianna Revolfato and Giacomo Lucchetta

Welcome to March, readers!

This month the world celebrates International Women's Day on the 8th, and we at BAMBI Magazine decided to honor women everywhere by bringing to light the topic of women's health.

As a mother to two daughters, this topic is very close to my heart. I believe that by raising awareness of the health issues faced by women and learning about healthy habits, I not only empower myself to understand my body better and make informed health decisions for myself, but I also teach my daughters to do the same. I want them to understand how important it is to advocate for our health needs—physical and psychological—because of the unique roles we play biologically and socially.

At the age of 14, I had a lumpectomy on my left breast. Luckily it was benign, but even now I vividly remember the anxiety I went through. I had a zillion questions about what was happening in my body, about the surgery, and so on, but once my parents and the doctors had decided the next steps, everything seemed to be moving at warp speed. I confided in a cousin who then spilled the beans via her parents to mine, and it was then that my parents sat me down and really took the time to reassure me and explain what was going to happen. Before then, I was unnecessarily carrying the burden of worry and confusion alone for weeks because 'breast health' was not commonly spoken about by anyone around me. That was another issue growing up: women's health topics were always discussed in hushed tones.

I never want my daughters to be in a situation like this, and that's why I believe we should talk about women's health every chance we get. So turn the pages and check out our humble

attempt at getting these conversations started.

First up, we have 'Beyond Breasts' by Rasee Govindani. Rasee shares her breast cancer journey and what she's learned through all her experiences—that life is a precious gift you absolutely cannot take for granted.

Next, we have 'Go With the Flow' by Rachel Ofo. In many cultures, menstruation-related conversations between children and adults are often met with some awkwardness and embarrassment. If this was your experience as a child, and you now want to do better for your kids, girl or boy (yes, boys and men should be included too), give this article a read and learn how it can be done.

And is it just me or have you also realized that as we get older, our digestive systems don't function as smoothly as they used to...? Also, getting exposed to different kinds of bacteria from the food and water we consume has repercussions for our systems—something Jaqui Deeon realized the hard way. In 'Your Gut, Your Life' she gets honest about her gut battle and the regimen she adopted to keep her stomach shipshape.

I've also often thought that as women, we carry our families' world on our backs. So, what happens when our backs give out? I'd rather not think about that. Instead, let me direct you to Emma Lawrence's article, 'Back Pain and Keeping Your Spine Healthy', where she discusses what we can do to keep back pain at bay.

And while we give women's health some thought this month, we also want you to celebrate yourself as a woman. A great way to do this is to invest some time into Anelia Van Zyl's craft activity in Creation Station with



Sanam Raisa Rahman

your child. Easy to follow and highly enjoyable, it will help the two of you remember and appreciate all the good things about yourselves.

In Readers' Corner, Angela Chen recommends 'What Are Germs' by Katie Daynes and 'Expecting Better' by Emily Oster. The former is a great guide for introducing children to the world of germs and how they affect us; the latter can be hailed as the wise-old owl of pregnancy and maternity, discussing all the dos and don'ts along with evidence-based claims for the whys and why nots so that moms-to-be and new mothers can make informed health choices.

I will leave you here now, but before I go, a special thank you to my wonderful team members, ScandMedia Corp. Ltd., our publishing partner, and the dedicated BAMBI committee for supporting me in my journey as the editor. March marks a full year for me, and I hope I can continue to give all of you my best in this role. Stay healthy and March on, readers!

Until next time,

Sanam
Editor

ERRATUM: Please note that the name of last month's child cover model was incorrectly printed. Our child cover model was Koki, not Pete.

We sincerely apologize to Koki, his family and our readers for any confusion encountered due to this misprint.

A WORLD OF OPPORTUNITY

From her thirteen-year career as a Bangkok Patana gymnast, Evelyn Cannon has established fulfilling relationships with her peers, developed a resilient mindset and grown as an athlete. These will all contribute to her holistic well-being as she pursues a degree in biomedical science. Read about Evelyn's journey of growth:



SCAN ME

Give your child
a **World of
Opportunity**
at Bangkok
Patana School



Bangkok Patana School
The British International School in Thailand
Established 1957

admissions@patana.ac.th
www.patana.ac.th
Tel: +66 (0) 2785 2200

Bangkok Patana is a not-for-profit, IB World School accredited by CIS

WELCOME, NEW MEMBERS!

Aileen Tung

Airada Backx

Aikina Fujita

Chayanuch Akjiratikarl

Dr. Pornsiri Uthaicharoenpong

Jaranya Traibanyatkul

Jaylyn Suphakitchanusan

Jessica White

Juthathip Sakulpech

Kanyarat Wattanavarungsikul

Kirsten Francisco

Lily Rojanamitr

Mari Tahata

Maria De la Puente

Momoko Kurematsu

Nalina Chayasombat

Nana Saito

Natsumi Kanaya

Olga Burmistrova

Paveenarsorn Ek-dissayavikul

Ploypaphat Intasen

Ploypruek Wichiansri

Pornpan Nimsomboon

Pornpawee Thapmongkol

Punyisa Sato

Rachapa Pattaraudomthorn

Ryoko Uchiyama

Sirimon Jirachaiprasitthi

Sophie Raynaud

Stephanie Weddle

Sutheeta Lapsuksatit

Suwimol Aranwattananon

Thida Wangdamrongves

Vichuda Weerajittaywin

Yanisa Nipatakusol

Yuki Amano

HAPPY BIRTHDAY FROM BAMBI!

MARCH BIRTHDAYS

Akane Shimada

Anna Razgovorova

Castiel Olivares

Cher Uabhaibool

Hikaru Shimada

Joanna Roach

Kaussar Sultangazina

Lucas Borel

Matteo Bissoni

Mellow Mensah

Michelle Pacharintanakul

Rick Omura

Shanaya Farid

Towa Norris

Yui Yamazaki

LEADERSHIP FOR
THE FUTURE



EDUCATION

ENVIRONMENT

WELLBEING
FOR ALL

BANGKOK PREP
FOREST CAMPUS



1st INTERNATIONAL SCHOOL IN THAILAND

to be accredited with the highest Eco Schools Award - the Green Flag!

The Forest Campus is Bangkok Prep's first Headquarters for Sustainability and Environmental Education, reaffirming our commitment to education for sustainability.



**BANGKOK PREP
FOREST CAMPUS**



Bangkok Prep is fully committed to
Environmental Education & Sustainability!

Bangkok International Preparatory & Secondary School
77 Sukhumvit Soi 77, Vadhana, Bangkok 10110

Phone: 02-700-5858

Email: info@bkkprep.ac.th [f](#) [@](#) [t](#) [v](#) [in](#) bangkokprep.ac.th



Enquiry



Forest Campus

BEYOND BREASTS



Life took on a different meaning when Rasee was diagnosed with breast cancer in 2016. She shares her experience, from diagnosis to post-treatment, and reminds us to live every day as though it may be our last.

I wrote this article for BAMBI in 2017, a year after my breast cancer diagnosis and treatment. It has now been more than six years since I was diagnosed. I am 42 years old, my daughter is almost 11, and the world hasn't stopped spinning. I think less about cancer now than I did a year ago, but it is always in the back of my mind. At times, cancer is a toddler throwing a tantrum and demanding attention, and at other times, it's an old scar that I forget about until I move funny and it tugs a little. I am permanently changed by cancer and I never take this life I'm living for granted; every day is a privilege.

In April 2016, at 35 years old, during a self-examination, I felt something in my right breast. It wasn't a well-defined lump. It was neither round, nor the size of a pea, a grape or a golf ball. It was just something strange. So, because I was a mother to a five-year-old, I made an appointment to see a breast specialist.

I had a mammogram and an ultrasound and both were unremarkable. The doctor said I could return for a follow-up in six months or I could have a biopsy, where a large needle would be inserted into my breast to remove pieces of breast tissue to be examined under a microscope. I knew right away that I would have a biopsy. It wasn't instinct, or a gut feeling; it was a feeling of a sense of responsibility towards my child, which meant I could not mess around with our lives.

Diagnosis

Your entire life can change in an instant. You don't think it can, but a phone call is all it takes to upend your whole world. The doctor had specifically said he would call me with the results because he was so confident it wasn't can-

cer. So when the hospital called, asking me to come in to discuss the biopsy results instead, I knew it was bad news. The only thing I knew about breast cancer was that a sweet friend had died from it the year before, and all I could think about was my daughter, and how much I wanted to watch her grow up.





The biopsy revealed a mix of ductal carcinoma in situ (DCIS), or precancerous cells, and invasive ductal carcinoma (IDC), the most common type of breast cancer (1). I learned breast cancer vocabulary very, very quickly. I was diagnosed on 1 June 2016, and my right breast was removed on 15 June 2016.

During a mastectomy, a breast surgeon also examines lymph nodes under the affected arm to see if the cancer has traveled outside the main tumor in the breast. Before surgery I only knew that I wanted—no, I needed—negative nodes. I knew that if the cancer had spread beyond my breast, the treatment would be more complicated. Women who die from breast cancer don't die from the cancer that stays in the breast; they die when that cancer spreads to other parts of the body, commonly the lungs, liver, brain, and bones.

My surgeon removed 28 lymph nodes. The next week I would find out that there had been cancer in four of those nodes. Scans of my lungs, liver, and bones were thankfully clear. My cancer was hormone receptor positive, which meant I would need hormone therapy to stop my body from producing estrogen, but before that I would need chemotherapy and radiation.

Treatment

My chemotherapy regimen was called TAC for the three drugs (Taxotere, Adriamycin, and Cyclophosphamide) (2) I would receive via an IV, every three weeks, for a total of six infusions. Each infusion and rest period was called a 'cycle'. The list of possible side effects of these drugs was terrifying and endless. The first infusion was a sharp learning curve. I spent all night vomiting; I was exhausted down

to my bones; and I lost my sense of taste which meant I could barely eat or drink. Water tasted foul. I was admitted to the hospital a few days later with dehydration. I figured out I could drink flavored water and coconut water. I had to avoid all my favorite foods because they tasted nothing like they used to. My hair fell out two weeks after my infusion and I shaved the rest off. At that moment I looked like a cancer patient, and that was harder than not having a breast. Something that felt private became very public.

I hated chemotherapy. I am grateful for it because it works exceptionally well, but I hated the way it made me feel. I had my last infusion on 7 November 2016. At the end of chemotherapy I started hormone therapy. I received a shot called Zoladex every three months to put me into menopause and I took an Aromasin pill daily. If surgery was to cut out the cancer, and chemo was to poison it, then hormone therapy was to starve it, so it could never grow again. Radiation was much easier than chemotherapy. I started radiation on 5 December 2016, and had to be at the hospital five days a week for a total of 25 radiation sessions. I didn't experience any real side effects from radiation, except for a slightly sore throat and dry skin. The only inconvenience was the daily commute to and from the hospital. And then active treatment was over.

