

BAMBI

SUPPORTING FAMILIES IN BANGKOK SINCE 1982

**THRIVING
AS A TCK**

**A SPACE
TO PLAY**

**THE HOUSE
OF BABEL**

JULY - AUGUST 2024

A project of Childbirth and Breastfeeding Foundation of Thailand
Cover photo by Jana Capek

A WORLD OF OPPORTUNITY

In our Primary School, we provide memorable experiences to make learning as meaningful as possible. Learning through play provides many opportunities. Since our teachers are engaged in the play as well, the experience progressively develops with layers of deeper learning.

Give your child a world of opportunity at Bangkok Patana School.



Bangkok Patana School

*The British International School in Thailand
Established 1957*

admissions@patana.ac.th

www.patana.ac.th

Tel: +66 (0) 2785 2200

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



Welcome to **BAMBI**

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

- Mel Habanananda



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

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

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

Mission Statement

The CBFT is a non-profit networking and resource center dedicated to ensuring the best possible start in life for our babies. We believe that this can best be achieved through:

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

For more information on CBFT, contact:

English speaking, Tel 05-310-4573;

tanitmel@btinternet.com

Thai speaking, Mobile: 081-776-9391;

info@cbfthai.org or

sobsamai@yahoo.com. Or

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

ChildbirthBreastfeeding-Foundation-of-Thailand

Follow us on social media:



[facebook.com/BAMBIBangkok](https://www.facebook.com/BAMBIBangkok)



[bambibangkok](https://www.instagram.com/bambibangkok)

5 Committee Letter

6 Editor's Corner

On the Cover

14–16 The Dad Diaries: The House of Babel

18–20 A Space to Play

36–39 Thriving as a TCK

Special Features

8 Reviews: Things We Loved

10 Home, Away From Home

22–25 Embracing Multicultural Parenting in Bangkok

26 The Recipe Room: The Queen of Jams

28 Readers' Corner: Books to Inspire

30–32 The Healthy Way to Respond to Your Child

34–35 The New Me

44–46 The Role of Schools in Turning Out Globally Aware Citizens

In Every Issue

5 Our Cover Kids

27 BAMBI Member Benefits

40 Call for Volunteers

42 BAMBI Playgroups & Activities

48 Bangkok Support Groups

49 Member Profile

50 BAMBI: The Team



ADVERTISING DISCLAIMER

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

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

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



PREMIUM NANNY TEACHER ACADEMY

“PREMIUM NANNY TEACHER ACADEMY”

IS THE FIRST NANNY-TEACHER INSTITUTE IN THAILAND WHO AIMS TO IMPROVE LEARNING ABILITIES, QUALITY PLAY TIME, AND MEMORABLE CHILDHOOD EXPERIENCE.

OUR SERVICE

PRIVATE NANNY-TEACHER

OUR ACADEMY PROVIDES PRIVATE NANNY-TEACHER FOR YOUR CHILDREN AT HOME AS A FULL-TIME TEACHER. SUITABLE FOR PRE-SCHOOLERS AND HOMESCHOOLERS.

NANNY-TEACHER AS SHADOW TEACHER AND SPECIAL KIDS

OUR ACADEMY GIVES SOME SCHOOL SUPPORT FOR SPECIAL KIDS, SUCH AS LD, ADHD, AND AUTISTIC. WE PROVIDE SHADOW TEACHERS FOR BOTH PRIVATE AND PUBLIC SCHOOL.



094-849-5654



@teachcarelearn



www.scrambledart.com



Dear BAMBI families,

Warmest greetings from me. I'm Hilda Anita, the new BAMBI playgroups coordinator, and this is my first chance to officially say hi to everyone through the magazine!

This month's issue is about raising our children, many of whom are third culture kids (TCKs), as well-rounded global citizens. I didn't grow up as a TCK, but because I'm Indonesian-born Chinese, I did face second-culture struggles. I also feel a connection to this topic because my husband was raised as a TCK. He faced many struggles as he kept having to adapt to new environments every few years. And currently it's happening to our children as well. We are a family of four. My husband, who is Japanese, was born in Taiwan and lived in the USA. My children were born in Japan and Thailand, and we currently live in Bangkok, but within a few years, we will move to another country.



Hilda Anita

As a parent, I'm a bit concerned with the uncertainty. My children don't really understand yet because they're still young. But I worry that they might struggle growing up in different environments and constantly adapting to new situations. That being said, I know the world we live in is constantly changing. Many parents decide to work remotely, and global citizens like us are becoming the norm. In fact, with the ease of access to information through the internet and social networks, moving and adapting is becoming easier.

Having these constant struggles and challenges is actually sharpening our skills of adaptation and we're gaining more knowledge and wisdom from them. As parents we have to be more than prepared to overcome these challenges, so that our children can have easier transitions from one situation to another.

One of my principles in life is to always try to look at the positive side of every situation. Moving and adapting to new circumstances is not easy, but I look at it as a new adventure bringing new life experiences. This principle is one I'm going to show to my children as well, so that they understand change doesn't have to be bad. Change is about evolving, as the world always does. Change is the new constant. Hopefully along the way our family will develop the empathy and wisdom we need to more confidently take on the ever-changing world around us.

BAMBI is always trying its best to facilitate a supportive and inclusive community, and we encourage all our members to please help and support each other too as we never know what struggles others are facing. Keep spreading and sharing the love and support!

Warm wishes and hugs,

Hilda Anita
BAMBI playgroups coordinator



OUR COVER KIDS

NAME

Amelie and Alfie

WHERE ARE YOU FROM?

England, but we were both born in Bangkok.

HOW LONG HAVE YOU LIVED IN THAILAND?

All our lives!

FAVORITE PLACES TO GO AS A FAMILY IN THAILAND?

Anantasila Resort in Khao Takiab, Hua Hin

WHAT'S ON YOUR THAI BUCKET LIST?

Khao Yai

WHAT DOES BAMBI MEAN TO YOU?

Lots of fun activities and new friends to play with!



Sanam Raisa Rahman

As a mother of two third culture kids in Bangkok, I'm acutely aware of the challenges of teaching my kids to honor their heritage while also integrating into and enjoying the experiences offered by other cultures. Take festivals for example.

We're Muslims so we celebrate Eid. Eid celebrations in Bangkok pale in comparison to Christmas, which is not only widely celebrated here but hits you right in the face come mid-November—in schools, shopping malls, restaurants, everywhere. I don't think my girls get as excited about Eid as they do about Christmas. Bothered by this, I tried to draw parallels for them—the spirit of both festivals, special prayers, loved ones coming together, sharing special meals with them, decorating the house...and gifts! But at the end of the day I know that with us living outside our home country, they don't get to enjoy the full cultural, religious, and social experience that my husband and I had growing up.

Over the years I've been asked "How come we don't celebrate Christmas?" and "Why don't we have a Christmas tree?" countless times. I've always answered these as patiently as I can, and I tell the girls that while we don't celebrate Christmas, it's nice to join in the festivities with our friends, and we should also try to include them in ours. "But we always have school during Eid," is the reply I got. Yes, Eid day is a national holiday in all Muslim countries, but not here sadly.

Language is another issue. While they understand and can speak in our mother tongue, they're both more comfortable communicating in English. Friends from our community here and I had hoped that our children would speak to each other in Bangla at community events or playdates, but alas—it's like English is their first language! At home, we now speak a combination of both languages.

So while living in Bangkok offers them exposure to the different cultures, religions, and social situations needed to become well-rounded global citizens who have the empathy, wisdom, and knowledge to confidently take on the ever-changing world around them, I wonder how confusing it might be for them to answer the questions: "Where do I come from? What is my culture?"

Recognizing this as a common issue faced by many expat parents, this month we bring to you content covering the ins and outs of raising third culture kids, and how we can help them feel confident about their roots as well as equip them with the right tools to benefit from a broad worldview.

Featured articles on-theme include "Home, Away from Home" by Rachel Ofo, "A House of Babel" by Joe Barker in Dad Diaries, "Embracing Multicultural Parenting in Bangkok" by Jeannie Kim, "Thriving as a TCK" by Sheena Low, and "The Role of Schools In Turning Out Globally Aware Citizens" by Chinyere Nwachukwu.

Off-theme we have "A Space to Play" by Natasha Duffin-Jones, "The Healthy Way to Respond to Your Child" by Anatta Zarchi, and "The New Me" by Cecilia Yu.

And in regular columns you'll find reviews of the books "Madlenka" by Peter Sís and "Third Culture Kids" by David C. Pollock, Ruth E. Van Reken, and Michael V. Pollock in our Readers' Corner, and of Eco Play and Poke-a-Dot! books by Eva Ngolo and Kelly Patten, respectively, in Things We Loved. Turn to The Recipe Room and you'll find a delicious mangosteen jam recipe to try out this summer from Anelia Van Zyl.

So with the summer weeks looming ahead and the majority of us busy with kids off from school, I hope wherever you find yourself reading this issue, you are happy, healthy, and having fun with your families. On behalf of the entire magazine team, I wish you a wonderful, restful summer break!

Sanam
Editor

Realise your potential



WELLINGTON
COLLEGE
INTERNATIONAL SCHOOL
BANGKOK

Extra Pre-Nursery places available for August 2024!

Wellington College Bangkok provides a first class British education for girls and boys aged 2-18. Our extensive, leafy campus offers the very best learning environment for every child, whatever their age and stage. Please get in touch and come and see us here at Wellington for a personal tour and a meeting with the Master.

Places available in all year groups - Years 1-12 for August 2024. Register now for Early Years in August 2025 onwards.

Contacts us:

Email: admissions@wellingtoncollege.ac.th Tel: 02 087 8888 ext 1102 Line: @WCIB

**Pioneering education
to serve and help shape
a better world.**

THINGS WE LOVED

POKE-A-DOT! BOOKS

By Kelly Patten, mom of Freya (3) and Daisy (7 months)

As a child, I loved the pop pop pop of bubble wrap. Today's kids have embraced the rainbow-hued pop-it toys. There's just something so satisfying about popping those bubbles. Enter the Poke-A-Dot! book series to introduce your child to bubble popping, as well as a host of other early literacy, numeracy, and fine motor skills. There's a range of books in the series focusing on popular themes such as ocean animals, farms, vehicles, and familiar songs and rhymes.

We purchased a Poke-A-Dot! book called "Goodnight Animals" for my daughter when she was about one. The text is a catchy, repetitive rhyme that helps babies and toddlers say goodnight to each animal—a perfect addition to any bedtime routine. The book is also great for supporting language development. Animal sounds can help babies and toddlers create links between early speech



sounds and words. The book also provides opportunities to practice colors, rhyming, and vocabulary development.

