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BEGINNINGS**

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FOR PURPOSEFUL  
PLAYTIME**

**STARTING NEW  
FINANCIAL HABITS**

JANUARY 2022

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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](mailto:chairwoman@bambiweb.org) or visit [bambiweb.org](http://bambiweb.org).

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

#### Mission Statement

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

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- Providing information and training to health professionals involved in maternity care.
- Supporting parents through the pregnancy, birth and postnatal period.

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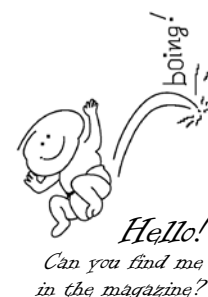
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Yuika, Year 4, Regents International School Pattaya

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[regents-pattaya.co.th](http://regents-pattaya.co.th)

Dear Members,

I have just returned to Thailand after spending many months in England. Although away for so long, I am kept up to date as the BAMBI Secretary kindly sends me the monthly meeting minutes. Also awaiting me are nine months of BAMBI magazines. A great way to catch up!

When I wrote my last New Year greeting to you all a year ago, I never imagined that we would STILL be in the grip of Covid. Along with so many other organisations, BAMBI has endured a very difficult year. I am filled with great admiration for our committee (led so ably by Gloria) and volunteers who have done such a fantastic job in keeping BAMBI afloat and active through all their hard work and dedication. Thanks to them all, BAMBI continues and there is much to look forward to and plan for in the year ahead. BAMBI will be creating a 'whole new look' with some rebranding to take us into the coming years.

To do this will take much effort and dedication and I'd like to take this opportunity to ask you to offer your time and consider becoming a volunteer or committee member. It's a great way to make new friends, expand your skills, broaden your interests, have fun and support the BAMBI family. How's that for a good deal and a great way to begin the new year?

In March we will celebrate our 40th birthday. Something I never even dreamed of when we began in 1982. Having given birth to and nurtured BAMBI through its toddler and teen years, it has continued to be blessed, supported, cared for and developed by some wonderful women from around the world. It has been such a joy and privilege to know them.

I hope that this year, despite the continuing Covid problems, you will be able to meet up with your families and loved ones. I hope the support that BAMBI can offer will help to make things a little easier in what continues to be a difficult and worrying time.

I wish you and your families all good health, happiness and peace in your hearts for 2022.

With love.

Mel Habanananda  
BAMBI Founder and Patron



Dear Members,

Welcome to 2022! I hope you all had a lovely break with your families.

In this issue we explore the theme of new beginnings. Truthfully, I was happy to say goodbye to 2021. Having gone through my second pregnancy in strict lockdown, I have to say it was very isolating and it was a shame to miss out on all the prenatal fun BAMBI and Bangkok have to offer, so I'm definitely looking forward to a fresh start this year.

In December we were able to hold an in-person committee meeting after several months. A few of the committee have welcomed new babies to the world, and it was so wonderful to catch up on our journeys and all that has happened over the past nine months.

The new year will see BAMBI reopening in late January if Covid-19

restrictions allow it, fingers and toes crossed. As we plan to reopen, we are grateful for your patience as we navigate the 'new normal' for BAMBI.

We are hoping to bring you—our members—new venues, new playgroups, and new activities. The team is also working on exciting new changes that will be rolled out in 2022.

As always, we cannot offer all our amazing services and ideas without volunteers, so if you would like to help out, even if it's just for two hours a week, please reach out to us. Every one of our volunteers and the time they dedicate to us helps to keep BAMBI operating.

Wishing you all a fabulous year ahead!

Terryn  
Vice Chairwoman



Terryn Schlenther

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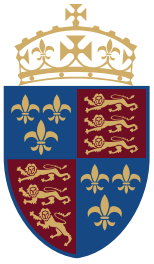
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Happy 2022!

I can't believe that one more year has passed! I still remember when my daughter started to walk, and playing with her was simpler than now.

So many things have changed to create our new normal. Learning to adapt and face new challenges every day is part of my greatest learnings. That's why in this issue we have decided to focus on new beginnings.

Jex teaches us how to take control of our finances by building and nurturing new habits around money.

Michaela gives us her top tips to help our kids face their first day of school, while teacher Jessie shares some simple ideas for activities we can use to continue their learning at home.

For those about to start a new chapter as parents, midwife Emma presents us with the reality of the postpartum period and how to handle it in a positive way.

Thank you to the editorial team and all the contributors who made this issue possible. We're still looking for more members to grow our diverse editorial team, including a new editor to lead them. Please let me know if you would like to join us.

If you need more information about our vacant editorial positions, please don't hesitate to contact me at [editor@bambiweb.org](mailto:editor@bambiweb.org).

Eunice Enriquez  
Editor



Eunice Enriquez

## OUR COVER KID MARLEY SCHLENTHER



Marley was born to  
Terryn & Rob Schlenther

27 October 2021  
11.05am | 3.22kg | 50cm

He is a little brother to Mia.

