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**PARENTING
DURING THE
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Welcome to **BAMBI**

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

Mel Habanananda



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

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

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



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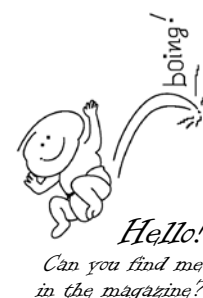
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Yuika, Year 4, Regents International School Pattaya

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Gloria Pino

Dear BAMBI members,

As we move closer to the end of the year, I've been thinking a lot about what the term 'new normal' means to me. To be honest, I'm still in some kind of denial, hoping that life will just go back to what it was before Covid-19.

This summer, I had the opportunity to go back home to see our family. We thought it was worth the trip after not having seen them for two years. It wasn't easy to travel during the pandemic with two small kids by myself, but once we arrived in Europe, we were shocked at how easily they had gone back to 'normal' life. Nobody would wear masks outdoors, and the restaurants were open and serving alcohol. At school, kids were wearing masks indoors, but no testing was needed.

This gives me some hope that even if we can't go back to exactly how it was at the beginning of 2019, we can recover some normality sooner than later.

BAMBI is also looking forward to reopening our playgroups and activities as soon as we can. We've said goodbye to many of our members over the last few months, and unfortunately, this has included many of our volunteers. Without volunteers—our most valuable asset—we are not able to open as many activities as we would like to. If you can make a little time to help, we'd love for you to join us as we write the next chapter of BAMBI. Let's work together to embrace this new normal.

Gloria Pino
Chairwoman





Eunice Enriquez

Welcome to November!

In this issue, we return to the theme of the new normal and explore experiences that have helped us throughout the last two years, and ideas that will help us to move forward.

During the course of the pandemic, we have seen many changes and faced a great number of challenges, both as individuals and as a community. Although each of us has experienced it differently, we have all learned many lessons and developed an incredible amount of resilience. In my case, the greatest opportunity was to be present to enjoy my baby at each stage, and just be with her day-to-day. It's something that I feel extremely grateful for and cherish.

I've also tried my hand at cooking, and it seems that I'm actually not that bad at it! We do still enjoy eating out, of course, and I've compiled my shortlist of the best restaurants in Bangkok to share with you.

Also, in this edition, Devi interviews a positive psychology coach for her thoughts on how parents can successfully navigate the new normal. Sadeef also shares her experience of the new normal and how she's found ways for her family to thrive in these uncertain times.

Ingrid gives us some ideas for making the best of an indoor workout and shares a simple but effective exercise routine, while Cindy explains why learning music is so beneficial for children. We also learn some invaluable tips from Jex on how to teach our children financial literacy.

Finally, in our Bumps and Babies section, midwife Emma takes a detailed look at gestational diabetes and its implications during pregnancy and beyond.

I wish you a happy month ahead.

Eunice Enriquez
Editor

OUR COVER FAMILY

CHIAKI, SEAN & VIVI



WHERE ARE YOU FROM? Japan / Singapore

HOW LONG HAVE YOU LIVED IN THAILAND? 6 years

FAVOURITE PLACES TO GO? Khao Kheow Zoo

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The kindness and helpful of the people.

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HAPPY BIRTHDAY FROM BAMBI!



NOVEMBER BIRTHDAYS

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Chalisa Charlotte White

Chinakrit Lorenzo Paglieri

Farah Glowacki

Guillermo Jobse Arenas

Gwen Thanomsing

Hamdan Bin Kamran

Hayden Liew

Hiroto Uchi

Isaac Tan

Ito Hikari

Jivika Shah

Jude

Max O'Connor

Nada

Nang Thazin Aung

Pi Thaipanich

Punna Jitkuldecha

Rema Sugimoto

Risa Horikawa

Sufiyan Mirpuri-Sachdev

Tanakorn Innajit

Tanna Chou

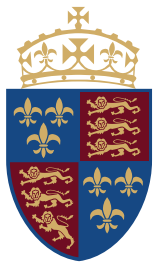
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PARENTING DURING THE NEW NORMAL



Sadeef reflects on raising her family during the Covid-19 pandemic and some of the ways they have adjusted to life in the new normal.

DParenting is a never-ending, 24/7 job. Even if you are 80 and your child is 50, you continue to parent them in one way or another. Add the challenges of the Covid-19 pandemic to the usual day-to-day struggles of parenthood, and it's no surprise that even parents often feel as confused and scared as their children.

Parenting during Covid-19 is like hitting a snooze button for an alarm that rings every few months with a new wave. Although there are good days when things seem to flow smoothly, there are days when everything is chaotic. Lockdowns feel like a weekend that never ends. Your child is home all the time, and besides doing the regular day-to-day household chores, you now have to homeschool them as well.

Children today are a completely different breed of humans. They want someone or something to keep them entertained constantly. Gone are the days when children could keep themselves busy independently with simple activities such as observing ants

on the floor, as we did when we were young. This has added more pressure on parents, especially working parents who have their own work to attend to, along with managing school and taking care of the household.

During the first six months of the pandemic, many of us could not grasp how to navigate the new normal, myself included. What has emerged since then, though, is that as none of us were prepared to live like this, we all learned—and are still learning—how best to cope through this tough time from each others' experiences and trial and error. The biggest lesson is perhaps that parenting is still about what suits you, your child, and your family best. So after many months of insanity, my family and I finally fit ourselves into a self-designed mold which is our new normal. Here is what I have done to stay sane and sociable rather than the frustrated, screaming 'mombie' I was becoming.

Parent less, friend more

With schools closed for face-to-face learning, our children have spent a

lot of time at home and missed their friends in the process. At times we have needed to be a friend more than a parent so that they haven't felt lonely. In my family, we engage our children in enjoyable conversations to share their emotions and thoughts freely with us. This also educates them as they are more open to sharing their experiences when they know we will listen and react like a friend.

Simplify meals

After spending hours in the kitchen making meals and snacks according to each person's demands, I not only felt tired and cranky but was also upset to see so much food getting wasted. We now allot each family member a day of the week to pick a meal. If your child chooses the meal on Sunday, then Monday should be Daddy's turn, and everyone has to eat the same food. No special favors.

We also keep lunch and dinner similar. For example, if you have grilled chicken with rice for lunch, make a few extra pieces for dinner. Shred them, mix with boiled potatoes or



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mashed beans, season well, and form into burger patties. This way you are not spending too much time preparing everything from scratch for every meal.

Recruit everyone in the house to help

Although many households here have live-in or live-out house help, we must understand that they also deserve a break as their workload has increased with everyone being home all the time. We get around this by involving the whole family in running the house. My kids set the table, and my husband chops up some salad or takes care of the baby while I prep for dinner. This also helps to keep everyone entertained and busy! It can be easiest to let kids help you in their own way (as long as it causes no harm). My daughter loves watching craft videos, so we let her create origami with the table napkins whenever she wants to help.

Create outdoors, indoors

We were all enthusiastic about arts and crafts at the beginning of the

pandemic, but somewhere along the way, this became boring and the clean-up afterward also proved to be inconvenient. Even board games became 'bored' games. So we created outdoors, indoors.

We made comfy recliners by tying cushions together and laying blankets on the floor in front of a bare wall, where we set up a projector. Add a big tub of popcorn—and *voila*—our own cinema! You can also use car seats to create cinema seats. We took an old, green bed sheet to our rooftop, pretended that it was grass, and had a small family picnic in a pretend park. Another day, we got super dressed up as if we were going to a wedding. We ordered the kind of food served at weddings, laid out our best dinnerware, played some wedding songs and danced to them—it may have been pretend, but it was a great wedding!

You can be as creative as you want. It is a lot of fun and so much better than moping around gloomily in

PJs all the time, just watching TV, or being on the phone.

Make the most of being online

Since the entire world is online now, now is the right time to access the best teachers in the world, wherever they may be based. We enrolled our daughter in a logic-based calculation class conducted by a teacher who lives oceans away. This way she can learn something fun and productive instead of spending her whole screen time watching cartoons on YouTube.

Take breaks from the screen

With screen time perhaps reaching an all-time high, it is very important to take a break away from the screen to rest your eyes. A friend of mine and her family love to read. During the lockdown, they had a family reading competition. The person who read the greatest number of books in a week got to choose their own prize. The children loved it as it kept them entertained and it improved their language skills.



Connect with grandparents

With travel restrictions in place, we have all been missing visiting family back home. My daughter misses going to her Nana's house, so I plan at least two or three long video chat sessions with my parents and siblings during the week. She loves talking to my mother and listening to her life stories. A big bonus is I get some time to enjoy my cup of tea in peace away from my child while my mother or siblings entertain her.

Be hygiene smart

Safety and hygiene are very important in this illness-prone time. Teaching and explaining hygiene consciousness to kids is a real task. After losing much sleep on how to keep my children alive, healthy and Covid-free, I came up with a hack to help us both: a budget-friendly Covid bag.

I ordered a shiny sling bag that my daughter loved from Lazada. This bag is small and light enough for her to carry around all the time. I filled it with disposable and cloth masks, mask strings, and a sanitizer spray

bottle I can refill from a bigger sanitizer bottle. All of these items were ordered on Lazada. Along with these items, I put in some sanitizing wipes, a small pack of tissues, and an alcohol wipe pad. So now when she goes out to ride her bike or rollerblade, she has everything she needs to be safe and germ-free, and I can also rest assured with this knowledge.

Teach gratitude

During this challenging pandemic, I remind my children to be grateful. While many people have lost their jobs, are homeless, and dying, we are blessed to be healthy, to be able to shop online, and to live in a comfortable house. I keep telling them that every family is going through some stress that is taking a toll on how they conduct themselves towards others, so let's be considerate of other parents and children. We do not know what they are going through, and can only offer our help and kindness.

This pandemic has taught us all a beautiful life lesson: that much of what we worry about in life is mate-

rialistic, and that we can live without it. But what we can't live without is our life itself and the people that we love. We are learning to be grateful and content with whatever we have. Let us all hope that this pandemic ends soon and makes us more compassionate human beings.

Photos from Canva.

