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SIZZLE IN STYLE**

**HIGH CHAIR FASHION**

NOVEMBER 2023

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A project of Childbirth and Breastfeeding Foundation of Thailand



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Welcome to **BAMBI**

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- Mel Habanananda



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

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

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

#### Mission Statement

The CBFT is a non-profit networking and resource center dedicated to ensuring the best possible start in life for our babies. 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:

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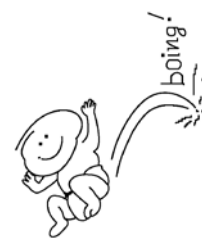
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*Hello!  
Can you find me  
in the magazine?*



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Sara Chow

Hi everyone!

It feels like it was just summer and now Halloween has already been and gone!

I hope you all had lots of fun at the BAMBI Superhero Halloween party this year. A big shout-out to the entire BAMBI events team for all their hard work putting together another fantastic party!

This month's issue is centered around the topic of "fashion and you". This is a topic of interest to me personally as I love to get dressed, dress up, and just look good for myself. Making time for this makes me feel great!

Fashion is one of my favorite ways to express myself, and at a time when my body and identity were changing, it was more important to me than ever. I went through my pregnancy never really wearing maternity clothes because the styles I found didn't inspire me, but I loved the challenge of styling clothes that did. It was fun to disguise my baby bump some days and accentuate it on others!

Even throughout my two-year-and-nine-month breastfeeding journey, I tried to maintain my fashion style. I chose a nursing cover with a modern pattern I liked, and I looked for nursing tops that I felt good in.

Now, as a busy working mom, I'm still intentional about how I dress, and I love using style to break down stereotypes. I've been told so many times that I "don't dress like a mom", and I like to tell people that I can be a mom AND still be me!

The world of fashion and style is changing all the time, just like we are. Wherever you're at on your personal journey, I hope you stay well, happy, and invest some time in doing something you love too.

Enjoy the last two months of 2023!

Sara  
BAMBI executive board / playgroups coordinator



## OUR COVER KID

### NAME

Mia Bella

### WHERE ARE YOU FROM?

I am half British, half Russian.

### HOW LONG HAVE YOU LIVED IN THAILAND?

I was six months old when I moved to Thailand. It's been three years already.

### FAVOURITE PLACE TO GO AS A FAMILY IN THAILAND?

I love Kidzooona and animal farms.

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

To visit as many beaches as I can in Thailand!

### WHAT DOES BAMBI MEAN TO YOU?

Making new friendships and playing together.



Sanam Raisa Rahman

A few months ago, as I was getting ready to go out, my then 4-and-a-half-year-old daughter came and sadly told me she needed to change her dress before leaving.

"I want a beautiful dress with "goldens" like you (referring to the golden metal embroidery on my collar) and I want to put on makeup. I want to be beautiful and fashionable."

She'd happily chosen her outfit earlier that day, so her sudden loss of confidence unsettled me. It had happened after she'd seen me getting ready so I wondered if I'd unwittingly set the wrong fashion standard for her. Did seeing me all decked out make her feel that unless she presented herself the same way, she wouldn't be considered pretty?

For me fashion has always been about feeling confident in my own skin and wearing the threads I'm most comfortable in. The materials, colors, and styles I choose to wear reflect who I am as an individual and how I've evolved over time. I've never been a believer of following the latest trends or copying others' styles unless they suited me. As a parent, I want my daughters to have that same confidence.

They note every aspect of my behavior—including how I dress. So as a role model, when they see me dressing up, I want them to also learn that they're individuals free to make their own fashion choices and there's always opportunity to do so with decorum. The most I can do is guide them as they brave the runways of the world and offer my views on why I dress up the way I do (especially if it's different from what they're wearing or want to wear) or why certain places have specific dress codes.

This November, BAMB! Magazine delves into the world of fashion and what it means for modern parents and their children. Turn the pages and read what parents around Bangkok are doing to successfully clothe themselves and their kids.

In "Their Fashion, Their Identity", Sheena shares how she encourages her daughter to take pride in her personal sense of style. In "High Chair Fashion", Joe Barker reminds us that sometimes dressing oneself and a toddler means having to go with the flow, even if that requires pretending the stain on your shirt is an abstract print, not this morning's spat up orange juice.

Against the backdrop of her personal experiences in the matter, in "No Tutus, Please", Liz Pond looks into how gender stereotyping in children's fashion can impact their creativity and sense of self, while in "Shoeless in Siam", Rachel Ofo empathizes with parents struggling to find footwear that fits in Thailand and suggests places they might be able to strike a bargain for comfortable shoes in Bangkok.

In Readers' Corner, we have "Julián is a Mermaid" by Jessica Love and "Dress Code" by Véronique Hyland. The former teaches children to find and embrace fashion inspiration from all around them. The latter is an extensive look into the evolution of fashion trends across time and the impact they've had on society and cultures.

Creation Station and Fun Corner also present some "fashionable" content—how to sew cute aprons by Anelia Van Zyl in the former, and letting your little ones be fashion designers in the latter.

In non-thematic content we have "Riding the Train" by Cecilia Yu, which reminds us of the importance of self-care and how it's an active decision we must take all the time. We also have "School on the Go" by Jaqueline Deeon—a must-read if you've ever wondered whether alternative schooling might be a better fit for you and your child instead of traditional methods.

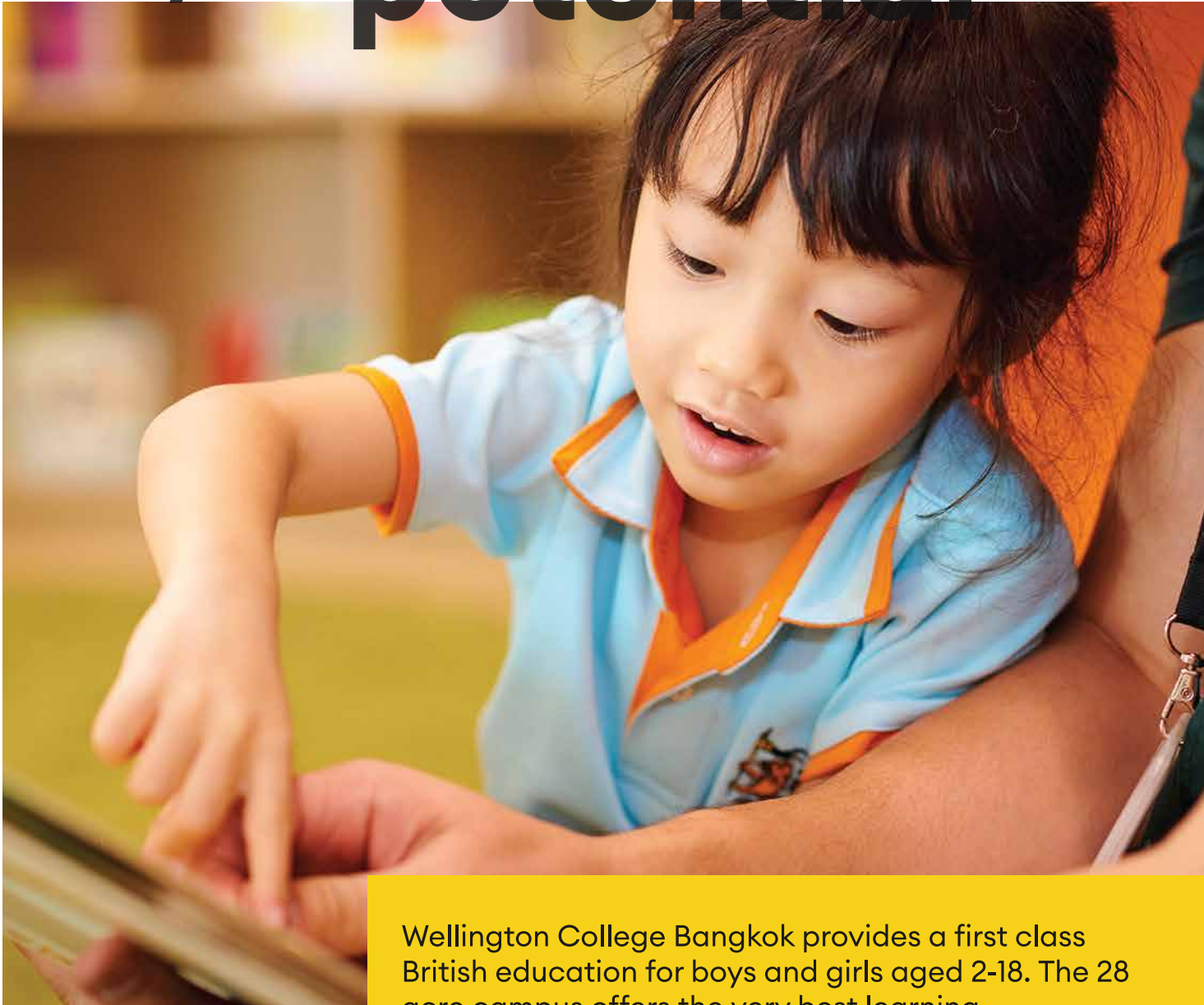
With that, I hope you'll take some time for yourself, put on something that makes you feel great, and enjoy what we've put together for you this November!

