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PATERNAL MENTAL HEALTH

THE STAY-AT- HOME DAD

“IT’S NOT FAIR!” SIBLING RIVALRY

OCTOBER 2024

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A project of Childbirth and Breastfeeding Foundation of Thailand



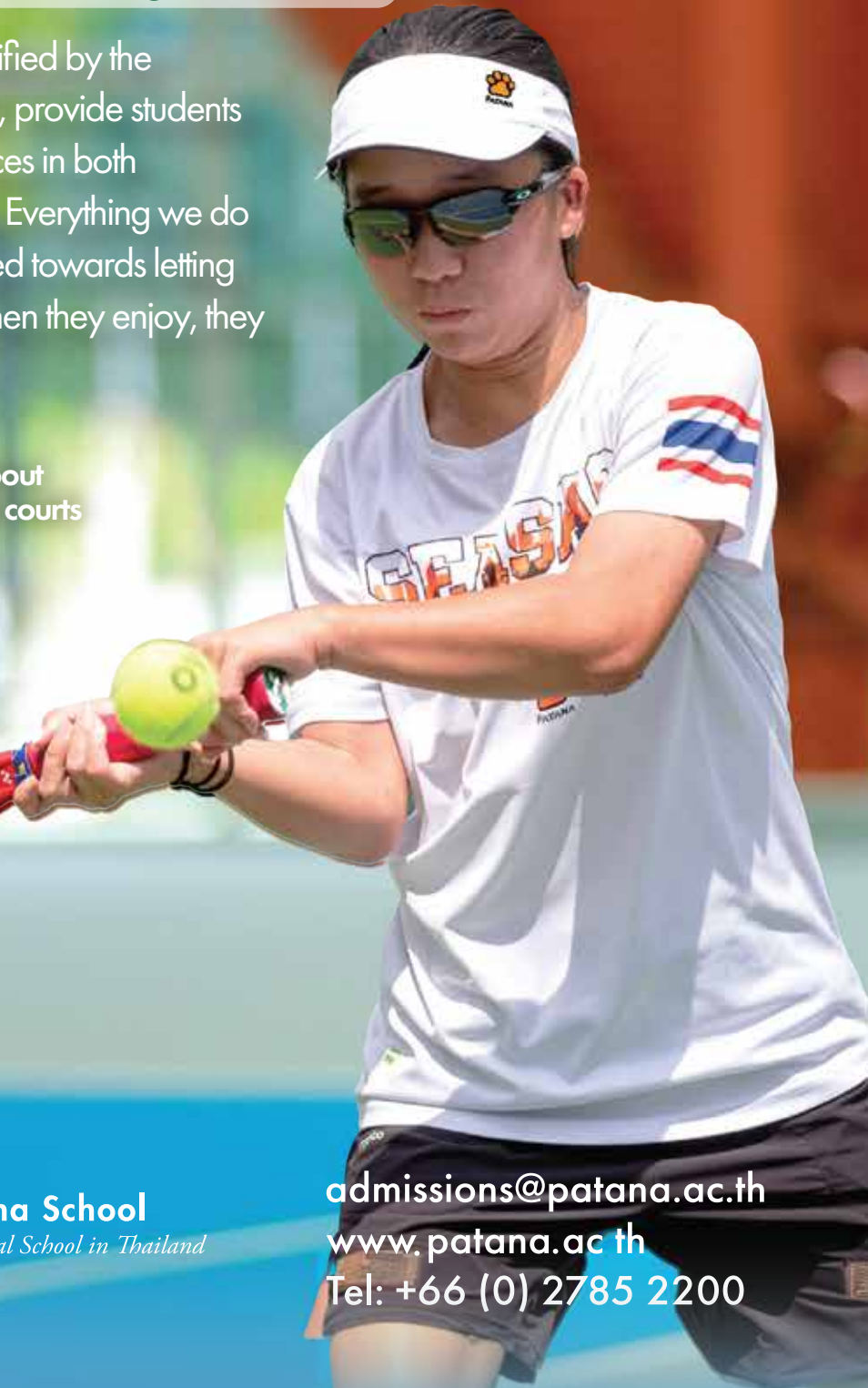
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BAMBI is a project of the Childbirth & Breastfeeding Foundation of Thailand (CBFT).

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:

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

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Please contact our Little Lions coordinator **Ms. Gena** for more information: monrada.srasamran@regents-pattaya.co.th

SCAN TO REGISTER



Dear BAMBI families,

This month's issue honors fathers, and for very good reason.

The role of dads has evolved significantly. Gone are the days when fathers were seen solely as breadwinners. Modern dads are actively involved in their children's lives, playing a crucial role in their upbringing. As a wife, I get to witness firsthand the incredible impact my husband has on our children.

My husband has a demanding job that involves a lot of travel during the week, but he consistently makes time for our family when he's away by talking to our children daily on video calls. Over the weekends, he prioritizes time with them and loves teaching our daughter chess and enjoys taking her swimming, to play areas, and on shopping trips.

Despite his work commitments, we work together to make decisions about our children's upbringing—schools, extracurriculars, classes, planning their birthdays, and more. Sharing these tasks is extremely important, and having a supportive partner makes a world of difference. My husband is always there to listen, offer advice, and provide a shoulder to cry on when needed.

My husband is also a wonderful example for our children. In treating everyone in our household with patience and kindness, he teaches them the importance of honesty and respect for others. His approach to discipline is firm but fair, always giving them the opportunity to solve their problems peacefully. He always encourages them to try new things and cheers them on, no matter how big or small the win. He even teaches them to say things like "I'm strong, I can do it!" to themselves, which boosts their confidence.

To my husband—we are all so grateful for the active, involved, and wonderful father you are. It's no surprise that our children look up to you with admiration. Thank you for being you.

Turning to BAMBI news now, I'm excited to share that our famous Halloween party will be happening very soon! Have a look at our website and socials for more details. It promises to be a great event for the whole family to join.

We're also looking for new volunteers to join our team in various roles. Volunteering can be a wonderful way for moms and dads to help shape our organization and spend quality time with their little ones while they do it. Turn to our Call for Volunteers Page for more information, or drop us a line to chat.

With best wishes for a fun month ahead,

Ritika
BAMBI treasurer



Ritika Bhargava



OUR COVER KIDS

NAMES

Aurora and Adam

WHERE ARE YOU FROM?

We're from Thailand.

HOW LONG HAVE YOU LIVED IN THAILAND?

Born and raised. We have always lived here.

FAVORITE PLACE TO GO AS A FAMILY IN THAILAND?

Our favorite place to go to is the BAMBI Wonderkids playgroup at Wonder Woods Cafe.

WHAT'S ON YOUR THAI BUCKET LIST?

We want to visit the north of Thailand.

WHAT DOES BAMBI MEAN TO YOU?

BAMBI means fun playgroups and making new friends.



Joe Barker

Dear readers,

This month we are focusing on fathers and I'm very excited to step in for Sanam to write October's Editor's Corner. Don't worry—Sanam was still in charge of editing the rest of the magazine; I've simply been invited, as the token father on the magazine team, to write this section and share my thoughts on this month's theme.