COVER PHOTO BY: KC Photography

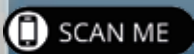


# A WORLD OF OPPORTUNITY

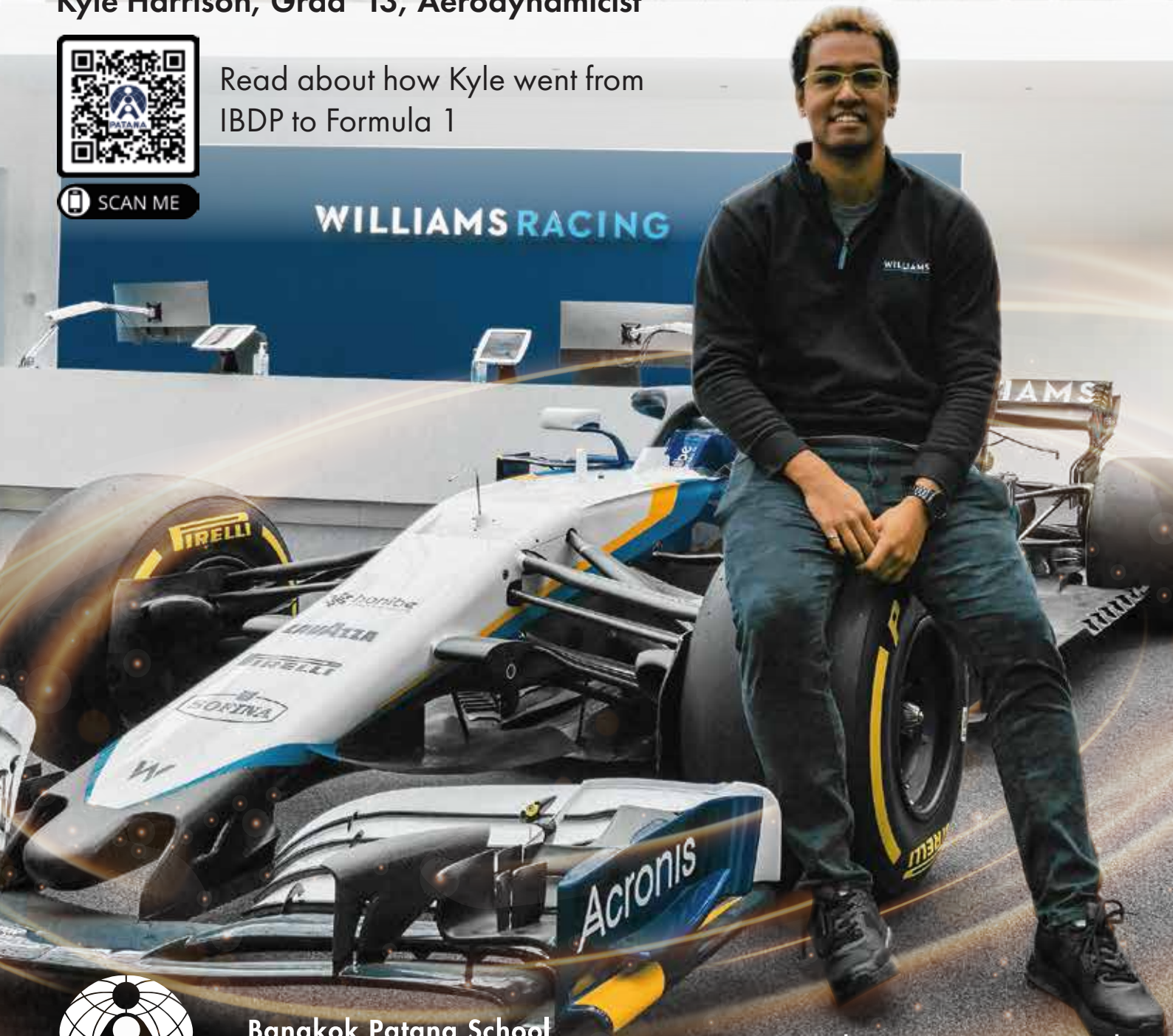
"The interactions I had with the various teachers and coaches at Bangkok Patana gave me a good foundation on how I approach learning. I benefitted the most from the various activities I could participate in, which translated to 'real world' skills."  
**Kyle Harrison, Grad '13, Aerodynamicist**



Read about how Kyle went from IBDP to Formula 1



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# HAPPY BIRTHDAY FROM BAMBI!



## JANUARY BIRTHDAYS

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Douglass Upham

Emma Lee`

Flora Fretwell

Harithra Praveenkumar

Hecate Humffray

Hugh Grier

Jay Wongpanich

Jemima Anna Lloyd Rivera

Marie Leloup

Mia Hilne

Naomi Iizuka Galland

Naya Chindaphorn

Neil Tewari

Noah Bissoni

Ozymandias Humffray

Pailin Ann McDonald

Paulin Leloup

Pongkun Supjaroenkoon

Renzo Koyanagi

Rihito Takizaki

Roy Basin

Ruby Ramsay

Sawyer Fox

Serene Sangsathit

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# STARTING SCHOOL DURING THE PANDEMIC

Nursery teacher Michaela Reid shares with us how parents and teachers can help preschoolers starting school for the first time since the Covid-19 crisis have a smoother, happier transition from their homes to their new classrooms in the coming year.

When I think of new beginnings, the first experience which springs to mind is the quintessential milestone of starting school. For many children around the world, this huge transition is the beginning of years of formal education. It is the beginning of becoming part of a community with people who are very similar to them, and also very different from them. It is the beginning of immeasurable personal growth and potential lifelong friendships beyond the haven of their family home. Alas, due to the Covid-19 crisis, the beginning of school has been postponed and/or disrupted for children across the globe.

As millions of children missed their first day of school due to school closures internationally, educators became creative in how they reached their students and delivered lessons, predominantly online. Some families even opted to postpone their little ones' 'first day' for a plethora of reasons. However, as schools are gradually opening up again, it is imperative that educators are prepared and ready to welcome their new students with a special understanding of the different anxieties they may be experiencing as they prepare to leave the security of their homes, which many have been 'locked down' in for most of their short lives.

As for parents and guardians, their child's first day of school can be an emotional experience. It is understandable that some of these normal emotions may be intensified due to the current climate. Further, it must be borne in mind that many young children have spent the crux of their lives in Covid-19 times. While contact with extended family members and friends ceased for many children, their parents may have been working from home and so were nearby and accessible. Now all of a sudden, parents are preparing to wave goodbye to their little ones at the school gate.

