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**HOW TO
PREVENT PICKY EATING
HABITS IN KIDS**

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

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

Mel Habanananda



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

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

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

Mission Statement

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

We believe that this can best be achieved through:

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

For more information on CBFT, contact:

English speaking, Tel 05-310-4573;
tanitmel@btinternet.com

Thai speaking, Mobile: 081-776-9391;
info@cbfthai.org or

sobsamai@yahoo.com. Or

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



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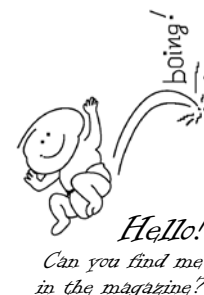
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Yuika, Year 4, Regents International School Pattaya

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*Where great thinkers
are made*

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

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

See how your child can be inspired at
regents-pattaya.co.th



Gloria Pino

Dear BAMBI members,

I can't quite believe it's already October. I'm hoping that kids will have returned to school by the time you read this, even if it's a hybrid format.

Right now, with schools closed, our kids eat at home more often, and I'm always struggling to decide what to feed them. At first, I wanted every meal to be balanced and nutrient-dense, and appeal to my children's taste buds. But after almost 7 years of trying, I know that's impossible to achieve! I just make sure at least one of their three meals is balanced and nutritious. Making this deal with myself has taken the pressure off preparing food for our family.

I'm very lucky my two kids eat almost anything. With my first child, I followed baby-led weaning guidelines to the letter, and I thought that was the reason she was so open to trying whatever I put on her plate. But with time, she has become less adventurous and doesn't want to try new things. We've made a deal where she needs to try one bite of a new food. If she doesn't like it, she doesn't have to eat it—it's a winner almost 70% of the time.

With my youngest child, we followed a mixed approach with him self-feeding sometimes and us feeding him pureed food at other times. He was happiest when we fed him, and until today, he prefers it over feeding himself.

Ultimately, every baby is different, and something that worked for one will not work for the other, so always listen to your child and try different approaches until you find the best way for your family.

Just like our families at home, BAMBI also needs nurturing. Our volunteers are at the core of what we do and sustain us through the most challenging times. In these past months, many have left Bangkok. If you'd like to be part of our team and make a difference in the community, please read the 'Call for Volunteers' section. You'll find a variety of roles that will engage, challenge, and inspire you, and you'll be helping BAMBI to continue offering support to families like yours in Bangkok. We can't wait to hear from you!

Gloria Pino
Chairwoman

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Eunice Enriquez

Welcome to our October issue,

It's incredible how quickly time seems to have passed recently, and in my case, I'm already celebrating my one-year anniversary of living in Bangkok. Over the last year, I've encountered many challenges, and one of the most important has been feeding my toddler, who, since we moved here, has become a bit picky. I know that many parents go through something similar and can relate to the stress and anxiety that dealing with a picky eater can cause. In fact, nutrition and feeding our kids is such an important topic that we've prepared a few articles on the subject for this month's issue.

From her professional experience, registered dietician Karin explains how we can make mealtimes more comfortable and stress-free by helping our children enjoy eating and banish pickiness.

Shanika shares her healthy baked pasta recipe, which is a nutritious option for kids who are hesitant to eat vegetables, and Chyi teaches us how to make delicious congee, a type of rice porridge that provides the perfect breakfast for the whole family.

I also write about how I found social media to be a helpful tool when

learning to cook for my daughter, and I share my recommendations for useful TikTok accounts that can help you, too.

We've also included some articles that I hope you'll find both helpful and encouraging as we continue to do the best we can during the pandemic.

We see many new faces arriving in Bangkok at this time of year, and moving to a new city can be overwhelming. Megha shares with us her secrets on how to embrace the new start and make the most of your time in Thailand.

Lindsay gives us a handy guide to set up a home library and encourage our kids to become great readers.

Finally, we hear from financial coach Jex on how to start or improve a personal budget.

As always, we love hearing from our readers, so if you'd like to get in touch with any ideas or contributions, please send me an email: editor@bambiweb.org.

Eunice Enriquez
Editor

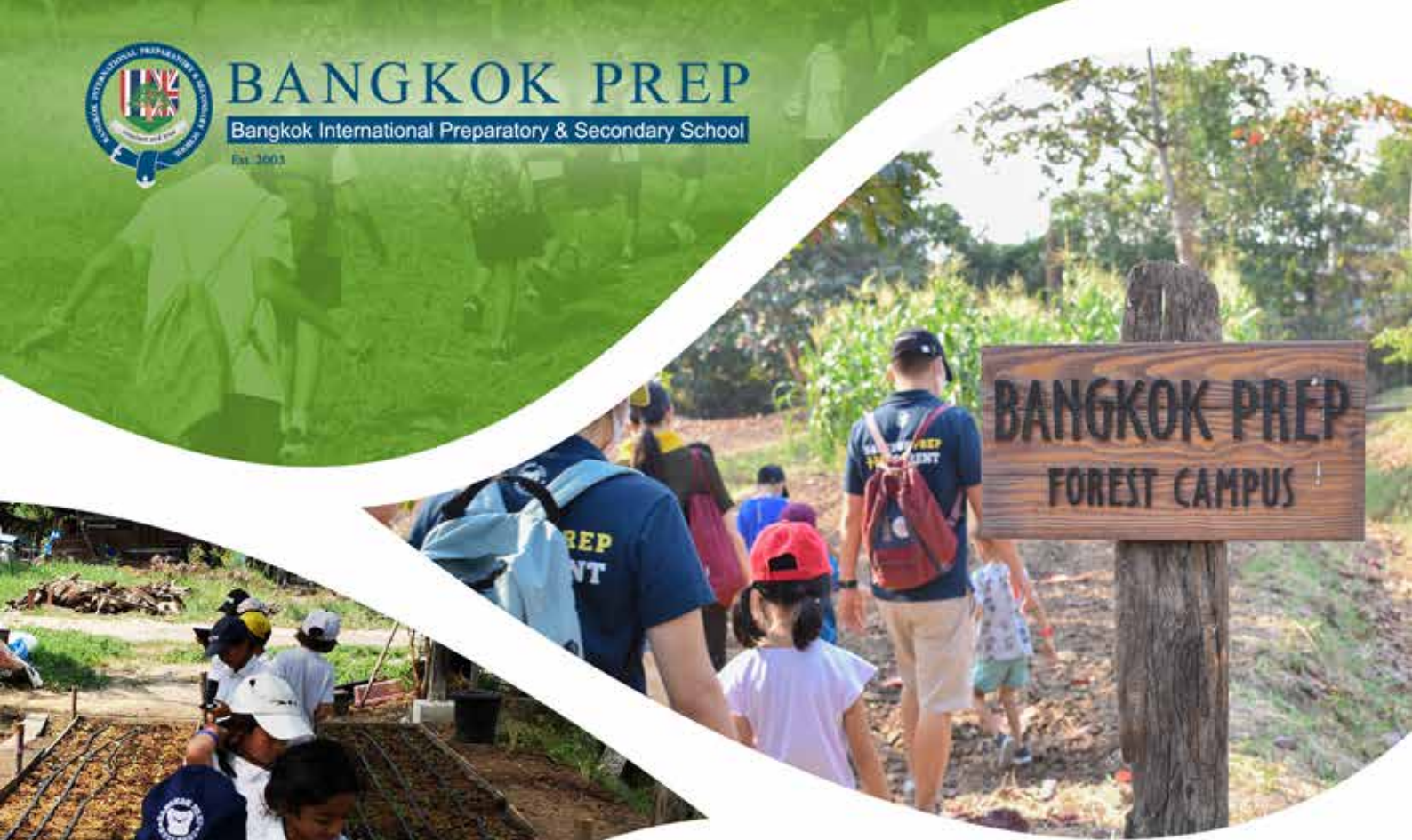




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HAPPY BIRTHDAY FROM BAMBI!



OCTOBER BIRTHDAYS

Mia Ferre

Jacqueline Fatima Rose Adjimuddin

Abhir Agrawal

Noha Ali

Michelle Antony

Sally Boyorak

Viraj Btr

Sean Chan

Gurvi Chandna

Henry Dabrowski

Grace Dasom Howell

Jinn Jormkungrern

Eliel Karhu

Tubtim Kitirattanathorn

Popetorn Klindnate

Nova Kotsan

Elliott Malloch

Elsa Grace Meyer

Ihan Muhammad

Charles Nanthiphiphat

Iroha Nishitani

Saki Phrapon

Timothy Esteban Rykala

Kayra Sharma

Yarida Singh

Amy Sugita

Keir Tyrrell

Sara Wasai

Mei Yokoyama

Zhixuan Zhang



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CHICKEN PORRIDGE: A BELLY WARMING COMFORT FOOD

Congee is a type of rice porridge that provides the perfect breakfast in many parts of Asia. Chyi tells us how to make this easy-to-prepare family favorite.

Congee is a comfort food among Asians, enjoyed by adults and children alike. We have it for breakfast to warm up our tummies, savor it with other dim sum at family gatherings, and nourish ourselves with it when we feel unwell.

We also introduce congee as the first solid food for our babies, cooking rice porridge with protein (such as fish, chicken, or eggs) and some vegetables to make a balanced meal for little ones.

Our daughter had porridge almost every day when she was between six months old and 1.5 years old. Although she eats a wider variety of food now, she always loves porridge whenever we cook it and asks for an extra serving.

Here is the recipe for a simple chicken porridge with vegetables, which can be cooked easily for a quick and hearty meal.

Step 1: Blanch the chicken

Put the chicken thigh in a pot with room temperature water; bring to the boil for about 5 minutes to get rid of excess scum. Wash the meat in water to get rid of impurities, and rinse.

Step 2: Cook the porridge

Fill the pot with water or soup stock. Add rice, blanched chicken, ginger, and 1 teaspoon of cooking oil (see tip below*), and bring to the boil over a high heat. After it boils, lower the heat and cook for about 15 minutes over a low-medium heat.

10 • October 2021

Ingredients (for 2-3 people):

- Rice - Jasmine rice or brown rice (cooked or uncooked is okay; sometimes we use leftover rice) - 1 cup
- Chicken thigh - cut into pieces
- Ginger - 2-3 small slices
- Celery - half a rib, chopped into small cubes
- Carrot - half, chopped into small cubes
- Water or soup stock - 1.5 litres
- Cilantro and/or spring onion - to garnish
- Seasoning - salt, pepper, soy sauce, and cooking oil (olive oil, coconut oil, or any vegetable oil)
- Sesame oil (optional)

Put in celery and carrot and cook for another 15 minutes. You may add more water if you prefer the porridge to be thinner, or simmer the porridge longer to make it thicker and creamier.

Stir the porridge from time to time. It is usually ready in 30 - 45 minutes, but you should check to see when the rice is cooked, and when the thickness and the texture of the porridge suit your preference.

Add seasoning—salt, pepper, and a tablespoon of soy sauce.

*Tip: it is important to add cooking oil at the beginning to avoid the rice sticking to the pot. It will also help to make the rice softer and give the porridge a better texture.

Step 3: Serve

Serve the porridge in a bowl, and sprinkle some cilantro and/or spring onions on top. We also like to add a

few drops of sesame oil to enhance the fragrance and flavor of the porridge.