About the Author



Sadef is from Pakistan, is married to a Thai-Paki and has lived in Bangkok for 10 years, along with their two daughters. She previously worked in the fashion industry as a women's apparel designer and fashion merchandiser. Her passion for reading and writing since childhood has pulled her to the BAMB! magazine. An artist at heart, she loves to paint in her spare time. She enjoys traveling, weekly visits to Sephora and is a big foodie.



CALL FOR VOLUNTEERS

BAMBI is run by a group of lovely volunteers. Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBI community? This is your chance. As many of our current Committee members are moving on from Bangkok, BAMBI has a number of critical roles to fill to ensure ongoing service to members. BAMBI is great fun and a welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us.

To apply or if you have any questions about these volunteer opportunities, please email chairwoman@bambiweb.org detailing which position(s) you are interested in.

We have a number of exciting opportunities currently available:

PLAYGROUP COORDINATOR

Responsible for managing the playgroups team comprising 3 assistants and approximately 25 Playgroup Leaders ensuring they are running to BAMBI standards, including and not limited to managing the bookings for playgroups that require registration.

This role also involves selecting the right venues, meeting and negotiating with venues for new playgroups and recruiting new volunteers. The Playgroup Coordinator works with fellow members of the team to ensure all playgroups are manned and team feedback is actioned. Training is involved when there are new initiatives relevant to playgroups as well as holding quarterly team meetings.

Attends monthly committee meetings as a voting committee member.

PLAYGROUP COORDINATOR ASSISTANT

Responsible for approximately 11 consistent playgroups (split between the Playgroup Assistants) ensuring they are running to BAMBI standards, including and not limited to managing the bookings for playgroups that require registration.

This role also involves helping the Playgroup Coordinator select the right venues, meeting and negotiating with venues for new playgroups and recruiting new volunteers. The Playgroup Coordinator Assistant works with fellow volunteers of the team to ensure all playgroups are manned and team feedback is actioned. Training is involved when there are new initiatives relevant to playgroups.

BOOKKEEPER

The Bookkeeper is responsible for compiling and organizing the physical financial documentation of BAMBI.

Key responsibilities include performing as a member of the Treasurer Team and compiling and organizing all physical financial documentation for the organization such as invoices, receipts, tax invoices, deposit slips, and monthly playgroup reports. Also tracks PG reports to ensure all documentation is received. Prepares a monthly summary report for the Accountant and scans completed documentation to Google Drive.

TREASURER

Takes care of all day-to-day financial aspects of BAMBI. This includes: supporting BAMBI volunteers on financial aspects, processing payments and receipts, reporting to the committee monthly, and ensuring compliance with accounting/bookkeeping. As a voting member of the BAMBI Committee, the candidate will be required to attend monthly committee meetings.

TREASURER ASSISTANT (x2)

Helps the Treasurer take care of the financial aspects of BAMBI related to Playgroups, Activities, and Events. Receives and checks reports from Playgroup Leaders, Activity Leaders, and Event Managers. Organizes the paperwork and forwards it to the bookkeeper monthly. At times also assists the Treasurer with other financial duties, such as making notes in the bank transaction records, compiling profit and loss data, and other duties. Financial background is not mandatory, but preferred.

ACTIVITIES LEADERS

Works together with Activities Coordinator to organize activities for older kids (3-6 years). Attends and manages the activity: collects entrance donations, and welcomes new and current members. Helps the Coordinator develop new activities and coordinate with activity leaders and venues. Requires a minimum commitment of one afternoon per month.

ACTIVITIES COORDINATOR ASSISTANT

Assists Activities Coordinator in setting up profitable activities for older kids (3-6 years). Helps with managing the posting of the event on social media as well as the bookings for each activity. Communication skills are important. Information on bookings and activities to be passed on to activities leaders and the venues.

May be required to step in and support the running of an activity if needed.

NEW MEMBERS ASSISTANT

Assists the New Members Coordinator to arrange monthly BAMBI New Members Coffee Mornings in various locations in Bangkok. The role involves helping to set up the venue, welcoming families and answering membership queries about BAMBI. The New Members team are also responsible for organizing weekend pop up playgroups (usually one Saturday a month).

PROMOTIONAL DESIGNER

Reporting to our Media Coordinator, this role involves designing promotional materials for all BAMBI departments following our brand guidelines. This also includes working with our Magazine Editor supporting content for each edition.

Some experience with Canva (or a similar program) is preferred but not necessary.



ASSISTANT EDITOR — BAMBI MAGAZINE

This is a remote position, with occasional face-to-face team meetings. Works closely with the editor to revise articles to ensure that the magazine is free of inconsistencies and errors. Follows the editorial guidelines to complete tasks, including copyediting, proofreading, and uploading articles to the website. If needed, may write articles. Must possess a great level of English, an eye for detail, and the ability to work to deadlines.

PHOTOGRAPHERS

The role of the photographer involves working with the photography team going to playgroups, activities, events and parties to take candid photos which are posted on our communication channels such as the magazine, website and social media.

CHARITIES COORDINATOR

Identifies and evaluates potential charities to be recipients of BAMBI sponsorships according to BAMBI guidelines.

Works with the Events team to hold BAMBI fundraising activities and initiatives. Arranges the collection and distribution of monetary and material donations to BAMBI charities.

As a voting member of the BAMBI Committee, the coordinator will be required to attend monthly committee meetings.

SECRETARY

Acts as the administrator for the committee. Records and distributes minutes of meetings, handles general correspondence, writes thank you letters, performs office-related tasks, keeps details of the committee members up to date and checks that BAMBI constitution is adhered to. Chairs committee meetings when Chair or Vice are not available. May also help with the representative aspects of the Chair.

VOLUNTEER BENEFITS



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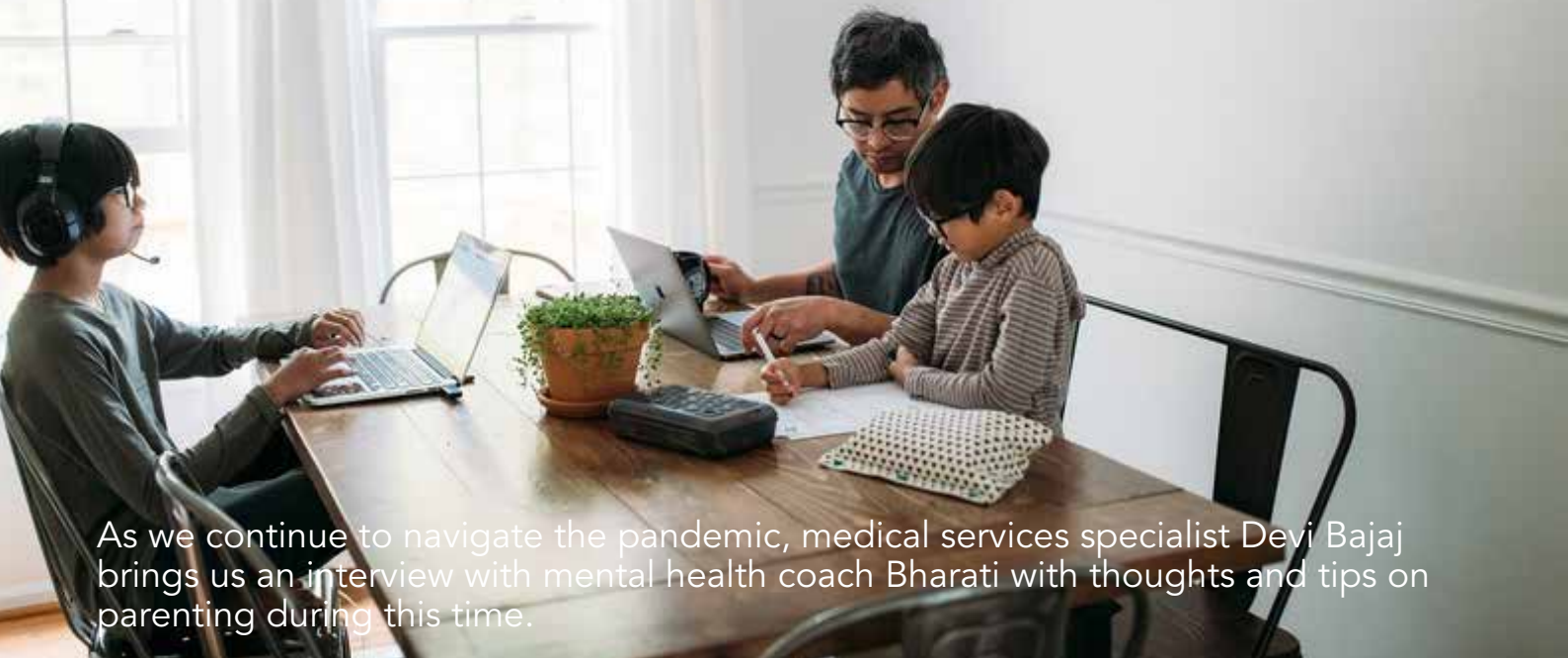


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THE LIFE OF PARENTS IN THE NEW NORMAL



As we continue to navigate the pandemic, medical services specialist Devi Bajaj brings us an interview with mental health coach Bharati with thoughts and tips on parenting during this time.

Tell us a bit about yourself.

After I completed my degree in Finance and Banking, my love for learning led me to the field of qualitative research, where I worked for a decade. When I was expecting my firstborn, I transitioned to the role of stay-at-home mom. During that time, I learned about the coaching industry and instantly became fascinated with positive psychology coaching. Six years on, I am an ICF Certified Positive Psychology Coach and a Certified Positive Educator. I am also blessed to be the mom of two children, now aged twelve and four.

What is your definition of the new normal for parenthood?

Parenthood has always been about raising children to be good humans as well as the best versions of themselves. In essence, this remains the same. What has changed in this new normal is the additional roles and responsibilities parents have been required to take on. Alongside spending more time with their children in a parental role, many are also home-

schooling and being IT technicians, friends, troubleshooters, counselors, and mentors to name but a few!

What are the most challenging tasks for parents of young children during this period?

Children are losing out on social interaction with peers through schooling, playdates, and at celebrations such as birthdays that they once took for granted. This creates feelings of loneliness, sadness, despair, anxiety, and frustration, and takes a toll on their mental, emotional, and psychological wellbeing. All of this commands parents to step in as friends, counselors, or mentors in helping children navigate their emotions and thoughts.

