



PHOTO OF THE MONTH



Cade at 6 months old. He was so tired that he fell asleep while eating toast.

REGULAR FEATURES

- Question of the Day
- Website of the Day
- The Daily Brainteaser
- Gizza Peek @ (weekly themed photo thread)
- Wednesday's Weekly Chat Night, 8:30pm onwards
- Bridget's Week Day Wonders
- Forum Games
- Poll of the Week
- Caption of the Day



The red poppy has become a symbol of war remembrance the world over. People in many countries wear the poppy to remember those who died in war or who still serve.

In many countries, the poppy is worn around Armistice Day (11 November), but in New Zealand it is most commonly seen around Anzac Day, 25 April.

Cheeky MONKEY

PRACTICAL PARENTING SUPPORT

April 2010 : Issue #5

FORUM NEWS!

Well ladies, after much excitement and hard work on our part, we have a wonderful announcement this month!

We are so excited to be announcing the launch of the Cheeky Monkey Store which will be going live in April and to celebrate, we will be having a few giveaways which we think you will just LOVE!

So stay tuned to the forums for our competitions and we will also be offering a special chance to enter our prize draw by making a purchase in the store.

Our store will be on a separate database to the forums, so

you will need to sign up for an account. But it is super easy to use and we are so please with it! It looks perfect!!

We have some amazing items already in the store, with new brands underway - so we will be adding more and more as we go along.

Sleep Sacks, BabyLegs, Organic Clothing, Nalan, Toys by Barn and Baltic Amber teething necklaces are already in, with New Zealand Made Bubbalu Nappies making their way into the store too!

So keep an eye on the forums for the official launch, it's coming in April!

ANZAC DAY

April is here and with it comes ANZAC Day.

How many of you commemorate ANZAC Day? Don't know much about it?

Below is a little bit about what happened on ANZAC Day so many years ago.

Anzac Day occurs on 25 April. It commemorates all New Zealanders killed in war and also honours returned servicemen and women.

The date itself marks the anniversary of the landing of New Zealand and Australian soldiers - the Anzacs (Australian and New Zealand Army Corps) - on the Gallipoli Peninsula in 1915. The aim was to capture the Dardanelles, the gateway to the Bosphorus and the Black Sea. At the end of the campaign, Gallipoli was still held by its Turkish defenders.

Thousands lost their lives in the Gallipoli campaign: 87,000 Turks, 44,000 men from France and the British Empire, including 8,500 Australians. To this day, Australia also marks the events of 25 April. Among the dead were 2,721 New Zealanders, almost one in four of those who served on Gallipoli.

Anzac Day was first marked in 1916. The day has gone through many changes since then. The ceremonies that are held at war memorials up and down New Zealand, or in places overseas where New Zealanders gather, remain rich in tradition and ritual befitting a military funeral.

COMPETITON TIME!

Alright ladies, this month we have some gorgeous lingerie to give away! The prizes are courtesy of our new supporter Jazz from www.viedamour.co.nz. be sure to check out her facebook fan page too - <http://www.facebook.com/pages/VieIdamour/282297648506>

We have Fishnet Stockings with Stretch Lace Top, RRP \$35, one size fits most and a Charmeuse Robe with Plunging Back Lace Details, RRP \$55, one size fits most.



Keep an eye out in the forums to find out what you need to do to be in to win.

APRIL BIRTHDAYS

- 1st - Morgan, 2006 (Laugan's DS)
- 2nd - Kurt, 2007 (MNTBCH's DS)
- 3rd - Bronwyn (Bronwyn)
- 8th - Julz (J'n'E)
- 14th - Tarsh (3 monkeys)
- 14th - Bridgette, 2009 (A+I+B mummy's DD)
- 16th - Liz (EmmasMummy)
- 17th - Lauren, 2009 (Laugan's DD)
- 21st - Starzie
- 21st - Ally (Willam's Mummy)
- 22nd - Harrison, 2005 (2boys' DS)
- 30th - Sara (Sara)