Congee makes the perfect savory breakfast or light dinner, ideal to have along with a plate of stir-fried vegetables. To 'go local', you can have it with some fried dough or 'Pa Tong Go' like the Thais. Enjoy!

Photos courtesy of the author

About the Author

Chyi enjoys learning about others' stories, writing and sharing them widely. She and her husband have a mini blog on Facebook to share their parenting story, especially food that they prepare for their daughter: www.facebook.com/papalove.bkk/



HALLOWEEN HANGOUT

Date: **Saturday, October 30, 2021**

Time: **9:00 am - 12:00 pm**

Ticket fee: **Free Event**

The KIS Annual Early Years event is designed for 2-6 year olds.

This year's Halloween themed **virtual event** will include mini activities to delight your little ones. The activities will be a blend of on-screen and off-screen fun.

- Creepy crafts session
- Spooky storytime
- Wacky live bingo (with prizes)
- Make-your-own silly slime lab
- Costume contest (with prizes) and more!



To sign up, please visit:



<https://admissions.kis.ac.th/hh/>

Registration includes a party kit with Halloween goodies and materials that will be used with some of our activities. Please plan to pick up the kit ahead of time.

Don't forget to dress up!

HOW TO PREVENT PICKY EATING HABITS IN KIDS

Mealtimes are an important source of family time. Dietician and picky eating expert, Karin, explains how eating together is more comfortable and stress-free when our child enjoys eating without being picky.

Six months ago, the parents of a beautiful 18-month-old girl came to see me for advice on their daughter's picky eating. After seeing a great improvement, the mom has asked me to share their story. I'm happy to share this story and some tips to help those who are struggling to feed their kids with pleasure.

This couple's daughter was smart, and she knew how to ask for what she wanted, though this was limited to 2-3 options, which made it hard for them to feed her. They wanted my help to expand her safe foods, to help her be more open to new foods, and to increase the variety of foods she enjoys eating.

This is what I hear from most parents who come to see me. They want their child to eat healthily, to be open to trying new foods, and enjoy mealtimes without any more stress.

How does it happen? Why do some kids become picky?

The truth is we are all picky in some ways. Pickiness starts with 'neo-phobia', or being scared of trying some-

thing new. When our child is between 12-18 months old, they start to question what we offer, and are not willing to eat everything like they used to do before. This reaction we get from our child is new to us, and we don't know exactly how to respond to it.

What do we think it means?

When our child makes a face or pushes the plate away, and is unwilling to try the food we put in front of them, we might think they don't like the new food we're offering. This makes us, as good and loving parents, not present this new food anymore. I believe my child knows what they like, and I want to offer only the liked foods. I want my child to be happy and eat well, so I prepare only those foods that will make them happy and full, and make them sleep well at night. To be honest, we all love it when our child eats the food we cook, so at first, we offer our child something we know they like to make sure they eat. But over time, this will become the only thing they will be willing to eat.

What happens next?

We become frustrated and don't

know how to make our child eat and try new dishes, and it doesn't matter how yummy and healthy they are. This is the hardest part for most parents; mealtime becomes a stressful time. We sit down with our child knowing this will be a hard 30 minutes or more. We offer new foods, which get rejected, and we become disappointed. They start misbehaving at the table, want to watch TV while eating, come and go from the table, and don't finish their food. As parents, we start worrying that our child is not getting all the nutrients needed.

How does it make us feel?

We don't want to argue or want our child to go hungry, so we eventually offer them food we know they will eat. By the end of the meal, we are tired, and our child is tired, too. It would be perfect if we didn't have to deal with it again, but the same thing happens at the next mealtime, 2-3 hours later, and then again and again, on repeat and with no end in sight.

It's usually at this point, when we feel mealtimes are becoming less and less



pleasant, that we finally look for some help.

I'm happy to say that help is at hand! Here are a few things you can try to prevent pickiness from happening:

Try to offer as many foods as possible to your child before they turn one. Exposing a child to a variety of different food items will remove the fear of trying new dishes put in front of them.

Eat with your child from a very young age. Let your child see you eating and enjoying food from a young age, and they will want to copy you and try to eat whatever you eat.

Don't think they don't like something when they reject it. Keep offering the foods you want them to have. Research shows it may take between 10 and 30 times for a child to try the new foods you offer.

Let your child play with their food. It's important for a child to get to know a new food by touching, smelling, and licking it before putting it in

their mouth. Don't rush it. It can take time, but eventually they will do it. Parents need lots of patience for this to happen.

Let them watch you cook. The process of touching, mixing, and seeing the ingredients go in the bowl together will help your child understand what is inside the dish and feel safer trying it.

Offer your child sweets once in a while. Sweets are yummy, they will love them, and by offering them, you are saying that sweets are okay. We know you will love them; we love them, and we want you to enjoy them in moderation. Don't make your child feel sweets are bad for them because isn't it confusing to say that something bad can taste so good? When we offer something sweet, we need to explain that it's not the healthiest thing for us, but because it's delicious, we can enjoy it once in a while.

The young girl I told you about turned two recently. She has started trying new foods, and she enjoys sit-

ting at the table with her parents and eating from their plates. The variety of foods that she likes has grown, and the stress of sitting down at the table has gone away. Her parents are calm, happy, and enjoy mealtimes with her. Ultimately, this is the best feeling you can have—enjoying meal time with your loved ones. This is because food is an excuse to sit down together with your favorite people in the world.

Photos from Canva.

About the Author



Karin Biran, R.D., M.A.N., is a registered and licensed dietitian with 8 years of professional experience in weight loss, treating picky eating, and helping and guiding families in creating a happy and healthy eating environment. FB: Karin Biran Dietician - Happy Eaters facebook.com/KarinBiranDietitianNutritionist. Contact number: 09-55129153



CALL FOR VOLUNTEERS

BAMBI is run by a group of lovely volunteers. Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBI community? This is your chance. As many of our current Committee members are moving on from Bangkok BAMBI has a number of critical roles to fill to ensure ongoing service to members. BAMBI is great fun and a welcoming community of like-minded parents trying to support and improve the parenting experience for all families in Bangkok. If you have some time and passion to spare, come and join us.

To apply or if you have any questions about these volunteer opportunities, please email chairwoman@bambiweb.org detailing which position(s) you are interested in.

We have a number of exciting opportunities currently available:

PLAYGROUP COORDINATOR

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

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

Attends monthly committee meetings as a voting committee member.

PLAYGROUP COORDINATOR ASSISTANT

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

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



TREASURER

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

TREASURER ASSISTANT (x2)

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

ACTIVITIES LEADERS

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

ACTIVITIES COORDINATOR ASSISTANT

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

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

NEW MEMBERS ASSISTANT

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

PROMOTIONAL DESIGNER

Reporting to our Media Coordinator this role involves designing promotional materials for all BAMBI departments following our brand guidelines. This also includes working with our Magazine Editor supporting content for each edition.

Some experience with Canva (or a similar program) is preferred but not necessary.



ASSISTANT EDITOR — BAMBI MAGAZINE

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

PHOTOGRAPHERS

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

CHARITIES COORDINATOR

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

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

As a voting member of the BAMBI Committee, the coordinator will be required to attend monthly committee meetings.

NEW MEMBERS & POP UP COORDINATOR

Arranges monthly New Members' Coffee Mornings (one weekday morning per month) and Pop-up playgroups (usually one weekend morning per month).

Communicates with venues via email and site visits (usually once per venue).

Welcomes families and introduces BAMBI membership at the Coffee Mornings. For Pop-up playgroups, you will be required for 2-3 hours one Saturday morning per month. You don't need to be a native English speaker and you will be supported by the team assistants. As a voting member of the BAMBI Committee, the coordinator will be required to attend monthly committee meetings.

VOLUNTEER BENEFITS



FREE PLAYGROUPS



EXPAND YOUR NETWORK



ENHANCE YOUR SKILLS

EMBRACING LIFE IN A NEW CITY

Seasoned expat Megha shares her secret sauce for making the most of your time in this Land of Smiles.

Being a tourist in Bangkok is totally different from making a life in this city. Wouldn't you agree? If you are new to the city and still finding your way, read on!

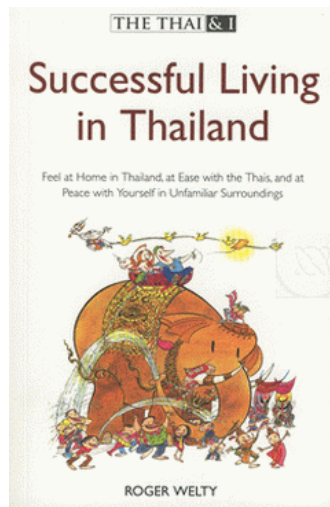
I arrived in Bangkok 8 years ago as a mother to a 7-month-old boy. Within a week of arriving, the rose-tinted glasses came off. No family or friends, an alien language and city, a plunged-into-work husband, and a baby in my arms. Things looked grim. I did not want to stay. Fast forward 8 years. My little boys are 5 and 9. The biggest boy is not so busy with work. Bangkok feels like home. I do not want to leave.

What has changed? I have! Looking back, there are three tips I would give to my newly arrived self and anyone else in my shoes.

1. It's a Gift

This move, this empty canvas that's staring at you, is a gift. You don't know how to fill it yet. It can feel like a lonely burden, but it need not be. I have witnessed countless fellow expat women navigate all kinds of constraints to blossom in new ways. They volunteered, led support groups, converted hobbies into professional-grade skills, acquired new skills, started businesses, became fluent in English and Thai, traveled the length and breadth of South East Asia, made new lifelong friends, and more. All while raising their families.

Any of this can happen for you. It starts from recognizing this opportunity as the gift that it truly is. Not convinced? I recommend reading this gem of a book by the late Roger Welty "Successful Living in Thailand".



2. Build Your Tribe

Motherhood is the strongest reminder for women that we thrive in a tribe. Expat living demands that we create our own tribe. As a new mum in a new city, I found ANZWG's Bangkok Guide and the Expat Mummy Club Facebook group to be my pit stops for countless everyday questions. Next came BAMBI playgroups, which gave social stimulation to both mummy and baby. That led to serving on the BAMBI committee for four fulfilling years, dotted with rich friendships and experiences. I accumulated the network, confidence, and skills to forge my path ahead once I outgrew the BAMBI age range. I have found myself organizing workshops, events, leading community projects, learning Thai, and embracing my fear of public speaking. Each project became possible because of support and friendship from members of this diverse tribe that I wove for myself.

Show up with curiosity and a willingness to contribute in places, online or offline, that interest you. Your new tribe awaits you.

3. Find Your Bonfires

Bonfires have a way of bringing people together, sharing stories and food, creating a sense of belonging. Tribes thrive around bonfires. BAMBI was my first bonfire in Bangkok. An Iyengar yoga studio in Thonglor is another. For the last four years, Toastmasters (a public speaking club) has been my big bonfire. Sometimes bonfires can be found. Sometimes they need to be created. Last year, I ignited the first two chapters of the Buy Nothing Project in Bangkok, in Ploenchit and Sathorn. It encourages neighbors to connect by giving, sharing, and receiving gifts of goods and their time.

Your friends will come and go from Bangkok, but your bonfires will stay. They will nourish you and attract new members to your tribe. Find your bonfires, help stoke them, and create some of your own!