Raising physically healthy children is another major challenge. Physical activity and movement are paramount to children's wellbeing, but with more time being spent indoors, this can be met with resistance. As a result, parents can find themselves having to motivate and sometimes bribe children to be physically ac-

tive. Good physical health also involves eating healthy, balanced meals. Parents need to master the intricate dance of providing meals that are both nutritious and appetizing for their children.

Parents, as individuals, also have their own set of worries. Between creating a balance between their personal and professional lives, planning and handling finances, and being involved in the wellbeing of friends and family, they have had to become masters in juggling and multitasking. As a result, many are experiencing increased levels of stress and anxiety themselves.

How can we as parents help our children navigate the situation?

Firstly, I would suggest supporting your child in whatever way they need at that moment. Be open-minded and flexible in taking on roles that they may require, such as a listener, confidant, or mentor.

Creating a routine can also help immensely. A schedule with some



structured time and some free time can minimize overwhelm for both you and your children.

Building in some regular time outdoors will benefit the physical and mental wellbeing of the whole family. When going outdoors, wear your mask, maintain social distancing, and make sure you sanitize your hands appropriately. Plan your day so you can avoid locations with heavy foot-fall. Social bubbles can also be a fun way to spend your time. Aim to keep the group small to minimize any risks.

It's also important for us to assist our children in building resilience, so that they can bounce back from adversities. Encouraging open and honest conversation is beneficial, even if it means acknowledging that you are feeling vulnerable or anxious. Maintain a connection by listening to their concerns and making sure they feel heard and validated. This also helps create a sense of belonging.

What suggestions do you have for how we can help ourselves?

During this time of uncertainty, many parents find themselves worried even if they don't have a predisposition to anxiety. Me-time is not a luxury but essential for your mental and emotional wellbeing. Set aside alone time to replenish your cup. Fundamentally, this should be a safe space for you to turn down parent-mode and mindfully do something therapeutic or relaxing. It could be baking, reading, gardening, working out, or enjoying a virtual meet-up with friends or family—the list is endless. Caring for others can be hard when your battery is running low, so do take the time to recharge.

Parenting during this pandemic can feel relentless. We have to remind ourselves to operate from a full cup, and to fill as we pour to ensure we have the bandwidth we need to fulfill our additional roles and responsibilities. These are unprecedented times and there is no manual to help us navigate them. Be compassionate with yourself, and try to eliminate

beating yourself up if something doesn't go the way you want it to. If you find yourself struggling with something, reach out. Chances are that you are not the only one going through it. In standing together and supporting each other, we will see this pandemic through and come out of it more resilient.

Photos from Canva.

About the Author

Devi runs Enliven Health Concierge, a service to support expat families in navigating the healthcare system in Bangkok. If you need assistance finding the right doctor and/or making a medical appointment, contact them – their mission is to help you! Website: www.enlivenyou.org Facebook: www.facebook.com/enlivenconciierge Instagram and LINE handles: @enlivenconciierge Phone: 095-665-6966





EXERCISE IS AT HAND: HOW TO EXERCISE WHILE BUSY AT HOME

Has exercise felt out of your reach since becoming a parent or since this pandemic began? Exercise specialist Ingrid helps you bring exercise into your daily routine with some suggestions and ideas.

We all know that exercise is important, not just for our physical health, but also for our mental health and wellbeing. So, what can we do when we need to spend more time indoors, but we aren't able to go to the gym, or if we have kids at home needing our attention? At times like these, we need exercise more than ever, but how can we accomplish it? Creativity is essential; you can still get an excellent workout in a short amount of time and a limited amount of space!

I find the most difficult part of exercising is fitting it into our daily schedule; if it's not planned and accounted for, it often doesn't happen. Many of us are on our phones throughout the day, so a great way to make sure we exercise is to add it to our daily calendar apps. The notification is often enough to motivate us to get up and get going. Find a time that would work best for you; maybe it's your child's nap time or early morning before everyone is

awake. Whatever time you choose, try to make it part of your day-to-day ritual so it becomes ingrained in your routine.

People often feel like if they can't find 30–60 minutes to exercise, then it's not worth it, but finding just a little bit of time is better than nothing. If 30 or 60 minutes does not seem doable, try scheduling two or three 10-minute blocks of time to get in some exercise.

There are lots of different options and choices, and everyone is sure to find something that they enjoy. For this article, I'm only going to focus on free ways to exercise, so that money does not deter anyone from being able to participate.

First off, if you live in an apartment, try walking the stairs. It's a major cardiovascular workout and a major calorie-burning activity. All you need is a pair of athletic shoes and some water.

If stair climbing isn't your thing, how about a yoga class done from the comfort of your own home? There are many free yoga classes available on YouTube that require minimal equipment; many of the instructors offer alternative pieces of equipment that most people can find around their home.

Another great option on YouTube is the Body Coach. He is an excellent trainer with many free classes available for all different fitness levels and ages (he even has workouts for kids!).

If YouTube videos aren't for you, check out an online workout website called Fitness Blender ([FitnessBlender.com](https://www.fitnessblender.com)). They offer a variety of classes, from HIIT (high-intensity interval training) to stretching, and everything in between! Many of the classes offered are free, and the search and filter feature on the website enables you to find classes that fit your equipment



and time limits. You can also filter classes by the level of ability they target.

A screen-free exercise routine

If you're tired of screens and you don't have a staircase in your building to climb, all you need is your shoes, a mat (or large towel), a chair/couch/coffee table, and a timer. Here is a 20-minute routine that anyone can do, and if 20 minutes is too much time to set aside at once, do the first circuit and save the second for later in the day when you can spare ten minutes.

The routine consists of two circuits of four exercises performed for 50 seconds each, with a one-minute break after each round. Begin with a warm-up of two minutes walking in place, and cool down with a short stretching routine of your choice.

Circuit 1:

- High knees, steps, or running for 50 seconds; 10-second rest

- Push-ups on toes or knees for 50 seconds; 10-second rest
- Jumping jacks for 50 seconds; 10-second rest
- Wall sit for 50 seconds; 10-second rest
- Rest for 1 minute and repeat the circuit one more time

Circuit 2:

- Plank on hands for 50 seconds; 10-second rest
- Squat for 50 seconds; 10-second rest
- Tricep dips from a stable chair, couch, or coffee table for 50 seconds; 10-second rest
- Side plank for 25 seconds on each side; 10-second rest
- Rest for 1 minute and repeat the circuit one more time

Try and fit this routine into your schedule 3–4 times a week, and if you can, get outside and walk around some of the parks that are open, or walk to the nearby grocery store or shops instead of tak-

ing a taxi or driving. Every little bit helps! Exercise is still an option, and finding new ways to exercise during this pandemic is vital to our health and mental well-being as parents and caregivers. Make yourself and your health a priority—it's important.

Photos from Canva.

About the Author

Ingrid Hanifen BSN, RN, CPT has a background in nursing and exercise science. She is a Gentle Sleep expert and personal trainer with a specialization in pregnancy and postpartum exercise. She currently lives in Bangkok with her husband and two boys. Please get in touch at Ingrid@BestRestFamilies.com for more information.





DESIGN FUTURES

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

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Bangkok 10110

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

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Bangkok 10110

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purpleelephant@elc.ac.th

The Purple Elephant 55
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“
**Children must
be taught how
to think,
not what to think.**

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TEACHING YOUR KIDS FINANCIAL LITERACY



It's never too early to develop financial literacy in our children. Jex shows us how to use an allowance as a teaching tool for each age group.

Before the Information Age, students used to be taught the three Rs—reading, writing, and arithmetic—and that was sufficient. Today's children need to know so much more than just those basics. Science, history, fine arts, and physical education all have their place in the modern curriculum. And yet, financial literacy—the ability to use knowledge and skills to manage one's financial resources effectively—is not commonly taught in schools. As parents, it's our job to ensure our children are prepared for the 'real world,' which includes understanding money.

The suggestions below are listed by approximate age, but if your child doesn't have much exposure to financial literacy, start with the age group below their biological age until they've mastered those skills.

Ages 2-3

It's never too early to teach your children about money. Toddlers who are learning their numbers can count coins. Children who love to

match like items can match coins of the same value. You can also involve your toddler when paying for goods and services. My daughters love to hand the money to the cashier or the taxi driver. This seems simple, but it teaches an important concept.

Ages 4-5

This is an ideal time to introduce your child to an allowance. An allowance can be a disciplinary tool that kids can earn for doing chores or a tool to teach financial literacy. Choose an amount that suits your family's philosophy and budget. I started my oldest with one \$10 coin per year of age per week. So my four-year-old gets \$40 every Sunday. But the amount is less important than the money conversations and experiences that arise from it.

My daughter has three clear jars for her money—labeled *Save*, *Share*, and *Spend*. Each week, she is required to put one coin in *Save* and one in *Share*, and then she can choose what to do with the rest. The *Share* jar can

be given to a formal charity of her choice, or she may use it to buy a treat for a sibling or friend. The *Save* jar has a photo of the toy she's saving for, so it feels more tangible for her. We looked at the price of that toy on several websites, teaching her to shop around for the best price. We then created a goal chart for her to color in the progress. Every coin saved means she gets to color in a section of the chart. When the chart is full, she gets to buy that toy.

When I take her shopping with me, I ask her if she wants to bring her *Spend* money. If she asks to buy a small treat, I tell her the item's price and ask how much money she has. Then I ask her which number is bigger, the amount she has or the price of the treat. If she has enough, she gets to buy it.

Ages 6-8

By age six, children can understand the difference between needs and wants. Help your child distinguish which things in our lives are wants by



engaging them during your regular purchases. While grocery shopping, explain that healthy foods are a need, while snacks and candy are wants. When clothes shopping, clothes are a need, but brand-name clothes are a want. Start having your child pay for some of their wants from their allowance.

You can also teach them how to compare and contrast potential purchases. Maybe there are two similar toys they want. The toys have different features and different prices. Discuss the pros and cons of each toy, as well as the costs. If one toy is much less expensive than the other, discuss that higher quality items usually cost more but generally last longer as well.

Ages 9-12

As your child gets older, you can increase the amount of their allowance along with their responsibilities. A twelve-year-old should get a larger allowance than a younger child, but could be required to pay for optional

entertainment with it, such as online subscriptions or trendy clothes.