Survivorship

It has been more than a year since my diagnosis. I have found navigating survivorship to be surprisingly difficult. When you are in treatment, your doctors are responsible for you, and your life is all about 'killing cancer'. Then it's done and you're meant to live your life and hope that you'll never have to go through it again. But you might;



or you might not. So you live in this limbo that can drive you crazy. Sometimes I am so scared I can hardly breathe, and sometimes my life is full and busy, and I go an hour without thinking about cancer. Some days I am filled with gratitude to be alive, to be done with treatment, and to feel about as close to normal as I guess I will ever feel. My bones ache and I get hot flashes all the time from being forced into menopause, but I am here and I get to be a mother. From the moment I was diagnosed, that is all I ever wanted.

I lost friends when I went through treatment. Many people don't know how to act around someone who's going through something so hard, especially something as scary as cancer. However, it's not nearly as complicated as people seem to think. When you love someone, you show up. You stand by them. You hold them up when they're falling. You listen to them rant and rave about the unfairness of it all. You throw them a magical, sparkling unicorn party to celebrate the end of chemotherapy. You treat them like the person that you love, the person that needs you to just love them, to stick by them, to invite them to things—even when they are too sick to go.

References

1. <https://www.mayoclinic.org/diseases-conditions/breast-cancer/in-depth/breast-cancer/art-20045654#:~:text=Ductal%20carcinoma%20is%20the%20most,it's%20made%2C%20to%20the%20nipple.>
2. <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/tac>

“Tell me, what is it you plan to do with your one wild and precious life?”

— Mary Oliver

We are all going to die. We just think that it won't happen until we are old and ready for it. Cancer took a lot from me, but cancer helped me understand an important lesson: none of us are promised tomorrow. You know this already, but you really don't. So listen to me. Be happy now. Go on that adventure now. If you're unhappy, change your life. There is no 'right time' for the things you love. 'Now' is it. Because this life is all we get.

This article was first published in the BAMBI Magazine, November 2017 issue and has been updated by the author for the March 2023 issue.

About the Author

Rasee Govindani is a doula and childbirth educator, and helps run the Bangkok Breastfeeding Cafe. She is the founder and moderator of the Facebook group Thailand Babies which has over 1,400 members. She believes in educating families so they can make the right choices for themselves during pregnancy, birth, and the postpartum period.



DISCOVERY KIDS PLAYGROUP

EVERY MONDAY, 9:30-11:30AM
AT KIDS ACADEMY, DISCOVERY CAMPUS



In partnership with Kids Academy, BAMBI launched its immensely popular Discovery Kids Playgroup recently.

We are fully booked every week and greatly enjoy playing indoors, painting, singing and dancing with Ms. Deah, the playgroup teacher, and spending time outdoors in the sand and water. Come join us next time!

MEET MARIANNA

From mountainous Belluno to bustling Bangkok, media coordinator Marianna tells what living in Thailand has been like, and the excitement of expecting a baby girl.

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

I'm 100% Italian, and I come from Belluno, a small mountain town in the north-east of Italy. Let's say it's the other extreme of Bangkok!

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

I'm a digital marketer, and I specialize in online advertising. I used to work in web agencies dealing with different clients from many industries. It has always been interesting to meet new people from different backgrounds. Now I'm enjoying the last days of my pregnancy. We moved to Bangkok thanks to my husband's job; he works in logistics for a multinational company that produces eyewear.

Please tell us a little bit about your family.

At the moment, we're only two: my husband, Giacomo, and me. But we're eagerly waiting for our baby girl. I think she will be here in just a few days!

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

I moved to Thailand 18 months ago, so not that long ago. What I miss the most are the mountains and the fresh, cool climate. I still have to get used to the weather here. Being Italian, I most certainly miss the Italian grocery stores where you can find real, delicious Italian tastes. But I can't complain since there are plenty of amazing Italian restaurants here.



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

I'm taking advantage of the last days of pregnancy to rest and prepare everything for the baby. I like going on daily walks in my neighborhood or going to Benjakitti Park to enjoy the green and clean landscape. I also like meeting some friends and organizing dinners together.

BAMBI has been part of my routine since I became the media coordinator a few months ago, and I like to ponder about all the online improvements we can make. I love being part of the BAMBI team.

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

I love the 'chill' way of living in Thailand. Even in a big city like Bangkok, you always see relaxed people and don't feel the pressure that you usually feel in other big cities in Europe.

One of my passions is traveling, so despite COVID restrictions I visited many places from the north to the south of Thailand. My top three favorites are: Khao Sok National Park, Koh Lipe, and the coffee plantations around Chiang Rai.

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

If I really have to come up with something, it would have to be the constantly hot weather. Then, getting used to a completely different culture and way of thinking (however, I don't consider this to be a real challenge; rather it's an exciting way of learning something new). Finally, building good relationships. After one year I can absolutely say that I've found good friends here in Bangkok.

How did you find out about BAMBI?

I was searching for a way to connect with new moms-to-be and a friend of mine, Gienna (who is one of the assistant playgroup coordinators), suggested following all the BAMBI activities.

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

Enjoy all the playgroups and activities BAMBI offers because it's a really good way to connect with other moms and share your own experiences regarding parenthood. At the same time, your kids can improve their intellectual, physical, and social skills while having fun. And if you're a mom-to-be, attending BAMBI's pregnancy information mornings is the perfect way to learn something new and meet new people like you!

BAMBI AGM 2023



**FRIDAY 24TH MARCH | 9:00-11:30 AM
AT DOUBLETREE BY HILTON PLOENCHIT**

1. PLEASE ARRIVE AT 9:00AM SHARP FOR SIGN IN AND COMPLIMENTARY REFRESHMENTS. MEETING WILL START AT 9:30AM.
2. ALL BAMBI MEMBERS ARE INVITED, SO PLEASE FEEL FREE TO INVITE YOUR MOMMY FRIENDS TOO!
3. SPOTS ARE LIMITED. BOOKING REQUIRED VIA BAMBI WEBSITE.



**PHOTOGRAPHY
BY SAYURI**



MELODEA126



SAYURI_PHOTO26

BAMBI MEMBER BENEFITS

Flash your BAMBI card and enjoy special discounts!*



**15% OFF SRC
HEALTH SUPPORT
GARMENTS**



**10% OFF
HAJI CAFE**



**15% OFF
LITTLE BIG
DREAM**



**฿100 OFF
WONDER
WOODS KIDS
CAFE ENTRY**



**15% OFF
HEGEN
THAILAND**



**10% OFF
CURTAIN UP
DRAMA &
MAGIC**

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

These include discounts from the below organizations:

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



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

KIS

International School

KIS

KIS

At KIS, we nurture a love of learning and inspire students to be caring and principled for a lifetime.

Tel: +66 (0) 2274 3444 | Email: admissions@kis.ac.th | www.kis.ac.th



Inspiring Individuals

Learn more





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 and the BAMBI Facebook page (@BAMBI Bangkok) for regular updates.

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

WWW.BAMBIWEB.ORG/FAQ

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



NEW MEMBERS' COFFEE MORNING

HELD ON THE THIRD FRIDAY OF EACH MONTH AT DIFFERENT VENUES.

9:30 -11:00AM



Thank you to all the families who joined us at our New Members' Coffee Morning at Melodies International Kindergarten and Nursery .

It was a fun filled event with indoor play, singing and dancing for children organized by the teachers. Moms also enjoyed meeting other new members and learning more about BAMBI.



BAMBI PLAYGROUPS & ACTIVITIES

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



**KIDDIEVILLE
PLAYGROUP**



**SATHORN
PLAYGROUP**



**THONGLOR
PLAYGROUP**



FOOTBALL



**TODDLER MUSIC &
TODDLER TUNES**



KUNGFU



BAMBI PLAYGROUPS

SCAN NOW

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



**NON-BAMBI
PLAYGROUPS**

A CULTURE OF CURIOSITY, CONFIDENCE AND KINDNESS



Contact us to learn more about Brighton College Bangkok's **Early Years** programme. We proudly nurture pupils aged 2 to 5 with **specialist teachers, world-class facilities** and flexible enrollment schemes.



BRIGHTON COLLEGE

INTERNATIONAL SCHOOL • BANGKOK

8/8 Krungthep Kreetha Soi 15 Yaek 4 Krungthep Kreetha, Bangkok, Bangkok 10240
+66 (0) 2 136 7898 | admissions@brightoncollege.ac.th

GO WITH THE FLOW

Contrary to what you may have learned when you were younger, menstruation is nothing to be confused, worried or embarrassed about. Rachel says that by preparing age-appropriate answers we can help our children realize that this is a normal and important part of life.

Menstruation is known by many names: period, Aunt Flo, shark week; the list of humorous euphemisms goes on. However, how does society's censorship of the process affect our understanding of menstruation? Or how can our censored knowledge affect how we communicate menstruation to others around us? The plain truth is this: it requires accurate knowledge. Knowing what we're talking about allows for a more confident and competent delivery, especially when discussing the subject with our young ones.

What to say

Before we even begin to share information about menstruation with our children, the first thing to consider is what we know about menstruation.

The menstrual cycle is a natural cycle that promotes the creation and continuation of life. A mature egg is released from an ovary (ovulation). It is then either fertilized, prompting pregnancy, or it travels from that ovary through a fallopian tube, to the uterus. While the egg matures, the body is busy lining the uterine walls with blood, tissue, and nutrients. If the egg is fertilized, these will be used to support it during pregnancy. If, however, the uterus notices the

egg exiting unfertilized, the uterine walls shed this lining and the unfertilized egg through the cervix and out of the body through the vagina. This expulsion of the uterine lining and egg is the period (1). As all periods vary, noting acceptable or questionable symptoms such as the color, amount, and duration of the flow, as well as any other symptoms can be helpful.