We arrive in Thailand filled with hopes of new adventures and fears of uncertainties. How we navigate these hopes and fears determines the quality of our stay here. I wish you a fantastic ride in this Land of Smiles, filled with gifts, tribes, and bonfires.

Photos from freepik.com.

About the Author

Megha has been at home in Bangkok since 2013, along with her husband and two boys. She is best found stoking her bonfires. You can reach her at contact-meghajindal@gmail.com



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BAMBI

Did you know that BAMBI has a classifieds section?
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and POST your ads. FREE for members.

Domestic Helper

GOODS

Toys

Driver

Nanny

BAMBI CHARITIES REPORT: SUPPORTING BAAN DEK FOUNDATION

BAMBI Charities is pleased to report its support of Baan Dek Foundation for the third year. Through the generosity of our members, many young children and their families have received much-needed support during this tough time.

Since 2019, BAMBI has been supporting Tchin Tcho Nursery—a critical nursery for vulnerable toddlers in Chiang Mai. It is one of nine programs run by Baan Dek Foundation (BDF). This year, BAMBI has supported the nursery with both monetary and physical donations.

BDF's nursery provides childcare for babies and toddlers between the ages of 18 months and 4 years old who grow up in especially difficult circumstances. These children are at risk of neglect or abuse, or live in otherwise unsafe environments. Tchin Tcho Nursery provides a safe environment and quality Early Childhood Care and Development (ECCD), while BDF's social advisors work closely with the children's parents to address the families' critical circumstances. All of the activities organized through Tchin Tcho Nursery are designed to promote the children's fundamental physical, cognitive, psychosocial, and linguistic development.

The Covid pandemic forced the closure of the nursery on April 19th 2021 as a result of government-mandated regulations and BDF's internal Covid-19 protocol. The children and

their families have been adversely affected by the third wave, as many parents have experienced either job losses, or significantly reduced income due to the resulting economic downturn and unstable job market.

To support young children and their families during this time, BDF's social advisors have been delivering food and hygiene sets, which include items such as milk suitable for young children, non-perishable food items, and diapers. To ensure the children's development remains

on track, nursery teachers have prepared instructional recordings of educational activities for parents to lead at home. As most parents are illiterate, teachers have recorded videos to help parents understand how to independently run the learning activities.

Following approval from the BAMBI Committee, BAMBI donated ฿100,000 to Tchin Tcho Nursery in July. These funds will be used to run the nursery for the next 12 months. It is our great pleasure to continue





our support for the nursery and the children with critical needs.

In June, BAMBI also joined BDF's Toy Drive campaign—toy donations for the most vulnerable children living in Chiang Mai. Since the start of the most recent wave of Covid, circumstances for the families the foundation supports have continued to worsen. In particular, children have been greatly impacted as schools have closed, meaning they remain isolated in their homes with very little physical or mental stimulation. Many

BAMBI members answered our call for donations on social media, and we collected a total of 14 large boxes for donation, which included toys, stationery, books, sports equipment, child and adult clothing and shoes, and hygiene supplies. On 23rd July, the collected donations were shipped out from Bangkok to Chiang Mai. They were received by the BDF Chiang Mai team the following week, then swiftly delivered to each of the six communities. We are sincerely grateful to everyone who participated in this donation drive.

If you would like to know more about Baan Dek Foundation and how you can support their programs independently, please visit: <https://baandekfoundation.org/>

Photos courtesy of Baan Dek Foundation.





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)

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Bangkok 10110

+66 (0)2 381 2919
info@elc.ac.th

The Purple Elephant 39
Ages 18 – 36 months

Area: Phrom Phong
61 Soi Phrom Mit
Bangkok 10110

+66 (0)2 662 4570
purpleelephant@elc.ac.th

The Purple Elephant 49
Ages 18 – 36 months

Area: Phrom Phong
99 Soi Sukhumvit 49/13
Bangkok 10110

+66 (0)2 392 3190
purpleelephant@elc.ac.th

The Purple Elephant 55
Ages 18 – 36 months

Area: Thonglor
79 Soi Thong Lo 8
Bangkok 10110

+66 (0)2 116 2394
purpleelephant@elc.ac.th

The Country School
Ages 18 months - 5 yrs

Area: Nonthaburi
44 Soi Samakkee 20
Nonthaburi 11000

+66 (0)2 003 5185
countryschool@elc.ac.th



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elc international schools

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FOR YOUR
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WELCOMED WITH LOVE BY BRIANA OUR DATABASE
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BAMBI

HEALTHY BAKED PASTA RECIPE

Shanika, a home caterer and a mom, shares how to make a yummy, veggie-packed pasta dish for your little ones.

My 18-month-old daughter is a fussy eater, and this recipe is the best for kids who are hesitant to eat vegetables. The creamy sauce is packed with flavor and is a cheat's way of getting some vegetables in your kids' diet. The recipe is extremely versatile; you could add grilled chicken, sausage, bacon, or even sautéed prawns for additional protein.

Ingredients

- 2 medium-sized butternut squash
- 100 grams cheddar cheese
- 100 grams mozzarella cheese
- 250 grams organic fusilli
- 8 cloves of garlic
- 1 large onion
- 2 teaspoons of brown sugar
- 4 sprigs of thyme
- Half a cup of chicken or veggie stock
- Salt, pepper and chili powder to taste
- Olive oil or 3 tablespoons of unsalted butter
- 2 teaspoons of lemon juice
- 3 tablespoons of sour cream

Method

Preheat your oven to 200°C.

Start by adding cubed butternut squash and 4 cloves of garlic into a baking pan with a coating of olive oil, and a sprinkling of salt and pepper. Bake in the oven for 20-25 minutes or until golden brown and soft to the touch.



In a large deep pan, cook the fusilli in boiling salted water for 9-10 minutes. Next, finely chop an onion, thyme, and the rest of the garlic, and sauté them in a pan with a splash of olive oil or butter.

Add the baked butternut squash, garlic, and sautéed onion mixture to a blender or food processor.

Add the sour cream, stock, 1 tbsp of the pasta water, 50g of cheddar, 50g of mozzarella, lemon juice, brown sugar, salt, pepper, and chili powder to taste. Blend them together until it's a creamy sauce. You can adjust the thickness of the sauce to your liking by adding more or less of the stock. Add the strained pasta to a baking dish with the creamy sauce and mix well. Finally, add the remaining

cheese and bake for 10 minutes or until golden brown.

Photo from Canva.

About the Author

Shanika is a home baker based in Bangkok. Her love for baking and experimenting with her grandmother's traditional Sri Lankan recipes has led her to develop Platters Bangkok, a home catering service offering carefully curated and customizable sharing platters.

You can find Platters Bangkok on Instagram and Facebook: @platters_bangkok



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SHINE BRIGHTER IN THE NEW NORMAL

Back in 2018, no-one would have expected the world to have changed as much as it has today. All of us have been affected and many of our lives have been significantly changed by the global pandemic. Yet, it may be our children who have been affected the most. According to UNICEF, school closures can have serious effects on the education, development and well-being of children and adolescents.

In addition to depriving students of the necessary social interactions that support and promote their mental well-being, school closures have led to countless examples of poor remote learning ar-



rangements that have not offered the same chances for students to develop. In these times it has been incredibly challenging for educators to help children grow as they should when time has not been an ally.

As we write, the situation in Thailand is gradually improving: There are dropping case numbers, higher vaccination rates and signs from

the government that they are eager to reopen schools and the country more widely. However, nobody knows how long the pandemic will be with us and whether or when a future surge in case numbers will come. Around the world, people are starting to change their mindset: perhaps we need to adapt and live in this so-called new normal.

Recently we had a conversation with Mr. Thomas Banyard, Headmaster of King's College International School Bangkok, and we learnt about their relentless efforts and successes, which have already helped a number of parents in this new normal.



"The opening of a school is one of the most challenging things that you can be part of in education. In 2018, we took the first steps on our journey to build one of the best international schools in Asia with the support of our sister school, King's College School, Wimbledon. We opened our door for the first time in September 2020 with over 300 students and around 28 nationalities. Having worked tirelessly, we were all delighted with the feedback we received at the end of the first term. Not only was it clear that parents could see the progress in their children's academic skills, but they also noticed that the children's manners had improved and they had become noticeably kinder. More importantly, the children were happy and excited to come to school. Then, suddenly during the school break, the second wave of the pandemic forced us to go online for the first time."

"At the time, I remember feeling crestfallen: we had poured heart and soul into the school, achieved more success than we could ever have imagined, and then a virus threatened everything. Nevertheless, during this time, we were helped hugely by our parents, King's Wimbledon, and our sister schools in China and Monaco; and, our teachers pulled together and put the children and their learning at the top of their priority lists. Our senior leaders worked tirelessly to emulate the best from other online learning schemes and to learn from mistakes made in the first wave of the pandemic."

"In the end, instead of seeing COVID-19 as a threat, we saw it as a chance to provide our community with the best possible support during this difficult period. We built our online learning programme around the simple question: what will help

the students make progress whilst preserving their love of learning? We decided that our key objectives while online would be to: build and maintain a sense of community so our students could feel surrounded by caring teachers and friends; offer small-group sessions to give them more chances to speak and get feedback; and ensure a balance between live lessons for structure, mixed with activities which offered both flexibility and an opportunity to develop independence."

"In education, I truly believe that the system is only as good as the people delivering it. If a school does not invest heavily in its staff, value them or support them, then it will fail in times of crises. Our staff is the main reason why we could go above and beyond when it came to online learning. Every single teacher and assistant teacher was employed because they love





children and were prepared to go the extra mile to help them. They worked to give clear assignment feedback quickly, they made extra time to help struggling students, they adapted to feedback. Alongside them, the support staff did everything within their power to support the teaching staff and the parents."

"We also benefit from the composition of management at the school. Whilst we are all employees, many of us are also parents of students within the school; we understand the difficulties that online learning poses for our parents. Knowing this, we were able to lend school iPads and prepare resource packs to support children's learning, as well as providing a wide and rich variety of off-screen days to keep the students motivated. At King's Bangkok we always focus on the pastoral care and wellbeing of our students, staff, and parents, offering as much help and assistance as possible to those who may require it."

"With the start of the new year and another period of online learning, we continue to build and develop. For example, we held a school-wide sports competition which encouraged our families to work out. Their exercise was logged and the stu-

dents were entered into a virtual race around the world (visiting our sister campuses and ending up in Wimbledon). We followed this by encouraging our students and parents to use Active Arcade, a mobile application linking fitness and technology, so they can keep fit whilst having fun."

"Our tremendous parents' committee has helped us to come up with more ideas to invigorate the at-home experience for both parents and children in this difficult time. In particular, we have sent home boxes of books to help the students with their reading; we have provided workshops for parents on their (and their children's) wellbeing, helping their children to learn how to read, managing student behaviour and more. Our Executive Committee even assisted us in the development of parent social events such as making mocktails or practicing yoga, which have been wildly successful. Through it all, King's Wimbledon continually supports us and, with their assistance, we have been able to maintain an international standard in everything we do."