As my daughter has grown, the book has been invaluable for developing numeracy, counting, and one-to-one correspondence. One-to-one correspondence is a developmental skill that involves counting a group of objects and assigning one number to each object. Each page

provides the opportunity to pop a bubble as the animals are counted. This additional sensory input, both tactile and auditory, supports the development of early math skills.

One of my favorite components of the books are the bubbles. Fine motor skills are seamlessly integrated into an engaging and hands on story. It takes some practice, but little fingers will quickly learn how to pop the bubbles and hear that satisfying pop. One thing to consider is that the book is quite large and heavy, weighing in at almost 1 kg. Despite the bulky size, these books provide hours of entertainment and lots of opportunities for learning.

My family loves these books; we've had countless hours of fun popping bubbles and reading along—all while developing vital early literacy and numeracy skills. We would all recommend them to anyone with young children.

Photo courtesy of the author.

ECO PLAY

By Eva Ngolo, mom of Imora (7) and Gemma (18 months)

Recently, I had an amazing experience with Eco Play, a charming family-owned business that specializes in offering high-quality toy rentals for kids. The toys are not only top-notch but also meticulously maintained, and the rental prices are incredibly budget-friendly, starting from just \$100 for a two-week period. The owner, who is remarkably kind and attentive, even went the extra mile by personally delivering the Pikler triangle I leased and demonstrating how to assemble and use it.



This exceptional service is not only advantageous for expat families who frequently relocate and need to manage their children's toys but also for anyone living in a condominium with limited space. Eco Play, founded by a devoted mother, aims to provide a delightful, cost-effective, and eco-friendly way

for kids to enjoy toys. The selection ranges from baby walkers to coveted items like Pikler triangles, ensuring a wide array of quality toys and baby items for rent.

Moreover, if you have toys that your kids have outgrown that are still in excellent condition, you can exchange them for store credit. To make a booking, it's as simple as visiting their Instagram page @ecoplay.th, where you can see what toys are available, and then sending an inquiry. Their response is very quick and the customer service is the best. I wholeheartedly recommend Eco Play to all parents seeking an exceptional toy rental service.

Photo courtesy of the author.

Share with us and spread more joy! Send your short reviews of places, things, food, etc. you enjoyed as a family to editor@bambiweb.org, and we might feature them here!

What does our Community say?

“The school supported our child by offering an integrated curriculum that he found enjoyable and actively participated in.”

St. Andrews Dusit Family



“We chose Green Valley when we moved to Thailand because we felt it would provide the best educational environment for our children. The teachers really know our children and take an interest in their individual growth.”

St. Andrews Green Valley Family



“St. Andrews Sathorn stands out in its commitment to positive education delivered with kindness, warmth, and a spirit of generosity, encouraging children to engage meaningfully with each other.”

St. Andrews Sathorn Family



“After almost an entire year experiencing and enjoying S107’s welcoming community, together with my husband, we are very happy and without a doubt satisfied choosing St. Andrews International School Sukhumvit 107 as our new family.”

St. Andrews S107 Family



St. Andrews International School

Dusit Green Valley Sathorn Sukhumvit 107

Scan QR code for more information



Dusit
Ages 2 - 11



Green Valley
Ages 2 - 18



Sathorn
Ages 2 - 11



Sukhumvit 107
Ages 2 - 18

A COGNITA SCHOOL

HOME, AWAY FROM HOME

They say home is where the heart is. So what happens when your heart feels at home in two different places and you're left wondering where you truly fit in? Rachel Ofo reminisces about her life in Thailand and shares how things are different in her home country, the USA.



Photo by Ketut Subiyanto from Pexels



About the Author

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



Photo by Vlada Karpovich from Pexels

Traveling back home is something all expats living in Thailand have experienced at some point. We did it a lot. It could've been a quick trip, or maybe an extended one, but we'd always include plans to return to Thailand. We'd discuss our travel plans with our friends over a cup of coffee. We'd laugh about what we would do and see and who we would meet up with or try to avoid altogether. We'd get reminders to secure a re-entry permit upon exit and report our return upon arrival. We'd excitedly pack our bags. Sometimes we'd lament over how expensive ticket prices were. But we did it again and again. Living thousands of miles away from where we grew up created a suitcase full of feelings. But at the end of the day, we loved the familiarity of home almost as much as we loved crawling back to our bed in our Bangkok condo. It's been a year since my family and I left Thailand, and these sentiments are just a memory now.

I had friends in Thailand who missed their home countries so much that it blinded them to the beauty of Thailand. Everything they saw on the roads, in the waters (thanks to big water monitors), and in the skies were cause for complaint. Nothing was enough. I had friends who used Thailand as an escape from where

they came from. Some friends never felt a strong sense of belonging anywhere. They followed wherever the tides took them, enjoying each new culture and the diverse living it brought, understanding that nothing is permanent. It was quite literally a mixed bag. However, for the majority of friends I made in Thailand, after some adjusting, it was a home away from home. So when it was time to make that yearly visit back to where they came from, as much as they loved it, it was always nice coming back to Bangkok.

One thing that was so necessary for visiting back home was remembering the differences in culture. There were things that were OK in Thailand that wouldn't pass in the US and vice versa. However, because it was only a visit, it was easier to make little changes here and there. We knew that in a few weeks we would be back to our Thai ways. I never considered the struggle of permanently adjusting not only to those "little changes" but to the big ones as well. When making a huge move back, life gets so busy that it was only after settling in that we started to realize just how different our life is now. It's been a year and we're still adjusting.

Yes, it's great being somewhere

where everyone speaks our language. It's awesome no longer having to worry about sitting in immigration for hours. But to hear our child cry every other day that they miss their friends makes us realize how much we miss our friends too, in ways that a video call won't satisfy. Apart from our Thai friends, there was a certain camaraderie of being around people who were in the same boat as us. We were all away from our home countries. We were all trying to create friend groups and mom groups and family groups. We all had similar struggles. But moving back home means now we're trying to fit back into a group that isn't quite the same. Because now, we feel almost like foreigners back home, and nobody else quite understands.

We find that the things we joked about in Thailand end up being what we yearn most for, and those around just smile and nod, trying to follow along. I wish I could wander around 365 days of the year in flip-flops. I miss the ease of hopping on motorbikes to run errands all afternoon. I often find myself thinking about all the different cafes I frequented and how unique every single one was, despite selling virtually the same thing. And nothing here can compare to our local

7-Eleven, whose parking lot would turn into a mini night market every evening. I could buy a broom, grilled chicken, and flowers on my walk back home.

One of the biggest things I miss having moved back to the US from Thailand is the love of children. Now, please don't go running to your friends saying, "Rachel says the United States hates kids". To clarify, the first child bathroom I saw was in Thailand. Going out with a baby and having all the waitstaff hold and distract her while I ate happened in Thailand. Events and play areas for children were never in short supply. So yes, it's safe to say, Thailand loves kids. Moving back to a country with a child, after having left childless, put a different set of eyes on. Yes, returning to your home country for good takes as much adjusting as it did when we left. We try not to be those people who always begin their conversations with "Oh, back when I lived in Thailand..." or bring up "Well, in Thailand they...". But it's inevitable. We find that although we aren't ethnically Thai, Thailand is in us.

We find ourselves giving self-talks, as we did when we first entered the Land of Smiles. When I sat



Photo by Satrio Ramadhan from diversifylens

alone, in my first Bangkok condo back in 2016, I had to constantly remind myself, "It's OK. You're in a different country. You have to adjust. Don't compare. Look for the positives." It's a bit daunting having to repeat these same words in the place you grew up or spent years living. Nothing is quite the same. And that's life. Because the truth is, as we changed and adjusted to our new lives in a new country, our old lives and old country adjusted without us. It's sad; it's confusing; it's a bit weird. But it's life.

So what now? Well, we keep moving forward. Accepting the differences

early on is one solution. Focusing on time with our family is another. Finding ways to fill the void also helps. Among the sea of subpar Thai restaurants around me, I've found one that cooks exceptionally tasty Thai dishes, where I can get all my favorites like larb, krappao, and pla muk tod gratiem. I also returned with some Thai pastes, just in case. Fortunately I live in an area where there is a large Thai community. So about 15 minutes from my home, I can spot Wat Phrathat Doi Suthep. There are always cultural events happening. I remember the excitement of hearing Thai spoken in public and greeting the couple with a wai and sawatdee ka. Obviously, nothing can compare to being in Thailand, but we take what we can get for the time being.

Will we ever return to Thailand? To live, maybe not. To travel, absolutely. Just as the interconnected khlongs flow throughout the city, taking a little bit of its previous area with it, our lives do within us. Everywhere we go, we take a little bit of home and leave a little. Regardless of where we end up, the connection will always be there, flowing throughout our being. No matter which seas we eventually end up in, we're never away from the home we hold inside us.



Photo by August de Richelieu from Pexels

VERSO's LITTLE EXPLORERS PLAYGROUP

AGES 1-3 YEARS OLD
3:00PM - 4:00PM EVERY THURSDAY
(STARTS 5 SEPTEMBER - 28 NOVEMBER 2024)
AT LOWER LOOP, VERSO (BANGNA)



FREE

(1 parent or caregiver + 1 child)

- ✦ Only 1 adult per child
- ✦ Limited to 20 families per session
- ✦ Open to all families to join

Engaging activities, interactive play,
and stimulating experiences

Cultivating social, language,
and motor skills development

Nurturing environment
for every child to thrive

Sessions led by VERSO's highly
experienced Early Years teachers

Join VERSO's Little Explorer Playgroup and watch
as your little explorer learns to crawl, walk, talk, and
explore the world around them with confidence and joy.



SCAN HERE
TO BOOK

THE HOUSE OF BABEL

With a French-speaking mommy and a Thai-speaking nanny, it's no wonder that Marty is becoming quite the polyglot. But what will his developing language skills mean for his monolingual daddy? Joe reflects on life with a multilingual toddler.

Photo by Sasha Kim from Pexels

About the Author

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





Photo by Andrea Piacquadio from Pexels

“Sorry, what did you say?”

Marty repeats whatever it was he said, as I strain every nerve in an attempt to hear him over the roar of motorbikes and general din of our soi. Old age is fast getting the better of me, so my attempts to hear him are not helped by my increasingly decrepit ears. Second time around, I think I picked up a few words, but as I frantically search my brain for the smattering of Thai words I know, I’m having to accept that my dodgy hearing is not the only problem here. At not quite three years old, Marty is clearly more proficient than me in Thai.