Sanam  
Editor



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# WELCOME, NEW MEMBERS!

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Louie May

Mami Ishikawa

Matthika Yoshida

Menno Briet

Naetikarn Udomsak

Natsuki Masuda

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Rina Doma

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# HAPPY BIRTHDAY FROM BAMBI!

## NOVEMBER BIRTHDAYS

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Gwen Thanomsing

Harvey Drieduite

Karin Kawahori

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# THEIR FASHION, THEIR IDENTITY

Kids' fashion choices are a colorful canvas of individuality. Discover a few practical ideas that help mom of one and entrepreneur Sheena embrace and celebrate her daughter's unique style.

Fashion holds a universal power that transcends boundaries of age, culture, and generation. It is a language of artistic expression and an effective outlet for our inner thoughts and emotions. When we enable our children to tap into this art, we empower them to see the value of their voices and stories; we enable self-discovery, self-confidence and, ultimately, self-worth. Self-worth is, above all else, what I want for my daughter because this is the foundation for a life of purpose, fulfillment, joy, and much more.

So how can we achieve this with—and for—our kids? Here are some of the practical ways I'm raising my daughter to embrace the power of fashion and style.

## 1. Encourage self-expression within boundaries

One chilly day, I took my two-year-old, Augie, to the park. I usually let her choose which shoes to wear, but because of the weather, the obvious choice was sneakers. I asked her to pick her socks instead.

It's important to let your children explore different styles and validate what resonates with them. They are unique, and this should be celebrated! At the same time, we need to set boundaries. Allow them to pick from options appropriate for the context.

If it's a hot day, I might offer several light T-shirts. For a special event, I offer a choice of outfits to suit the occasion.

To no one's surprise, Augie wore mismatched socks for that trip to the park—a Mickey Mouse sock on one foot and a dinosaur sock on the other. But this approach taught her the importance of adapting her style to different contexts. The key is to let your child make the final decision within the boundaries you set. This empowers them to make choices and instills a sense of responsibility, and it's a great way to strike a balance between guiding them and allowing them to express themselves through fashion.

## 2. Listen actively

With a curious tone, I asked Augie about her socks. "Interesting choice! Why this pair?" She mentioned her daddy's birthday, which we'd celebrated the day before. She'd given him a dinosaur hatpin. Then she told me about the Mickey Mouse toy car her friend, Towa, had given her the week before. Even with her limited vocabulary, she was able to express that she cherished these moments and they had a profound impact on her choice of socks!

When your child makes a style choice, it's our job to get curious,

pay attention to what they convey through their fashion, and engage in meaningful conversations about why they love certain items. This dialogue deepens our understanding of their evolving identity.

## 3. Provide a safe space

One of Augie's most treasured fashion items is a checkered preppy dress that her daddy bought for her first birthday. Now, at age two, it's so short that it shows her buttocks. One day, she excitedly put on this dress. I took a deep breath and thought of a constructive way to tell her it wasn't suitable without discouraging her. "Augie, you've grown so much! This dress looks like a shirt on you now. Let's put on some pants to make a new outfit!" Our children thrive when they feel comfortable expressing themselves, so rather than judgment or criticism of their fashion choices, we can offer constructive feedback and guidance.

## 4. Teach confidence

Augie loves to pick out her clothes, so I keep them in cupboards she can reach. One day, she chose to wear a Wonder Woman headband, a Wiggles T-shirt, and Pikachu bottoms.

No matter how mismatched her choices seem, I let her embrace her



sense of style and her individuality. I emphasize that individuality and confidence come from within and that fashion is a tool to amplify them.

A child's fashion choices are often motivated by external inspiration—maybe the memory of a play date, or even that of a silly clown! Children should wear clothes that make them feel empowered and self-assured. Embrace their sense of style without judgment, and remember that being silly is fun!

### 5. Avoid imposing your preferences

If your child is anything like mine, they may have a different taste in fashion to you. I detest baby pink, so at my baby shower, I let my guests know I don't like this color. (Augie was a fetus then, so I got to make these decisions!) Fast forward two years and she's unleashed into the world with her own opinions. When I was online shopping for her sneakers last month, there were two options—blue or pink. "Come, choose what color sneakers you want!" I called to her. She clambered onto my lap to look at the screen, then, jabbing her finger at the pink pair, squealed "This one!" I clamped my mouth shut and added them to the cart.

Do your best to avoid imposing your own style preferences on your child. Instead, let them lead the way.

Augie's feeling of being empowered and supported in her choices, and later in wearing what she picked herself, was far more important than my dislike of pink.

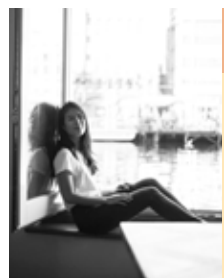
### 6. Resist peer pressure and avoid labels

Just as I really respect Augie's choices in fashion, I also make a point of teaching her to respect others and their choices. She once saw a child wearing a cat outfit and started laughing hysterically. "Why is he wearing that? That's silly!" It's so easy to fall into the trap of just cajoling them and agreeing that it's silly (which actually isn't so nice when you think about it), but moments like this are ideal for teaching a valuable lesson. I said "Hey Augie, I think he looks great! He's happy, and we should respect what people want to wear." It's really important to tag on the point of respect and not fall into shame.

Encouraging your child to follow their own fashion compass rather than blindly following trends to fit in, and discouraging labeling people based on their fashion choices, teaches them that true style is about authenticity.

In nurturing your child's relationship with fashion, you are nurturing their sense of self, independence, and confidence. Remember that this journey is a powerful way to foster open communication, trust, and self-esteem. As a parent, you have the chance to inspire your child to be unapologetically themselves, to embrace their individuality, and to stride confidently into the world. So let fashion be the empowering tool that paves the way for your child's beautiful journey of self-discovery. Your child is communicating with you through their style; let's not hush it—let's amplify it.

*Photos courtesy of the author and Canva.*



### About the Author

Sheena Low is an aspiring children's book author, mother to two-year-old August, and runs Super Fly Honey, a pole activewear brand. She moved from Amsterdam to Bangkok in December 2020 and is now embracing life as a full-time mom.

# BOOKS TO INSPIRE

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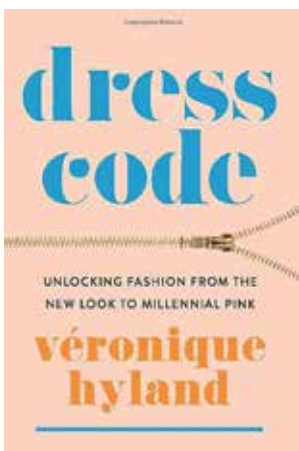
## **JULIÁN IS A MERMAID**

by Jessica Love

This is a beautiful story about a boy named Julián with a wild imagination and an abundance of style. From Julián to his abuela, everyone in this book is decked out in fabulous threads. Julián is inspired by the eclectic fashion he observes on the subway and in the streets. When he returns home, he is resourceful, using houseplants and curtains to create an ensemble. Not only does his abuela give him a stylish accessory to complete his look, she gives him the ultimate gift of love and acceptance when his style veers a bit from the norm.

At first glance, readers will notice the simplicity of the writing in “Julián is a Mermaid”. In fact, author and illustrator Jessica Love almost published the book without words. The gorgeous watercolor illustrations alone vividly unveil the emotions behind this heartwarming celebration of self-expression and unconditional love.

*Published by Candlewick Press on April 23, 2018. Author and illustrator Jessica Love also wrote the endearing stories “Julián at the Wedding” and “A Bed of Stars”. “Julián is a Mermaid” is suitable for ages 3–7. A hardcover copy can be found in the Children’s Corner of the Neilson Hays Library.*



## **DRESS CODE**

by Véronique Hyland

Don’t judge a book by its cover: “Dress Code” isn’t just for fashion connoisseurs. This book has something for everyone—history buffs, sneakerheads, and aspiring designers alike. Each chapter covers a defining fashion statement. Explore the fashion throughline that threads history from wartime style to the enduring allure of the “French girl” archetype. Other fascinating topics include the exploitation of cultural appropriation, couture’s influence on body image, and the boom of athleisure.

Author Véronique Hyland is Elle Magazine’s fashion features director who famously coined the term “millennial pink”. She expertly shares well-researched knowledge with captivating writing that is both enjoyable and educational. Not only does Hyland explain each fashion phenomenon, she also dives into the origins and influences through varying perspectives of pop culture, power, sexuality, class, religion, and economics. Readers will finish this book with a deeper understanding of society and how everyone is connected to fashion,

which is about so much more than just clothes. “Dress Code” is an eye-opening cultural lesson through a sartorial lens that will change the way readers view fashion.

*Published by Harper Perennial on March 15, 2022. A hardcover copy of “Dress Code” can be found in the non-fiction section of the Neilson Hays Library.*

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

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# HIGH CHAIR FASHION

This month, Joe Barker provides handy tips to navigate challenging child wardrobe changes while also making your family more fashion-forward.

