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SPOTLIGHT

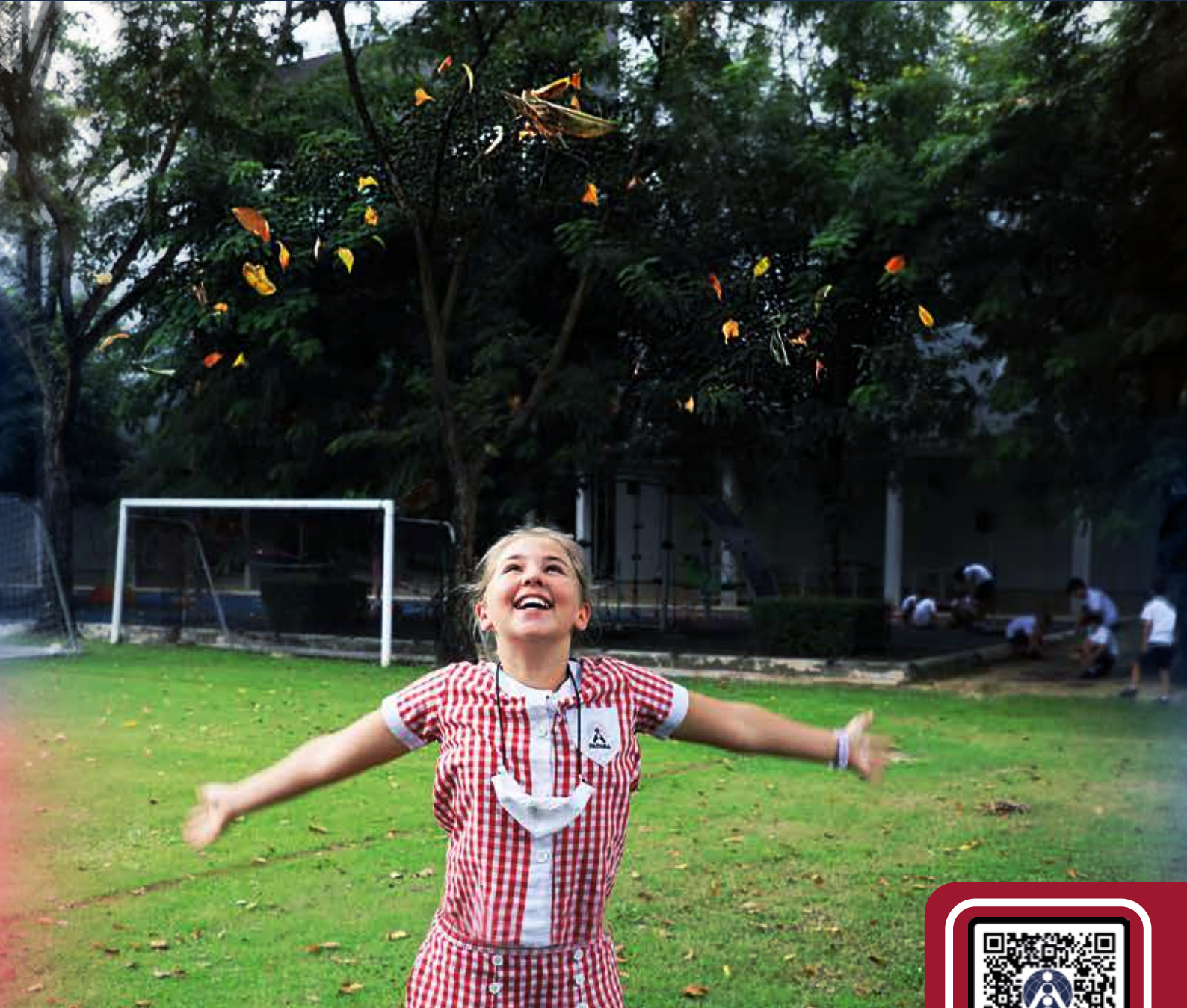
AROUND THE WORLD'S
KITCHENS IN A DAY

MAY 2022

A project of Childbirth and Breastfeeding Foundation of Thailand

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Welcome to BAMBI

"Support and friendship through the common bond of parenthood"

Mel Habanananda



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

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



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Jessica Haines

Dear members,

Living in a multicultural city like Bangkok, I feel fortunate to be exposed to so many different cultures and customs. Something that seems to be at the heart of all cultures is food. Food brings us together, food plays a major part in celebrations, and food has the potential to make us feel great.

In this month's edition, we explore the topic of food with some features that celebrate what it means to different members of our community. It's a privilege to learn more about the people who make BAMBI what it is, and we are thrilled to see so many of them getting involved.

BAMBI has been up and running again for a couple months now since the COVID closures, and seeing our playgroups and activities fill up again has brought us so much joy.

Since April our British Club Playgroup has no longer required a booking. The BAMBI team is working hard to make the booking process as streamlined as possible and will slowly be making changes as we feel safe to do so. We ask that you follow our Facebook page to stay up to date with any more changes that may happen.

Have a wonderful month ahead, eating lots of yummy things with your beautiful families.

Jess
BAMBI Executive Board

OUR COVER KIDS KARIN & RYUSEI



NAMES

Karin (6 years), Ryusei (3 years)

WHERE ARE YOU FROM?

Japan

HOW LONG HAVE YOU LIVED IN THAILAND?

Since June 2021

FAVOURITE PLACE TO GO AS A FAMILY:

Sailom Bangpu

FAVOURITE RESTAURANT:

Ma Maison's hamburger and omelet rice are delicious!

WHAT'S ON YOUR THAI BUCKET LIST?

I'd like to visit various tourist spots and take pictures.

WHAT DOES BAMBI MEAN TO YOU?

For me, BAMBI is a wonderful place to see the smiles of many families.

COVER PHOTO BY: SAYURI

Dear readers,

Back when I was an international student at university, one of the things I missed terribly was home-cooked meals. Every time I spoke to my family, I would ask what they'd had for dinner. My sister always found this hilarious, but I couldn't explain to her how much more I now appreciated and craved the simple, nourishing meals after days of consuming bland cafeteria food or unhealthy takeaway.

I wasn't the only one. There were others in my hall of residence who also missed their traditional foods. In fact, we missed the whole experience really—of sitting down with our families at the end of the day, and discussing our daily shenanigans over a hot meal.

So we started a weekend ritual. A bunch of us would gather together in someone or the other's kitchen every weekend, and we'd cook our favorite meals together, share stories, and bond with each other. These girls, hailing from all corners of the globe, are some of my best friends now, and while we no longer gather in each other's kitchens every week, we continue to nurture the sisterhood we formed years ago.

As it did for us during our student days, food and its culture lies at the heart of so many people's way of life. We eat to celebrate, welcome new changes, bid farewell, for entertainment, and simply because it's fun to share a meal with our loved ones.

The role of food extends beyond merely providing sustenance in our

lives. It is what connects us to our families and communities, to the world around us and also helps us present to the world who we are and where we come from.

However, oftentimes food can present us with exhausting challenges—What to cook for dinner? What's left for lunch? Am I using too many processed ingredients? How can I improve my family's diet? How can I encourage the kids to try new dishes? The list can go on and is one that we are all too familiar with as parents.

This month BAMBI Magazine delves into the world of food, and brings you a variety of articles that will help you shake things up in your kitchen and put the joy back into planning, preparing and sharing a meal with your loved ones.

Members from different cultures offer you a glimpse of their dining tables, and aspiring restaurateur Anelia shows how you can rustle up a special family dinner. Introducing solids to your babies is made easier with Dr. Tanisa's article on nutrition and weaning, and self-compassion enthusiast Cecilia shares how different foods can be used to heal our chakras.

In honor of BAMBI's 40th birthday this year, we continue our celebrations with more birthday messages from our readers, and a spotlight on one of our longstanding volunteers, Sara.

Other articles featured include the second installment of photographer



Sanam Raisa Rahman

lan's series on photographing your children, financial coach Jex's discussion on the differences between providing allowances and commissions to kids, and Bumps coordinator Jo's article on what mothers can expect during the period after birth.

Before signing off, I would like to extend a special thanks to Hanae, our Japanese editor, and Ashima and Sadiya, our assistant editors, who've all stepped down recently. The time and effort you all put into the magazine is truly appreciated and you will be missed by us all!

Finally, thank you to all the contributors and the magazine team for making yet another issue possible, especially when most of us are gearing up for the Songkran holidays. I wish everyone a happy, healthy month ahead!

Sanam
Editor



DID YOU KNOW?

The 'Boing Baby' was designed by Jo McKenzie and first appeared in the March 1983 edition of the BAMBI Newsletter. Jo was the first newsletter editor.

The 'Boing Baby' is considered BAMBI's good luck talisman, and has appeared in every newsletter since.



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HAPPY BIRTHDAY FROM BAMBI!



MAY BIRTHDAYS

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Ella Darawan Olsson

Elsa Wannadara Olsson

Emmett Malone

Evan Lennox

Francois van der Westhuizen

Heidi Williams

Julie Bijleveld

Kian Tse

Kimi Zayne Kennett

Kirati Rattanawong

Mai

Mei Fujibayashi

Monica Taniguchi

Nao Sakai

Nobuhiro Hosono

Podchara Darmaraksa

Rex OBrien

Serena Soon

Sophie Farnworth

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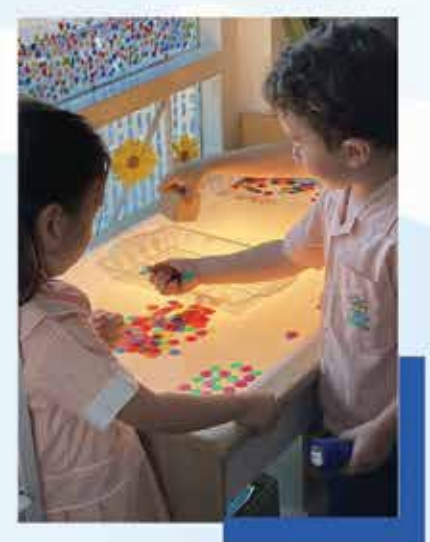
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A CULTURE OF CURIOSITY, CONFIDENCE AND KINDNESS



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START YOUR WEEKEND ON A DELICIOUS NOTE!

Tuck into these great recipes by Anelia, an accomplished chef and restaurant consultant, who knows just how to tantalize your taste buds with a mouthwatering Broccoli and Bacon Pasta rounded off with a Heavenly Dessert.

At the moment, we all might be ordering in meals from restaurants and hotel kitchens with the pandemic keeping us at home quite often for long periods of time. While it's fun and different at first, eating takeout food can become tedious and costly in the long run. Here are two of my favorite recipes to put a sparkle back into homemade meals on the weekend. How about rustling up this delicious pasta dish followed by a delectable dessert for the family this Friday?

One-wok Broccoli and Bacon Pasta

I love pasta, so for a special family dinner to celebrate the start of the weekend, cooking a delicious pasta dish is the obvious choice. "I will share it among my neighbors," I said to myself the last time I made this one-wok beauty. However, there wasn't even enough left for the bachelor living down the soi, and he does not look like a big eater! Bottom line, I enjoyed most of it myself. Without further ado, here is a wok dish that is sure to be popular with all members of the family. Remember to invite the neighbors (or not!).

Preparation time: 20 minutes

Cooking time: 15–20 minutes

Serves: 5

Ingredients:

400 g dry spaghetti
 1 cup brown onions, finely chopped
 1 cup bacon, cut into small pieces
 10 ml olive oil
 ½ teaspoon salt
 3 garlic cloves, finely chopped
 1 medium-sized head of broccoli, cut into small florets
 2 chicken stock cubes
 10 fresh Thai basil leaves, plus extra to serve
 500 ml water
 250 ml coconut milk (and another 250 ml water in the same cup)
 Pinch of salt, pepper, and paprika
 Parmesan to serve

Method:

1. Heat 5 ml olive oil in a wok over medium heat and add the bacon, onion, and garlic. Fry for about four minutes or until the onions are soft and browned.
2. Now add 500 ml water, chicken stock cubes, and the basil leaves, and bring to the boil. Boil for three minutes.
3. Remove the basil leaves with kitchen tongs, and add the rest of the olive oil, ½ tsp of salt, and pasta. Cook for ten minutes on high heat.
4. Now add the broccoli, coconut milk, and 250 ml water. Reduce the temperature to medium heat, cover with a lid, and simmer for another 5 minutes or until the pasta is al dente. Make sure the broccoli is cooked but still crunchy and bright green.
5. Add a pinch of salt, pepper, and paprika powder, give it a quick mix, and . . . dinner is served!
6. Serve with Parmesan shavings and fresh Thai basil.





Heavenly Dessert

If heaven was a dessert, this would be it. Rich, creamy, and sweet—this is the dessert that dreams are made of! I used the traditional South African Malva pudding as a base (this is the ‘sponge’) and then added some Thai flavors to it.