As 2022 commences, I have listed some helpful hints based on experience to support families as their children begin formal schooling.

## Visit your child's new school for a preliminary viewing

Understandably, many schools have restricted access at present. However, many are also now allowing parents to bring their child onsite to visit their future setting. Allowing your child to familiarise themselves with the environment helps to settle nerves. Be sure to find out which door they will be entering each morning and at what time. Look at where the children put their bags and water bottles, and where the toilets are situated. When

children know what to expect, they are sure to feel a little more at ease. As an educator, I am always keen to hear what my prospective students are interested in prior to their visit so that I can set the classroom up according to their particular interests—so do reach out to teaching staff to inform them beforehand!

## Talk about school and listen to your child's thoughts and feelings

Research has shown that cortisol levels increase significantly in the first week of a child starting school.<sup>1</sup> Therefore, it is important to prepare your child by talking about the process beforehand, even if they are





showing little interest. Discussing school in a positive light is sure to re-frame your child’s thoughts and minimise anxieties. Talk about the excitement of meeting new friends and the resources offered in school to build anticipation and prepare for the big day. Will there be any familiar faces there? Perhaps place a photograph of your family in their bag along with their favourite stuffed animal if they need some reassurance throughout the day. Further, comfort your child by explaining that teaching staff are there to help and that they are safe with the new adults in their lives. This is particularly important for inhibited children as they will often internalise their feelings.

**Practice COVID-19 protocols at home**

Prepare your child by teaching them to wash their hands and put on their mask with increasing independence. If your family has been shielding at home, the concept of wearing a mask



may be quite foreign to your child, and it is important that they are accustomed to the new normal. Reassure your child that school will have extra masks and other sanitary equipment if they misplace their own.

**Ensure your child has a good night’s sleep before the first day**

The National Sleep Foundation (NSF) advises that children aged between three and five years of age sleep for approximately 10–13 hours a day.<sup>2</sup> Bear in mind, nursery-aged children

are still undergoing rapid physical growth and studies have found strong correlations between sleep and cognitive processes such as executive functioning, memory, and language.<sup>3</sup> Before starting school, implement a positive bedtime routine to ensure your child is ready and prepared. This may involve a bedtime story or relaxing music playing during ‘wind down’ time. Keeping bedtime consistent is also proven to help improve children’s quantity and quality of sleep.

So, a final note to all the little people beginning their schooling journey—GOOD LUCK!

*Photos courtesy of the author.*

**About the Author**



Michaela is a Nursery teacher at Bangkok Prep. She has been teaching for ten years and has a first class honours degree in Primary Education. She is currently studying for her MSc in Psychology, specialising in Education and Child Psychology. To schedule a visit to Bangkok Prep Early Years, please visit [bangkokprep.ac.th/admissions-enquiry/](http://bangkokprep.ac.th/admissions-enquiry/)

<sup>1</sup> Russ SJ et al. (2012) Cortisol levels in response to starting school in children at increased risk for social phobia. *Psychoneuroendocrinology*. 2012 Apr;37(4):462-74. <https://pubmed.ncbi.nlm.nih.gov/21852051/>

<sup>2</sup> National Sleep Foundation (2020) How Much Sleep Do You Really Need? <https://www.thensf.org/how-many-hours-of-sleep-do-you-really-need/>

<sup>3</sup>Tham, E., Schneider, N., Broekman, BF. (2017) Infant sleep and its relation with cognition and growth: a narrative review. *Nat Sci Sleep*. 2017; 9: 135–149. <https://pubmed.ncbi.nlm.nih.gov/28553151/>



# CHRISTMAS CELEBRATIONS

Photos by Gabriella Marao



2022

# NEW YEAR GREETINGS IN THAI

Thai teacher Kru Smuk shares useful expressions for New Year greetings and makes learning Thai as easy as peeling a banana.

It's January! Welcome to 2022. As many of you are celebrating the new year and spending quality time with family and loved ones in Thailand, I would love to teach you how to wish "Happy New Year!" in Thai. You will also learn some common phrases to greet Thai friends, colleagues, and family during this joyful time.

## Happy New Year in Thai

In Thai, you say "สวัสดีปีใหม่" (sà-wàd-dee bpìi-mài). It literally translates to "Hello New Year". This phrase implies the excitement of Thai people to start the year with great joy. Let's say hi to the new year.

## Common Thai Wishes

If you're looking for phrases to say or write a New Year's message in Thai, here are the three common Thai wishes that Thais commonly use.

### I wish you happiness.

ขอให้มีความสุข (khǒor-hâi mee kwaam-sùk). The word ขอให้ (khǒor-hâi) means "I wish you" and it's usually followed by a wish. มีความสุข (mee kwaam-sùk) means "to have happiness" or "to be happy". This greeting can be used for birthday wishes as well.

### I wish you good health.

Another one is to wish someone good health. In Thai, you say ขอให้ มีสุขภาพแข็งแรง (khǒor-hâi mee sùk-kà-pâab

pâab kǎeng-raeng). The word สุขภาพ (sùk-kà-pâab) means "health" and the word แข็งแรง (kǎeng-raeng) means "strong". This phrase is commonly used with elders, senior colleagues, and family members.

### Thai Wishes for kids

In Thailand, we have special wishes for children. These wishes might sound more like a guideline for them to follow. Here are the wishes I would highly recommend using for your kids, students, nephews, and nieces.

### I wish for you to be a good kid.

ขอให้ป็นเด็กดี (khǒor-hâi bpen dèk-dee) is said to support and wish kids to grow up and be well behaved. It might sound funny in English, but this is what Thai locals say at New Year and it can be used as a birthday wish as well.