Society is always changing, and I'm sure we can all see many differences between the ways we were brought up and the ways we are bringing up our own children. Hopefully we have taken great experiences and traditions from our own childhoods while adding some of our own ideas. Given the dramatic changes in the role of mothers in the last seventy years, I wouldn't claim that the role of fathers has changed more than any other aspects of family life, but it has changed a lot, and it continues to evolve.

When I was growing up, it would have been unthinkable that a father would stay at home and look after his children. My father was self-employed, which meant he was at home a lot and I was lucky to spend a lot of time with him. But it was clear that work had to be his priority, so I saw much less of him when work was busy. The norm was for fathers to be out all day, at least five days a week. Nowadays, I am in the minority as a stay-at-home father, but it is an ever-growing minority. And society expects all fathers to be more engaged with their children and involved in their upbringing—a change that has brought huge advantages to fathers, their children, and their families.

As a stay-at-home father I can sometimes feel that society, and particularly more traditional and older people, see me as a failure because I'm not fulfilling the "male" role of breadwinner and head of the household. However, such moments of doubt are more than outweighed by the joys of spending time with my children and building such a strong relationship with them. I know not all fathers are lucky enough to be able to stay at home, but fathers who have the chance should grab it with both hands. It is an incredible experience.

That is enough waffling from me; let's move on to the real purpose of Editor's Corner: a quick overview of the treats we have in store for you. In "The Rise of Modern Dads", Nick Garvin shares his personal experiences of the joys and challenges of modern fatherhood, while this month's Dad Diaries sees me wittering on about my fathering foibles.

Elsewhere, Sheena Low's "An Open Letter to Augie's Dad" is a moving appreciation of her husband's work as a father. With Dantrel Perryman we hit a more earnest note as "Paternal Mental Health in the Postpartum Period" discusses the importance of taking fathers' mental health seriously.

Meanwhile, in "Handing Down Hobbies", Daisy Soongswang and our very own Sanam tell of their joy at watching their husbands bond with their children over shared passions—a reminder that our interests do so much to shape the interests of our little ones.

We also have great articles on other topics. Anna Zarchi's "It's Not Fair!" shares some expert views on the perennial problem of sibling rivalries while Angela Chen in Readers' Corner has, as always, some intriguing suggestions for our reading lists. Meanwhile, Kelly Patten's household are going back to school and it's not all plain sailing, as she explains in "Restraint Collapse After School". Kelly tells us why this can be a tough time for young children and shares her attempts to support her daughter.

Last, but by no means least, Anelia Van Zyl brings us not one but two sources of entertainment for our children in Fun Corner and Creation Station, and Ryoko and Nick share their reviews of places to have fun with the kids in "Places We Loved".

Before you go on, I would like to say a huge thank you from myself and any other dads who know what's good for them to the incredible mothers who make it possible for us to be fathers. Thank you!

Joe
Deputy editor

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PLACES WE LOVED

London Street

By Ryoko, mom of one

The impressive Bangkok Big Ben stands outside London Street ready to welcome you in and set that London scene. Located near Wonder Woods Kids Cafe, London Street has a lovely free, well-maintained, and air conditioned playground. There are also toys available for children to play with. The most exciting thing for my kids is the London bus, which the kids can climb on and pretend to drive. Hours of fun playing at being a bus driver! For older kids there are classic cars to admire, but not touch.

Inside London Street there are also loads of great child-friendly restaurants offering international cuisines, so once you can drag the kids off the bus, you're spoiled for dining choices. I went for a delicious Italian meal. Finally, there was just time to pop into Lotus's to grab the last few ingredients for dinner.

So next time you're thinking what to do after BAMBI's Wonderkids playgroup, feeling nostalgic for London, or just need a trip to Lotus's, you should pop into London Street.

It's worth going!



Photo courtesy of the author



Photo courtesy of the author

Roller Dome

By Nick, dad of two

We lived in Romania before moving to Bangkok. One of the big winter treats was ice skating on the frozen lakes and outside ice rinks around the city. When we moved to Bangkok we wanted to continue to skate, but we had sold our ice skates and didn't bring any warm clothes. After some looking around we found another option: Roller Dome. It's perfect for that skating fix, but on wheels rather than ice.

Access to Roller Dome is from Emporium Mall. The equipment rental—roller skates, roller blades, skateboards, scooters—and cost of entry are relatively cheap. You can also bring your own wheels. Safety equipment is free to borrow, with elbow pads, knee pads, wrist guards and helmets available, but remember to bring a pair of long socks if you are renting skates. It's fun for kids of all ages so there is really no excuse for parents not to get on the track and join in the fun.

There are lessons to be had, with instructors available for both rollerblading and skateboarding. Both my children (ages 9 and 7) have done lessons and enjoyed them. Even though some of the instructors speak very little English, the lessons were fun and effective.

The only downside to RollerDome is its position at the top of the building. With only a thin roof above, it can get very hot. It's best on a day with a little wind or cloud cover. Going earlier in the morning also helps, as it is cooler and quieter.

So get your skates on!

SHARE WITH US AND SPREAD MORE JOY!

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



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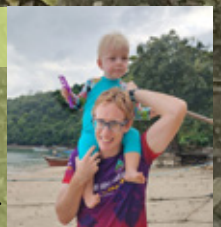
THE STAY-AT-HOME DAD

Joe reflects on the dreams and realities of being a stay-at-home dad, and the sacrifices that come with it.



About the Author

Joe and his wife Diane moved to Thailand in 2018. Since the arrival of their son Martin in 2021 and daughter Alice in 2024, Joe has been a stay-at-home father. The whole family enjoys BAMBI playgroups and Thai beach holidays.



In this month's issue we're talking about dads, which gives me a chance to focus on someone I really care about rather than those pesky kids I normally have to talk about: me. The only problem is what to talk about. Do I talk about what kind of dad I am, or what kind of dad I'd like to be? Angry and shouty vs calm, patient, and kind. Do I talk about the joys and challenges of being a stay-at-home dad? Basically the same as being a stay-at-home mum but with less breastfeeding and a more involved partner. None of these seem to reflect particularly well on me. So perhaps I should focus on how by staying home I am enabling my wife to continue her stellar career. Although, in reality, I'm not doing anything our nanny doesn't do considerably better and a lot cheaper.

Dad reality vs dad dreams

Let's start on an unusually positive note. My wife says I'm a great dad, although in the interests of honesty, I must admit she only said it once when she wanted me to do something. Nonetheless, even while bursting with pride at that endorsement, I'm still painfully aware of the huge gap between the father I imagine being and the father I actually am.

One thing that I have achieved is lots of physical activity. Marty may not be responding to my attempts to get him playing sports, but that doesn't mean I'm not kicking balls at him, encouraging him to throw things, and applauding his every fumbled catch. In hindsight, and more worryingly, wifesight, I should have focused on instilling our key philosophy of only throwing soft things and balls, before teaching him to throw. The bruises, broken china, and wifely comments are a constant reminder of this unfortunate oversight.