Choosing what to wear in the morning is enough of a challenge for many of us, so having to make that decision for two can be daunting. No fear when Joe is near though! Whilst fashion was never my forte growing up, I feel that I'm finally showing a real flair when it comes to dressing daddy and baby. With these few simple tips, any father can dress themselves and their baby as well as, if not better than, I can. Naturally, fashion isn't only for fathers and babies, so mothers are of course welcome to use these tips too—although they'll probably have more sense...

Nappies are always a win with our little fashionista, but recently we've been repurposing this wardrobe perennial as a charming hat. This simple yet elegant look brings delighted laughter to a reluctant dresser as daddy prances in his handy waterproof cap. This may not speed up the dressing process, but it adds fun and smiles—an important consideration for those dressing a family. Matching nappy hats are already a family classic, and rightly so because who doesn't enjoy seeing mummy, daddy, and baby in matching outfits? Although with the wide range of colorful cloth nappies available, it is very tempting to pick individual colors and styles: mummy in stripes, daddy in spots, and baby in whatever has taken their fancy that day. The added

bonus with this stylish headgear is that you're always ready for any toilet emergencies.

Whilst nappies make for the best amusing headgear, any bizarrely misplaced clothing seems to delight Martin. Spirited attempts by daddy to put on any clothing he has refused to wear are also very popular. Of course it is best to stop before actually bursting the seams of a favorite T-shirt. Mommy was much less amused by that incident than Marty was. In an ideal world these antics not only lead to delighted giggles all round, but also ultimately result in Martin getting properly dressed. However, in the not-uncommon event of Martin remaining naked whilst daddy now has a nappy, a pair

of shorts, and two T-shirts balanced on his head, something can still be salvaged from this dressing fiasco with a quick game of "attack of the clothing monster". More fun and giggles, even if we're still no closer to being dressed.

We seem to be talking a lot about headwear, and I guess that's because the head is an accessible part of the body on which we can conveniently hang those items our children have deemed temporarily unnecessary. It's a rare bike ride or trip to the climbing frame that doesn't result in me wearing Marty's bike helmet or sun hat. Undoubtedly I look pretty snazzy in them—like a slightly more human version of Mr Potato Head I imagine.





Having chosen your outfits, it's time to start thinking about accessories. It's the little details that turn an ordinary outfit into a stunning one. This season, as most seasons, all outfits should be accessorized with lumps of egg and then decorated to the individual tastes of your toddler. Watermelon, mango, and curry are firm favorites in our household. For that additional personalization, which marks the finest of haute fashion, bodily fluids should be liberally applied. These have the further advantage of adding a delightful, matching fragrance to the family outfits.

We've dealt with daddy's use of infant clothing, but what about daddy's clothes from before parenthood? Can these still be worn? Of course, but they will need a few alterations and accessories. To reiterate the important point made above, they must obviously be stained as soon as possible, initially with milk and vomit, but then with a wider range of foodstuffs and bodily fluids. Fortunately, I find that any clean clothes are usually

covered with muddy footprints and suspicious damp patches within minutes of being put on. Now this is not a problem so long as you keep your child with you. However, if you make the mistake of going to any exclusively grown-up events, it's best to change again or you may get funny looks. Similarly, T-shirts can be worn inside out or back to front, and shirts misbuttoned to playgrounds or playgroups and no one will bat an eyelid. Remember though that in a less parent-tolerant environment this can get you a reputation for eccentricity or even incompetence.

We've considered daywear, but for reasons that will become clear it is just as vital to think about nightwear. For at any moment, clothing that was never meant to see the light of day may suddenly be thrust into public view. Picture the scene: it's early in the morning and suddenly screaming breaks out, so I leap from my bed and scoop up a howling toddler. Despite it being 5am, he is convinced that the day has started and will not go back

to sleep. Not an unusual occurrence in our house, nor in yours I'm sure, and so I find myself downstairs in my sleepwear. Nothing unreasonable about that. However, we now fast forward to 6am, and Marty is insisting on going outside. It would be cruel to wake my wife in search of clothes, and so, once again, I find myself barefoot, chasing a speeding balance bike up and down our soi, desperately holding up my shorts and tugging down my shirt in what I hope is a successful attempt to avoid traumatizing the local motorcycle taxi drivers. In the interests of public decency, I have had to become much more attentive to the quality of my sleepwear and now swiftly replace any which develop unfortunately located holes. If I was wiser I might even start to keep a spare pair of trousers downstairs.

Congratulations to anyone who has managed to get themselves and their child dressed today, and remember: watch out for that clothing monster...

*Photos from Canva.*



### About the Author

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

POP UP PLAYGROUP

# WALKING THROUGH THE JUNGLE



On September 30, BAMBI hosted the first Pop Up Playgroup of the academic year, "Walking Through The Jungle", at the beautiful newly renovated Kids' Academy Ekkamai campus. It was an all-out fun and festive morning with the BAMBI team and the school's warm and caring staff.

The school generously provided lots of play-based activities and healthy snacks for the attending families, and everyone really enjoyed the outdoor playground space, the creative game stations, and the well-thought-out classroom crafts. A big thank you to Kids' Academy and their dedicated team for their hard work and for welcoming so many BAMBI families.

If you would like to join our next Saturday Pop Up, please contact [newmembers@bambiweb.org](mailto:newmembers@bambiweb.org).





# Winter Fair

Celebrating 20 years of Bangkok Prep

**Saturday 9<sup>th</sup> December 2023**

**3:00 pm - 7:00 pm**

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There will be a shuttle bus from BTS On Nut to the Secondary Campus from 2:30 pm - 7:30 pm.



# NO TUTUS, PLEASE

Liz believes that it's essential to empower children through diverse clothing choices. Read how she unveils the impact of gender-stereotypes and the importance of autonomy in children's fashion.

When I became pregnant with my daughter, I had one request when it came to buying her clothes: No tutus, please.

I have nothing against tutus. In fact, my daughter bought one recently and told me she loves wearing it because it makes her feel "bouncy". But in those early days, it was important to me not to perpetuate the stereotype that because she was a girl, she would wear things that were pink, frilly, and often uncomfortable.

When my son was born, I took the same approach and bought him colorful items rather than sticking to the usual blues, browns, and grays that boys are "supposed to" wear. He also spent a lot of his time in preloved clothes passed on by friends and his big sister, and how I dressed him was more about what was clean and comfortable and less about whether the gender it was designed for matched his own.

As my kids have grown, they've taken their style into their own hands. My daughter is currently into activewear and my son loves anything embellished with Super Mario, but they enjoyed dressing like both Spider-Man and a Disney Princess at one point.

Dressing your child in clothing that subverts gender stereotypes isn't the easiest thing to do as a parent, especially when raising them in a

community where these stereotypes continue to thrive. But there are so many reasons to reject what's expected in kids' fashion.

In the 1950s, psychoanalyst Erik Erikson developed the theory that our personalities develop in stages, and the outcome of each stage is influenced by our experience within society (1). What this means is that whether intended or not, what we do plays an important role in shaping our child's identity.

According to Erikson, we begin to develop our sense of autonomy during toddlerhood (2). If you've parented a toddler who loves to (try to) dress themselves, you'll be familiar with this! At this stage, our little ones love to make their own decisions and take action for themselves, so the chance to choose what they wear and how they wear it supports them as they develop this essential sense of independence. Telling a child they can't wear something because "it's for girls / boys" is dismissive of their choices and instills shame and doubt.

The same idea applies to colors within fashion design. If a boy loves all things purple but none of the clothes available to him are purple, what does that teach him about his likes and dislikes?

A fun way to encourage a sense of autonomy is by adding a dress-up

box to your arsenal of toys. As well as giving your child the opportunity to be independent, costumes encourage imaginative play, which is incredibly beneficial to their development (3). The key though lies in offering a range of costumes and clothes for your child to experiment with—regardless of what's expected of their gender. When we're swayed by stereotypes and stick to princess outfits for girls and superheroes for boys, we're in essence saying "Hey, you can be creative, but only within these limits".

Another psychology-related reason to shun gender stereotypes is "enclothed cognition." In simple terms, this is the idea that the clothes we wear have the power to change the way we feel and behave, and how we perceive the world around us. In a 2012 study, researchers found that participants who wore what they were told was a doctor's lab coat performed better on attention-related tasks than participants who wore either no lab coat or what they were told was a painter's coat (4).

So what might this mean for our kids? To me, it says that clothing design matters.

The next time you go to a kids' clothing store, take a wander through both the girls' and boys' departments and look for a pair of shorts in each. Which pair is a longer



and wider cut? Is one pair made from thicker fabric than the other? And which is more aesthetically pleasing?

When I did this experiment, I discovered that the shorts designed for boys always looked more comfortable and durable, while those designed for girls were pretty but made of thinner, less flexible fabric. To me, what that essentially meant was that comfort is the top priority for a boy, and looking cute is crucial for a girl.