First words

It’s so exciting when children start to speak. As they proudly say “Mommy”, “Daddy” or “digger”, we think oh how adorable and oh so clever. That fragile little thing that only a few months ago was totally dependent on us has not only learned to move, but now it’s talking too; next stop, university! Of course, those first adorable words are quickly followed by a torrent of questions and instructions. We

cannot be the only parents quietly yearning for those calmer pre-speech days?

While it was easy to guess what they were trying to say when they had a vocabulary of seven words, it gets trickier when they start to deluge us with sounds and protosentences. Are you saying mummy needs cake or telling me that you saw a huge snake in the soi? Those are really different things, which theoretically require very different reactions on my part. In reality, my perfect reaction to all conundrums is to take my wife a piece of cake and ask her what she thinks I should do.

This confusion of communication is common to all toddlers, but add in the fact that Marty speaks three languages, which is at least two more than me, and I am more often baffled than not. What did you say? Was it English? Thai? French? How can I hope to understand him if I don’t even know which language he is speaking? You seem really happy, but what about? Have you seen an orange digger? Eaten an ice cream? Thrown more of my clothes off the balcony?

I sometimes turn to his nanny in desperation, but since we don’t even have one language in common this rarely goes well. More often than not I soon turn back to Marty in the hope that he can translate what she has just said. Not a recipe for success as we end up in a disastrous circle of miscommunication. The likeliest outcome is that I start to doubt that I even understand what I am saying, as a postmodernist malaise overcomes me and I start to question the very reality of language.

Are you talking about me?

My language problems stretch beyond Marty. All too often, I will be trying to calm Marty down after an unfortunate biting or throwing incident when suddenly there is an explosion of Thai and Marty races off. Once my thudding heart has recovered from the shock, I’ll be left hoping that his nanny was supporting what I was saying and explaining the gentle nuances of when and what it’s OK to throw. That’s what I hope, but given he’s now smiling and eating a lollipop, I suspect I hope in vain.

It may be paranoia on my part, but far too often I fear that Nanny is saying, "Don't listen to Daddy—he's an idiot who knows nothing about childcare. Just nod and smile and we'll go buy ice cream as soon as his back is turned." I know that's usually what my wife is saying in French, because she has no qualms about honestly assessing my intelligence and abilities.

Fears for the future

This language barrier will only grow as Marty gets older. While, at three, his Thai is already better than mine, I'm confident I'd do better than him in a French exam—his inability to read, write, or follow any instructions would surely play into my hands in exam conditions—however, he is already forming sentences and using vocabulary in French that I do not understand. There will soon be two

languages that I am unable to follow him in, and at that point, how will I ever know what is going on in his life?

I shall be as nothing in my own home. Useful only, to a very limited extent, for menial tasks and simple English homework. Any of the really important things will be discussed with Mommy in French or Thai while I sit sad and lonely in the corner. Want to keep something from Daddy? Simple, just talk about it in Thai. Want to tease Daddy about a terrible secret? Easy—add a sentence or two of very slow simple French and he's bound to get the completely wrong end of the stick.

Lord of all he surveys

Marty is the darling of our soi and indeed several of the surrounding sois as well. This comes as no

surprise to me. As a doting parent, I naturally consider him to be pretty amazing, and it seems only fitting that all right-thinking people would be delighted to see him. His status as the little emperor of our soi is partly the result of his appearance, although in cosmopolitan Bangkok, blond hair and blue eyes are hardly a rarity, yet they still incite considerable interest from the local builders and motorcycle taxi drivers. Of even greater importance is the fact that Nanny has lived in this soi for over 30 years and where she is welcome, so is her little charge.

While Marty will happily talk to us, he won't talk to anyone else. Thus he sits in stony silence, ignoring the many greetings and smiles. A silence that can only be broken by that universal language: the high five. Offer him a high five and suddenly he is all smiles and giggles. The frozen demeanor cracks and he'll laughingly whack away at your hands for hours.

It is lovely that so many people wave at us or shout "Morning, Marty" as we walk along the street. Our regal procession is regularly interrupted with smiles from this taxi driver, high fives with that stall holder, and a few kisses blown from his wife. The problems start when these disciples of Martin's try to engage me in conversation and my lack of Thai is instantly exposed. Thus each of these lovely interactions tends to end in mutual bafflement and embarrassment. Soon though Marty will be able to translate for me!

I think it's amazing that Marty is growing up speaking three languages and learning about three cultures. I was educated in Britain in the 1990s, so I was barely taught English, let alone another language, and culture was something we touched upon briefly in science. So I'm delighted Marty is getting a more cosmopolitan upbringing. I just hope he'll use one of his languages to keep talking to me.



Photo courtesy of the author

BRIGHT START



PARENT & TODDLER GROUP



SCAN TO REGISTER

EVERY TUESDAY AND THURSDAY

07:30 - 09:30

Join us at Brighton College Bangkok every week for fun and games at our Parent & Toddler Group.

For children from 1-3 years old with one accompanying adult.

PRICE 300 THB / SESSION

 brightstart@brightoncollege.ac.th

 02 136 7879



www.brightoncollege.ac.th



BRIGHTON COLLEGE
INTERNATIONAL SCHOOL BANGKOK

A SPACE TO PLAY

If you're drowning in a sea of toys that your children never seem to play with, Natasha has some great ideas to help you organize your play space and make it easier for your children to choose what to play with.



About the Author

Natasha Duffin-Jones is a mother of two children as well as an early years and primary teacher with a Master of Early Childhood degree. She is also a children's yoga teacher with her company, Story Time Yoga, specializing in teaching yoga with children's stories developing literacy and emotional literacy. She also likes visiting different places in Bangkok with her children and documenting their adventures on her Instagram page @bangkokmamaandbaby





Toys, toys everywhere! Anyone else feel that their home is being taken over by the sheer number of toys accumulated by their little ones? Looking on social media, it appears all families have beautifully curated playrooms for their children. Influencers and content creators can make parents feel inadequate about their own play spaces. Then it can be an ongoing battle to simply remain in control of the number of toys we have. That being said, let's explore different ways to encourage less mess and more play, and to regain control of the mess, play, and comfort within our homes.

Do you have too many toys?

Firstly, too many toys usually results in children feeling overwhelmed and not actually able to play with the toys they have. When looking into a pile of toys, children cannot imagine how to begin and, therefore, spend limited time engaged in play. Furthermore, the clutter is then hard to tidy up so toys get left in the wrong places or just abandoned everywhere, making everyone feel stressed!

In order to keep the number of toys within our home manageable, I find it useful to regularly audit the toys

we have. When I sort through the toys I consider the following:

- Do the children actually play with it?
- Are there pieces missing?
- Are any of these toys broken?

Of course, children seem to have a sixth sense regarding items you are planning to remove from the home and they seem to become their favorite again! If you are worried about your child's renewed interest in certain items, remove them for a week and see if they are missed before removing them permanently. Older children can actually be involved with this, and it can be an opportunity for learning too. Once unused toys have been removed, they can be sold, donated, or passed on to others.

Categorize your toys

Next, I start categorizing the existing toys as I would when I'm organizing play spaces at school. I try to group similar items, such as all the creative items (paint, playdough, pencils, pens, crayons, chinks), small world toys (figurines, doll house), role-play items (larger items like a play kitchen), toys for physical play (ball pit, Pikler triangle, slide), construction toys (blocks,

Magnatiles, LEGO), musical toys, and so on.

Make and organize a playspace

After categorizing toys into groups, I then look at the existing space that we have. Some families are lucky enough to have a playroom; however, especially in smaller apartments, this is not always possible. You can create a great play space in a living room or bedroom.

I find it helpful to look at the space I have available and then organize the big items first, keeping similar items grouped together. So I would put the role-play toys together so children can use them together, for example, using the kitchen and then taking the trolley to the shop or taking the baby out for a walk.

After that, I would ensure they have the equipment they need together, such as keeping the creative items near an easel or a table they can use. Art trolleys are useful for storing creative items and ensuring that they can be accessed easily. Keeping creative items such as pencils and pens in clear containers can help children see what they have available. I have found some great options in Mr DIY for storing creative items.



I like to store puzzles and games with loose parts in zip-up bags so that it is easier to ensure none of the parts go missing. Role-play clothes can be stored on hangers at a child's height so that children can play with them effortlessly.

I would store similar items, like musical toys, together using drawers or baskets; this makes it easier for children to find the things they are looking for when they play. If you cannot see into the storage baskets or boxes, I recommend labeling each basket or box to help with tidying up. You can even use a picture of the items in the box for younger children.

Keeping similar items together can help children develop their creativity when they are engaged in play, meaning that they will play for longer. For construction toys, I would make sure they are stored where there is a space next to them for building so children do not have to transport the toys far to play with them.

Displaying toys helps children to see what they can play with. Montessori-style shelves are popular and these open-style shelves help children see what they have. IKEA have the

KALLAX range of shelves which work well for this, but any open shelves will work just as well.

If you have too many toys to display them simply like this, then you could consider a toy rotation. Packing away some toys and then changing them every few weeks or months can keep children interested in their toys.

Books, books, books!

We are a family with two teachers so our home is overrun with books. Too many books can make it hard for children to choose what to read. It can be useful to have small shelves with a range of accessible books for children to read independently next to a cozy place to read, and this can help to create independent readers. We store the majority of our books on larger book shelves and then rotate the books on the smaller bookshelves as necessary. Children need to be able to access books they enjoy by themselves in order to become passionate readers.

Baby toy safety

Finally, it can be hard when you have multiple children of differing ages to ensure that some toys are kept away from younger siblings,

especially babies. Store any toys that are choking hazards out of reach of babies and allow time for older siblings to play with them. I recommend using a high table that the baby cannot reach. Also, it's nice to get these toys out when the baby is sleeping—you can have special playtime with your older child during that time.

Ideally, your play spaces will change and develop as children grow and their preferences change. Evaluate regularly to review if your spaces are working for you and your family, and remember less is more when it comes to toys and play. Functionality is more important than creating an Instagrammable space, and your children should be able to access their toys independently and tidy them away as well!

Photos courtesy of the author.

Note: BAMBI reminds all readers to secure any potentially unstable items such as bookcases to the wall to prevent them from tipping and causing injury.

THE PURPLE ELEPHANT

We are delighted to invite your child to join a "Fun Day" at The Purple Elephant. Children aged 18 months and above are welcome.

This will be a day of exploration, creativity, and community. The children will be warmly welcomed by staff and encouraged to explore the environment at their own pace. They will engage in art activities, storytelling, and music sessions, fostering connections with both peers and educators. Shared meals and reflective moments will punctuate the day, providing opportunities for socialization and introspection.

We welcome your feedback at the end to ensure everyone's voice is heard and to shape future experiences.