When you take your children shopping for groceries or clothes, show them the amount you pay for these necessities. When kids see you pay by credit card or bank transfer, it can seem like magic. Show them the line items and the receipt total to help them realize that digital payments are actually made with real money.

Ages 13+

Once your child is a teenager, there are many variations based on your child's personality, whether they're spendy or thrifty, have a part-time job, and other factors. Just remember that your end goal is to teach your child enough so they're prepared for the real world after high school. This can include shifting allowance from weekly to monthly, helping them create monthly budgets, and shifting more responsibility and autonomy to your child. Instead of taking them shopping for holiday gifts or school clothes, increase their regular al-

lowance and make those part of the expenses your child pays for. It's also good to teach the abstract concepts of digital finances, such as online bank accounts, debit cards, and eventually, the responsible use of credit cards.

Photos from Canva.

About the Author

Jex lives in Bangkok with her husband and two daughters, who are 4 and 2 years old. She has a Master in Business Administration degree and has studied personal finance since 2011. As the owner of Jex Leigh Financial Coaching, she helps individuals and families create better financial habits so they can achieve their dreams. You can visit her Facebook page at: <https://www.facebook.com/jexleighfc>.





LEARNING MUSIC: PROFICIENCY AND BEYOND

If you have ever wondered whether to enrol your child in music lessons, this article by piano teacher Cindy can help you understand the various benefits of learning music, the best age to start, and what to keep in mind when looking for a teacher.

Many parents send their child to learn music to gain special expertise. However, learning music is not just about proficiency alone. There are many other benefits beyond that.

Systematic thinking and memory

Playing music requires systematic thinking, which starts with reading notes on the grand staff. Memory is also crucial as children need to remember and apply pitch, rhythm, and other musical theories. All these processes help in developing the child's brain and systematic thinking through regular practice.

Improved body coordination

Body parts work together simultaneously while playing music. For example, when playing the piano, the eyes will be used to read notes which the brain will process. The thinking process will be conveyed through the fingers, which requires proper sitting posture, correct hand movements, and the correct arm and elbow positions. Once the sound comes out, the ears will perceive its accuracy. Some songs are more complex than others as they require additional

foot pedals. As you can see, numerous parts of the body are used while playing the piano, and coordination is needed to connect each of these parts together.

Fine motor development

In order to play musical instruments well, children need to have good fine motor skills. Proper training while learning an instrument helps to develop these skills, and once the strength of the child's fingers increases, they will be able to play music better with the right rhythm.

Creativity

Playing music has no fixed rules, so when children gain a certain level of musical knowledge and a certain level of understanding after they have begun learning, they may be able to start mixing various notes together and composing songs by themselves. At this point they will enjoy their creativity and take great pride in what they can do.

Patience and self-responsibility

To play music well, studying in a class alone is not enough. During

the class, teachers may usually focus on new theories and song techniques, but it's very important that children practice after the class to master new songs. A proper routine will also make them understand that to achieve something, effort and responsibility are important.

The best time to start learning music

Any parent can tell you that children have a connection with music from birth. Between the ages of one and two, a child begins to clap and understand rhythm, shake instruments, and sing.

By the time a child is three to four years old, their fine motor skills have developed to a certain extent. They will be able to begin playing basic instruments using their fingers, such as the piano. Generally, children have not yet learned to read by this age, but this is not a problem. Reading skills are not a prerequisite for music lessons. In fact, studies have shown that learning music from a young age actually helps the development of literacy skills.



Based on my own observations of teaching music to children, five is the best age to start learning various musical instruments such as piano, violin, guitar, drums, and vocal music. Research also suggests that musical training around this time builds stronger connections in the brain, which helps children to develop both physically and mentally properly.

Learning music in the new normal

Learning music is no different from learning academic subjects as the learning can be done either in-person or online. Even when the class is online, highly experienced teachers

have techniques and resources to engage the child and help them focus on the lesson despite the class not being in person.

How to choose a music teacher

Music teachers have different teaching techniques and styles. Therefore, it is important to consider goals and teaching styles that best suit the learner.

If the goal is to play for enjoyment, parents should approach a teacher who is not heavily focused on theory but rather on psychological development. Communicating your goal

as soon as you approach a potential teacher will help determine whether or not they are the right fit. Teachers should also possess abilities to adjust teaching styles to match the preferences of children.

If the goal is to study for exams or for a future career, stricter teachers will be a proper match. Teachers need to carefully design a plan and steps to achieve more serious goals.

Photos courtesy of the author.

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About the Author

Thita (Cindy) Dumrongchanawong is the CEO of Bangkok Pianist and Thai Pianist and has 15 years of piano-teaching experience. For more details, visit www.thaipianist.com or www.bangkokpianist.com or contact them via Line or Whatsapp. Line: @bangkokpianist Whatsapp: +6689-6792835



BANGKOK RESTAURANT RECOMMENDATIONS



Our foodie editor, Eunice, shares her shortlist of the best restaurants in Bangkok offering diverse menus, from Mexican classics to healthier desserts.

When I arrived in Bangkok, one of my biggest concerns was the food available and being able to find places that resembled what I was used to. But to my surprise, I discovered that the gastronomic offerings in this city are amazing. There are all kinds of food choices and everything to suit my cravings. That's why I would like to share my favorite restaurant recommendations. I hope you enjoy them as much as I do.

EL HEFE



Image: El Hefe

El Hefe is a new chain of Mexican restaurants in Thailand. Inspired by the Mexican street-food craze, Chef Luiz has an array of delicious food items on the menu.

The restaurant proudly offers over 40 types of tacos, along with the Mexican classics such as burritos, enchiladas, enmoladas, quesadillas, and more. They also offer a dedicated vegetarian and vegan menu for guests, hence covering the whole food spectrum.

The main branch is at Sukhumvit 34. Look out for those bright yellow doors!

Contact: IG @elhefebkk

Must try: Chilaquiles and huarache

VISTRO BANGKOK



Image: Vistro Bangkok

Vistro's menu draws inspiration from the owners' travels, carefully developed to turn the perception of plant-based food on its head by incorporating exciting flavours inspired by global cuisine.

You'll find classic comfort food alongside gourmet delights. The diversity of the menu caters to vegans, foodies, and the plant-based curious. The Vistro team was honoured with the title of 'Thailand's best plant-based restaurant' at the Root the Future Awards 2020.

Contact: IG @vistrobkk

Must-try: Protein pancakes

NINE PASTRY



Image: Nine Pastry

Nine Pastry & Bakery was established in 2019 by Chef Nir, who began experimenting with French patisserie, cakes, and sourdough. Positive feedback inspired him to take things further and he opened Nine Pastry on Sukhumvit 24.

Menu items like artisan sourdough and bread, delicious cakes and tarts, and small treats with a Mediterranean influence make Nine Pastry a must-visit restaurant in Bangkok.

Contact: IG @nine.pastry

Must-try: Babka cake – a type of brioche bread twisted with chocolate/cinnamon filling

DUDU VEGAN BAKERY

Dudu Vegan Bakery offers lower calorie, vegan desserts, which provide an alternative option when we want a treat but don't want something too sweet or heavy. They believe snacks can be eaten at any time without guilt and at an affordable price.

Contact: IG @dudu.vegan.bakery

Must-try: Vegan chocolate cake (only 45 calories!)



Image: Dudu Vegan Bakery

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Bumps & Babies

Bumps & Babies is a support group for women of all nationalities who are pregnant or have recently given birth. We hold regular talks about topics pertaining to pregnancy, childbirth, breastfeeding, and the postpartum period. We welcome speakers from all areas, so you can be presented with a wide range of information. Professional advice from a nurse/midwife/doula is available at most meetings.

The BAMBI website calendar and Facebook pages hold current information regarding what's on. If you are a new parent to Bangkok and are looking for support regarding information on doulas, breastfeeding, child birthing classes,

GESTATIONAL DIABETES

By Emma McNerlin

This month, midwife Emma McNerlin explores the implications of a diagnosis of gestational diabetes in pregnancy for both mother and baby.

What is Gestational Diabetes Mellitus (GDM)?

Gestational Diabetes Mellitus (GDM) is diabetes that first manifests or is diagnosed from the second trimester of pregnancy onwards. GDM pregnancy is categorized as high risk, requiring close monitoring for both mother and baby. A majority of cases of GDM are temporary and resolve after pregnancy. Approximately half of women diagnosed with GDM develop type 2 diabetes within ten years (International Diabetes Federation, 2020).

What causes GDM?

Pregnancy is normally a mildly diabetic state. Hormones produced by the placenta alter the mother's metabolism to make glucose more readily available for her growing baby. However, for 7–10% of women worldwide, this natural change in pregnancy develops into GDM (Frontiers in Endocrinology, 2020). While the cause of GDM is unknown, some risk factors exist (see Table 1).

How is GDM diagnosed?

Since nearly all women with GDM are asymptomatic, screening is necessary to detect it. In Bangkok, this is usually conducted between weeks 24 and 28 of pregnancy. Some hospitals will also test earlier for those with the risk factors listed in Table 1. A fasting blood plasma glucose level above 5.1 mmol/liter, or a two-hour plasma glucose level of 7.8 or above, indicates GDM (Diabetes Care, 2010). However, in Bangkok, some hospitals may use slightly varying levels for diagnosis.

It should be noted that diabetes detected in the first trimester is not GDM but undiagnosed type 1 or type 2 diabetes. These conditions will not resolve post pregnancy and will require consultation and care with an endocrinologist (Diabetes UK, 2021).

What are the complications of GDM for the expectant mother?

Pregnancies complicated by GDM require close monitoring and a comprehensive care team comprising an



OB/GYN, endocrinologist, and dietitian, alongside self-testing and self-monitoring of glucose levels. This can cause anxiety and stress in the pregnancy, so a good support network is essential. There are lots of GDM resources online for women to connect and discuss their condition. The clinical complications of GDM for the mother include increased risk of developing high blood pressure, pre-eclampsia, and postpartum depression (Azami et al 2019).

What are the complications of GDM for the baby?

