

# BAMBI

Supporting families in Bangkok since 1982

## Returning to the classroom after online learning

2020  
ANNUAL  
GENERAL  
MEETING  
REPORT

What is  
HypnoBirthing®



REGENTS INTERNATIONAL SCHOOL  
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

Yuika, Year 4, Regents International School Pattaya

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## *Where great thinkers are made*

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

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

See how your child can be inspired at  
[regents-pattaya.co.th](http://regents-pattaya.co.th)



Welcome to **BAMBI**  
Bangkok Mothers & Babies International

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

Mel Habanananda



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

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

We believe that this can best be achieved through:

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

For more information on CBFT, contact:

English speaking, Tel 05-310-4573;

[tanitmel@btinternet.com](mailto:tanitmel@btinternet.com)

Thai speaking, Mobile: 081-776-9391;

[info@cbfthai.org](mailto:info@cbfthai.org) or

[sobsamai@yahoo.com](mailto:sobsamai@yahoo.com). Or

visit: [www.cbfthai.org](http://www.cbfthai.org) and [www.facebook.com/pages/ChildbirthBreastfeeding-Foundation-of-Thailand](https://www.facebook.com/pages/ChildbirthBreastfeeding-Foundation-of-Thailand)

ChildbirthBreastfeeding-Foundation-of-Thailand



Follow BAMBI on  
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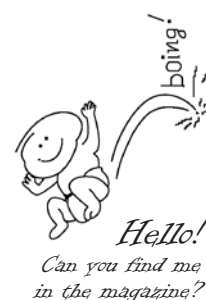
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Terryn Schlenther

Dear BAMBI members,

Welcome to the July/August edition. When it's my turn to write, I normally mention where we are at in regards to reopening and closing due to COVID-19, but the situation has turned and changed so many times recently, so it's impossible to say yet with so many unknowns.

In this month's issue, we explore the topic of learning. I haven't had to do any online learning; however, I take my hat off to all the parents navigating this challenging time.

With an 18-month-old on my hands, I am amazed every day by what she is learning by just being at home. Every day, I think we learn something new about our children, and for me, I find it really fascinating. The next challenge for us as parents is to explain there

will be a new arrival joining the family, and for our daughter to learn she will become a big sister!

We held our committee meeting last month via Zoom, and it was so great to see the team. We are all very eager for things to change and to be able to get back on track to reopen our wonderful playgroups, activities, and events.

Until then, I hope you are all managing as best you can, and I really look forward to seeing you soon.

Terryn Schlenther  
Vice-Chairwoman



Eunice Enriquez

Dear readers,

This month our theme is learning, and we chose it because, as parents, we certainly learn every day! Each stage is a challenge, and although many say that it gets easier as our kids grow, in my case, it's the opposite. Just like that, learning works differently for every person because we all perceive our reality in different ways, mostly influenced by our culture and our values. As the mother of a toddler, I can say that learning is a journey that never ends.

With such a theme, we have amazing articles for you. First, we get some tips on returning to the classroom after online learning, presented from an educator's perspective. Iasnaia explains hypnobirthing to help moms in pregnancy and birth, and for when the baby has arrived, Oriane shares her best tips to decorate a nursery and toddler's room.

The issue also features an important piece on how to talk to children about sex. BAMBI's designer, Jeeranan, lists her best apps to create amazing

designs — guiding us on what to do with all those photos and videos we take of our children. We also have a yummy Sticky Rice recipe from Vana. I hope you will learn to cook my favorite dessert.

Last but not least, the BAMBI committee shares the 2020 Annual General Meeting Report, where you can find out about our achievements last year and our plans moving forward.

My big thanks to our wonderful designer Jeeranan for her excellent work on the last few issues, making them fresh and colorful. As always, thank you to all of the contributors and writers for sharing your knowledge, time, and wisdom with our readers.

We always welcome contributors and ideas, so please don't be shy and get in touch with me at [editor@bambi-web.org](mailto:editor@bambi-web.org).

Eunice Enriquez  
Editor

BAMBI SURVEY

# HOW DO YOU ENJOY SPORTS AS A FAMILY?

HERE AT BAMBI, WE WANT TO CONTINUE TO LEARN MORE ABOUT OUR MEMBERS. TO ENSURE THAT WE ARE GIVING YOU WHAT YOU WANT!

WE WOULD LOVE TO HEAR FROM YOU AND HEAR YOUR STORIES.



If you have a spare moment we would appreciate it if you could fill out this quick survey.

You may have kids of different age groups or interests, doing sports as a family could be challenging, but it is also a healthy activity to bring the family together and keep everyone healthy.

Just scan the QR code to start the survey!





## Admission Open for 2021

- Playgroups • Kindergarten
- Primary • Secondary

### About our school

At SBS Kindergarten we provide a safe and caring environment that celebrates and supports the diverse needs of all our little ones. As an IB World School we implement an International Curriculum that is built around purposeful play and a holistic approach to education.

Our children develop a range of skills and attributes which enables them to become strong, independent, knowledgeable and open-minded people. The first steps to a successful future begin at Satit Bilingual School.

Our unique approach to International education starts from an early age with our SBS baby steps program, allowing parents to bring their little ones to explore our spacious and safe environment.



### Contact

☎ 02-792-7500-4  
✉ info@sbs.ac.th



Scan to visit our website

### Baby steps

**Babygroup**  
(3 to 12 months)

**1 FREE**

**Session**

Terms and conditions apply.  
One coupon per member.  
To be use before JAN 2022

### Baby steps

**Playgroup**  
(12 to 36 months)

**1 FREE**

**Session**

Terms and conditions apply.  
One coupon per member.  
To be use before JAN 2022

**Up to 65,000 THB**  
Discount on Enrollment  
with this coupon

Terms and conditions apply.  
One coupon per member.  
To be use before JAN2022

# OUR COVER KID

## LINCOLN SAMMY



**NICKNAME** Linc or Linky

**AGE** Just turned 2!

**NATIONALITY** Australian & British

### MY FAVOURITES

**FOODS** Pizza, eggs, berries and toast

**TOYS** Trucks & diggers

**BOOKS** Anything Peppa Pig

**PLACES TO GO IN BANGKOK** Little Gym, Lumpini Park, Harborland, The British Club, Sweet Poppy & school!

**CURRENTLY LEARNING** How to swim without floaties

**BEST MISPRONOUNCED WORDS** "Oshen" (Orange), "Dee-rishous" (Delicious), "hfjfuksdhidj" (Watermelon)

COVER PHOTO BY: KC Photography

## HAPPY BIRTHDAY

FROM BAMBI!

## JULY - AUGUST BIRTHDAYS

### JULY BIRTHDAYS

Aaron Aziz-Saltnes	Minato Harima
Adienna Katherine	Ran Honda
Purves	Ruka Tsuchiya
Anara Weston	Ryohei Oguchi
Athiwat Amphansup	Sakuya Yoshikawa
Dan Matsuno	Sawa Nishiyama
Eric Millar	Sofia Barbara
Jasper Fu	Theetat Chantarawongsakul
Keira Owaki	Ticha Saengcharnchai
Keitaro Kawaguchi	Toby Thornhill
Kent Sasaki	Yahli Biton
Kenta Miyazaki	Yuta Uchi

### AUGUST BIRTHDAYS

Alex Razgovorov	Hamish Ramsay
Alicia Phattarateera	Hanna Manso
Anda	Hannah Taniguchi
Anna Sasaki	Janice Teoh
Antonio Galante	Lily Murakami
Athipat Amphansup	Mateo Ruiz-Canela Ren
Aurora Gómez	Neil Pretorius
Aurora Liv Timm	Plerprin Mongkolnavin
Ben Chorev	Punyapat Suphanvibool
Benjamin Alamsyah	Renka Yamada
Caitlin Kleber	Rudolf van der Westhuizen
Cay Chrudimak	Samaya Farid
Charlotte Nanthiphiphat	Sota Kakimoto
Chizuru Sakamoto	Sotaro Inoue
Chloe Kindred	Taishi Negoro
Daiki Iwata	Winter Robert Lanngé
Emma Alberti	Wisa
Essa Kamran	Yelina Sharma
Ferñao Pires	Yugo Fujinami



# A WORLD OF OPPORTUNITY

Our Year 3 and 4 students take advantage of the closed canopy forest on the school campus. Learning in the Outdoor Classroom is one of the many ways our progressive British curriculum engages students in real life learning. Highly trained and accredited teachers facilitate children's love of learning and lifetime educational journeys.



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Established 1957*



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Tel: 02 785 2200

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



# LEARNING ABOUT OURSELVES WITH DANCE/MOVEMENT THERAPY

Dance/Movement Therapy practitioner Aurélie shares how music and movement can lead our bodies to teach us more about our inner selves.

Since humans have been humans, dance has played an important role in many societies worldwide — to celebrate weddings or birth, to mark the entry to adult life, or to facilitate the mourning process through funerals. The healing power of dance lies in the free and authentic expression of who we are and how we feel through movement and beyond words.

## A safe process for self-exploration and self-expression

In Dance/Movement Therapy, clients are not aiming to perfect any dance techniques, nor are they perfectly reproducing dance patterns or choreography. Free expression of the body and mind is what is prioritized. Bua, a Thai dance enthusiast, explains the difference between a DMT session and her usual dance class: “It is quite important to understand that it is not to dance beautifully, but more like to understand the movement, understand your body”.

The key focus in DMT is not the result but the process. Participants are invited to go with the flow and move at their own pace. Slowing down provides the opportunity to listen to our bodies and allows us to focus on learning about the connection to ourselves and our potential.

Privacy and confidentiality in a contained and safe space are also core

to the experience. A therapeutic relationship between clients and practitioners allows the client to safely express a wide range of emotions in a supportive and non-judgmental environment. DMT is often described as “a kind of meditation where you can just feel free, confident, and safe”.

## Learning about our emotions and gaining self-awareness

Music and movement can have an incredibly powerful effect on our mental and emotional health. DMT sessions allow clients to strengthen positive feelings such as joy, optimism, and hope, just as much as they address more difficult emotions such as anger, shame, and guilt — the latter of which are often directly linked to conditions such as depression, anxiety, and stress. This is achieved by offering the space to express and release tension held in the body through movement. DMT client, Sanjeev, explains that: “Sometimes even though we verbalize something, we may not express everything that is stored in our bodies. Some people may be more familiar with movements than with talking”.

A DMT session also helps its participants to gain more self-awareness. By freeing the mind from stress and other constraints, those engaging in the practice are taking time to care for themselves; they are able to be

expressive, reflect, and explore their inner self.

Dance/Movement Therapy is an effective medium available to people from all walks of life. Bua summarises her experience with DMT as awakening: “I think a lot of the time, we are stuck in our heads and not really connecting to other parts of the body. Being able to make that connection really unblocks a lot of things in your life — psychologically and emotionally. I think that everybody should give it a try”.

*Photo courtesy of the author.*

## About the Author

Aurélie is a life-long passionate dancer, life-mentor, and former NGO's Head of Advocacy. As a registered DMT practitioner, she provides tailored services for individuals, NGOs, and corporations worldwide, using the healing power of art and movement to build resilience through creativity and the body-mind connection. StepAhead – Art & Movement for Resilience & Creativity  
[www.stepaheadworld.com](http://www.stepaheadworld.com)  
 FB: [www.facebook.com/stepaheadlifementoring](https://www.facebook.com/stepaheadlifementoring)







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Academic Year - 2021/2022

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# RETURNING TO THE CLASSROOM AFTER ONLINE LEARNING

Teacher Natasha discusses some of the effects of online learning on our children and gives us tips to ensure a smooth return to face-to-face learning.

**C**COVID-19 has impacted children's education more than anyone could have predicted. Schooling in Thailand first went online in March 2020, and we have seen two further periods of online learning since then. This situation has come with challenges for parents, teachers, and, most importantly, for children. Children have probably coped with this more easily than the parents and teachers.

Although there have been many disadvantages with online learning, one benefit has been that parents have been able to see how their children learn at school and how their teachers teach.

Many parents have also been anxious to know how their children can 'catch up' from this period of online learning. Children have varying degrees of support at home depending on their family situation, and teachers are

aware of this. From the previous periods of online learning, we have found that children's academic learning is faster when they are in school. However, some children have benefitted from learning at a slower pace, having support from their parents, and the time to practise skills at home.

However, here are some areas where children may need support from parents/guardians to enable them to make the smoothest transition back into the school and classroom environment.