Preparation time: 20 minutes

Baking time: 40–45 minutes

Serves: 8

Ingredients:

Sponge:

- 4 large eggs, room temperature
- 370 g brown cane sugar
- 50 ml honey
- 30 ml melted butter
- 250 ml coconut milk
- 1 ripe mango, peeled
- 15 ml vanilla extract
- 15 ml ginger powder
- 15 ml white vinegar
- 500 g all-purpose flour
- 2 Tbsps baking soda
- 1 Tbsps baking powder
- 1 Tbsps salt

Sauce:

- 250 ml coconut milk
- 125 g butter
- 125 g sugar
- 5 ml ginger extract
- 5 ml vanilla essence
- Whipped cream or vanilla ice cream to serve
- Grilled mango and nuts to serve (optional)

Method:

1. Preheat the oven to 180°C, and grease a 20 cm square baking dish.
2. To make the pudding, in a large bowl mix the eggs, sugar, honey, and butter until light and creamy. Then add the coconut milk, vanilla, and vinegar and mix again until combined.
3. In another bowl, mix together the flour, salt, ginger powder, baking powder, and baking soda.
4. Blitz the mango on high speed in a blender for approximately 40 seconds.
5. Gradually stir the dry ingredients into the wet mixture until thoroughly combined and then fold in the mango puree.
6. Pour the mixture into the prepared baking dish and bake for 40–45 minutes or until a knife inserted in the center comes out clean.

To make the sauce:

In a small pot, bring the butter, coconut milk, sugar, vanilla essence, and ginger extract to a boil and simmer for 5 minutes. Then remove from the stove. Finally, pour over the hot baked pudding. Serve with whipped cream or vanilla ice cream. Add some grilled mango or nuts and enjoy heaven.

Photos courtesy of the author.

About the Author

Anelia is a performing artist from South Africa. She has been living and working as a teacher in Thailand for eight years. She also writes educational children’s books, makes music, and loves to spend time in the kitchen. IG: [aneliathegreat](#)



CAPTURING MAGIC WITH LIGHT

In this next instalment of his series on how to take great candid photos of your kids, Ian Taylor shares his tips on using light.

While the most important thing to getting natural pictures of kids is to keep it all fun, four or five other elements go into the mix.

The usual course of photography instruction is to cover all the standard topics like cameras and lenses before moving on to actual photography. But I realized early on that 'seeing' is much more important than knowing the equipment, and the most crucial detail you need to see is light.

All pro photographers share one thing; they understand light—or at least their light. And while you don't need perfect light to make a decent image, bad light ruins every potentially perfect portrait before you even press the button to take a photo.

Overhead midday sunlight is the most common unflattering light. We all know the look: the bright sweaty face, squinting eyes buried in dark eye sockets. It never works—unless you use a flash, but that's a different approach.

The general rule of thumb is, if the overhead light is strong enough to cast shadows, it will be almost impossible to take flattering 'people photos'. It can be great for landscapes, though! Natural-light photographers constantly look for 'open shade'. These are areas protected from the sun but with high ambient light levels. In other words, it's bright, but has no shadows.

In a portrait photographer's heaven, every day is overcast with high clouds letting through plenty of light. On those days, you can work pretty much anywhere that's wide open. Beaches are the best, but parks can be ideal as well. If it's a bright day with that harsh overhead sun, head for open shade. That's 90% of how I deal with the sun.

14 • May 2022



'Light tunnel'. Bright catchlights. 35mm



Using shade of a pillar to block harsh light. 135mm

You will know you have perfect light when there is even illumination across the face and 'catchlights' in the eyes. 'Catchlights' are those tiny reflected bright spots in the eyes, usually the pupils. These little details will give your portraits life.

The most accessible spots to work with kids are in what I call 'light-tunnels'. These are locations where the light is cut off from all sides, except in front of the subject (the person you are taking the photo of). The mouth of an alley or a doorway are perfect examples of 'light tunnels'. You can also create this look with rocks and trees, and indeed anything that cuts light off from all sides except in front.

For each location you'll learn to ask yourself, "Where is the light coming from, and what is the quality of that light?"

Understanding what makes for good light is the quickest way to instantly elevate all of your photography, not just your portraits. Whether you shoot with a new Canon or a ten-year-old iPhone, understanding how to light the face and eyes is a key skill.

There is no reason not to have great photos of your children in this era of technological advancement. Once you get the basics down, getting pro-level shots is straightforward. Like driving a car or playing the piano, it's all about getting to where you do things automatically. It takes a bit of practice, but in 100 years, your kids' kids will have amazing photos of this generation. Take the proverbial long view with regard to family photos and let them tell your story for generations to come.

And learning how to take a flattering portrait, whether of your kids or your friends, is a trick that never goes out of style. "Nice light" is one of the best compliments you will receive.

Next time we'll get to some more 'kid-specific' ideas. Prepare to get active!

Photos courtesy of Ian Taylor Photography.



Like this article? Let us know!

About the Author

Thailand-based Ian Taylor has been a roving family photographer since 2006. His e-book, 'Never Say Cheese: How to Take Great Natural Photos of Your Kids' is available at iantaylor.ca. For questions and comments, contact Ian via his website or on FB: @IanTaylorPhotography



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AROUND THE WORLD'S KITCHENS IN A DAY

Sniff, sniff. Smell that? Yummy meals from different cultures are being stirred up throughout Bangkok. Find out what different families eat when they sit down to chow down.

Image: Canva

CHYI LEE

My husband is from Laos and I am from Malaysia. We have a four year old daughter. After spending seven years in Bangkok, we now live in Kuala Lumpur.

My husband and I come from different cultures and we have both lived in a few other countries. Hence, we appreciate various cuisines. My husband also loves cooking. When he has time, he prefers cooking for the family rather than eating out. As a result, we are lucky to enjoy his healthy, homemade food.

Both of us are working parents, so we work as a team when it comes to handling household chores, dropping off and picking up our child from nursery, and cooking. My husband is very

selective about food ingredients so takes care of the grocery shopping. Staples in our pantry include milk, coffee, tea, cereal, fruits, and yogurt. On weekdays, we take turns to prepare the food, depending on who gets home first, and we just eat out if neither of us has time to cook. On weekends, we either cook together or dine out to explore new places.

We normally sit down together as a family with every dish served at the center of the table. We help ourselves to the food. This way of eating is also the norm in our home countries.

A typical day's meals for us looks like this:

- Breakfast: toast, soft-boiled eggs, coffee, milk, fruit
- Lunch: usually Southeast Asian cuisine such as rice with a few

dishes or noodles. We usually eat separately at our workplaces and our child eats at nursery.

- Dinner: rice with two or three Asian dishes such as Chinese herbal soup, kimchi, Thai style stir fries, Japanese salads.
- Snacks: fruit

We usually go for soft-boiled eggs for breakfast because they are simple, tasty, and nutritious. They can be eaten as is or served with toast.

Recipe: Soft-boiled Eggs

Serves: 1

Total time: 8 minutes

Ingredients

- 2 fresh eggs, we like to use free-range
- Soy sauce
- White pepper

Method

1. First, boil a small pot of water. Once boiling, turn the heat off, put the eggs in, and cover with a lid.
2. Next, set the timer for six minutes.
3. After six minutes, take the eggs out, peel, and serve in a small bowl. Add some soy sauce and white pepper to taste.



Image: Canva

KHALI HALAT

I am from Manila, Philippines and moved to Bangkok almost three years ago after working in Singapore for seven years. There are three of us in our family, including my 19-month-old daughter, Maria.

Meal time with my family is one of the most important parts of my day, as it brings us closer and helps promote good eating habits for my daughter. Growing up in the Philippines, I learned to see meal time as an opportunity for the whole family to come together and share their thoughts and feelings. This is something my husband and I would like to pass on to Maria.

My husband and I share the grocery shopping and food preparation. He is a professional chef and very hands-on in the kitchen. I'm a stay-at-home mom, and when he isn't around, I do the meal preparation. But when his schedule allows, he prepares meals and freezes them in case I don't get a chance to cook.

We get our dry supplies from Tops and Villa Market, and try to support local farms like Klongphai Farm for items like free-range organic eggs, chicken, and liver mousse. Most of our vegetables and fruits are from Happy Grocers. Pantry staples for us include rice, eggs, oats, nuts, fruit, and vegetables (especially corn).

Normally, we all sit down together as a family and eat the same food served at the table. In the Philippines, all our meals—breakfast, lunch and dinner—are served with rice, but I try to give my daughter a variety of food so that her palate will be as well-rounded as her father's and she does not become a picky eater.

A mealtime tradition for us is afternoon tea or what we call 'merienda' in the Philippines. Being married to a German, we also have 'kaffee und kuchen' or coffee and cake.

On a typical day, we would have:

- Breakfast: oats, apple cinnamon pancakes and/or seasonal fruit
- Lunch: beef kaldereta and steamed rice



Image: author

- Dinner: schnitzel with seasonal vegetables
- Snacks: yogurt melts, energy protein balls, carrot cinnamon apple muffins, yogurt fruit pop-sicles. I make my own snacks as it is quite difficult to find healthy options readily available in the market.

A popular dish at our place is ratatouille. Everyone loves it because it's a humble dish, yet very tasty and healthy as well. We usually make a large portion and freeze half of it for another day.

Recipe: Ratatouille

Serves: 6

Total time: 1 hour 30 minutes

Ingredients

- 5 Tbsps olive oil, divided
- 1 small eggplant, sliced 1/8 inch thick circles
- 2 small zucchini, sliced 1/8 inch thick circles
- 1/2 small onion, chopped
- 1/3 cup carrots, shredded
- 4 garlic cloves, minced
- A few sprigs of thyme
- 1 bay leaf
- 1 red bell pepper, deseeded and diced
- 3 Roma tomatoes, sliced 1/8 inch thick circles
- 400 g crushed tomatoes
- 1/2 teaspoon dried parsley
- 2 teaspoons dried basil
- Salt and black pepper, to taste

Method:

1. First, heat 2 Tbsps of olive oil in a large Dutch oven or similar heavy-bottomed pot over a medium-high heat. Add the sliced eggplant to the pot and season with salt and pepper to your liking. Cook for about 2 minutes until the eggplant begins to brown, stirring occasionally. Set aside.
2. Repeat step 1 with the sliced zucchini.
3. Next, lower the heat to medium and add the remaining olive oil. Add the onion and shredded carrots, season with salt and pepper, and cook for about 6 to 8 minutes until the vegetables begin to brown and soften. Stir occasionally to prevent the ingredients from sticking. Add the minced garlic, dried parsley, bay leaf, and thyme. Cook for about 30 seconds before adding the tomatoes and diced bell pepper. Add the eggplant and zucchini back to the pot and stir everything gently to combine.
4. Bring to a simmer, then reduce the heat to medium-low. Allow the ratatouille to simmer for at least 20 minutes. The longer you cook this dish, the more the vegetables will break down. Simmer for up to 1.5 hours, stirring occasionally.
5. Finally, remove the sprigs of thyme and bay leaf. Stir in 1 tsp of the dried basil just before serving and season with salt and pepper to your taste.
6. Serve with the remaining tsp of dried basil and a drizzle of olive oil, and enjoy!



SNEHA HEBLI

We are a family of five from India, consisting of three adults and two kids under five.

Food is an integral part of our culture, defining who we are and playing a major role in all our celebrations. Mealtimes are the best family bonding time for us. Cooking for everyone is the way we show our love towards our family members.

Typically, in our culture, the lady of the house is in charge of providing the family with meals. In my home, it's me. My mother also helps and sometimes takes the lead due to my busy schedule. The meal planning, groceries, preparation, and menu selection is all done by me. I take special care to see that every meal incorporates at least one dish that is everyone's favorite.

We buy most of our traditional groceries at the Indian shops on Sukhumvit Road. I regularly visit Villa Market to get any remaining items. We pick up fresh vegetables and fruit from Makro and Tops.

Staples in our pantry include rice, wheat flour, lentils, asafetida, Indian spices (such as coriander powder, garam masala, turmeric), and of course, the traditionally homemade ground spice mixes (such as sambar masala and rasam masala), which are our own recipes.

We all sit down to eat together because dinner in our culture is a family event and the menu is never just one dish. It always involves at least three or four options, where everyone can help themselves, like a buffet-style meal. We follow our home country's exact style of eating and prefer having simple yet wholesome meals with all the nutritional factors kept in place



Image: Canva

which make up a balanced diet. Some traditions we follow are that we normally pray before the evening meal, the menu is typically Indian, and during special occasions and festivals, we have very elaborate cooking and serving traditions which are specific to that particular event.