### I wish for you to be good at school.

Education is really important for Thai parents. Thai people also like to wish kids to be great students or to be good at studying. We usually say เรียนหนังสือเก่งๆ (riian nǎng-sǔe gèng-gèng). เรียนหนังสือ (riian nǎng-sǔe) is "to study at school". While เก่ง (gèng) means "well".

A tip for you, you can combine many of the wishes you've learned above together. For example, if you want to

write a Happy New Year message to your Thai boss, you can say "สวัสดีปีใหม่ ขอให้มีความสุข มีสุขภาพแข็งแรง" (sà-wàd-dee bpìi-mài. khǒor-hâi mee kwaam-sùk. mee sùk-kà-pâab kǎeng-raeng) which means "Happy New Year! I wish you happiness and good health".

I hope you will use some of these Thai wishes to celebrate this festive time of the year with your loved ones and the people in your community. Happy New Year, Sawaddee bpìi-mai ka!

*Photo from Canva.*

## About the Author

Kru Smuk runs an online Thai language school (BananaThai). She is a Thai teacher and the host of the "Learn Thai GluayGluay Podcast" on Spotify and Youtube to help foreigners learn Thai in the most flexible, enjoyable, and effective ways. Visit [www.bananathaischool.com](http://www.bananathaischool.com) and get started with the Thai language. Contact: [info@bananathaischool.com](mailto:info@bananathaischool.com)



# EASY HACKS FOR PURPOSEFUL PLAYTIME

Early years teacher Jessie shares some simple ideas for home-based activities that are low cost, quick to set up, and a lot of fun for young children.

I love spending time with kids; it's how I choose to spend my days. I'm excited to explore and discover various things with them. Most of all, I enjoy being present with them during those experiences. What I don't love is arduous, time-consuming prep for an activity that will be over in 30 seconds. And I'm pretty sure every parent and caregiver here will feel the same! What also hurts is how much premade kits can cost. So here are some simple, easy and cheap to prepare, tried-and-tested activities that you can do at home with your kids aged three and over.

**Remember**—these activities will go as quickly as you let them, so really add to the excitement by connecting them to a story or a character, or an experience like a holiday to the beach. Kids feel more invested in an activity if you are invested, too, and if the context means something to them.

## Essential items to stock up on:

- Shaving cream
- Baking soda
- Food coloring
- Vinegar
- White TOA glue
- Droppers

Once you have a nice stash of goodies, let the fun begin!

## 1. WATER PLAY

### Sink or float?

Start with a simple sink or float experiment by filling a container with water and gathering a few objects to test. Ask your kids to make predictions and talk about why they think certain things will sink or float, then put them in the water to find out! Every single child I have done this with wanted to do it repeatedly.

**Extension Tip:** Afterwards, hand them some foil and let them construct boats. How many objects will sink the boat? How can you design a boat that will float? This can go on for a while!

### Water beads

Water beads—available for cheap on Lazada—take any water play to the next level. Soak them overnight and add them into a container of water and you have a lovely sensory activity. Add spoons, bowls, cups, and containers for kids to enjoy some water transfer play. When I played this with my kids, we also added mini ocean animals and shells. They enjoyed it for days!

### Wash days

What's next? Wash days! Play a game of car wash and wash all the toy vehicles. Don't stop there—add in all the other washable toys. All you need is soap, water, and a toothbrush. Kids love engaging with their toys differently, and it teaches them how to take care of their things.





## 2. FIZZY FUN

### Erupting volcanoes

Volcanos are always a blast, and they are so cheap to make. Prepare a 500 ml plastic water bottle filled with around 200 g of baking soda so it comes a little under halfway. Add in a few drops of red and orange food coloring. Pour in the vinegar slowly and watch the eruption happen! Have about 700 ml of vinegar ready for this activity to keep the eruption going, and you can keep adding more color, too.

**Extension tip:** Get out a sheet of paper and some paint and encourage kids to fingerpaint the volcanic eruption. Let them just have fun painting with the colors of the volcano. Finger painting allows them to use their body (hand movements) to express the momentum of the eruption. Notice how they will paint fast and with big movements.



### Fizzy snowballs

Create a mixture of baking soda and water so that it's damp enough to mold into a ball. I get kids to do this part because it's so great for strengthening their fine motor skills. Squeeze and squash into roundish balls. Freeze. When the snowballs are frozen firm, place them in a bowl so that they don't roll around too much. Hand kids a cup of vinegar and droppers and let them have fun melting away the 'snow'.

**Extension tips:** 1. Make more than one and stash away for a rainy day or playdates; 2. Add glitter to make them sparkly; 3. Hide small objects like plastic animals inside for a little surprise.

### Bubbling Colors

Kids enjoy mixing and discovering what new colors they can make. Here's a fun way for them to play with that concept. Spread a generous amount of baking soda onto a tray or plate. In a separate container or cup for each color, mix a few cups of vinegar with a few drops of red, blue, and yellow food coloring. Kids can then use droppers to add the coloured vinegar to the tray of baking soda, creating new colors by mixing the primary colors.



### 3. SHAVING CREAM ACTIVITIES

#### Slippery building

Slippery building is another fun twist to play-time. Simply add shaving cream over Lego or blocks and let kids try building in this slippery situation. It's fun but do warn them it's meant to be silly to avoid frustration.

#### Messy drawing

Spread shaving cream onto a tray and let kids use their fingers to draw shapes, practice forming letters or words, or just get messy!

**Extension tip:** Add rice, paint, or both for extra fun.



#### Puffy paint

Don't just paint, puffy paint. Mix shaving cream, paint, and white liquid glue, and you have puffy paint! For this, put in at least half the amount of glue to shaving cream. Get your kids involved in mixing the ingredients together to make the paint. When the mixture is ready, the only limit is their imagination! We used forks to paint pufferfish, but kids could use spoons or their hands to apply the mixture to the paper. Note: paintbrushes do not work well with this type of paint.