### **Independence**

At school, children usually get the opportunity to show their independence. They follow the school's daily timetable, usually travelling to different places for specialist lessons. They are expected to carry and organise their belongings, such as their school

bags, folders, and pencil cases. They also change and pack their clothes and shoes by themselves—with guidance depending on their age, and select and eat their lunch and snacks independently. One way parents and guardians can help children is to encourage them and support them in doing these things at home. It may be time-consuming initially, but then the children will be so proud of themselves for managing their own needs, and they will soon speed up. Children's self-esteem greatly increases with their independence. It will boost their confidence greatly when they return to school if they know that they can do these things independently.

### **Physical development**

Children have been confined to their homes due to the restrictions in Bangkok, which have seen most of the green spaces, soft play areas,



and other large-scale places to play closed. As a result of these restrictions, children have missed out on the opportunity to develop their gross motor skills (large body movements). Among other things, children need to walk up and down the stairs, run outside—or inside if there is space, dodge obstacles, swim, and balance. One way to help them develop is to ensure that they walk as much as possible. Walking up and down stairs helps with children’s balance as well as helping with their fitness levels. See if you can do some stair walking in your condo building. When restrictions are lifted, take them to play parks and encourage them to do other outdoor activities such as swimming, riding bikes, and running. During online learning, break up the day with movement breaks using guided dancing or yoga. Go Noodle website and Cosmic Kids have great online videos which can help. Anything to get children moving! When they go back to school, there will be climbing equipment to explore, PE, and swimming lessons. Children will feel anxious if they have not had the opportunity to develop their movement skills.



### Social skills

Another missed area with online learning is that children have not had interaction with their friends. This has also meant that children have not been able to practise their social skills such as sharing, taking turns, negotiating disagreements, playing together, and following other’s ideas. It is really important that children have the opportunity to play and interact with other children. Once it is safe to do so, arrange playdates with other children, especially within your child’s classmates or year group. They will feel less nervous about returning to school if they have seen some of their friends recently. Playing with other children also means that they will practise their communication skills, which will help with their confidence, especially if they are learning multiple languages. It is also vital that children have fun and feel confident, which is achieved through play.

Furthermore, children need time to do things just for enjoyment. For many parents, making sure children spend enough time doing both schoolwork and playing has become a balancing act. Therefore, there needs to be more family time (and with their extended family if possible) where you have fun and make

memories together. Reading books and sharing stories just for enjoyment is important in order for children to associate reading with pleasure. Riding bikes together, playing on the trampoline, and going to the swimming pool or the beach as a family should be an enjoyable experience for everyone. Cooking together and sharing different recipes while having fun in the kitchen is a wonderful way to connect as a family. We must nurture the relationships within our families. Our children have been through so much during this time, and their well-being and happiness must be prioritised.

*Photos courtesy of the author and Canva.*



### About the Author

Natasha Jones is the Key Stage 1 Leader at Bangkok Prep. She has a BA Hons in Primary Education and an MA in Early Childhood Education both from the University of Roehampton, London. She has taught from pre-Nursery to Key Stage 2 and is a specialist in the transition from Early Years and Key Stage 1.





# 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:

## PLAYGROUP COORDINATOR

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

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

Attends monthly committee meetings as a voting committee member.

## PLAYGROUP COORDINATOR ASSISTANT

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

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

## TREASURER

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

## TREASURER ASSISTANT

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



## ACTIVITIES LEADERS

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

## ACTIVITIES COORDINATOR ASSISTANT

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

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

## NEW MEMBERS ASSISTANT

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

## ASSISTANT EDITOR- BAMBI MAGAZINE

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

## PHOTOGRAPHERS

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

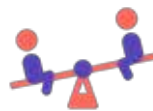
## CHARITIES COORDINATOR

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

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



# VOLUNTEER BENEFITS



FREE PLAYGROUPS



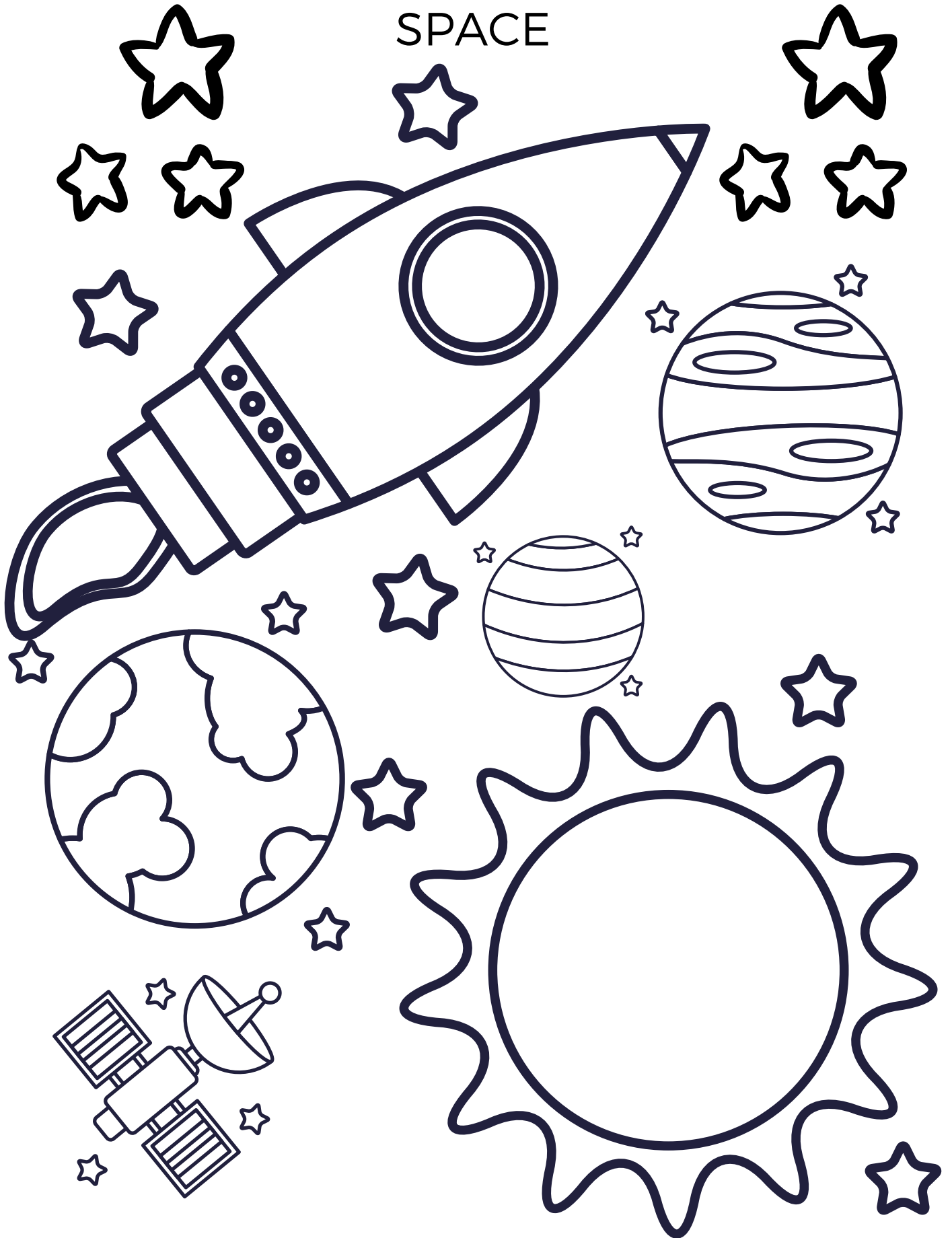
ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

# COLORING PAGE

SPACE



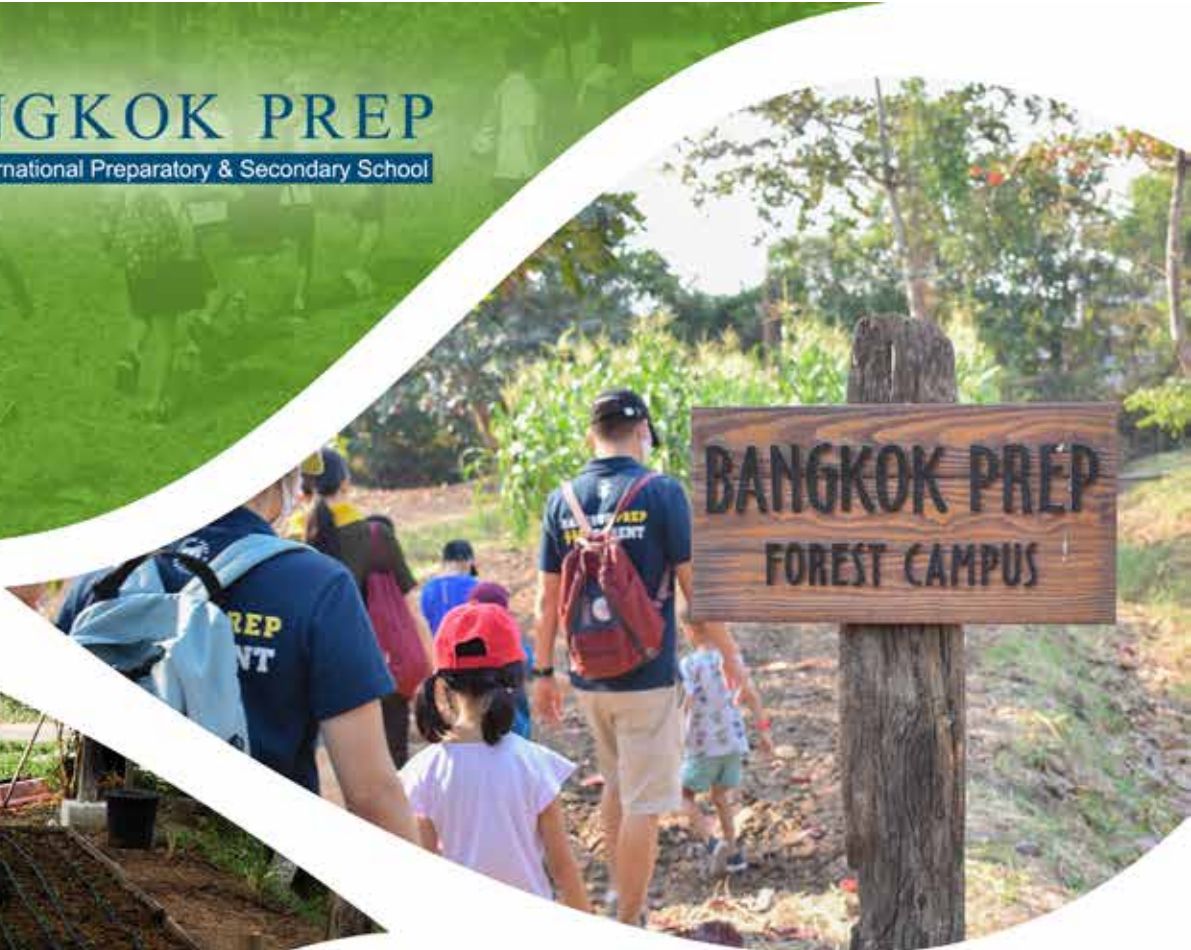




# BANGKOK PREP

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Est. 2003



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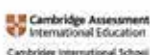


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**Phone:** 02-700-5858  
**Email:** admissions@bkkprep.ac.th  
**Website:** www.bangkokprep.ac.th  
f @ bangkokprep





# FREE DESIGN APPS YOU SHOULD HAVE

By Jeeranan Wongwanich

Join us as we celebrate

## Lauren's eleventh

May 26, 2019 | 4pm  
Greenfield Clubhouse  
Los Angeles, California

**See you there!**

The technology boom these days has made many aspects of our lives easier. When it comes to photos, we can get professional-looking results by just downloading a few apps. Khun Jeeranan, our wonderful graphic designer, guides us through her favourite design apps.

### Free Design Apps You Should Have

There are many free apps that can help you create a beautiful birthday card or make a collage of your kids' pictures. But if you have never used them before or haven't found the right one yet, let me introduce some of my favorite apps. I use them every week, if not every day! They are great apps, and they are free. There is no need to pay for a subscription or buy extra stuff unless you want to—the basic elements that these apps provide will give you plenty of options. So let me introduce each app, then you can decide which one is best for you. Or like me, just use all of them!