GDM can also cause complications for the baby. Poorly controlled maternal blood sugars lead to increased delivery of nutrients to the baby, which stimulates them to produce more insulin. This fetal insulin acts as a growth factor, which can cause macrosomia (large baby). Conversely, in other cases of GDM, high blood pressure in the mother leads to fetal growth restriction and smaller than average babies. GDM also increases the risk of polyhydramnios (high levels of amniotic fluid), which can present further risks for preterm labour and birth.

Babies born to GDM mothers more often require NICU treatment for a short time after birth, for respiratory com-

babywearing, or postpartum depression, please feel free to contact our coordinator or visit www.bambiweb.org and click on the 'Bumps & Babies' tab.

Coordinator: Emma (bumps@bambiweb.org)

Donation (per family): \$100 BAMBI-members and \$300 for non-members. Membership can be processed and renewed during the session.

plications as their lungs are under-developed for their age. These babies are also likely to require support for low blood sugar directly after birth as they are no longer receiving glucose through the cord. Sadly, pregnancies complicated by GDM are five times more likely to result in stillbirth than the general pregnant population (Tommy's, 2021). This is thought to be due to placental damage and poor circulation resulting from high blood sugars (Robson and Waugh, 2013), and is why careful fetal monitoring and attention to fetal movements are especially important. Recent research from the UK shows that diagnosing GDM and comprehensive management reduces the risk of stillbirth to almost that of the general population (Stacey et al., 2019).

How is GDM treated?

Around 80% of women will adequately control their blood sugars with diet and lifestyle changes and home blood glucose monitoring (NICE, 2021). Consultation with a dietician is essential to ensure a balanced diet is followed. Those who are overweight or obese should be supported to limit their weight gain, to better control their GDM (Myles, 2020). Where there is poor diabetic control, or dietary and lifestyle measures are insufficient to decrease blood glucose levels, medications such as metformin are safe and can help. In the most serious cases, insulin is prescribed.

What are the implications of GDM for pregnancy, birth, and postpartum?

Pregnancy

Most cases of GDM are diagnosed around 28 weeks at routine screening. It can take a few weeks to get used to the dietary changes and self-screening of blood sugars, so mothers shouldn't get disheartened if it takes a while to bring them under control.

Extra scans are required to monitor baby's growth to ensure they are not becoming too big or growing too slowly; a macrosomic baby weighs over 4.5 kg at term, and a growth-restricted baby is one below 2.5 kg at term (NICE, 2021). In all cases, steroid injections may be administered to the mother around 34–36 weeks to help mature the fetal lungs and mitigate the increased risk of preterm labour and breathing problems for baby after birth. Scans will also check for unusual increases in amniotic fluid levels. Women with GDM are also encouraged to harvest and freeze colostrum from the 37th week of pregnancy. This can be given to baby in the first hours after birth to help avoid hypoglycemia (low blood sugar). It is crucial to only



Body mass index (BMI) more than 30 kg/m ²
Previous macrosomic (large) baby weighing 4.5 kg or more
Previous gestational diabetes
Family history of diabetes (first-degree relative with diabetes)
Family origin with a high prevalence of diabetes: <ul style="list-style-type: none">• South Asian• Black Caribbean• Middle Eastern
Previous stillbirth
Polycystic Ovarian Syndrome (PCOS)

Table 1: Risk factors for developing GDM. Source: NICE, 2021

start collecting colostrum from 37 weeks, as nipple stimulation can trigger labour (Gestational Diabetes UK, 2015). There may be more frequent doctor visits in the last 8 weeks of pregnancy as high blood pressure is a common side effect of GDM, potentially requiring medication to control it.

Labour and Birth

Knowing the options for birth with GDM and the condition's impact on the birth plan is important. Your OB/GYN should discuss these implications with you. Depending on the individual situation, induction of labour or a C-section planned at around 38 weeks may be advised. The medical team may also closely monitor maternal blood sugars in labour. For those choosing to labour and birth vaginally,



a straightforward pregnancy, and their babies thrive and develop normally through infancy and childhood. GDM is something to take seriously, but with compliance to dietary changes and close care and attention from the medical team, outcomes are good for both mother and baby.

****The contents of this article are intended for informational use only and should not be considered as medical advice. If you are concerned about any aspect of your pregnancy, please consult your OB/GYN. ******

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continuous fetal monitoring is required due to increased risk of fetal distress. If wireless monitoring is available, then mobilizing is possible, making it easier to cope with labour, and ensuring baby rotates into a good position for birth. Babies born to GDM mums gain mass around their trunk and shoulders in utero, so might experience shoulder dystocia, a complication where the baby's head is born but the shoulders get impacted in the pelvis. When this happens, it is a birth emergency, which OBs are highly skilled to deal with. However, the risks and benefits of both C-section and vaginal birth should be explained to help the mother choose the right birth for her.

Postpartum

Maternal blood sugars usually resolve spontaneously after delivery as the hormones responsible for the GDM are no longer secreted. The medical team may monitor pre-meal levels for 24 hours after birth to ensure this is the case. If levels remain high, a referral to a specialist will be necessary. Immediately after birth, baby may be monitored in the NICU for signs of hypoglycemia, respiratory distress, and jaundice. Women who have had GDM are encouraged to breastfeed for at least two months and beyond to reduce their risk of developing type 2 diabetes later (Gunderson et al, 2015). GDM mothers should have another glucose tolerance test at six weeks postpartum. Before conceiving again, another test to rule out both type 1 and type 2 diabetes is advised.

Despite the increased risks from GDM pregnancy, it is important to remember that prenatal surveillance and highly developed protocols mean that most GDM mums have

About the Author



Emma McNerlin is a UK-trained and registered Midwife, First Aid Instructor and owner of Bumpy Daisy Café and Community; a cafe and parenting community centre for new and expecting parents offering birthing classes, hypnobirthing, First Aid workshops and baby classes.



St. Stephen's International School

"Where East meets West"

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



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MEMBER DISCOUNTS

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

BEAUTY

JOHNY LIVE: A mobile hair stylist who can visit your home.

DISCOUNT: Cutting and coloring services in the comfort of your own home with an exclusive 25% discount for all BAMBI members.

CONTACT: Tel: 087-105-1614,

johnylive6@hotmail.com,

Web: www.johnylive.com,

Facebook: Johny Live Hair

NICHE SALON BANGKOK: Hair salon/Nail spa/Wax studio. Kerastase salon, hair color, and Keratin. Nail spa with CND Shellac. Wax studio with Caronlab Australia. Experienced stylists - English speaking - Private room.

DISCOUNT: 10% discount off all services for BAMBI members.

CONTACT: Booking via phone 026543993 or 0925156395 or on Facebook: nichesalon.th

Location : 3rd floor - CRC Tower - All Seasons Place - Wireless Road - BTS Ploenchit

EDUCATIONAL

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

DISCOUNT: 10% off for BAMBI members

CONTACT: JumpingClay Seacon Square Srinakarin (3rd Floor).

Tel: 095-759-6686 081-869-2051

02-721-8968

Email: ph.jumpingclay.th@gmail.com

Facebook: JumpingClay Thailand

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

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

CONTACT: Unit P1, Play Yard (2nd Floor) The Commons, Thonglor Soi 17, Wattana, Bangkok 10110.

Tel: 02-712-5245

Email: hello@littlepeabkk.com

FB/IG: littlepeabkk

Web: www.littlepeabkk.com

SING DANCE ACT & DESIGN with Musical Theatre for KIDS at The Hop or online! Suitable for children aged 6 to 12 years old. Improve your child's confidence, spontaneity and creativity through song, dance and art, in a warm and supportive environment.

For workshops, please visit www.musicaltheatreforkids.com or

message on Facebook at www.facebook.com/musicaltheatreforkids.

DISCOUNT: 10% off all class packages or online subscriptions.

CONTACT: Kristen Rossi, musicaltheatreforkidsbkk@gmail.com

PLAYVILLE:

DISCOUNT: ฿100 discount to join Baby Play Date every Monday 10:00-11:00. This includes all day entrance fee to Playville for a child under 1 year old and 1 adult. Booking required.

10% discount on entrance fees every day (when presented with BAMBI member card)

15% discount on membership fee
10% discount on party or private events

CONTACT: Tel: 02-297-0091,

Facebook: playvillethailand

KID ABLE THE MALL NGAMWONGWAN LANGUAGE SCHOOL:

Montessori teaching in English & Chinese for Preschool, Playgroup and kids aged 1 to 12 years old

DISCOUNT: 10% off for all classes, First class free, Registration fee free

CONTACT: Tel: 081-848-6300

/ 062-387-3883; Address: 9th

Floor Education Zone, The Mall

Ngamwongwan; Facebook:

KidAbleNWW, Line: @kidablenww

PLAN TOYS: Play area designed using sustainable toys for learning and development of children.

DISCOUNT: ฿250 2 Hour ticket for 1 adult + 1 child; Additional ฿50 for each additional adult

Valid from: April 1st 2021 to June 30th 2021

LOCATION: 114/1 Sathorn 10 Alley North S Sathorn Rd, Silom, Bang Rak, Bangkok 10500, Thailand

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

DISCOUNT: 10% discount for all BAMBI members

CONTACT: +66 85 122 9080;

<http://www.littlelegend.co/>; fb:

<https://www.facebook.com/littlelegendplayset/>

HONEY BEAR: A cafe for children and adults with an adjoining play area where parents can watch their children play.