A usual day of meals includes:

- Breakfast: carbs like parathas, or gluten-free items prepared from rice and a protein-rich dish
- Lunch: rice and/or roti, vegetarian dishes like mutter paneer, palak paneer, chole masala, and rajma
- Dinner: similar to lunch
- Snacks: traditional homemade snacks such as pakoras, samosas, and bhel puri

A family favorite recipe we love is Dal Bati Churma because it is the most traditional and authentic recipe. This is a baked wheat cookie dish served with tempered lentils and coarsely ground wheat cooked with clarified butter, sugar and mixed nuts.

Recipe: Dal Bati Churma—a traditional Rajasthani meal

Serves: 2

Total time: 1 hour 5 minutes

Bati ingredients

- 2 cups wheat flour
- 8 Tbsps clarified butter (ghee)
- 1 tsp baking powder
- salt, to taste
- water to bind the dough

Bati method

1. First, preheat the oven to 220°C/425°F/gas 7.
2. Then, mix all the ingredients into a soft dough. Shape the dough into small balls of the same size. Allow the dough balls to rest for about 15 minutes.
3. Next, place them in the oven for 20 minutes or until they are golden

brown and have a crunchy crust outside.

4. Finally, allow to cool for 10 minutes and serve. Bati tastes best when served immediately.

Daal ingredients

- 1.5 cups lentils (mix of pigeon peas, split yellow gram, skinned black gram, split green gram, and red lentils)
- 3 Tbsps clarified butter
- ½ tsp cumin seeds
- 2 Tbsps chopped ginger
- A pinch of asafetida
- ½ tsp turmeric powder
- Salt, to taste
- 1 tsp red chili powder
- 2 tsps coriander seed powder
- 1 tsp allspice
- fresh coriander

Daal method

1. First, boil the lentils until well done. This can be done on the stove or in a pressure cooker.
2. Then, make a mixture of clarified butter, cumin seeds, chopped ginger, asafetida and turmeric powder. Add the lentils and blend well.
3. Next, add salt, red chili powder, coriander seed powder and allspice powder and simmer for about 15 minutes over a low heat.
4. Finally, adjust the seasoning to your liking. You can also make the consistency thinner by adding water if desired. Garnish with fresh coriander and serve hot.

Churma ingredients

- Ingredients to make bati as above
- 1 cup powdered sugar
- ½ cup finely ground nuts such as almonds, pistachios, and cashews
- Additional clarified butter for deep frying

Churma method

1. First, heat enough clarified butter for deep frying in a frying pan.
2. Then, mix all the bati ingredients into a soft dough.
3. Next, form cookies from the dough (these should be thin to achieve a crispy texture after frying.)
4. After that, fry them in clarified butter. When crisp, remove from the pan and allow to cool.
5. Grind the cookies into a coarse powder and mix with powdered sugar and finely ground nuts.
6. Finally, serve at room temperature and top with clarified butter (optional and amount up to you).



GLORIA PINO

I'm originally from Mexico, but I've lived a good part of my life in Barcelona, where I met my husband. We have two kids, aged five and seven, and a cat.

Coming from countries with two of the most famous cuisines in the world, food is extremely important to us. It's not only about nourishing our bodies; it's about learning where we come from and who we are. Every time I cook a dish with my kids, there will be stories about how 'Abuela' (Grandma) would make it.

With planning, shopping and preparation, we have very clear roles. I do the meal planning, my husband loves to do the grocery shopping, and my nanny does the food preparation, guided by me.

We typically shop at a number of stores and locations according to what we need to buy. These include Villa Market, Big C, Paleo Robbie, BT Ferments, Amantee, Holey Artisan Bakery, Happy Grocers and Khlong Toey market.

Our staples include pasta, rice, canned tomatoes, pesto, bread, pâté, frijoles (black Mexican refried beans), tostadas (corn shells), fuet (similar to salami), tuna, olive oil and fresh tomatoes.

We only sit down to eat together on the weekends because during weekdays we have very different schedules.



Image: Pixabay

During these meals, everyone gets one plate served in the kitchen. Everything is normally served together at once. This differs slightly from my home country, where we would normally have an entrée and a main dish, served in the kitchen and brought to the table for each person. In my husband's house they serve the entrée in the kitchen and the main at the table. Here, I normally don't do entrées—just one plate with everything included, except if it's a soup. I guess I choose to be more practical having the kids around.

Sunday is a family day in both our cultures. It's where you get to see all the family together, so this is the day of the week that mealtimes are more special. We also eat special foods during festivities like Dia de los Muertos, La Diada (Catalan National Day) and Christmas.

A typical day of meals for my family looks like this:

- Breakfast: Pa tomaquet with fuet
- Lunch: breaded fish with vegetables
- Dinner: Bisteces a la Mexicana with white rice
- Snacks: fruits, seaweed

A popular dish at our place is 'Bisteces a la Mexicana'. Everyone loves it because it's easy to make, and it can be served with anything and still taste good—rice, corn shells, or something else. It also reminds me of my childhood, which is something I want to pass on to my kids.

Recipe: Bisteces a la Mexicana

Serves: 6

Total time: 25 minutes

Ingredients

- 6 thin cut slices of beef steak
- 1 ½ Tbsps of beef stock
- 2 Tbsps of sunflower oil
- 3 medium-ripe tomatoes
- 1 garlic clove
- ½ cup of water
- ½ onion, sliced
- 1 bay leaf
- Salt

Directions:

1. First, toss the steak slices in 1 Tbsp of beef stock.
2. Next, fry the steak in a pan with 1 Tbsp of oil. Once done, set it aside.
3. Then, boil the tomatoes until you can peel and deseed them.
4. Once the tomatoes are peeled and deseeded, you are ready to make the sauce. Add the tomatoes, garlic, water, and the rest of the beef stock into a blender and blend for about a minute until the mixture is smooth.
5. After that, heat the remaining oil and fry the onion for 2 minutes. Add the blended sauce and cook for 3 more minutes. Add the steak and bay leaf and cover for 10 minutes. Simmer to reduce the sauce to your liking.
6. Finally, season to taste.



RACHEL BANYARD

My husband and I are both from the UK and we have three daughters aged five, four, and five months.

Mealtimes create the rhythm of our day and allow us time to get together and connect. Living in a foreign country gives us lots of opportunities to explore new flavors and discover new dishes, teaching us more about Thai and other Asian cultures.

I try to involve my five- and four-year old daughters in all stages of the process, from planning to preparation (and eating!). We love flicking through recipe books to decide which meals to make for the week. My eldest enjoys writing them up on the board and helping me compile a shopping list. My middle daughter is a budding chef and loves to help prepare the meals.

The majority of our shopping is done in the supermarkets, but we've been getting really good quality meat and fresh fruit and vegetables from Sloanes and Happy Grocers. I also love getting fresh pineapple, melon and mango from the fruit sellers on the street, and we love Thai food, so we order that often.

Pantry staples in our home include rice and pasta in all colors, shapes and sizes, tins of lentils and beans to bulk up sauces and cut back on meat, and good quality spices to add flavor to everything. Having young children in the house means we get through a LOT of snacks, so we have a whole shelf of things to take with us when we're out and about. At the moment they love cheese strings, dried mango and dried tamarind.

Work schedules make sitting down together for meals during the week tricky, but at weekends we make sure we eat all our meals together as a family, and we make our plans around what or where we're going to eat.

Right from the beginning of weaning my daughters we have always given them the same food as us, and we just add extra seasoning to our plates after serving. I think it has helped them to be good eaters and willing to try most things because they have been exposed to lots of different foods from a very young age. Sometimes we put everything out on the table and let them help themselves, and sometimes we serve them up a plate, but we always encourage them to try a little of everything that has been cooked.

I think we eat in fairly similar ways to how we would back in the UK, but the foods we eat are obviously more influenced by the ingredients we can get here in Thailand. When we lived in China, the meals were more communal. Dishes would be served in the middle of the table for everyone to try and share. I loved this way of sharing a meal and connecting with each other over food. We ate some of our best meals and made some of our best friends there.

As far as special meals go, we don't make one every week, but we do love a traditional British Sunday roast dinner. We make pancakes on Pancake Day, cook roast lamb at Easter, and eat Christmas dinner with all the trimmings, including Christmas pudding and mince pies.

A typical day of meals for our family looks like:

- Breakfast: cereal or toast and jam, coffee and juice
- Lunch: often leftovers from dinner the night before, or a quick sandwich, salad or wrap
- Dinner: a 'one pot' dish like pasta puttanesca or a garlic chicken tray bake
- Snacks: a variety of fruits, cheese strings, yoghurt, peanut butter on apple slices, banana muffins



Image: Canva



Image: Canva

A popular dish at our place is Jamie Oliver's Greens Mac 'n' Cheese. Everyone loves it because it's comforting, tasty, filling, and it's packed full of secret green vegetables! The girls love the idea of green things making them strong like Popeye, so I tell them this is a supercharged mac 'n' cheese. It's also got a lot of cheese in it, which makes everyone happy!

Recipe: Jamie's Greens Mac 'n' Cheese

(adapted from: jamieoliver.com/recipes/pasta-recipes/greens-mac-n-cheese/)

Serves: 6

Total time: 1 hour

Ingredients

- 100 g spinach, fresh or frozen
- 4 cups milk
- 30 g Parmesan cheese
- 400 g broccoli
- 3 Tbsps butter
- 2 Tbsps plain flour

- 1 large leek
- 3 cloves of garlic
- 15 g fresh thyme leaves
- 150 g Cheddar cheese
- 450 g dried macaroni pasta
- Breadcrumbs to top, optional

Method:

1. Preheat the oven to 180°C/350°F/gas 4.
2. Peel the garlic and finely slice along with the leek and broccoli (save a few small pieces of broccoli to add in later.)
3. Cook the sliced vegetables in a large casserole dish with butter and the thyme leaves. Cook on a medium heat for around 15 minutes until softened.
4. Add in the flour, then slowly add the milk, stirring continuously. Let it simmer and thicken for 10 minutes, stirring regularly.
5. Cook the macaroni pasta in a large pan of boiling salted water for 5 minutes, then drain.

6. Add the Parmesan and most of the Cheddar cheese into the sauce, mixing well. Add the spinach and then use a blender to mix until smooth.
7. Add salt and black pepper to taste, then add in the pasta and broccoli florets, loosening with a splash of milk, if needed.
8. Tip everything into a large baking dish, sprinkle over the rest of the Cheddar cheese and some breadcrumbs to make a crispy topping (you could also use flaked almonds). Bake for 30 minutes, until golden and bubbling, et voilà!

Unit of measurement	Abbreviation
teaspoon(s)	tsp(s)
tablespoon(s)	Tbsp(s)
grams	g

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Please note: all of our features are contributed on a voluntary basis.



DESIGN FUTURES

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

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

digital bicycles for enjoyment in the park using arduino technology
designed by
Pop and Anna
(ages 8 to 9 years)



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

elc international schools

The City School
Ages 3-11 years

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The Purple Elephant 39
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only elephants should wear ivory



elc international schools

FEEDING OUR CHAKRAS

The ancient system of Ayurveda promotes a holistic approach to wellness. An enthusiast in this area, Cecilia explores the belief of how choosing the right foods can help us to keep both our body and mind healthy and in balance.

Eating to ‘feed’ your emotions? Or eating to ‘balance’ your emotions? Which would you choose?

When it is the former, we think of stuffing our faces with sweets, chips, and/or alcohol to deal with our sadness, frustrations, anxieties, or even just boredom. And quite often, feeding ourselves this way might simply perpetuate the emotions, or in the short term, suppress them.

Now, the latter option. We are talking about the kind of eating that can be part of a holistic solution to help prevent us from falling deeper into whatever is plaguing us. We call this healthier approach ‘feeding our chakras’.

According to the ancient healing system of Ayurveda, originating from India as far back as 1500–1000 BC, we have seven main chakras located

along our bodies from our tailbone area up to the crown of our head. Each chakra is a wheel (or vortex) of energy that governs our physical and emotional wellbeing. Each one corresponds to specific nerves and organs in our bodies (Lindberg, 2020) and has a unique corresponding color reflecting a different shade of the rainbow (Gieber, 2015). When these colors are balanced, the chakras are balanced, and you can achieve a sense of equilibrium in your mind, body, and soul.



Imbalances or blockages in the chakras can present as diseases, aches, and discomfort in the associated organs, as well as have detrimental effects on our emotional wellbeing. Therefore, it is essential that we always try to keep them open.






There are many natural ways to do this including yoga, lifestyle choices,

meditation, Reiki, and sound healing. One of the easiest ways, however, is through a healthy, balanced diet. According to the proponents of viewing health through the lens of chakra balancing, our choice of foods can bring about desirable or undesirable physiological and emotional outcomes. Each of the seven chakras needs to be nourished with certain foods, and, for the most part, eating colored foods associated with the specific chakras will help modulate the energy flowing to them (Nielsen, 2021).