#### Fotor

I mostly use Fotor to create a photo collage. Every month, I will put together 5-6 pictures of my son in a collage template, adjusting the pictures, and changing the background color. After you save it, you can edit it by adding text, stickers, and other items. I do this every month to share pictures of my son with our family. I feel like this is one of the best ways to keep my family, especially the ones who are far away, to feel connected to him. This app is super easy to use, so it won't take long to create a beautiful collage to share.



#### Canva

Canva is one of the most popular apps for graphic design right now. I do all of my design work for BAMBI using Canva, believe it or not! The free version comes with lots of templates, background photos, and other elements like stickers or GIFs. You can create many things with this app, such as Facebook posts, Instagram stories, flyers, presentations, and logos. However, it also means that there are a lot more tools, functions, and elements on the app. I would recommend Canva if you have specific ideas you want in your design that you can't achieve with other apps. Also, it is much better to use it on a bigger screen.







## PicCollage

Despite the name PicCollage, I mainly use this app to create invitations and cards—birthdays, Christmas, New Year, you name it. They have many templates that you can choose from, and they add new ones for special occasions, too. Of course, there will always be nicer and more beautiful ones that they tempt you to pay for. Nevertheless, I'm quite happy with the free selections. You can also make photo collages with text and stickers like in Fotor, but I find Fotor to be a bit easier for this.

One of the best functions of this app is called "cutout." It means you can remove the background and keep just what you want directly from your phone. No Photoshop required! You can draw the line around the object or person with your finger, and it will just cut the background out. You can refine it further, too, if you want. I find it pretty easy to use, and it turns out great.



## Spark Post

Developed by Adobe, Spark Post is an easy-to-use graphic design app, mainly for social media posts. It has many templates, though a lot of them are unfortunately not free, such as pictures, backgrounds and stickers. It's a bit more compact and simpler than Canva, especially when using it on your phone. Spark Post gives you more freedom to create when compared to Fotor and PicCollage. Unlike Canva, it can only create one page at a time. I would recommend this app if you want a single artwork while just using your phone.



## Are all these apps really free?

Well, for Fotor and PicCollage, you will see ads that pop up every time you save your design. For PicCollage, its logo is added to the bottom right corner of your design. For these two apps, though, you do not need to sign up.

Canva and Spark Post require you to sign up, even for the free version. Also, keep in mind that their target users are professionals. However, they are simple enough, so you can learn how to use them quite quickly. If you want to use some of their more fancy templates or elements, that's when you'll need to pay for a subscription. You won't ever see any ads in the free version. A note on Spark Post: their logo will appear on the bottom right corner of every design. However, you can simply remove it.

I hope that you find these apps as useful as I do. Since they are free, why not download them and try them all? Creating a beautiful design will be—as my son says—easy peasy lemon squeezy!

*Images from iTunes App Store, Google Play and Canva.*

## About the Author



Jeeran is a BAMBI Promotional Designer. She is Thai and has a 5-year-old son. She previously worked in sales and marketing before finding her passion in graphic design after taking her time to start a family. Besides volunteering for BAMBI, Jeeran also does graphic design and product photography as a freelancer. You can see her work on Instagram - @GnanDesign.



## DESIGN FUTURES

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*only elephants should wear ivory*



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# 性教育は人間を育てるための教育

性教育シリーズ最終回の今回は、これまでのまとめと人権教育としての性教育について、ワークショップ講師を務める美並りながお届けします。

「性教育は、生殖の教育にとどまらず、人間を育てる教育」と言われています。家族・友人・恋人との関係性の築き方、人権について、ジェンダー、性暴力、性的同意、コミュニケーションのとり方、メディアリテラシーなど、性教育は様々な分野を包摂しているのです※。

## 赤ちゃんから始める性教育

性教育の第一歩は、子どもに自分の身を守ることの大切さ、「あなたの身体はあなただけのもので、誰も自由にすることはできない」ことを教えることです。「〇〇ちゃん、お洋服脱がせてもいい？」「〇〇ちゃん、手をつないでもいい？」「おしりを拭いてもいい？」など、身体を触る際に子どもの同意をとる声かけを赤ちゃんの頃から行っていくことで、自然と「自分の身体はとても大切」という感覚が身につき、将来の防犯にもつながります。

## 家族で性の話をしよう！

お子さんの第二性徴（生理や精通など）をきっかけに性の話を始めようとしたけど、ハードルが高くて悩んでいる、というご家庭が多いと聞きます。小さい頃から、お風呂で自分の身体と大人の身体の違いを理解したり、性教育の本と一緒に読んだり、パパを巻き込んでみんなで話したりして環境を整えておくと、思春期からの性教育が楽になりますよ。年齢が上がってきたら、家族でテレビを見るときも性教育のチャンスです。

例えば、キスシーンが出てきた際、「キスしていい？って聞いてないよね。ママは、よくないと思うな〜」などとつぶやいてみる（さりげなさがポイントです）とか。頭ごなしに否定せず、「自分はこう思うよ！あなたはどうか感じた？」と子どもが自分で考えられるよう促してください。

## 一人ひとりを尊重する

今、人々の性についての考え方が柔軟になってきています。

例えば、LGBTQという言葉は今では広く認知され、性的マイノリティの方の人権も大切にしようという考えが浸透し始めました。最近では、「SOGI」という言葉がよく使われています。SOGIはSexual Orientation and Gender Identity、つまり性的嗜好と性自認という意味で、LGBTQを含む全ての人にそれぞれのSOGIがあります。LGBTQは統計的にはクラスに1~2人の割合であり、悩んでいる子どもも少なくないと言われています。どのようなSOGIであっても受け入れ、大切にすることの必要性が叫ばれています。

性的同意に関しても、相手の意思の尊重をしないのは、人権侵害にあたり、犯罪になるということをお子さんの頃からしっかりと考えさせていかなければなりません。子どもたちが加害者にならないためにも、性教育を親も子も一緒に学び、親は子ども

の絶対的な味方でいてあげてください。

交通事故のように、誰もが性被害に遭う可能性があります。その時必要なことは、①誰かに助けを求める②警察を呼ぶ③病院に行く。大人は、悪いのは加害者であり被害者は決して悪くないことを教え、すぐに信頼できる誰かに相談できる環境を作りましょう。

私たちは、それぞれがとても大切な存在であり、大切な役割を持って生まれてきました。一人ひとりを身体を含めて尊重すること、多様な性を受け入れ、性について主体性を持つことは、全てつながっているのです。

※ユネスコの国際セクシュアリティ教育ガイダンスを参照。セクシュアリティ教育に関わる世界の専門家の研究と実践を踏まえて作成された手引書であり、性教育の基本課題と具体的な実践のポイントが書かれている。

## About the Author

男の子2人のママです。日本のホスピス、産婦人科にて勤務後、上海へ。2012年

より、離乳食教室・母親教室などを開催。バンコクでは性教育のワークショップを開催しています。★みなえみインスタグラム（<https://www.instagram.com/minaemi2011>）またはminaemi2011で検索）





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dramaticallydifferent

# SEXUALITY EDUCATION: NURTURING BETTER HUMANS

In the last part of the series, Rina highlights the important points of sexuality education and how it is part of human rights education.

**S**exuality education is not just teaching about reproduction; it nurtures humanity. It covers a broad range of important topics such as building relationships with family/friends/partners, human rights, gender issues, sexual violence, sexual consent, communication with others, and media literacy (UNESCO, 2018).

## It starts from babies

The first step to sex education is to teach children about the importance of protecting their bodies and that “no one except you can possess, control, or play with your body.” Start with asking your child for permission when you touch them, even if they are still infants, like “Can I take your clothes off, sweetie?” “Honey, can I hold your hand?” or “Can I wipe your bottom?” Asking like this gives the children a sense of importance about their bodies, which can protect them from sex-related offenses in the future.

## Let’s talk with the whole family

I heard that many families started talking about sex only when their children developed secondary sex characteristics, such as first menstruation or ejaculation. It was awkward to have those conversations when kids were at that adolescent age if the family had never discussed similar topics in the past. Hence talking about it from a young age may help. Parents can begin with teaching the difference between a child’s body and an adult’s body during bath time, reading books about sex/sexuality education together, and having a safe environment to talk about sex and sexuality. Involving male and female parents would make sex education during

adolescence much easier.

When your kids get older, you will have more opportunities for sex education, including when watching TV. For example, when characters kiss, you can say, “He/she didn’t ask if they could kiss, right? I don’t think it’s good.” (Remember, you need to do it casually and naturally!) Don’t judge and deny right away, but encourage your kids to think on their own by telling how you felt and asking how they felt.

## Respect every individual

These days, more and more people recognize, accept, and respect the diversity of sexual orientation. For example, the acronym “LGBTQ” has become widely known, and human rights for sexual minorities are getting public attention. More recently, we have often heard “SOGI,” which stands for Sexual Orientation and Gender Identity. Everyone, including LGBTQ people, have their own SOGI. According to the statistics, approximately one or two kids in a classroom are in the category of LGBTQ and they often become anxious about their own sexualities. Society needs education for all SOGI to be accepted and respected.

Other important topics are sexual consent and sexual violence. Regarding other people’s willingness, including his/her partner, means violation of human rights, and such sexual violence is a crime. We must let children learn about this from an early age. To protect your children from committing sexual violence, parents should learn about it together with the children and let them know that

parents are their all-time supporters. Like traffic accidents, anyone can be a victim of sexual violence. This is what to do when an accident occurs:

- 1) Find someone to help;
- 2) Call the police;
- 3) Visit a hospital.

How can we adults prepare for such cases? One thing is to tell your children that only the offender is to blame and the victim is the innocent one. Another thing is to make a safe environment where the victim can talk about the accident without any hesitation.

Every one of us is so precious and valuable with different but important roles in this world. Respect each person and their body, acknowledge the diversity of sexualities, and have full ownership of our own sexuality. All these are part of one thing: human rights.

## References/Further Reading

*United Nations Educational, Scientific and Cultural Organisation (UNESCO) (2018) International Technical Guidance on Sexuality Education: An evidence-informed approach.*

*Photos courtesy of the author*

## About the Author

A mother of two boys, Rina used to work at hospice and obstetrics & gynecology in Japan. Then she moved to Shanghai, where she started baby food seminars and workshops for new mothers in 2012. During her stay in Bangkok, Rina guides parents and children as a sex education instructor.







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# MANGO & STICKY RICE RECIPE

Tantalise your taste buds with this Thai recipe for Mango and Sticky Rice created by a long-time food instructor, writer and director of Yingcharoen Culinary School.

When our visitors from abroad ask us to take them to authentic Thai restaurants where they can enjoy 'real' Thai food, At-Ta-Rote restaurant often comes to mind. The name, which in Thai means 'exquisite and unimaginable flavors', is quite fitting for this modern bistro in the center of the Sukhumvit. Known for its 'Royal' Thai recipes created by the famous director and culinary expert of the Yingcharoen Thai Culinary School, Khun Srisamorn Kongpun, this dining outlet offers many 'must-try' dishes on its menu.

Our visitors often compliment the delicious pad Thai noodles with fresh river prawns, crispy chicken with lemongrass, and the massaman chicken curry with steamed jasmine rice. Another 'must-try' for all visitors is the fresh mango and sticky rice from At-Ta-Rote's large dessert selection.

The restaurant has kindly provided a recipe for you to recreate Khun Srisamorn's signature Mango and Sticky Rice. While it may take a bit of time to prepare, the experience may help your family to appreciate Thai cuisine much more.

## To make sticky rice:

1. Put the sticky rice in a large bowl and soak it in filtered water. The water level should be 1.5 inches above the rice.
2. While the sticky rice is in the water, take the alum in one hand and gently use it to rub the rice grains. Make sure you do not break the grains and that they stay solid. The gentle scrubbing will bleach the rice.
3. Once the water turns milky-white, pour it out and replace it with the same amount of clear water in the rice bowl.

## Ingredients:

- 3 ripe, sweet mangoes (Nam Dok Mai mangoes are preferred)
- 1kg sticky rice (Green Snake Head brand is preferred, but any other brand can be used)
- 1 tablespoon salt
- 300 grams sugar
- 800 grams natural cream of coconut (canned undiluted coconut milk is okay too)
- 5 fresh, long-stemmed pandan leaves (called 'Bai Toey,' from wet markets or flower shops)
- 1 cube Alum, soap size (called 'Sarn Som,' from drugstores and markets)

4. Repeat this process several times until the water stays clear. This process makes the cooked sticky rice appear crystal clear.
5. Next, place the rice in clean water again with the water level 2-3 inches above the rice. Soak it for three hours.
6. Once soaked for three hours, place the sticky rice in a large metal or glass bowl without water and cover with a moist cloth. Place the bowl in a steamer for about 20 minutes until the rice is evenly cooked.
7. While the rice is being steamed, prepare the coconut milk.