If the clothes we wear affect how we feel and behave, then these designs are sending detrimental messages to our kids about who they can and can't be. They're inadvertently telling my daughter that trampolining, cartwheels, and all the ways she loves to be physical aren't for her. They're showing my son that if he likes to wear pink, he must be like a girl, even if he doesn't feel like one. And I'm not OK with that.

How our kids perceive themselves when dressed a certain way isn't the only perception to be aware of. The BBC2 documentary *No More Boys*

and *Girls: Can Kids Go Gender Free?* showed volunteers in an experiment treating children differently depending on their gender. When they thought they were playing with a girl, they offered the child soft toys and dolls, but when they thought they were playing with a boy, they encouraged the child to play with toys that helped develop spatial awareness (5). Expectations based on gender are causing our kids to miss out on the growth opportunities they deserve.

So, in a world where we're judged for deviating from what's considered "normal" when it comes to clothing and gender, how do we deal with comments and expectations? The best advice I've heard to deal with anything that makes us uncomfortable comes from a clinical psychologist, Dr. Becky Kennedy, who says to "choose truth over comfort" (6). The truth is that by not fitting in with others' expectations, my child gets the chance to develop and grow a strong sense of identity and self-worth and a whole range of skills that should never have been assigned to a specific gender in the first place.

To celebrate his last day of nursery in June, my son proudly wore his favorite costume—a Spider-Girl dress. When I picked him up that day, a few kids and their uncomfortable-looking parents asked "Why is he wearing a dress?". My answer was the simple truth: "Because he likes it."

*Photos from Canva.*

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#### About the Author

Liz is a professional editor and mom of two based in Australia. She's also an enthusiastic reader, a newbie home gardener, and a lover of karaoke. To learn how she helps authors and small businesses connect meaningfully with their audiences, visit [LJPondProofreader.com](https://www.LJPondProofreader.com).



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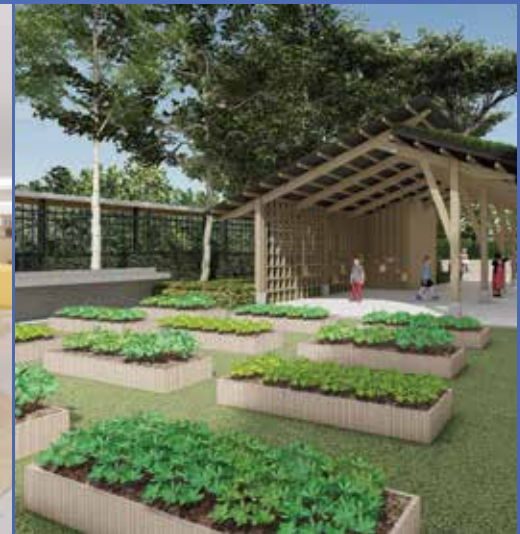
Bright and spacious classrooms are enhanced by additional facilities, including an art atelier, library, indoor soft play area, cooking studio and an Early Years Café for lunchtime gatherings. Learning environments extend beyond the classroom, encompassing extensive Early Years playgrounds that encourage active play and a dedicated learn-to-swim pool.



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Discovery labs, art ateliers, libraries, world language suites, a cooking studio and Primary Café for lunchtimes, complement spacious classrooms in our Primary School. Outside children can enjoy extensive adventure playgrounds for stimulating playtimes, a grass sports field and covered sports pitch for Physical Education and our Kitchen Learning Garden.



## LOOK INSIDE OUR

### SECONDARY SCHOOL

Students enjoy two dedicated four-story buildings including an Arts and Science block featuring studios and workshop spaces for design technology, visual arts, photography, videography and a black box theater for drama and performing arts. The building also offers laboratories with specialized spaces for environmental science, biology, chemistry, physics and robotics.



# APRON COUTURE: SIZZLE IN STYLE



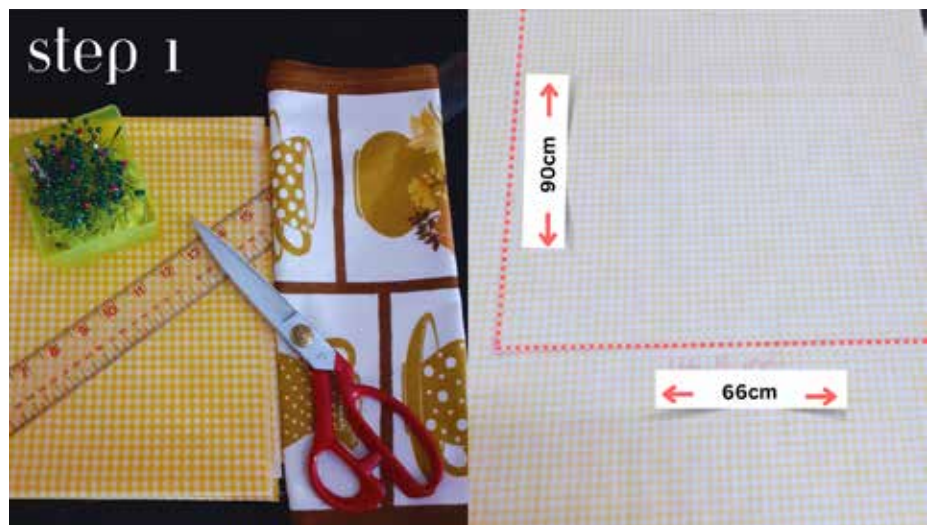
Get stylishly messy in the kitchen with Anelia and Johanna's apron. It's adjustable, easy to make, and will become your culinary sidekick!

The apron is the unsung hero of the kitchen, protecting your clothes from spatters, stains, and spills while you cook up some culinary magic! It's not just an accessory; it's your culinary sidekick and keeps you looking fresh and fabulous during your kitchen adventures. It's time to get whimsically creative in the world of DIY fashion. Grab the prettiest fabric and prepare for an apron adventure that is just as fun as it is functional.

## SUPPLIES

(This pattern makes one apron to fit an adult or an older child.)

- 1.5 m of main fabric (apron and strings)
- 40 cm x 40 cm of accent fabric (pocket)
- Matching thread
- Fabric scissors
- Measuring tape or ruler
- Sewing pins
- Chalk or erasable fabric pen
- Sewing machine
- Iron and ironing board



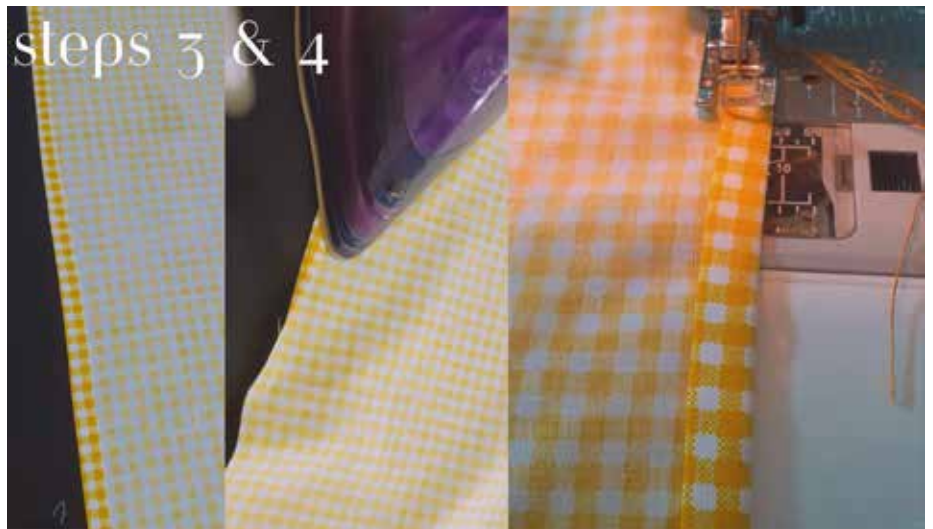
## STEPS

### Fabric cuts:

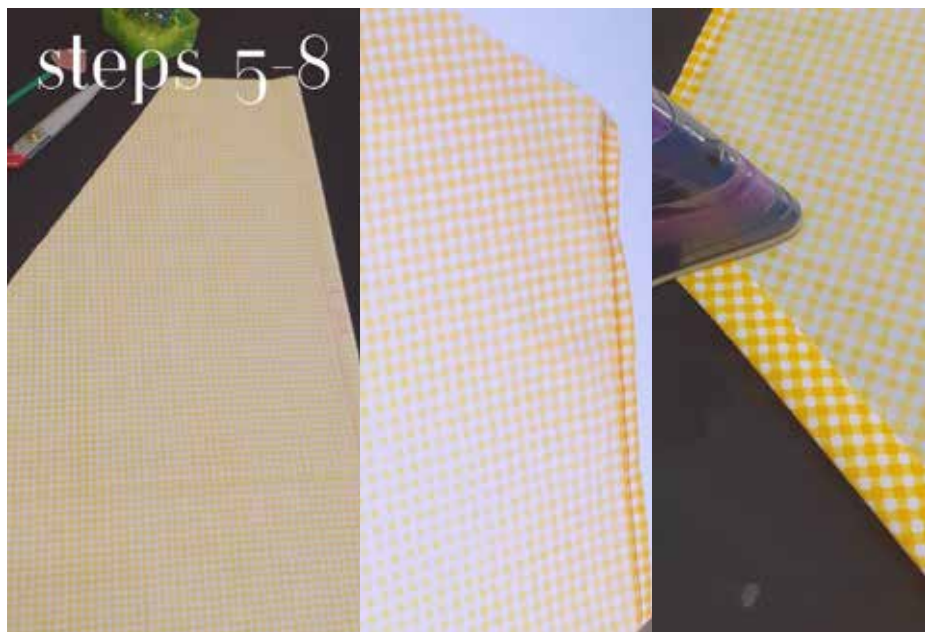
1. **Main fabric:** Fold the main fabric in half with the right (patterned) sides together. From the folded edge, measure out a 33 cm x 45 cm rectangle, and cut this out through both layers of fabric. When you open the folded fabric, you will have a perfect rectangle of 66 cm x 90 cm. This will become the body of your apron. Next, cut three 7 cm x 1.5 m strips from the remaining main fabric.
2. **Accent fabric:** Cut a rectangle of 30 cm x 35 cm from the accent fabric. This will be used to make the apron pocket.