Ok, let’s get right into the juicy parts (pun intended) of the seven chakras. Table 1 shows the emotional and physical elements that are governed by each chakra and suggests foods that can be eaten to help keep that chakra open, allowing us to be our healthiest selves.

Table 1: Emotional and physical elements governed by each chakra and associated foods

Chakra color location	Corresponding emotions	Corresponding parts of the body	Recommended food
Root chakra red tailbone/perineum 	Safety, security, stability, worthiness, belonging, trust A blocked root chakra can lead to increased anxiety and feelings of isolation.	Spine, bladder, blood, kidneys, male reproductive organs, knees, legs, feet A blocked root chakra can contribute to problems with the joints, digestion, and infertility.	Any root vegetables, red bell pepper, tomato, raspberry, strawberry, cherry, pomegranate, radish
Sacral chakra orange sacrum 	Sensuality, sexuality, pleasure, joy, creativity, intimacy A blocked sacral chakra can lead to feelings of depression and lethargy.	Lymphatic system, circulatory system, kidneys, adrenals, skin, female reproductive organs A blocked sacral chakra can contribute to autoimmune concerns and infertility.	Carrot, orange pepper, sweet potato, salmon, butternut squash, pumpkin, nectarine, cantaloupe, mango, apricot, peach, papaya, persimmon, orange

Chakra color location	Corresponding emotions	Corresponding parts of the body	Recommended food
Solar plexus chakra yellow above the navel 	Sense of self, sense of purpose, esteem, empowerment, courage, willpower, strength, personal boundaries, confidence, self-worth A blocked solar plexus chakra can lead to increased feelings of anger and resentment.	Nervous system, stomach, gallbladder, spleen, pancreas, large intestine, small intestines, liver A blocked solar plexus chakra can contribute to digestive issues.	Banana, pineapple, mango, lemon, golden kiwi, yellow bell pepper, yellow squash, corn, oats, brown rice, farro, spelt, rye, beans, quinoa, millet, bulgur wheat, sprouted grains, ginger, turmeric
Heart chakra green middle of chest 	Love, forgiveness, acceptance, kindness, compassion—for self and others A blocked heart chakra can lead to increased feelings of loneliness, grief and anger.	Circulatory and respiratory systems, heart, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland A blocked heart chakra can lead to heart problems and asthma.	Kiwi fruit, spinach, swiss chard, bok choy, brussel sprouts, watercress, kale, green apple, pear, lettuce, broccoli, peas, avocado, cabbage, peppers, zucchini, cucumber, celery
Throat chakra light blue back of neck, throat area 	Communication, self-expression, ability and courage to speak your truth A blocked throat chakra can lead you to feel very critical and impulsive.	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat A blocked throat chakra can lead to thyroid problems and issues with the teeth, gums, and mouth.	Nuts, seeds, plum, blackberry, blueberry, blackcurrant, purple grapes, purple carrot, purple cabbage, purple cauliflower, eggplant, honey, lemon
Third eye chakra indigo between eyebrows 	Intuition, insight, wisdom, imagination, spiritual connection, clairvoyance A blocked third eye chakra can lead you to feel unable to tap into your intuition or to see the bigger picture.	Pineal gland, eyes, nose, ears, skeletal system A blocked root chakra can contribute to more frequent headaches and problems with hearing.	Blueberry, goji berry, mulberry, vitamin D, cilantro, chlorophyll, raw cacao, spirulina, chlorella, wheatgrass, raw apple cider vinegar, plum, blackcurrant, fig, prune, raisin, elderberry, purple varieties of: kale, sweet potato, eggplant, cauliflower, cabbage, grapes
Crown chakra violet top of head 	Enlightenment, awareness, serenity, feeling connected to all things in life, sensing the beauty and divinity in everything, connection to higher power, discovering higher purpose A blocked crown chakra can lead you to feel narrow-minded and stubborn.	Brain, nervous system, pituitary gland A blocked crown chakra can contribute to concerns with the nervous system.	The crown chakra is about connection to our spirituality and life's purpose, not to the physical world. Hence, there really aren't any ideal foods to activate this chakra. Many advocate fasting instead.

Photos from Canva.

Disclaimer: The content of this article is for informational purposes only and should not be taken as medical advice. If you have any health concerns, please consult your doctor.

Reference list available on bambiweb.org

About the Author

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



NUTRITION AND WEANING

Weaning can bring a number of questions to mind, especially if you're a first-time parent. Pediatric nutritionist, Dr. Tanisa Kwanbunbumpen, shares some helpful information on introducing the right types of foods and how to identify any nutritional deficiencies.

Image: Canva

Nutrition deficiency occurs when a child has an inadequate intake of the required amount of nutrients. It can also result from the body not absorbing a particular nutrient properly. However, it is not just about the type of food they eat. The amount they eat and when also plays a significant role.

One of the most widely known deficiencies in weaning children is iron deficiency, with late weaning found to be one of the most significant risk factors for iron-deficiency anemia (Sultan, 2003). Other key nutrients for growth that parents should be aware

of are zinc and vitamin D. Making a plan to introduce the right solid foods at the right time, and in the appropriate amount, can help to minimize the risk of your child experiencing an insufficient intake of the nutrients they need.

When to wean

Complementary feeding should start when your baby is around six months old (NHS, 2019). After six months of age, nutrition from milk alone, whether breast milk or infant formula, is insufficient for your baby's nutritional needs. Hence, adding complementary foods to your baby's diet will

provide them with the nutrients they need for optimal growth and development. There are physical signs of readiness that can help parents determine whether their baby is ready for solids. These include:

- Able to sit up with support and has good head control
- Has good eye-hand-mouth coordination
- Has the oral motor skills for solids and can swallow food
- Shows an interest in the food you are eating

Nutritional deficiencies

Common deficiencies can be detected with a health check up and a blood test, and if needed, supplementation may be recommended by your pediatrician. You may also notice some signs that may indicate a deficiency in your child. These are given in more detail below.

According to the WHO (2021), iron deficiency is found in 20–30% of children aged six months to three years. This is mostly because after the age of six months, the amount of iron accumulated in the body diminishes. A 7–12 month-old baby needs 11 mg and 1–3 year olds require 7 mg of iron in their daily diet (Kids Health, 2021). Paleness, fatigue, moodiness,



Image: Canva

dizziness and a fast heart rate are all possible indicators of iron deficiency (Cedars Sinai, 2022). A blood test for anemia may further be recommended, especially in children aged nine months to one year, if the child's diet is found not to include iron-rich foods such as liver, pork, beef, or some beans.

Zinc deficiency is another silent threat in infants who do not eat a balanced diet and can impair growth and immune function. An

insufficient intake of zinc can present as redness and peeling of the skin around the mouth and anus, the appearance of rashes on the hands, feet, mouth, and buttocks, or with changes in the nails, hair loss and even loss of appetite (Health Direct, 2021). About 3 mg of zinc should be included in a 7-month to 3-year-old child's diet (Stanford Children's Health, 2022). Parents can include zinc-rich foods like red meat, liver and/or seafood (if there is no allergy) in their cooking.

Vitamin D deficiency, which can compromise immune response and cause brittle bones, is also seen in children of this age. Exposure to the morning sun and eating foods such as eggs and oily fish can help keep vitamin D levels in check (NHS, 2021). A vitamin D supplement is usually recommended if a blood test reveals that there is a deficiency. In extreme cases, physical examination by a doctor may help confirm rickets, a condition that impacts bone development in children.

What to feed

Table 1 suggests nutritionally balanced meals and suitable amounts for young children as they grow to ensure they receive a nutritious diet.

Age of child	6–8 months	8–10 months	10–12 months
Number of meals in a day	One Tip: Limit mealtime to 30 minutes or less to reduce stress for both child and parent	Two Tip: offer soft, easy-to-hold finger foods along with the meal suggested below	Three Tip: allow your child to share some of the foods cooked for the whole family
Suggested foods and amounts per meal	Finely blended: 2-3 tablespoons of rice or potatoes 1-2 tablespoons of meat 1-2 tablespoons of vegetables 2.5 ml of rice bran oil per meal	Coarsely blended: 2-3 tablespoons of rice or potatoes 1-2 tablespoons of meat 1-2 tablespoons of vegetables 2.5 ml of rice bran oil per meal	Finger food: Starchy foods, such as 5 tablespoons of rice or a slice of bread or 5-7 tablespoons of potatoes per meal 2-3 tablespoons of meat or 1 egg per meal Use fats such as rice bran oil or butter for cooking or include cheese in their diet. One gram of fat provides 9 Kcal of energy.

Disclaimer: The content of this article is for informational purposes only and should not be taken as medical advice. If you have any concerns about your child's health, please consult your pediatrician.

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AMNUAY SILPA SCHOOL (ANS)

Amnuay Silpa School (ANS) is the first English/Thai bilingual school to obtain CIS Accreditation in Thailand.

Amnuay Silpa School is a Thai registered school with the Ministry of Education and under the direction of OPEC (Office of Private Education). The school has a history of almost 100 years and was originally a private boys school for over 7000 students. It has undergone a number of significant changes over the years to now establish itself as the leading bilingual school in Thailand. With over 1000 students aged 3-18 the aim is to provide an international standard of education whilst being deeply rooted in Thai culture, history and tradition. In 2009 the school became a Cambridge International Examination Centre and in 2016 ANS became the First Thinking School in Asia following Advanced Thinking School accreditation from Exeter University, UK.

Why did ANS decide to work towards CIS Accreditation?

The current CEO - Petchuda Kesprayura, is the grand-daughter of the original founder who was a very well-respected educator in the early days of private schools. Khun Petchuda has been involved in Thai

Education Reform since 1996 and has always been committed to raising the standard of Thai education. It has been a shared vision to demonstrate to the education community in Thailand that a bilingual school is not a lesser school and that parents do not always have to make the choice of sending their child to an International School in order to receive a high standard of education. The accreditation itself, gives parents and all members of our school community the reassurance that the policies and procedures, the teaching and learning and the quality and provision for student well being is at an internationally recognised standard, ensuring that the education and well-being is the best it possibly can be for our learners.

Who are CIS?

The Council of International Schools (CIS) is a global non-profit membership organisation with over 1350 schools and universities representing 123 countries. Schools first apply for membership status and then begin the process of self-evaluation as they enter the accreditation cycle.

It is a continuous cycle of self-improvement and reflection and schools will be re-accredited every five years.

How will the accreditation help Thai Education and the country as a whole?

As our students spend part of their time studying the Thai curriculum we cannot be considered an international school. However we can now say that we are a bilingual school operating at an international standard. I believe this is a significant step forward for Thai education. Up until now parents felt that they had to make the decision between Thai education or international education (where sometimes parents feel their child's Thai identity is compromised). We have always believed at ANS that parents should not have to make that choice and can have the best of both worlds - an international standard of education whilst being fully immersed in a Thai environment where Thai language, culture and tradition are embraced and celebrated. I believe our new status shows the whole of Thailand that we do not need to turn



our back on Thai education and that Thai schools can have the potential to reach the same standards as international schools.

In the same way as students who attend British International schools, ANS students will leave school with IGCSEs and A levels, enabling them to attend top universities around the world. Some students may choose to also take O-Net which is the Thai National test, allowing them broader options for Thai university degree programmes. Whichever choices they

make, ANS students will ultimately be competitive for employment anywhere in the world with the level of English proficiency and having benefited from the high quality of education at ANS. The education offered at ANS proves that Thai education can be improved to meet or even exceed international standards. I believe that most ANS students will be gaining key positions in their home country, so we are directly feeding a high quality workforce into the "system" within Thailand and therefore benefitting the country directly.



About our Principal

Mr. Joseph Pine has been at Amnuay Silpa since 2009. He was appointed as the Principal 8 years ago. Having spent 12 years living and working in Thailand he has gained an excellent understanding of the Thai education system. Joseph has been in the education system for over 20 years. He was a primary teacher in the UK for 10 years before obtaining the National Professional Qualification in Headship and seeking his first headship overseas at Amnuay Silpa School. For over a decade he has led ANS.

For more information about ANS please visit our website at www.amnuaysilpa.ac.th



ALLOWANCE VS. COMMISSION: WHICH ONE IS RIGHT FOR YOUR FAMILY?

Teaching children financial sense can be a fun learning opportunity for parents and children, alike. Jex, our contributing financial coach, highlights how the allowance and commission reward systems can be used to teach children the monetary value of personal effort and teamwork.

There are two common methods of giving your kids spending money: allowance and commission. In an allowance system, parents give their kids money at regular intervals, regardless of anything the kids do or don't do. In a commission system, the kids earn the money their parents give them, typically through completing chores, and can lose their privileges if they misbehave or don't finish their assigned jobs. There are advantages and disadvantages to both systems, and one may align better with your family's culture and values.