I hope these ideas make having fun a little easier—I know they have helped me. The greatest benefit, though is that they encourage kids to be curious, laugh, and play. Good luck and have fun!

*Images courtesy of the author.*

#### About the Author

Jessie has been an early years teacher in Bangkok since 2013. She has a degree in TESOL and is also the founder of Curious Cubs, a private teaching service. She wholeheartedly believes in the power of play and movement and feels that all activities naturally provide a fun way to learn. Contact her on: [ms.jessietutoring@gmail.com](mailto:ms.jessietutoring@gmail.com), Insta: [@curious\\_cubs](https://www.instagram.com/curious_cubs), Facebook: Curious Cubs



# SPOT THE DIFFERENCE





## DESIGN FUTURES

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

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

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



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

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**The Purple Elephant 49**  
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# NEW BEGINNINGS: LIFE AFTER COVID-19

As we begin the new year, Sadeef reflects on some new perspectives we have gained from living through the pandemic.

A long time ago, I read a saying by Oscar Wilde: "When it rains, look for the rainbow, and when it is dark, look for the stars." It means to look for something good in every situation that has been bestowed upon us, and this message has always stuck with me. When Covid hit the country in late 2019, many thought that it was a phase and things would settle down and get back to normal in three to six months...a year max, but with new variants appearing every few months, Covid created a wave of panic. The world started to shut down as lockdowns and quarantine emerged. Staying at home and doing everything remotely via a screen became the norm.

By the end of 2021, countries focussed on vaccinations and the world started to reopen slowly. A wave of relief was felt and the rainbow I mentioned could be seen. Travel restrictions were eased and many countries lifted their quarantine requirements for international arrivals. Malls and restaurants reopened and welcomed people back in, and even schools and offices opened up—all with protocols and distancing rules in place. The rain brought by the pandemic has also revealed another big, bright rainbow in many beautiful colors; a rainbow of new beginnings.

Covid has taught us to focus on the things that matter. Families have become closer as we have been reminded of life's true value. We now spend more time doing activities and taking holidays together. People take

better care of their homes and personal hygiene, and health and fitness opportunities are booming. Many have turned to home cooked meals instead of takeout or street food and some are focussing on clean eating.

I have also noticed that people have become less materialistic regarding their needs. Basic commodities are given priority over luxury items. As a result of the pandemic, many have experienced a pay cut or lost jobs. This has helped us realize that all we need is good food, proper clothes, and a roof over our heads. People are now used to multitasking on a regular basis. Especially for working parents, life has consisted of zoom meetings, homeschooling, cooking, and cleaning all at the same time. This pandemic has even taught my husband how to multitask! Wow! Talk about a new beginning! The pandemic has taught us to be prepared for any situation—to find substitutes, work with whatever is available, and to be grateful for what we have.

People have started to enjoy their own homes and their own company. The need to be present at every event or every party all the time has diminished. The fear of missing out has become a non-issue for many! We have realized that there is so much we can do through a screen at home and that we don't have to be physically present for everything as we did before. Work, meetings, and presentations can be held online. We can shop online, buy groceries online—the list goes on. The only thing

I feel is a drawback is that screen time has increased massively. Now people focus on saving, especially the younger generation. Everyone wants to save a few pennies for a rainy day since we have seen a major drop in the job market.

While it seems the masks might stay on our faces for some time yet, as will the excessive use of hand sanitizer, the pandemic lockdowns have hit the reset button for the world. Belief in humanity has been restored, and many have come out to help others beyond measure, be it physically, emotionally, or even financially. The focus on 'me, myself, and I' has shifted to 'you, us, and we', which for me is an absolutely wonderful new beginning.

*Photo from Canva.*

## About the Author

Sadeef is from Pakistan and is married to a Thai-Paki. She has been living in Bangkok for the past 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 BAMBBI 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.



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# STARTING NEW FINANCIAL HABITS THAT LAST



Anyone can create better financial habits and reduce their monthly spending. Jex explains how to set reasonable goals that lead to longer-lasting money habits.

New Year's resolutions have been around since Ancient Babylon, and many people around the world still create them today. However, resolutions have also become infamous for being broken within a couple of months or even a few weeks. James Clear, author of *Atomic Habits*, has spent his adult life helping people create positive habits in their lives.

By definition, an atomic habit is "a regular practice or routine that is not only small and easy to do but is also the source of incredible power."<sup>1</sup> Many people break their New Year's resolutions because they try to make drastic changes too quickly. Instead of resolving to one day 'fix your money habits', it's more realistic and sustainable to make small, incremental changes over time. Instead of planning to reduce your grocery budget by 25% starting this month, a more reasonable and longer-lasting habit would be to reduce your spending by 5–6% per month for the next five months.

Clear explains what he calls the 'habit loop': cue, craving, response, and re-

ward. The cue triggers your brain to engage in a behavior because it anticipates a reward. The craving is the motivation to change something to get that reward. The response is the actual habit that you perform, and the reward is the satisfaction felt as a result of making the change.

Let's use a common impulse purchase of a pack of candy in the checkout aisle of the grocery store as an example. The cue is seeing the candy. The craving is wanting to taste the candy. The response is buying the candy, and the reward is getting to eat the candy. Since the candy's sweetness is a positive experience, it is more likely for you to repeat this habit again the next time you experience the same cue (seeing candy in the checkout line).

Clear has four primary rules for creating new good habits.

One, make it obvious (cue). If you want to reduce your spending and increase your savings, start by tracking your expenses for a month. Write down every purchase you make in

a journal or on a spreadsheet. You can't improve on something if you don't know where you are starting from. You can't measure a reduction in expenses if you don't know how much you're spending in different categories.