### Apron body:

3. Lay the 66 cm x 90 cm rectangle you cut for the apron body face down. Create a double-folded hem by folding and pressing the raw edges of the rectangle at 0.5 cm, then folding and pressing again at another 0.5 cm. When you're finished, each raw edge should be inside the folded hem. Use sewing pins to keep the folds in place.
4. Stitch along the back of the hem using matching thread. Remember to reverse stitch at the end of each edge to secure the hem.



5. Turn the rectangle face up and fold it in half by bringing together its longest sides, ensuring that all edges are aligned. Secure the fabric with pins for the next steps.
6. Along the top of the rectangle, use a ruler and measure 15 cm in from the open edge and mark with the chalk or fabric pen. Then use your ruler to measure 40 cm from the top along the open side edge and mark. Draw a diagonal line from the 15 cm mark to the 40 cm mark.
7. Now cut along this diagonal line to form the shape of the apron. Yes, you will cut off some of the seam, but that is OK. Hemming the raw edges as we did in steps 3 and 4 makes this next part easier and neater.
8. For each diagonal raw edge, fold over 0.5 cm and press, then fold over another 1.5 cm and press. Use pins to secure the folds.



9. Back to your sewing machine, sew along the back of the folds, leaving open the ends to create a channel or "casing". This is where we will insert the string to make the apron adjustable.



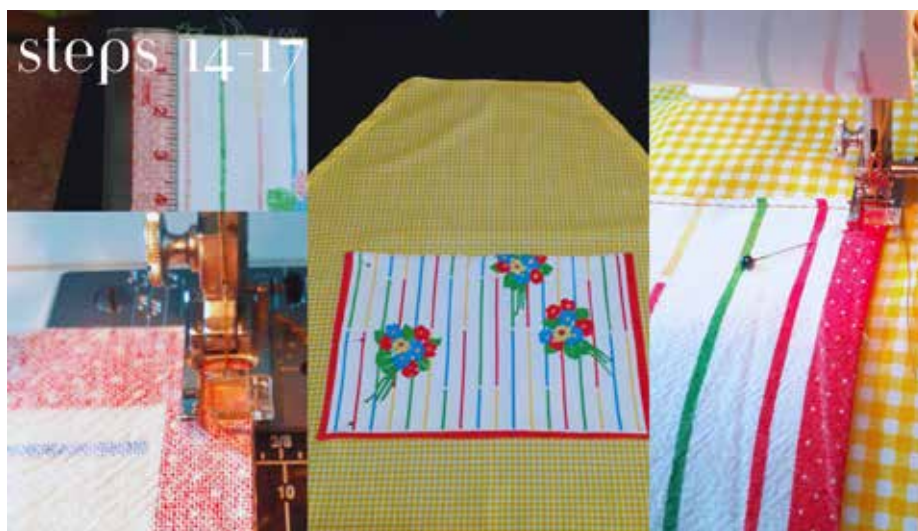
### Apron strings:

10. With the right sides of the long strips together, align the short ends and stitch them together to create one long string. Press each seam open.
11. Fold both ends of the string over by 1 cm, wrong sides together, and press.
12. Fold the long sides of the string towards the center and press.
13. Fold the entire length of the apron string in half and edge stitch.



### Pocket:

14. Double fold and press the raw edges of the smaller rectangle at 0.5 cm and 0.5 cm again. Now stitch along the back of the hem with matching thread.
15. Fold the apron in half, with the top over the bottom, to create a top edge. Align the top of the pocket along this edge, then unfold the apron body. You can use chalk or a fabric pen to mark the center if the crease is not clear.
16. Position the pocket so that it is centered, and hold it in place with sewing pins.
17. Edge stitch the bottom and two sides of the pocket onto the apron body. Remember to leave the top edge open!



### To finish:

18. Attach a safety pin to one end of the apron string. Pass the string through the casings you created in step 9, moving up from the bottom on the left side of the apron, over the top, forming a loop that will go over your head, then down through the top of the casing on the right side. Adjust the strap to your liking.



Happy cooking in DIY style!

*Photos courtesy of the author.*



Anelia



Johanna

### About the Authors

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

Johanna is a Bangkok-based educator, sewing boffin, and the creator behind this pattern! She likes to travel and has been to 27 countries while working as a nail technician on cruise ships. Connect with her on IG @sew\_whathanna





## NEW MEMBERS' COFFEE MORNING

On September 29, BAMBI held a New Members' Coffee Morning at Nest by Little Treehouse Nursery in Ekkamai soi 6, a newly opened eco-conscious space hosting signature Reggio-inspired playgroups.

It was a wonderful opportunity for our new members and their little ones to explore and chat while enjoying some play-based activities set up by our generous host. Thank you, Nest, for making our new members feel so welcome!

BAMBI New Member's Coffee Morning is held at a different location each month and is open to both members and non-members. To join our next coffee morning, please contact [newmembers@bambiweb.org](mailto:newmembers@bambiweb.org).



## creating and testing hypotheses

Kindergarten project



*The leaves are green, the water is green, so that is why they are green.* Harlowe

*The yellow flower turned green because the blue water.* Mirin

*Why did this flower not change colour?* Eileen

*If something is blocking maybe we should cut them.* Sang

*Something is blocking.* Oliver



*Which flower will change colour first?*

*The smaller one, because it's shorter.* Lalyn

*The shorter one will drink faster the water.* Patey

*What will happen if I put more red into one bottle of water?*

*The water will get darker.* Leo

*The flower will turn super red because is dark.* Luca

*Why do you think the flower has more colour in the middle?*

*The flower drank the water and first got the middle.* Rex

*Because we put more colour this time.* Paulie



# ELC International Schools empower your child to grow their own mind and to strive for personal excellence.

ELC International Schools views every child as capable, powerful, and full of potential. We are committed to this image of the child and the creation of conditions for learning that empower your child to grow their own mind and to strive for personal excellence.

Established in 1984, ELC International Schools comprises 5 schools: three Purple Elephant toddler centres for children 18-36 months in Phrom Phong and Thonglor (PE49, PE39, PE55), a Purple Elephant toddler and kindergarten centre at Samakee for children 18 months to 5 years, and The City School campus for kindergarten children 3 years through to 11 years in Thonglor. We follow the Ontario (Canada) Curriculum, while the Reggio Emilia philosophy inspires our teaching

practice. Learning is a work of collaborative inquiry between children and teachers, which is nurtured by rich, meaningful relationships.

In all our schools, the environment has a powerful impact on learning as your child's 'third teacher'; from the lush green gardens and architectural design to the open-ended natural materials and the provocations in our ateliers, our environments are designed specifically for young children to fuel their imaginations and activate their learning. All our centres are small and intimate communities with a low child-teacher classroom ratio, exuding warmth, connection, and empathy. Precisely because we are small, we are best able to: engage children's lives with an emphasis on creativity and collaboration; nurture

their social-emotional well-being; build strong, respectful relationships within a close-knit community; and be responsive to each child's particular developmental journey. This is personalized learning at its best.

## The Purple Elephant

Each Purple Elephant has a unique beauty, whether it is the tranquil bamboo forest of PE49, a charming cosy home at PE39, the blending of nature and design with our bamboo play structure at PE55, or the countryside ambiance at Samakee, you can find the right environment for your child. Our toddler programmes focus on supporting the children's development of strategies, character, and skills for lifelong learning through purposeful play and inquiry. Guided by the Ontario



early years framework, we co-create experiences and environments to meet the four foundational goals: Belonging; Well-Being; Engagement; and Expression. Children take an active role in their own learning; through open-ended provocations, the children are given autonomy to explore their own curiosities and interests with natural joy and wonder.