When to talk about it

Now we know what happens during the menstrual cycle, but when does it begin? Typically, it begins a couple of years after breasts begin to develop (2). Although on average menstruation starts around the age of 12, there are cases where it begins as early as eight years old, or as late as 16 years old (3). Interestingly though, menstruation has changed through history, becoming more regular and lasting longer partly due to our improved health and diet (4). Studies even show that girls are starting puberty earlier nowadays (5). Although there are various factors that influence this, none of the studies are completely certain about why it's happening earlier (6). The point is, that puberty and menstruation may happen sooner rather than later, so we need to be ready to talk about

it. Taking our child's age and level of comprehension into consideration should guide us in how we share information. One mom remembers her experience starting her period:

I was around 10 and a half years old when I first had my period. I knew about it from cousins and my mom, who'd sat me down and tried to explain about it—I now laugh about how embarrassed I felt during that conversation—but I wasn't really prepared when what was supposed to be a 'normal' bedtime routine turned into a 'what is that in my underwear?!' trip. I remember rushing into my parents' bedroom, scared and shocked, asking my mom to double-check my underwear.

When my mom confirmed it, the tears wouldn't stop. She tried to calm me down—she even said I could skip school the next day—but I felt like somehow my body had betrayed me by not working the way it was supposed to. However, it was doing exactly what it was supposed to, but it took me years to properly understand this.

Although her mom is to be commended for trying, we see how what was shared just wasn't enough for this 10-year-old girl. She wasn't prepared



for the actual experience, and sought information from elsewhere.

Who to talk to

The best step to take when discussing menstruation with children is to be open and honest. The more willing we are to answer questions with simple, fact-based evidence, the less inclined our child will be to turn to Google or an ill-informed friend.

This talk around periods shouldn't be restricted to mothers and daughters; fathers and sons need to learn too. One Bangkok dad relates:

I learned about the reproductive system when I was about twelve. The boys were shuffled into one room and the girls into another. I guess they taught us what we needed to know at that age: just basic biology.

Interestingly though, research reveals male feelings around menstruation include anything from 'mystery' to fear (7). Even some women aren't completely knowledgeable or comfortable with the cycle. Continuously making it a matter of conversation will allow for more openness. It can be as formal or informal as you like, depending on the child. There are many resources, like pictures, books, and videos available. Once parents remove the walls

Menstruation: True or False?

1. You can get pregnant while on your period.
2. The average menstrual cycle is six days.
3. It's safe to swim in the ocean while on your period.
4. Women are born with all the eggs they will have in their life.
5. Sports shouldn't be done during menstruation.

Answers: 1 T, 2 F, 3 T, 4 T, 5 F



shielding their children from accurate and complete knowledge of something as normal as periods, we'll hear fewer stories of people not knowing basic facts like that the vagina and urethra are two separate holes.

Who NOT to talk to

Sometimes it's easier to share news with everyone except the person whom we're speaking about. But remember that if it's not our business to share, or we weren't given explicit permission to share it, it's best to keep the news to ourselves. One Bangkok mom recalls:

I remember starting my period and before I'd even washed my hands and left the bathroom, my whole family knew. Although I didn't really feel any type of shame, knowing that my personal business had been shared with my dad, brother, neighbors, and even relatives in other countries, made me feel a bit uncomfortable.

To prepare our child for their period, we must first gain their trust. This will ensure that they will turn to us with whatever other questions arise. Like, "How do I use this thing?"

Products

Another aspect of periods to consider before you talk to your child are the products available. From papyrus to moss, women throughout history have worked at finding the most absorbent and comfortable products (8). One period product growing in popularity today is the 'period panty'. Companies have created underwear that look and feel normal, but, allow for menstrual flows without leaks and can be washed and reused.

One of the oldest period products is the pad or sanitary towel. Requiring little dexterity, one simply removes the pad from the wrapper and centers it on the underwear. Pads can vary in length, thickness, and design depending on flow and activity. Pads can also come in very thin panty-liners, used mostly for light days or spotting. A fellow mom shares why she prefers pads:

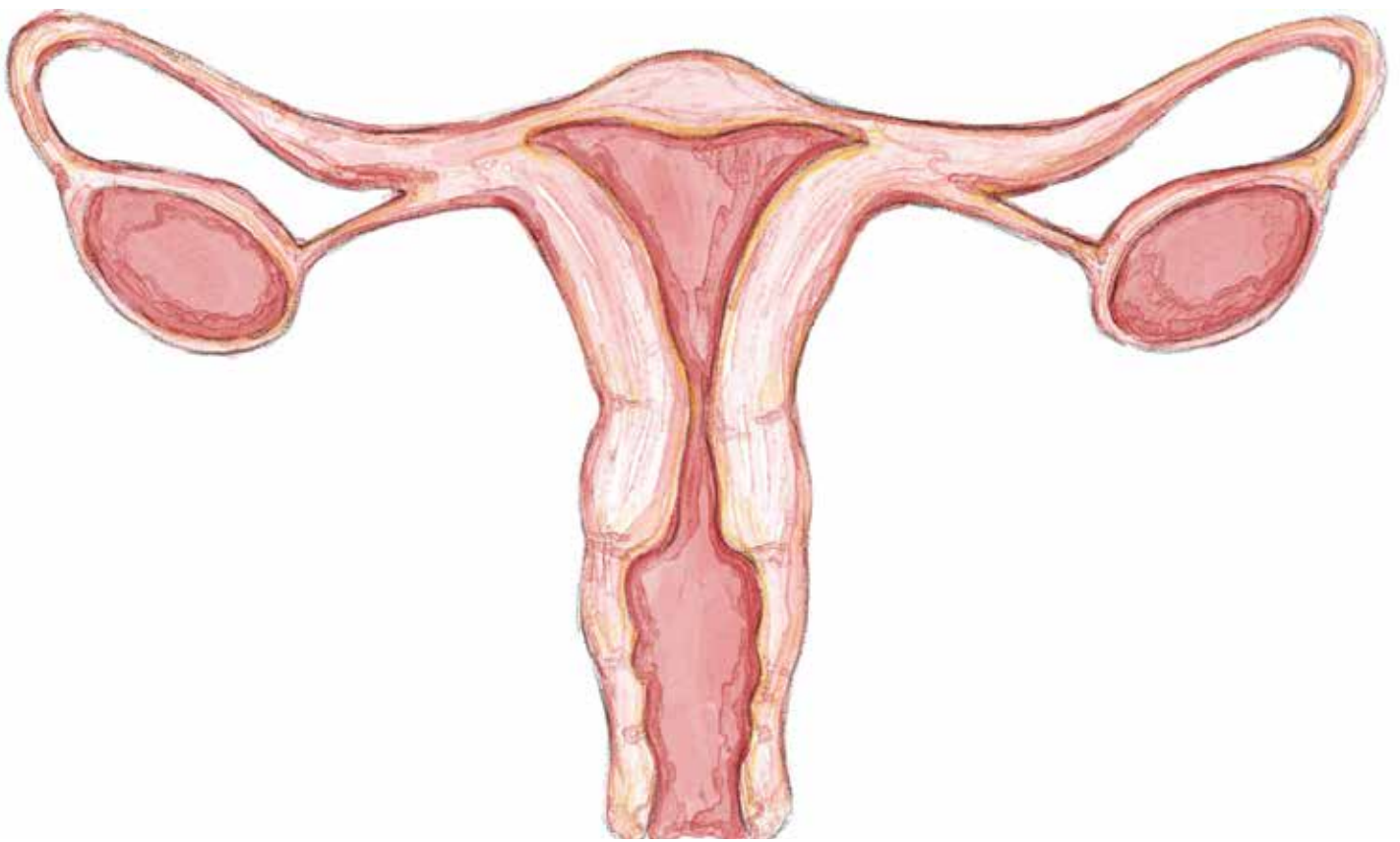
I think it's partially a cultural choice. I wasn't allowed to use tampons because it was ignorantly believed that 'good' women didn't use them. However, I also feel secure with pads. I have such a heavy flow that I don't feel a tampon would do me any justice.

However, for those who prefer more discreet products, tampons and silicone cups are available. Both require a bit of technique as they must be inserted at the correct angle to avoid leakage or discomfort. Just like the previously mentioned products, tampon sizes and shapes vary due to flow, activity, and comfort; cups are less varied. Tampons are disposable and require more changes throughout the day, whereas cups can be worn for longer periods of time and are reusable. Some tampon-users relate their first experiences with them:

When my mom found out I used tampons, she cried and told me I was 'devirginized'.

My mom helped me from the other side of the door, but I still couldn't get it.

Ultimately, you want to give your child options and accept what makes them feel clean and comfortable. Encourage your child to either practice or read instructions on how to use the product, and to always carry the product with them in case their period begins unexpectedly. It's also important to teach them that menstrual products are just as natural as menstruation itself. One study where



some women were asked to ‘accidentally’ drop a tampon and others a hair clip revealed that those who dropped the tampon were rated as ‘less competent and less likable’ than those who dropped the hair clip (9). This is the type of bias we need to dispel.

How to help and prepare

On the topic of comfort, providing your child with various forms of physical and psychological comforts may also aid in their transition. Once you’ve explained the process and your child understands what comes with the territory, it might be a good idea to discuss techniques to alleviate some of the discomforts like cramps or slight cravings. Again, symptoms,

flow, mood, and everything included with menstruation shouldn’t be debilitating. Reassure your child that you’ll support them, and help them seek professional care if they find themselves unable to cope with the effects of menstruation. You can highlight how taking care of themselves will make a world of difference.

Finally, if you can’t bring yourself to speak freely about the topic or don’t understand how and where to start, or if your child is an avid reader or just learns a bit differently to their peers, then there is plenty of literature on the subject. Books appropriate for different ages and learning abilities can help children understand what is going to happen.

It truly doesn’t matter what age or gender one finds themselves because knowledge knows no biases. Being proactive and speaking more openly and regularly about menstruation will allow for a more accepting population. If your children have questions, answer them with age-appropriate explanations, and try not to rely too heavily on antiquated or misconceived ideas that take away from the importance of the cycle. If you don’t have an answer, just go with the flow, and use the opportunity to learn as well. Even if children find themselves not having to go through menstruation, it’s OK. Again, the goal is not to shame or make anyone feel bad; the goal is for a more understanding world. Period.

References

1. Cleveland Clinic (2023) Menstrual Cycle. my.clevelandclinic.org/health/articles/10132-menstrual-cycle.
2. NHS (2023) Starting your periods. nhs.uk/conditions/periods/starting-periods/.
3. See ref 1
4. On The Tudor Trail (2023) The Lady in Red: Medieval Menstruation. onthetudortrail.com/Blog/2015/02/10/the-lady-in-red-medieval-menstruation/
5. U.S. News (2023) Why Are Girls Starting Puberty Earlier? health.usnews.com/wellness/for-parents/articles/2017-04-06/why-are-girls-starting-puberty-earlier.
6. See ref 5
7. Erchull, MJ. (2020) You Will Find Out When the Time Is Right: Boys, Men, and Menstruation. The Palgrave Handbook of Critical Menstruation Studies, July 2020, chapter 31. Available online at: ncbi.nlm.nih.gov/books/NBK565640/.
8. See ref 4
9. See ref 7

About the Author

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





BLUE PARROT PLAYGROUP

EVERY WEDNESDAY 11.00AM-1.00PM

Towards the end of 2022, BAMBI launched its latest playgroup in the Sathorn-Yenakart area, at Blue Parrot, Bangkok.