FUN DAY

at the purple elephant



Feel free to book your private visit at <https://www.elc.ac.th/contact/>



EMBRACING MULTICULTURAL PARENTING IN BANGKOK: A THIRD CULTURE KID'S JOURNEY

Jeannie takes a detailed look at what it means to be a third culture kid and shares how she and her husband are raising their son to embrace the diversity all around them.



About the Author

Jeannie is currently pursuing an honors degree in psychology with a focus on clinical applications. Prior to this, she was an acupuncturist specializing in fertility, stress management, and pain relief in Sydney for 12 years. With her unique blend of Eastern and Western therapeutic approaches and maternal perspective, as feature writer, Jeannie promises a valuable contribution to BAMBI Magazine.





Photo courtesy of the author

Third culture kids (TCKs) are individuals who, before the age of 18, live abroad with their parents due to work or study commitments. This unique upbringing allows them to form connections with multiple cultures, although they may not feel a complete sense of belonging to any single one. The term TCK was coined by sociologists David and Betty Pollock in the 1970s. TCKs often navigate a blend of their parents' culture, the local culture where they live, and an amalgamation of their unique experiences. They are known for their adaptability, linguistic abilities, and cultural sensitivity, which often make them global citizens in an increasingly interconnected world.

MY BACKGROUND

Born in Sydney, Australia, in 1987 to South Korean parents who immigrated in the early 1980s, I was immersed in Korean culture through the Korean community in Sydney, particularly the Korean Catholic church. My extended family, including grandparents, aunts, and uncles, also migrated, ensuring I grew up surrounded by Korean traditions. Fond memories of celebrating Korean holidays like Lunar New Year and the Harvest

Festival at my grandparents' house, with the loud chatter of my aunts in the kitchen, the aroma of Korean dishes, and playing games with my cousins, are etched in my mind.

It wasn't until I was 12 that I realized my cultural differences, as my friends didn't celebrate these holidays or eat mandu-guk for New Year's. Despite this, my teenage years were filled with K-pop, K-dramas, and learning about the beauty and struggles of Korean life. My mother's stories of Korea's competitiveness and rigid class system highlighted why she sought a better life in Australia, a move I deeply admire. Negative experiences with Korean peers during school led me to form friendships outside the Korean community, causing me to struggle with my Korean identity. Today, I identify more strongly with my Australian heritage, speaking Korean mostly with my mother and embracing my Australian roots. On reflection, I wish I had a more balanced cultural identity, just like my husband, Ken.

KEN'S BACKGROUND

My husband Ken is culturally half-Japanese and half-Australian. His

parents moved to Australia before he was born, and he was raised in Sydney. Unlike me, Ken's extended family all lived in Japan, so to preserve Japanese culture, his parents were strict about speaking Japanese at home, and he attended Sydney Japanese School until he was eight. He frequently visited Japan to see his family and received Japanese tutoring until he was 18. Extraordinarily, Ken excelled in English as well and performed exceptionally well in high school. He has a great blend of both Australian and Japanese friends and has kept friendships from his primary school days. Ken also continues to maintain his Japanese reading skills by reading books in both Japanese and English, a tradition that we have already passed down to our son Kai.

OUR MOVE TO BANGKOK

Ken and I married in 2020 in Australia and soon started discussing how to raise our children in a way that embraced Australian, Japanese, and Korean cultures. Unexpectedly, Ken's work took us to Bangkok, adding Thai culture to the mix. With our 17-month-old son, Kai, we do our best to integrate these diverse cultures by:



Photo by Karolina Grabowska from Pexels

- Teaching Kai to “say” sawadee-krap by putting his hands together in the traditional Thai greeting.
- Ken speaking Japanese and English to Kai, who is now able to understand some Japanese words.
- Visiting Japan with Kai. We introduced him to onsens and Japanese cuisine during our visits there, and he loves onsens!
- Celebrating major Korean and Japanese milestones, such as doljanchi (first birthday celebration) with traditional customs.
- Encouraging our parents to speak Japanese and Korean to Kai during video calls.
- Occasionally showing Kai Korean children’s TV shows and Japanese manga.
- Reading the same books in their English, Japanese, and Korean versions.

FOSTERING A SENSE OF BELONGING

Parental support is crucial for fostering a sense of belonging. According to Allen et al. (1), supportive parents provide academic and social support, open communication, and encouragement. This creates a sense of safety and acceptance

for the child. Feeling a sense of belonging is essential for TCKs, who often live in transient communities where friendships may come and go. Regular family rituals and maintaining traditions from both parents’ cultures help anchor a child in a secure identity.

IDENTITY DEVELOPMENT

Teaching empathy and differentiating oneself from peers are vital for identity development. Research by Glick and Rose (2) shows that empathy aids in social relationships and competence. Bowen (3) emphasized the importance of differentiating oneself to understand and respect others’ perspectives while maintaining one’s own beliefs and autonomy. High differentiation is linked to better interpersonal relationships and resilience against peer pressure (4).

For Kai, we aim to nurture his ability to see the world from multiple perspectives, which will help him navigate different cultural contexts with ease. By celebrating Korean and Japanese holidays and exposing him to Thai traditions, we hope to cultivate a deep appreciation for his multicultural heritage.

INCREASING SELF-EFFICACY

Parents should model self-efficacy to children. Self-efficacy refers to an individual’s belief in their ability to succeed in specific situations or accomplish a task, and is fundamental to how people think, behave, and feel. Self-efficacy influences the choices we make, the effort we put into tasks, our persistence in the face of challenges, and our resilience to adversity. Children closely observe their parents’ behaviors, and parents’ successes and failures significantly shape their beliefs. Sharing personal experiences, praising effort, having belief in their ability to complete tasks, and using words of encouragement help build a child’s self-efficacy. Increasing self-efficacy in children has been linked to lower levels of aggression, lower conduct issues in teenagers, and higher academic performance (5).

For instance, Ken and I often share stories with Kai about our challenges and how we overcame them, reinforcing the idea that persistence and effort are key to success. We celebrate his small achievements and encourage him to try new things, building his confidence in his abilities.

PROVIDING EMOTIONAL STABILITY

Responsive and respectful parenting that is firm, consistent, and allows age-appropriate decision-making fosters emotional stability. Authoritative parenting leads to self-reliance, higher self-esteem, and academic success (6). By being both firm and flexible, allowing Kai to participate in decision-making when appropriate, and explaining behavioral rules and expectations, we create a stable environment for him to thrive.

Our goal is to be warm, loving, and emotionally supportive in our interactions with Kai. This approach not only helps him feel secure but also encourages him to develop into a self-reliant and self-controlled individual. Studies have shown that children who experience authoritative parenting tend to have higher self-esteem, internalized moral standards, and academic success.

WHAT RESEARCH REVEALS ABOUT TCKS

Psychologically, TCKs are more open-minded, respectful, and flexible than their local peers. They are also more interested in learning languages, traveling, and seeking futures abroad. A systematic review by Jones and their colleagues (7) revealed that TCKs feel closer to their families than other children. However, TCKs can suffer from repatriation anxiety, which is worrying about moving back to the TCKs' parent's home country. The strong sense of family cohesion that many TCKs have plays a vital



Photo courtesy of the author

role in helping them to adjust to repatriations.

By maintaining strong family bonds and supporting Kai's emotional and psychological needs, we aim to mitigate potential challenges associated with being a TCK. Regular communication with our extended family and involving them in Kai's life helps reinforce his sense of family and cultural identity.

FINAL THOUGHTS

Raising a TCK in Bangkok is an ongoing journey. We aim to provide him with a strong sense of belonging, a well-rounded identity, self-efficacy, and emotional

stability. By embracing multiple cultures, we hope to prepare Kai for a future where he can navigate and appreciate the diverse world he lives in.

Multicultural parenting requires a delicate balance of preserving cultural heritage while adapting to new environments. It involves fostering a deep sense of belonging and identity, modeling self-efficacy, and providing emotional stability. As we continue this journey, we remain committed to nurturing Kai's appreciation for his rich cultural tapestry, equipping him with the tools to thrive in a multicultural world.

References

1. Allen, K., Kern, ML., Vella-Brodrick, D. et al. (2018) What Schools Need to Know About Fostering School Belonging: a Meta-analysis. *Educ Psychol Rev* 30, 1–34. doi.org/10.1007/s10648-016-9389-8
2. Glick, GC. & Rose, AJ. (2011) Prospective associations between friendship adjustment and social strategies: Friendship as a context for building social skills. *Developmental Psychology*, 47(4), 1117–1132. doi.org/10.1037/a0023277
3. Bowen, M. (1978) *Family therapy in clinical practice*. New York, NY: Library of Congress Catalog, Copyright by J. Aronson; 1978.
4. Ragelienė, T. (2016) Links of Adolescents Identity Development and Relationship with Peers: A Systematic Literature Review. *Journal of the Canadian Academy of Child and Adolescent Psychiatry = Journal de l'Académie canadienne de psychiatrie de l'enfant et de l'adolescent*, 25(2), 97–105.
5. Albanese, AM., Russo, GR., Geller, PA. (2019) The role of parental self-efficacy in parent and child well-being: A systematic review of associated outcomes. *Child Care Health Dev.* 45:333–363. doi.org/10.1111/cch.12661
6. See ref. 5
7. Jones, EM., Reed, M., Gaab, J., Ooi, YP. (2022) Adjustment in third culture kids: A systematic review of literature. *Frontiers in Psychology*, 30, 1–29. doi.org/10.3389/fpsyg.2022.939044

THE QUEEN OF JAMS

The taste of mangosteen is often described as sweet and tangy, with floral undertones. Now imagine this taste profile but as a jam. This month Anelia shows us how to cook delicious mangosteen jam.

Mangosteen! The “queen of fruits”, loved for its sweet, tangy flavor and beautiful thick purple rind. I was introduced to this delicacy when I first arrived in Thailand in 2011 and immediately fell in love with it. Legend has it that Queen Victoria also fell in love with this fruit and offered a reward to anyone who could bring it to her, thus earning it the title “queen of fruits”. I get why she was willing to pay a huge reward for mangosteen! This humble fruit is rich in antioxidants and celebrated for its health benefits, including its anti-inflammatory and immune-boosting properties. I decided to cook a lovely jam and will show you how to do the same!