DISCOUNT: 10 % discount on all food and non-alcoholic beverages for BAMBI members

CONTACT: 40/1 Soi Ekkamai 4, Phra Khanong Nuea, Watthana, Bangkok 10110, Thailand

FITNESS

BANGKOK DOLPHINS:

DISCOUNT: 10% off all swimsuits and in-store merchandise.
CONTACT: Soi Klang Racquet Club, Sukhumvit 49/9. Tel: 02-712-9297.
www.bangkokdolphins.com

KIDDY-KICKS:

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

CONTACT: Tel: 095 652 4153 (THAI ENG FRA JPN), LINE ID "@kiddy-kicks", info@kiddy-kicks.com

LITTLE GYM:

DISCOUNT: 10% off membership fees, if registered on the day of the free visit for all branches. CONTACT:
- Emporium Tower: Tel: 02-664-8994-5
- Central City Bangna: Tel: 02-3994415 and 023994445
- Central Chaengwattana: Tel: 02-101-0200

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

SWIMMING BANGKOK:

Private swimming lessons at your own swimming pool.
DISCOUNT: 20% off and free shipping on all accessories and swimsuits. Use the promo code BAMBI20 to enjoy the discount.
CONTACT: www.swimmingbangkok.com or email tony@swimmingbangkok.com

FOOD

ANTIQUE CAFÉ AND CAKES:

DISCOUNT: 35% off any bakery item when you order any drink.
CONTACT: Tel: 02-258-6005
FACEBOOK: AntiqueCafeBkk

BABY BIB CAFÉ AT BAMBINI VILLA:

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

BLUE PARROT:

DISCOUNT: 10% discount on the bill.
CONTACT: Tel: 02-235-4822
FACEBOOK: blueparrotbangkok

HILTON SUKHUMVIT BANGKOK:

DISCOUNT: 20% off total food and beverage bill including the NEW Grill in the Garden- by Scalini.
CONTACT: Hilton Sukhumvit Bangkok, Soi 24.
Web: <https://www.hilton.com/en/hotels/bkksuhi-hilton-sukhumvit-bangkok/>

KLONG PHAI FARM:

Free-range chickens, ducks, and eggs
DISCOUNT: Free delivery for the first order with over ฿1,000 of purchase
CONTACT: contact@klongphaifarm.com, order at www.khlongphaifarm.com and mention BAMBI.
Tel: 02-016-3907

STEPS WITH THEERA:

A health-focused coffee shop and cafe that also provides vocational training for adults with special educational needs. The menu is diverse with options for those with and without dietary requirements and a kids food and drink menu. The cafe strives to create a community space that is accessible for everyone.
DISCOUNT: 10% off at the Ekkamai 10 and Sukhumvit 42 branches only.
CONTACT: 02-381-6590, stepswiththeera.com

SUNNY SIDE UP:

DISCOUNT: 10% discount. The discount can be applied to entrance fee, food, beverage, private party and/or any other in-store purchase.
CONTACT: Tel: 092-659-3880 Facebook: sunnysideupcoplayingspace

THE 51 TASTY MOMENTS:

DISCOUNT: 15% discount on lunch menu (not applicable on set lunch. 2 courses + 1 soft drink @ ฿320 net / 3 courses + 1 soft drink @ ฿480 net). Monday to Friday between 10am to 3pm.
CONTACT: Tel: 098-870-7051, Facebook: the51tastymoments

HEALTH

BUMRUNGRAD HOSPITAL:

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

J-CLINIC:

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

PAINAWAY CLINIC:

Pain relief through Japanese adjustment therapy.
DISCOUNT: Free 3D scan for foot or posture report (normal price: ฿500)
CONTACT: B1 Floor, Interchange 21 Tower, Sukhumvit 21, Asoke.
Tel: 02-258-1361, contact@painawayclinic.com,

HEALTH

www.painawayclinic.com,
FB: @painawayclinic

IASNAIA MAXIMO:

Pregnancy, Birth, and Postpartum Doula.
HypnoBirthing Educator, Childbirth Classes, Lactation and Breastfeeding Support, Newborn care, Infant Massage instructor.
DISCOUNT: 10% off Doula support.

20% off Breastfeeding Support.
CONTACT: info@maedoula.com or www.maedoula.com

PHYSIO CLINIC:

Japanese style physical therapy will change your life!
DISCOUNT 10% off all physical therapy treatments.
CONTACT: Nuamcomplex, 4th Floor, Sukhumvit 33, Phromphong.

Tel: 02-070-7900, e-mail: info@physio8.com, FB: @Saha Clinic Physio, IG: physioclinic33

BANGKOK INTERNATIONAL DENTAL HOSPITAL:

DISCOUNT: 5% discount for dental treatment services
CONTACT: Ploenchit Sukhumvit Soi 2 Tel: 02-115-8977, www.dentalhospitalthailand.com

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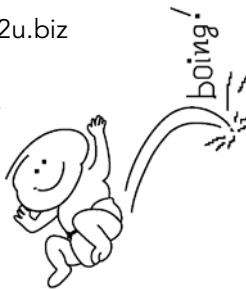
BANGKOK SELF STORAGE:

DISCOUNT: 25% off storage units.
CONTACT: Tel: 02 249-9357, info@bangkokselfstorage.com, www.bangkokselfstorage.com, FB@StorageBSS

DESIGN2U:

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

Here I am!



ADI NEVO:

Life coach, specializing in relocation perspectives and personal growth. Helping to connect you to the best version of yourself.
DISCOUNT: Two free coaching sessions plus 20% off regular session prices afterward. 30% off for buying a package of six or eight sessions in advance.
CONTACT: 08-24592078 or www.adinevo.me

AYASAN SERVICE:

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

KIDS HOME & FAMILY SERVICES:

Nanny, maid and babysitting services.
DISCOUNT: 10% BAMBI discount for hourly rate and daily babysitting services. \$1,000 discount for the first month of monthly babysitting services.
CONTACT: Khun Jin, Tel: 02-656-7024/5, www.thaikidshome.com

KIIDU:

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

SHOPPING

ENGINO (Play & Learn):

DISCOUNT: 15% off all merchandise purchased both at the physical shop and online, with the code bambionly, with minimum purchase of \$1,000.
Shop location: 2nd Floor Marketplace Nanglinchee
Email: info@enginou.com, Tel: 081 989 0820

ERGOBABY:

Ergonomic baby carriers for babies starting from newborn to 4 years
DISCOUNT: 15% Off for all members on purchases made through the line account
CONTACT: Line account - Ergobaby

NICK & NISHKA (KIDS CONCEPT STORE):

DISCOUNT: 15% off all merchandise on minimum purchase of \$1,000 (excluding promotional items).
Shop online at www.nickandnishka.com and use the code BAMBIONLY at checkout.
CONTACT: For orders or queries, email info@nickandnishka.com or send a message via: IG: www.instagram.com/nickandnishka, FB: www.facebook.com/nickandnishka, LINE: @nickandnishka; Tel: 0642701426

Would you like to offer special promotions to our members?
Please email us at benefits@bambiweb.org.

PLAYGROUPS & ACTIVITIES

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

Before going to a non-BAMBI playgroup, please contact the school/venue to confirm that it is open and the playgroup is running. We would love some help with our playgroups and activities, so please volunteer if you have some time to spare at your favorite group. It's easier and more rewarding than you think to get involved. Contact either playgroups@bambiweb.org or activities@bambiweb.org. Thank you!

BAMBI PLAYGROUPS

BAMBI playgroups are characterized by free play, and the use of school toys and playgrounds. The donation per family (children plus one accompanying adult) for all BAMBI playgroups is ฿100 for members and ฿300 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

BAMBI RIVERSIDE PLAYGROUP: Wednesday, 10am -12pm.
For children aged 0-5. Darunbannalai Children's library No. 1, Soi. Charoenkrung 34, (Wat Muangkae), Charoenkrung Rd., Bangrak District. (Near General Post Office and TCD).

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

SUKHUMVIT - TOP (EXPRESSWAY TO ASOKE)

BAMBI SATURDAY NANA PLAYGROUP:
One Saturday a month, 9:30-11:30am. Please see BAMBI's online calendar for specific dates. For children aged 0-5. Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4. Sukhumvit - Central: Asoke (Soi 21) to Ekkamai (Soi 63)

BAMBI NOVOTOTS PLAYGROUP:

Monday, 10am-12pm. For children aged 0-5. Novotel Bangkok Sukhumvit 20, 19/9 Soi Sukhumvit 20.

BAMBI MONDAY THONG LO PLAYGROUP:

Monday, 9:30-11:30am. For children aged 0-5. Bangkok Preparatory & Secondary School, 23 Sukhumvit 53.

BAMBI WEDNESDAY THONG LO PLAYGROUP:

Wednesday, 9:30-11:30am. For children aged 0-5. Bangkok Preparatory & Secondary School, 23 Sukhumvit 53.

BAMBI SUKHUMVIT 31 PLAYGROUP:

Wednesday, 10am-12pm. For children aged 0-5. The First Steps International Pre-school, 58/2 Sukhumvit Soi 31, Yaek 4.

BAMBI SATURDAY EKKAMAI PLAYGROUP: The first Saturday of the month, 9:30-11:30am. For children aged 0-5. Bright Skies International School: House 11, Ekkamai Soi 6, Sukhumvit Soi 63.

BAMBI PREMIUM PLAYGROUPS

BAMBI Premium Playgroups are held in custom-designed play spaces. The donation per family (children plus one accompanying adult) for all BAMBI Premium Playgroups is ฿200 for members and ฿400 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

BAMBI SATHORN PLAYGROUP

Tuesday, 9:30am-11:30am. For children aged 0-5. Plantoy's, Sathorn Soi 10.114/1 Sathorn Soi 10, Sathorn Road, Silom Sukhumvit - Central: Asoke (Soi 21) to Ekkamai (Soi 63)

BAMBI SUNNY KIDS PLAYGROUP:

The first and third Thursday of the month, 9:30-11:30am. For children aged 0-5. Sunny Side Up: 953 Community Mall, Thonglor Soi 9, Sukhumvit Soi 53.

BAMBI KIDDIEVILLE PLAYGROUP

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

BAMBI ACTIVITIES

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

Activities require advance registration. The donations per child are ฿200 for BAMBI members and ฿400 for non-members, except where otherwise noted.

We always welcome new ideas and volunteers. Feel free to contact us at activities@bambiweb.org.

FOOTBALL AT SOLTILO PARK This activity is designed by Bangkok French Academy professional football coaches to be fun and active. With a coach for the younger kids and another for the older ones, children 3-5 years old will enjoy practicing new soccer skills at Soltilo Familia Soccer School Thailand's football pitch. Age: 3-5. Day and Time: Every Monday, 3:30pm-4:30pm. Location: 20 Soi Atthakawee 1, Rama 4 Road Klongtoey. Behind K Village on Sukhumvit Soi 26. Nearest BTS: Phrom Phong. Parking Available.