"Although we have had excellent feedback and the students have made superb progress with online learning, we all hope that our students can re-

turn to our beautiful campus every day. Their absence has inspired us to use this time wisely and ensure that we are ready to welcome over 700 students back to campus. Of course, we have made sure that we can abide by strict COVID guidelines with 99% of our staff being fully vaccinated by the time the students are back. We have also provided extensive induction for our 76 new members of staff, training them to maintain our key values: good manners, wisdom and kindness. Furthermore, we have added a number of new facilities, such as the Cooking Room, Fitness Centre and extra classrooms, for our students to enjoy fully upon returning."

"We continue to do our best for our community. Whether it is securing vaccines for our parents or students, tweaking the timetable or just being on the end of the phone to those that need support, we will always do what we can. At the end of this pandemic, I know that our school community will look back on our work and achievements with pride."

"I am so excited to see the students bring our school campus back to life once again soon and we are fully ready for this. In the meantime, my advice to you is to stay positive, look after yourself and smile."





Q&A for Head of Primary: Helen Searle

1. Younger children learning online is always difficult for both them and their parents. How has the Early Years programme at King's Bangkok made it easier for them?

The online learning programme at King's has been designed to provide parents with a reliable and consistent structure that children respond well to. Engaging and inspiring live lessons are facilitated by adults who understand how to motivate young learners and the carefully considered offline tasks set on our learning platform - Seesaw - are designed to support the children's holistic development.

2. Why is play-based learning the core of your Early Years curriculum? How did you make this concept possible throughout online learning?

Play-based learning is the method by which all children have the highest engagement with new content. It is supported by our approach to off-line projects which are similar to how children would learn through play at school. With these, we promote skills of independence, creativity and problem-solving.

3. What is the secret of the Early Years' teaching staff in keeping happy children happy?

The ingredients for children's happiness are rooted in the quality of the

interactions that they have with their familiar adults. They want to feel safe, valued and respected, which is core to our values not only in Early Years but also as a school.

4. How have you prepared to welcome the Early Years students and parents when the school reopens?

The quality of the interactions that our Early Years staff have with the children during this period of online learning is the best preparation for school that we can provide - our students know that when they finally meet their teachers in person, they will be valued, respected and instilled with a love of learning.

SCHOOL INFORMATION

- King's College International School Bangkok (King's Bangkok) is a King's College School, Wimbledon International School, with a student-centred and value-led British curriculum.
- King's Bangkok is a co-educational day school for students aged 2-18 and aims to replicate the success of King's College School, Wimbledon, which is renowned for being one of the most academically successful schools in the world.
- 70 teachers in 2020 & 2021 have been selected out of over 4,000 applicants, and King's Wimbledon has done the final round interview of all class teachers recruited at King's Bangkok. King's Bangkok has also welcomed teachers from King's Wimbledon to teach stu-

dents in both Primary and Senior Schools.

- King's Bangkok offers over 42,000 square metres of state-of-the-art school facilities for the students. This included the Early Years Centre, Academic Blocks for the Primary and Senior Schools and sports facilities such as a sheltered saltwater, Olympic-sized swimming pool; 3 full-size basketball courts, a 7-metre climbing wall, and an indoor jogging track housed in an air-conditioned sports hall; a full-sized football pitch with FIFA-Quality Football Turf; state-of-the-art fitness room and gymnastics centre with the Olympic standard floor.
- In addition, a 625-seat auditorium, a concert hall, 17 music classrooms, a dance studio, 3 art studios, 4 science labs and a design technology studio and robotics lab are provided for students to enjoy the creative activities.

- As part of King's Wimbledon's quality audit of King's Bangkok, the results of parent's survey are that:
 - 100% of respondents said that their child has been well taken care of by Form Teachers.
 - 100% of respondents agreed that their children are happy at school.
 - 99.4% of respondents rated the teaching and learning as good to excellent.
- King's Bangkok is situated in the Ratchada-Rama 3 area with easy access to the financial district (5km from Sathorn) and the city centre (7km from Sukhumvit).
- Applications are now welcome for girls and boys aged 2-17. Please visit kingsbangkok.ac.th or email at info@kingsbangkok.ac.th.



Q&A for Head of Early Years: Raj Ladva

1. Last year was successful for both EY and Primary School with praise from parents. Can you reflect on some highlights?

Our first year at King's Bangkok (last year) was really exciting. After having put so much planning and thought into the school, we finally welcomed students through the gates. Throughout the year, seeing children coming to school, excited to be with us and enthusiastically taking part in all of the opportunities we offer, was so wonderful. We built a real community of learning academically, physically, socially and creatively which involved students, parents and staff. This philosophy continued into our online learning period in which students continued to thrive and make progress in all areas.

2. We learnt that King's Bangkok has been focusing on creating smaller "breakout groups" live classes with teachers. Why does it matter for children? How did you

lead the teachers to effectively teach multiple mini groups?

When developing the online learning programme, we considered best practices in the classroom and tried to incorporate those into our online learning. If, as an adult, you are online in a meeting with twenty people, it is impossible to know whether others are listening and understanding, or are distracted by another app. We decided that teaching the students in small groups through live lessons was the best approach. In this way, we can address misconceptions, all students have an opportunity to individually participate and we can tell if they are engaged or not. This, coupled with time offscreen to consolidate and unplugged periods where students carry out play- or enquiry-based activities, has provided a balance of on and off-screen time. House and social events are also built into our programme to make online school as close to real school as possible.

3. It may be difficult for some children to move from Early Years to Primary when the last term was fully

online. How did you ensure that the transition could be made with minimal disruption?

The transitions from one year group to another were especially challenging, and that from Reception to Year 1 tends to be the most significant. We started planning this very early on.

Reception students visited the main Year 1 learning areas weekly and were also involved in whole-school events,





such as our anti-bullying pop-up festival and healthy lifestyles week. The students also attended Key Stage 1 assemblies before we went online and were allocated houses, so they felt like a part of the wider community. Just because children change year groups doesn't mean that our teaching methods should differ. Instead, we continue to follow good Early Years practice into Year 1 and gradually build up expectations as the children mature.

4. Can you please share a bit about the holistic education we provide and why it matters for the child?

Here at King's Bangkok, we believe that there are three educational pillars: Academic, Pastoral and Co-curricular. These, along with our values of kindness, good manners and wisdom are all vitally important for the success of our students both in school and when they grow up. We are preparing students for a rapidly-changing world and so we have to teach them to be flexible, reliable

WHAT DO KING'S BANGKOK PARENTS SAY

"My child is developing in leaps and bounds, and the teachers are really great."

"The way that the school facilities were designed suits the students' needs and the number of students, and there is even space for future expansions."

"My children are in Nursery and Year 3, and they are excited to go to school every day. The teachers here care for their students and really get to know each individual."

"This school is able to provide students with all kinds of opportunities, making them feel more confident about themselves."

problem solvers who can work with others and stand out from the crowd.

5. What can students and parents expect when they return to school?

Here, both online and in-school learning focus on our previously-mentioned pillars and core values, and we have continued to focus on all areas of their development. Thus, when the children return to school, they will continue to be engaged, inspired and challenged by the curriculum and activities, allowing for a seamless transition from at-home learning. Additionally, they will benefit from being on campus physically and will have to be encouraged to develop social skills in-person as much as possible. However, we understand that school closure and lockdown inevitably affect everyone differently and we will support children, families or staff who require it.





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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WWW.BAMBIWEB.ORG/FAQ

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



St. Stephen's International School

"Where East meets West"

St. Stephen's International School aims to provide a truly international education whilst maintaining the values and customs that are so important to our Thai community; East certainly does meet West at St. Stephen's in the best possible way. Our campus communities are happy and caring. Whether in urban Bangkok or in the beautiful environment of Khao Yai, staff, students and parents all contribute to the special family atmosphere which is apparent to the even the casual visitor.



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BUDGETING FOR BUSY PARENTS

Ever been on a scramble for funds to cover unforeseen expenses? Or you just can't figure out where the last ₱100 went to? If you feel you should start budgeting or want to learn how to budget better, this article by Jex Leigh Roach is just what you need.



Money affects almost every aspect of our lives, yet many families find it difficult to manage their personal finances. Taking care of the kids, running errands, keeping in touch with loved ones, finding time for our spouse and ourselves—it is easy to feel too busy to make time for budgeting. However, with some simple steps, you can build a strong financial foundation that will benefit your whole family.

One of the best ways to improve money habits is to create a monthly budget. Many people think of budgets like diets. They list all the things they can no longer buy or eat. However, your budget should have categories such as travel, dining out, entertainment, BAMBI playgroups, and a discretionary amount for each person to spend on their hobbies. Just like a nutritious meal plan with healthy desserts, creating and following a budget that caters to all such expenditures can leave you feeling

happier and more rejuvenated. You are likely to have better communication with your family members, less stress about spending, and more money to save for bigger goals. And a bonus—your kids will pick up good financial habits, too!

You can search online for a budget template or app, or even just use a pen and paper. Start by figuring out your monthly net income, sometimes referred to as your 'take-home pay'. Next, plan how to spend or save that money. You should have a plan for everything and give each baht a name. This is called a zero-based budget—there is zero money left without an allocated 'job'. Some 'jobs' will be to pay monthly household expenses, such as rent, electricity, water, groceries, and phone bills. Some 'jobs' can be for long-term savings, such as retirement, education, a new vehicle, or future travel. Others—and these can be the tricky

ones to manage—are the short-term, irregular expenses.

Most people have some expenses that are not due monthly but need to be paid at other times in the year. For example, some insurance premiums are paid annually, some bills are paid quarterly, and international school tuition fees are often due by the start of each term. Even though these expenses occur at irregular times, you can still save for them each month using a technique called a 'sinking fund'. A 'sinking fund' is a short-term savings goal for known or expected expenses. If you pay ₱15,000 for car insurance every September, then starting in October, you can save ₱1,250 per month towards that bill. Next September, you'll have the full ₱15,000 sitting in your bank account, ready to be paid. This prevents the stress of having to find a large amount for an expense that could have been planned for. Many people express a



sense of relief that the money is already there as well as a lack of worry that they won't have enough to pay all their other bills. Other common examples of 'sinking funds' are school tuition, medical expenses (you might not know when you'll need medical care, but it's very likely that someone in the family will at some point), holidays, birthdays, and travel.

Some people try to track and categorize every expense they make. This can be tedious and time-consuming. Not just that, looking through every bank and credit card statement and

trying to remember where a ₱40 expense went at the market can also be exhausting and frustrating. In such cases, you can use a cash envelope system. For example, if you budgeted ₱25,000 for groceries this month, put ₱25,000 in an envelope labeled 'groceries'. Then every time you go grocery shopping, pay from this envelope. There is no need to track how much you've spent during each trip because if there is money in the envelope, you can spend it. This way, you will find that you have saved significant time and energy for other things like playing with your kids or relaxing with a nice cup of tea!

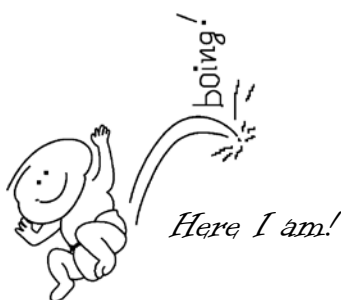
The easy part is writing down your spending plans in the budget. The harder part is following the plan. Every month will be a little different, depending on holidays, irregular bills, travel, special occasions, emergencies, and so on. For most people, there is no such thing as a 'normal

month'. Each month can bring with it some unique expenses, either planned or unexpected. As you gain more experience using a budget, you'll start noticing trends and become more and more accurate in your plans.