Starting at 11am, this playgroup is aimed at the late-risers and for parents looking to relax and enjoy with their children at a gorgeous venue. Come splash around in the pool, take a break at the poolside pavilion, and savor the delicious food on offer, with a special discount for BAMBI members. Complimentary coffee, tea and juices are available with the playgroup donation.





SCRAMBLED ART

"We focus on process, not product"



SENSORY PLAY



PROCESS ART



PAINTING

course

Sensory Play : (1-3 years)

Process Art : (3-6 years)

Painting : (6-12 years)

 Pattanakarn 61 (open everyday)

 The Apple tree international kindergarten (sukhumvit 26) (Open only on Saturday!)



094-809-1666



Scrambled art :



"I AM..."

This month Anelia is encouraging us to celebrate the powerful women in our lives as we prepare for International Women's Day. Self-esteem and self-confidence are vital for our well-being. Fortunately, Anelia has a fun and artistic way for us and our children to develop both.



The world is your oyster! But self-confidence is essential to open the oyster and experience its beauty.

When you are content and happy with who you are, you boost your self-esteem and become self-confident. Confidence adds to positive social behavior and works as a shield when we experience stress and negative situations. Positive self-esteem, on the other hand, plays a vital role in good mental health, and the earlier we learn to develop it, the better our chances are of reaching our goals and living fulfilling lives.

Children with positive self-esteem are confident in trying new things and exploring the possibilities around them. These kids tend to be better at problem-solving, decision-making, and handling setbacks.

According to the Annals of the New York Academy of Sciences, children who participate in expressive activities like dance, drama, visual arts, cooking, and so forth, feel better about themselves (1). So, what are we waiting for? Let's get creative and boost our self-esteem and self-confidence!

The month of March is a celebration of powerful women and their contributions to specific events in history and the modern day. With this activity, you and your children can join forces and create beautiful self-esteem collage crafts.

My friend Tukta and her four-year-old daughter, Guitar, had loads of fun with this craft. It is ideal for a bonding session where you can uplift each other, share ideas and aspirations, and create art that will remind you of the powerful person you are. Let your unique qualities be the inspiration for this craft. Be creative, bold, and brave!





Supplies

- 1 x A3 canvas or hobby board (I used a hobby board and painted it with white acrylic paint)
- 100 ml white acrylic paint
- 1 x wide paintbrush
- 1 x large printed selfie (head and shoulders only)
- Craft adhesive
- 1 x glue gun and glue stick (for heavier materials)
- 1 x pair of scissors
- Paper for printing (180g works best for crafts)
- Colored pencils, markers, or paint
- Scrapbook-making materials: feel free to use whatever materials you want to decorate your board with: glitter, foam letters, clippings from magazines, word stickers, theme-based pictures, washi tape, tiny pom-poms, and so on. You can even add natural objects like small twigs, shells, dried flowers, and feathers—the possibilities are endless!

Process

1. Start by writing down your positive qualities. These are the words you will use on your board. Ask your child to do the same, or let them describe themselves and write it down for them. We had loads of fun with Guitar. She was very confident in her abilities and qualities, and she almost had too many strengths to fit on the board!
2. Decide on a theme and color scheme. Collect your scrapbook-making materials accordingly. Tukta chose earthy colors with a splash of brightness and quirky

References

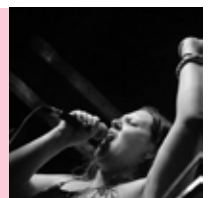
1. *Greater Good Magazine* (2019) *Parenting and family: Why the arts matter for kids' self-esteem*. greatergood.berkeley.edu/article/item/why_the_arts_matter_for_kids_self_esteem

3. hints, while Guitar went for softer pastel colors and everything fun, fabulous, and feminine.
3. Paint your board with white acrylic paint, let it dry completely, then add another layer.
4. Glue your selfie in the middle of the board, and at the top of the board write down 'I am' with a black sharpie. You can also print these words as we did.
5. Print the rest of your words—qualities, or go straight to step 6. Be sure to put your unique creative force into your word design. There are loads of free design apps available that are easy to use.
6. Now the real fun starts! Carefully organize your words around the selfie and stick them down with adhesive. Alternatively you can write them down with a sharpie pen.
7. Next, it's time to add the decorations. Place them all over the board. For heavier objects like twigs or shells, use a glue gun.
8. Put the 'I am...' painted board on your bedside table or hang it on your bedroom wall, and let it be a daily reminder of the remarkable person you are.

This activity will provide hours of artistic fun while boosting your and your child's self-esteem and self-confidence.

About the Author

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





DESIGN FUTURES

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

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

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



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

elc international schools

The City School
Ages 3-11 years

Area: Thonglor
18 Soi Sukhumvit 49/4
Bangkok 10110

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

The Purple Elephant 39
Ages 18 – 36 months

Area: Phrom Phong
61 Soi Phrom Mit
Bangkok 10110

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

The Purple Elephant 49
Ages 18 – 36 months

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

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

The Purple Elephant 55
Ages 18 – 36 months

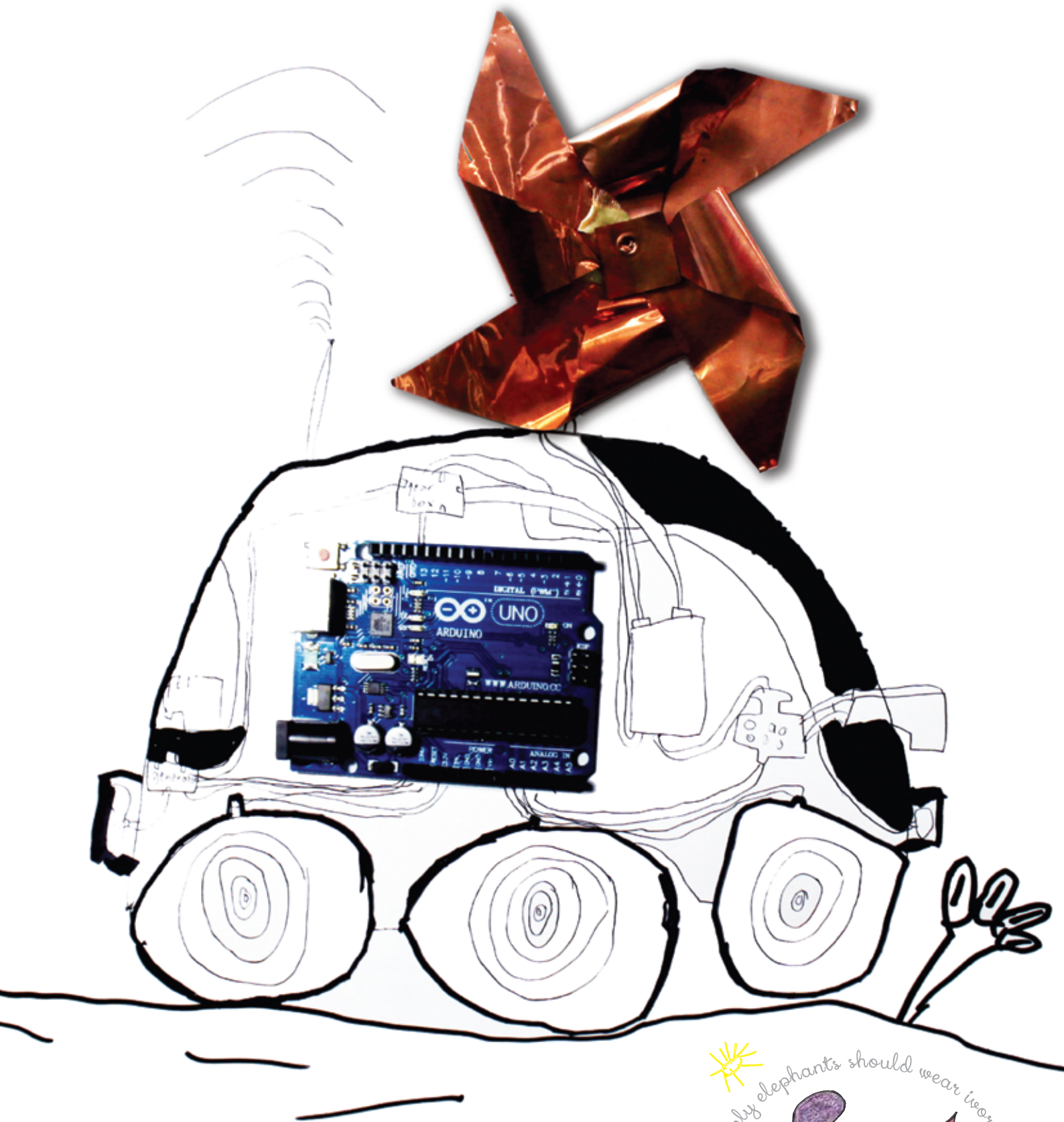
Area: Thonglor
79 Soi Thong Lo 8
Bangkok 10110