Two, make it attractive (craving). Make the new habit desirable. Create an environment that encourages the new behavior. One way to do this is to surround yourself with people for whom your new habit is already a normal part of their lives. If you want to become debt-free so you have more discretionary money each month, join a group on social media where everyone is either paying down debt or is already debt-free. Reducing expenses and paying down debt is easier to do when you are part of a community of other people doing the same. Create a chart of your goal progress and hang it somewhere you will see it regularly. This could be on your refrigerator or somewhere else in your home. The key is to make sure it is somewhere prominent for you. You could also create a vision board of your fi-



financial goals to remind yourself why you are creating the new habit.

Three, make it easy (response). Put systems in place so that it's easier to do the new habit than the old one. If you tend to overspend when paying with credit cards, put your credit card in a block of ice in the freezer. This allows it to be available for emergencies but not readily accessible for every little purchase. Switch to paying with cash only. Create a cash envelope system—label envelopes with all your budget categories, then put your budgeted amount of money into each envelope. When you leave the house to buy groceries, bring the grocery envelope with you. It will be impossible to overspend your budget, since you only have the correct amount of cash with you, and no credit card in your wallet. If you want to save more, set up auto-transfers to move money automatically to your savings account every payday. If

you're frequently late on paying your bills, set up an automatic payment.

Four, make it satisfying (reward). One of the biggest problems with creating new habits is that there is often a delay between performing the new good habit and receiving the reward for that habit. Suppose your goal is to reduce your grocery budget to save for an international trip. In that case, you need to perform the habit of carefully grocery shopping many times before you experience the reward of travel. As Clear states, "Your outcomes are a lagging measure of your habits. Your net worth is a lagging measure of your financial habits...you get what you repeat."<sup>2</sup> So, using the same example, every time you forgo an impulse purchase at the store, immediately transfer the amount of money you just saved into your savings account. This provides an immediate reward—the increase in savings toward your goal—and

makes it more likely that you'll perform the same habit of skipping an extra expense again and again in the future.

Anyone can create better financial habits. The key is to create systems and processes that help you achieve your goals. Your future self will be glad you did.

*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>.

<sup>1</sup>James, Clear. (2018) *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. Avery Publishing Group.

<sup>2</sup>Clear. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*.

# 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,

## MUSINGS OF A MIDWIFE: PLANNING FOR THE POSTPARTUM

By Emma McNerlin

Last month's issue looked at the taboo of postpartum dissatisfaction—the bewildering paradox of loving your baby but in some ways disliking what your life has become and the guilt that comes with it. This month, midwife Emma looks at steps you can take to prepare yourself emotionally, physically, and practically for the early weeks as a mother, and hence take control of your postpartum.

When you are expecting a baby, it's hard to see or think beyond the labour and birth. We midwives and childbirth educators call this 'the labour wall'. Much of your focus is on ensuring that you have bought the necessary things, packed the hospital bag, read all the books, and made the big birth plan. The anticipation of meeting your little one after nine long months and the preparation and hope for their safe arrival leaves little room or headspace for thinking of what life will really be like with a newborn.

I wonder whether, if you glanced over that labour wall at the 'postpartum you', you would like what you saw, and if it would be everything that you had expected? Becoming a mother is a new beginning and also an abrupt ending (even if only temporary) to the 'you' that was before. You were a whole person with a full life before motherhood. Where does that 'you' go in the haze of feeding, burping, changing and entertaining this gorgeous, new, full-time job you birthed?

Friends who have gone before you into this brave new world might tell you that it is hard at times, but you will tell yourself "well, surely not that hard". No one wants to spend the last weeks of their pregnancy worrying that they will never sleep eight hours straight again and that their life will not be their own. Even if it is true (spoiler alert: it's not true), it's not like you can do anything about it, right? There is no way around it, only through it, so it is important that you can lean on those closest to you, especially in the early weeks.

Following birth, it is quite normal for mothers to have a biological drive to do everything for their baby. Your brain physically changes to play this beautiful trick on you. Partners can feel excluded, or on the other hand, they might be quite relieved to see you taking to motherhood like the proverbial duck to water. From experience though, once the newness and novelty of newborn care starts to wane, you will want and need your partner to be able to take over, sometimes to just give you some space, and they will need practice to build their confidence as a parent.

There is no doubt that a baby will change your relationship. You get to know each other all over again, this time as parents. Spending some time discussing a practical plan for the postpartum can help you and your partner to communicate openly about your expectations for what life will be like. You might be surprised about how different your perceptions and expectations are. Never assume that you are on the same page; your partner will potentially bring different experiences and beliefs on what their practical role will be. When I had my son, I recall silently seething at my husband for not helping, whereas he was waiting for me to ask for help. He was also mightily surprised that the newborn was in our room and not in the lovely, relaxing nursery that I had nagged him to finish in the last weeks of pregnancy. We had obviously assumed different things about life with a baby. So my advice is to preempt those conversations before the lack of sleep and postpartum hormones are in the mix and tempers can fray. Obviously if the plan is to breastfeed, much of the physical parent-

babywearing, or postpartum depression, please feel free to contact our coordinator or visit [www.bambiweb.org](http://www.bambiweb.org) and click on the 'Bumps & Babies' tab.

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

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



ing—especially in the first month or two—will fall on the mother. So spend some time thinking about what you will need from your partner for this time and beyond. Be as specific as possible with this. Think of it as a 'pre-nup' for the postpartum if you like. Sure, it takes all the romance and wonder out of it, but at least you have each identified what you need and expressed it. Open and honest communication helps you to prepare and to avoid resentment and distance from expectations not met.