About the Author



Jex lives in Bangkok with her husband and two daughters who are 4 and 2 years old. She has a Master in Business Administration degree and has studied personal finance since 2011. As the owner of Jex Leigh Financial Coaching, she helps individuals and families create better financial habits so they can achieve their dreams. You can visit her Facebook page at: <https://www.facebook.com/jexleighfc>.





WE MISS YOU AND HOPE TO SEE YOU ALL AGAIN SOON!





THANK YOU TO ALL OUR VOLUNTEER PHOTOGRAPHERS.



TIKTOK: IDEAS FOR FEEDING YOUR FAMILY



Eunice tells us how TikTok videos can be a useful source of tips and hacks for busy parents.

As a mom and social media lover, I turned to TikTok to find some recipes and tricks for feeding my toddler. I started looking for experts, but I realized that the best tips were from regular parents like me. The life hacks I've learned in the space of just one minute are amazing, especially when it comes to nourishing my family. It has inspired me to start cooking, and I now enjoy having fun in the kitchen with my daughter every day.

How does it work?

After I started liking and following several parents' accounts, TikTok knew what my interests were, and my feed got even better. Don't be anxious if at first you see dancing or funny things in your feed because the algorithm will learn your preferences fast.

Who should you follow?

To help you get your account started or improve your feed, I've rounded up some of the most practical and useful TikTok accounts made by parents and experts, for parents.

Tips & Tricks for Tots

@tipsandtricksfortots is a mom of 2-year-old twins and a newborn. Must try videos: 3 Ingredient Egg Bites; Froyo Popsicles



Mom Hacks

@Momlikeaboss supports moms with the best mom-hacks, activities, and easy recipes. Must try videos: Breakfast hacks; Lunch hacks

Jennifer Anderson, MSPH RD

@kids.eat.in.color shares a free picky eater guide and encourages toddlers to eat veggies. Must try videos: Five step trick to introduce new foods; Safe foods are okay!

Mia & Ben

@miabefresh prepares fresh superfoods for kids, dairy-free, and plant-based. Must try videos: Recipe: quick fruit roll-ups; Easy cheesy veggie muffins for toddlers

Texas girl

@babychrismom is a mom of a toddler who talks about pregnancy. Must try playlists: Toddler Snacks; Toddler Lunch

Kaelah

@kaelahe has recipes for all the family and resources for starting solids. Must try video: How to make breakfast for a toddler

Do you know of any amazing TikTok, Instagram or Facebook accounts full of hacks to help us make our lives as parents easier and more fun? We'd love for you to share them with us via editor@bambiweb.com.

CREATING A LIBRARY AT HOME



Lindsay shares her tried-and-tested tips to instill a love of reading within your family with a home library.

We all want our child to be a great reader. So where do we start? Definitely not with flashcards or tutoring. It's not even with a fancy private school, either. What if I told you none of that mattered? What if I told you that the number one predictor of reading success happened at home? Would you believe me?

Well, it's true!

Research from Dr. Joanna Sikora of Australian National University has shown that the number one predictor of reading success for a child is the number of books in the home, not lessons at school, or the parent's education level. Simply having books in your home will help your child be a better reader. So why not start today? Recent Covid restrictions have given us all the gift of time, and now we can make sure our home libraries are full of books that will help our children to become better readers.

Carefully curate your home library and watch your child fall in love with reading. A library doesn't have to be a separate room in your home—even just a corner will do. You don't have to be crafty or a kid lit expert to set up a beautiful library for your growing reader. All you need are quality books, a little bit of time, and a lot of love for reading.

While setting up your home library, keep these tips in mind:

Choose. Where will you put your library? Is it for your entire family? Just the kids? Just one kid? Decide where your library will go, then do your best to make it a reading oasis. Think soft, comfy furniture, good lighting, and of course, shelves. Will you have more than one library area? Think beyond the shelf and add a few baskets of books throughout your home. Areas like the kitchen and the bathroom are perfect places for mini libraries!

Ownership. Can your child reach the books? Is it easy for them to find what book they want? Try to place shelves at their level with the covers facing out. This helps give your child, especially the younger ones, ownership of their reading choice. It also helps them get excited about the books they will read.

Lists. Which books should you buy? There are plenty of lists floating around the internet of the "best" books to get for your child. Some of my favorites are from Read Brightly and the American Library Association. But another fantastic source can be your local librarian! Librarians LOVE to find the right book for the right reader. Start by asking a public librarian near you or your child's

school librarian what they recommend, and start making your own lists. Make sure you include books about topics your child can't get enough of!

Find. Book stores are great, but is there a local library you can visit and check out books from? Depending on current restrictions, libraries can be easy to access and a beautiful way to support your local community. Other places to look are used books stores and specialty children's book shops, which are easy to find through a quick internet or social media search.



Care. Books are often made of paper and paper rips quite easily! Don't be alarmed when a page rip happens—be prepared! Have tape nearby with other book-mending supplies. Any rips or tears can be great conversation starters about book care. Also, think of personalizing your books with a stamp or sticker that has your family name. This is a beautiful way to show pride in your book collection.

Connect. Have regular book swaps with your child's group of friends. The best way to share a love of reading is to talk about what you read. Plan a fun swap night with themed snacks where everyone shares about the books they read and can take home something new. This is a great way to be environmentally friendly as you reuse books as well.

Create. Your home library doesn't need to be all brand new books. Invite your child to create books themselves and display them proudly in your home library. Have materials nearby to support their creation like paper, a stapler, and markers. There's nothing quite as inspiring as the power of knowing you have a story to tell.

Windows and mirrors. Renowned children's literature scholar Dr. Rudine Sims Bishop uses the metaphor of windows and mirrors to describe what kind of literature children need. When you think of adding a book to your collection, think about the diversity of the books you curate. Try to find books that are mirrors of your child and their life that reflect their experiences. Balance those with books that are windows into other worlds, to help build empathy and connection with those around them. Seek out authors and illustrators with diverse perspectives!



Home libraries are the key to a child's reading success. Consider building and expanding yours today. And if you ever need help finding the perfect book, ask a librarian!

Photos courtesy of the author.

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About the Author

Lindsay Zielinski is an international educator, librarian, and bibliophile.



She holds a Masters in Children's Literature, and loves to support parents as they help their child become a reader. You can find out more on Facebook by searching for the group "Linds and the Library" or on Instagram @lindsandthelibrary.

Bumps & Babies

Bumps & Babies is a support group for women of all nationalities who are pregnant or have recently given birth. We hold regular talks about topics pertaining to pregnancy, childbirth, breastfeeding, and the postpartum period. We welcome speakers from all areas, so you can be presented with a wide range of information. Professional advice from a nurse/midwife/doula is available at most meetings.

The BAMBI website calendar and Facebook pages hold current information regarding what's on. If you are a new parent to Bangkok and are looking for support regarding information on doulas, breastfeeding, child birthing classes,

THE THIRD TRIMESTER OF PREGNANCY

By Emma McNerlin

The final leg of the journey, the third trimester, is perhaps the most exciting and challenging time during pregnancy. But while you are waiting for your little bundle of joy, there are some things you should know. Emma McNerlin talks to us about these things.

The third trimester of pregnancy is defined as week 29 to week 40 (and beyond, in some cases). While preparing to meet your baby, there is often an urge to “nest”, to prepare a space for the baby. This is not based on biology but rather a psychological need to exert control over the birth environment (Anderson and Rutherford, 2013). Nesting is a vital part of preparing for birth. During this time, focusing on being as informed and prepared as possible for your labour, birth and beyond with some good quality local childbirth education to ensure the information is relevant to Thailand, is a healthy practice. Around 32 weeks is a great time to attend classes. There are lots of approaches available such as hypnobirthing and traditional childbirth education, both online and in person. You may have hired a doula who will support you and help you to prepare a birth plan, which your OB/GYN will discuss with you formally around your 36th week.

The third trimester is the most physically challenging time in pregnancy. As your body changes to accommodate your growing baby, your organs are put under increased pressure. Breathlessness can be caused by decreased lung capacity; gastric symptoms such as heartburn are due to hormonal changes driven by the pregnancy. By the third trimester, you should also be sleeping on your side to avoid the weight of the baby from pressing on the artery carrying blood to the placenta. Sleeping on your side will also encourage baby into a good position for birth.

You may need to urinate more often and even find yourself experiencing some sporadic leaking of urine. The



weight of pregnancy also puts extra strain on your pelvic floor muscles. Hence, it is important to get into the habit of doing your pelvic floor exercises, or Kegels, regularly throughout pregnancy to avoid stress incontinence later. It is never too late to start them, and much like motherhood, you may find yourself doing them for life!

Weight gain in the latter part of pregnancy changes your gait and increases the curve at the base of the spine. Known as lordosis, this can cause back pain and pain around the hips and buttocks. If you experience constant pain in your pelvic region (especially at the front), this can be an indicator of pelvic girdle pain (PGP). This is caused by an increase in the hormone ‘relaxin’ as the ligaments supporting the pelvis become softer in preparation for birth. Your doctor may refer you for physiotherapy and

babywearing, or postpartum depression, please feel free to contact our coordinator or visit www.bambiweb.org and click on the 'Bumps & Babies' tab.

Coordinator: Emma (bumps@bambiweb.org)

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



prescribe a pregnancy support belt to lift the weight of the bump off your pelvis (NHS, 2019).

By 29 weeks you should be aware of your baby's pattern of movements throughout the day. Any reduction of movements or change in the pattern should be reported to your doctor and investigated. If you are concerned at all about movements, always have it checked out. Some doctors will advise counting a discrete number of kicks in a day (between 10 and 20), but the best evidence indicates that it is the pattern of movement that is most reliable (Kickscout.org).

In the third trimester you can also expect to see your doctor more often. From around 32 weeks you will see your OB/GYN every two weeks, and from 37 weeks they will see you every week until your baby arrives. Most OBs will offer an ultrasound scan at each appointment. You can discuss the clinical need for any interventions with your doctor at these appointments. At 32 weeks, a scan will

confirm your baby's position, hopefully head down, the amniotic fluid levels, and the location of the placenta. The doctor may also check placental function if they are concerned about the baby's size.

Braxton Hicks Contractions (BHC) increase in frequency and strength in the third trimester. This is completely normal and a healthy sign that your body is preparing for birth. Oestrogen is developing oxytocin receptors in the uterus and the Braxton Hicks help indicate where the receptors should be. They also help baby to prepare for the stress of labour. BHC are localized and uncoordinated, and do not cause any changes to your cervix. Dehydration can cause increased BHC so make sure to maintain healthy fluid levels.

Ever wondered why your doctor asks for a urine sample at each appointment? They are screening for protein, which, when accompanied with high blood pressure, indicates pre-eclampsia (PET). This is a serious pregnancy



condition that affects 2–8% of pregnancies worldwide (March of Dimes 2021). PET usually manifests in the last month of pregnancy, but in severe cases can happen from 20 weeks. Using blood tests, doctors can now measure Placental Growth Factor (PIGF) from 20 weeks onwards to help deduce increased risk of developing pre-eclampsia. This helps in providing early treatment if needed. If you develop PET, your doctor will discuss your treatment with you. For more information on PET, see: www.bambiweb.org/health/pre-eclampsia-explained/.