## To make coconut milk mixture:

1. Pour coconut cream into a large glass or metal bowl. Stir in sugar and salt until all the ingredients are well-combined.
2. Separate half a cup of the mixture and refrigerate it to be used as a topping later.
3. Once the sticky rice is cooked, use a wooden spoon to transfer it to

the large bowl with coconut cream mixture. Keep mixing the coconut milk mixture into the rice by continuously hand-whipping the mixture into the rice for 10 minutes or until all the rice has been fully covered.

4. Cover the rice mixture with a lid and leave for 20 minutes.
5. Next, open the lid and use the wooden spoon to stir the rice again to absorb all of the coconut milk mixture consistently.
6. Close the lid and let the rice cool down. Do not refrigerate the rice as this will harden it.
7. To serve, peel, cut and place the ripe mangoes on a plate. Scoop the sticky rice and place it alongside the mangoes on the plate. Stir and spoon the refrigerated coconut mixture over the rice. The mango and sticky rice is now ready to be eaten!

**Additional tips:** You can customize the dish by eating it with coconut ice cream or adding crushed nuts on top, or adding chocolate sauce for a different taste.

At-Ta-Rote Restaurant,  
[www.facebook.com/attarote.eatery](http://www.facebook.com/attarote.eatery)

Photos courtesy of the author.

## About the Author

Vana Kasemsri, a Thai national born in the US, has lived overseas for a significant part of her life. She is a BAMBI volunteer, and works for B Grimm Company, overseeing their charity and conservation projects. You can email her at [info@tpmcf.org](mailto:info@tpmcf.org).





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# INSPIRING OUR CHILDREN THROUGH DECORATION AND DESIGN

Self-taught sewist and decorator, Oriane, tells us how she developed her passion for creating child-friendly spaces and shares some tips on using decoration to support our kids' growth.

I arrived in Thailand six years ago. When I found out that I was pregnant, I started my journey looking for specific items for my baby, but when I couldn't find them and didn't want to spend much money on imported products here, I decided to make them myself. Pregnancy makes you have funny and creative ideas sometimes, when it's not about the food, right?

I learned how to sew using the Internet. At first, it was very basic items, but then it started to be more complicated like teepees, hanging diaper storage, bean bags, and baby nests. I started to create useful, affordable, but also beautiful items for my baby and me. I wasn't a designer nor a seamstress at first, but I became both. Most of my friends were looking for the same items I was, so I started sewing for them, too, and they also asked me to create personalized things just for them as they couldn't find such unique and specific items anywhere else.

I realized as a mom that kids learn by watching the world around them, their parents, and their friends, but also by creating and playing in their own world. Giving them the opportunity to explore their imagination is something everyone can do very easily. Providing a cozy environment with some decorative items that appeal to them allows the kid to develop great ideas and have hours of fun. Every little one should be able to spend time in an environment they like and that nurtures their brilliant little mind.

Decorating a nursery or toddler's room shouldn't be complicated. I would like to share some of my best tips to make it enjoyable for both you and your kids.

Adding some soft color touches in the room such as light grey, soft purple, and light green can help soothe an irritated baby. Adding too many bright warm colors such as red, yellow, or orange will boost the kid's energy, so you want to avoid this in the sleeping area. Adding some nice pattern prints, perhaps of their favourite animal or color, can help your toddler be more comfortable, independent, and will make them want to spend more time playing there.

While your baby is still young, we — their parents — get to enjoy choosing everything that we like. Then as they grow, we will learn to let our kids think on their own and choose what they want. The easy way to do it is to talk about what they like or want, then to pre-select only a few patterns or prints you also like and are comfortable with, and propose them to your kid. That way they feel involved, and you can create some harmony in the room. By asking your kid to help in the choice of their room decoration, you help them build self-confidence, and they will also learn new skills such as asking for help when needed, teamwork, being a great listener, and sharing ideas.

Another opportunity for learning and a passion of mine is to upcycle well-

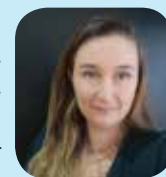
loved items. I love bringing projects home and talking with my older kid about why it is better to upcycle it instead of buying a brand new one if possible. Bringing broken things back to life is very exciting! It seems small, but fixing the fabric on a doll's pram, chair, or other loved item brings so much joy to the hearts of our little ones. The smile on some kid's faces when they discover their favourite chair has been upcycled is priceless. "Look! There are astronauts on the chair now!"

A safe and happy environment is so important for our children, and when I see my little ones reading books on their bean bags, or playing in their tent, my heart melts, and I know what I gave them is useful and helping them grow.

*Photo from Canva.*

## About the Author

Oriane is a designer and fun seamstress, mum of 2 kids, and founder of Boo - Boo by Oriane. Boo - Boo by Oriane is committed to the NGO Cameleon Association because all kids matter. Purchases contribute to Cameleon's solidarity programs that aim to offer a future to abused and underprivileged children. Facebook-Boo - Boo, by Oriane







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# Bumps & Babies

Bumps & Babies is a support group for women of all nationalities who are pregnant or have recently given birth. The BAMBI website calendar and Facebook pages hold current information regarding what's on. Meetings are coordinated by a medical professional who is also there to offer support. If you are a new parent to Bangkok and are looking for support regarding information on doulas, breastfeeding, child birthing classes, babywearing or postpartum depression, please feel free to ask our coordinator or visit [bambiweb.org/bumps-babies](http://bambiweb.org/bumps-babies).

## HYPNOBIRTHING® – EMPOWERMENT FOR A POSITIVE BIRTH EXPERIENCE

By Iasnaia Maximo

Iasnaia tells us how practicing HypnoBirthing® techniques can help expectant mothers experience birth without fear and anxiety.

**W**We live in a time and culture that views childbirth as an emergency and that this impending danger comes from the mother's body, where until then, the baby was well and safe. So, it is no wonder that most mothers approach their childbirth with great fear, tension and stress. You're not alone here. These fears are related to simply not knowing the physiology and not having the tools to cope with it.

Giving birth is evolutionarily designed to be an intense experience, period. One that takes place outside our comfort zone, stretching us beyond the limits of our body and mind. When you feel you gave all that you have, it will extend you further into the innermost depths of yourself, resulting in you giving birth to your child while rebirthing yourself as a mother. And few things prepare you as well as birth prepares you for motherhood.

For years, when teaching as a doula, I never promised my clients a painless experience—which nevertheless can be achieved. Instead, I encouraged a fearless and empowering approach for labor and birthing, where the intensity of the sensations, the transformative nature of the process, and the belief that giving birth without intervention is still the safest way for mother and baby. Hence, when presented with the opportunity to train as a HypnoBirthing® Educator, I jumped at it.

HypnoBirthing® is a holistic method to birthing and birth preparation, connecting the body and mind using powerful hypnotherapy and neuro-linguistic techniques to learn a new, positive birth understanding and outlook. HypnoBirthing® challenges the preconceived ideas and myths around labor and birth, and brings families back to the



fundamental principles that your body has all the tools necessary to give birth in a safe and joyous oxytocin-filled manner. It reminds parents-to-be that birthing is not a medical event in itself. The premise of HypnoBirthing® is that pain in labor is a fear and anxiety response, and that you can avoid it by learning the right techniques along with your birth companion.

As Italian midwife Verena Schmid says, 'Physiological birth is linked to the experience of pain. Our fear of pain and the disappearance of physiological birth is linked to our lifestyles. A frenetic pace, the pressure to be efficient, competition, the quest for success, the need for immediate gratification, refusal to suffer: all these factors leave little room for listening, feeling and assuming a proactive attitude in the face of difficulties.' (Schmid 2005)



BAMBI is a project of the Childbirth and Breastfeeding Foundation of Thailand and welcomes speakers from all areas, presenting a wide range of information. All attempts are made to present topics of interest to BAMBI members, but those who present do so independently of BAMBI and as an organization, we remain impartial to any points of view expressed. Coordinator: Emma, bumps@bambiweb.org Suggested family donation: ฿100 BAMBI-members with membership card & ฿300 for non-members. Membership can be processed and renewed during the session. BAMBI Library: Bumps & Babies has a significant collection of books about pregnancy, childbirth, baby care and parenting. Books can be borrowed by anyone in return for a ฿500 fully refundable deposit. Queries to be directed to: bumps@bambiweb.org

Likewise, Michel Odent talks about all the hormones that occur during labor and birth that initiate a process that is physiologically designed to be transformative, emotionally and neurologically (Odent 2015). Now imagine bypassing the process or interfering with it as the medicalization of birth does. This is when we see more postnatal trauma and problems with breastfeeding and bonding.

The original Marie Mongan HypnoBirthing® that I have chosen to teach was created over 30 years ago and is unique in its way of demystifying birth by eliminating fears and misconceptions about the process. Reframing the negative thoughts and perceptions surrounding labor and birth, it is not a method, but a philosophy, which provides families with a simple yet comprehensive course with easy-to-learn techniques about Instinctive Birth: Relaxation, Affirmations, Breathing techniques, Self-Hypnosis, Deepening, Psycho-Physical preparation, Visualization and Childbirth Education. All are equally important parts of the program that enable parents to experience birth without fear, and remain in control and relaxed. Though it is one of the longer programs available to expectant parents now, this course comprises 5 weekly roadmaps especially created for those who understand that learning a new language for your body, mind, and spirit takes time. Taking part in the program has been described as being inducted into a community of women around the world who have refused to be submissive to over-medicalisation of the birth experience.

It also involves going back to basics and engaging our primal state of consciousness, reconnecting with instinctual knowledge from a place of confidence and inspiration. Along with the sessions, it requires commitment and dedication from the parents, as it entails repeatedly listening to the scripts to reprogram your subconscious mind and preparing on a physical, practical, and emotional level.

Each and every one of those techniques will be invaluable to you and can be used as you wish during your birthing time. All of the effort pays off with shorter labor, less need for intervention, and better outcomes for babies that are alert and ready for bonding. It births parents who are empowered by their birthing experience and confident in their abilities as this new chapter unfolds to celebrate life as a family.

*Photos from Canva.*

“ PARENTS HAVE SAID THAT THE HYPNOBIRTHING® PRACTICE ALLOWED BOTH PARENTS TO CONNECT WITH THEIR UNBORN CHILD AND LESSEned THEIR FEARS ABOUT BIRTH. THEY WERE ABLE TO GET INTO THE ZONE AND HAVE A BEAUTIFUL, UNMEDICATED NATURAL BIRTH. THEY FELT EMPOWERED AND GRATEFUL TO HAVE HAD THIS EXPERIENCE. ”

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#### About the Author



Maedoula, a Brazilian with a pinch of Irish, who started her career as a lawyer, now dedicates her time and passion to empower and support women in all aspects of motherhood as a Doula, HypnoBirthing® Educator, Yoga Teacher, and Breastfeeding counselor. Living in Thailand since July 2016, she and her German husband and their 2 Amsterdam home-born boys enjoy eating her way through Bangkok and beyond. She is part of the BAMBI Bumps & Babies team. [maedoula.com](http://maedoula.com)



# HOW TO BECOME A BAMBI MEMBER

Becoming a BAMBI member is very simple. Go to any BAMBI playgroup or event, including New Members Coffee Morning, and pay the membership fee in cash. You will get a membership card and receipt on the spot.

Alternatively, you can make an ATM or online payment to our bank account, and then send us your proof of payment using the form on the BAMBI website. We will activate your membership within a few days of receiving your submitted form, and you will receive your membership card by mail within two weeks of activation.

**SIGN UP AT ANY BAMBI PLAYGROUP/EVENT OR SIMPLY GO TO THE BAMBI WEBSITE!**

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**SWIFT CODE:** THBKTHBK  
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**ACCOUNT NAME:** CHILDBIRTH AND  
(as shown on ATM/online banking)

**New membership fee:** THB1,100 | **Renewing membership fee:** THB1,000

## 1-YEAR VALIDITY

Your membership is valid for 12 months. The expiry date is written on the back of your membership card. Please renew when the year is up.