### Kindergarten

As your child progresses to Kindergarten at our City School or The Purple Elephant at Samakee, they will begin the Kindergarten Ontario Curriculum. This programme builds skills and knowledge in four frames: Belonging and Contributing; Self-Regulation and Well-being; Demonstrating Literacy and Mathematical Behaviours; and Problem-Solving and

Innovating. Our inquiry-based pedagogy deepens through a yearly Project, whereby our children explore a topic that integrates concepts from different curricular disciplines and evolves in response to both the children's ideas and curiosities and to the demands of the curriculum. Project encourages children to question, theorize, and problem-solve, and allows each child to draw on a variety of 'languages' from mathematics to art, music to biology, and more. Concepts from all disciplines are also taught through a collaborative, inquiry-based approach with teachers and children co-constructing knowledge. All learning is supported by our numerous ateliers offering an abundance of opportunities for research.

For children to succeed in the

future, they must become expert learners, and this begins at an early age. Through a pedagogy of knowing and valuing your child for who they uniquely are, ELC International Schools provides the conditions in which they build a 'growth mindset', they develop as researchers, and they hone those transferable skills essential to their school lives and beyond the classroom.

*Interested families are welcome to contact our Admissions Director Ms. Melissa Davison: [admissions@elc.ac.th](mailto:admissions@elc.ac.th) For further information please see our website: <https://www.elc.ac.th/>*

# SHOELESS IN SIAM

This month, Rachel Ofo suggests handy tips for those with slightly larger feet to leave their toe-woes behind.

## S **Spotted: BIGFOOT IN BANGKOK.**

Shops along Sukhumvit are shutting doors to protect themselves from the stomps of larger-than-average feet on the hunt. By “bigfoot” I mean women whose feet stretch just past a size 40 or are slightly wider. For us, stares of awe, shock, and maybe even fear may follow as we wander roadside shops and Bangkok shopping malls. Those cute sandals? Nope. Want something sleek for a date night? Forget about it. We’ve received enough “no have big size” to understand one of the biggest issues with living in a country not your own is walking in a country that is not your own.

I’ll never forget my first month in Thailand, nearly seven years ago. I arrived with one pair of custom-made leather sandals and two pairs of flats. I’d unknowingly arrived during peak rainy season. From motorbike rides through flooded roads to a damp, moldy condo, I soon found myself shoeless in the city. Fortunately, there are now several American stores where I’ve managed to snag a few new pairs. However, my choices are still very limited. Besides unisex shoes like running shoes and some flip flops, finding something to fit a longer, wider, but not men’s-foot style has proven to be a challenge.

## **What are your options?**

Fortunately, where there’s a will, there’s a way. Meaning, if we really want and need a new pair of shoes, we can find them. Some have opted for the less desirable option of wearing ill-fitting shoes, whether too big or too small. I’ll admit to buying a pair of men’s flip-flops simply because they were the only pair I could find, and they more or less got the job done. Besides making sure they didn’t slip off, one of the main issues was that my husband would snatch them when he needed to step out.

I’m less inclined to suggest the other option of just shoving your foot into shoes that are too small. This is not Cinderella. There will not be a prince waiting for you; just a doctor, and not in the romantic way you may want. According to the American Academy

of Orthopedic Surgeons, wearing shoes that fit too small or too tight can lead to a world of problems, like bunions and ingrown toenails (1). Some of these problems can lead to surgeries and potentially lifelong struggles. So, if the shoe doesn’t fit, let it sit, even if it means letting it sit in your closet.

Online shopping has introduced a level of convenience we all benefit from. However, it comes with its own set of aches, less physical and more mental. First, you have to find reputable stores. This means stores you’ve shopped at or received recommendations from before. Or, you can choose to rely on reviews, but heed, I mean heed, my words, reviews aren’t always trustworthy. I’ve learned this lesson many times before, where the item that everybody was raving about was no more sophisticated





than a primary school project. How to avoid this altogether? By sticking to in-person shopping. Peep the peep-toes with your own eyes. Slide the slides over your actual foot. Nothing beats physical shopping. However, when your current country of residence doesn't offer a variety of options, you might just have to slip your ruby red shoes on, tap your heels together three times, and head back home.

Myself and many others admit to stocking up whenever we get the chance to go home: a pair of heels, a pair of flats, and maybe even something sturdy to survive a rainy season. Walking into a familiar store, wandering over to the precise aisle you know will have what you need, is enough to bring tears of joy to desperate eyes and relief to despairing feet. So, if you have the means to do so, plan a trip back home, convince family and old friends

it's because you miss them, and strategically plan every meet up near a shoe store. And for those who can't make it home, if you know what you need, order and ship them to a family or friend's house. They could bring it for you when they inevitably visit, or send it over with other goodies you may miss—Snickers and sneakers. However, when all else fails, the simplest and most underrated route to walk is to just ask.

Simply ask a taller or larger-footed Thai woman. Learn a few relevant words and phrases in Thai, like "big", "foot", "shoe", and "where to buy", and you may be pointed in the direction of slingbacks and stilettos. I once tried this and was recommended to head over to the ladyboy stores, specifically in Platinum mall. I did visit, and I did find a great array of large women's-style shoes. However, I ran into heels that were slightly too wide or slightly too bulky. I remain

hopeful though, as I didn't check out that many stores. The thing with shopping in a mega mall like Platinum is that you must be prepared to search and put in the hours and energy needed to traverse every single shoe aisle on every single floor. Make sure to have comfortable feet as you tackle this considerable feat.

Despite my humorous take on a semi-serious issue, we should always remember that preparation and comfort are key. Thanks to the amazing world of search engines and online shops with reviews, there is plenty of information out there. So do your research, make a day trip, if needed, and find yourself a new pair of pumps that allows you to feel as though you're gliding through a bed of clouds as you trek through the City of Angels.

*Photos from Canva.*

## References

(1) OrthoInfo (2012) Tight Shoes and Foot Problems. [orthoinfo.aaos.org/en/diseases--conditions/tight-shoes-and-foot-problems/](http://orthoinfo.aaos.org/en/diseases--conditions/tight-shoes-and-foot-problems/)



## About the Author

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



# BANGKOK SUPPORT GROUPS

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

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

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ADVOCACY  
PROGRAM)

RAINBOW  
ROOM

## SUPPORT FOR WOMEN

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BOOBS

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### SCAN NOW TO READ MORE

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



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**PAINTING**

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Scrambled art :



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



# RIDING THE TRAIN

This poem was inspired by a conversation a friend and I had over breakfast one morning. She is the mom, friend, and soul whom I can be most vulnerable with. It is such a beautiful blessing if you have at least one of these kinds of people on your team. We discussed why more moms don't make time for self-love, even though this concept is something very familiar to all of us, mothers or not.

Many of us know self-love is about filling our cups before spilling over for others and putting on our own oxygen masks before helping others with theirs. Still, why don't we ever do what we read about, get inspired by, and even promise ourselves? We both concluded the answer is "autopilot". We once were those moms on a train, coursing through life with autopilot mode on. Speeding through every destination—things to do and goals to smash—as if our self-worth as a woman, as a wife, and as a mother depended solely on it.

We never paused, never stopped. Our ego that told us "we can do it all" kidnapped the core of who we truly were, took over the control panel, and put us on hyper-speed mode. Until one day, it just couldn't do it anymore. Momentum came to a halt, and we broke. Rather, we broke down. And the only way to get up and running was to do some serious introspection with the tools only we had—forgiveness, patience, kindness, empathy. It was a long fix, and every now and then, we still need these tools for a tune-up.

Never again will we allow our ego to take over and strap us in to run on high-speed autopilot and lose who we are at the core. Never do we want to be so far away from home again.

Some years ago, I got on a train.  
A speed train.  
It passed many stops.  
But I never stopped;  
I never got off the train.

I kept riding,  
assuming I had a destination.  
But in reality, it was an illusion.  
An ego-fuelled illusion.

A fabricated story my pride authored,  
starring me, the hero.  
Who can do it all.  
All at the same time.

Mother.  
Wife.  
Career.

Tender.  
Intuitive.  
Ambitious.

Till I couldn't be all those things.  
All at the same time.  
Overwhelmed.  
Resentful.  
Confused.

I even thought I could steer the train.

Oh, how I courageously navigated all  
those years.

But courage is never enough in this  
journey.

Many praise courage, and courage only is.  
Broken relations with myself, with others,  
proved it isn't.

Forgiveness.  
Patience.  
Kindness.  
Empathy.

The journey needed to be led by them.  
My ego needed to be replaced by them.  
My ego drove a train that further distanced  
myself from myself.  
My love of self.

My love for motherhood even, on many days.  
The train was derailed. Wrecked. Catastrophic.

Finally, it stopped.  
I stopped.

No choice but to pause.  
To mend the pieces.  
To continue the journey.  
Motherhood is a journey that cannot  
just be abandoned.

Repaired and led by self compassion now  
I go slower, I go gentler.  
I pause, I stop.  
I rest, I discover.  
In awe.

All at how far we have come;  
how much closer we are to home.  
Home, where we have always belonged.

*Photos from Canva.*



#### **About the Author**

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

# SCHOOL ON THE GO

The COVID-19 pandemic has fueled the popularity of homeschooling. Follow Jaqui as she explores alternative schooling with world-traveling families.