It's not just balls that get thrown: Marty himself loves being chucked into a swimming pool or bounced on the couch. Chase is a go-to game, as are piggy backs and bike rides. I already have to sprint to keep up with a pedaling Marty, but

fortunately, every twenty meters or so he'll stop to admire a cloud or a particularly fascinating piece of roadkill, which gives me a chance to catch my breath and contemplate my life choices.

Being a parent is an exhausting exercise regime, which is lucky because since the arrival of our second child, all other exercise has stopped. I love how energetic Marty is and I look forward to playing, running, and exploring with both him and Alice until I'm too slow to keep up with them.

These activities are joyous on a good day, but the problem with parenting is that not every day is a good day. Far too often I've been woken in the night, slept badly, and then dragged from bed at the crack of dawn. On these days it's hard to muster a

smile when Marty demands that I transform myself into an elephant and carry him trumpeting around the house. Then the calm, loving, energetic father of my self-image is replaced by grumpy dad who is as likely to shout and sulk as gleefully leap into tickle-monster action. Where then is the patient papa I want to be?

Staying at home

Being a stay-at-home dad is both amazing and deeply frustrating—much, I'm sure, like being a stay-at-home mum. There are so many wonderful memories to cherish, of first steps, new books and toys, bike rides and playgrounds, smiles, giggles, and laughter. Days that warm the heart and feel like the most precious days of my life. But then there are the days that drag





with endless hours of desperately trying to keep a child entertained. Days when it seems impossible to fill the ten hours till bedtime let alone do this again tomorrow, and the next day. On those days, childcare feels like the most futile, frustrating, and thankless of tasks; until they smile or giggle, and my heart melts all over again.

I stopped work just after Marty turned one. While I was working online because of COVID, fatherhood was easy. I was able to do a satisfying job and see Marty turn from an immobile baby into an energetic little boy. Plus, any time I got bored of holding the baby or changing nappies, I'd just say I had a lesson and disappear back into my office. Then we went back to school and I went from a loving and engaged father to a distant and

disgruntled daddy. I'd leave before Marty woke up and get back from work too exhausted to play. Quitting work and becoming a stay-at-home dad was undoubtedly a great decision. Yet there are days when I miss work and feel jealous of my wife's job.

Being at home with children, especially in a foreign city, can be incredibly isolating. No real conversation, often no reason to leave the house, and boy is it hard to make friends once you've forgotten the basics of adult interaction! During these moments a job sounds amazing. How nice it must be to talk to adults every day and do work that is valued by others. Just imagine having grown-up conversations, or even getting to gossip with colleagues. Oh! How I miss gossip.

Then there is the stress of knowing that it will get harder and harder to get back into employment. Have I really retired at 39? It's starting to look terrifyingly possible. So much for all that time I spent at university. This also means I'm financially dependent upon my partner. You'd think I'd work harder at being an adequate husband given I'll be destitute if my wife ever realizes how much better she could do—please never point this out to her.

Of course, these fears, frustrations, and challenges are no different to those faced by stay-at-home mums. What feels tougher is meeting other parents. Where mums can bond over the frankly horrifying traumas of pregnancy, childbirth, and breastfeeding, I can only say that my wife found them awful too, and apologize for the terrible unfairness of the human reproductive system. At playgroups I'm an outsider, not part of the tribe of mothers. Even as a baby, Alice readily recognizes my inherent inferiority. *What use is a parent without breasts?* you can see her think. If Alice cries, my wife just sticks a nipple in her mouth and perfect peace reigns, while I need to boil a kettle and mix the powder to a cacophony of screams. Screams that instantly restart when the bottle is finished. Breasts are clearly best according to this baby.

On my better days, when Alice is sleeping quietly and Marty is playing noisily but alone, I think about how lucky I am to get to spend so much time with my children, and I reflect with pride on what a difference I am making to my family's life. Martin and Alice get to spend quality time with a parent, while my wife gets to continue her career. I feel like a loving father and a heroic and supportive husband. Then I remember that we have a nanny who does most of the heavy lifting, and that we are incredibly lucky to be able to live on one salary. This rather punctures my vainglorious posing, but at least I'm left with the happy glow of spending time with my children. What more could any father want?

Photos courtesy of the author.

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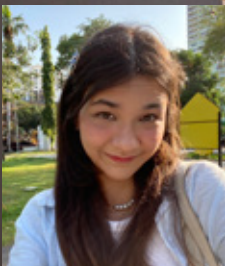
"IT'S NOT FAIR!"

SIBLING RIVALRY FROM CHILDHOOD TO ADOLESCENCE

This month Anna delves into the perennial problem of sibling rivalry. She considers the reasons our children might see each other as rivals and shares expert advice on what we can do about it as parents.



Photo by Tetiana Nekrasova from Studio Russia



About the Author

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



Photo by Vika Glitter from Pexels

W

Whether it's fights between toddlers or rivalries between adolescents that you're dealing with as a parent, one thing is clear: parenting more than one child isn't always easy. But why do siblings fight, and what is the best way to handle it as a parent? Our counselors at NCS have some insights that may help.

Dealing with a new sibling

My first memory of my younger sister coming home from the hospital was suddenly being told that from now on I would have to sleep on my own; a scary surprise that I was completely unprepared for. As a child scared of the dark, my nights soon became a series of nightmares about Maleficent from "Sleeping Beauty" (my greatest childhood fear). Hiding under the covers frozen with fear, convinced that I could see her eyes watching me in the dark, I felt completely abandoned. The cause? My sister. I would only realize almost 20 years later that I had unconsciously associated my parents' sudden "abandonment" with her arrival, a segue into years of tension and clashes.

A young child is just starting to familiarize themselves with their

surroundings, so naturally, having a new sibling is something that could throw the world as they know it completely off-balance, especially if it means that their parents' attention is compromised. NCS counselor Dave advises preparing your child for the arrival of their sibling ahead of time as much as possible to give them the maximum amount of time possible to get used to the idea.

NCS counselor Savinee adds: "Explain to them what having a sibling means and how this might change your family routine," and, most importantly: "Don't completely drop the older sibling".

It's difficult to balance your time when you have a newborn, but if your behavior toward your older children changes abruptly with no explanation, they may feel abandoned, hurt, and confused, and they might associate these feelings with their new sibling which could lead to more conflict in the future. Even if siblings don't end up being the best of friends, they will always be someone who understands you in a way that no one else does, and that's a very special thing to have. It also means having a built-in playmate. Try to highlight all these

positives of having a sibling to get your child into a good mindset about it.

Childhood to teenage rivalry

There are several reasons behind sibling rivalry. Siblings could be subconsciously competing for their parents' love and attention, or it could be that they simply do not get along. After all, different people have different personalities, and sometimes they clash, especially with someone they're constantly in close quarters with. Kids are often easily irritated and very expressive about it. Counselor Dave explains:

"They don't have the skills to control their behavior or deal with the behavior of others that they might find annoying, so this is a common cause. Insecurities in children will come out in family settings, so if one child feels less successful than the other, this could trigger insecurities and competition. This would also be made more prominent if parents inadvertently encourage competition between their children by overly focusing on academic, sporting, or other achievements."