Tools

- Kitchen scale
- Grater (use the fine side for the zest)
- Measuring cups
- Sharp knife
- Blender or food processor
- Large saucepan
- Wooden spoon
- Glass jars with lids
- Kitchen tongs
- Clean kitchen cloth

Ingredients

- 1 kg mangosteen fruit (yielding about 500 g of mangosteen pulp)
- 400 g granulated white sugar
- 1 lemon (juice and zest)
- ½ cup water
- ½ tsp salt
- 1 tsp vanilla extract or rose water



Photo by Quang Nguyen Vinh from Pexels

INSTRUCTIONS

The jam

1. Rinse the mangosteens thoroughly under cold water.
2. Using a sharp knife, cut through the rind around the center of each mangosteen, twist to open, and remove the white, fleshy segments.
3. Discard the seeds of the segments, by gently squeezing the segments to pop out the seeds.
4. Place the mangosteen segments in a blender or food processor. Pulse until you achieve a smooth pulp. You should get approximately 500 g of mangosteen pulp from 1 kg of fruit.
5. In a large saucepan, combine the mangosteen pulp, sugar, lemon juice, lemon zest, and water.
6. Stir the mixture over a medium heat until the sugar is fully dissolved.

7. Increase the heat to high and bring the mixture to a boil. Reduce the heat to medium again, and let it simmer.
8. Simmer the mixture, stirring frequently, until it thickens. This should take about 30–40 minutes.
9. Stir in the vanilla extract or rose water and the salt.
10. Remove the jam from the heat and let it cool slightly.

The jars

1. While the jam is cooling, sterilize your jars and lids by boiling them in water for ten minutes. Remove the jars and lids with sterilized kitchen tongs, and let them air-dry on a clean towel.
2. Carefully ladle the warm jam into the sterilized jars, leaving about half a centimeter of space at the top.
3. Wipe the rims of the jars with a clean, damp cloth and screw on the lids.
4. To ensure the jars are properly sealed, add them to a bath of boiling water for ten minutes.
5. Remove the jars from the water bath and let them cool on a towel. Check the seals after cooling—the lids should not flex up and down when pressed.
6. Store the jam in a cool, dark place. Refrigerate after opening.

Tips

- Mangosteens can be quite delicate, so handle them with care to avoid bruising.
- Adjust the amount of sugar to vary the sweetness of the jam.
- For an extra layer of flavor, you can add a pinch of ground cinnamon or nutmeg.

Enjoy your homemade mangosteen jam on toast, with scones, or as a delicious addition to your desserts.



About the Author

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

BAMBI MEMBER BENEFITS



**UCC OFFERS
10% OFF***

*FOOD AND DRINK MENUS
(COFFEE PRODUCTS NOT INCLUDED)



**HAKATA OFFERS
10% OFF***

*LUNCH SET MENU



**BIDH OFFERS
10% OFF***

*TEETH CLEANING, POLISHING AND SCALING;
20% OFF DIGITAL X-RAY;
KIDS CLEANING PACKAGE FOR JUST \$1450



These are just some of the amazing benefits on offer for BAMBI members. Scan the QR code to see what else you can enjoy!

Want these benefits but not a BAMBI member? Join us!



SIGN UP ONLINE AND PAY BY BANK TRANSFER

NEW MEMBER FEE: \$1,400
RENEWING MEMBER FEE: \$1,000



New member signup

Membership validity: 12 months. You will receive an email 15 days before your membership expires with renewal instructions.

Processing time for membership applications: 6-10 days. We recommend submitting your application at least one week before attending a BAMBI event. If your membership is not active, you will need to pay the non-member ticket price for the event.

BOOKS TO INSPIRE

Brought to You by Neilson Hays Library



MADLENKA

by Peter Sís

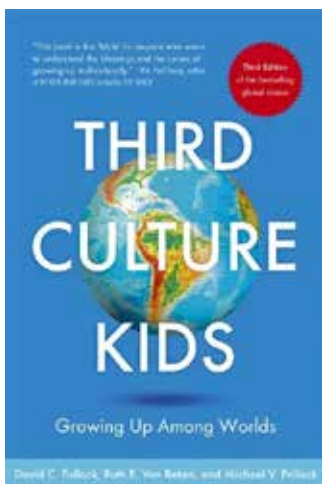


This delightful story follows a girl named Madlenka as she strolls through her neighborhood in a bustling cosmopolitan city much like Bangkok. Along the way, she excitedly announces the news of her first loose tooth. She shows her wiggly tooth to a French baker, an Indian newspaper vendor, and an elderly Burmese shop owner, among other interesting neighbors from around the world. After walking around her block, Madlenka feels as though she has traveled the world, reminding the reader how our interconnected world is vast yet small. Author and artist Peter Sís' works are inspired by his children as well as his early life experiences as a Czech political refugee who settled in New York City. The book is filled from cover to cover with incredibly detailed die-cut illustrations, inviting readers to explore the book beyond the first reading. The rich and beautiful drawings provide teaching tools for everything from geography, culture, and neighborhood mapping to diversity.

Published by Square Fish in October 2010. Suitable for ages 4–8. A hardcover copy along with other works by Peter Sís can be found in the Children's Corner of the library.

THIRD CULTURE KIDS: GROWING UP AMONG WORLDS

by David C. Pollock, Ruth E. Van Reken, and Michael V. Pollock



For over two decades, "Third Culture Kids" has been deemed essential reading for multicultural families around the world. Sociologist David C. Pollock and psychologist Ruth E. Van Reken dive deep into the complex realities faced by third culture kids (TCKs) in adolescence and beyond. The book is divided into three parts: part one explains the unique world of TCKs, part two highlights common characteristics of TCKs, and part three shares advice on maximizing the experience. These practical tools help readers to navigate transitions, find community, and understand their identity, as well as deal with other challenges TCKs tend to face. Originally published in 1999, "Third Culture Kids" is an international bestseller that remains popular due to its relevance in our increasingly mobile and interconnected world. This latest edition includes updates on pertinent topics from high mobility communities to the impacts of technology. Pollock, Van Reken, and Pollock offer parents and educators insights to raise the next generation of well-rounded global citizens.

Published by Nicholas Brealey Publishing in September 2017. A hardcover copy can be found in the nonfiction section of the library.

Prepared by Angela Chen for the Neilson Hays Library.

The Neilson Hays Library is Thailand's premier English-language library. The Children's Program offers Saturday Story Time, a cozy Children's Corner, and special holiday events. Adult Programs include concerts, art exhibitions, book club, and book sales. Located in a UNESCO-awarded historic building with a garden and cafe on site: 195 Surawong Road, Bangkok 10500, Thailand. Follow us on Instagram and Facebook.



ST ANDREWS INTERNATIONAL SCHOOL
BANGKOK
A NORD ANGLIA EDUCATION SCHOOL

CREATE YOUR FUTURE



At St Andrews Bangkok, we're innovating the art of learning. We ignite our students' imaginations so they change the world for the better.

Help your child discover all they can do, and all they can be.

standrews.ac.th

SCAN
HERE



THE HEALTHY WAY TO RESPOND TO YOUR CHILD

How do you respond when your child needs something from you, their trusted adult? Anna shares how to respond to three different scenarios while considering your child's long-term well-being.

Photo by Tatiana Syrikova from Pexels

About the Author

Anna works for New Counseling Service (NCS), the first and only licensed mental health center in the heart of Bangkok. NCS has provided counseling services in Thailand and surrounding regions for over 20 years, with therapists specializing in a wide variety of issues such as anxiety, depression, work stress, relationships, and more. Contact: info@ncsbkk.com; Phone: +66-2-114-7556; ncsbkk.com; FB/IG: @ncsbkk.





Photo by Ketut Subiyanto from Pexels

WWe see a range of people at New Counseling Service (NCS)—children, teenagers, adults, couples, families—all with their own unique stories, but as we delve into the counseling process, we find many common themes. For example, childhood experiences are a theme that come up for our clients of all ages and backgrounds, whether or not they mean to bring them up.

Experiences from our childhood can shape our thought patterns and behaviors for years to come, and we encounter a lot of people who seek counseling for what they deem to be a current issue, only for us to discover a few sessions later that their childhood actually has a role to play in why they think, react, behave, or feel the way they do about many other things. No doubt many of you are thinking along the lines of childhood trauma, and while that is certainly true in some cases, there are actually more subtle factors that we've found very common among children, and that adolescents and adults still reflect on as something that shaped them.

In many cases, what we've found is that parents don't always know the best way to respond to their

children. Don't worry—being a parent, especially for the first time, is extremely difficult and it's normal to be unsure of the best way to respond. Let's examine three common scenarios you may encounter and how our counselors would recommend responding in a way that is healthy for your child.

Scenario 1: Your child wants to spend time with you when you are busy.

Imagine your child asking you to play with them while you are on the phone. You might brush them off, shush them, or snap at them. As people get older, we develop the capacity to understand that the other person is in the middle of something and could be feeling unequipped to respond. However, for a young child, this could be very hurtful and create feelings of being unimportant, especially if it's a common occurrence. This isn't always a conscious feeling, which is why, as mentioned earlier, people aren't always aware that some of their issues stem from childhood. You might not mean to snap, but a young child doesn't know that!

It's understandable to occasionally

react like this—we can't always have a perfectly regulated response, especially when we're feeling rushed, overwhelmed, or stressed. So don't feel guilty if this happens sometimes! However, there are ways to try and improve our responses.

Firstly, take a deep breath before responding. Then, in this scenario, you might say something like: "That sounds fun! I'm on an important call right now, but I promise I'll play with you when I'm done". Be genuine and show your child that you care even if you can't be with them right now, and that you will make time for them as soon as you can. If you need a few seconds to process things before answering, that's fine as well—take the time you need to formulate an appropriate response rather than accidentally hurting your child's feelings with an instant reaction. If this does happen, address it afterwards. Apologize and explain your reaction to them. This will help them contextualize your response and understand that it was not because of some internal fault on their part.

It's also a good idea to set some boundaries together. When is it OK to interrupt? How can they



Photo by Kindel Media from Pexels

tell whether what you are doing is important? How can they tell you that they want to spend time with you? You might have to explain this a few times before they understand, so be patient and persevere!

Scenario 2: Responding to your child's challenges

When a child tells you how they're feeling, your first instinct as a parent might be to offer them a solution. Your child has a problem or isn't feeling good about something, and you want to help. Seems logical, right? This is actually the opposite of what our child therapist Savinee recommends. She says:

"Avoid suggesting or advising them on what to do. Sometimes children just want to express to you how they are feeling. They don't want advice—they know what they are going to do, they just want to be heard and understood. When they do want suggestions they will ask you, or you can ask them: 'shall we think of solutions together?' Keyword—together. Let them feel involved as well."

What is often more helpful than offering a solution is to summarize

what they're feeling and repeat it back to them. For example: "I understand that you can't concentrate on your homework because this is making you nervous." This helps them contextualize their emotions and better understand what they're feeling. You might feel helpless because you're not offering any solutions, but remember, sometimes all they need is a listening and understanding ear!