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

The Country School
Ages 18 months - 5 yrs

Area: Nonthaburi
44 Soi Samakkee 20
Nonthaburi 11000

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

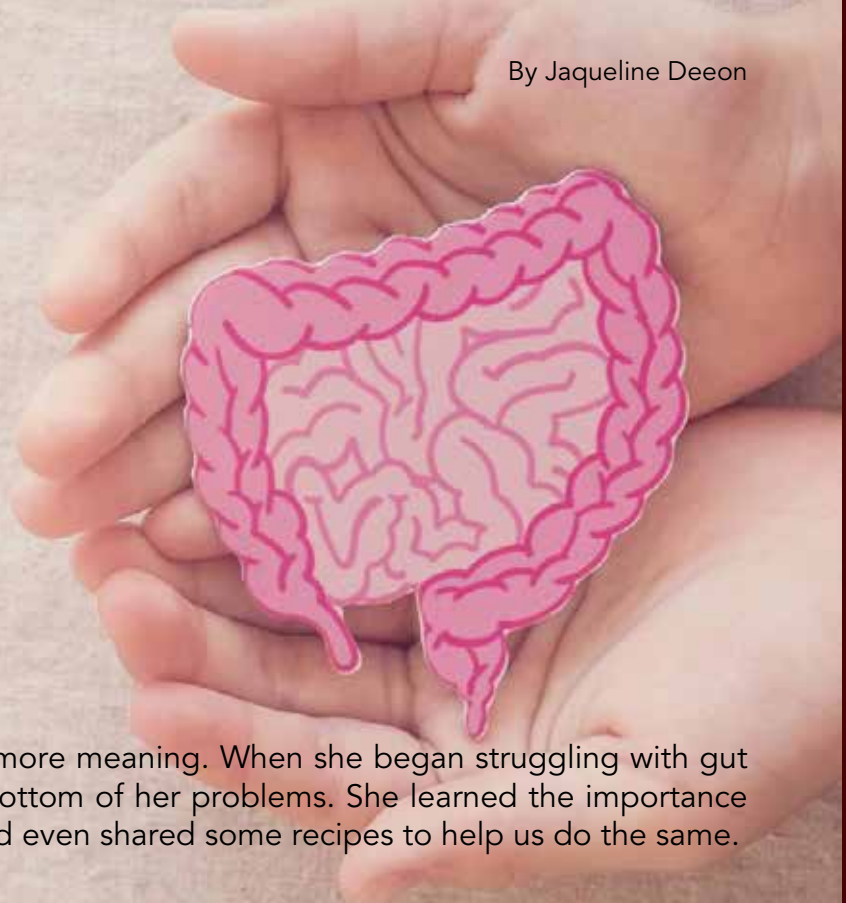


only elephants should wear ivory



elc international schools

YOUR GUT, YOUR LIFE



The idiom ‘go with your gut’ has never had more meaning. When she began struggling with gut issues, Jaqui Deeon decided to get to the bottom of her problems. She learned the importance of keeping the digestive system balanced and even shared some recipes to help us do the same.

IMPORTANT TERMS

Colony-forming-unit (CFU): the amount of live and active microorganisms present in each portion of the probiotic you are consuming.

Scoby: a symbiotic culture of bacteria and yeast.

Microbiome: a particular environment (including the body or a part of the body) where microorganisms live.

As a person with a weakened immune system, and ongoing gut issues from parasites to *Helicobacter Pylori* (*H. pylori*) infection and duodenal ulcers, I was terrified that I would get COVID-19 during the pandemic. In my attempts to boost my immunity, I read many doctors’ blogs, watched their videos on gut health, and planned to commence a journey of living and eating better and getting exercise and enough sleep.

Well, to be honest, I did try, but in reality, staying home during lockdowns meant I could eat whenever and as much as I wanted to. I hit the South African fudge, along with chips, pizza and chocolate, to name a few. As a result, I soon suffered bloating, nausea and excruciating pain and landed in the ER a few times. An endoscopy revealed my worst nightmare—*H. pylori* bacteria, ulcers and parasites.

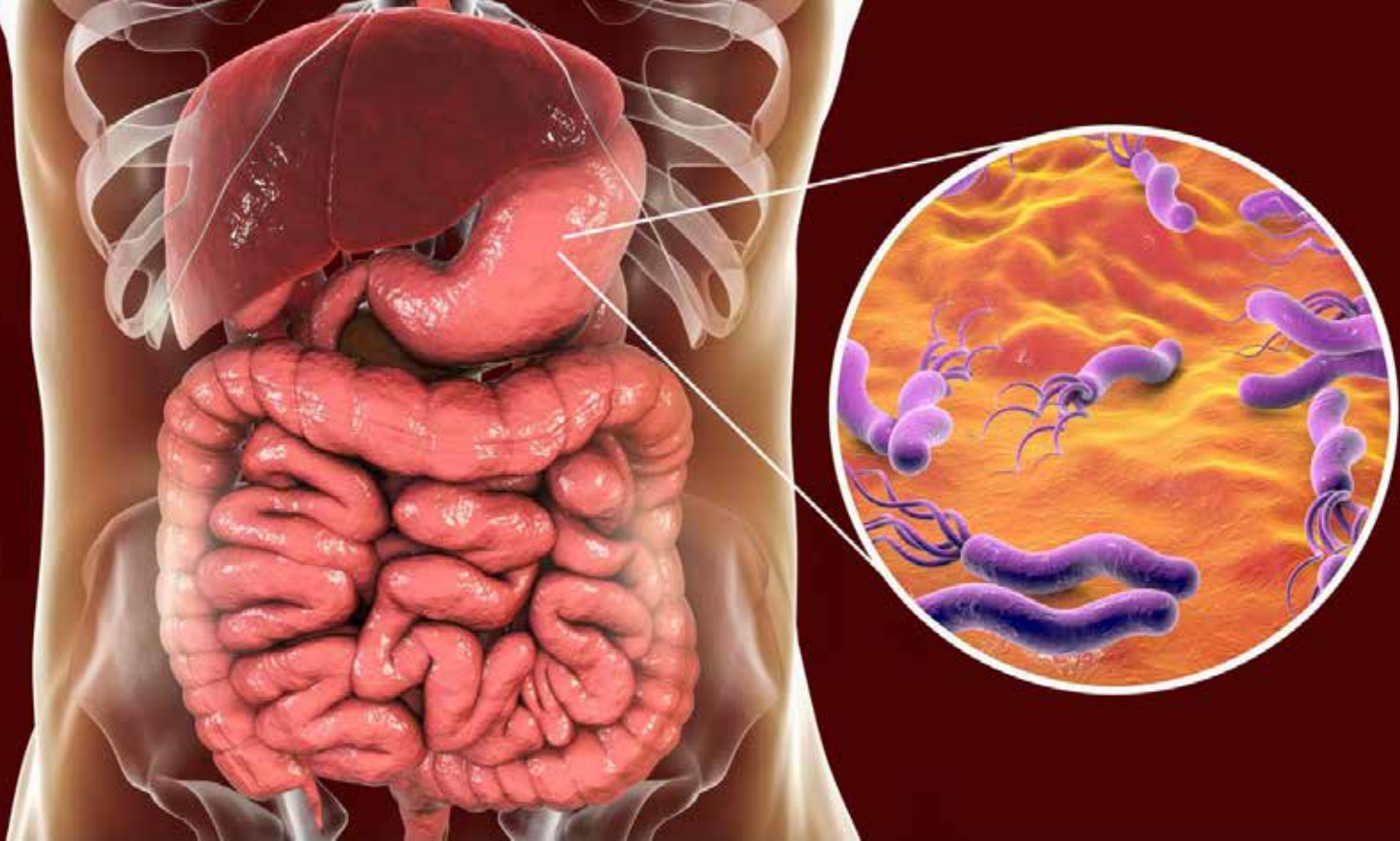
Many people associate *H. pylori* bacteria with dirty habits and the environment. My son and I both contracted it while living in Cambodia from drinking contaminated water. I developed an ‘icky’ stomach, swallowed one or two Buscopan and it would go away, but not for long and I was sensitive to almost everything I ate. This spurred me on to do more research about my health, in particular, my gut. According to statistics, 50-75% of the world’s population has *H. pylori* living within their guts (1).

In most cases, when the bacterial infection has been identified, either by an endoscopic examination or via a breath or stool test, triple therapy is recommended for seven or fourteen days, depending on what your specialist feels would be best for you. With triple therapy, you would receive proton pump inhibitors (PPIs), and two antibiotics, such as clarithro-

mycin or amoxicillin and metronidazole. Quadruple therapy, on the other hand, is prescribed for more severe cases and could consist of a PPI (Proton-pump inhibitor), antibiotics such as tetracycline and metronidazole, and bismuth salt. Once again, I need to stress that all of these therapies can only be determined by your health practitioner, according to your medical case (2).

After the medical protocol is complete, we may ask ourselves, “What now?”. It’s at this juncture that we may ‘wake up’ and begin to consider carefully what we are putting into our bodies in general.

People around the world are more conscious of their wellbeing now, than ever before (3). Improving eating habits goes hand-in-hand with staying fit and healthy, and you might consider increasing your prebiotic



and probiotic intake at this point.

I recently spoke to Michelle Cooper, the founder of Amity Wellness Retreats in Phuket, who says, "Prebiotics are essential for a healthy microbiome. Foods that contain prebiotics include raw onions, garlic, leeks, brussels sprouts, unripe green bananas, bamboo shoots, beets, and resistant starch. Resistant starch is also beneficial for the good bacteria as it is a type of starch that resists digestion, reaching the colon intact (think cold potatoes and green banana).

"Think of probiotics as 'potential beneficial bacteria', and prebiotics as the foods that are needed to support them (prebiotics are fibers that escape digestion in the small intestine and when reaching the colon, they are partially or completely fermented in the gut). What's more important than the dose or colony-forming-unit (CFU) of probiotics is that probiotics and ferments are always taken symbiotically with prebiotics (non-digestible carbohydrates).

"There are a lot of different probiotic strains, and diversity is the most important factor. It is important to understand that a course of probiotic supplements won't permanently

change your gut microbiota, and probiotics don't actually need to permanently colonize the gut to be beneficial; even transient strains can still have powerful therapeutic effects.

"Unfortunately, probiotics are largely unregulated and there are some probiotics (cheap, low-grade) that only contain a low number of viable, live organisms and may not survive the acidity of the stomach, the climate or storage conditions.

"Most modern diets are lacking in fiber which is an essential nutritional provider and natural fertilizer for the good bacteria that resides in the gut. So, adding more vegetables, low fructose fruits, nuts and seeds such as chia and flax to your diet would be a good start. Some of the best sources of soluble fiber include carrots, summer squash (especially peeled), starchy tubers (including jicama), turnips, parsnips, and taro."

Michelle's recommendations are in line with that of Dr. MaryAnn Ley from the USA, who's advice on what foods to eat and which sorts of pre and probiotics I could use, I took two years ago. She advocates that, "It's good to rotate through different species of probiotics every few months, and not

to stay on one particular type for too long if you are supplementing.

"It is estimated that 80% of your immune cells are present in your gut in the lining of the intestinal tract. So, what can upset this delicate balance? Antibiotic use, prolonged intake of nutrient-deficient foods, the use of chronic medications, antacids, artificial sugars, processed foods, and so on."

Dr. MaryAnn further recommended drinking enough pure water, eating the correct foods and varying one's diet, reducing medication use, and paying attention to symptoms such as gas, diarrhea, constipation and bloating as all of these are signs that something is not right.

To my astonishment, when I visited the hospital recently about a strange burning sensation and pain in my stomach, a follow-up endoscopy revealed that I no longer had *H. pylori* bacterial infection. Nor was there any trace of the ulcers that plagued me less than two years before. This time, I simply had inflammation of the gut lining from too much rich eating over the festive season, and I had also slacked on my probiotic regimen for a while.