Children can sometimes be jealous



Photo by Ketut Subiyanto from Pexels

of their siblings, even if they aren't aware of it. If this is the case with your child, counselor Savinee recommends looking for the underlying reasons behind their actions and emotions. Why are they jealous? Is this caused by a specific situation or by the way you interact with them? You might not realize that you are putting more effort into one sibling than another or that you are being biased, so it's important to keep an open mind and truly listen to what your child has to say without dismissing their concerns. If your child feels a certain way, there

is likely a reason for it. If there is a misunderstanding, try to clear it up without dismissing or invalidating their feelings, as that will likely cause them even more hurt down the road.

Another important thing counselor Savinee advises is to not immediately pass judgment or have an instant negative reaction when there is conflict. If your children are fighting, try to handle it as calmly as possible and delve deeper into what happened rather than instantly taking sides based on previous experiences. Some children only get told off for their reaction, while the offending sibling or peer goes unpunished because the adult is biased or walked in at the wrong moment. This is why it's important to find out as much as possible. There could be more to the story than what you see. Counselor Dave recognizes that it's impossible to be completely neutral; however, he suggests assessing how to handle each situation individually. He says: "Wherever practical, listen to each person's side of the incident and try to come up with a reasonable outcome based on the situation. Different approaches will work for different children, so be willing to try a few if the current one doesn't seem to be working."

Favoritism

When talking about siblings, it's almost impossible to avoid the discussion of favoritism, especially if the clash is due to family dynamics rather than personality differences. It goes without saying that parents should not display favoritism, as it could impact a child's sense of worth, especially if this is something they experience continuously or frequently. Counselor Dave explains that this could have "a significant negative impact on their self-esteem and mental health growing up". He also adds that realistically, it is impossible to treat each child exactly the same, as they are each unique and have unique relationships with their parents. To keep any sense of favoritism to a minimum, our counselors' best advice is to highlight each child's strengths and individuality so that they feel "valued for who they are".

At the end of the day, a certain amount of sibling clashes are to be expected, so don't be surprised if it happens sometimes. Try to handle each situation calmly and as well as you can, and remember that the best thing you can do for your children is to listen to them and show them that you love them.



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PATERNAL MENTAL HEALTH IN THE POSTPARTUM PERIOD

Hormones, emotions, and sleep deprivation make the postpartum period a tough time for our mental health. Perinatal mental health coach and counselor Dantrel reminds us that while mothers are most-often affected, for the sake of everyone in the family, we also need to consider the mental well-being of fathers.

About the Author

Dantrel Perryman is a mom of two and a perinatal mental health coach and counselor. She provides virtual (and in-person) services to pregnant and postpartum moms who are desiring to feel more prepared, supported, and empowered in their journey. Visit her website at anotherperspective4u.com for more information. Email: dantrel@anotherperspective4u.com; Instagram/TikTok: [@anotherperspective4u](https://www.instagram.com/anotherperspective4u)

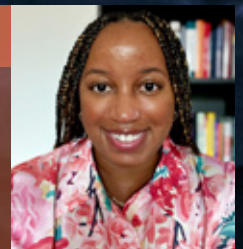




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Motherhood is one of the most challenging yet rewarding phases of our lives. We have experienced sleepless nights, body changes, and emotional ups and downs. We have been a part of mom circles, sharing the struggle to juggle everything while trying to feel like ourselves again. Although there is still much work to be done in supporting maternal health, we know how crucial it is to take care of our mental well-being. We are doing the best we can for our families, taking it one day at a time.

Then there is the father, also playing an integral role in the child's development but often being lost on the sidelines as we busily try to figure out all the pieces to parenthood. We feel their presence in the room but can feel too overwhelmed to ask for help. They try to offer help, but sometimes our anxiety drowns out their offers of support. We can sense there is a shift in the relationship, but we are so exhausted from everything, we forget to check-in and see what is going on.

Fatherhood, like motherhood, is a transformative experience that involves emotional, mental, and even hormonal changes. Fathers navigate

internal shifts while also dealing with external changes like a new division of labor, balancing work and parenting, and societal expectations to be the family's protector and provider. The pressure to "get it right" intensifies, making this phase more challenging than anticipated.

Why should I care about this when I am already trying to manage everything else?

With 1 in 4 mothers and 1 in 10 fathers struggling with postpartum depression and/or anxiety (1), the truth is that during this vulnerable and sensitive time, we need each other, and the mental health and wellness of BOTH parents really matters—for the individuals, the relationship, and the bond with the child. Did you know that a mother's mental health is a significant factor in a father's mental health during the postpartum period? Or that mental health distress in fathers could potentially impact their bond with their child and the child's emotional development (2)? It is all interconnected and important to acknowledge. It is not a competition on who matters more, but rather a collaborative mission in making sure that both parents' mental health is protected and supported.

What are the signs of a dad in distress?

Common signs to watch out for include (3):

- Withdrawal or isolation from the relationship, child, and/or loved ones
- Engaging in risky, impulsive, or unusual behavior such as excessive alcohol consumption, overusing prescription drugs or ingesting illicit drugs, reckless driving, or excessive or impulsive buying/spending
- Physical symptoms such as frequent headaches, stomachaches, or unexplained muscle/nerve pains
- Symptoms of anxiety such as racing heart, panic, and/or restlessness
- Agitation or irritability; sudden outbursts or violent behavior
- Lack of sleep and/or poor quality of sleep
- Any behavior that seems to be abnormal and of concern

What should I do if I notice a dad in distress?

While every person is different, one of the best practices is to address the situation with honesty and empathy. Ask yourself: if I was

struggling mentally and feeling overwhelmed, how would I want someone to support me? It is important to honestly address your concerns with your partner about what you are observing, while avoiding using criticism or blame. Instead of saying, “You are so distant these days. What is wrong with you? I am raising our child all on my own!”, you can rephrase and say, “I am noticing that you have seemed distant recently. I know there are a lot of changes happening and we are not getting good sleep, so I wanted to check on you. How have you been feeling lately?”



Photo by cottonbro studio from Pexels

Some behaviors, like impulsive spending or excessive substance use, may require urgent attention, but it is still important to approach them from a place of concern not ridicule. If conversations at home aren't enough, it may be time to consider seeking support from a mental health professional. There tends to be a stigma around men seeking mental health support, so it can be helpful to remind your partner that getting help is about showing up as your best self for the family.

We've talked it through, but now it's time for some changes. What steps can we take?

Once you have had the important conversations and understand the underlying issues that are impacting the relationship and postpartum experience, there are a few starting actions you can take to help improve the experience for everyone.

1. Re-evaluate the division of labor

Perhaps you both talked about how things would be done before you had a baby, but now that baby is here, the plan is not working. Or maybe you never had the conversation, and you are feeling like the weight of responsibilities

is one-sided. Instead of hoping that they will read your mind, or exhausting yourself with requests all day, sit down together and write out a list of all the tasks that need to be done within the home. Then with each task, decide together who will manage each one, making specific notes on what days and times each task needs to be completed. Check in weekly to see how the schedule is going and if any adaptations need to be made.