## STAY UP-TO-DATE

Make sure to check [www.bambiweb.org](http://www.bambiweb.org) and the BAMBI Facebook page (@BAMBI Bangkok) for regular updates.

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

**[WWW.BAMBIWEB.ORG/FAQ](http://WWW.BAMBIWEB.ORG/FAQ)**

If you have any membership issues, please email: [database@bambiweb.org](mailto:database@bambiweb.org).





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# BAMBI ANNUAL REPORT 2020

This report was presented at the Annual General Meeting which was held on 22 March 2021.

## CHAIRWOMAN'S REPORT

2020 was a very challenging year for the world including BAMBI. Due to COVID-19, we had to close all our activities from March to August, including registrations for new members with the direct consequence of reducing our income to less than half.

For a couple of months, we didn't have a Chairwoman and Vice-Chairwoman to guide us through the COVID-19 situation, but in the second half of the year, we were able to reopen our activities again following strict government measures.

The BAMBI team showed great resilience and was fast to find new solutions to keep our activities open following these regulations. We had to implement a pre-booking system through Google forms as we needed to limit the attendance. Snacks were not provided due to social distancing measures and everyone needed to wear a mask, including kids over 2 years old.

With this in mind, we ran a member survey to get more feedback from our members. We held a strategic meeting in September to focus on our core services and define what BAMBI will look like in the coming years. WOMBLES, Me-time and BAMBI Pattaya were not a priority so they took a break.

The new registration system helped us to also control the number of people attending the event and reduce

the workload for our playgroup leaders and streamlined our processes.

In order to appreciate our volunteers and their families, we organized a Christmas-themed Volunteer Appreciation Day, which included the famous "Santa Bill" at Sweet Poppy.

We had 26 playgroups, 15 activities for older kids, and at least one pop-up playgroup every month. Other events held over the year included the Yard Sale, a Halloween party, and the Christmas Wonderland, all with very successful results even with the attendance restrictions from the government.

We would like to say a huge thank you to our outgoing committee for their resolve and commitment to navigating the challenges we faced.

Just as importantly, we would like to thank our members for their patience and support in adhering to the strict COVID-19 regulations, as we understand it's not always easy to get the kids to wear a mask or pre-book a playgroup.

We thank you for supporting BAMBI in these difficult times and look forward to serving you better in the upcoming year.

Gloria Pino  
Chairwoman

## BUMPS AND BABIES

2020 was a challenging year for the Bumps and Babies team. The decision was taken in early 2020 to suspend our traditional Bumps and Babies sessions of weekly meet-ups and support in pregnancy. The main reasons for this decision were two-fold: firstly, lack of availability within the team to devise, promote and run the sessions and secondly, the cost of the rental space at Antique Cafe was prohibitive meaning the Wednesday Bumps meet-ups had been consistently loss-making throughout 2019.

There were also changes within the team. Emma returned to the voting position of Bumps and Babies Coordinator in April while Yaz remained on the team as an assistant. Lia decided to leave the BAMBI team in May 2020, and Sheena also moved on from BAMBI at the end of the year. The team now has three volunteers, Emma being the only regular contributor while Yaz and Anfisa provide ad-hoc support.

The Bumps team facilitated a total of 37 sessions in 2020, down from 81 sessions in 2019. This reflects the impact of COVID-19, the reduced availability of volunteers and the financial decision to reduce venue hire costs. Despite running less than half the sessions in 2020, the team welcomed and supported 554 families, down from 668 in 2019. Bumps



processed 38 new memberships and 5 renewals in 2020.

### New Moon Postnatal Group

The New Moon postnatal group is now the only regular offering of the Bumps team. The Baby Rhyme Time music and baby massage session held immediately before New Moon has been especially popular, consistently booking out within minutes each week. In 32 sessions, we welcomed 498 families.

### Small World

Small World baby playgroup was suspended in 2020, due to COVID-19 and cost constraints of venue hire. The Bumps team held special pop-up themed Small World playgroups with Baby Rhyme Time for Halloween and Christmas to complement the larger BAMBI parties which had been over-subscribed.

### Other Bumps Activities

- 11 Bumps articles published in BAMBI News with contributions from all the Bumps team
- Online Zoom sessions throughout April and May for Baby Massage and support for new mums in lockdown.
- Splash Bash with Bangkok Dolphins with 3 special water playgroups for babies
- Sathorn Bumps and Babies held a baby massage session at British Club Playgroup over 3 weeks in October before closing due to a perceived lack of interest
- Continued financial support for venue hire for Bangkok Breast-feeding Cafe throughout 2020
- The Bumps team maintained contact with both Samitivej and Bumrungrad hospitals throughout 2020 and were effective in disseminating advice and support to families birthing during the lockdown.

### 2021 plan for Bumps and Babies

Following a brief lockdown and COVID-19 restrictions at the start of 2021, Bumps and Babies moved to Bumpy Daisy Cafe and Community in February 2021. This is a purpose-built cafe in Phrom Pong. The new arrangement offers a lower rental cost base and more opportunities to expand the BAMBI offering to include Bumps and Babies weekly pregnancy meet-

ups and talks.

- Weekly Rhyme time & Massage (New Moon to follow after massage)
- Addition of Bumps coming back on Wednesdays with guest speakers

## PLAYGROUPS

By the end of 2020 BAMBI had been running 9 steady and popular playgroups in Bangkok:

- British Club Playgroup held at the British Club
- Saturday Ekkamai Playgroup at Bright Skies International School
- Novotots Playgroup at Novotel Sukhumvit soi 20
- Sukhumvit 31 Playgroup at First Steps International Pre-School
- Thonglor Playgroup at Bangkok Prep International School
- Saturday Nana Playgroup at Storytime Pre-school
- Riverside Playgroup at Darunbanalai Children's Library
- Chaophraya Playgroup at Millennium Hilton
- Sunny Kids Playgroup at Sunny Side Up

In 2020, we opened 2 new playgroups:

- Chaophraya Playgroup at Millennium Hilton
- Sunny Kids Playgroup at Sunny Side Up

Some playgroups were closed in 2020. The venues were no longer available to support BAMBI.

- Sawatdii Playgroup at IPC International Kindergarten
- Let'SPlay Playgroup at SP International Kindergarten

In total, 2396 families attended the various BAMBI playgroups in Bangkok throughout the year, a decline of 78% on last year's figure of 10,791.

This was due to the closure of all events from February to July due to COVID-19. After resuming playgroups we needed to limit the number of attendance for social distancing.

At the end of 2020, the Playgroups team had 30 volunteers. None of these playgroups could happen without our busy playgroup volunteers. In 2020, we held two Playgroup Lead-

ers' Breakfasts where all the volunteers could meet, socialize and share information.

Reducing the tasks for playgroup leaders has been one of our challenges. The Database and Website teams created a new system that helped complete the tasks faster. With this new system, the workload got lighter as it automated some of the tasks and reduced the paperwork.

### Playgroups plan for 2021

We will collate our separated manuals into one and cover all the tasks that leaders need to do. This will make it easier to train new leaders.

- We will open some more playgroups so that more members will be able to attend playgroups. Due to restrictions on numbers for social distancing, we need pre-booking at many playgroups. This has given fewer opportunities for members to attend playgroups. Opening new playgroups will improve this problem.
- We will look at our pricing structure to analyze if we are sustainable with the number limitations and also because we have opened some premium playgroups.

## ACTIVITIES FOR OLDER CHILDREN

By the end of 2020, BAMBI was organizing 4 activities for children aged 3 to 6.

- Creative movement and dance at RumPuree Dance Studio
- Football at Soltilo Familia Soccer pitch
- Kung Fu at Thai-Chinese Shaolin Kung Fu
- Play-based nature activity at Bambini Villa

We also started a Toddler Music activity for children aged one to 3 at the Hilton Sukhumvit.

All our activities are taught by professionals in their field and offer children the chance to try new activities in a safe, yet fun environment. The success of our activities in the past few years allowed us to start a new activity targeting the younger age group, one to 3 years old. Toddler music has become one of the most popular BAMBI activities. To expand the



opportunities for more children, a second music class will be added this year. Additionally, we are planning to open a cooking class for children aged 3 to 6 years old.

Due to COVID-19, BAMBI had to suspend all activities from March until August 2020. Despite the situation, we had over 900 participants for the activities in 2020.

By the end of 2020, BAMBI Activities had 7 volunteers leading the activities and 3 more volunteers looking forward to leading the new activities.

### Plans for 2021

- Addition of another Toddler Music session due to high demand
- Return of cooking class with a different approach from the previous time
- Look at closing consecutive loss-making activities.

## EVENTS

Due to COVID-19, our events plan was put on hold. We started to close BAMBI events from around February until July/August. This meant that the Splash Bash party and the March Yard Sale were canceled.

In September, we held our yard sale, which was a combination of bookings from March and new bookings that came through. We decided to move away from the school location as feedback was that it was quite far. This is where our partnership with Hilton Sukhumvit Bangkok began as

they generously gave us the space for free. Although there was heavy rain we still had around 120 people shopping and 20 vendor tables booked.

### Halloween Party

In October, we decided to hold a Halloween Party. We were not anticipating such high demand due to COVID-19 hence the decision to keep it small with 150 people. It was a great success, however, many members were not happy that they could not get a spot. This was also the first big event that required pre-booking and it filled up within 30 minutes. At this stage, we were running events without an Events Coordinator and had the Secretary/Vice Chair leading the team.

We had 5 mansion tents, each with a different activity including slime making, donut bobbing, ball toss, and planting pots. In the main room, we had pinata making from Playville, cookie decorating, Brickz for Kidz lego, vivid voyagers educational toys and a baby sensory section. The last room was the carnival room with a jumping castle, face painting, balloon making, and popcorn stand. Entertainment included Curtain Up Drama and a magic show to finish. The costume contest was well received by our MC from Bangkok Dolphins. Kids were able to take home a food box on the way out.

Total income: ฿10,600 (39 member families, 5 non-member families)  
Total Expenses: ฿123,723.21  
Profit/Loss: (฿113,123.21)

In December, we had our annual Christmas party. We increased the room capacity and were able to hold up to 400 guests. This was a much better event. It was a Christmas market theme so we had 5 vendors selling their products and in the main room, the activities included: a snow globe bouncy castle, cookie decorating, grinch toss, baby toys and mats, craft stations, reindeer food and letters to Santa. The star of the event was Santa (James from Bangkok Dolphins). Entertainment included Curtain Up Drama and a young girl playing the harp. At 11.10am, we started the Christmas carols and counted down, lights were dimmed, the tree was lit and 200 balloons dropped from the roof, ending the magical event.

Total Income: ฿25,150  
(97 member families: ฿100,  
18 non-member families: ฿300  
Total Expenses: ฿140,152.76  
Profit/Loss: (฿115,002.76)

### Events Plans for 2021

- New Events Coordinator has taken charge of the role
- We have developed a structured calendar for 2021 and added in some smaller events throughout the year for our members, including Family Day and Eco Day.
- Me-Time is to also make a comeback with the strategy of break-even or profit. It will now fall under the Events Team and not be separated.
- A budget for the year was also developed and presented to the committee for approval in De-



ember. We project ฿588,000 in events expenses. However this will also depend on the COVID-19 situation, volunteer manning and financial situation throughout the year.

- The strategy is to charge ฿200 and ฿400 as we believe our offering is of high value.
- The plan is to also link Eco Day with a Pop-up playgroup and to organize more events with charity drives.

## YARD SALES

For the September 2020 Yard Sale, 21 tables were sold. We received ฿4,270 (72 paid and free entrance for about 60 BAMBI members) from entrance donations.

฿5,200 was returned to members who booked in March and could no longer join leaving the total table income at ฿13,200. There was almost an even split of members and non-members vendors tables.

After expenses were paid, a total of ฿13,74 was donated. BAMBI chose to support the Fellowship Foundation for Child and Youth Development (FCYD). The Foundation's mission is to develop and promote the right for children to access basic services and quality education and health services. The children they support are living with difficult circumstances in the Northeastern (Isaan) region of Thailand.

All the unswapped items from the Swap Shop were also handed to the team from the Mirror Foundation at the end of the event. The donation was delivered to the community in the Isaan region.

### Plan for 2021

We will hold our first yard sale for the year on 27 March at Hilton Sukhumvit again. This location is really convenient for our members.