Your doctor may also repeat some blood tests in the third trimester at around 36 weeks. A complete blood count (CBC) will indicate if you are anemic. In the last weeks of pregnancy, babies take the iron they need for their first six months of life from their mother. Anemia can cause dizziness and breathlessness, and extreme fatigue. It can also increase the risk of post-partum haemorrhage. Anemia is treated with iron tablets or, in severe cases, an iron infusion.

At 36 weeks you will also be offered a test to screen for Group B Strep (GBS), a bacterial colonization carried by around 25% of women which is usually harmless. However, 1 in 200 babies born to GBS positive mothers will go on to develop a potentially fatal GBS infection. Detecting GBS in late pregnancy means that you can receive antibiotics during labour to cut the chance of your baby getting the infection to 1 in 40,000 (<https://gbss.org.uk/>).

There is a lot of local support available if you have questions about birthing in Bangkok, including BAMBI's Bumps Team and the Doulas of Bangkok, who can help to signpost you to relevant help should you need it.

***The contents of this article are intended for informational use only and should not be considered as medical advice. If you are concerned about any aspect of your pregnancy, please consult your OB/GYN. ***

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About the Author

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





OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Vegetarian Day 	2	3  Butterfly Day
4  Golf Day	5  World Teacher's Day	6  Mad Hatter Day	7  Bathtub Day	8  Octopus Day	9  Fire Prevention Day	10  Make a Cake Day
11  Adopt a Shelter Dog Month	12  Farmer Day	13  National Chess Day	14 national lower case day	15  Popcorn Month	16  Dictionary Day	17  Four Prunes Day
18  Pizza Month	19  Rainforest Day	20  International Sloth Day	21  Count your Buttons Day	22  Nut Day	23  National Canning Day	24
25  World Pasta Day	26  Party Day	27  Shorts Day	28  Animation Day	29  National Cat Day	30  Candy Corn Day	31  Halloween
						

MEMBER DISCOUNTS

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

BEAUTY

JOHNY LIVE: A mobile hair stylist who can visit your home.

DISCOUNT: Cutting and coloring services in the comfort of your own home with an exclusive 25% discount for all BAMBI members.

CONTACT: Tel: 087-105-1614, johnylive6@hotmail.com, Web: www.johnylive.com,

Facebook: Johny Live Hair

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

DISCOUNT: 10% discount off all services for BAMBI members.

CONTACT: Booking via phone 026543993 or 0925156395 or on Facebook: nichesalon.th
Location : 3rd floor - CRC Tower - All Seasons Place - Wireless Road - BTS Ploenchit

EDUCATIONAL

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

DISCOUNT: 10% off for BAMBI members

CONTACT: JumpingClay Seacon Square Srinakarin (3rd Floor).
Tel: 095-759-6686 081-869-2051 02-721-8968

Email: ph.jumpingclay.th@gmail.com
Facebook: JumpingClay Thailand

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

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

CONTACT: Unit P1, Play Yard (2nd Floor) The Commons, Thonglor Soi 17, Wattana, Bangkok 10110.
Tel: 02-712-5245

Email: hello@littlepeabkk.com
FB/IG: littlepeabkk
Web: www.littlepeabkk.com

SING DANCE ACT & DESIGN with Musical Theatre for KIDS at The Hop or online! Suitable for children aged 6 to 12 years old. Improve your child's confidence, spontaneity and creativity through song, dance and art, in a warm and supportive environment.

For workshops, please visit www.musicaltheatreforkids.com or

message on Facebook at www.facebook.com/musicaltheatreforkids.

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

CONTACT: Kristen Rossi, musicaltheatreforkidsbkk@gmail.com

PLAYVILLE:

DISCOUNT:

฿100 discount to join Baby Play Date every Monday 10:00-11:00.

This includes all day entrance fee to Playville for a child under 1 year old and 1 adult. Booking required.

10% discount on entrance fees every day (when presented with BAMBI member card)

15% discount on membership fee

10% discount on party or private events

CONTACT: Tel: 02-297-0091,
Facebook: playvillethailand

KID ABLE THE MALL NGAMWONGWAN LANGUAGE SCHOOL:

Montessori teaching in English & Chinese for Preschool, Playgroup and kids aged 1 to 12 years old

DISCOUNT: 10% off for all classes, First class free, Registration fee free

CONTACT: Tel: 081-848-6300 / 062-387-3883; Address: 9th Floor Education Zone, The Mall Ngamwongwan; Facebook: KidAbleNWW, Line: @kidablenww

PLAN TOYS

Play area designed using sustainable toys for learning and development of children.

DISCOUNT: ฿250 2 Hour ticket for 1 adult + 1 child; Additional ฿50 for each additional adult

Valid from: April 1st 2021 to June 30th 2021

LOCATION: 114/1 Sathorn 10 Alley North S Sathorn Rd, Silom, Bang Rak, Bangkok 10500, Thailand

LITTLE LEGEND

A unique play area to inspire imagination through arts and crafts.

With toys inspired by nature, made from natural materials like wood, metal, cotton, fabric, and even rock.

They go hand-in-hand with the Reggio Emilia approach to teaching.

DISCOUNT: 10% discount for all BAMBI members

CONTACT: +66 85 122 9080; http://www.littlelegend.co/;

Fb: https://www.facebook.com/littlelegendplayset/

HONEY BEAR

A cafe for children and adults with an adjoining play area where parents can watch their children play.

DISCOUNT: 10 % discount on all food and non-alcoholic beverages for BAMBI members

CONTACT: 40/1 Soi Ekkamai 4, Phra Khanong Nuea, Watthana, Bangkok 10110, Thailand

FITNESS

BANGKOK DOLPHINS:

DISCOUNT: 10% off all swimsuits and in-store merchandise.
CONTACT: Soi Klang Racquet Club, Sukhumvit 49/9. Tel: 02-712-9297.
www.bangkokdolphins.com

KIDDY-KICKS:

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

CONTACT: Tel: 095 652 4153 (THAI ENG FRA JPN),
LINE ID "@kiddy-kicks",
info@kiddy-kicks.com

LITTLE GYM:

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

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

SWIMMING BANGKOK:

Private swimming lessons at your own swimming pool.
DISCOUNT: 20% off and free shipping on all accessories and swimsuits. Use the promo code BAMBI20 to enjoy the discount.
CONTACT:
www.swimmingbangkok.com or
email tony@swimmingbangkok.com

FOOD

ANTIQUE CAFÉ AND CAKES:

DISCOUNT: 35% off any bakery item when you order any drink.
CONTACT: Tel: 02-258-6005
FACEBOOK: AntiqueCafeBkk

BABY BIB CAFÉ AT BAMBINI VILLA:

DISCOUNT: 10% discount on menu incl. food, drinks and cakes.
CONTACT: Tel: 02-056-4336
FACEBOOK: Babybibcafe

BLUE PARROT:

DISCOUNT: 10% discount on the bill.
CONTACT: Tel: 02-235-4822
FACEBOOK: blueparrotbangkok

HILTON SUKHUMVIT BANGKOK:

DISCOUNT: 20% off total food and beverage bill including the NEW Grill in the Garden- by Scalini.
CONTACT: Hilton Sukhumvit Bangkok, Soi 24.
Web: <https://www.hilton.com/en/hotels/bkksuhi-hilton-sukhumvit-bangkok/>

KLONG PHAI FARM: Free-range chickens, ducks, and eggs
DISCOUNT: Free delivery for the first order with over ฿1,000 of purchase
CONTACT: contact@klongphaifarm.com, order at www.khlongphaifarm.com and mention BAMBI.
Tel: 02-016-3907

STEPS WITH THEERA: A health-focused coffee shop and cafe that also provides vocational training for adults with special educational needs. The menu is diverse with options for those with and without dietary requirements and a kids food and drink menu. The cafe strives to create a community space that is accessible for everyone.
DISCOUNT: 10% off at the Ekkamai 10 and Sukhumvit 42 branches only.
CONTACT: 02-381-6590,
stepswiththeera.com

SUNNY SIDE UP:

DISCOUNT: 10% discount. The discount can be applied to entrance fee, food, beverage, private party and/or any other in-store purchase.
CONTACT: Tel: 092-659-3880
Facebook: [sunnysideupcoplayingspace](https://www.facebook.com/sunnysideupcoplayingspace)

THE 51 TASTY MOMENTS:

DISCOUNT: 15% discount on lunch menu (not applicable on set lunch. 2 courses + 1 soft drink @ ฿320 net / 3 courses + 1 soft drink @ ฿480 net). Monday to Friday between 10am to 3pm.
CONTACT: Tel: 098-870-7051,
Facebook: [the51tastymoments](https://www.facebook.com/the51tastymoments)

HEALTH

BUMRUNGRAD HOSPITAL:

DISCOUNT: 10% discount for cash payment and 5% discount for credit card payments on room rate, medicine, lab, medical supplies, and x-rays except for doctor's fee, package or another discount program, chemotherapy, and other special medicine and supplies verified by Bumrungrad Hospital.
CONTACT: Tel: 02-066-8888,
www.bumrungrad.com

J-CLINIC:

DISCOUNT: 10% off treatment fee (manual therapy, electronic treatment, acupuncture, and Chinese herbal medicine), except initial visit fee, doctor consultation fee, taping, supporter, and medicine; 10% off physiotherapy and acupuncture coupons; 5% off student athlete coupon.
CONTACT: Prompong 02-262-0831 / Thonglor 02-185-3433 / Ekkamai 02-115-8433 or [facebook.com/jclinic.th](https://www.facebook.com/jclinic.th) or jclinicth.com

PAINAWAY CLINIC:

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

HEALTH

IASNAIA MAXIMO:

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

PHYSIO CLINIC:

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

BANGKOK INTERNATIONAL DENTAL HOSPITAL

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

MISCELLANEOUS

BANGKOK SELF STORAGE:

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

DESIGN2U:

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

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 afterward. 30% off for buying a package of six or eight sessions in advance.
CONTACT: 08-24592078 or www.adinevo.me

AYASAN SERVICE:

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

KIDS HOME & FAMILY SERVICES:

Nanny, maid and babysitting services.
DISCOUNT: 10% BAMBIs discount for hourly rate and daily babysitting services. ฿1,000 discount for the first month of monthly babysitting services.
CONTACT: Khun Jin,
Tel: 02-656-7024/5,
www.thaikidshome.com

KIIDU:

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

SHOPPING

ENGINOU (Play & Learn):

DISCOUNT: 15% off all merchandise purchased both at the physical shop and online, with the code bambionly, with minimum purchase of ฿1,000.
Shop location: 2nd Floor Marketplace Nanglinchee
Email: info@enginou.com,
Tel: 081 989 0820

NICK & NISHKA (KIDS CONCEPT STORE):

DISCOUNT: 15% off all merchandise on minimum purchase of ฿1,000 (excluding promotional items).
Shop online at www.nickandnishka.com and use the code BAMBIONLY at checkout.
CONTACT: For orders or queries, email info@nickandnishka.com or send a message via:

IG: www.instagram.com/nickandnishka, FB: www.facebook.com/nickandnishka, LINE: @nickandnishka; Tel: 0642701426

ERGOBABY

Ergonomic baby carriers for babies starting from newborn to 4 years
DISCOUNT: 15% Off for all members on purchases made through the line account
CONTACT: Line account - Ergobaby

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

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 school toys and playgrounds. The donation per family (children plus one accompanying adult) for all BAMBI playgroups is ฿100 for members and ฿300 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

BAMBI RIVERSIDE PLAYGROUP: Wednesday, 10am -12pm.
For children aged 0-5. Darunbannalai Children's library No. 1, Soi. Charoenkrung 34, (Wat Muangkae), Charoenkrung Rd., Bangrak District. (฿Near General Post Office and TCD).