The primary purpose of either system is to provide your children with spending money. As a parent, you pay for your kids' needs and wants somehow—either directly or indirectly. Instead of your child asking you to buy candy at the store, your child can choose to spend their own money for it. This becomes more powerful as your kids get older and want more things—money for the school dance, a cell phone, trendy clothes; the list goes on. If you teach your children good money habits when they're young, you'll be able to take a more hands-off approach as they get older.

Allowance

For an allowance, parents give money to their children regularly, usually weekly or monthly. It's a simple system that's easy for everyone to understand and implement. An allowance aligns with the philosophy that a family is a team, and all team members work together. Many parents want their children to be contributing members of the family, but they don't want to pay their kids for routine chores. This system teaches kids to complete their tasks because it's the right thing to do, not because they'll receive a reward for it. Another advantage is that it creates a more positive view of money compared to a commission system.

However, a potential concern is that giving an allowance will teach kids to become entitled by receiving money without working for it. To overcome this, you can simply explain that being part of a family has both benefits and responsibilities. Receiving an allowance is a benefit, and their responsibilities include doing their chores.

Commission

In a commission system, parents pay their children based on the chores they complete. This system is considered more realistic. It teaches kids that income is directly tied to working. A commission system is also a disciplinary tool in which the child is rewarded by completing chores and punished for not doing them.

The biggest downside to the commission system is that it's a lot more work to keep track of the completed chores and, therefore, the earnings. Many families mitigate this by having the kids do the tracking themselves, which works if they're old enough. A whiteboard with a list of chores and two columns for 'To Do' and 'Done' is simple but effective.

Another decision is how often to pay the commission the kids earned. Some families prefer to do it weekly, while others do it daily. The daily option has the benefit of creating consistency and immediate rewards. If the kids did all their chores that day, they receive the immediate reward of getting their full amount of pay. If they didn't complete all their chores, they receive the immediate



consequence of a loss of pay, which helps them adjust their behavior more quickly. However, the downside to frequent payments is that you'll need a lot more change available.

Another potential downside of a commission system is that some children aren't motivated by external rewards. Some kids may decide that certain chores aren't worth the commission amount and therefore they won't complete those tasks. Others might be motivated to complete their chores only when they have a specific purchase in mind; once they've made their purchase, they may choose not to do anything for a while. Parents will need a back-up plan for chores that must be done but aren't completed by the child assigned to them. Does a sibling have an opportunity to earn extra for those? Do the parents complete them?

Combination

Some families use a combination of the two systems. They have a basic set of required chores (such as making the bed), and the kids are paid extra for doing additional, more difficult chores (like helping clean the

car). Some families also pay their children for getting good grades in school or for other achievements. If you want a combination system for your family, it's good to start with a simple allowance system for a while. When they get older and can handle more difficult chores, then you can introduce the complexity of commissions for the bigger jobs.

Aside from the advantages and disadvantages described above, another consideration is to think about what you, as parents, are trying to teach your kids. Some parents primarily want to teach their kids financial literacy—how to manage their money effectively. This is best achieved through an allowance system because kids can't learn about money if they haven't earned any through doing chores. However, if your priority is to teach record-keeping and consequences, then a commission system is the better option.

Remember, choosing one system over the other isn't a permanent arrangement. As your kids get older and their personalities develop, you may decide to change the system your family uses. As long as you clear-

ly communicate the new system and expectations, your children will adapt to whatever system you've created.

For more information on how to create an allowance system by age, see Jex's article 'Teaching Your Kids Financial Literacy' on pages 26-27 of the November 2021 BAMB! Magazine, or at bambiweb.org/lifestyle/teaching-your-kids-financial-literacy/.

Photos from Canva.

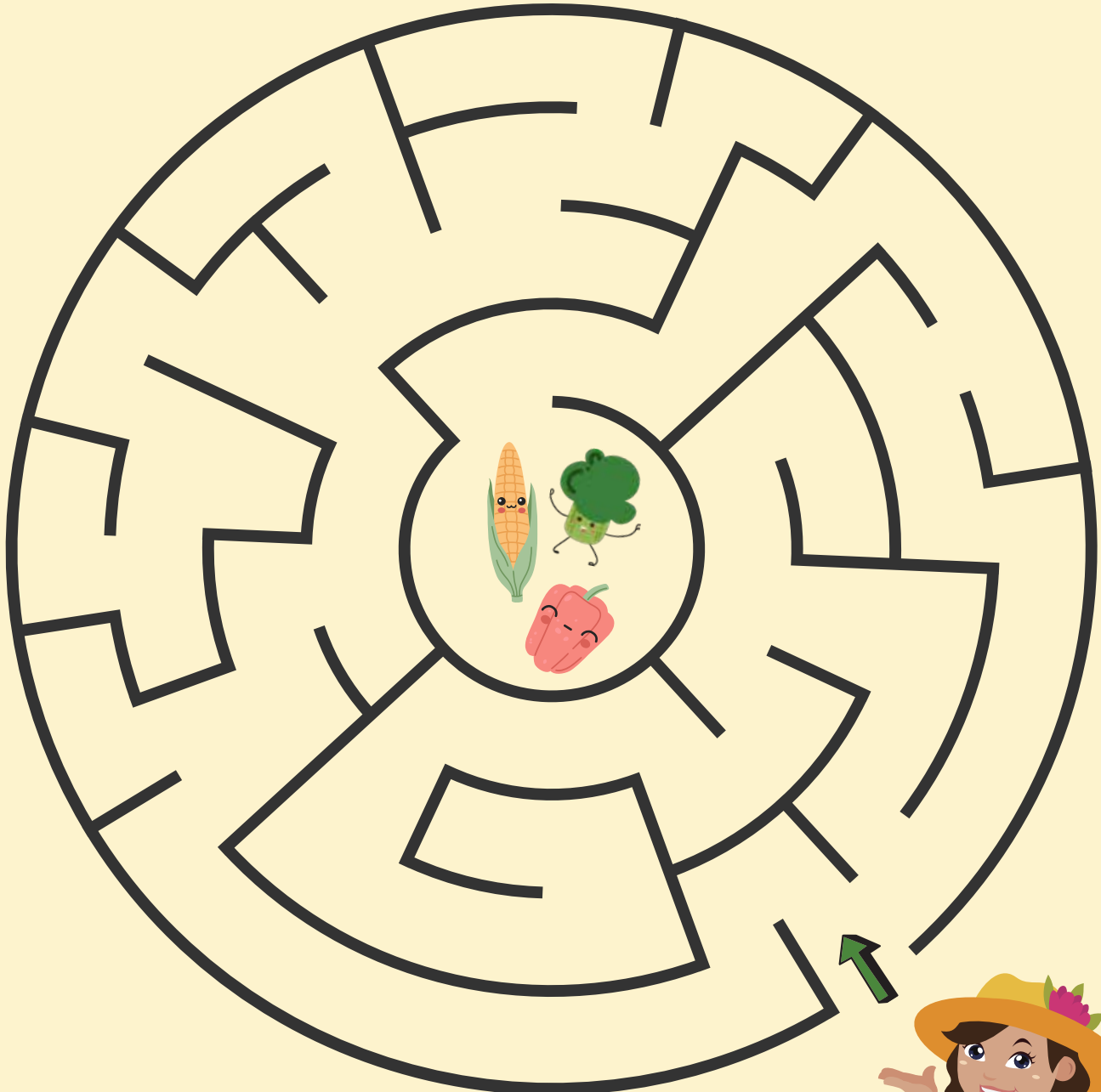
About the Author

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



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BAMBI VOLUNTEER SPOTLIGHT: SARA



As part of our 40th birthday celebrations, we're exploring what's at the heart of BAMBI—our people. This month we learn about Sara and how BAMBI has helped to shape her, both personally and professionally.

A LITTLE ABOUT ME

I'm half Thai, half Cantonese and my husband is Taiwanese. We both moved to Bangkok when we were young, and have lived here ever since. We have one son, Jasper, who is turning five this year.

I became a mom much later than most of my friends; BAMBI helped and supported me a lot, especially during my first phase of motherhood. BAMBI connected me with other moms and babies of the same age, giving me and my son a safe and fun environment to explore and learn. So when BAMBI needed a Chinese coordinator to support the Chinese mothers in the community, I started volunteering. I felt that I could use my language skills to give back to this wonderful community that has given me so much. I made a number of good friends through BAMBI as well.

MY PROFESSIONAL BACKGROUND

Having studied at Bangkok Patana School and at Assumption University of Thailand, where I obtained a Bachelor of Arts degree in Business Chinese, I have grown and thrived in an intercultural environment. As a multilingual Thai citizen with Chinese heritage and fluency in Cantonese, Mandarin, Thai, and English, I am organized, creative, good with people, and strong in administrative skills as well as liaison coordination.

Additionally, with my years of experience as an executive assistant to managing directors in both large corporations and start-up companies, plus running my own restaurant, I have been able to learn and gain a lot of hands-on experience and knowledge. I also like to use my language skills as a freelance translator and interpreter, not only for work but also to guide and show friends from around the world the amazing culture of Thailand.

MY ROLES AT BAMBI

Chinese Coordinator

May 2018 to present

In this role, I help and support the Chinese members of the BAMBI community and answer any questions they may have in their own language in person, via email and inbox

messages. I also write articles about Chinese culture for the magazine and help organize Chinese-themed events. I'm very happy to be sharing my Chinese heritage and culture with the rest of the BAMBI community.

Playgroup Leader

October 2019 to present

As a playgroup leader, I attend and run a weekly 'free play' playgroup to collect entrance donations and welcome new and current members. I also take photos for BAMBI's social media and magazine. Occasionally, I will lead a circle time or short activity for the children attending. Working in this role is a great opportunity to meet other mothers and babies in my area, and make new friends. When I first started I was also able to use my administrative skills with the playgroup registrations, as back then we had to do everything manually using pen and paper!

Assistant Playgroup Coordinator

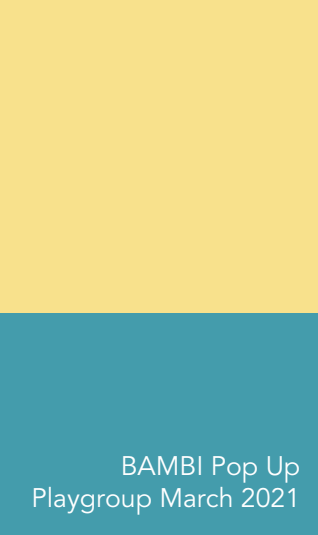
July 2020 to December 2021

In this role, I assisted the playgroup coordinator in managing the playgroups under my care to ensure they were manned and run to BAMBI's standards. I managed the playgroup registrations, communicated with venues, playgroup leaders and attendees, and helped to recruit and train new playgroup leaders. As I gained more and more experience as a playgroup leader, I got to see



BAMBI Halloween Party 2018

BAMBI Pop Up Loy Krathong Playgroup 2019



BAMBI Pop Up Playgroup March 2021



firsthand the issues and problems that leaders encounter, as well as how to solve them. This knowledge gave me the understanding and skills needed to work with the playgroup coordinator, to assist her with managing all the playgroups in a more efficient way.

Playgroup Coordinator

December 2021 to present

In my current role, I manage the playgroups, the team of assistant coordinators, and playgroup leaders. I scout, set up and manage all the framework that goes into opening a new playgroup. I also coordinate between the playgroup team and other teams within BAMBI. This is also a voting position on the BAMBI committee, so I attend the monthly committee meeting to report any issues, and propose any suggestions for playgroup improvements.

I've only been in this role for four months, but I love it as I feel I'm doing a good job and I enjoy doing what I'm doing. I also get to use skills gained from my career in my pre-mom life such as project management, administrative skills, and getting things organized. I feel like I'm contributing and passing on knowledge to my team as well. I feel happy to answer questions and to help other volunteers learn more about managing BAMBI playgroups. One big challenge in this post is people management as we have a team of 20 active playgroup leaders. As with any large number of

people, new challenges arise every week, and I have to work my way around these to ensure the smooth running of the playgroups.

Memorable moments and achievements

To date, I'm very proud to have been part of the BAMBI re-opening after an extended closure due to the COVID-19 pandemic. I feel that BAMBI can bring a lot to the expat mom and babies community as we learn to live with COVID.

This year is BAMBI's 40th birthday and it is also my fourth year of volunteering with BAMBI in my fourth position. I don't know how long I will stay with BAMBI, but the time I've spent here so far has been a very enjoyable and memorable experience.