- This year we will be charging an entrance fee: members ฿60 per family and ฿100 per non-member family.
- All donations will go to a charity to be confirmed by our Charities Coordinator.
- We will be able to get a better indication if yard sales are still

popular after this one and if it is still the way forward as last year with the canceled one it was hard to judge with so many contributing factors (refunds & weather).

## NEW MEMBERS ACTIVITIES

### New Members Coffee Morning

The team remained stable from last year with 3 main volunteers and some support members to help with the registration table. The photo team helped with photos to include with the monthly write-up for BAMBI magazine and Facebook.

We organized a total of 3 coffee mornings at Gluck cafe, Little Treehouse Nursery and Storytime International School. Despite the lower number of sessions, we got 26 new members sign-ups and 3 renewals in total.

Normally New Members Coffee Mornings are popular so they get overcrowded, but due to the COVID-19 situation, we needed to limit the number of attendees to meet social distance guidelines. The smaller groups made everyone closer and they bonded quickly making new friends, which is the main purpose of organizing these coffee mornings.

### Pop-up Playgroups

Due to COVID-19, we were finally able to reopen our popular weekend pop-up in September with a 'Back to School' theme at Storytime International School in Nana. Outdoor water obstacle activities were provided by James from Bangkok Dolphins. Circle time music, movement, and fun for babies was run by Emma from Bumps and Babies. In addition, Storytime provided us with arts and crafts activities. 82 adults and 67 kids (total 149 people) attended, which made a total of 60 families.

In November we had a pop-up themed "Little Explorers" at the St. Andrews Dusit campus. Children were treated to educational indoor and outdoor play stations that allowed them to explore different topics related to discovering nature; jungle, ocean, desert and arctic.

Despite the location being away from the Sukhumvit area, we had 94 adults

and 83 children, (a total of 177 people), so 68 BAMBI families plus some St. Andrews students.

### New Members and Pop-Ups Plans for 2021

The most challenging part was looking for venues every month and negotiating the conditions with schools. To reduce the workload, we aim to have 2 fixed locations along the Sukhumvit areas and 1 for Sathorn. It will also help members to know about BAMBI's regular meetings.

Pop-ups will continue for BAMBI families who want somewhere to go on weekends. We will keep collaborating with different international schools for these.

## BAMBI MAGAZINE

In 2020 we published 11 issues of BAMBI News. Copies were distributed to members and supporting organizations, including all playgroup venues. 105 articles were written by 88 individuals who donated their time and expertise to write articles of interest for our members. The number of articles was lower than in 2019 due to the COVID-19 lockdown. We had to reduce the pages in our issues in response to a drop in advertising but still managed to cover a wide range of topics for our readers. These included parenting tips, child development, special needs, personal experiences from mothers and fathers, adoption, gender equality, racial diversity, mental health, crafts, education, Thai language and culture, expat life, and pre-and postnatal support.

We had numerous photo features, book reviews, kid's corner, interviews, and content to support and inform members. The BAMBI photo team led by Mao Sano produced a diverse range of covers for the 11 issues.

The team remained stable with just a few changes. Long-time team member Ema Naito moved away, Francine Kaye Acelar stepped down as Deputy Editor, and Eunice Enriquez joined BAMBI as the new Deputy Editor. In total, one volunteer left the team, and 3 new members were welcomed. The team received copyediting training from former Editor Ema Naito.

We didn't meet as regularly as most of us homeschooled our children but kept communication going through the team chat and email.

### **BAMBI Magazine Plans for 2021**

We will continue to source content that supports our readers. We have more articles planned in response to reader requests in the 2020 member survey. These include more articles about places to visit with children and recipes for the family. We want to share more articles on social media and continue delivering content that is accessible and inclusive for our members. A new editor and photo editor will bring a fresh update to the magazine. We will be supported with additional editorial support from our publisher, Scandmedia. We will continue to provide more development opportunities for current team members who wish to expand their skills as well as more regular team meetings as things return to more normality over the year.

### **MEDIA ACTIVITIES**

Facebook continued to be the principal tool for communicating BAMBI cancellations, notices, events and meet-ups during 2020. In early 2020, BAMBI decided to discontinue the E-Newsletter as we have found it to be the least effective and at times a redundant form of communication compared to Facebook, magazine and website. We continue to direct traffic to the website by ensuring that every event on Facebook is cross-linked, posts and comments are linked whenever possible.

At the end of 2020, BAMBI's Facebook page had 11,172 likes and 11,882 followers. Six admins/editors from amongst the committee members help update Facebook and answer Facebook Messenger inquiries. BAMBI continues to use paid advertisements on Facebook to get the word out about selected BAMBI events such as Yard Sales, new playgroups and activities, and Christmas Wonderland.

In late 2020, to manage the number of messages sent through Messenger, messages were categorized by the Media Coordinator as either emergency or not. Emergencies are

answered straight away and others are answered within 36 hours. The vast majority of messages are not time-sensitive and answers are readily available either on the website or Facebook page.

BAMBI continues to maintain our policy of only posting BAMBI's activities and events on its Facebook page. However, BAMBI has a community page where interested third parties can post. The Media Coordinator screens posts for the community page.

### **MEMBERSHIP & DATABASE**

501 families became members of BAMBI during 2020. 70% of these were new members, and 30% were renewing members. We ended the year with 1043 active members.

As a result of the suspension of all face-to-face BAMBI services during the COVID-19 lockdown period in Bangkok, the committee voted to temporarily suspend membership registrations between mid-March and June 2020. In acknowledgment of the closure — and in support of our members — we granted all of those active at the start of February 2020 a complimentary 6-month extension of their membership.

The Database team also assisted in the development of the new paperless registration system used at all BAMBI playgroups and activities. This QR code system is connected to the database, which streamlines the sign-in process for members and volunteers alike.

#### **Plans for 2021**

In 2021, the Database team will:

- Continue to work closely with the Website team and the Playgroups and Activities teams to ensure the smooth running of the paperless sign-in system.
- Offer support to new volunteers as part of the improved onboarding and training process.

### **MEMBER BENEFITS**

In 2020, the list of members' discounts became longer and our members were able to enjoy the special offers from many restaurants, schools and businesses. We run a Facebook

campaign to promote all the benefits to our members and to give exposure to our partners.

In 2021, we plan to continue promoting on FB to raise awareness as the majority of our members don't know about all the discounts they can have. Also, we will keep looking for new and exciting offers.

### **WEBSITE**

2020 was the year when the new website was consolidated. Members started to be more familiar and got used to checking our Calendar.

In the last quarter of the year, we launched our new paperless QR registration system for all our activities which helped to reduce workload for the Finance, Playgroups, Activities and Events departments.

This system is especially helpful in the reporting process between Playgroups and Activities and the Finance team. Right now, the leaders can report immediately after every event having a list of attendance and the corresponding P&L report.

The Website team together with the Database Coordinator trained all the playgroup and activities leaders at each event.

Additionally, we started developing a new expenses form that will facilitate organizing and reporting to the Finance team.

Fixing bugs and improvement of the website is an ongoing process.

The Website team is in charge of maintaining the calendar so that it's up to date. This is an extremely important task as it's the number one source of information for our members.

#### **Plans for 2021**

- Finalize the Expense Form and roll out to the team.
- Due to COVID-19 all events need pre-registration. We are planning to move to Typeform to create booking forms to limit the numbers of attendees in an organized manner.
- Continue supporting all the different teams while interacting



with all the different systems created.

## CHARITIES SUPPORTED IN 2020

Following BAMBI's strategy updates, the budget for 2020 was set at 400,000 THB, a 50% decrease compared to the previous 2 years. This was due, primarily, due to the funds returned following the resolution of the previous year's fraud court case.

In April, given the COVID-19 situation, a budget of ฿100,000 for a one-time support grant was set aside in addition to the annual budget. This was used to support one organization, but due to BAMBI's financial situation, it was not continued and the balance was saved.

The impact of the COVID-19 pandemic on society has directly affected the lives of vulnerable communities and people including children in Thailand. Based on the list of charity organizations supported last year, BAMBI Charities selected and made financial donations to 6 charities that are working tirelessly for disadvantaged children and communities in Bangkok and across Thailand.

We also arranged for the collection and distribution of material donations to the selected charities on several occasions including the annual end-of-year Giving Tree Project. The Charities Coordinator also worked with the Yard Sale Coordinator to organize the BAMBI Yard Sale in September.

In 2020, we supported the following 6 charities.

### 1. Baan Dek Foundation / Tchin Tcho Nursery

Baan Dek Foundation works to support children living in construction site camps in Chiang Mai by providing access to education, health and safety services.

Tchin Tcho Nursery is a registered critical care nursery for vulnerable children aged 1.5-4 years who are at risk of neglect, abuse, or living in unsafe environments. They provide children with a safe environment and essential development skills.

In addition to monetary donations, BAMBI Charities also organized 2 material donations in April and December. Many BAMBI members participated to donate used toys, educational materials and children's clothing. They were delivered to Tchin Tcho Nursery and the young children in the construction site camps in Chiang Mai.

Total donation: ฿150,000

### 2. Central Thailand Mission

CTM is a non-profit under the Thai-registered Haven Foundation (under the Welfare Committee of the Interior Ministry of Thailand). They organize various projects/programs to support the disadvantaged.

*Christmas Charity Carnival at St. Andrew's International High School on 13 December 2020*

Children from 6 disadvantaged communities were invited to a Christmas party at St. Andrew's International High School. BAMBI supported the event by covering the operating expenses for this event.

Total donation: ฿60,000

### 3. ESTiN / Annual Charity Luncheon in March

ESTiN is an NPO group working to provide medical supplies, food and clothing for those living in extreme hardship in Bangkok. For their annual Charity Luncheon, BAMBI purchased 10 seats for the committee members, volunteers, and members to attend the event, however, due to COVID-19, the event was canceled.

Total donation: ฿20,000

### 4. Phuket Has Been Good To Us / Coconut Club

Phuket Has Been Good To Us Foundation was set up in the aftermath of the 2004 Asian Tsunami and works to improve the economic opportunities and life chances of young people in Phuket. The Foundation runs an afterschool and weekend program for over 200 underprivileged students, using English language activities to stimulate their imagination and practice independent thinking skills in a safe environment. BAMBI donated ฿30,000 to Phuket Has Been Good To Us Foundation to purchase teaching

supplies (whiteboard, projector, paper cutter, books).

In addition to the donation above, considering Phuket's very difficult economic situation due to the COVID-19 pandemic, the remaining ฿95,000 of the budget approved last year, which was not used in the end, has been additionally donated to the foundation in December.

Total donation: ฿125,000 (฿30,000 + ฿95,000)

### 5. Roy Rak

Being run under the charity, Urban Neighbours of Hope Thailand, Roy Rak (means to 'bead love' in Thai) is a small group of women from the Klong Toei community who make and sell their original jewelry. The creative team receives fair wages, paid holiday, health insurance, workspace, and the flexibility to fit working hours around childcare, as well as the training for jewelry-making techniques and English language skills. BAMBI's donation was used for supplies for their studio and workers.

In May, Roy Rak made a public appeal for emergency funding. The COVID-19 pandemic cut off the sales channels for the products made by the Roy Rak members and their livelihoods became strained. Answering this call, BAMBI donated an additional ฿20,000 from BAMBI's emergency budget.

Total donation: ฿40,000 (฿20,000 + ฿20,000)

### 6. Terres Karens / Giving Tree Project

Giving Tree is a year-end charity project organized by the Terres Karens Association who arranges end-of-year gift bags for children in Karen villages in the mountains of northern Thailand (The Song Yang District) annually. Those children are living among less privileged families and communities. The bags provide each child with clothing, school essentials, books, and toys with the spirit of the year-end festive season. In 2020, a basic hygiene kit was also included in each bag to assist with COVID-19 prevention.

BAMBI Charities appealed for members to support the program — a

total of 100 bags were donated by members and handed to the project organizer on 14 November 2020. The total number of bags collected by the project was 700 including the ones from BAMBI. All bags were successfully delivered to the villages by early January 2021.

Total donation: Material donation of 100 gift bags from BAMBI members

**2021 Plan for Charities**

- Total Budget for BAMBI Charities: ฿100,000. Based on last year’s assessment by the Treasurer and the structured meeting by the committee, the budget for BAMBI Charities has been reviewed. In 2021, the budget for BAMBI Charities will be reduced to ฿100,000.
- Revise Charities Guidelines. Based on the budget cuts for 2021, BAMBI Charities needs to discuss with the committee how we select the financial donations. This is also a good opportunity to review the work of BAMBI Charities.
- Key points to consider:
  - Assess the profiles of charities that BAMBI supported in the previous years
  - Less monetary donations, more material donations
  - Organize Charity fundraising events in collaboration with BAMBI Event Coordinator
- Restructure BAMBI Charities Team. In a review of the Charities’ activities, team workload is expected to increase. It is ideal to have one or 2 more volunteer members in the Charities team.