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

SUKHUMVIT - TOP (EXPRESSWAY TO ASOKE)

BAMBI SATURDAY NANA PLAYGROUP:
One Saturday a month, 9:30-11:30am. Please see BAMBI's online calendar for specific dates. For children aged 0-5. Story-time Preschool, 85 Soi Samaharn, Sukhumvit Soi 4.
Sukhumvit - Central: Asoke (Soi 21) to Ekkamai (Soi 63)

BAMBI NOVOTOTS PLAYGROUP:

Monday, 10am-12pm. For children aged 0-5. Novotel Bangkok Sukhumvit 20, 19/9 Soi Sukhumvit 20.

BAMBI MONDAY THONG LO PLAYGROUP:

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

BAMBI WEDNESDAY THONG LO PLAYGROUP:

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

BAMBI SUKHUMVIT 31 PLAYGROUP:

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

BAMBI SATURDAY EKKAMAI PLAYGROUP: The first Saturday of the month, 9:30-11:30am. For children aged 0-5. Bright Skies International School: House 11, Ekkamai Soi 6, Sukhumvit Soi 63.

BAMBI PREMIUM PLAYGROUPS

BAMBI Premium Playgroups are held in custom-designed play spaces. The donation per family (children plus one accompanying adult) for all BAMBI Premium Playgroups is ฿200 for members and ฿400 for non-members, except where otherwise noted. Additional accompanying adults will be charged ฿100. Please see the BAMBI website for more details of what each playgroup has to offer. Some playgroups require pre-booking so please check our website calendar before attending.

SILOM/BANG RAK/KHLONG TON SAI

BAMBI SATHORN PLAYGROUP

Tuesday, 9:30am-11:30am. For children aged 0-5. Plantoys, Sathorn Soi 10.114/1 Sathorn Soi 10, Sathorn Road, Silom Sukhumvit - Central: Asoke (Soi 21) to Ekkamai (Soi 63)

BAMBI SUNNY KIDS PLAYGROUP:

The first and third Thursday of the month, 9:30-11:30am. For children aged 0-5. Sunny Side Up: 953 Community Mall, Thonglor Soi 9, Sukhumvit Soi 53.

BAMBI KIDDIEVILLE PLAYGROUP

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

BAMBI ACTIVITIES

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

Activities require advance registration. The donations per child are ฿200 for BAMBI members and ฿400 for non-members, except where otherwise noted.

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

FOOTBALL AT SOLTILO 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 Soltilo Familia Soccer School Thailand's football pitch. Age: 3-5. Day and Time: Every Monday, 3:30pm-4:30pm. Location: 20 Soi Atthakawee 1, Rama 4 Road Klongtoey. Behind K Village on Sukhumvit Soi 26. Nearest BTS: Phrom Phong. Parking Available.

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

DANCE In collaboration with rumPUREE World Dance Studio, Bambi's dance class provides an introduction to various dance

styles and stretching techniques, all set to fun, upbeat music. Age: 3-5. Day and Time: Every Wednesday, 16:00-17:00. Location: rumPUREE- world dance studio (Asok), 2nd FL, Jasmine City, Sukhumvit Soi 23. Nearest BTS: Asok, MRT: Sukhumvit. Parking free 3 hrs.

KUNG FU In collaboration with Thai-Chinese Shaolin Kung Fu Academy, BAMBI provides a structured lesson in Shaolin Kung Fu, which includes instruction in stretching, martial arts and gymnastics. Age: 3-6. Day and Time: Every Thursday, 16:00-17:00. Location: Thai-Chinese Shaolin Kung Fu Academy, Interchange 21 Tower. Nearest BTS: Asok.

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

NON-BAMBI PLAYGROUPS

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

There are more non-BAMBI playgroups listed on the BAMBI website and BAMBI's Facebook page. Don't forget to check them out! Schools who would like to add their playgroup to this listing and our website, or update their details, please contact: benefits@bambiweb.org.

SATHORN / YEN AKART / SILOM

SHREWSBURY INTERNATIONAL SCHOOL BANGKOK RIVERSIDE: Wednesday, during term time, 1:30-3:00 pm. For children aged 1-4 years. Please call the school to check the schedule. Children can make full use of the school's superb Early Years indoor and outdoor environment and enjoy arts and crafts activities, sand pit and messy play, books, music, construction, and water play in the Splash Pool. Join in storytime and sing-along sessions led by Early Years staff. Refreshments and snacks provided for children and parents. Cost: ฿300 per child, ฿100 per child for further siblings and BAMBI members. Shrewsbury International School Bangkok Riverside, 1922 Charoen Krung Road, Wat Phrayakrai. Parking available onsite. Chatrium Riverside Hotel provide free shuttle boat service from Sathorn Pier (BTS Saphan Thaksin) – temporarily suspended until further notice. Weekly reservation via school's website. For more info please contact marketing@shrewsbury.ac.th.

SUKHUMVIT - TOP (EXPRESSWAY TO ASOKE)

STORYTIME PRESCHOOL: Weekly on Wednesday and Friday morning, 9.30 to 11am. Ideal for infants to 3.5 years old. A friendly and semi structured playgroup session run by Storytime's teacher who plans different themes of the week: gardening, DIY crafts, Montessori activities, singing & dancing routine, textured crafts, easy baking, brushing your teeth activities, while allowing space for your child to explore without feeling overwhelmed. Cost: ฿200 for BAMBI members and ฿300 baht for non members. Materials included and you may take the crafts home to admire! Bringing an extra set of clothing is recommended. Coffee and tea is available for parents, snacks and juice for children. Register to their mailing list to receive a weekly playgroup newsletter with pictures of your child participating in different activities during these sessions. Reservation required. FREE shuttle for pick & drop at Nana BTS Exit 2 at 9.15am and 11am after the session. Storytime Preschool, 85 Soi Samaharn,



Sukhumvit Soi 4 at Nana BTS Exit 2. For more info, call 081-646-4535, email: info@storytimepreschool.com

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

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

Melodies International Kindergarten: Jan 21(Thu), Jan 28(Thu), Feb 10(Wed), Feb 22(Mon), 9:50-11:20, For children 1.6 months to 3 years old. Melodies holds a monthly "Doremi Club" for preschool children. We prepare different activity themes and contents every month! Booking required. Melodies International Kindergarten, 55 Soi Sukhumvit 38, Sukhumvit Road, Prakanong, Klongtuey, Bangkok, Water provided. Cost: ฿200 for BAMBI members, ฿300 for non-members. Contact: Email : melodies@anet.net.th / Tel : 02-712-1680 / LINE @ melodieskinder

MODERN MONTESSORI INTERNATIONAL PRESCHOOL: Montessori Playgroup every Wednesday from 9:30am - 11:00am. For children aged 15 months to 3 years old. Every Playgroup is based on a theme, planned and structured. Montessori Playgroup is taught by qualified and experienced Montessori teachers in an international learning environment using Montessori materials. MODERN MONTESSORI INTERNATIONAL PRESCHOOL, 4 Sukhumvit 44 Alley, Phra Khanong, Khlong Toei, Bangkok 10110.

Water, milk, snack provided. Cost: Free Trial session, 1 session can be purchased for 350 THB, 12 sessions - 3500 THB. BAMBI members get a 10 % discount on top of the price. Contact Valda Skubina, Head of Admin, Tel: 027120958, e-mail: admissions@mmipreschool.com

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

OISCA INTERNATIONAL SCHOOL: Wednesday, 9:30-11:30am. For children aged 1-4 years. Variety of activities such as storytime, arts and crafts, playdough center, singing and dancing. Outside play area has slides, monkey bars, sand pit, climbing and balancing. Snacks provided for children. A parent or carer must stay with their child throughout the session and is responsible for their child's care. Cost: ฿500; ฿400 for BAMBI members. 876 Soi Pridi Banomyong 36, Sukhumvit Soi 71, Khlongton Nua. Contact/Registration: oiscainter@gmail.com, Tel: 02-381-9852.

BANGKOK PREP SCHOOL: Tuesday, Thursday & Friday, 9-11am. For 6 months up to 3 years old. An excellent opportunity to strengthen parent-infant bonding with sensory activities and dance & music exposure, with fun learning for children and activities to enhance children's creativity. Led by our highly



experienced British Playgroup Leader in an international setting. Cost ฿450/lesson; 50% off for BAMBI members. Bangkok Prep International School, 23 Sukhumvit 53 (next to Thonglor BTS). Contact and Registration: jbeilby@bkkprep.ac.th

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

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

OUTDOOR SCHOOL BANGKOK: Thursday, 10-11 am. For children aged 6 months to 3 years. Playgroup in Outdoor School Bangkok connects children with nature. Held in an outdoor

setting, children get to feel the grass against their feet, wind on their faces, hear birds and see chipmunks leaping from tree to tree. Monthly themes guide the stories, songs, and play on offer. Snacks provided. Cost: ฿350 per child/session, ฿300 for BAMBI members per child/session or 3000/10 sessions. Outdoor School Bangkok – Sukhumvit 46, Bangkok (5 mins walk from BTS Phrakhanong). Parking available at school. Booking and more info via LINE account 097-092-0924 or by contacting 097-092-0924.

HUAY KWANG / RAMA 9 / BANGKAPI

KIS INTERNATIONAL SCHOOL: Monday-Friday, 10am-12pm. For children aged 6 months-4 years and their parents (one guardian per child). Structured playgroup with singing, dancing, arts and crafts, storytime, free play and snack. Nannies welcome on Mondays and Wednesdays. Free pick-up/drop-off service from Ekkamai BTS station on Tues, Thurs and Fri (from the car park of Wat That Thong, near exit 3. Departs no later than 9.20 am). Cost: ฿400; 50% discount for BAMBI members. KIS International School, Kesinee Ville Estate, 999/124 Pracha-Utit Road Huay Kwang (located one block north of Rama 9 Road and east of Asoke-Rachadapisek, MRT Thailand Cultural Center). For booking and more info please email playgroup@kis.ac.th or call 022743444 Ext 5105.

PLAY STATION KIDZ CLUB: Monday-Friday, 10am-6pm; Saturday-Sunday 10am-7pm. For children aged 1-7 years. Enjoy indoor playground activities and facilities including climbing and sliding, trampoline, toddler playground, and sandpit, as well as arts and crafts, playdough, education game zone, imaginative house and reading corner. Space for parents to relax and enjoy refreshments. A session is 2 hours including 45 minutes of playgroup and 75 minutes for free play. Cost: ฿1000/session. Free trial session for BAMBI members and 20% off when joining and registering for 15 sessions on the trial day. Play Station Kidz



Club B 301 - B 302, 3rd Floor, The Nine Center Rama 9. Parking available. For more info, call 02 056 7950, email pkidzclub@gmail.com or Line ID @playstationclub.