2. Prioritize one-on-one connection

This one tends to be the most challenging, but it is truly essential. Start small with finding pockets of time during your day while your child is asleep to sit together and connect without any electronics. Conversation-starter cards, a fun game, or cooking together are some great options to fuel connection. As your child begins to become more independent, investing in childcare and getting time together while away from the house can be included.

3. Schedule solo time

The key to avoiding this becoming an argument is to agree and schedule the “solo time” for both

parents. An hour or two of solo time away is a great start while you both get comfortable with your new way of life. While the mother is away, this also becomes a great opportunity for dad to get one-on-one time with the child(ren), and to learn about them and create a bond. When the person returns from their solo time, that parent needs to “tag back in” and take on the next childcare task for the day. Remember, this time is about recharging—not avoiding responsibilities.

4. Lean on your community

Your “team” does not have to have just two members. Whether hired help, friends, family, or parent groups, know that you two do not need to do this alone. Encourage dad and child playdates on weekends, and make sure any other gatherings include dad friends so that your partner can be included in the experiences as well.

Considering a dad's well-being does not mean sacrificing yours. The ultimate goal is that both parents feel supported and, as a result, can show up as the best version of themselves for the family. It can truly be a win-win for all.

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THE PURPLE ELEPHANT

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

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FUN DAY

at the purple elephant



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RESTRAINT COLLAPSE AFTER SCHOOL

This month, Kelly explores the emotional strain of returning to school and the ways we can navigate our children's after-school meltdowns.



Photo by Caleb Oquendo from Pexels.



About the Author

Kelly is mom to Freya and Daisy and recently went back to work as an early years teacher. She previously worked as a primary educator and literacy specialist. Kelly loves reading fiction books, listening to true crime podcasts, and watching Disney princess movies.



Photo by Gustavo Fring from Pexels.

After a typical expat summer of long-haul flights, whirlwind visits, sleeping in various beds, and Grandma giving out one-too-many ice creams, it's finally time to head back to school. After the wildly unstructured summer, the familiar routines and structure of the school year are a welcome relief for many families, including ours. My three-year-old headed back to school with an ever-changing mix of emotions—beyond excited over her new rainbow sparkle backpack, nervous about her new teacher, sad to see less of Mommy and Daddy, curious which friends would be in her class. As a parent, I expected a few morning tears at drop-off, but I was ultimately unprepared for the level of tantrums and big feelings that came in the afternoons when we got home.

WHAT IS RESTRAINT COLLAPSE?

It turns out this experience is not a unique one and it even has a name—restraint collapse. The term was coined by counselor and parent educator, Andrea Loewen Nair. Basically, when kids hold it together all day at school, they lose it when they get home to their safe place. This might look like shouting, crying, tantrums, whining, or being rude or generally illogical. Think back to your own days at school. You're doing your absolute best to listen and

follow directions, you're exploring peer relationships, learning new skills, moving about a large building, interacting with new adults—the list goes on. Imagine now a bubble. It grows bigger and bigger until finally, it pops. All of the stimulation of the day reaches its peak and flows over in the form of a meltdown.

HOW TO SUPPORT YOUR CHILD

So what can you do as a parent? First, acknowledge that these after-school meltdowns can feel challenging for you too! Take a deep breath; remind yourself this is normal and you will both get through it. Consider these strategies as you navigate the minefield of after-school meltdowns:

Time for decompression

Just like adults, kids need quiet time with less stimulation. Instead of offering a choice of snacks, have a favorite snack ready to go and avoid debates and decision fatigue. Consider putting out a quiet toy your child enjoys. A basket of books, playdough, or building toys like LEGO or MagnaTiles are all great choices. Other kids might need physical exercise to help regulate their systems. Consider a quick trip to the park, or if that's not an option, look up fun exercise videos on YouTube like Cosmic Kids Yoga.

Build in connection

Remember that you are your child's safe space. Try to set aside 15–20 minutes to focus solely on your child. Set aside work emails, scrolling your phone, and prepping dinner, and let your child guide how you use the time together.

Set boundaries

Sometimes I think my daughters have much busier social lives than I do! It's easy to want to sign them up for every class and playdate that comes their way. After-school cooking and toddler Zumba? Yes please! While I know my daughter would enjoy these activities she also thrives on quiet time at home. Resist the urge to overbook your child. Currently we only have swimming classes and that feels just right for this back-to-school season.

As I write this, I realize all of this is easier said than done. Did my daughter melt down after school today? Yes, she most definitely did. We picked up a coconut on our walk home, did some puzzles with her baby sister, and snuggled up to watch Frozen on the couch. It's not perfect, but as long as the meltdowns continue I'll be here to help her stay grounded and connected.

AUTUMN LEAF LANTERNS

Anelia welcomes in the fall and celebrates its passing beauty with these delightfully decorated lanterns.

During my afternoon walk yesterday, I saw the beautiful tapestry of autumn leaves scattered all over the road. I stopped to appreciate the deep earthy colors; all of them perfectly placed on the road by the chilly October breeze. I realized once again that life is like leaves—it changes and transforms.

It also reminded me that nothing in life is permanent. The fleeting beauty of fall foliage resembled the momentary nature of life's moments, encouraging me to appreciate the present and cherish what I have.

This month, I celebrate life and autumn colors with an easy craft that the whole family can try. May you appreciate the beauty in this ever-changing life every time you light the candle of your Autumn Leaf Lantern.



Photo by Freestocks.org from Pexels

Materials

Any glass jars
Dried autumn leaves (real or artificial)
Mod Podge or white glue
Sponge brush or paintbrush
Tea lights or short candles
Ribbon or twine
Scissors
Optional: glitter, buttons, or small fall-themed decorations

Instructions

1. Prepare the leaves: If you're using real leaves, make sure they're dry and flat. Trim them if needed to fit the size of your jars.
2. Apply the glue: Use a sponge brush or paintbrush to apply a thin layer of Mod Podge or white glue to the outside of the jars. I recommend working on one jar at a time in small sections so the

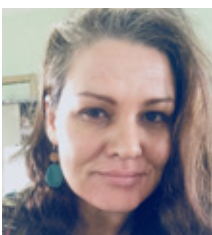
glue doesn't dry out before you can place the leaves.

3. Attach the leaves: Carefully press the leaves onto the glued sections of the jar you're working with, smoothing them down with your fingers. Continue adding glue and leaves until the entire jar is covered, leaving some gaps for light to shine through if desired.
4. Seal the leaves: Once all the leaves are in place, gently brush another layer of Mod Podge or white glue over them to seal. Be careful not to brush too hard, as the leaves can tear. Let the jar dry completely. Repeat steps 2 to 4 with the rest of your jars.
5. Add decorative elements: After your jars are dry, you can tie a ribbon or twine around the tops for a finishing touch. You

can also glue on small buttons, acorns, or other autumn-themed decorations if you like.