I believe that the use of good probiotic brands and my use of kombucha and kefir (albeit in moderation, because not all doctors I've spoken to agree about these two fermented remedies) is what healed my ulcers and eradicated the *H. pylori* infection. I've also tested everything I eat or drink, especially fermented foods, by only eating a little bit at a time. After eating them, I wait an hour or so to see if my stomach reacts before

taking any of them on a regular basis to help balance my gut.

In conclusion, this is just my own story and my journey to wellness. I recommend you consult your medical practitioner before embarking on the same route I took to heal my gut. I will leave you with two recipes that I use for kombucha and kefir, and a final note from Michelle to keep in mind before you try them out— not everyone tolerates probiotics

or fermented foods well, “especially if they have histamine issues”, and some prebiotic foods are high in FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols which are short-chain carbohydrates (sugars) that the small intestine struggles to absorb) (6). Enjoy the kombucha and kefir, and good luck on your gut journey!

Disclaimer: The information in the article is not intended to diagnose, treat, cure, or prevent any disease. Anyone suffering from disease or injury should consult a physician. Readers are strongly encouraged to do their own research on gut health, particularly with babies, young children, and pregnant or lactating women.

References

1. Cleveland Clinic (2023) *H. Pylori* Infection. [my.clevelandclinic.org/health/diseases/21463-h-pylori-infection #:~:text=H.%20pylori%20bacteria%20are%20present,cause%20illness%20in%20most%20people.](https://my.clevelandclinic.org/health/diseases/21463-h-pylori-infection#:~:text=H.%20pylori%20bacteria%20are%20present,cause%20illness%20in%20most%20people.)
2. Mayo Clinic (2023) *Helicobacter pylori* (*H. pylori*) infection. [mayoclinic.org/diseases-conditions/h-pylori/diagnosis-treatment/drc-20356177.](https://mayoclinic.org/diseases-conditions/h-pylori/diagnosis-treatment/drc-20356177)
3. <https://www.mindshareworld.com/news/mindshares-wellness-revolution-report-people-care-more-for-their-wellbeing-than-ever-before>
4. Cooper, Michelle. Interview. Conducted by Jaqui Deeon. 9 February, 2023.
5. Ley, Dr. MaryAnn. Interview. Conducted by Jaqui Deeon. 5 February, 2023.
6. Blanchard Valley Health System (2022) FODMAPs. bvhealthsystem.org/expert-health-articles/fodmaps-fermentable-oligosaccharides-disaccharides-monosaccharides-and-polyols#:~:text=What%20is%20a%20FODMAP%3F,rapidly%20fermented%20by%20the%20gut.

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.





Kombucha recipe

Yeast, sugar and black tea make up this sweet and sour fermented drink. It forms a mushroomy layer on top of the liquid called a scoby that can be used to make more of this 'tea' that many people consider beneficial for a variety of health problems, including adding GOOD bacteria to your gut.

Equipment

Before you begin, please ensure that all equipment is clean and disinfected to avoid the growth of microorganisms such as mold.

1. ½-1 gallon glass dish
2. 1 large non-metal spoon for stirring
3. 3-5 liter glass jar
4. Cheesecloth (of a size that ensures that it fits over the mouth of your jar without any gaps)
5. Elastic band to cover the mouth of the jar
6. Optional: A temperature sticker to affix onto the glass jar to ensure your kombucha remains at the correct temperature (anywhere between 25-35°C).

Ingredients

1. Any black tea, enough for 8 cups of boiled water (Lipton Yellow Label tea yields the best taste)
2. 10 tbsp of sugar (white sugar yields best results)
3. A live scoby culture (available online at 2-3cm diameter; even a

small piece will grow to the size of your jar)

4. Eight tea cups of boiling water

Process

1. Combine sugar, tea and boiling water in the glass dish.
2. Stir and allow it to cool to room temperature.
3. Pour the room temperature tea into your glass jar and add the live scoby culture.
4. If you're using a temperature sticker, stick it on the jar.
5. Cover the jar with the cheesecloth and elastic band and make sure it's completely covering the mouth to keep flying midges out.
6. Put your jar on a shelf away from direct sunlight and leave it there for 5-6 days.

Note: Bubbles will start to form around the scoby on top. This takes around 4-5 days in Thailand. You can taste it; it needs to be a bit tart and fizzy.

Coconut water kefir recipe

Made with kefir grains and coconut water, this fermented drink is the unsweetened alternative to kombucha. Just like dairy-based kefir, it is believed that coconut water kefir provides beneficial bacteria in your gut that can fight infection, stimulate digestion and even boost your immune system.

Equipment

Before you begin, please ensure that all equipment is clean and disinfected to avoid the growth of microorganisms such as mold.

1. 1 half-gallon glass jar
2. 1 non-metal spoon for stirring
3. 1 cheesecloth (of a size that ensures that it fits over the mouth of your jar without any gaps)
4. Elastic to cover the mouth of the jar

Ingredients

1. ¼ cup of sugar (optional; white sugar yields best results)
2. 4 cups of coconut water
3. ¼ cup of hydrated water kefir grains

Process

1. Combine the sugar and coconut water in the glass jar.
2. Stir until the sugar dissolves.
3. Add the hydrated kefir grains to your sugar-coconut water.
4. Securely cover the mouth of the jar with the cheesecloth and an elastic so midges can't get in.
5. Leave the jar on a shelf, out of direct sunlight but in a warm spot for about three days.

Note: When you do a taste test, the flavor should be like tangy coconut water. It is then ready to enjoy. Pour it into a wine glass and toast to your health.

BACK PAIN AND KEEPING YOUR SPINE HEALTHY

Emma Lawrence, a British chartered physiotherapist, presents tips to keep your spine healthy throughout the parenting years.



How is your back feeling today? As a new parent, just like any other newcomer to the workforce, you can find yourself exposed to the risk of back pain as you adapt to the physical and emotional demands of your role. This article aims to raise your awareness of the risk of back pain, and advise on how to prevent it as part of maintaining your overall general wellness.

The risk to your spine

Without the spine, human form and movement are impossible. It is a complex structure which viewed simplistically, is a five-part, bony, jointed column with a mass of different specialized soft tissues. It has cushioned discs that interspace the bony levels and multiple lattice-like ligaments that stabilize it as nerve, blood, and lymph systems flow within and pass around the body. Towards the surface of the body lie muscles, fascia, and skin elements providing graduated, accommodating body coverings. Interplay between these many intricate layers and systems result in marvelous movement possibilities. However, the load of maintaining the upright position paired with the demands of modern life make the area vulnerable to injury.

An estimated 60% of us will experience back pain at some point in our

lives, mostly in the lumbar area (1). Pain is a burden, as the effects spread beyond the physical body, impacting your mood, relationships, sociability, and can also threaten your financial security if it prevents you from working.

When viewing the spine as a whole, you see a distorted 'S' shape; it changes direction five times, but only the first three curves have significant movement. The cervical neck is the most flexible, the mid-thoracic moves most when twisting, and the lower lumbar is designed to best cope with loading. The whole spine moves segmentally in three planes or directions, forward and backward, side to side, and a twisted rotation or in a combination of these movements.

Back pain usually presents as one-off or repeated 'simple' or 'mechanical' episodes (and sometimes it can bring accompanying leg pain called 'sciatica'), and can be caused by overstretching or strain to the soft tissue parts of your spinal system. The swelling that follows is caused by local inflammation, which allows the affected area to heal, but usually causes stiffness and additional pain. This is common, and accounts for approximately 95% of all back pain cases presenting to the doctor, according to an Australian review (1). Fortunately though, it

is not usually serious, and in my professional experience, almost always gets better on its own in about 6-12 weeks.

For a small percentage of people, the pain will last longer than three months and can become chronic. Chronic pain is signaled in a different way, but still perceived as indicating danger, which causes unnecessary guarding of the body and avoidance of movement. It is less simple in nature than fresh pain, and requires a different strategy to treat. The information provided in this article is not about back pain that is more than three months old.

Occasionally the pain appears with other signs and symptoms, which indicates that the cause of pain could be from elsewhere in your body. For this kind of pain a more in-depth assessment is needed to obtain further information. As a physiotherapist, I advise patients to see a doctor when any of the following signs are observed:

- Changes to sensation in the area between your legs, including during sex
- It becomes hard to pass urine or you have 'accidents' with your bowels
- Weakness in your legs
- Fever or feeling unwell alongside



your back pain

- Pain going down both legs
- Excruciating, '10/10', pain score
- Symptoms of constant pain or profuse sweating at night
- If you've used steroid medication for a long time and you are having back pain
- After an accident or blow to your spine

Managing simple back pain

Serious or not, back pain hurts. It can be worrying and usually needs some attention. You might have tried wearing a support brace, avoiding certain movements, or taking total rest while wondering if that is really the best thing to do. The National Institute of Clinical Excellence (NICE) guidelines on managing lower back pain and sciatica identify movement as key to a speedy recovery. Targeted pain relief medication being taken at the lowest dose for the shortest time is also recommended (2).

Medicine

Not all pain medication is the same; different drugs respond to specific causes, and they usually always affect other systems in our body at the same time. So firstly, it is recommended to check any side effects or clashes with

any medical condition that you might have.

- Non-steroidal anti-inflammatories (NSAIDs), more commonly known as Ibuprofen, are recommended. Your doctor can advise on an alternative if you are unable to take these.
- Taking Paracetamol alone, not as a combined medicine, for this kind of back pain has not been found to be effective (3).

Body work

Massage or other hands-on soft tissue or joint techniques are recommended, but not without exercise to support your recovery (4).

Ice-pack

If you can tolerate it, ice-packs can offer local pain relief. The following safety guidelines always apply:

- Skin condition, sensation, and circulation should all be normal
- The ice-pack is covered, so it does not directly touch your skin (5)
- Avoid applying it to your left shoulder, the front and side areas of your neck
- Limit its use to up to 15 minutes four to five times daily

Exercise

Guidelines recommend keeping up with your everyday activities as much as possible. While healing, it is advisable to modify the way you move by avoiding postures that worsen your pain. Simple therapeutic back exercises are also recommended.

Preventing back pain in six simple steps

1. Spine flexibility

Do your days all look similar? Regularly repeating the same functional movements as you go through the week reduces the chance of moving into the possible full range of natural movement. Missing out on these movement moments reduces circulation to the body and contributes to stiffness. Try to break the habit by following a simple program of stretching that encourages movement in each segment and direction of the spine. Yoga and Pilates are great examples, but you'll also find many reputable sources of simple back stretching exercises available online.