REGENT'S INTERNATIONAL SCHOOL, BANGKOK, BABY AND TODDLER PLAYGROUP: Monday, 9.30-11.00 am/ 12.15 – 1.45 pm; Tuesday, 9.30 – 11.00 am; Wednesday, 9.30 – 11.00 am/ 12.15 – 1.45 pm; Thursday 9.30 – 11.00 am; Friday 9.30 – 11.00 am. For children aged 8 months to 3 years. Come and enjoy the Early Literacy Library Trip Music & Movement, Swimming, Messy Play, Story Time, Outdoor Play, Music & Movement. Splash time on a Tuesday, Children must attend with their parent/nanny. All sessions conducted in English. Cost: ฿400; ฿200 for BAMBI members. Regent's International School, Bangkok, 601/99 Pracha-Uthit Road, Wangtonglang. For more info/reservation please contact: 02-957-5777, Ext 202 or admissions-bkk@regents.ac.th.

SHREWSBURY INTERNATIONAL SCHOOL: Tuesdays, Wednesdays & Thursdays , 10:00-11:30am. For children aged 0-5 years old. Enjoy our specialist play spaces with your children, and join storytime and sing-along sessions led by our teachers. Little Gym climbing and soft play is open on Thursdays. Cost: ฿300; ฿100 for BAMBI members. Shrewsbury International School, 982 Rim Klong Samsen Road (Rama 9). Booking in advance is required at <http://bit.ly/Shrewsbury-Starfish-Bambi>.

PARRY KINDERGARTEN: Fridays, 9:30-11:30 am. For 0 to 5 years old. Playgroup Phetchaburi 47, organized by Parry Kindergarten School, is a session of learning through play for parents and children seeking quality fun time together. Your child will get a chance to explore their imagination and develop various skills including creativity, physical coordination, communication and social skills in a safe and secure environment. Water, milk and snack provided for the children. 447 Phetchaburi 47 Alley, Lane 3-4, Bang Kapi, Huaikhwang, Bangkok 10310.

Cost:99 Baht for BAMBI Members, 299 Baht for Non-Members. No parking inside the school. Pre-booking is not required, but please call before to confirm that the event is not cancelled. Contact: 0850269966 (Teacher Via).

VICTORY MONUMENT / ARI

ANDREWS INTERNATIONAL SCHOOL DUSIT: Friday 9:30am- 11:30am, 6 months-3 years old. Come and join our specialist Early Years teachers for our Stay and Play playgroup. We provide the opportunity for your child to develop and increase their social, sharing and cooperation skills, through play, song or multisensory activities. Whilst also mastering everyday tasks in our safe, creative and spacious indoor and outdoor facilities. Helping to prepare confident learners ready for nursery. Cost ฿150; ฿100 for BAMBI members. St. Andrews International School Dusit, 253/1 Sawankhaloke Road, Dusit Bangkok 10300. More information, call +66 (0)2 6686231 or email Dusit@standrews-schools.com.

RAMKHAMHAENG (PHLABPHLA, WANGTHONGLANG)

GERMAN PLAYGROUP "SPIELZWERGE" at RIS Swiss Section – Deutschsprachige Schule Bangkok: Monday to Thursday, 2:30-4pm. German-speaking playgroup for children aged 2-3 years. Play, read books, sing, and create with your child in a caring and friendly atmosphere, with a small group of 7 to 10 children under the supervision of an experienced German-speaking group leader. Accompanying parents do not need to speak German. Price for the whole semester (approx. 35 sessions): ฿11,900; 20% discount for BAMBI members (or pro rata, if entered after the semester has started). RIS Swiss Section-Deutschsprachige Schule Bangkok, 6/1 Ramkhamhaeng 184 Road, Bangkok. For more info, please contact: admin@ris-swiss-section.org or www.ris-swiss-section.org; 02-518-0340, ext. 120, or 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. The group meets every Wednesday, 9:30am-11:30 at Bumpy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿100 for BAMBI members and ฿300 for non-members. For more info and to be added to the Bumps mailing list for details of forthcoming sessions, please contact bumps@bambiweb.org.

BAMBI POSTNATAL SUPPORT GROUP NEW MOON

For all new parents and babies. The New Moon Team are there to support the transition into parenthood by providing a supportive and non-judgemental environment to share birth experiences and feelings about motherhood and parenthood. Meetings include a mixture of structured sessions with topics related to evidence-based postnatal and baby care, and some informal sessions. Tuesdays, 10:00am-11:30 at Bumpy Daisy, 3/10, Sukhumvit Soi 31, (Soi Sawadi 1). Donation per family is ฿100 for BAMBI members and ฿300 for non-members. For more info, please contact bumps@bambiweb.org.

FERTILITY SUPPORT GROUP

This is a group for those that wish to discuss fertility matters. The aim of the group is to create a meeting place to chat and share experiences and to offer support in a non-medical framework. The group meets on the first Wednesday of the month at Hungry Pack on Sukhumvit soi 49 (Playscape) from 5-7pm. There is a secret group on Facebook: IVF Support Bangkok. Please message the page to be admitted by the admins. For more information please contact sheena@bangkokbabies.com.

DOULAS IN BANGKOK

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

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. Facebook page: Bangkok Breastfeeding Café.

JAPANESE SUPPORT 産後鬱などの日本語サポート

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

PARENTING

ADOPTION SUPPORT FOR FAMILIES IN THAILAND

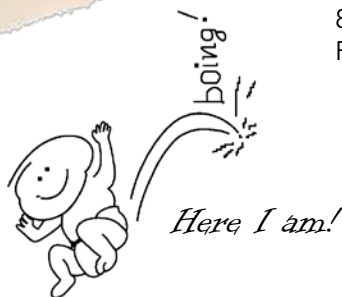
There are many people in Thailand who are adopting or have adopted a child. For more information, please contact Amanda Degler via the group's Facebook page, 'Adoption Support For Families In Thailand'.

NUTRITION CAFÉ

Nutrition Café is for parents with babies and children of all age groups that are seeking help in coping with their child's nutrition, eating behavior or disorder, to exchange experiences and get free advice in a relaxed atmosphere. Nutrition Café takes place every 1st Saturday of the month between 10am-12pm at Steps with Theera in Ekamai and is held by nutrition specialist Karin Biran. Karin Biran, R.D, MA.N, is a registered and licensed dietitian with 8 years of professional experience in weight loss, treating picky eating, helping and guiding families in creating a happy and healthy eating environment. Conducting workshops for parents on promoting healthy lifestyle, weaning and dealing with and avoiding picky eaters. For more information like - "Karin Biran - Happy Eaters" on Facebook.

TWINS AND MULTIPLES GROUP

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



SPECIAL NEEDS

LEAP (LEARNING AND EDUCATIONAL ADVOCACY PROGRAM)

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

RAINBOW ROOM - A SPECIAL NEEDS AWARENESS CENTER

This is a group of parents, families, and friends of individuals with developmental and behavioral special needs, who come together to raise positive awareness by offering information, education, empowerment and encouragement through a "parent-to-parent" model. Meetings for parents of children with Down's Syndrome are held every 4th Wednesday of the month. Please see our activity on our Facebook page. We are at 11/13 Thonglor 25 Sukhumvit 55 Wattana, Bangkok 10110 Thailand. For further information and to RSVP, please contact The Rainbow Room on 02-023-2396 www.facebook.com/special-rainbow. 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: Mobile: Raymonde 085 810 8208 E-mail: bkkbreastcancer@gmail.com Facebook: [Bkkbreastcancersupport](https://www.facebook.com/Bkkbreastcancersupport)



BAMBI TEAM

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

PATRON

Mel Habanananda
mel@bambiweb.org

HONORARY MEMBERS

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

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MEET CHYI

BAMBI Magazine's assistant editor has a fond memory of Thailand, appreciating its people, culture, and nature.

Where are you from and what's your nationality?

I come from a beautiful island called Penang, a gourmet town in Malaysia. I have left Malaysia on and off since 2001 to study and to work elsewhere, namely Japan, Europe, Laos, and Thailand. After spending 7 years in Thailand (2014 - 2021), I recently relocated to Kuala Lumpur.

Can you tell us about your life back home?

Since I only lived in my hometown until I was a teenager—my life back home was relatively simple. I grew up on a relaxing island with a warm temperature all year long and a friendly multiracial, multilingual and multicultural community. This has definitely shaped who I am. It made me feel comfortable living anywhere and open to any new culture.

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

I worked at a financial institution when I was in Thailand, now I work at a Fintech lending startup that offers credit access to under-banked populations. My husband is an engineer. He was working as a medical device research and development engineer when we were in Thailand.

Please tell us a little bit about your family.

My husband is from Luang Prabang, an ancient capital in Laos. We met when we were in Japan, and we have moved around a few times for new adventures. We have a 3-year-old daughter who is growing up strong and fast.

As a family, we enjoy outdoor activities, and during the lockdown, we turned to cooking and experimenting with new menus. We learn and create new meal varieties for our kid that suit her needs at different stages.

When did you come to Thailand?

I arrived in Bangkok in 2014, when my husband got a new job in Thailand.



What do you miss the most about your country?

I missed the casualness of people in my country—for instance, I could always strike up a conversation with a new person at a shared table in our local coffee shop (known as 'Kopitiam') where they'd tell me stories of their families, their political views and their favorite 'makan' or food adventure. I didn't find this often in some countries where I resided and missed it when I was away.

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

I loved my neighborhood in Bangkok—I learned to speak some Thai after some years, and started interacting with the locals, especially my neighbors in the same condo. They were friendly to our daughter. Some grannies gave her some snacks whenever they saw her and other neighbors played with her and bought her toys from time to time. They even remembered our departure and came to send us off. I hope to remain lifelong friends with them.

We had an active and busy life in Bangkok: while we only managed to travel to a few places in Thailand during our 7 years there (Krabi, Chiang Mai, Hua Hin, Khao Yai, and Pattaya)

and we enjoyed the nature, beaches, and mountains in Thailand.

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

I was working at a Thai corporation where there were not many foreigners. I struggled to understand Thai culture and didn't speak Thai when I first arrived. I had challenges comprehending how decisions were made and how to navigate through the organization to get things done.

But after some time I started to learn the language and get a better sense about the local context, and opportunities started to open up. Looking back, I really appreciated the eye-opening learning experience and many interesting career opportunities offered.

How did you find out about BAMBI?

I love to be active, hence I was looking to make my daughter active too. I encountered BAMBI when I was searching for a network and activities for her.

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

I signed up for some playgroups for my daughter, where we took her on the weekends or she joined with our nanny during the weekdays. We also enjoyed the Christmas parties and other BAMBI activities.

I also volunteer as an assistant editor for BAMBI—it is a remote role that gives me the flexibility to work at convenient times and it also offers a great platform to publish my writing and learn useful insights from other experts and parents.

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

Volunteer with BAMBI! It will expand your network and you'll gain new experiences in the city.



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