Scenario 3: Actions and consequences

Another issue our counselors commonly encounter is children who misbehave because they don't receive consequences for their actions. It can certainly be easier in the short term to give in, but this can really affect their behavior in the long run. Childhood is the time to learn about right and wrong, and shoulds and shouldn'ts. What type of behavior is okay and what isn't? What happens when you do something wrong? Children should receive reasonable consequences for their actions along with a reasonable explanation.

Let's say a child pushes their sibling. Letting this slide would tell the child

that this is alright for them to do. On the other hand, if you punish them without explaining to them why this was wrong, they might not understand why there were consequences. Instead, counselor Savinee says to explain to them why what they did was not alright and give them reasonable consequences for what they did, such as a time-out. This is very important, as we want them to not do it again because they know that it's wrong and not because they are scared of the consequences. Do this calmly but firmly, as this best enables children to understand why their actions have consequences and will teach them about right and wrong—a lifelong lesson.

Last but not least, remember that if you are unsure how to handle a situation or how to respond, you can always ask for help! Don't forget that while children are learning how to navigate life, you are also learning how to be a parent. There are a variety of resources available to support and guide you, such as online parent groups, child therapists, and of course, BAMBI!

LION CUBS
Play Group

JOIN THE FUN!

SPECIAL PROMO

REGISTER FOR 15 SESSIONS FOR A ONE-TIME PAYMENT AND WILL RECEIVE A 5% DISCOUNT
REGISTER FOR 28 SESSIONS FOR A ONE-TIME PAYMENT WILL RECEIVE A 10% DISCOUNT

AGE
1-3 YEAR OLDS
STARTING
26TH AUGUST - 22ND NOVEMBER 2024
(FIRST COME FIRST SERVED)

MONDAYS / WEDNESDAYS / FRIDAYS
9:00 AM - 11:15 AM
(ANGLO-PARENTS) (NON ANGLO-PARENTS)
650 THB PER SESSION 850 THB PER SESSION

SCAN ME

ANGLO SINGAPORE INTERNATIONAL SCHOOL

+662-331-1874 / 5
WWW.ANGLOSINGAPORE.AC.TH

ANGLO SINGAPORE INTERNATIONAL SCHOOL, CAMPUS 64



DOLPHIN BAY RESORT is a family run beach front resort in Sam Roi Yot National Park, offering Bungalows, comfortable Rooms, Suites & Pool Villa. Enjoy a relaxing holiday, away from the crowd, where there is something for everyone



THE NEW ME

It's easy to see our children growing and changing, but it's often less noticeable that we are too. Cecilia reflects on all the ways she has shed her old identity and been reborn on her parenting journey, while eagerly anticipating the changes still to come.

Photo courtesy of the author

About the Author

Cecilia Yu is a self-compassion enthusiast and coach. Certified in integrative nutrition coaching, culinary nutrition, goddess yoga, and women's circle leadership, Cecilia empowers mommies and their loved ones to lead a healthy, soulful life through anti-inflammatory dietary lifestyle, meditation, yoga, journaling, and her Self-Compassion Circles for Moms. For inspiration, follow her on @CeciliaADoseofVitaminL (FB/IG).



In my 14 years as a mother, I have come to realize and accept that motherhood is a series of rebirths. With rebirth, it is implied that we die first. Yes, it does sound somewhat morbid. So, if you prefer, let's call it "shed" instead. So, what do we shed? And what new parts emerge afterward?

This isn't an exhaustive list. After all, I am not even at the empty nest stage yet. My youngest is seven, and my eldest is 14. I still find myself knee-deep in the muddy puddles of parenting but I'm making it to the sunnier, drier land of parenting a young adult.

We shed the need for external validation. Replacing that is an inner knowing that "I have enough".

There was a time when I felt the weight of my worth was determined by the accomplishments on my CV. Honestly, these days the only weight I am concerned about is the weight of my bag holding all of my kids' stuff and the mental load I sometimes carry into my slumber. Unlike the weight on my CV, I am not looking to increase these. I have enough to keep my mind and heart full. For better or, on some days, for worse.

We shed the need to stay silent to keep the peace. Replacing that is boldness.

I am not sure if it is age or just having been in this motherhood gig for so long, but I now have fewer filters for what comes out of my mouth. Some days I am exhausted. I am trying my

best to be everything to everyone. With that, in return, I pay myself the benefits of authenticity. I will be bold and speak my truth—my whole truth—so that I don't spend another minute committing to something that drains me or undermines my values. Why? It comes back to that weight I mentioned earlier, and the need to lighten the mental load.

We shed the need to be part of the herd. Replacing that is taking a pioneering approach, even if no one is following us when we look back.

To all the other parents: you do you. If it works for you, then continue doing it. My circumstances, my values, my setup, and so on, may be different from yours. Not better than yours—just different. So, I will not bite my tongue and mindlessly follow the herd chasing the latest trends in education or early childhood development psychology. Sometimes, I will have to pioneer my own paths in order to raise my children the best way that I know how and in the way that best suits them in the season they are in. And if I look back and no one is following, it is OK. Remember #1? I have shed the need to be validated by others.

We shed the need to follow every fast fashion trend. Replacing that is comfort.

Would I love to squeeze my post-baby body into my old Y2K clothes—if I could find them—and follow the new Y2K fashion trend? Yes, but the key word is "squeeze". I love my body and I am not going to let myself go. I exercise, eat healthily,

manage my stress level, and get my quality sleep in, but I have accepted that perimenopause isn't a myth, and the changes happening within my body are very real indeed. So, I will embrace my current body frame and fit into items that allow me to inhale and exhale deeply, with comfort.

We shed the need to control. Replacing that is going with the flow.

I used to abhor indecision and ambiguity. It was downright unsettling, to the extent it gave me a stomachache at times. But over time I learned that others, including my children, aren't me. That means their needs, their schedules, their developments, while intertwined with my life, aren't mine to control. Letting go is truly liberating. It has been a hard lesson to learn, but I promise you, sleep becomes better and relationships improve, leaving us more moments to just be present in and to savor.

We shed the need to be at every social gathering. Replacing that is an appreciation for solitude.

I enjoy people. I am not a hermit. But do I need to be at every party and event? No. A full confident no. With so many schedules to manage for my family, and school events to attend, I relish my moments of solitude. Being alone is very different from loneliness. Those moments when it is just me, a blanket, my couch, my favorite snack (which I don't need to share), and my Netflix are the most healing and rejuvenating moments a mom of two young children can have.

As I said earlier, this is by no means the full list of ways moms will shed and be reborn. I have only been on this mom journey for 14 years. Who knows how many more times, and in what ways, I will rise out of the ashes and transform like a phoenix? Nonetheless, I have enjoyed shedding so far. Each time, it has been liberating and humbling. I invite you to experience these feelings that no magic bullet coffee can replicate, and start contemplating how you have shed and been reborn since becoming a parent.



Photo by Kseniya Kopna from Pexels

THRIVING AS A TCK

Life as a third culture kid (TCK) is often filled with adventure and unique experiences, but it can also come with significant challenges. With the help of psychotherapist Alice, Sheena shares some practical tips for ensuring your TCK is well-equipped to thrive.



About the Author

Sheena is a mother to three-year-old August, runs Super Fly Honey, a brand that makes technical activewear for pole dancers around the world, and dreams about writing children's books. After three years with a lot of yoga, deep friendships, purposeful retreats and IFS therapy, she realizes that becoming a mother is actually a superpower.

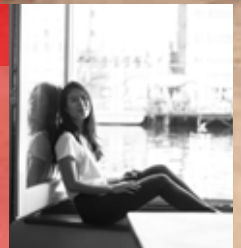




Photo courtesy of the author

I'm at a BAMBI playdate with kids of all sorts of ethnicities, the kind where everyone seems to juggle three languages and a passport collection that would shame a seasoned diplomat. I mention the challenges of raising your kids abroad, the constant goodbyes, the struggle to keep traditions alive. Another parent leans in, a relieved smile breaking across their face. "Oh my gosh, me too! The challenges of raising a TCK, right?"

TCK, that is Third Culture Kid. I've heard it thrown around before but what does it mean exactly? More importantly, is being a TCK a good or bad thing? And if Augie is a TCK, is there anything specific I should do? What do I need to be aware of as a parent?

So many questions. So I interviewed Alice de Ungria to get them answered. Besides being a TCK herself, she is a psychotherapist passionate about self-discovery. She empowers individuals to develop healthier coping mechanisms, greater self-awareness, and cultivate more fulfilling lives. Alice's expertise lies in recognizing the intricacies of each client's personal culture map, including the challenges faced by third culture individuals. With her unique perspective, Alice is

our girl to shed some light on the complexities of raising a third culture child.

WHAT EXACTLY IS A THIRD CULTURE KID?

A third culture kid is someone who has spent a significant part of their developmental years living in a culture different from their parents' and the culture of their passport country.

The key difference between a TCK and a second-generation child (whose parents immigrated) is the number of cultures involved. A second-generation child might grapple with their parents' heritage and the culture they grew up in, but a TCK has a whole new layer of complexity. They're constantly

adapting to new environments, weaving together the threads of their parents' culture, the host culture they're living in, and potentially the culture of the next place they'll call home.

There is no hard and fast rule or official definition, but you can think of it like this: a second-generation child might be juggling two suitcases, while a TCK is constantly building a backpack, adding souvenirs and essentials from every new adventure.

Take me for instance. Mum was born in HK and my dad was born in the Solomon Islands; both are of Chinese ancestry, so I am too. I was born and raised in Australia for the majority of my developmental years. That makes me a second generation



Photo courtesy of the author

Australian with Chinese ancestry but unlikely to be a TCK. Now, take Augie: Chinese ethnicity, Australian nationality, but born in Thailand. Alice tells me that's a recipe for a fully-fledged TCK!

The key thing to remember is that every TCK's experience is unique. It's not just about the number of cultures they encounter, but the depth of those experiences.

NAVIGATING THE MAZE: THREE BIG CHALLENGES FACED BY THIRD CULTURE KIDS

Ever had a feeling of being in between places? That's a familiar experience for third culture kids. On top of navigating new cultures and goodbyes, TCKs also grapple with a unique challenge: figuring out who they are. Let's unpack three of the biggest hurdles TCKs face.

Challenge #1: The farewell tour—saying goodbye and dealing with grief

For TCKs, goodbyes are a way of life. Whether it's visiting then leaving extended family living oceans away or leaving behind beloved friends at school when moving countries, constant goodbyes can take a toll. For kids, these goodbyes usually aren't acknowledged or processed properly, leading to unresolved grief.