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PRACTICAL PARENTING SUPPORT

WINDOW DRESSING

by Bridget

GET ON TOP OF YOUR POWER BILL WITH THESE EASY TIPS

by Sara

Cost wise everything is on the up and up! From 2003 electricity prices increased by 41%. If you thought getting your bill down was hard it's not! You could knock 5% off your electricity bill just by turning appliances off at the wall instead of leaving them on standby so if you are one of those people (like me) who can walk around your house and see clock timers, microwave, TV, stereo, computer and other appliance lights on and not in use then its sucking up electricity!!

Here are some handy hints that can help you reduce your bill by more then \$800 a year!

- Use energy efficient light bulbs - they may be more expensive then regular light bulbs but they will last longer and save you up to \$17 per bulb.
- Fix leaky hot taps — this can save you up to \$95 per tap (handy hint if you can't fix your tap place a bucket under it and collect the water to use on your garden).
- Wrap your hot water cylinder in insulation — can save you up to \$150
- Turn off heated towel rails in the summer or during the day — approx \$50 per rail.
- Dry your clothes on the line, not the dryer — approx \$200
- By turning down your hot water thermostat by 5C you can save about \$30.
- Wash your clothes in cold water, not warm — this can save you between \$50 and \$75.
- If you have an alcohol fridge unplug it unless you are having a party — save between \$100-\$300
- Replace your old fridge or freezer seals — this saves up to \$110
- Finally check your appliances are working efficiently.

Your hot water cylinder should be set to 55C and your fridge should be set to between 2C and 4C. Your freezer should be set to 15C-18C. Small changes like having shorter showers, filling the jug and rinsing dirty dishes with cold water instead of hot can help you save big over time.

I know some of you will think I'm nuts because this activity creates some work for me, but it has become one of my firm favourites over the years. Window art.....it's awesome! There are just so many different directions you can take with this one, so I'm just going to share a few of my ideas, then you can let your imagination run wild. Oh, and don't forget that cleaning up with the kids can also be a fun activity!

Window Painting

Grab some old tubs (the ones that fresh veg from the supermarket come in usually work perfectly) and squeeze some finger paint into them. Now add just a small squirt of dishwashing liquid to each tub and mix with a paintbrush. The dishwashing liquid helps when you get round to actually cleaning the windows! Now let your kids go wild painting pictures or patterns on the windows (I usually let them paint the ranch sliders). They can even practice writing their names or practice their spelling for the week!

Window Drawing

This one requires a visit to the shops first. I bought a pack of Crayola's Window Markers and they work REALLY well and they're slightly easier to clean off afterwards than the finger paint! With this one your kids will have a ball doing free drawing and writing, as with the window painting. But I think this activity has other benefits too. As your kids get

bigger, you can use the window as a fun way to do more traditional activities, such as joining the dots or tracing. Simply photocopy or print a picture that you want them to use, stick it on the outside of the window with a bit of tape, then let your child stand inside and join the dots or trace the picture onto the glass. For little ones you could write their name onto a piece of paper, tape it to the back of the window, and let them trace it on the inside. (You could do this with letters of the alphabet, weekly spelling, numbers.....the ideas are endless).

The reason I love this activity so much is because it provides our kids with a canvas that is vertical as opposed to horizontal (i.e., a piece of paper on a table). There are plenty of benefits to allowing our children to work in an upright position. One of these is developing shoulder stability. In order for your child to be able to manipulate objects with their hands and fingers, all parts of the arm need to have adequate strength and stability, and, of course, the arm begins at the shoulder! You should also allow your children to do these activities in a "kneeling up" position.....try it yourself and you'll see how much harder it is than regular standing!

Watch out for next months newsletter where I'll give you some ideas on how to use these activities (and lots more) to HELP prepare your child for reading and writing.