Skills developed

- project management
- problem solving skills
- administrative skills
- mastery of Typeform
- human resource management



Happy birthday, BAMBI. Thank you so much for all the great opportunities that you have given to families in Thailand. We wish you all the best. I hope that we will have more and more volunteers so we can have BAMBI for a long time to come. — Poupae



Happy birthday, BAMBI!
"Your birthday is the first day of another 365-day journey. Be the shining thread in the beautiful tapestry of the world to make this year the best ever. Enjoy the ride." — Tananya

HAPPY 40TH BIRTHDAY, BAMBI!



Dear Bambi, you mean so much to so many families in Bangkok and beyond. Your essence is sown within us all, remaining even once the children have grown. Wishing you a happy 40th birthday and many more happy years to come. — Emma Lawrence



HAPPY BIRTHDAY, BAMBI!
I cannot imagine my 4 years in Bangkok without you. You inspired me, gave me friendship, priceless experiences, and beautiful memories. I will cherish my years with the BAMBI family forever. — Yoshiko



Happy birthday, BAMBI! You have been the best not only for me but for all the families who want to enjoy some time out of the house with their kids! I really hope you grow more and more with every passing year — Upasana



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WHAT TO EXPECT: YOUR BODY AFTER BIRTH



The first few weeks after delivery are a crucial period for both mother and baby, yet the excitement of preparing to give birth can leave our plans for postnatal care overlooked. Bumps & Babies coordinator Jo shares an overview of what a new mom can expect after pregnancy and labor.

Care and support for pregnant women often tends to focus on pregnancy and the birthing process. This leaves postnatal care often overlooked despite the WHO recognizing that failure to prioritize care at this time can have significant consequences, physically and emotionally. Consequently, they recommend women receive postnatal care on at least three occasions within the first six weeks of birth (WHO, 2022).

What is postnatal care?

Postnatal care is a collection of preventive care practices and assessments designed to detect and treat any complications for the mother and newborn within the first few weeks following birth. Defined by Romano (2010) as the stage immediately post birth up until six weeks, the postnatal period is one of major transition, and is ultimately critical for both the emotional and physical wellbeing of the mother, and the infant's adaptation to its new environment. In this article, I will focus on

postnatal care and its importance for new mothers.

The first seven days

The start of the parenting journey is usually marked by a flood of emotions—from fascination and relief to some apprehension and unease for the future. This is normal. Women birthing in hospitals are surrounded by healthcare specialists who closely observe the physical and psychological state of both mother and baby for at least the first 24 hours, ready to support and issue advice. A minimum two-night stay in hospital following birth is usually recommended in Bangkok hospitals.

On being discharged from hospital, you will be given an appointment to see your obstetrician again for a postnatal review. This usually takes place at the hospital within the first six weeks of delivery, but timing depends on your doctor. Home visits by a trained support person are not routine in Bangkok but can be ac-

cessed independently.

The prospect of dealing with the transition to parenthood while being fully responsible for a new baby and managing your own physical recovery at home without professional support can feel somewhat daunting. The following paragraphs will provide a snapshot of the physical changes you can expect to experience following your pregnancy and labor, and some simple advice on how to manage them during your first week at home and beyond.

Initial feelings: exhausted, happy, and hungry!

Euphoria is a common emotion felt by most new mothers having made it through labor. It is normal to feel physically exhausted after giving birth, but many women find it impossible to sleep, fascinated by their new baby. Feeling extreme hunger after the physical and emotional exertion of labor is also common. However, medications used during deliv-



ery can cause nausea and vomiting, so you may need to wait a while before eating. After a C-section, eating and drinking is discouraged until your care staff have determined that your bowel is working as it should. They can usually do this within a few hours of surgery. You may also pass a higher-than-normal volume of urine soon after giving birth as your body reduces the excess fluid accumulated during your pregnancy. This can continue for the first few days post birth (Chauhan, 2021). Nursing staff may record how much you pass initially to assess for any bladder damage or retention linked to the labor and delivery.

Breastfeeding

Breastfeeding your baby for the first few times may leave your breasts feeling strange. It can feel like a suction pump has been applied—an unusual feeling for most new moms! Becoming familiar with attaching the baby and establishing breastfeeding are vital for those who opt to breast-

feed. This should be a priority, with skin-to-skin contact as soon after delivery as is feasible.

Although some babies are born natural at breastfeeding, latching and sucking well, this is often not the case for all babies or indeed mothers. It takes perseverance, stamina, and practice, but once successfully established, it is so valuable for both and worth all the effort. Incorrect positioning and a poor latch can result in sore nipples and ineffective feeding, which can quickly start a negative downward spiral. Preserving your nipples is crucial, so if feeding is painful, seek support as quickly as possible. Advice from a professional is always available and it will help you to feel more confident and competent. Ideally, you will have plenty of opportunities to practice before your milk 'comes in', which usually happens around day three.

It is also crucial to be aware of the symptoms of mastitis, which usually presents on one breast with swell-

ing, heat, redness and pain. You may also experience lumpiness, a burning breast pain, discharge from the nipple, and flu-like symptoms including fever. There are a number of measures that you can take to relieve the discomfort of mastitis, which include gentle massage, warm compress, hand expression, taking either ibuprofen or paracetamol, and continued breastfeeding. Seek medical advice if the situation does not resolve within 24 hours (NHS, 2019). Midwives, doulas, and/or lactation consultants can also help.

Feeling low

Day three is typically when a number of factors combine, including hormone fluctuations, physical exhaustion and adjusting to the maternal role. It is also normally the time when the milk supply is initiating, filling the breasts and leaving them engorged and tender. Understandably, it can be overwhelming. Up to 80% of new mothers experience the 'postnatal/baby blues', which



manifests in an extremely low mood, leaving the mother feeling tearful, anxious, and overwhelmed (Glavin, 2012). It is normal and not the same as postnatal depression. The timing of this low mood is usually a strong distinguishing factor as it tends to occur within days of the birth, and improves within the first few weeks. If the low mood persists or worsens, it is vital to reach out for advice to assess for postnatal depression. The BAMBI Bumps team can refer you to a professional who can offer you the right support.

Uterine cramps and bleeding

Within 14 days of giving birth, the uterus returns to its pre-pregnancy size and position. During this process, some women will experience cramps or 'afterpains' which resemble period pains. These happen following both vaginal and C-section births, and tend to be more intense with subsequent births. Experienced soon after delivery, these cramps are more noticeable while breastfeeding, triggered by oxytocin release. Painkillers can provide some relief.

Another natural process is the shedding of the endometrial lining of the uterus, observed through vaginal blood loss known as lochia. This normally starts immediately after a vaginal birth and a little later after a C-section. It is initially heavy and dark in colour, gradually reducing as days pass, but experiencing a slight increase in amount as you become more active and mobile is normal. The hospital will provide you with maternity pads during your stay, but they can also be found in any international chemist should you require them. Using tampons or menstrual cups is not recommended until at least six weeks post birth, by which time the lochia is likely to have settled. If vaginal bleeding increases significantly (saturating pads or passing clots), it is important to seek urgent medical care (Thakur et al., 2016).

Wound pain after a C-section

After a C-section, it is important to manage your wound pain and get up and move around as soon as possible. Poorly-controlled pain and

immobility may interfere with the breastfeeding process, and can result in serious complications, including the risk of blood clots. Your doctor will discourage you from lifting heavy items or driving for up to six weeks following your C-section.

Perineal trauma

The majority of women delivering vaginally will experience some degree of perineal trauma, either through a tear or an episiotomy. This can be painful and uncomfortable, both initially and as healing occurs, but it can be managed with paracetamol or ibuprofen, careful positioning, and if necessary, the use of cold packs to reduce swelling. However, any signs of infection such as increasing discomfort not resolved by pain medication, fever, or foul-smelling vaginal discharge will require immediate medical attention. To prevent infection and promote healing, careful hygiene, regular pad changes, and pelvic floor exercises as soon as sensation returns are strongly recommended (Webb, 2014).



Staying hydrated and nourished

Not drinking enough fluids will increase your risk of dehydration, urinary tract infections (UTIs) and constipation. If you are breastfeeding, you will likely experience an unquenchable thirst, so keeping a large bottle of water handy when you settle for a feed is sound advice. Consuming a healthy balanced diet is also imperative for milk production, and increasing your fiber intake will reduce the risk of having to strain or becoming constipated. The

thought of your first bowel movement after delivery may fill you with fear and apprehension, but it will be fine. Be aware that constipation can occur as a side effect of some medications including painkillers and iron supplements. You may feel awkward talking to your doctor about experiencing urinary or bowel dysfunction, but they can only help if you share your problem.

Be kind and look after yourself during this period. Adjustment to parenthood is an enormous life change,

especially while you are recovering. Accept assistance from friends and family, but remember there is also plenty of support available in Bangkok among the other parents and doulas, midwives, and lactation consultants. The Bumps team at BAMBI can advise and signpost you to the relevant resources—we are here to help.

Reference list available on bambiweb.org

Photos from Canva

Bumps & Babies is a support group for women of all nationalities who are pregnant or have recently given birth. We hold regular talks about topics pertaining to pregnancy, childbirth, breastfeeding, and the postpartum period. We welcome speakers from all areas, so you can be presented with a wide range of information. Professional advice from a nurse/midwife/doula is available at most meetings. The BAMBI website calendar and Facebook pages contain current information regarding what's on. If you are a new parent in Bangkok and are looking for support regarding information on doulas, breastfeeding, child birthing classes, babywear, or postpartum depression, please feel free to contact our coordinator or visit bambiweb.org and click on the 'Bumps & Babies' tab.

Coordinator: Jo (bumps@bambiweb.org)

Donation (per family): ฿150 BAMBI members and ฿350 for non-members. Membership can be processed and renewed during the session.

About the Author



Jo Cox is a UK-trained nurse and midwife who has recently arrived in Bangkok. Over the past 20 years, she has spent significant periods of time overseas (Asia and Africa) with MSF and the Red Cross. Jo has taken on the Bumps & Babies Coordinator role for BAMBI and is keen to engage with the pregnant and new mums' community to offer doula/midwifery care to anyone seeking support and advice.

MEET ROCKY

Follow BAMBI volunteer Rocky's transition from her home in the UAE to a life in Bangkok, where she and her family have learned a great deal about a new culture, experienced new food and made interesting new friends.

Where are you from and what's your nationality?

I am from the UAE, but my nationality is Indian. I was born and raised in the UAE and had never lived anywhere else until we decided to move to Bangkok.

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

I used to design costumes for dance shows and events. I loved the creative aspect of it, and all of my clients had wonderful ideas, which I enjoyed bringing to life. My absolute favorite was designs with sequins and glitter. SO MUCH GLITTER! My husband is in IT, and his job is what brought us to Bangkok.

Please tell us a little bit about your family.

We are a family of three. We have a son and he is six years old.

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

We came to Bangkok in November 2021. I miss the food back in Dubai! The Emiratis have a special rice dish called 'Mandhi'. Every country has their own version of it, but according to my biased opinion, the one back home is the best ever!

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

My routine mostly revolves around my son's school schedule. I've also joined a badminton group, and we meet up for a friendly game or two every week. Apart from that, I spend time meeting up with so many other moms because of BAMBI, and I love it!

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

I love the culture, diversity and the sudden rains here! We have travelled to the southern part of Thailand and a few of the islands. We enjoyed the pristine beaches and did a bit of snorkeling and diving!



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

Language was the biggest challenge, but I'm learning Thai now, and it's getting easier.

How did you find out about BAMBI?

I saw the post calling for volunteers on Facebook. I didn't have much to do when I first got here, and I love to keep busy, so joining a non-profit organization seemed like a nice use of my time. I'm so glad to be a part of BAMBI.

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

Go explore—take the BTS! Walk around as much as you can, too. That way you get the most of what Bangkok has to offer!



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Khao Yai Campus

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HOW TO BECOME A BAMBI MEMBER

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

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

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

WWW.BAMBIWEB.ORG/FAQ

If you have any membership issues, please email: database@bambiweb.org



CALL FOR VOLUNTEERS

BAMBI is run by a group of lovely volunteers. Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBI community? This is your chance. As many of our current committee members are moving on from Bangkok, BAMBI has a number of critical roles to fill to ensure ongoing service to members. BAMBI is great fun and a welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us. To apply or if you have any questions about these volunteer opportunities, please email vicechairwoman@bambiweb.org, detailing which position(s) you are interested in.

We have a number of exciting opportunities currently available:

CHAIRWOMAN

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

Responsibilities & Duties

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

BENEFITS COORDINATOR

The benefits coordinator works with organizations within Bangkok to gather special discounts for BAMBI members and volunteers.