The previous Treasurer, Katharina Maringer, returned to her home country, and Jessica (Jex) Roach stepped up as Treasurer in July. In December, we made some significant changes to the Treasurer Team. Due to the intense workload of the Treasurer job, we created two new positions: Financial Analyst and Bookkeeper.

The Treasurer continues to handle the day-to-day finance requirements, the Financial Analyst will handle the strategic and long-term financial goals, and the Bookkeeper handles and organizes the financial documentation. The team still includes 4-5 Treasurer Assistant posi-

**BAMBI Financial Summary 2020**

Unit: Thai Baht	2019	2020	% change
Gross Revenue (A)	2,558,944	980,920.78	62%
Expenses (B)	-3,239,145	-2,493,167.27	-23%
<b>Net Income (A-B) *</b>	<b>-680,200</b>	<b>-1,401,801.49</b>	<b>106%</b>
Playgroups	-585,852	28,736.46	-105%
PG attendance (no. of families)	10,423	4,016	-61%
Memberships	1,113,400	528,650.23	-53%
Events	-413,133	-184,936.83	-55%
Website	-218,710	-505,877	131%
Sponsors	73,500	0	-100%
Pattaya	-8,881	-16,231	83%
Committee/ BAMBI Expense	-866,711	-1,357,064.09	57%
Charities Contribution	-833,081	-379,740	-54%



tions. As BAMBI continues to grow and open more Playgroups and Activities, we need more people to assist with the financial aspects of the organization.

The Accountant remains Almet Asia Co., Ltd, but we have recently changed auditors. The auditor for 2018 was Synergy AP Audit, and our new auditor for 2019 and 2020 is S.T. Accounting & Taxation.

In 2020, the Database Coordinator, Website team, and others worked together to create a new registration system for BAMBI events. This has streamlined the financial reporting process and made the financial aspect of our Playgroups much more transparent. We also worked with the Website team to create a new Expense Form and reporting system for volunteer reimbursements. This new process makes it much easier and faster to submit the forms, and it also improves the finance team’s reporting capabilities.

**Plans for 2021**

The new position of Financial Analyst was created to track long-term and strategic financial goals for BAMBI. Because BAMBI has spent significantly more than we’ve earned for three years in a row, the organization will run out of money within the next three years unless we make a lot of financial changes. We started by creating a budget for BAMBI for 2021. Unlike the Accountant’s data above (which is a total of all of BAMBI’s expenses for the year), the Financial Analyst will track all revenue and expenses by department. This will help identify areas that are losing money and places where we can cut expenses.

The Financial Analyst will also coordinate with CBFT and the new auditing company. The audit for 2018 took more than two years to complete, partly because there were too many people involved in the process. For 2019’s audit, the Financial Analyst will work directly with Khun Meena from CBFT, and the goal is to close out the 2019 audit by the end of May 2021. At that time, we will begin the 2020 audit, with the goal to complete it by the end of 2021.

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We welcome any questions you may have on the above information. Please write to us at treasurer@bambiweb.org or chairwoman@bambiweb.org.

*Photos by KC Photography.*



# MEMBER DISCOUNTS

## 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: 087 105 1614 | FB: Johny Live Hair | johnylive6@hotmail.com | www.johnylive.com

### 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 for members LOCATION: 3rd Fl CRC Tower All Seasons Place Wireless Rd - BTS Ploenchit CONTACT: 02 654 3993 | 092 515 6395 | FB: nichesalon.th

## FITNESS

### BANGKOK DOLPHINS

DISCOUNT: 10% off all swimsuits and in-store merchandise. LOCATION: Soi Klang Racquet Club, Sukhumvit 49/9 CONTACT: 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: 095 652 4153 (THAI/ENG/FRA/JPN) | Line: @kiddy-kicks | info@kiddy-kicks.com

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.

### LITTLE GYM

DISCOUNT: 10% off membership fees, if registered on the day of the free visit for all branches. CONTACT:

- Emporium Tower: 02 664 8994-5
- Central City Bangna: 02 399 4415 | 02 399 4445
- Central Chaengwattana: 02 101 0200
- Central Rama 3: 02 673 5957
- The Walk Kaset Navamin: 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 | tony@swimmingbangkok.com

## EDUCATIONAL

### HONEY BEAR

A cafe for children and adults with an adjoining play area where parents can watch their children play. DISCOUNT: 10% discount on all food and non-alcoholic beverages for BAMBI members. CONTACT: 40/1 Soi Ekkamai 4 Bangkok

### JUMPING CLAY

Specially-designed educational programs under the concept of "Learn through Play". DISCOUNT: 10% discount for BAMBI members LOCATION: JumpingClay 3rd Fl, Seacon Square Srinakarin CONTACT: 095 759 6686 | 081 869 2051 | 02 721 8968 | FB: JumpingClay Thailand | ph.jumpingclay.th@gmail.com

### 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 LOCATION: 9th Fl Education Zone, The Mall Ngamwongwan CONTACT: 081 848 6300 | 062 387 3883 | FB: 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: 085 122 9080 | www.littlelegend.co | FB: littlelegendplayset

### LITTLE PEA

A space for families in the community to connect through multi-sensory play, fun activities, and enriching food. DISCOUNT: 10% discount at the Little Pea Cafe (min. ฿300 purchase of food & beverage) LOCATION: Unit P1, Play Yard 2nd Fl, The Commons, Thonglor Soi 17 Bangkok CONTACT: 02 712 5245 | FB/IG: littlepeabkk | www.littlepeabkk.com | hello@littlepeabkk.com

### MUSICAL THEATRE FOR KIDS

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. DISCOUNT: 10% off all class packages or online subscriptions. CONTACT: Kristen Rossi, musicaltheatreforkidsbkk@gmail.com | www.musicaltheatreforkids.com | FB: musicaltheatreforkids

### PLAYVILLE

DISCOUNT:

- ฿100 discount to join Baby Play Date every Monday 10:00-11:00 (includes all day entrance fee to Playville for a child under 1 year old and 1 adult). Booking required.
- 10% discount on entrance fees every day (when presented with BAMBI member card)
- 15% discount on membership fee
- 10% discount on party or private events

CONTACT: 02 297 0091 | FB: playvillethailand

## FOOD

### ANTIQUE CAFÉ AND CAKES

DISCOUNT: 35% off any bakery item when you order any drink. CONTACT: 02 258 6005 | FB: AntiqueCafeBkk

### BABY BIB CAFÉ AT BAMBiNi VILLA

DISCOUNT: 10% discount on menu including food, drinks and cakes. CONTACT: 02 056 4336 | FB: Babybibcafe

### BLUE PARROT

DISCOUNT: 10% discount on the bill. CONTACT: 02 235 4822 | FB: 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 | 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 | 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

## FOOD

### SUNNY SIDE UP

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

### THE 51 TASTY MOMENTS

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

## MISCELLANEOUS

### BANGKOK SELF STORAGE

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

### 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: 089 748 1073 | 081 488 9698 |  
contact@design2u.biz

### YENG ACELAR PHOTOGRAPHY

Portrait photographer specializing in newborn, maternity, fresh, and families.  
DISCOUNT: ฿1,000 off any photography packages.  
CONTACT: 095 790 8130 |  
yengacelar@gmail.com |  
FB: yengacelarphotography

## HEALTH

### BANGKOK INTERNATIONAL DENTAL HOSPITAL

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

### 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: 02 066 8888 |  
www.bumrungrad.com

### 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 |  
www.maedoula.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: FB: jclinic.th | www.jclinicth.com |  
Prompong: 02 262 0831 | Thonglor: 02 185 3433 |  
Ekkamai: 02 115 8433 |

### PAINAWAY CLINIC

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

### PHYSIO CLINIC

Japanese style physical therapy will change your life!  
DISCOUNT: 10% off all physical therapy treatments.  
LOCATION: Nuamcomplex, 4th FI Sukhumvit 33, Phromphong  
CONTACT: 02 070 7900 | info@physio8.com |  
FB: Saha Clinic Physio | IG: physioclinic33

## SHOPPING

### ENGINEOU

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.  
LOCATION: 2nd FI Marketplace Nanglinchee  
CONTACT: info@enginou.com | 081 989 0820

### NICK & NISHKA

Kids concept store.  
DISCOUNT: 15% off all merchandise on minimum purchase of ฿1,000 (excluding promotional items).  
LOCATION: Shop online at www.nickandnishka.com and use the code BAMBIONLY at checkout.  
CONTACT: 064 270 1426 | Line: @nickandnishka  
info@nickandnishka.com | FB/IG: nickandnishka

### 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: @Ergobaby

## 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: 082 459 2078 | www.adinevo.me

### AYASAN SERVICE

DISCOUNT: 20% off agency fee to all BAMBI members.  
CONTACT:  

- www.ayasan-service.com (maid/nanny/elderly care)
- www.ayasan-driver.com (driver)
- www.ayasan-app.com (on-demand)
- www.gomaid-agency.com (Indonesia)
- www.jobnurse.co (medical job platform)

### KIDS HOME & FAMILY SERVICES

Nanny, maid and babysitting services.  
DISCOUNT: 10% BAMBI discount for hourly rate and daily babysitting services. ฿1,000 discount for the first month of monthly babysitting services.  
CONTACT: Khun Jin 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.  
LOCATION: 1044/2 Sukhumvit 44/2, Phra Khanong, Bangkok  
CONTACT: 02 550 6038 | Lline: @kiidunanny |  
WhatsApp: +66 97 246 2073 | www.kiidu.com







# 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 Fl., 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., M.A.N, is a registered and licensed dietitian with 8 years of professional experience in weight loss, treating picky eating, helping and guiding families in creating a happy and healthy eating environment. Conducting workshops for parents on promoting healthy lifestyle, weaning and dealing with and avoiding picky eaters. For more information like - "Karin Biran - Happy Eaters" on Facebook.

### TWINS AND MULTIPLES GROUP

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



## SPECIAL NEEDS

### LEAP (LEARNING AND EDUCATIONAL ADVOCACY PROGRAM)

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

### RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER

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

## SUPPORT TO WOMEN

### BEYOND BOOBS

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



# 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, 10:00am -12:00pm. For children aged 0-5.  
Darunbannalai Children's library - No. 1, Soi Charoenkrung 34, (Wat Muangkhae). (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, 10:00am-12:00pm. 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 Soi Sukhumvit 53.

#### BAMBI WEDNESDAY THONG LO PLAYGROUP:

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

#### BAMBI SUKHUMVIT 31 PLAYGROUP:

Wednesday, 10:00am-12:00pm. For children aged 0-5.  
The First Steps International Pre-school - 58/2 Sukhumvit Soi 31, Yaek 4.

#### BAMBI SATURDAY EKKAMAI PLAYGROUP:

The 1st 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, 9:30-11:30am. For children aged 0-5.  
Plantoy's - 114/1 Sathorn Soi 10, Sathorn Road, Silom

### SUKHUMVIT - CENTRAL: ASOKE (SOI 21) TO EKKAMAI (SOI 63)

#### BAMBI SUNNY KIDS PLAYGROUP:

The 1st and 3rd 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, 9:00-11:00am. 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 SOLTILO PARK

This activity is designed by Bangkok French Academy professional football coaches to be fun and active. Children will enjoy practicing new soccer skills at Soltilo Familia Soccer School Thailand's football pitch.

AGE: 3-5 years old

DAY & TIME: Every Monday, 3:30-4:30pm

LOCATION: 20 Soi Atthakawee 1, Rama 4 Road Klongtoey Behind K Village on Sukhumvit Soi 26.

NEAREST BTS: Phrom Phong. Parking Available.

### TODDLER MUSIC

Come and join our music class led by our music teacher. Songs with matching instruments and lots of fun!