Imagine this: you're a child constantly uprooted, leaving behind pieces of yourself with every move. It's no wonder that goodbyes can feel overwhelming. Alice has some suggestions for parents to help TCKs navigate this challenge:

- **Acknowledge the grief:** Don't minimize what your child is feeling. Let them know it's OK to be sad and miss the people they're leaving behind. Resist the urge to try to cheer them up prematurely. You may unintentionally dismiss their feelings.
- **Help them stay connected:** Brainstorm ways for your child to keep in touch with loved ones, whether it's video calls, letters, or care packages. This can help create a sense of continuity



Photo by RDNE Stock project from Pexels

- despite the move.
- **Encourage open communication:** Create a safe space for your child to talk about their worries and anxieties about the move. Listen actively and be empathetic.
- **Help them process their feelings:** Explore creative outlets like journaling, drawing, or playing music to help your child express themselves.
- **Pre-move exploration:** Before the big move, ignite your child's curiosity about their new home. Explore the new country virtually together. Look at pictures of landmarks, landscapes, and cultural events. Watch videos showcasing local traditions, food, and music. Talk about things they might find interesting, like trying new foods, learning a few basic phrases in the local language, or attending a cultural festival.
- **Connecting before arrival:** If possible, try to connect with other families who live in the new country, especially those with children. This can be done through online forums or expat groups. Having a playdate lined up for your child's arrival can ease some first-day jitters and provide a familiar face in a new environment.
- **Highlight the positives:** Focus on the exciting aspects of the new location. Is there a beach they can't wait to visit? A historical monument they're eager to see? Maybe there's a specific cultural activity they're interested in trying. Talk about these things in the weeks leading up to the move, fostering a sense

of anticipation and excitement for the new adventure.

- **Create an adjustment plan:** Moving can be overwhelming, so having a plan in place can make all the difference. Structure the first few weeks to allow your child time to adjust. Schedule some relaxation and exploration time alongside any necessary registration processes or school visits. This allows them to slowly acclimate and discover the good things about their new home.
- **Celebrate small wins:** Moving to a new country is a marathon, not a sprint. Celebrate your child's small victories, whether it's mastering a new word in the local language, making a new friend, or trying a new food they enjoy. Recognizing these achievements builds confidence and shows them that they're capable of thriving in their new environment.
- **Seek professional help:** If your child is struggling significantly with goodbyes, consider consulting a therapist who specializes in working with TCKs.

These suggestions both acknowledge the negative feelings while fostering positive feelings to create a supportive environment for your TCK as they navigate the challenges of goodbyes.

Challenge #2: The identity odyssey—where do I belong?

The question "where are you from?" can be such a loaded one for TCKs. There is often no easy answer. In fact, a good test for whether someone identifies as a TCK is that

moment of hesitation when asked that very question. The pause to figure out which piece of their complex identity to present first. They might feel pressure to fit in with their parents' culture or the culture of their current home. This internal struggle can lead to a feeling of disconnection and a yearning to understand their roots.

Here are some tips:

- **Validating feelings:** Don't dismiss your TCK's confusion about identity. Resist the urge to project your own thoughts, like "of course you're Chinese!" Remember, for them, the answer might not be so obvious. Acknowledge that feeling like you don't belong anywhere is a common experience for TCKs. This can be challenging if you are not a TCK. There are many resources available—consider exploring books or websites about TCK experiences, chatting to someone who is a TCK about their experiences, or even connecting with other TCK families for additional support.
- **Language:** Learning the language of your heritage is one of the best ways to connect with your culture, but don't force it—make it fun!
- **Find a community:** Look for cultural communities or events in your area. Surrounding your child with others who share their heritage can make a big difference.
- **Help them explore their story:** Encourage your child to create a timeline or map of their life experiences. This can help them visualize the different cultures they've been exposed to and understand how these experiences have shaped who they are.
- **Encourage self-expression:** Provide creative outlets for your child to explore their identity, such as writing, drawing, or music.
- **Role models and mentors:** Look for positive role models who are also TCKs. This can help your child feel less alone and show them that it's possible to thrive with a multicultural upbringing.
- **Be patient:** Building a strong sense of self takes time. Be



Photo by Polina Zimmerman from Pexels

patient with your child as they navigate the complexities of their identity.

Challenge #3: The double-edged sword of adaptability

Many TCKs are masters of adaptation, like chameleons seamlessly blending into their surroundings, like social butterflies easily making friends in new cultures. This adaptability is a huge strength, allowing TCKs to thrive in constantly changing environments.

However, these constant changes can lead to a feeling of losing touch with your authentic self. Imagine a chameleon constantly changing colors—it might struggle to remember its own true color. This confusion around identity can be a major challenge for TCKs.

Thus, adaptability is a double-edged sword. While it allows TCKs to be sociable and connect with people, it could also lead to a sense of not belonging anywhere. Constantly changing to fit in can make it difficult to know who you truly are.

Here are Alice's tips on how parents can help:

- **Validating feelings:** Feeling like you don't belong anywhere is a completely valid and common experience for TCKs, so it's important that you don't dismiss any confusion your child might be feeling about their identity.

- **Connecting to heritage:** Help your TCK explore their cultural background through language, food, and traditions. This can anchor them to a sense of self and their roots. It's important to find a balance here. While exposure is key, avoid forcing your child to engage in cultural activities. This can backfire and create negative associations. I remember when my parents used to force me to go to Chinese school every Saturday. Instead of fostering a love for the language and culture, it became a chore I dreaded. The pressure took away the joy of learning.

Instead, focus on making cultural exploration fun and engaging. Find ways to connect heritage to their interests. Maybe there are cartoons or movies in their heritage language they'd enjoy. Explore cultural recipes together and turn it into a fun cooking activity. Celebrate holidays with traditional foods and stories, but allow them to participate at their own comfort level. By making it enjoyable, you can spark a genuine interest in their heritage that will last a lifetime.

- **Stability at home:** Create routines and rituals that provide a sense of safety and security. These will be their anchor amid the constant change of moving to new places.

Remember, being a TCK is a unique gift.

Being a TCK is not a burden but a gift. Their adaptability and intercultural skills are valuable assets. By acknowledging the challenges and providing support, parents can help their TCK embrace their unique identity and thrive in the world. So, the next time you meet another expat parent, and their child confidently declares their nationality, ethnicity, and even birthplace, remember, there might be a whole backpack full of stories waiting to be unraveled. They might be a third culture kid, navigating the beautiful and bewildering world of growing up between cultures.



BAMBI Committee, 2024

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.

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

CALL FOR VOLUNTEERS



Please scan for more details about the available positions.

The following opportunities are currently available:

- Activities Coordinator
- Assistant Editors (BAMBI Magazine)
- Chairwoman
- Database Coordinator
- Events Coordinator
- Photographers

VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

Annabel's
EARLY YEARS



Annabel's

Brand new nursery campus
opening August 2024

UK platinum accredited nursery and pre-school with a stunning, natural setting in the heart of Ekamai. Your child will receive the best British Early Years curriculum with a Reggio inspired philosophy.

Book your visit
and find out Where Children Grow

Contact us to arrange a visit

☎ : 02-391-8181 📞 : 092-263-7648

📍 : Ekamai soi 10



ST. STEPHEN'S INTERNATIONAL SCHOOL New Campus



St. Stephen's
International School
Where Education Wins

📞 Call for more information

02-5130270-1



BAMBI PLAYGROUPS & ACTIVITIES

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



**KIDDIEVILLE
PLAYGROUP**



**BRITISH CLUB
PLAYGROUP**



**WONDERKIDS
PLAYGROUP**



FOOTBALL



**TODDLER MUSIC &
TODDLER TUNES**



**BAMBI
PLAYGROUPS**

SCAN NOW

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



**NON-BAMBI
PLAYGROUPS**



Little Maple

Creative Learning Center

"A bilingual nursery(Thai/Eng)" a revolutionary new concept for your child's development and accelerated learning. Your child learns faster than you think
"Together we can prove this!"

We are the bilingual nursery. Our curriculum is a thoughtfully designed program that provides developmentally appropriate experiences within a child-centered, comprehensive, and play-based approach.

Nursery Program

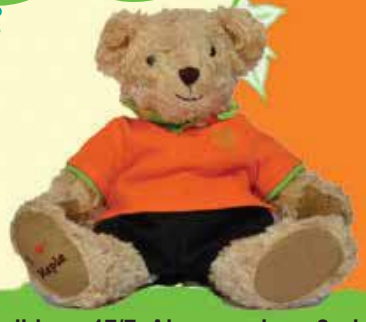
We provide Day care services for all nationality kids, aged 3 months - 6 yrs old.

Thai Summer Course
July 8-19, 2024

"Experiment & Cooking"

@ Sathorn branch

3.5-6 yrs.



Sukhumvit branch : 26, Soi Thonglo 25, Sukhumvit 55 rd., BKK. Tel. 02-1850785, 085-3174317
Line ID : maplesukhumvit

Sathorn branch : 21, Soi Naradhiwas 17/7, Akansongkro 2 rd., Thung Mahamek, Sathorn, BKK Tel. 02-286-2772, 087-495-5490
Line ID : littlemaplenursery

www.littlemaplenursery.com
www.facebook.com/littlemaplenursery



Thailand's Official Specialized Dental Hospital

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



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

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



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

02 115 8977

www.DentalHospitalThailand.com

THE ROLE OF SCHOOLS IN TURNING OUT GLOBALLY AWARE CITIZENS

As travel and technology help to reduce the distance between countries, it's more important than ever that we raise our children to be globally aware. Chinyere explores what that means and how schools play their part.



Photo by Thirdman from Pexels

About the Author

Chinyere Nwachukwu is a mom of three and entrepreneur. She helps other moms start and scale their own businesses from home by leveraging digital skills. When she's not working, she is spending time trying out new recipes in the kitchen or reading a thriller novel.

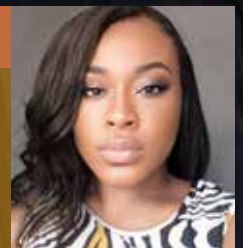




Photo by Stefano Oppo from corelens

Outside the home, schools have the most influence on children. At school, children acquire values, build relationships, and form a view about the world around them. This is why the education children receive in school is crucial.

A changing world

The world keeps getting smaller by the day. With the rapid advancements in technology, diverse cultures and societies are becoming highly interconnected. With a few taps on a smart device, we can connect with someone on the other side of the world with shocking ease. News outlets and social media platforms are popping up all over, keeping us up to date with events happening across the globe. It almost looks like everyone is together in one big stadium.