Responsibilities & Duties

- keeps current benefits list up to date by checking in with businesses ensuring our discounts are still valid
- contacts local organizations asking if they would like to add their business to our list of benefits
- works within deadlines to ensure magazine listing is up to date
- liaises with schools and non-BAMBI playgroups, updating current listings and looks for new opportunities



PHOTOGRAPHERS

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

Responsibilities & Duties

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

ASSISTANT EDITORS-BAMBI MAGAZINE

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

Responsibilities & Duties

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

ACTIVITIES LEADERS

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

Responsibilities & Duties

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

EVENTS COORDINATOR

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

Responsibilities & Duties

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



CHARITIES COORDINATOR

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

Responsibilities and Duties

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

PLAYGROUP LEADERS

The BAMBI playgroup leader runs a weekly 'free-play' playgroup. Positions are available at various locations throughout Bangkok, Sukhumvit, Sathorn, and Silom.

Responsibilities & Duties

- attends and manages the playgroup: collects entrance donations, welcomes new and current members
- takes photos of the playgroup for BAMBI Magazine
- can voluntarily introduce circle time or short activities to their playgroup at their own discretion



VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

PLAYGROUPS & ACTIVITIES

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

Before going to a non-BAMBI playgroup, please contact the school/venue to confirm that it is open and the playgroup is running.

We would love some help with our playgroups and activities, so please volunteer if you have some time to spare at your favorite group. It's easier and more rewarding than you think to get involved. Contact either playgroups@bambiweb.org or activities@bambiweb.org. Thank you!

BAMBI PLAYGROUPS

BAMBI playgroups are characterized by free play, and the use of the venue's toys and playgrounds. The entrance fee per family (children plus one accompanying adult) for all BAMBI playgroups is ฿150 for members and ฿350 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

BAMBI BRITISH CLUB PLAYGROUP

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

SUKHUMVIT—CENTRAL: ASOKE (SOI 21) TO EKKAMAI (SOI 63)

BAMBI WEDNESDAY THONG LO PLAYGROUP

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

[NEW] BAMBI HONEY BEAR PLAYGROUP

Wednesday, 9:30am–11:30am. For children aged 0–5. Honey Bear Bistro 23/7 Soi Naphasap, Klongtan, Klongtoei.

[NEW] BAMBI LITTLE TREES PLAYGROUP

Wednesday, 9:30–11:30am. For children aged 0–5. Doubletree by Hilton Bangkok Sukhumvit 26, 18, 1 Soi Sukhumvit 26.

BAMBI SATURDAY EKKAMAI PLAYGROUP

The first Saturday of the month, 9:30–11:30am. For children aged 0–5. Centre ACACIA Ekkamai: House 11, Ekkamai Soi 6, Sukhumvit Soi 63.

[NEW!] BAMBI PREMIUM PLAYGROUPS

BAMBI Premium Playgroups are held in custom-designed play spaces. The entrance fee per family (children plus one accompanying adult) for all BAMBI Premium Playgroups is ฿250 for members and ฿400 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

[UPDATED!] BAMBI SATHORN PLAYGROUP

Tuesday, 9:30–11:30am. For children aged 0–5. Plantoys, Sathorn Soi 10.114/1 Sathorn Soi 10, Sathorn Road, Silom.

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

BAMBI KIDDIEVILLE PLAYGROUP

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

BAMBI ACTIVITIES

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

Activities require advance registration. The entrance fees per child are ฿250 for BAMBI members and ฿450 for non-members, except where otherwise noted.

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

[UPDATED!] FOOTBALL AT SOLTILLO PARK

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

TODDLER MUSIC

Come and join our music class led by our music teacher. Songs with

matching instruments and lots of fun! Age: 1–3. Day and Time: Every Tuesday, 10:30–11:15am. Location: Hilton Sukhumvit Bangkok, Soi Sukhumvit 24. Nearest BTS: Phrom Phong.

DANCE

In collaboration with rumPUREE-World Dance Studio, BAMBI's dance class provides an introduction to various dance styles and stretching techniques, all set to fun, upbeat music. Age: 3–5. Day and Time: Every Wednesday, 4–5pm. Location: rumPUREE-World Dance Studio (Asok), 2nd FL, Jasmine City, Sukhumvit Soi 23. Nearest BTS: Asok. Nearest MRT: Sukhumvit. Parking free 3 hrs.

[NEW!] TODDLER TUNES

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

[NEW!] NATURE

In collaboration with Grow Learning Gardens, fun nature and gardening activities are on offer. Age: 3–6. Day and Time: Every Thursday, 4–5pm. Location: Patom Organic Living, 9, 2 Phrom Phak Alley.

NON-BAMBI PLAYGROUPS

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

There are more non-BAMBI playgroups listed on the BAMBI website and BAMBI's Facebook page. Don't forget to check them out!

Schools who would like to add their playgroup to this listing and our website, or update their details, please contact: benefits@bambiweb.org.

SATHORN / YEN AKART / SILOM

SHREWSBURY INTERNATIONAL SCHOOL

BANGKOK RIVERSIDE: Wednesday, during term time, 1:30–3:00pm. For ages 1–4 years. Please call the school to check the schedule. Children can make full use of the school's superb early years indoor and outdoor environment and enjoy arts and crafts activities, sand pit and messy play, books, music, construction, and water play in the splash pool. Join in storytime and sing-along sessions led by early years staff. Refreshments and snacks provided for children and parents. Cost: ฿300 per child, ฿100 per child for additional siblings and BAMBI members. Shrewsbury International School Bangkok Riverside, 1922 Charoen Krung Road, Wat Phrayakrai. Parking available onsite. Chatrium Riverside

Hotel provides a free shuttle boat service from Sathorn Pier (BTS Saphan Thaksin)—temporarily suspended until further notice. Weekly reservations via school's website. Contact: marketing@shrewsbury.ac.th.

SUKHUMVIT—TOP (EXPRESSWAY TO ASOKE)

[UPDATED!] STORYTIME PRESCHOOL: Every Wednesday and Friday morning, 9:30–11am. Ideal for infants to 3.5 years old. A friendly and semi-structured playgroup session run by Storytime's teacher who plans different themes of the week such as gardening, DIY crafts, Montessori activities, singing and dancing routine, textured crafts, easy baking, brushing your teeth activities, while allowing space for your child to explore without feeling overwhelmed. Cost: ฿200 for

BAMBI members and ฿300 for non-members. Materials included and you may take the crafts home to admire! Bringing an extra set of clothing is recommended. Coffee and tea is available for parents, snacks and juice for children. Register to their mailing list to receive a weekly playgroup newsletter with pictures of your child participating in different activities during these sessions. Reservation required. FREE shuttle for pick up and drop off at Nana BTS Exit 2 at 9:15am and 11am after the session. Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4 at Nana BTS Exit 2. Contact: 081-646-4535; info@storytimepreschool.com.

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

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

[UPDATED!] MODERN MONTESSORI INTERNATIONAL PRESCHOOL: Montessori Playgroup every Tuesday and Thursday, 9:00–10:30am. For ages 15 months–3 years. Every playgroup is based on a theme, planned and structured. Montessori Playgroup is taught by qualified and experienced Montessori teachers in an international learning environment using Montessori materials. Water, milk, snack provided. Cost: 1 session for ฿350, 12 sessions ฿3,500. BAMBI members get 10% discount on top of individual session price. MODERN MONTESSORI INTERNATIONAL PRESCHOOL, 4 Sukhumvit 44 Alley, Phra Khanong. Contact: Valda Skubina, Head of Admin 02-712-0958; admissions@mmipreschool.com.

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

[UPDATED!] OISCA INTERNATIONAL SCHOOL: Wednesday, 9:30–11:30am. For children aged 1–4 years. Variety of activities such as storytime, arts and crafts, playdough center, singing and dancing. Outside play

area has slides, monkey bars, sand pit, climbing and balancing. Snacks provided for children. A parent or carer must stay with their child throughout the session and is responsible for their child's care. Cost: ฿500; ฿400 for BAMBI members. 876 Soi Pridi Banomyong 36, Sukhumvit Soi 71, Khlongton Nua. Contact/Booking: oiscainter@gmail.com; 02-381-9852.

[UPDATED!] BANGKOK PREP SCHOOL: Tuesday, Thursday and Friday, 9–11am. For 6 months–3 years old. An excellent opportunity to strengthen parent-infant bonding with sensory activities and dance and music exposure, with fun learning for children and activities to enhance children's creativity. Led by our highly experienced British playgroup leader in an international setting. Cost ฿450/lesson; 50% off for BAMBI members. Bangkok Prep International School, 23 Sukhumvit 53 (next to Thonglor BTS). Contact/Booking: jbeilby@bkkprep.ac.th

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

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

[NEW!] OUTDOOR SCHOOL BANGKOK: Thursday, 10–11 am. For ages 6 months–3 years. Playgroup in Outdoor School Bangkok connects children with nature. Held in an outdoor setting, children get to feel the grass against their feet, wind on their faces, hear birds and see chipmunks leaping from tree to tree. Monthly themes guide the stories, songs, and play on offer. Snacks provided. Cost ฿350 per child/session, ฿300 for BAMBI members per child/session or 3000/10 sessions. Outdoor School Bangkok, Sukhumvit 46, Bangkok (5 mins walk from BTS Phrakhanong). Parking available at school. Contact: 097-092-0924; LINE 097-092-0924.

HUAY KWANG / RAMA 9 / BANGKAPI

KIS INTERNATIONAL SCHOOL: Monday–Friday, 10am–12pm. For children aged 6 months–4 years and their parents (one guardian per child). Structured playgroup with singing, dancing, arts and crafts, storytime, free play and snack. Nannies welcome on Mondays and Wednesdays. Free pick-up/drop-off service from Ekkamai BTS station on Tues, Thurs and Fri (from the car park of Wat That Thong, near exit 3. Departs no later than 9:20 am). Cost: ฿400; 50% discount for BAMBI members. KIS International School, Kesinee Ville Estate, 999/124 Pracha-Utit Road Huay Kwang (located one block north of Rama 9 Road and east of Asoke-Rachadapisek, MRT Thailand Cultural Center). Contact/Booking: playgroup@kis.ac.th; 02-274-3444 Ext 5105.

[UPDATED!] PLAY STATION KIDZ CLUB: Monday–Friday, 10am–6pm; Saturday–Sunday 10am–7pm. For children aged 1–7 years. Enjoy indoor playground activities and facilities including climbing and sliding, trampoline, toddler playground, and sandpit, as well as arts and crafts, playdough, education game zone, imaginative house and reading corner. Space for parents to relax and enjoy refreshments. A session is 2 hours, including 45 minutes of playgroup and 75 minutes for free play. Cost: ฿1000/session. Free trial session for BAMBI members and 20% off when joining and registering for 15 sessions on the trial day. Play Station Kidz Club B 301 - B 302, 3rd Floor, The Nine Center Rama 9. Parking available. Contact: 02-056-7950; pkidzclub@gmail.com; Line ID @playstationclub.

[UPDATED!] REGENT'S INTERNATIONAL SCHOOL, BANGKOK, BABY AND TODDLER PLAYGROUP: Monday, 9:30–11am/12:15–1:45pm; Tuesday, 9.30–11am; Wednesday, 9:30–11am/12:15–1:45pm; Thursday 9:30–11am; Friday 9:30–11am. For ages 8 months–3 years. Come and enjoy the early literacy library trip, swimming, messy play, storytime, outdoor play, music and movement. Splash time on a Tuesday. Children must attend with their parent/nanny. All sessions conducted in English. Cost: ฿400; ฿200 for BAMBI members. Regent's International School, Bangkok, 601/99 Pracha-Uthit Road, Wangtonglang. Contact/Booking: 02-957-5777, Ext 202; admissions-bkk@regents.ac.th.

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

[NEW!] PARRY KINDERGARTEN: Friday, 9:30–11:30am. For 0–5 years old. Playgroup Phetchaburi 47, organized by Parry Kindergarten School, is a session of learning through play for parents and children seeking quality fun time together. Your child will get

a chance to explore their imagination and develop various skills including creativity, physical coordination, communication and social skills in a safe and secure environment. Water, milk and snack provided for the children. Cost: ฿99 for BAMBI members; ฿299 for non-members. No parking inside the school. Pre-booking is not required, but please call before to confirm that the event is not canceled. 447 Phetchaburi 47 Alley, Lane 3–4, Bang Kapi, Huaikhwang. Contact: 085-026-9966 (Teacher Via).

[NEW!] BRIGHTON COLLEGE BANGKOK: Tuesday and Thursday 7:30–9:30am. Join our Parent and Toddler group, Bright Start, during term time. The group is for children 1–3 years old, with one accompanying adult. Registration in advance is required. All attendees will need to provide a negative ATK result before entering the campus. Cost: ฿300 per session, ฿200 for BAMBI members. We will call you to confirm your place at Bright Start. Brighton College Bangkok, 8/8 Krungthep Kritha 15/1, Hua Mak, Bang Kapi District, Bangkok 10240 Contact: Line @brightoncollegebkk; 02-136-7898; Admissions@brightoncollege.ac.th

VICTORY MONUMENT / ARI

ST. ANDREWS INTERNATIONAL SCHOOL DUSIT: Friday, 9:30–11:30am. For ages 6 months–3 years. Come and join our specialist early years teachers for our Stay and Play playgroup. We provide the opportunity for your child to develop and increase their social, sharing and cooperation skills, through play, song or multisensory activities while also mastering everyday tasks in our safe, creative and spacious indoor and outdoor facilities. Helping to prepare confident learners ready for nursery. Cost ฿150; ฿100 for BAMBI members. St. Andrews International School Dusit, 253/1 Sawankhaloke Road, Dusit. Contact: 02-668-6231; Dusit@standrews-schools.com.