Call it “homeschooling” or even “unschooling”, the practice of not sending your kids to a conventional school, or any school, has been around for many years. Since the COVID-19 pandemic forced people to educate their children at home, this practice has become even more widely accepted in many societies. It has become an obvious and popular choice for world-traveling families to keep school-age children educated while traversing the world.

More people than ever before now place freedom and quality of life before all else, and they have packed up, hitched their backpacks, grabbed their childrens’ hands, and taken off on a world trip for however long they want. School is no longer their priority—life is. Instead, learning happens along the way as families and their kids explore the world. I caught up with some globetrotting and expat parents to hear their opinions on this “worldschooling” phenomenon that has some people riled up, and others overjoyed about the freedom it offers them and their families.

## Happy homeschooling

Agnes Cecilia and her family live off-grid on an island in Thailand. She and her husband, a Thai national, put their sons in a Thai school on the island, but after the pandemic lockdowns, they discovered that edu-

cation at home was better for their children and obtained permission to homeschool. They share the role of teaching, with Agnes (who is French Swedish) doing subjects in her children’s three languages to keep them in touch with their diverse culture, while her husband focuses on the Thai education side. “We felt that keeping our sons on the Thai curriculum, even while studying at home, was the best option, and we believe the Thai curriculum is really good, giving the children a broad spectrum of subject matter to learn about. For example, they learn about history, facts about various religions, and have a focus on Buddhism. There’s also a focus on various social subjects such as health, and how to resolve conflicts and show respect. The level of mathematics in the curriculum is pretty high, much higher than in Europe in fact, and the way grammar lessons are structured is also very beneficial, in our opinion.”

## Complementary schooling

Elyse, a mom who hails from Canada, has two children aged ten and three. She and her husband, a Thai national, have been worldschooling their children for some time while moving back and forth between Thailand and Canada. “We spent an entire year in Thailand when our oldest was five, but every year after that, we returned to Canada for the

last four months of the Canadian school year. Now he’s in fifth grade and we’ve pulled him out of school again.” When in Thailand, the family lives on a farm with her husband’s parents where a lot of nature-based learning takes place.

“My kids have learned how to care for chickens, ducks, and cows,” Elyse adds. “They have learned about and participated in the growing process and harvesting of our fruit, fishing, hunting, and foraging for food; they understand the necessity for permaculture, cooking, small business start-ups, local micro-economies, and are both bilingual.”

## Full-time worldschooling

Paola and Hernan Lopez are a couple who regularly find themselves back in Thailand while on their world travels. Since 2017 the Lopez family have traversed 22 countries in their camper van, which they had to leave in Khanom, Thailand, for the duration of the COVID pandemic. They returned in 2023 to continue their adventures after having their third child. They teach their three children while on the road and believe that their children learn as much from their travels as they do from textbooks.

The family focuses on cherishing nature wherever they go and makes



*The Byrne children swimming with turtles*

an effort to learn about the ecology of the places they stay and teach their children to practice eco-friendly habits. At the time of writing this article, the family, and their camper van, have just embarked on a ferry to Koh Phangan in southern Thailand.

### **Differing views on alternative schooling**

Although homeschooling and world-schooling are popular in many places, rules related to schooling differ around the world. Some countries, such as Australia, Brazil, and South Korea, allow homeschooling, while in other countries, school attendance is compulsory (1). Homeschooling was legalized in Thailand in 2004 though families must apply for permission to homeschool, and their children must be assessed once a year (2).

### **Who decides on your child's educational needs?**

The whole notion of institutional school came from an ancient practice by Frederick the Great of Prussia who, inspired by the philosopher Plato, came up with these "factory schools". Plato's ideology was that "the ideal city needs ideal citizens, and these ideal citizens would need an ideal education". In 1763 the king instituted compulsory education to unify his country (Prussia). This form of schooling did indeed increase

literacy and boost the education of Prussian citizens. The eight-year educational drive instilled duty, discipline, and obedience in the children, the future citizens of the country. The model was such a success that other countries adopted it too (3).

In some developed countries, parents are legally responsible for sending their children to school, and there are stiff penalties for not doing so. In Canada, for instance, parents can face a fine the equivalent of between \$5,500 and \$27,000 (4), and in Italy, they can be jailed under a controversial new decree passed in September of this year (5).



*Elyse's children on the farm*

The burning question is, since we now have an abundance of information at our fingertips, should governments still have a say in how our children learn? There are certainly factors that parents keen to homeschool do not always take into account, like the lack of peer encouragement. Your child's motivation will become your responsibility and it is not always easy to keep them engaged.

World and homeschooling can be pretty hard on parents too. If they are digital nomads, they often have to hold down a job to help fund their travels. South African mom of three children, Lianne, says "It is a challenge at times as I also need to work, but we've hired an incredible woman who comes in three times a week to take care of the children [while we are in the Philippines]." Additionally, having your children around 24/7 can be emotionally and physically draining, and parents will have less time for themselves. In some cases, parents may have to become disciplinarians, and this could depress somebody who prefers a softer approach.

With that said, Agnes highlights the "together time" as a huge positive, saying that their lifestyle has had a profound effect on their sons as the family can do many more things together. Lianne feels similar.

"Traveling together has really brought us closer as a family and allowed us to spend precious time with each other, which I never had with my parents while growing up."

### Should all forms of schooling be regulated or not?

There is, of course, the concern that a world-schooled child may not receive the same level of education as those that attend a school where standards are regulated. Elyse concedes that while the entire family needs to engage in a completely different mindset when world or homeschooling, she believes that some kids could "slip through the cracks" if there isn't some measure of control.

"I think it is important that people in a community have a baseline of education, so we have a basic familiarity with the same things," she says. "This helps us form a cultural bond, and ensures that we are all coming from the same place when it comes to basic expectations in relationships, employment, and so on. However, a lot of people choose these forms of 'alternative' education because traditional, government-regulated education isn't working for them. Our learning plan didn't go anything like I expected, and I really appreciate that I don't have a regulatory body pressuring us."

### Raising global "digital nomad" kids

While opinions vary on when, how, or

why globetrotters should school their accompanying children, it is clear that after the pandemic, people are ready to live their lives in ways that matter. Having our children share our journeys heightens their emotional intelligence and makes them better future global citizens. It is clear that the trend of digital nomad families is well underway.

This lifestyle may or may not be acceptable to all of society, but it will certainly go down in history as a pioneering endeavor in education.

### Resources

For more on worldschooling: Andy Sto (2023) What Exactly is Worldschooled and What are the Benefits? [andysto.com/what-exactly-is-worldschooling-and-what-are-the-benefits/](https://andysto.com/what-exactly-is-worldschooling-and-what-are-the-benefits/)

For an up-to-date list of countries in which homeschooling is legal, please visit: [howdoihomeschool.com/homeschool-legal-illegal/](https://howdoihomeschool.com/homeschool-legal-illegal/)

Watch this video on YouTube for the full story on "factory schools": [youtube.com/watch?v=hfwrCnt6N34](https://youtube.com/watch?v=hfwrCnt6N34)

Worldschooling and digital nomad family groups to join on Facebook (in Thailand and globally):

- Digital Nomad Mamas
- World School House Swap / Sit / Rent / Trips
- Worldschoolers in Thailand
- Worldschoolers Krabi & Koh Lanta
- We are Worldschoolers

*Main photo from Canva; other photos courtesy of the author.*



*The Lopez family*

### References

- (1) Devitt, R. (2023) What Countries is Homeschooling Illegal and Legal? How Do I Homeschool. [howdoihomeschool.com/homeschool-legal-illegal/](https://howdoihomeschool.com/homeschool-legal-illegal/)
- (2) HSLDA (2019) Legal status and resources on homeschooling in Thailand. [hslida.org/post/thailand](https://hslida.org/post/thailand)
- (3) Koblin, J. (2023) Unschooling: Why Parents Remove Their Kids From School. Sprouts. [sproutsschools.com/unschooling-why-parents-remove-their-kids-from-school/](https://sproutsschools.com/unschooling-why-parents-remove-their-kids-from-school/)
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- (5) ANSA.IT (2023, September 7) Jail for parents who don't send kids to school – Nordio. [ansa.it/english/news/2023/09/07/jail-for-parents-who-dont-send-kids-to-school-nordio\\_1e67d56c-add8-46b3-be8e-a835014b4b39.html](https://ansa.it/english/news/2023/09/07/jail-for-parents-who-dont-send-kids-to-school-nordio_1e67d56c-add8-46b3-be8e-a835014b4b39.html)



### About the Author

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

# BAMBI PLAYGROUPS & ACTIVITIES

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



## SCAN NOW

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



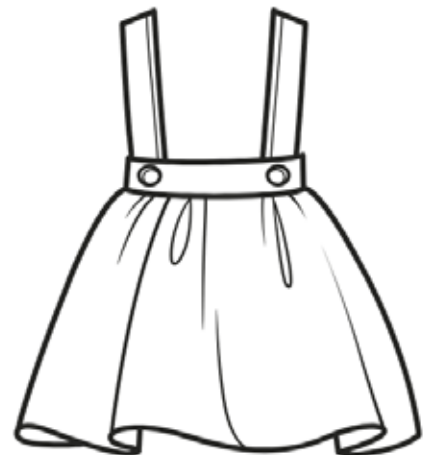
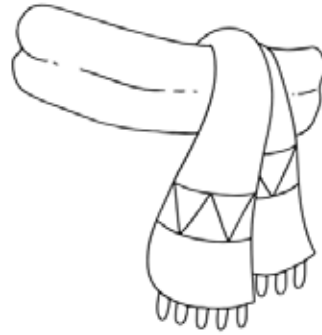
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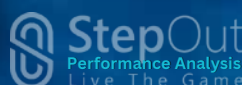
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# CALL FOR VOLUNTEERS



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

BAMBİ is run by a group of lovely and dedicated volunteers, and from time to time, a number of critical roles need to be filled to ensure ongoing service to our members. BAMBİ is a fun and welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us. To apply or if you have any questions about these volunteer opportunities, please email [vicechairwoman@bambiweb.org](mailto:vicechairwoman@bambiweb.org), detailing which position(s) you are interested in. Please note that as per BAMBİ constitution, interested candidates are required to have an active membership at the time of applying.