What it means to be “globally aware”

In light of this, what does it mean to be a “globally aware” citizen? At its center, being globally aware means cultivating a healthy curiosity and respect for the diversity of human

expression around the world. It means seeking out and acquiring knowledge about different cultures, traditions, histories, and current affairs while developing the ability to consider other viewpoints with empathy and understanding.

The role of schools

Many schools appreciate the importance of being globally aware and have structured programs teaching their students to be globally relevant. These programs include things like foreign language classes, history education, and exchange programs.

However, becoming globally aware goes deeper than teaching surface level facts and figures about other nationalities or cultures. It is more about instilling core values like open-mindedness, ethical thinking, empathy, and a respect for human rights and justice. The aim is to have children who don’t just have vague head-knowledge about the things happening around them but who are inspired to be active and passionate participants in making a positive difference to the world.

Cultural stories

I remember listening to stories about the Roman Empire, the British throne, and the free-spirit of the American in school. My classmates and I would sit in awe, our imaginations wandering and conjuring our own perceived reality. Most importantly, these stories stuck and fueled a curiosity that kept us seeking out new information at every turn. As we grew older, we learned about global issues like poverty, access to clean water, and Medicare, and from these nascent stages, a desire to contribute to change was born.

With progress in our education, we were encouraged to explore complex historical events through different cultural lenses, grapple with moral and ethical dilemmas, and discuss current events. In addition to this, we engaged in hands-on cultural activities and community service projects involving different communities. These types of activities made the abstract concepts learned in the classroom real and tangible for us students.



Photo by Pavel Danilyuk from Pexels

The power of travel

Travel is another powerful tool to help children gain exposure to the outside world. I still remember traveling with a few of my classmates and our teacher to a neighboring country. The visit gave us the opportunity to experience a different culture and society firsthand through cultural events, language practice, and community service. It was on that trip that I fell in love with the French language and culture. An experience such as this can encourage and build personal growth.

It is true though that for many students, extensive travel simply isn't an option—this is where technology steps in to bridge the gap. Today's digital tools allow kids to travel virtually and connect with students, experts, and community partners around the world through the use of video conferencing tools, social media, and other collaborative platforms. This exposes students to diverse perspectives and allows them to engage directly with professionals and activists working on global issues such as

climate change, human rights, and international development, and also provides them with opportunities to connect with peers from different countries and cultures.

Regardless of the approach or method used, the most important thing is to create a sustained, cohesive approach to global learning that becomes part of the overall school culture and experience. One-off classroom lessons in isolation won't have the same transformative impact as an integrative model that reinforces rich global perspectives across several areas and grade levels.

Diversity at home

Schools should also emphasize that global diversity can exist within our own communities. One doesn't necessarily need to look abroad to encounter different perspectives. Many schools are situated in immensely diverse areas where families have roots all over the world. Exploring the experiences of students and their parents can be incredibly enriching.

As our world grows ever more connected, raising the next generation of ethical and globally competent leaders and citizens must be a priority. We want our children to step into adulthood with a broad, educated world view as opposed to a myopic one. We want them to be curious about issues and events and respectful of differences and diversity. We also want them to be committed to making the world a more just and equitable place for all. Schools have such an important role to play in achieving this vision. By incorporating rich and diversified learning opportunities into their curricula, they can help young people gain the mindset needed to thrive in this interdependent world.

Here I am!





COULD YOU BE OUR NEXT

EVENTS COORDINATOR?

Do you have a knack for party planning?

Do you enjoy liaising with different event partners to deliver successful and memorable events? If yes, then come volunteer with BAMBI as our events coordinator!

We are looking for an enthusiastic and motivated individual who loves working in a diverse team and can help organize and deliver BAMBI's larger annual events such as the Splash Bash and Halloween Party, as well as internal team events.

If you are interested and/or require more details on the position, please email vicechairwoman@bambiweb.org.

BAMBI





BANGKOK SUPPORT GROUPS

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

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

PRE- & POST- NATAL SUPPORT

BAMBI
BUMPS & BABIES
BANGKOK

BAMBI
NEW MOON

PARENTING SUPPORT

ADOPTION
SUPPORT
FOR FAMILIES
IN THAILAND

TWINS
AND MULTIPLES
GROUP

DISABILITY & NEURODIVERGENCE SUPPORT

LEAP
(LEARNING
& EDUCATIONAL
ADVOCACY
PROGRAM)

RAINBOW
ROOM

SUPPORT FOR WOMEN

BEYOND
BOOBS

BANGKOK
BREAST
CANCER SUPPORT
GROUP (BBCS)



SCAN NOW TO READ MORE

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

MEET NATASHA

Natasha talks us through her busy Bangkok life and tells us why she loves Thailand.

W

Where are you from and what's your nationality?

I am originally from England. I lived in a small village in Somerset, then I spent ten years in London before moving to Bangkok.

Can you tell us about your life back home?

When we go home, we mainly spend time with family and friends. We try to do lots of walking and enjoy the cooler weather and all the food we've missed!

Can you tell us something about your career and work?

This year, I have been a stay-at-home mom, but I have also started teaching children's yoga classes through my own company, Story Time Yoga. I teach baby and toddler yoga classes at Bumpy Daisy and family yoga workshops at Yogatique. I also volunteer with BAMBI at the Little Birds and Small World playgroups. Before this year, I was an early years and Key Stage 1 teacher at Bangkok Prep International School.

And what about your spouse?

He is assistant head of curriculum at Bangkok Prep Primary School.

Please tell us a little bit about your family.

We have two children: Amelie who is nearly three years old and Alfie who is just turning one. We also have a small rescue cat called Hannah who we got from PAWS cat rescue. Life is busy with a toddler and a baby, but we are very fortunate that our families like to visit us in Thailand, and we especially love sharing our lives with them. We also have many friends with children of similar ages and it is so great to have the children spend time together, playing and having fun.

When did you come to Thailand?

Ten years ago in August as a single woman. So much has changed!

What do you miss the most about your country?

I miss my family and friends the most! I also miss some of the cultural attractions in London such as the theaters, galleries, and museums.

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

Busy, busy, busy! At the moment, both children are at home so we can usually be found going out to playgroups, music class, or my yoga classes, which the children love. I also like to try new places with the children and I document our adventures on my Instagram @bangkokmamaandbaby, which is lots of fun.



When I get a chance, I like to do yoga classes for myself too!

What do you love most about Thailand?

The people are so friendly and welcoming. Everyone is so kind to children too and they make children feel really welcome.

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

I was lucky to be here before having children, so I got to travel a lot, and I also traveled during COVID when things were cheaper! One of the most magical experiences I had was staying in Chiang Rai Golden Triangle at an ethical elephant reserve and getting to see how they helped rescued elephants.

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

The heat! Also, learning some of the language to help navigate the city!

How did you find out about BAMBI?

From Bumpy Daisy, when I had my first daughter Amelie.

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

Follow other Bangkok mums on social media. Instagram can be a great tool for finding new places. And don't be scared to go to events by yourself—everyone is so friendly!

BAMBI: THE TEAM

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

FOUNDER

Mel Habanananda

HONORARY PRESIDENT

Simmi Rajkitkul | advisor@bambiweb.org

HONORARY MEMBERS

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

VOTING POSITIONS

Chairwoman | VACANT
chairwoman@bambiweb.org

Executive Board | Chiaki / Daisy / Rocky
vicechairwoman@bambiweb.org

Secretary | Rocky
secretary@bambiweb.org

Treasurer | Ritika
treasurer@bambiweb.org

Activities Coordinator | VACANT
activities@bambiweb.org

Editor, BAMBI Magazine | Sanam
editor@bambiweb.org

Charities Coordinator | Lynda
charities@bambiweb.org

Database Coordinator | Daisy
database@bambiweb.org

Events Coordinator | Chiaki
events@bambiweb.org

New Members Coordinator | Shelka
newmembers@bambiweb.org

Playgroups Coordinator | Hilda
playgroups@bambiweb.org

PR/Media Coordinator | Eva
media@bambiweb.org

Website Coordinator | Frances
websitassist@bambiweb.org

VOTING/EX OFFICIO/BY INVITATION

Bumps & Babies Coordinator | Jo
bumps@bambiweb.org

NON-VOTING POSITIONS

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

Member Benefits Coordinator |
Lynda: benefits@bambiweb.org

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

Assistant Playgroups Coordinators |
Sassy: playgroupassist@bambiweb.org

Playgroups Team |
Nana / Poppy / Mimi / Deshna / Donna /
Annika / Ryoko / Nobu

Assistant Treasurers |
Rieko: treasurerast4@bambiweb.org
Saeko: treasurerast2@bambiweb.org
Takako: treasurerast6@bambiweb.org

Activities Team |
Maria / Takako / Eriko / Hideko

Bookkeeper |
Phorn: bookkeeper@bambiweb.org

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

BAMBI Magazine - Feature Writers |
Kelly / Sheena / Jeannie

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

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

Advertising Inquiries to:

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

BAMBI Magazine - Photographer |
Jana

BAMBI Magazine - Assistant Editors |
Rachel O: assisted1@bambiweb.org
Monisha: assisted2@bambiweb.org
Chrissy: assisted5@bambiweb.org

Database Team |
Shiwani / Yoko

Events Team |
Momoe / Ami

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

Promotional Designer |
Yumi: design@bambiweb.org

Thai Coordinator |
Lynda: thaicoordinator@bambiweb.org

Website Team |
Yumi / Anshul

Assistant Charities Coordinator |
Miho: charitiesassistant@bambiweb.org

New Members Assistant |
Emily

Artwork Inquiries to:

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



KIDS' ACADEMY INTERNATIONAL SCHOOL

Learn to Play, Play to Learn



With over 20 years experience, UK qualified educators, valued parent partnerships and stimulating learning environments, we are committed to providing outstanding care and education at our Early Years and Primary campuses.



Building the foundation for the leaders of tomorrow

KIDS' ACADEMY - EKKAMAI SOI 2
INFO@KIDSACADEMY.AC.TH
02 714 3636
WWW.KIDSACADEMY.AC.TH

KIDS' ACADEMY - SRINAKARIN SOI 57
INFO@KAIS.AC.TH
02 047 7400
WWW.KIDSACADEMY.AC.TH





Do you believe
that the power
to make the
difference lies
in you?



Powering ISB Panther Spirit since 1951

#ISBPantherSpirit
www.isb.ac.th

ISB International School Bangkok

39/7 Soi Nichada Thani, Samakee Road, Pakkret, Nonthaburi 11120
Telephone: 0 2963 5800 | admissions@isb.ac.th