You can quickly feel the benefit of these kinds of exercises; you'll feel greater body length, posture awareness, better breathing space, and overall flexibility. As you improve the



circulation to your internal organs it can also stimulate bowel activity, helping to maintain healthy toilet habits and further boost your wellbeing.

2. Home ergonomics

Stooping, overreaching, repetition, and overloading movements all contribute to back pain. 'Ergonomics' describes the best fit between people and their physical environment. Try to consider the tasks involved in a typical 24-hour parenting period. What causes a feeling of strain? Can you change anything by reorganizing, reducing, or removing tasks or loads to lessen the strain and reduce your risk of back injury? Where it's impossible to change the physical environment, can you alter the way you interact with it? For example, when feeding your baby, can you support your loaded cradling arm with pillows? This small change can improve your comfort at feed times by reducing the load on your arm, shoulder and back without compromising your hold on your baby.

3. Back care

When lifting, plan a little; gently keep your spine in a natural upright position rather than rounding, this applies to lifting while sitting too. When standing, position your feet wide for greater balance and stability. Lift by

loading through the legs, bending and straightening at the hips and the knees. If you need to turn, make this happen at your hips rather than at your spine. Change your position often, even for a short period of time. In many ways movement really is key to a healthy spine.

4. Offset fatigue

While getting up frequently during the night, acknowledge the impact sleep loss has on your body. Aside from draining your mental sharpness and mood, physically the nightly work of spinal disc rehydration is disturbed. Until your night-time situation improves, make realistic targets for what can be done in a day and factor in time to rest.

5. Managing stress

Pain often coexists with stress. Why not draw upon any strategies you've previously used to boost resilience, especially those used during challenging times in your life. A focus on mindful awareness practices, especially centered around breathing can serve you well.

6. General fitness

National Health targets set in the UK call for people to maintain their health and wellbeing through movement.

All adults should do 150 minutes of moderate exercise and two activities per week to strengthen their bodies (6). The exercise should take any form that you enjoy, but at its simplest, this can be a daily 25-minute brisk walk, and carrying your baby or a load of groceries twice a week, for example. Long periods without activity during the day are also discouraged (7).

Conclusion

The physical and mental load of parenthood can increase your risk of back pain while you transition to new routines. Though painful and inconvenient, mostly it is not serious. Manual therapy, simple pain medication with exercise, and modified daily activity are the current best practice approach to take. Many previously used treatments are now outdated. It comes as no surprise to learn exercise has a key role in managing simple back pain and improving overall health, and it is reassuring to know that self-management not only keeps you in control, but can make your recovery quick and routine.

Suggested resources

- [csp.org.uk/publications/back-pain-exercises](https://www.csp.org.uk/publications/back-pain-exercises)
- [nhs.uk/conditions/stress-anxiety-depression/mindfulness/](https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)

References

1. NICE (2023) Back pain - low (without radiculopathy): How common is it? [cks.nice.org.uk/topics/back-pain-low-without-radiculopathy/background-information/prevalence/](https://www.cks.nice.org.uk/topics/back-pain-low-without-radiculopathy/background-information/prevalence/).
2. NICE (2023) Low back pain and sciatica in over 16s: assessment and management. [nice.org.uk/guidance/NG59/chapter/Recommendations#non-invasive-treatments-for-low-back-pain-and-sciatica](https://www.nice.org.uk/guidance/NG59/chapter/Recommendations#non-invasive-treatments-for-low-back-pain-and-sciatica).
3. See ref 2
4. See ref 2
5. Physiopedia (2023) Cryotherapy. [physio-pedia.com/Cryotherapy](https://www.physio-pedia.com/Cryotherapy).
6. Atherton, F; Calderwood, C; Davies S.C.; McBride, M. (2019) UK Chief Medical Officers' Physical Activity Guidelines. assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf.
7. See ref 6

About the Author

Emma Lawrence, MCSP, BSc Physiotherapy, PG cert Women's Health, is a British Chartered Physiotherapist with a special interest in women's health and a passion for Pilates and mindful movement. Following a decade in Bangkok, she has recently returned to the UK.





**SHREWSBURY
INTERNATIONAL
SCHOOL**

BANGKOK

The
Leading British
International
School in Asia



SHREWSBURY RECEIVES MOST EXAM AWARDS CAMBRIDGE AND PEARSON OUTSTANDING LEARNER AWARDS 2022



15
TOP IN
THE WORLD

34
OUTSTANDING
LEARNER AWARDS

19
TOP IN ASIA
& THAILAND

ONE SCHOOL, TWO CAMPUSES. SHREWSBURY'S PATHWAY TO SUCCESS.

Shrewsbury provides academic excellence with the English National Curriculum, our students achieve exceptional annual exam results and placements at top universities worldwide. Shrewsbury is an all-through school that provides a purpose-built, enriching, and rounded learning experience for students aged 2 - 18, where we equip our students with the skills, character, and qualifications to thrive at university and beyond.

LEARN MORE



Bit.ly/3X1ue6s

Shrewsbury is now open for applications for August 2023 and 2024.



SUKHUMVIT
RAMA 9

Shrewsbury City Campus
Call: 02 203 1222
admissions-city@shrewsbury.ac.th
www.shrewsbury.ac.th/city



@SHBcitycampus



SATHON
CHAROENKRUNG

Shrewsbury Riverside
Call: 02 675 1888
enquiries@shrewsbury.ac.th
www.shrewsbury.ac.th/riverside



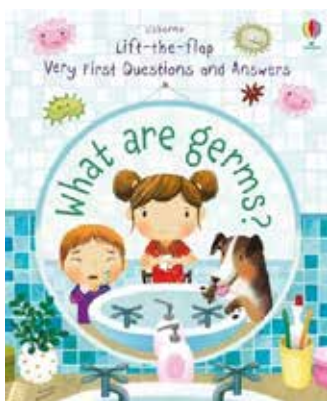
@SHBriverside



ShrewsburyBangkok

BOOKS TO INSPIRE

Brought to You by Neilson Hays Library



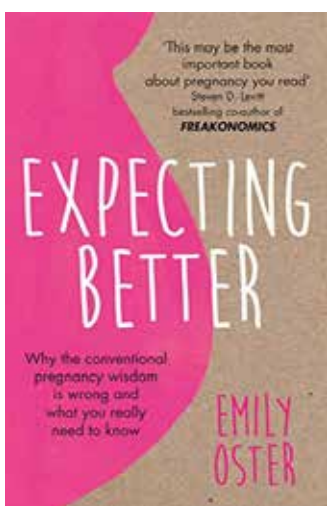
WHAT ARE GERMS

by Katie Daynes and illustrated by Marta Alvarez Miguens

From the flu, to RSV, to COVID, parents and educators have been challenged with preventing and controlling the spread of germs and illnesses these past three years. 'What Are Germs' is a colorful and educational look at good and bad germs and the roles they play in our world and in our bodies' ability to fight illnesses. The illustrations are bright and the information is engaging and interesting. It's a conversation starter for the youngest tots and can spark curiosity in slightly older children to dive deeper into the world of germs.

Rather than using fear, the 'Lift the Flap: Question and Answers' format is a fun way to teach children about the realities of both pesky and helpful microorganisms. More importantly, it provides the opportunity to problem-solve and find solutions, empowering children to do their part to keep their bodies as well as our communities healthy.

Published by Usborne Books in September 2017. Author Katie Daynes has developed some of Usborne Books' most popular series, 'See Inside' and 'Lift the Flap: Question and Answers'. Daynes has been writing non-fiction children's books for decades, and through her books it's obvious that she has a gift for questioning the world through the eyes of a child. 'What are Germs' is suitable for ages 3-8. A hardcover copy and more Usborne Books can be found in the Children's Corner of the Neilson Hays Library.



EXPECTING BETTER

by Emily Oster

Like most first-time mothers, Emily Oster felt overwhelmed by the often conflicting statistics and opinions flooding in from well-meaning friends, family, and healthcare professionals. Lucky for us, Oster is a very curious economist and she went into full research and writing mode when crafting this book. 'Expecting Better' is a refreshing book that explains, and at times challenges the rationale behind conventional wisdom and some fear-mongering myths.

Oster's findings are presented in a clear and easy-to-read format as her writing style is refreshingly straightforward. The book is broken down into five parts: conception, first, second, and third trimesters, labor and delivery. She covers everything in maternal and prenatal health, from the two-week wait, caffeine intake, and postpartum recovery. 'Expecting Better' is a quick, meaningful, and eye-opening read for even the most exhausted pregnant or postpartum mom.

First published by Penguin in June 2014 and fully revised in 2021, 'Expecting Better' has topped numerous bestselling charts. Oster's other notable works include two more data-driven books: 'Cribsheet' which covers a child's first year of life and 'The Family Firm' focusing on the early school years. Hardcover copies can be found in the non-fiction section of the Neilson Hays Library.

About the Author

Angela Chen is a Neilson Hays Library Board Member and 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 clubs, and book sales. Located in a beautiful historic building with a garden and cafe on site: 195 Surawong Road, Bangkok 10500, Thailand. Follow us on Instagram and Facebook

*Objective,
Play &
Inquiry
Based
Learning
Approaches*



KIDS KINGDOM INTERNATIONAL KINDERGARTEN

Sukhumvit Branch (soi 47)

Tel: 02-258-7208, 02-258-7242

Email: info@kidskingdom.ac.th / lily@kidskingdom.ac.th

Website: www.kidskingdom.ac.th/sukhumvit

22,22/1 Sukhumvit Soi 47, Klongtan Nuea, Wattana, Bangkok 10110

PLAYGROUP

**Mondays & Fridays
9.15 - 11.15 am**



KIDS KINGDOM PLAYCENTER

Ruamrudee Branch

Tel: 02-253-8515, 081-733-4703

Email: dr.lek@kidskingdom.ac.th

Website: www.kidskingdom.ac.th/ruamrudee

63/2 Soi Ruamrudee 3, Ploenchit Road, Lumpini, Pathumwan, Bangkok 10330

PLAYGROUP

**Saturdays
9.15 - 11.15 am**



CALL FOR VOLUNTEERS



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

BAMB! 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. BAMB! 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 BAMB!'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 BAMB!
- 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

ACTIVITIES COORDINATOR

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

Responsibilities & duties

- manages the bookings for each activity with the team. Communication skills are important. Information on bookings and activities to be passed on to activities leaders and the venues
- required to step in and support the running of an activity if needed
- attends monthly committee meetings as a voting committee member

Here I am!