For some new families, employing a nanny from birth is a key component to the postpartum plan. Do not be surprised if you are reluctant at first to allow your nanny to help with baby. Many of us did not grow up with nannies or domestic help, so it can take a while to get used to having one around. Also, on a biological level, your brain changes in pregnancy and postpartum to heighten your attachment and protective instinct,<sup>1</sup> so you really do not want to share your baby with anyone. Give it some time, and in the meantime, the nanny can be a great help with household chores and cooking to allow you to focus on your baby.

You may also choose to have family come and stay with you in the postpartum to meet the newest addition and lend a helping hand. If you have a good relationship with your families, this can be a wonderful experience. However, also consider that the early weeks with a newborn pass by in a haze. Getting to know your baby and establishing your feeding takes time and can be intense. Make sure family are aware of that, and also set the expectation that they need to give you space when you need it and not require too much entertainment from you.

All the baby books will tell you that breastfeeding is the most natural thing in the world; however, it doesn't come naturally to all. It is a skill that takes time and patience. The key elements to get it right from the start are lots of skin-to-skin contact and access to the breast for feeding on demand. Getting the latch right and making sure baby is actively sucking and swallowing throughout the feed are important, too. It can feel like you are feeding constantly in the first few weeks. This all helps to establish your milk supply, but it can be overwhelming. Pain and trauma to the nipples is never normal, so do not suffer!



Fixing small issues stops them becoming big issues. The solution is often a simple one. If you are determined to breastfeed exclusively, be sure to tell your loved ones that suggesting a bottle before getting breastfeeding support is not helpful and can undermine your confidence. There is lots of wonderful support for breastfeeding in Bangkok in the form of lactation professionals, doulas, and midwives, so make contact with them early on to get off to the best start with your feeding.

Of course we can't forget to factor in the hormones. In the last weeks of pregnancy, your estrogen and progesterone are at the highest levels they will ever be. Within the first week of postpartum, they will plummet to levels similar to menopause. While they will gradually return to normal levels, this sudden crash can cause baby blues, which manifests as periods of irritability, low mood, tearfulness, anxiety, and restlessness.<sup>2</sup> Awareness of this, being able to recognize the symptoms of baby blues, and talking with your partner, your family, or friends can really help. Symptoms persisting beyond two weeks and worsening can be an early indication of postpartum depression, which affects 15% of women. When you make your birth plan, you can also make a mental health plan for your postpartum. Ask yourself if you are the type of person who can easily ask for help, and if so, who will you talk

to? Tell that person before baby arrives that you might reach out, and that if you don't reach out, ask them to check in with you. Make a list of all the support services that are available locally and groups that you can join. BAMBI New Moon postnatal group is a great soft landing for new mums with support from midwives and postpartum professionals. Contact the Bumps team for details of meet-ups.

Pregnancy and postpartum is the ultimate life reboot; you are forever changed by the arrival of a baby. Priorities change, relationships evolve, and new friendships are formed. Change is not without challenge, but by acknowledging and normalizing the emotions that go with sometimes mourning and missing the life that was before while still loving your baby, and by talking about the practicalities of life with a baby with your partner and friends, you can ensure that they are in the best position to support you as you grow in confidence as a mum. One day you will realize as you strap on your baby carrier and skip out the door that despite all the hard work, you are the expert on your baby, and you will once again have space and time for yourself and your needs.

*Photos from Canva.*

## References

<sup>1</sup>Feldman, R. (2015) The adaptive human parental brain: implications for children's social development. *Trends in Neurosciences*, June 2015, 38(6):387-99.

<sup>2</sup>NHS. (2018) Feeling depressed after childbirth. <https://www.nhs.uk/conditions/baby/support-and-services/feeling-depressed-after-childbirth/>

## About the Author

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



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# 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](mailto:chairwoman@bambiweb.org), detailing which position(s) you are interested in.

**We have a number of exciting opportunities currently available:**

## CHAIRWOMAN

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

### Responsibilities & Duties

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

## BOOKKEEPER

The bookkeeper is a member of the treasury team and compiles and organizes the physical financial documentation of BAMBI.

### Responsibilities & Duties

- tracks playgroup reports to ensure all documentation is received
- prepares a monthly summary report for the accountant and scans completed documentation to Google Drive

## PHOTOGRAPHERS

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

### Responsibilities & Duties

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



## TREASURER

The treasurer attends monthly committee meetings as a voting member and takes care of all day-to-day financial aspects of BAMBI.

### Responsibilities & Duties

- supporting BAMBI volunteers on financial aspects
- processing payments and receipts
- together with the chair, sets the budget for each area of BAMBI
- ensures compliance with accounting/bookkeeping

## EDITOR—BAMBI MAGAZINE

The editor attends monthly committee meetings as a voting member and works remotely to plan content for the monthly magazine and gather articles from an extensive database of writers.

### Responsibilities & Duties

- works with the deputy editor to assign articles to assistants for editing, proofreading, and uploading to the website
- decides on the layout of the magazine and coordinates production with the help of the team and a graphic designer
- must possess an eye for detail, a high level of English, and the ability to work to deadlines
- leads occasional team meetings

## SECRETARY

The secretary attends monthly committee meetings as a voting member and acts as the administrator for the committee.

### Responsibilities & Duties

- records and distributes minutes of meetings
- handles general correspondence and 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-chair are not available and may help with the representative aspects of the chair

## ASSISTANT ACTIVITIES COORDINATOR

The assistant activities coordinator helps the activities coordinator to set up profitable activities for older children (3-6 years).

### Responsibilities & Duties

- helps manage social media posts and bookings for each activity
- communicates information on bookings and activities to activities leaders and venues
- may be required to step in and support the running of an activity

## PROMOTIONAL DESIGNER

The promotional designer creates promotional materials for all BAMBI departments in line with our brand guidelines.