6. Place the candles: Put one tea light inside each jar. When lit, the light will glow through the leaves, creating a warm and cozy autumnal ambiance.
7. Display: Place your lanterns on a table, windowsill, or porch. They are perfect for adding a seasonal touch to your home decor and make a lovely, non-scary craft for October.

These lanterns are great for bringing the warmth and beauty of autumn indoors, and they can be enjoyed by the whole family!



About the Author

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

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SCAN ME



THE RISE OF MODERN DADS

Modern fathers are stepping up and redefining fatherhood in inspiring ways. Educator Nick shares his thoughts on the crucial and hands-on role dads play in their children's growth.

Photo by Mike Marchetti from baseimage

About the Author

Nick is a dedicated dad to six-year-old Amelie, and a seasoned educational professional with 17 years of experience in international education. Known for his ability to connect ideas and people across various fields, he brings a unique blend of insight, leadership, and a passion for transforming how we live, work, and connect. He currently resides in Bangkok and works at VERSO International School as the Cohort 1-4 Leader.





Photo by evgenyatamanenko from Getty Images

Fatherhood today is a different experience than it was just a generation ago. The role of dads has expanded, bringing new joys and challenges that require a fresh approach. Today's fathers are caregivers, mentors, and active participants in their children's lives, all while balancing the demands of modern life. This shift is reshaping families in meaningful ways, highlighting the importance of fatherhood in our fast-paced world.

The changing role of fathers

Not long ago, being a dad mostly meant going to work and providing for the family. But today, the definition of fatherhood has evolved. Dads are now more involved in their children's lives, whether it's sitting in the front row at their child's dance recital, attending a parent-teacher conference, or riding bikes together. It's about being there for those everyday moments—like when my daughter proudly shows me her latest art project or her first bit of writing. It's these simple yet profound interactions that remind me that being a dad isn't just about showing up; it's about truly engaging in your child's life.

This change has been positive for both children and fathers. Kids benefit from having both parents

actively engaged in their lives, while dads find a unique sense of joy and fulfillment in their parenting role. Whether it's the satisfaction of teaching your child to ride a bike, the pleasure of sharing a bedtime story, or being there when they first discover their shadow, these moments build strong, lasting bonds between father and child.

In addition, playing with dad helps children feel secure, especially daughters, who gain confidence in their relationships with the opposite sex through the love and affection they receive during play. This emotional security can help them feel more grounded as they approach adolescence.

Adapting to modern demands

While there are numerous benefits, the shift in fatherhood has come with its own set of challenges. Balancing work and family life is no easy feat, especially in today's demanding world. Many dads find themselves juggling their careers while trying to be present for their families, and this can be overwhelming at times.

To manage these demands, fathers are having to get creative. Technology plays a significant role in helping dads stay connected with their families, even when they're on the go. Video calls, family group

chats, and shared calendars help bridge the gap, allowing dads to be involved in their children's lives even when physical presence isn't possible. The key is making the most of the time that is available and ensuring that family time is meaningful and focused.

These moments of play and connection aren't just about fun—they're about strengthening family bonds. Engaging in playful activities often involves a level of rough-and-tumble that kids might not experience as much with their moms. This kind of play, even if brief, provides quality time that helps build a strong father-child relationship.

New challenges for dads

With increased involvement comes the pressure on dads to excel at both work and home, which can lead to stress and feelings of being stretched too thin. Society often holds the high expectation that both parents should be able to manage everything seamlessly. This can make it difficult for dads to admit when they're struggling, further compounding the pressure.

Another challenge is navigating the changing expectations of masculinity. Traditional ideas of fatherhood often emphasized being

tough, stoic, and self-reliant. But today, there's a growing recognition that effective fatherhood also involves being emotionally available, open, and willing to seek help when needed. This can be a tough transition for some, as it requires rethinking long-held beliefs about what it means to be a man and a father.

The joy of fatherhood

Despite these challenges, the joys of fatherhood are undeniable. For many dads, spending time with their children is the ultimate stress reliever. The simple pleasure of hearing your child's laughter, seeing their excitement when you walk through the door, or just enjoying a quiet moment together can make the stresses of the day melt away. For me, it's our sacred bedtime story routine that I look forward to. During that time, the world stops and nothing else matters. It's also great one-on-one time when my daughter can reflect on her day and share what's been on her mind.

This joy is a big part of why dads work so hard. While providing for the family is important, the real reward comes from the love and connection shared with their children. These moments of joy are a reminder of what truly matters and why the effort to balance work and family is so worthwhile.

Building a supportive environment for modern dads

Even as fathers take on more roles at home, there's still a significant need for additional support. Many workplaces are starting to recognize the importance of paternity leave and flexible work schedules, but more can be done. Fathers need environments that support their involvement in family life, not just at home but also in the workplace. This becomes a challenge when workplaces have values that conflict with the ones shared at home.

Support also extends to community resources. Fatherhood groups, such as Bangkok Dads (a Facebook group with over 1.4k followers), parenting classes, and community activities



like those shared on Bangkok Kids (a Facebook page with over 32k followers) which are open to dads can provide much-needed support and connection. These resources help fathers navigate the challenges of modern parenting and offer a space to share experiences and advice with other dads.

When fathers feel supported, they're better able to be the dads they want to be. This, in turn, leads to stronger, happier families, where children thrive because both parents are fully engaged and supported in their roles.

Prioritizing fatherhood

In today's fast-paced world, it's easy to let fatherhood take a backseat



to work and other responsibilities. But being a dad is one of the most important roles a man can have, and it deserves to be prioritized. Fatherhood isn't just another task on the to-do list—it's an opportunity to shape the future by raising strong, confident, and compassionate children.

By making fatherhood a priority, dads can ensure that they're not just present in their children's lives but actively involved in a way that makes a lasting impact. The love, guidance, and support that fathers provide are crucial in helping children grow into the best versions of themselves.

Staying involved

Involvement in a child's life doesn't always require big gestures. Often, it's the little things that matter most—like taking the time to ask about their day, sharing a meal together, or simply being there to listen. These small moments build a foundation of trust and connection that lasts a lifetime.

Staying involved also means being emotionally present. Children need to know that their dads are there for them, not just physically but emotionally as well. This means being available to talk about their fears, dreams, and everything in between. By being a steady source of love and support, dads help their children feel safe, valued, and understood.

Even in the busiest of times, fathers can find ways to stay connected by prioritizing moments with their children, and creating rituals and routines with them. One way to fuel connection is by being hyper-protective of the time shared with your children and making sure that, despite life's demands, your child knows they can count on you.

In the end, being a dad is about more than just showing up. It's about embracing the joys, navigating the challenges, and committing to the role with all your heart. By doing so, fathers not only enrich their children's lives but also find a deeper sense of purpose and fulfillment in their own.



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HANDING DOWN HOBBIES

Two moms reflect on the bonds their husbands have formed with their children by connecting over their hobbies and passions.



Photo by Cottonbro Studio from Pexels



Photo courtesy of the author

TECH TIES

My husband Anond is obsessed with all things gadgets and technology—in the best way possible because he’s made my life so much more efficient and convenient with all these cool gadgets. For starters, after we moved into our place, he asked if he could make everything into a smart device—remotes, plugs, the works. Whether he’s driving and discovering a shortcut or tinkering around with machines, he finds deep satisfaction in hacking something to make it more efficient.