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

DANCE In collaboration with rumPUREE World Dance Studio, Bambi's dance class provides an introduction to various dance

styles and stretching techniques, all set to fun, upbeat music. Age: 3-5. Day and Time: Every Wednesday, 16:00-17:00. Location: rumPUREE- world dance studio (Asok), 2nd FL, Jasmine City, Sukhumvit Soi 23. Nearest BTS: Asok, MRT: Sukhumvit. Parking free 3 hrs.

KUNG FU In collaboration with Thai-Chinese Shaolin Kung Fu Academy, BAMBI provides a structured lesson in Shaolin Kung Fu, which includes instruction in stretching, martial arts and gymnastics. Age: 3-6. Day and Time: Every Thursday, 16:00-17:00. Location: Thai-Chinese Shaolin Kung Fu Academy, Interchange 21 Tower. Nearest BTS: Asok.

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

NON-BAMBI PLAYGROUPS

Non-BAMBI playgroups are run by the school, not BAMBI volunteers, and are mostly structured where the school/center organizes some activities for the participants. Flash your BAMBI card and receive a discount at the following playgroups. Please check with schools directly for any changes or queries before attending. Some of these playgroups require reservation.

There are more non-BAMBI playgroups listed on the BAMBI website and BAMBI's Facebook page. Don't forget to check them out! Schools who would like to add their playgroup to this listing and our website, or update their details, please contact: benefits@bambiweb.org.

SATHORN / YEN AKART / SILOM

SHREWSBURY INTERNATIONAL SCHOOL BANGKOK RIVERSIDE: Wednesday, during term time, 1:30-3:00 pm. For children aged 1-4 years. Please call the school to check the schedule. Children can make full use of the school's superb Early Years indoor and outdoor environment and enjoy arts and crafts activities, sand pit and messy play, books, music, construction, and water play in the Splash Pool. Join in storytime and sing-along sessions led by Early Years staff. Refreshments and snacks provided for children and parents. Cost: ฿300 per child, ฿100 per child for further siblings and BAMBI members. Shrewsbury International School Bangkok Riverside, 1922 Charoen Krung Road, Wat Phrayakrai. Parking available onsite. Chatrium Riverside Hotel provide free shuttle boat service from Sathorn Pier (BTS Saphan Thaksin) – temporarily suspended until further notice. Weekly reservation via school's website. For more info please contact marketing@shrewsbury.ac.th.

SUKHUMVIT - TOP (EXPRESSWAY TO ASOKE)

STORYTIME PRESCHOOL: Weekly on Wednesday and Friday morning, 9.30 to 11am. Ideal for infants to 3.5 years old. A friendly and semi structured playgroup session run by Storytime's teacher who plans different themes of the week: gardening, DIY crafts, Montessori activities, singing & dancing routine, textured crafts, easy baking, brushing your teeth activities, while allowing space for your child to explore without feeling overwhelmed. Cost: ฿200 for BAMBI members and ฿300 baht for non members. Materials included and you may take the crafts home to admire! Bringing an extra set of clothing is recommended. Coffee and tea is available for parents, snacks and juice for children. Register to their mailing list to receive a weekly playgroup newsletter with pictures of your child participating in different activities during these sessions. Reservation required. FREE shuttle for pick & drop at Nana BTS Exit 2 at 9.15am and 11am after the session. Storytime Preschool, 85 Soi Samaharn,



Sukhumvit Soi 4 at Nana BTS Exit 2. For more info, call 081-646-4535, email: info@storytimepreschool.com

SUKHUMVIT - CENTRAL: ASOKE (SOI 21) TO PHRA KHANONG (SOI 71)

LEGO PLAYGROUP: Monday to Thursday, 10am-12pm. For children aged 2-5 years. Structured activities, where kids can have fun building Lego with games, activities and storytelling. A fun, hands-on way for children to develop basic skills in early literacy, letter and sound recognition, fine motor skills, and language skills. Snacks provided. Cost: ฿350 for non-BAMBI members; ฿250 for BAMBI members. Reservations required at least one day before. Young Place Plaza, A-231 Second Floor, Sukhumvit Soi 23. Contact: 02-662-3039 or 081-734-5872, kidsrobotics@gmail.com, or www.facebook.com/kidsroboticslearningcenter.

MELODIES INTERNATIONAL KINDERGARTEN: Jan 21(Thu), Jan 28(Thu), Feb 10(Wed), Feb 22(Mon), 9:50-11:20, For children 1.6 months to 3 years old. Melodies holds a monthly "Doremi Club" for preschool childrens. We prepare different activity themes and contents every month! Booking required. Melodies International Kindergarten, 55 Soi Sukhumvit 38, Sukhumvit Road, Prakanong, Klongtuey, Bangkok, Water provided. Cost: ฿200 for BAMBI members, ฿300 for non-members. Contact: Email: melodies@anet.net.th / Tel: 02-712-1680 / LINE @ [melodieskinder](https://www.meilodyskinder.com)

MODERN MONTESSORI INTERNATIONAL PRESCHOOL: Montessori Playgroup every Wednesday from 9:30am - 11:00am. For children aged 15 months to 3 years old. Every Playgroup is based on a theme, planned and structured. Montessori Playgroup is taught by qualified and experienced Montessori teachers in an international learning environment using Montessori materials. MODERN MONTESSORI INTERNATIONAL PRESCHOOL, 4 Sukhumvit 44 Alley, Phra Khanong, Khlong Toei, Bangkok 10110.

Water, milk, snack provided. Cost: Free Trial session, 1 session can be purchased for 350 THB, 12 sessions - 3500 THB. BAMBI members get a 10 % discount on top of the price. Contact Valda Skubina, Head of Admin, Tel: 027120958, e-mail: admissions@mmipreschool.com

KIDS' ACADEMY INTERNATIONAL SCHOOL: Monday-Saturday, 9:30-11:30am. Structured playgroup for children aged 1 to 4 years. Each session is different. Participate in circle time songs, listen to stories, make arts and crafts, and get fit with yoga and dance. Outside there is a racing track with cars and bikes, slides and swings. Snacks provided for children and carers. A parent or carer must stay with the child throughout the session and is solely responsible for the child's care. Cost: ฿550; ฿400 for BAMBI members. Kids' Academy International School, Discovery Campus Ekamai Soi 2 and Imagination Campus, Srinakarin Soi 57. To reserve a place please call 084-071-1115 (Ekkamai) or 081-441-4974 (Srinakarin), for www.kidsacademy.ac.th.

OISCA INTERNATIONAL SCHOOL: Wednesday, 9:30-11:30am. For children aged 1-4 years. Variety of activities such as storytime, arts and crafts, playdough center, singing and dancing. Outside play area has slides, monkey bars, sand pit, climbing and balancing. Snacks provided for children. A parent or carer must stay with their child throughout the session and is responsible for their child's care. Cost: ฿500; ฿400 for BAMBI members. 876 Soi Pridi Banomyong 36, Sukhumvit Soi 71, Khlongton Nua. Contact/Registration: oiscainter@gmail.com, Tel: 02-381-9852.

BANGKOK PREP SCHOOL: Tuesday, Thursday & Friday, 9-11am. For 6 months up to 3 years old. An excellent opportunity to strengthen parent-infant bonding with sensory activities and dance & music exposure, with fun learning for children and activities to enhance children's creativity. Led by our highly



experienced British Playgroup Leader in an international setting. Cost: ฿450/lesson; 50% off for BAMBI members. Bangkok Prep International School, 23 Sukhumvit 53 (next to Thonglor BTS). Contact and Registration: jbeilby@bkkprep.ac.th

PRECIOUS LEARNERS WORLD NURSERY AND KINDERGARTEN: Wednesday & Friday, 10am-12pm. For children aged 1-5 years. Fantastic thematic playgroup run by a teacher and assistants. Theme-based activities include story time, role play, arts & crafts, water play, sand play, sensory, trampoline, bicycle/car track, puppet show, music, dance and more. Includes snacks and drinks. Children get to take their artwork home. Cost: ฿500 per session, special package ฿4,500 for 10 sessions; ฿100 discount for BAMBI members. Please check with the School office on dates for playgroups. Reservation required at least 1 day before. Precious Learners World, 161/1 Soi Sukhumvit 101/1, Soi Watchiratham Sathit 7, Bang Chak, Phra Khanong, Bangkok (Near BTS Punnawithi). Contact: 02-052-6849/097-094-0439, info@precious-learners.com.

FIRST STEPS INTERNATIONAL PRESCHOOL: Thursdays, 10-11:15 am. For children aged 8-30 months. Structured English playgroup run by teaching staff. Main activities change each week, including arts and crafts, splash day, storytime, puppet show, music, dance and cooking. Use of the school grounds after playgroup has finished. Includes snacks and drinks. Free tuk tuk pick-up and drop-off service from Soi 31 RSU building (please call for details). Cost: ฿450; 50% discount for BAMBI members. First Steps International Preschool, 58/2 Sukhumvit 31 (Soi Sawasdee) Yak 4 (BTS Phrom Phong or Asoke). For more info please contact: 02-260-3152, info@thefirststeps.ac.th or www.thefirststeps.ac.th.

OUTDOOR SCHOOL BANGKOK: Thursday, 10-11 am. For children aged 6 months to 3 years. Playgroup in Outdoor School Bangkok connects children with nature. Held in an outdoor

setting, children get to feel the grass against their feet, wind on their faces, hear birds and see chipmunks leaping from tree to tree. Monthly themes guide the stories, songs, and play on offer. Snacks provided. Cost: ฿350 per child/session, ฿300 for BAMBI members per child/session or 3000/10 sessions. Outdoor School Bangkok – Sukhumvit 46, Bangkok (5 mins walk from BTS Phrakhanong). Parking available at school. Booking and more info via LINE account 097-092-0924 or by contacting 097-092-0924.

HUAY KWANG / RAMA 9 / BANGKAPI

KIS INTERNATIONAL SCHOOL: Monday-Friday, 10am-12pm. For children aged 6 months-4 years and their parents (one guardian per child). Structured playgroup with singing, dancing, arts and crafts, storytime, free play and snack. Nannies welcome on Mondays and Wednesdays. Free pick-up/drop-off service from Ekkamai BTS station on Tues, Thurs and Fri (from the car park of Wat That Thong, near exit 3. Departs no later than 9.20 am). Cost: ฿400; 50% discount for BAMBI members. KIS International School, Kesinee Ville Estate, 999/124 Pracha-Utit Road Huay Kwang (located one block north of Rama 9 Road and east of Asoke-Rachadapisek, MRT Thailand Cultural Center). For booking and more info please email playgroup@kis.ac.th or call 022743444 Ext 5105.