### Responsibilities & Duties

- reports to the media coordinator
- works with our magazine editor supporting content for each edition

## ASSISTANT EDITOR-BAMBI MAGAZINE

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

### Responsibilities & Duties

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

## NEW MEMBERS TEAM MEMBER

The new members team works with the new members coordinator to arrange monthly BAMBI New Members Coffee Mornings in various locations in Bangkok.

### Responsibilities & Duties

- helps set up the venue, welcome families, and answer BAMBI membership queries
- responsible for organizing weekend pop up playgroups (usually one Saturday a month)



## ACTIVITIES LEADERS

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

### Responsibilities & Duties

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

## ASSISTANT PLAYGROUPS COORDINATOR

Our assistant playgroups coordinators help the playgroups coordinator with the work of the playgroups team.

### Responsibilities & Duties

- is responsible for the management of approximately 5 consistent playgroups as a team to ensure they are manned and run to BAMBI standards
- manages the bookings for playgroups that require registration
- helps the coordinator select appropriate venues for playgroups
- recruits new volunteers and assists with training as needed

## CHARITIES COORDINATOR

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

### Responsibilities and Duties

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

# VOLUNTEER BENEFITS



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

### FERTILITY SUPPORT GROUP

This is a group for those that wish to discuss fertility matters. The aim of the group is to create a meeting place to chat and share experiences and to offer support in a non-medical framework. 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](mailto:sheena@bangkokbabies.com).

### DOULAS IN BANGKOK

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

### RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER

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

## SUPPORT TO WOMEN

### BEYOND BOOBS

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

### BANGKOK BREAST CANCER SUPPORT GROUP (BBCS)

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

# MEMBER DISCOUNTS

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

## BEAUTY

**JOHNY LIVE:** 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](http://www.musicaltheatreforkids.com) or message on Facebook at [www.facebook.com/musicaltheatreforkids](http://www.facebook.com/musicaltheatreforkids).

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

**CONTACT:** Kristen Rossi, [musicaltheatreforkidsbkk@gmail.com](mailto:musicaltheatreforkidsbkk@gmail.com)

### PLAYVILLE:

**DISCOUNT:**

1. ฿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.
2. 10% discount on entrance fees every day (when presented with BAMBI member card)
3. 15% discount on membership fee
4. 10% discount on party or private events

**CONTACT:** 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

### 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:** 23/7 Soi Naphasap, Klongtan, Klongtoei, Bangkok 10110

## 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

### **THE 51 LIVE GASTRO:**

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:**

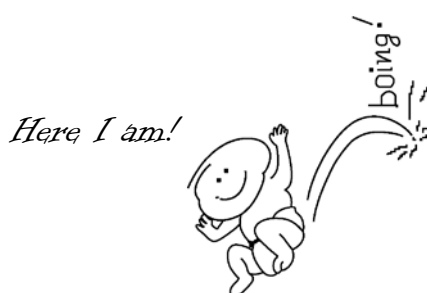
DISCOUNT: 10% discount for cash payment and 5% discount for credit card payments on room rate, medicine, lab, medical supplies, and x-rays except for doctor's fee, package or another discount program, chemotherapy, and other special medicine and supplies verified by Bumrungrad Hospital.  
CONTACT: Tel: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

### **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, www.painawayclinic.com, FB: @painawayclinic





## HEALTH

### IASNAIA MAXIMO:

Pregnancy, Birth, and Postpartum Doula.  
HypnoBirthing Educator, Childbirth Classes, Lactation and Breastfeeding Support, Newborn care, Infant Massage instructor.  
DISCOUNT: 10% off Doula support. 20% off Breastfeeding Support.  
CONTACT: info@maedoula.com 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

## MISCELLANEOUS

### 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

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

## PARENT SUPPORT

### ADI NEVO:

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

### AYASAN SERVICE:

DISCOUNT: 20% off agency fee to all BAMBIs 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% BAMBIs 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

### ENGINOU (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

### 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

### 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



The First Steps Kindergarten is growing! NEW Primary space - Future Steps Bangkok (FSB)  
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Enroll now for Early years up to year 5



Special locked tuition fees | Contact us for details.

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info@thefirststeps.ac.th  
www.thefirststeps.ac.th

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# 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](mailto:playgroups@bambiweb.org) or [activities@bambiweb.org](mailto: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. Plantoys, 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](mailto:activities@bambiweb.org).

**FOOTBALL AT SOLTILLO 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 Soltillo Familia Soccer School Thailand's football pitch. Age: 3-5. Day and Time: Every Monday, 3:30pm-4:30pm. Location: 20 Soi Athakawee 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](mailto: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](mailto: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: B|200 for BAMBI members and B|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

**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@mmpreschool.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: ฿50; ฿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](mailto: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](mailto: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](mailto:info@thefirststeps.ac.th) or [www.thefirststeps.ac.th](http://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](mailto: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](mailto: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](mailto: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 Baht 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).

**VICTORY MONUMENT / ARI**

**ST. 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](mailto:Dusit@standrews-schools.com).

**RAMKHAMHAENG (PHLABPHLA, WANGTHONGLANG)**

**GERMAN PLAYGROUP "SPIELZERGERE"**

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): ฿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 Ramkhamhaeng 184 Road, Bangkok. For more info, please contact: [admin@ris-swiss-section.org](mailto:admin@ris-swiss-section.org) or [www.ris-swiss-section.org](http://www.ris-swiss-section.org); 02-518-0340, ext. 120, or 095-506-3670.



# BAMB! TEAM

BAMB! is managed by an elected committee of volunteers and all BAMB! 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.

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

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Update to *Help! My Baby Dislikes Tummy Time* (December 2021)

In the December 2021 issue, we published the article *Help! My Baby Dislikes Tummy Time*. This article has been updated with clearer and more in-depth information and advice. The updated version can be found on our website: <https://www.bambiweb.org/child-development/help-my-baby-dislikes-tummy-time/>



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