We have four voice assistant devices in our home, and given that he’s grown up hearing his dad give them commands, it’s only natural that our son, Cooper (6), has learned to embrace technology too. Just two weeks ago, I stood and observed as my six-almost-seven-year-old commanded Alexa to play music on Spotify, turn on the AC, and shut off the fans. I was in awe of how much he’s grown.

It’s definitely been inspiring to see my husband’s and Cooper’s interests intertwine over the years. With my husband’s love of technology and Cooper’s fascination with the mechanics of elevators, one of their favorite shared pastimes is exploring the city’s malls and skyscrapers, and studying the various elevator models around town. Both my guys are truly passionate about machines, technology, and gadgets.

—Daisy Soongswang

BLOCKS, BRICKS, AND BONDING

In our family, building is serious business. Ever since we got married, I’ve heard numerous stories of how, as a child, my husband, Canopus, liked to take apart his toys and put them back together from scratch. How things worked, what parts they were made of, and what other ways they could be reassembled, were just some of the things he was passionate about. As an adult, this passion hasn’t waned at all. It’s just being passed on to our daughters, Amanah (8.5) and Siyana (5.5).

Together, they can spend hours playing with LEGO, Mechanix pieces, and all sorts of creative construction toys. Watching them huddle together as they brainstorm ideas, problem-solve, and bring their creations to life is such a joy. It’s not just about play—it’s teaching them creativity, physics, spatial reasoning, and the patience to see a project through to the end.



Photo courtesy of the author

And if I’m honest, it’s a bit of a relief, too! While I love spending time with the kids, my interests lean more towards role-play, board games and reading with them. I’m not exactly thrilled by the prospect of constructing miniature skyscrapers or assembling intricate machines because I can never stop thinking about cleaning up the little pieces later on. So it’s wonderful that the girls don’t miss out on this kind of play, thanks to their dad.

—Sanam Rahman

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AN OPEN LETTER TO AUGIE'S DAD

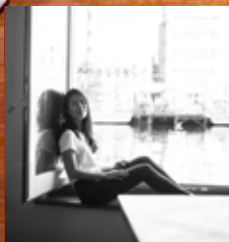
Sheena shares a moving and personal letter of appreciation to her husband, Jon, about all the ways he supports her and their family.



Photo courtesy of the author

About the Author

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





Dear Jon,

I want to take a moment to express my heartfelt appreciation for everything you do for our family. Your dedication and love shine through in countless ways, and it means so much to me.

Every morning, you take Augie out for those beautiful walks, exploring Bangkok while I enjoy some quiet time to read and journal. Those slow mornings are a precious gift that allow me to recharge. I'm also incredibly grateful for the way you respond to Augie's night terrors, waking up at 2:00am to console her when I'm too exhausted to be present. You're always the first to rise in the morning, pouring her milk into the bottle while I'm still lost in my dreams. Your thoughtfulness lets me take the time I need for myself, and I appreciate how you encourage me to spend time with friends.

I also admire your openness to improving our conflict resolution skills. You genuinely try to see my perspective, and that willingness to engage in difficult conversations strengthens our partnership. It's reassuring to know that we're in this together, sharing the load of parenthood.

Being a father today comes with unique challenges. You navigate the delicate balance of being present for Augie while also meeting traditional expectations of providing for the family. I see you stepping into the role of disciplinarian, ready to be the "bad guy" when I struggle to set boundaries. I appreciate your patience and strength in those moments, knowing that discipline is an important part of guiding Augie as she grows.

Your rough play with her—the laughter, the wrestling, the joy—is invaluable. Those moments are building blocks of a bond that will last a lifetime, teaching her that love is expressed through shared joy and connection.

I recognize that, unlike mothers, fathers often lack the support networks to share their experiences or vent frustrations. Society places expectations on you to maintain a strong front, but I want you to know it's perfectly OK to seek support and share your struggles. You don't have to carry that weight alone.

Your willingness to redefine what it means to be a father is paving the way for future generations. You're showing that being a father is not just about providing; it's about being engaged, vulnerable, and present.

Thank you for being such an incredible partner in this journey of parenthood. Your love, strength, and commitment allow me to pursue my own hopes and ambitions, reminding me that I don't have to give up myself just because I'm a mother. Knowing the challenges my own mother faced alone makes me appreciate your support even more. I celebrate you today and every day for the amazing father that you are. You are seen, you are appreciated, and you are loved.

With all my love,
Sheena

BAMBI PLAYGROUPS & ACTIVITIES

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



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



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PLAYGROUPS**

BOOKS TO INSPIRE

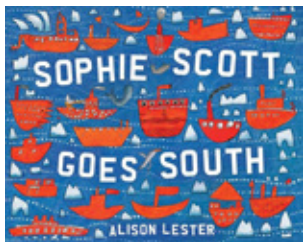
Brought to You by Neilson Hays Library



SOPHIE SCOTT GOES SOUTH

Written and illustrated by Alison Lester

Join Sophie Scott and her dad as they embark on an adventure of a lifetime to Antarctica. Sophie's dad is the captain of Aurora Australis, an icebreaker ship bound for Mawson Station in the South Pole. They begin their journey from their home of Australia, during which Sophie keeps a detailed journal to share with her mom and brother upon their return. Along the way she learns from the ship's crew, scientists, an artist, and of course, her dad. Each night Sophie settles into her cozy bunk and feels safe knowing that her dad is just on the other side.



This captivating book is inspired by award-winning Australian author and artist Alison Lester's real-life experience traveling to Antarctica. She shares her awe and wonder at Antarctica's unique geography and wildlife through Sophie's eyes. This heartwarming and educational father-daughter adventure tale ends with a glossary and explanations of natural phenomena like the Southern Lights.

Published by Clarion Books in November 2013. Suitable for ages 6–9. A hardcover copy along with other works by Alison Lester can be found in the Children's Corner of the library.

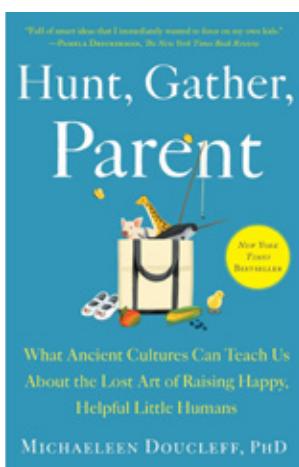
HUNT, GATHER, PARENT

Written by Michaeleen Doucleff

What's the secret to raising helpful, confident, emotionally intelligent, and self-sufficient children? This question is undoubtedly on the minds of dads and moms all over the world. Journalist and health researcher Dr. Michaeleen Doucleff traveled to three different continents with her toddler to seek answers. After spending time in indigenous villages in the Yucatan Peninsula, the Arctic Circle, and Tanzania, Doucleff discovered commonalities among these seemingly disparate cultures. All three have retained aspects of their ancestor's parenting practices.