**The following opportunities are currently available:**

## CHAIRWOMAN

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

### Responsibilities & duties

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

## EVENTS COORDINATOR

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

### Responsibilities & duties

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



## NEW MEMBERS COORDINATOR

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

### Responsibilities & duties

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

## ACTIVITIES COORDINATOR

The activities coordinator attends monthly committee meetings as a voting member and is responsible for organizing and managing activities for older children between the ages of three and six.

### Responsibilities & duties

- plans and organizes profitable activities in coordination with venues and instructors
- ensures all activities are running to BAMB! standards
- recruits and trains activity leaders to assist in the management of activities and activity bookings
- steps in to support the running of an activity on the day if needed





## PHOTOGRAPHERS

## PHOTO EDITOR

The BAMBI photographer works with other members of the team under the direction of the editor to take clear, dynamic photos at BAMBI events and activities as well as the cover images for BAMBI Magazine.

The photo editor works together with the editor and deputy editor of BAMBI Magazine and is the first point of contact for anything picture-related.

### Responsibilities & duties

### Responsibilities & duties

- maintains clear communications with the editor (and other members of the BAMBI committee as appropriate) to comprehend assignment guidelines and for timely delivery of photographs that comply with them
- assists the editor and cover models in setting up time and location for cover photoshoots and manages the session on the day of the shoot
- edits and retouches images as appropriate and archives them in appropriate folders on the BAMBI Google Drive

- works directly with the BAMBI Magazine team, Bumps team, and playgroups and activities leaders to source photos for articles and photo feature pages in the magazine
- takes photos at events or coordinates with event staff and photographers to have photos taken
- organizes and oversees the magazine cover photoshoot
- designs the magazine cover

\* Interested candidates must have their own photography equipment, knowledge of photography techniques and an eye for detail, color, and form.

\* Interested candidates must have their own photography equipment, knowledge of photography techniques and an eye for detail, color, and form.

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# MEET MARIA



Maria tells us how international education led her to Bangkok and why her family now calls this big city home.

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

I'm Russian but I spent most of my childhood studying and living away from home in various places, including Shanghai and Beijing, before I moved to complete my studies in Bangkok. I met my husband during my first year of university here in Bangkok. We now call Bangkok home and have been building our own little lives here in this amazing city.

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

My work background is in hotel management, and after graduating, I worked in the front office of the Kempinski Grand Hotel Gelendzhik back home in Russia. However, I decided to leave my job as my husband was based in Bangkok and I wanted to be with him. My husband is one of the heads of school at an international school here.

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

We are blessed to have two wonderful children: a three-year-old girl and a one-and-a-half-year-old boy who keeps us on our toes.

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

I came to Thailand in 2014. I miss seeing my family and all the delicious food that is easily available back home.

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

During the week, I get up very early—around 6am—to prepare breakfast for the kids before the school van arrives. I have to make sure that their school bags are all packed and ready to go for the day ahead. Once I get some me-time, I like to do Muay Thai and fit in some coffee dates with fellow BAMBI mommies as well as volunteer to help run BAMBI activities. I also like taking my children to playgroup sessions when they don't have school.

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

I love that I have access to almost everything here in this big city, from cafés to shopping malls, but a beach retreat is still within easy reach, either by car or a short plane ride south. I have traveled to the south of Thailand and my two favorite places to visit are Khao Lak and Phuket.

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

The main challenge when I first arrived in Thailand was the language as I found it hard to communicate at times, but I managed to adjust quite quickly with the help of friends and learning a little Thai.

## How did you find out about BAMBI?

I found out about BAMBI soon after bringing my little girl to Thailand for the first time after she was born. I spoke to another expat mommy staying in the same hotel and she recommended joining BAMBI to meet other mommies.

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

Get involved in all the different playgroups and events that BAMBI hosts because it's such an amazing way to meet wonderful new people that you may never otherwise meet in your everyday life. I owe BAMBI a lot for helping me connect with such awesome mommies that I now call good friends of mine.





# BAMBI

## THE TEAM

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

### FOUNDER

Mel Habanananda

### HONORARY MEMBERS

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

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Simmi Rajkitkul | [advisor@bambiweb.org](mailto:advisor@bambiweb.org)

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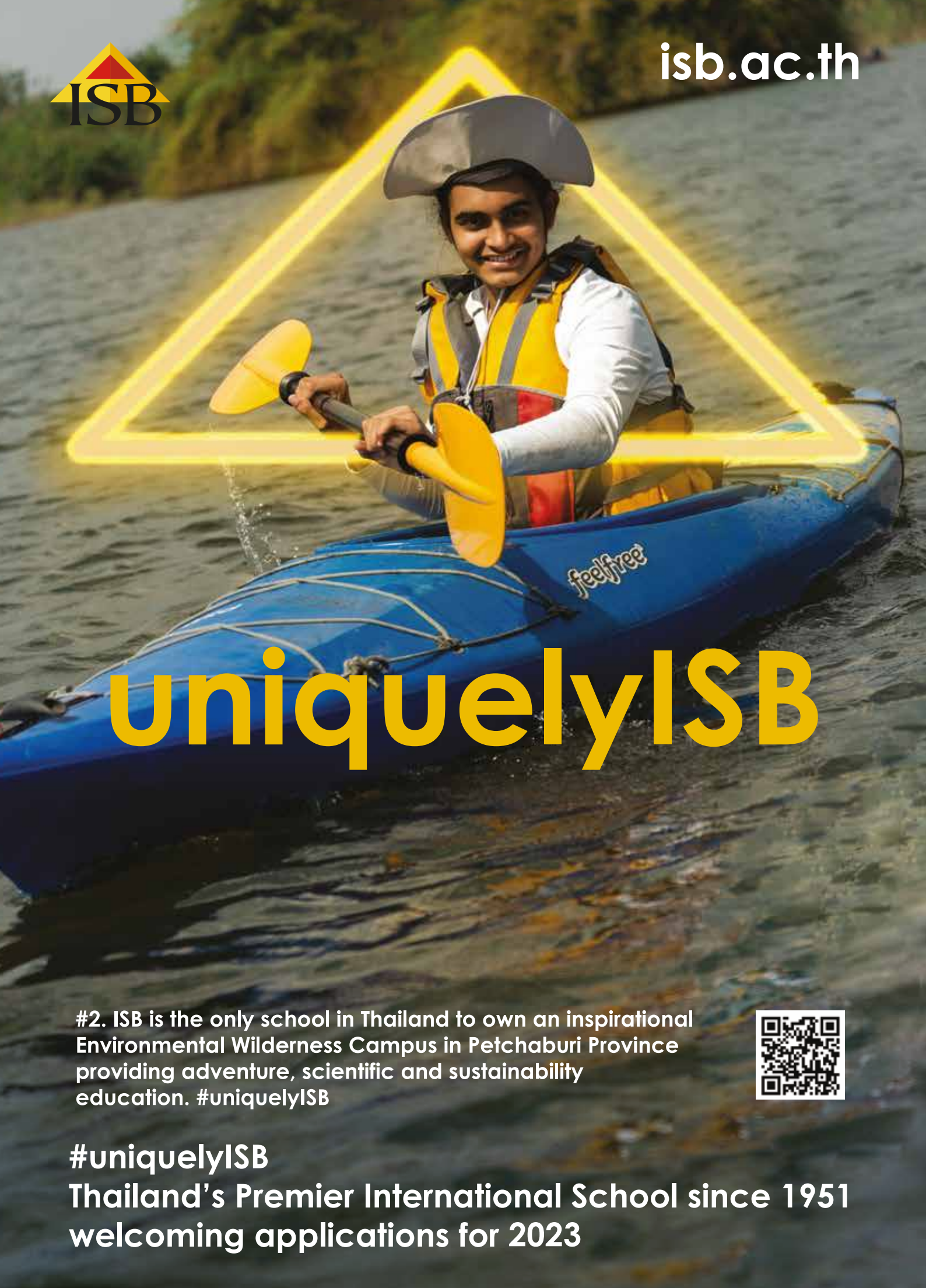
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