RAMKHAMHAENG (PHLABPHLA, WANGTHONGLANG)

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



SUPPORT GROUPS

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

PRE- AND POST-NATAL SUPPORT

BAMBI BUMPS AND BABIES BANGKOK

For pregnant women, new mothers and their babies, Bumps and Babies holds regular talks on topics pertaining to pregnancy, childbirth, breastfeeding and the postpartum period. A TENS machine hire is also available. Please check the website calendar for the next session. Donation per family is ฿150 for BAMBI members and ฿350 for non-members. For more info and to be added to the Bumps mailing list for details of forthcoming sessions, please contact bumps@bambiweb.org.

BAMBI NEW MOON NEW PARENT MEETUP

For all new parents and babies. The New Moon team are there to support the transition into parenthood by providing a supportive and non-judgmental environment to share birth experiences and feelings about motherhood and parenthood. Meetings include a mixture of structured sessions with topics related to evidence-based postnatal and baby care, and some informal sessions. Every other Thursday, 9:30–10:30am at Bumpy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿150 for BAMBI members and ฿350 for non-members. For more info, please contact bumps@bambiweb.org.

FERTILITY SUPPORT GROUP

This is a group for those that wish to discuss fertility matters. The aim of the group is to create a meeting place to chat and share experiences and to offer support in a non-medical framework. There is a secret group on Facebook: IVF Support Bangkok. Please message the page to be admitted by the admins. For more information please contact sheena@bangkokbabies.com.

DOULAS IN BANGKOK

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

BREASTFEEDING CAFÉ BANGKOK

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

JAPANESE SUPPORT 産後鬱などの日本語サポート

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

PARENTING

ADOPTION SUPPORT FOR FAMILIES IN THAILAND

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

TWINS AND MULTIPLES GROUP

This group provides support and contacts for parents who have, or are expecting, twins or multiples. There's also a weekly playgroup and a monthly dinner. The group is not just for English-speaking parents; they can provide support in French, Spanish, Portuguese, Thai, etc. For more information, please contact Jessica Pelham on +44-77-1971-7279 or jessicapelham@yahoo.com; Rhena K W Clark +66-80-805-2607; Nori Brixen +1-949-424-4606. FB: Bangkok Twins Group.

DISABILITY AND NEURODIVERSITY SUPPORT

LEAP (LEARNING AND EDUCATIONAL ADVOCACY PROGRAM)

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

RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER

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

SUPPORT TO WOMEN

BEYOND BOOBS

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

BANGKOK BREAST CANCER SUPPORT GROUP (BBCS)

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



MEMBER DISCOUNTS

Flash your BAMBI Card and enjoy special discounts.

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

BEAUTY

JOHNY LIVE is a mobile hair stylist who can visit your home.

DISCOUNT: 25% discount on cutting and coloring services

CONTACT: 087-105-1614; johnylive6@hotmail.com; johnylive.com; FB: Johny Live Hair

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

DISCOUNT: 10% discount on all services

CONTACT: 02-654-3993 / 092-515-6395; FB: nichesalon.th. 3rd floor, CRC Tower, All Seasons Place, Wireless Road (BTS Ploenchit)

EDUCATIONAL

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

DISCOUNT: 10% off

CONTACT: 095-759-6686 / 081-869-2051 / 02-721-8968; ph.jumpingclay.th@gmail.com; FB: JumpingClay Thailand. Jumping Clay Seacon Square Srinakarin (3rd Floor)

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

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

CONTACT: 02-712-5245; hello@littlepeabkk.com; ; littlepeabkk.com; FB/IG: littlepeabkk. Unit P1, Play Yard (2nd Floor) The Commons, Thonglor Soi 17, Wattana, Bangkok 10110

MUSICAL THEATER FOR KIDS:

Sing Dance Act & Design at The Hop or online! Suitable for children aged 6–12 years. Improve your child's confidence, spontaneity and creativity through song, dance and art in a warm and supportive environment.

DISCOUNT: 10% off all class packages or online subscriptions

CONTACT: Young Ji Kim at musicaltheatreforkidsbkk@gmail.com; musicaltheatreforkids.com; FB: musicaltheatreforkids

PLAYVILLE: A warm cozy place for families with young children. Apart from free play, they provide a wide range of workshops for children as well.

DISCOUNT:

1. ฿100 discount to join Baby Play Date every Monday 10–11am. This includes all day entrance fee to Playville for a child under 1 year old and 1 adult. Booking required.
2. 10% discount on entrance fees every day (when presented with BAMBI member card)
3. 15% discount on membership fee
4. 10% discount on party or private events

CONTACT: 02-297-0091;

FB: playvillethailand

KID ABLE THE MALL NGAMWONGWAN LANGUAGE SCHOOL: Montessori teaching in English and Chinese for preschool, playgroup and kids aged 1–12 years.

DISCOUNT: 10% off for all classes, first class free. Registration fee free
CONTACT: 081-848-6300 / 062-387-3883; FB: KidAbleNWW; Line: @kidablenww. 9th Floor Education Zone, The Mall Ngamwongwan

BANANA THAI SCHOOL: An online platform to learn Thai language. Access our online courses and materials (video lessons, textbooks, flash cards, quizzes and exercise

books) at any time from everywhere with clear explanation and 24/7 support from trained Thai teachers.

DISCOUNT: 25% off online courses and materials

CONTACT: Kru Smuk at info@bananathaischool.com; bananathaischool.com

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

DISCOUNT: 10% off

CONTACT: 085-122-9080; littlelegend.co/; FB: little legend. nature play

[NEW!] PLANTOYS: PlanToys aims to encourage families and children to enjoy hands-on experience while playing. To this end, we have established the Forest of Play Bangkok, PlanToys Toy Library, and various activities. We also organize family tours, trips and camps.

DISCOUNT: Special discounted entry to Forest of Play for BAMBI members: ฿280 for 1 child and 1 adult, ฿50 for additional adult; 10% off all PlanToys products.

CONTACT: 063-593-9690; FB: ForestofPlayBangkok

FITNESS

BANGKOK DOLPHINS

DISCOUNT: 10% off all swimsuits and in-store merchandise.

CONTACT: 02-712-9297; bangkokdolphins.com. Soi Klang Racquet Club, Sukhumvit 49/9

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

CONTACT: 095-652-4153 (THAI ENG FRA JPN); LINE: @kiddy-kicks; info@kiddy-kicks.com

LITTLE GYM

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

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

SWIMMING BANGKOK: Private swimming lessons at your own swimming pool.

DISCOUNT: 20% off and free shipping on all accessories and swimsuits. Use the promo code BAMBI20 to enjoy the discount.

CONTACT: tony@swimmingbangkok.com; swimmingbangkok.com

FOOD

ANTIQUE CAFÉ AND CAKES

DISCOUNT: 35% off any bakery item when you order any drink

CONTACT: 02-258-6005; FB: AntiqueCafeBkk

BABY BIB CAFÉ AT BAMBiNi VILLA

DISCOUNT: 10% discount on menu incl. food, drinks and cakes.

CONTACT: 02-056-4336; FB: Babybibcafe

BLUE PARROT

DISCOUNT: 10% discount on the bill.

CONTACT: 02-235-4822; FB: blueparrotbangkok

HILTON SUKHUMVIT BANGKOK & DOUBLETREE BY HILTON

DISCOUNT: 20% off total food and beverage bill. Does not include

promotional items and special offers.

CONTACT: hilton.com/en/hotels/bkksuhi-hilton-sukhumvit-bangkok/; Hilton Sukhumvit Bangkok, Soi 24.

KLONG PHAI FARM:

Free-range chickens, ducks, and eggs

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

STEPS WITH THEERA: A health-focused coffee shop and cafe that also provides vocational training for adults with special educational needs. The menu is diverse with options for those with and without dietary requirements and a kids food

and drink menu. The cafe strives to create a community space that is accessible for everyone.

DISCOUNT: 10% off at the Ekkamai 10 and Sukhumvit 42 branches only.

CONTACT: 02-381-6590, stepswiththeera.com

THE 51 LIVE GASTRO

DISCOUNT: 15% discount on lunch menu (not applicable on set lunch. 2

courses + 1 soft drink @ ฿320 net / 3 courses + 1 soft drink @ ฿480 net).

Monday to Friday between 10am and 3pm.

CONTACT: 098-870-7051;

FB: the51tastymoments

HEALTH

BUMRUNGRAD HOSPITAL

DISCOUNT: 10% discount for cash payment and 5% discount for credit card payments on room rate, medicine, lab, medical supplies, and x-rays except for

doctor's fee, package or another discount program, chemotherapy, and other special medicine and supplies verified by Bumrungrad Hospital.

CONTACT: 02-066-8888; bumrungrad.com

J-CLINIC

DISCOUNT: 10% off treatment fee (manual therapy, electronic treatment, acupuncture, and Chinese herbal medicine), except initial visit fee, doctor

consultation fee, taping, supporter, and medicine;

10% off physiotherapy and acupuncture coupons; 5% off student athlete coupon.

CONTACT: Prompong 02-262-0831 / Thonglor 02-185-3433 / Ekkamai 02-115-8433; jclinicth.com; FB: jclinic.th

PAINAWAY CLINIC: Pain relief through Japanese adjustment therapy.

DISCOUNT: Free 3D scan for foot or posture report (normal price: ฿500)

CONTACT: 02-258-1361; contact@painawayclinic.com; painawayclinic.com, FB: @painawayclinic. B1 Floor, Interchange 21 Tower, Sukhumvit 21, Asoke.

HEALTH

IASNAIA MAXIMO: Pregnancy, Birth, and Postpartum Doula. HypnoBirthing Educator, childbirth classes, lactation and breastfeeding support, newborn care, infant massage instructor.
DISCOUNT: 10% off Doula support. 20% off Breastfeeding Support.
CONTACT: info@maedoula.com; maedoula.com

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

BANGKOK INTERNATIONAL DENTAL HOSPITAL
DISCOUNT: 5% discount for dental treatment services
CONTACT: 02-115-8977; dentalhospitalthailand.com. Ploenchit Sukhumvit Soi 2

MISCELLANEOUS

BANGKOK SELF STORAGE
DISCOUNT: 25% off storage units
CONTACT: 02 249-9357; info@bangkokselfstorage.com; bangkokselfstorage.com; FB@StorageBSS

DESIGN2U: A full-service web design company that focuses on customer satisfaction. Professional and fluent in both web design and English.
DISCOUNT: 10% off web design
CONTACT: 089-748-1073 / 081-488-9698; contact@design2u.biz

PARENT SUPPORT

ADI NEVO: Life coach, specializing in relocation perspectives and personal growth. Helping to connect you to the best version of yourself.
DISCOUNT: Two free coaching sessions plus 20% off regular session prices afterwards. 30% off for buying a package of six or eight sessions in advance.
CONTACT: 08-2459-2078; adinevo.me

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

KIDS HOME & FAMILY SERVICES
Nanny, maid and babysitting services.
DISCOUNT: 10% off hourly rate and daily babysitting services. ฿1,000 discount for the first month of monthly babysitting services.
CONTACT: Khun Jin at 02-656-7024/5; thaikidshome.com

KIIDU
DISCOUNT: 5% discount on membership fee for full-time nannies/maids, and 5% discount for on-demand nannies/maid
CONTACT: 02 5506038; LINE: @kiidunanny; WhatsApp: +66 972462073; kiidu.com. 1044/2 Sukhumvit 44/2, Phra Khanong, Bangkok 10110.

SHOPPING

NICK & NISHKA (KIDS CONCEPT STORE)
DISCOUNT: 15% off all merchandise on minimum purchase of ฿1,000 (excluding promotional items). Shop online at nickandnishka.com and use the code BAMBIONLY at checkout.
CONTACT: 064-270-1426; info@nickandnishka.com; FB/IG: nickandnishka; LINE: @nickandnishka

ERGOBABY: Ergonomic baby carriers for babies starting from newborn to four years.
DISCOUNT: 15% off on purchases made through the Line account
CONTACT: Line: Ergobaby
[DAO: Please put the following in a box]
Would you like to offer special promotions to our members? Please email us at benefits@bambiweb.org.

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



BAMB! TEAM

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

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