PLAY STATION KIDZ CLUB: Monday-Friday, 10am-6pm; Saturday-Sunday 10am-7pm. For children aged 1-7 years. Enjoy indoor playground activities and facilities including climbing and sliding, trampoline, toddler playground, and sandpit, as well as arts and crafts, playdough, education game zone, imaginative house and reading corner. Space for parents to relax and enjoy refreshments. A session is 2 hours including 45 minutes of playgroup and 75 minutes for free play. Cost: ฿1000/session. Free trial session for BAMBI members and 20% off when joining and registering for 15 sessions on the trial day. Play Station Kidz



Club B 301 - B 302, 3rd Floor, The Nine Center Rama 9. Parking available. For more info, call 02 056 7950, email pkidzclub@gmail.com or Line ID @playstationclub.

REGENT'S INTERNATIONAL SCHOOL, BANGKOK, BABY AND TODDLER PLAYGROUP: Monday, 9.30-11.00 am/ 12.15 – 1.45 pm; Tuesday, 9.30 – 11.00 am; Wednesday, 9.30 – 11.00 am/ 12.15 – 1.45 pm; Thursday 9.30 – 11.00 am; Friday 9.30 – 11.00 am. For children aged 8 months to 3 years. Come and enjoy the Early Literacy Library Trip Music & Movement, Swimming, Messy Play, Story Time, Outdoor Play, Music & Movement. Splash time on a Tuesday, Children must attend with their parent/nanny. All sessions conducted in English. Cost: ฿400; ฿200 for BAMBI members. Regent's International School, Bangkok, 601/99 Pracha-Uthit Road, Wangtonglang. For more info/reservation please contact: 02-957-5777, Ext 202 or admissions-bkk@regents.ac.th.

SHREWSBURY INTERNATIONAL SCHOOL: Tuesdays, Wednesdays & Thursdays, 10:00-11:30am. For children aged 0-5 years old. Enjoy our specialist play spaces with your children, and join storytime and sing-along sessions led by our teachers. Little Gym climbing and soft play is open on Thursdays. Cost: ฿300; ฿100 for BAMBI members. Shrewsbury International School, 982 Rim Klong Samsen Road (Rama 9). Booking in advance is required at <http://bit.ly/Shrewsbury-Starfish-Bambi>.

PARRY KINDERGARTEN: Fridays, 9:30-11:30 am. For 0 to 5 years old. Playgroup Phetchaburi 47, organized by Parry Kindergarten School, is a session of learning through play for parents and children seeking quality fun time together. Your child will get a chance to explore their imagination and develop various skills including creativity, physical coordination, communication and social skills in a safe and secure environment. Water, milk and snack provided for the children. 447 Phetchaburi 47 Alley, Lane 3-4, Bang Kapi, Huaikhwang, Bangkok 10310.

Cost: ฿99 for BAMBI Members, 299 Baht for Non-Members. No parking inside the school. Pre-booking is not required, but please call before to confirm that the event is not cancelled. Contact: 0850269966 (Teacher Via).

ANDREWS INTERNATIONAL SCHOOL DUSIT: Friday 9:30am- 11:30am, 6 months-3 years old. Come and join our specialist Early Years teachers for our Stay and Play playgroup. We provide the opportunity for your child to develop and increase their social, sharing and cooperation skills, through play, song or multisensory activities. Whilst also mastering everyday tasks in our safe, creative and spacious indoor and outdoor facilities. Helping to prepare confident learners ready for nursery. Cost ฿150; ฿100 for BAMBI members. St. Andrews International School Dusit, 253/1 Sawankhaloke Road, Dusit Bangkok 10300. More information, call +66 (0)2 6686231 or email Dusit@standrews-schools.com.

RAMKHAMHAENG (PHLABPHLA, WANGTHONGLANG)

GERMAN PLAYGROUP "SPIELZWERGE" at RIS Swiss Section – Deutschsprachige Schule Bangkok: Monday to Thursday, 2:30-4pm. German-speaking playgroup for children aged 2-3 years. Play, read books, sing, and create with your child in a caring and friendly atmosphere, with a small group of 7 to 10 children under the supervision of an experienced German-speaking group leader. Accompanying parents do not need to speak German. Price for the whole semester (approx. 35 sessions): B|11,900; 20% discount for BAMBI members (or pro rata, if entered after the semester has started). RIS Swiss Section-Deutschsprachige Schule Bangkok, 6/1 Ramkamhaeng 184 Road, Bangkok. For more info, please contact: admin@ris-swiss-section.org or www.ris-swiss-section.org; 02-518-0340, ext. 120, or 095-506-3670.



SUPPORT GROUPS

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

PRE- AND POST-NATAL SUPPORT

BAMBI BUMPS AND BABIES BANGKOK

For pregnant women, new mothers and their babies, Bumps and Babies holds regular talks on topics pertaining to pregnancy, childbirth, breastfeeding and the postpartum period. A TENS machine hire is also available. The group meets every Wednesday, 9:30am-11:30 at Bumpy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿100 for BAMBI members and ฿300 for non-members. For more info and to be added to the Bumps mailing list for details of forthcoming sessions, please contact bumps@bambiweb.org.

BAMBI POSTNATAL SUPPORT GROUP NEW MOON

For all new parents and babies. The New Moon Team are there to support the transition into parenthood by providing a supportive and non-judgemental environment to share birth experiences and feelings about motherhood and parenthood. Meetings include a mixture of structured sessions with topics related to evidence-based postnatal and baby care, and some informal sessions. Tuesdays, 10:00am-11:30 at Bumpy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿100 for BAMBI members and ฿300 for non-members. For more info, please contact bumps@bambiweb.org.

FERTILITY SUPPORT GROUP

This is a group for those that wish to discuss fertility matters. The aim of the group is to create a meeting place to chat and share experiences and to offer support in a non-medical framework. The group meets on the first Wednesday of the month at Hungry Pack on Sukhumvit soi 49 (Playscape) from 5-7pm. There is a secret group on Facebook: IVF Support Bangkok. Please message the page to be admitted by the admins. For more information please contact sheena@bangkokbabies.com.

DOULAS IN BANGKOK

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

BREASTFEEDING CAFÉ BANGKOK

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

JAPANESE SUPPORT 産後鬱などの日本語サポート

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

PARENTING

ADOPTION SUPPORT FOR FAMILIES IN THAILAND

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

NUTRITION CAFÉ

Nutrition Café is for parents with babies and children of all age groups that are seeking help in coping with their child's nutrition, eating behavior or disorder, to exchange experiences and get free advice in a relaxed atmosphere. Nutrition Café takes place every 1st Saturday of the month between 10am-12pm at Steps with Theera in Ekamai and is held by nutrition specialist Karin Biran. Karin Biran, R.D, MA.N, is a registered and licensed dietitian with 8 years of professional experience in weight loss, treating picky eating, helping and guiding families in creating a happy and healthy eating environment. Conducting workshops for parents on promoting healthy lifestyle, weaning and dealing with and avoiding picky eaters. For more information like - "Karin Biran - Happy Eaters" on Facebook.

TWINS AND MULTIPLES GROUP

This group provides support and contacts for parents who have, or are expecting, twins or multiples. There's also a weekly playgroup and a monthly dinner. The group is not just for English-speaking parents; they can provide support in French, Spanish, Portuguese, Thai, etc. For more information, please contact Jessica Pelham on +447719717279 or jessicapelham@yahoo.com; Rhena K W Clark +66808052607; Nori Brixen +1 949 424 4606; or look for the Facebook page: Bangkok Twins Group.



SPECIAL NEEDS

LEAP (LEARNING AND EDUCATIONAL ADVOCACY PROGRAM)

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

RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER

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

SUPPORT TO WOMEN

BEYOND BOOBS

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

BANGKOK BREAST CANCER SUPPORT GROUP (BBCS)

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



BAMBI TEAM

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

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MEET NICOLE

Homeschooling mom Nicole tells us about her family life and how she found her calling as a stock trader.

Where are you from, and what's your nationality?

I was born and bred in the garden city of South East Asia, Singapore.

Can you tell us about your life back home?

I moved to Thailand BC (Before Children), so memories of life back home are from school days and working life. Singapore has been a melting pot of immigrants since the early 1900s. I enjoyed growing up in a multicultural society and having the opportunities to experience festivities celebrated by my Indian and Malay friends.

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

During the day, I homeschool my three children, aged 7, 6, and 3. We decided to homeschool our children because it gives us more flexibility to tailor their learning pace and interests. We have been homeschooling for four years now, and the children and I are enjoying it very much, on most days at least.

Being a SAHM, my days and attention revolve around the children, and I had a strong calling to learn something new for myself. So, four years ago, I decided to pick up stock trading. After devoting hours of learning and many painful lessons, I have learned to stick with proven strategies to be consistent. So these days, after the kids go to bed, I trade the US stock market to pick up some rich men's change.

Please tell us a little bit about your family.

My husband and I are believers of Christ and aim to bring our children up with Christian values and beliefs. We enjoy music and food very much, so most of our family time revolves around cooking, enjoying a meal together, and jamming with different musical instruments.

When did you come to Thailand?

My husband and I worked in regional positions based out of Singapore before moving to Thailand, so we had traveled to Bangkok regularly since 2008. In 2012, we relocated to Bangkok, so it's been almost a decade of living here.

What do you miss the most about your country?

Parks. Being an avid runner, I miss the parks and park connectors in Singapore, where running 10 km doesn't involve running multiple loops around the same track.



What do you love most about Thailand?

I like the Thai culture, food, and pace of life, but of all things Thai, I have to say that I love the Thai people the most. They are fun-loving and easy-going. Sabai-sabai.

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

Reading between the lines when communicating with Thai people.

How did you find out about BAMBI?

I first joined BAMBI when my eldest daughter was born and rediscovered it again recently thanks to the activities on offer for older children.

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

Embrace the culture and experiences in this season of life!

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