In "Hunt, Gather, Parent", Doucleff shares her own frustrations as a mother and concludes that many modern-day challenges are the result of deviating too far from instinct, a lack of collectivism, and mismanaged expectations of children. She shares techniques learned from the Maya, Inuit, and Hadzave families and introduces the TEAM parenting approach. TEAM is an acronym for Togetherness, Encouragement, Autonomy, and Minimal interference. This is a book that will challenge current practices and help parents discover and appreciate different ways to raise the next generation.

Published by Simon & Schuster in March 2021. A hardcover copy can be found in the nonfiction section of the library.



Prepared by Angela Chen for the Neilson Hays Library.

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

ALL ABOUT MY DAD

Complete the sentences below.

My dad's name is

.....

His favorite color is

.....

My dad is

.....

He likes

.....

My best memory
with him is when

.....

.....

He always says

.....

.....

.....

He is so good at

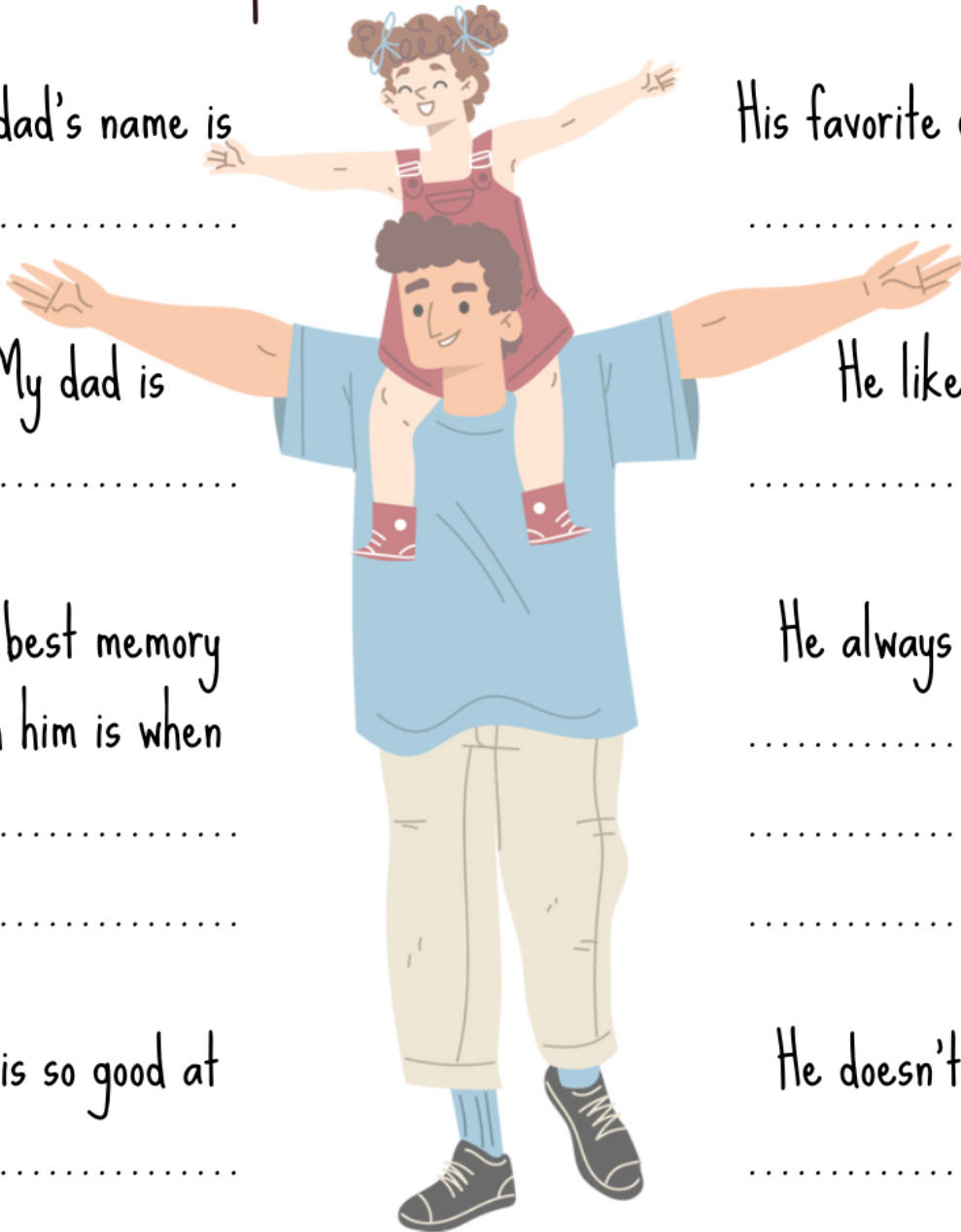
.....

He doesn't like

.....

He is the best dad because

.....





MY DAD



WORD SEARCH

L	O	V	I	N	G	P	G	R	S	M
E	B	X	R	F	H	I	E	R	P	S
T	L	T	E	O	F	U	N	N	Y	U
A	O	I	R	D	A	D	T	A	E	O
R	O	E	N	S	T	H	L	S	T	L
B	H	C	U	I	H	V	E	O	E	A
E	A	T	N	L	E	R	R	N	O	I
L	E	O	D	S	R	S	A	I	R	C
E	B	N	F	A	M	I	L	Y	O	E
C	I	R	O	T	C	E	T	O	R	P
K	C	H	I	L	D	R	E	N	D	S

DAD

PROTECTOR

FUNNY

CHILDREN

HERO

KIND

CELEBRATE

LOVING

FATHER

GENTLE

SPECIAL

FAMILY



BANGKOK SUPPORT GROUPS

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

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

PRE- & POST- NATAL SUPPORT

BAMBI
BUMPS & BABIES
BANGKOK

BAMBI
NEW MOON

PARENTING SUPPORT

ADOPTION
SUPPORT
FOR FAMILIES
IN THAILAND

TWINS
AND MULTIPLES
GROUP

DISABILITY & NEURODIVERGENCE SUPPORT

LEAP
(LEARNING
& EDUCATIONAL
ADVOCACY
PROGRAM)

RAINBOW
ROOM

SUPPORT FOR WOMEN

BEYOND
BOOBS

BANGKOK
BREAST
CANCER SUPPORT
GROUP (BBCS)



SCAN NOW TO READ MORE

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



BAMBI Committee, 2024

Want to have fun, work together with other great parents, brush up on your professional skills, and do something for the BAMBI community? This is your chance.

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

CALL FOR VOLUNTEERS



Please scan for more details about the available positions.

The following opportunities are currently available:

- Activities Coordinator
- Chairwoman
- Database Coordinator

VOLUNTEER BENEFITS



FREE PLAYGROUPS



ENHANCE YOUR SKILLS



EXPAND YOUR NETWORK

BAMBI: THE TEAM

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

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

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

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

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With 21 years of experience, UK qualified educators, valued parent partnerships and stimulating learning environments, we are committed to providing outstanding care and education at our Early Years and Primary campuses.





International School Bangkok

The Premier International School in Thailand since 1951

APPLY TODAY!

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