PHOTO EDITOR

MEDIA ASSISTANT

The photo editor works in coordination with the editor and deputy editor of BAMB! Magazine, and is the first point of contact for anything picture-related.

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

Responsibilities & duties

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

- 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

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 coordinating 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.



DATABASE COORDINATOR

The database coordinator attends monthly committee meetings as a voting member and participates and assists with events, fundraisers and other organizational activities.

Responsibilities & duties

- ensures that the online database is maintained, membership details are up to date, and distributes this information to the committee as needed
- provides different member reports (number of new members, expired members, renewals, etc.) at the committee meetings

EVENTS ASSISTANT

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

Responsibilities & duties

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

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

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

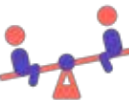
FEATURE WRITER

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

VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK



**WHEN WE PLAY,
WE LEARN**



Tel: 081-646-4535 / 02-656-9084
Email: info@storytimepreschool.com
Website: www.storytimepreschool.com



Brand New Campus
Opening this year!

**NEW
YEAR
OFFERS**

UP TO **TUITION FEES**

**40%
OFF**

YEAR 3

SAVE 30%

YEARS 4, 5 & 6

SAVE 40%

+ NO REGISTRATION FEE

Available until 30 April 2023

Get a further 5% off if fees are paid upfront.
Sibling discount available.

📍 Sukhumvit 31 & 39 | Book a Tour +66 2 260 3152





BANGKOK SUPPORT GROUPS

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

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

PRE & POST NATAL SUPPORT

BAMBI BUMPS
AND BABIES
BANGKOK

BANGKOK
BREASTFEEDING
CAFE

PARENTING

ADOPTION
SUPPORT
FOR FAMILIES
IN THAILAND

TWINS
AND MULTIPLES
GROUP

DISABILITY & NEURODIVERSITY SUPPORT

LEAP
(LEARNING
& EDUCATIONAL
ADVOCACY
PROGRAM)

RAINBOW
ROOM

SUPPORT TO WOMEN

BEYOND
BOOBS

BANGKOK
BREAST
CANCER SUPPORT
GROUP (BBCS)



SCAN NOW TO READ MORE

To find out more about some of these amazing support groups, please scan the QR code for more information.

OPEN DAYS

28 FEB
PRIMARY & SECONDARY

14 MAR
EARLY YEARS

VISIT US



 St. Stephen's International School

 091 737 2165

BIDH
DENTAL HOSPITAL



Thailand's Official Specialized Dental Hospital

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



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

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

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

02 115 8977

www.DentalHospitalThailand.com

Healthy Habits Checklist

ALL OF THE ACTIVITIES BELOW HELP TO KEEP YOUR GROWING BODIES AS FIT AS A FIDDLE. WHICH OF THEM HAVE YOU DONE TODAY?



wash your hands



brush your teeth



take a shower



eat healthy foods



drink plenty of water



exercise



get enough sleep



brush your hair



trim your nails



BAMBI

THE TEAM

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

FOUNDER

Mel Habanananda

HONORARY MEMBERS

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

HONORARY PRESIDENT

Simmi Rajkitkul | advisor@bambiweb.org

VOTING POSITIONS

Chairwoman | VACANT
chairwoman@bambiweb.org

Executive Board | Chiaki, Sara, Terryn
vicechairwoman@bambiweb.org

Secretary | Rocky
secretary@bambiweb.org

Treasurer | Ritika
treasurer@bambiweb.org

Activities Coordinator | VACANT
activities@bambiweb.org

Editor, BAMBI Magazine | Sanam
editor@bambiweb.org

Charities Coordinator | Lynda
charities@bambiweb.org

Database Coordinator | Briana
database@bambiweb.org

Events Coordinator | VACANT
events@bambiweb.org

New Members Coordinator | Chiaki
newmembers@bambiweb.org

Playgroups Coordinator | Sara
playgroups@bambiweb.org

PR/Media Coordinator | Marianna
media@bambiweb.org

Website Coordinator | Frances
website@bambiweb.org

VOTING/EX OFFICIO/BY INVITATION

Bumps & Babies Coordinator | Jo
bumps@bambiweb.org



NON-VOTING POSITIONS

Assistant Bumps and Babies Coordinator |
Yaz: bumps@bambiweb.org

Assistant Playgroups Coordinators |
Gienna: playgroupassist@bambiweb.org
Sassy: playgroupassist1@bambiweb.org

Assistant Treasurers |
Rieko: treasurerasst4@bambiweb.org
Saeko: treasurer@bambiweb.org
Takako: treasurer@bambiweb.org

Assistant Website Coordinator |
Jung: websiteasst@bambiweb.org

Activities Team |
Maria / Takako / Yumi / Sara / Karin

Bookkeeper |
Phorn: bookkeeper@bambiweb.org

Playgroups Team |
Daisy/ Mimi/ Prissarat/ Prae/ Emiko M/ Emiko Y/
Wakako/ Shino/ Eriko Y/ Eriko T/ Donna/ Pou Pae/
Aoi/ Nao/ Hilda/ Khali/ Irin/ Yuki/ Nana

BAMBI Magazine - Deputy Editor |
Anelia: depeditor@bambiweb.org

BAMBI Magazine - Assistant Editors |
Rachel O: assisted1@bambiweb.org
Monisha: assisted2@bambiweb.org

Sadef: assisted4@bambiweb.org
Joe: assisted5@bambiweb.org
Rachel B: assisted6@bambiweb.org
Chanelle: assisted08@bambiweb.org

BAMBI Magazine - Photographers |
Sayuri / Kana

CBFT Advisor |
Cherry: advisor1@bambiweb.org

Chinese Coordinator |
Sara: chineseordinator@bambiweb.org

Events Team |
Donna: eventsasst3@bambiweb.org
Sneha: eventsasst2@bambiweb.org

Japanese Coordinator |
Aya: japancoordinator@bambiweb.org

Me-Time Coordinator |
VACANT: me-time@bambiweb.org

Member Benefits Coordinator |
Lynda: benefits@bambiweb.org

Pop Up Playgroups & New Members Team |
Upasana / Sayoko / Jane / Aya / Emiko

Promotional Designer |
Yumi: design@bambiweb.org

Thai Coordinator |
Lynda: thaicoordinator@bambiweb.org

BAMBI Magazine is the non-profit monthly magazine of BAMBI. It is distributed free of charge to members. Editorial contributions from members are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI Magazine Editor: editor@bambiweb.org.

The views expressed in the articles in this magazine are not necessarily those of BAMBI committee members and we assume no responsibility for them or their effects.

Advertising Inquiries to:

Finn Balslev
Phone: 02 943 7166-8 Ext. 116
Mobile: 081 866 2577
Fax: 02 943 6618
Email: finn.scandmedia@gmail.com

Artwork Inquiries to:

Scandinavian Publishing Co., Ltd. (Dao)
Phone: 02 943 7166-8 Ext. 106
Mobile: 086 788 2050
Email: disraporn.scandmedia@gmail.com

EARLY YEARS

📍 Located in Ekkamai soi 2



EARLY YEARS AND PRIMARY

📍 Located in Srinakarin soi 57



PRIMARY AND SECONDARY

📍 Located in Ekkamai soi 14



At All Our Campuses,
You Find

- Teaching and learning according to the British National Curriculum
- Qualified British teachers
- Intensive Language Programmes (Mandarin, Japanese, Thai)
- Limited class sizes for individualised support and attention
- Focus on development of talents and passions

Contact us today to see what we can offer your child at our close-knit family of schools.



KIDS' ACADEMY EKKAMAI
INFO@KIDSACADEMY.AC.TH
02 714 3636
WWW.KIDACADEMY.AC.TH

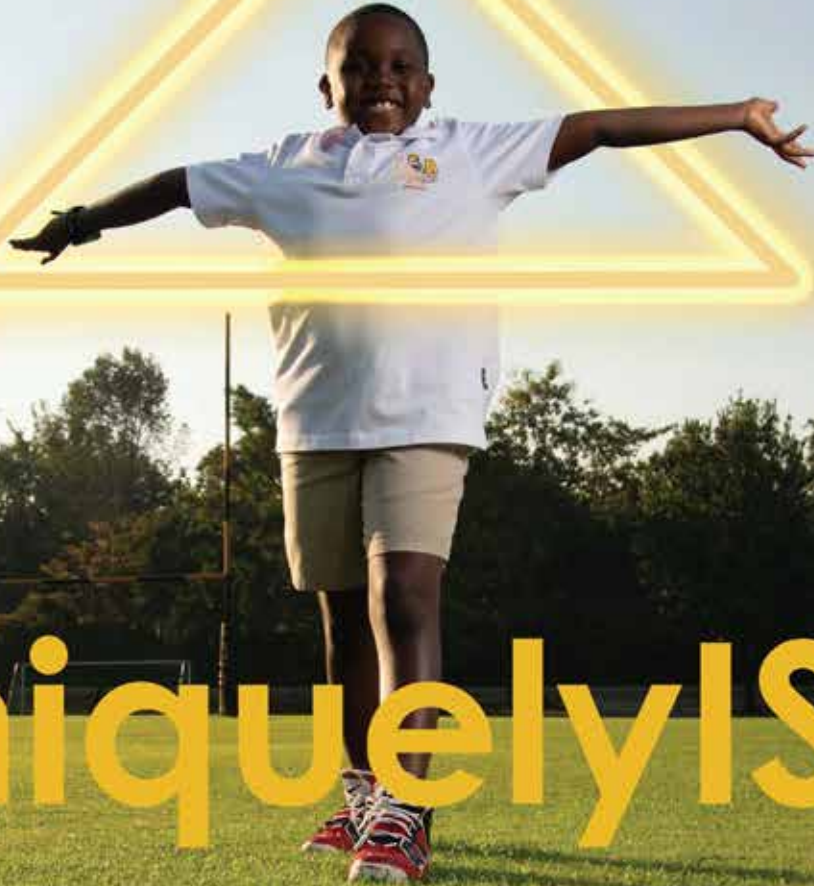
KIDS' ACADEMY SRINAKARIN
INFO@KAIS.AC.TH
02 047 7400
WWW.KIDACADEMY.AC.TH

ASTRA ACADEMY
INFO@ASTRA.AC.TH
061 734 5556
WWW.ASTRAACADEMY.SCHOOL





isb.ac.th



uniquelyISB

#6. ISB students can breathe. Revolutionary clean air systems and luscious tropical landscaping envelops the most spacious single campus school in Asia - with 87sqm per student to be exact. #uniquelyISB



#uniquelyISB

**Thailand's Premier International School since 1951
welcoming applications for 2023**