AGE: 1-3 years old

DAY & TIME: Every Tuesday, 10:30-11:15am

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 years old

DAY & TIME: Every Wednesday, 4:00-5:00pm

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 years old

DAY & TIME: Every Thursday, 4:00-5:00pm

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 years old

DAY & TIME: Every Friday, 10:30-11:15am

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

### SATHORN / YEN AKART / SILOM

SHREWSBURY INTERNATIONAL SCHOOL BANGKOK RIVERSIDE:

Wednesday, during term time, 1:30-3:00pm. For children aged 1-4 years. Children can 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.

COST: ฿300 per child, ฿100 per child for further siblings and BAMBI members. Weekly reservation via school's website.

LOCATION: Shrewsbury International School Bangkok Riverside, 1922 Charoen Krung Road, Wat Phrayakrai.

Parking available onsite.

CONTACT: [marketing@shrewsbury.ac.th](mailto:marketing@shrewsbury.ac.th)

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).

### SUKHUMVIT - TOP (EXPRESSWAY TO ASOKE)

STORYTIME PRESCHOOL:

Weekly on Wednesday and Friday morning, 9:30-11:00am.

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.

COST: ฿200 for BAMBI members | ฿300 for non members.

Materials included. Bringing an extra set of clothing is recommended. Coffee and tea is available for parents, snacks and juice for children. Reservation required.

LOCATION: Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4. Free shuttle for pick & drop at Nana BTS Exit 2 at 9:15am & 11:00am after the session.

CONTACT: 081 646 4535 | [info@storytimepreschool.com](mailto:info@storytimepreschool.com)



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

### **BANGKOK PREP SCHOOL:**

Tuesday, Thursday & Friday, 9:00-11:00am. 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 per lesson; 50% off for BAMBI members.

LOCATION: Bangkok Prep International School, 23 Sukhumvit 53 (next to Thonglor BTS).

CONTACT: jbeilby@bkkprep.ac.th

### **FIRST STEPS INTERNATIONAL PRESCHOOL:**

Thursdays, 10:00-11:15am. 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. Snacks and drinks provided.

COST ฿450; 50% discount for BAMBI members.

LOCATION: First Steps International Preschool, 58/2 Sukhumvit 31 (Soi Sawasdee) Yak 4 (BTS Phrom Phong or Asoke). Free tuk tuk pick-up and drop-off service from Soi 31 RSU building (please call for details).

CONTACT: 02 260 3152 | info@thefirststeps.ac.th | www.thefirststeps.ac.th

### **KIDS' ACADEMY INTERNATIONAL SCHOOL:**

Monday-Saturday, 9:30-11:30am. Structured playgroup for children aged 1- 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. A parent or carer must stay with the child throughout the session and is solely responsible for the child's care.

COST: ฿550; ฿400 for BAMBI members. Booking is required.

LOCATION: Kids' Academy International School, Discovery Campus Ekamai Soi 2, Imagination Campus, Srinakarin Soi 57.

CONTACT: 084 071 1115 (Ekkamai) | 081 441 4974 (Srinakarin) | www.kidsacademy.ac.th

### **LEGO PLAYGROUP:**

Monday to Thursday, 10:00am-12:00pm. For children aged 2-5 years old. 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.

LOCATION: Young Place Plaza, A-231, 2nd Floor, Sukhumvit Soi 23

CONTACT: 02 662 3039 | 081 734 5872 | kidsrobotics@gmail.com | FB: kidsroboticslearningcenter



### **MELODIES INTERNATIONAL KINDERGARTEN:**

For children 1.6 months to 3 years old. Melodies holds a monthly "Doremi Club" for preschool children. We prepare different activity themes and contents every month!

COST: ฿200 for BAMBI members, ฿300 for non-members. Booking required. Water provided.

LOCATION: Melodies International Kindergarten, 55 Soi Sukhumvit 38

CONTACT: melodies@anet.net.th | 02 712 1680 | Line: @melodieskinder

### **MODERN MONTESSORI INTERNATIONAL PRESCHOOL:**

Every Wednesday from 9:30-11:00am. For children aged 15 months to 3 years old. Every Playgroup is based on a theme, planned and structured and is taught by qualified and experienced Montessori teachers in an international learning environment using Montessori materials. Water, milk, snack provided.

COST: Free Trial session, 1 session for ฿350, 12 sessions for ฿3,500. BAMBI members get a 10% discount.

LOCATION: Modern Montessori International Preschool 4 Sukhumvit 44 Alley, Phra Khanong

CONTACT: Valda Skubina, Head of Admin 02 712 0958 | admissions@mmipreschool.com

### **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.

LOCATION: 876 Soi Pridi Banomyong 36, Sukhumvit 71  
CONTACT: 02 381 9852 | oiscainter9@gmail.com

### **OUTDOOR SCHOOL BANGKOK:**

Thursday, 10:00-11:00am. 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, ฿300 for BAMBI members or ฿3,000/10 sessions.

LOCATION: Outdoor School Bangkok, Sukhumvit 46 (5 mins walk from BTS Phrakhanong). Parking available.

CONTACT: 097 092 0924 | Line: 097 092 0924

**PRECIOUS LEARNERS WORLD NURSERY AND KINDERGARTEN:**

Wednesday & Friday, 10:00am-12:00pm. 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 BAMBİ members. Please check with the School office on dates for playgroups. Reservation required at least 1 day before.

LOCATION: Precious Learners World, 161/1 Soi Sukhumvit 101/1, Soi Watchiratham Sathit 7 (Near BTS Punnawithi).

CONTACT: 02 052 6849 | 097 094 0439 | info@precious-learners.com

**HUAY KWANG / RAMA 9 / BANGKAPI KIS INTERNATIONAL SCHOOL:**

Monday-Friday, 10:00am-12:00pm. 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.

COST: ฿400; 50% discount for BAMBİ members.

LOCATION: KIS International School, Kesinee Ville Estate, 999/124 Pracha-Utit Road. Free pick-up/drop-off service from Ekkamai BTS on Tues, Thurs and Fri (Wat That Thong's carpark exit 3. Departs no later than 9.20 am).

CONTACT: playgroup@kis.ac.th | 02 274 3444 Ext 5105

**PARRY KINDERGARTEN:**

Fridays, 9:30-11:30am. 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. Children 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 children.

COST: ฿99 for BAMBİ Members, ฿299 for Non-Members.

Pre-booking is not required. Please call to confirm.

LOCATION: 447 Phetchaburi 47 Alley, Lane 3-4, Bang Kapi,. No parking inside the school.

CONTACT: 085 026 9966

**PLAY STATION KIDZ CLUB:**

Monday-Friday, 10:00am-6:00pm; Saturday-Sunday 10:00am-7:00pm. 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.

COST: ฿1,000 per session. Free trial session for BAMBİ members and 20% off when joining and registering for 15 sessions on the trial day. A session is 2 hours including 45 minutes of playgroup and 75 minutes for free play.

LOCATION: Play Station Kidz Club B 301 - B302, 3rd Fl, The Nine Center Rama 9. Parking available.

CONTACT: 02 056 7950 | pkidzclub@gmail.com |

Line: @playstationclub

**REGENT'S INTERNATIONAL SCHOOL, BANGKOK, BABY AND TODDLER PLAYGROUP:**

Monday to Friday 9:30-11:00am and Monday & Wednesday 12:14-1:45pm. 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 BAMBİ members.

LOCATION: Regent's International School 601/99 Pracha-Uthit Road, Wangtonglang

CONTACT: 02 957 5777 Ext 202 | 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 BAMBİ members.

LOCATION: Shrewsbury International School 982 Rim Klong Samsen Road (Rama 9).

CONTACT: Booking in advance is required at <http://bit.ly/Shrewsbury-Starfish-Bambi>.

**VICTORY MONUMENT / ARI**

**ST. ANDREWS INTERNATIONAL SCHOOL DUSIT:**

Friday 9:30-11:30am, 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.

COST: ฿150; ฿100 for BAMBİ members.

LOCATION: St. Andrews International School Dusit 253/1 Sawankhaloke Road, Dusit

CONTACT: 02 668 6231 | Dusit@standrews-schools.com

**RAMKHAMHAENG (PHLABPHLA, WANGTHONGLANG)**

**GERMAN PLAYGROUP "SPIELZWERGE" AT RIS SWISS SECTION – DEUTSCHSPRACHIGE SCHULE BANGKOK:**

Monday to Thursday, 2:30-4:00pm. German-speaking playgroup for children aged 2-3 years. Play, read, 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.

COST: ฿11,900 for the whole semester (approx. 35 sessions); 20% discount for BAMBİ members (or pro rata, if entered after the semester has started).

LOCATION: RIS Swiss Section-Deutschsprachige Schule Bangkok, 6/1 Ramkamhaeng 184 Road

CONTACT: 02 518 0340 Ext 120 | 095 506 3670 |

admin@ris-swiss-section.org | [www.ris-swiss-section.org](http://www.ris-swiss-section.org)





# BAMBI TEAM

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

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*BAMBI Magazine is the non-profit monthly magazine of Bangkok Mothers and Babies International. It is distributed free of charge to members. Editorial contributions from members are welcome. Where possible, please submit articles and photographs by email directly to our BAMBI Magazine Editor at [editor@bambiweb.org](mailto:editor@bambiweb.org).*

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

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# MEET JESSICA HAINES

Originally from Sydney, Jessica tells us about her life in Bangkok with 2 kids.

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

I'm an Australian and from Sydney.

## Can you tell us about your life back home?

Before moving to Bangkok, my husband and our daughter were living in Sydney, Australia. Our life revolved around work, looking after our daughter, and doing things we enjoyed, such as going to the beach, eating out, and shopping! Perhaps the shopping part was just something I enjoyed!

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

When we were living in Sydney I was working in fashion marketing. I looked after multiple brands in the swimwear, kids' wear, and outdoor sportswear categories. When I first started out I was a graphic designer and then ended up in marketing and looked after a design department. My husband works in the hotel tech space.

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

My little family consists of myself and my husband plus our 2 kids, Lucie who is 3-years old, and Harvey who is 7-months-old. Lucie was born in Sydney, and Harvey was born here in Bangkok last year.

## When did you come to Thailand?

We moved to Thailand in September 2019.

## What do you miss the most about your country?

Friends and family, fresh air, food, and shopping.

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

My routine here in Bangkok is very much centered around the kids and their day-to-day activities, school drop-offs, playdates, etc. However, I also enjoy some me-time which involves catching up with friends and spending time with my husband. We try to do date night once a week to try many of the restaurants around Bangkok. All of this was pre-COVID of course!

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

I love the ease of living in Bangkok and the many possibilities the city has to offer. We have spent some time in Phuket, Hua Hin, Khao Lak, and Koh Samet.



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

I guess just getting settled and finding my way around the city and discovering our new home.

## How did you find out about BAMBI?

I was introduced to BAMBI through friends who had kids of similar ages to mine.

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

Check out the calendar and all the events on offer. I was always amazed to see the variety of events, playgroups, and activities that BAMBI has available and at a fraction of the price of what other organizations offer.







ST ANDREWS INTERNATIONAL SCHOOL  
BANGKOK  
A NORD ANGLIA EDUCATION SCHOOL

# G R E A T M E N T O R S

TIM WILLIAMS • HEAD OF ART AND SENIOR STUDIES TUTOR, ST ANDREWS INTERNATIONAL SCHOOL BANGKOK

## *Where great mentors are made*

For Tim Williams, building positive relationships with his students was a lesson that he learnt early in his 25 years of teaching Art. Across the years and the range of schools in his home country and internationally, Tim discovered one common trait amongst his students - they always provide the strongest criticism of their own work.

Tim now guides them on their creative journey with the philosophy that there are no wrong answers in Art. Every line, brushstroke or dot can be a valuable learning experience.

See how your child can be inspired at  
[www.standrews.ac.th](http://www.standrews.ac.th)



Learn more about this approach  
to teaching and learning.

Enrolment and Application Fees WAIVED for Term 1 Academic Year 2021/2022

# ISB International School Bangkok

where you  
belong



We recently asked several of our students: What do you want to do when you leave ISB? Some talk about their plans for college, some of their career dreams, others of their passions or their purpose. They spoke of goals that were aspirational: *“I want to get good education overseas”*, or altruistic: *“I want to reach out to others through music and education”*, and imaginative: *“I want to have the power to control the weather”*. They also discussed feeling supported in their learning, academically and personally.

Students at ISB are able to be their authentic selves. They are encouraged to follow their own unique paths and journeys. They are able to see and achieve their potential, they are supported, they thrive.

We are exceptionally proud of all our inspiring students at ISB.

Follow our #isbstudentspotlight series.



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