Each month I'll give you an "idea" for something that is cheap and easy to do/make at home and uses mostly things that you would already have around the house. There are plenty of ways to keep our children's minds stimulated without having to splash out on expensive toys and you don't even have to leave the house! These are just ideas so feel free to improve upon them and make them your own. We would love to see your/their creations and what you did so make sure to post photos in the Forum.

WAVE BOTTLE

- Clean, 600ml plastic drink bottle with cap
- Water
- Food colouring
- Glitter, sequins or beads (optional)
- Baby oil
- Quick-bonding glue
- sequins or beads (optional).
- Fill the rest of the bottle with baby oil.
- Glue the cap securely onto the bottle by applying the glue to the inside of the bottle cap and screwing it on.
- Your child will enjoy gently shaking the bottle and making beautiful waves.
- Fill the clean plastic bottle with water to about one-third full.
- Add a few drops of food colouring and glitter.

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PRACTICAL PARENTING SUPPORT

TODDLER ACTIVITY - COLOURED RICE

by Bronwyn

MEL'S GARDEN

Gardening in April

Hope you ladies got your seeds all planted last month. I like to plant my seeds in egg cartons-its recycling and I can line them all up on my window sills. I love watching the seeds sprout, slowly growing taller and taller reaching for the sun. Lara enjoys watching them too, and with them inside I don't forget to water them.

This month I've had to take to my cherry tomato plant with a pair of scissors. The plant had grown so big it was about to collapse my trellis! The bunches of tomatoes weren't ripening as there was too many leaves. After hacking away at all the branches that had no fruit or flowers I had cut away about half of the plant! I was sure I would have killed it, but a week later the plant was thriving and the tomatoes ripening!

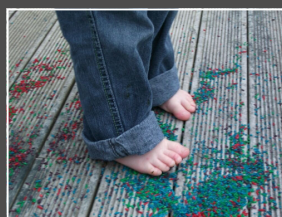
April Gardening Tips:

Plant directly into your garden:

Beetroot, Broad beans, Peas, Radish, Shallots, Spinach, and Turnips.

Plant into seed trays (or egg cartons like me):

Brussell Sprouts, Cabbage, Cauliflower, Lettuce, and Onions.



OK, so this might not be new to all of you, but it's new to me, and I thought it was a wonderful idea! Michael is a very chewy child — everything goes in his mouth — so I'm always wary of what it is he's playing with, especially 'little' things. So when I can find food items that double as toys, it's an added bonus!

I'm currently reading "Handle with Care" by Jodi Picoult (have you read it? I'm actually re-reading it, but didn't pay attention to this bit last time, apparently), and young Willow gets a bag of coloured rice from the rice-table at her kindergarten. I thought, what a neat idea! A table with coloured rice on it! So, off I went to the kitchen, grabbed some rice, some food colouring, a couple of shallow dishes (specifically, the lids off my Pyrex bowls), and just a touch of

water. Put a wee bit of water in the dish, add a whole heap of food colouring (to make the colours nice and rich), then add some rice. Mix up, so the rice is well coloured, and then put outside in the sun, to dry.

And then, when the rice is nice and dry? Give it to the closest child!! I gave Michael one colour of rice in each of three plastic bowls, and let him go for it! Typically, some of the rice ended up being eaten, but for the most part, he enjoyed running his hands through it, moving one colour into another colour container, and generally spreading rice all over the deck!

Here's a couple of photos to show him in action — I thoroughly recommend it as a fun activity for youngsters, but don't expect the colours to stay separated for long!!

ANZAC BISCUITS

- 1/2 cup plain flour
- 1/3 cup sugar
- 2/3 cup desiccated coconut
- 3/4 cup rolled oats
- 50g butter
- 1 tbsp golden syrup
- 1/2 tsp baking soda
- 2 tbsp boiling water

- Dissolve the baking soda in the boiling water and add to the butter and golden syrup.

- Stir the butter mixture into the dry ingredients.

- Place level tablespoons of mixture onto cold greased trays.

- Bake at 180°C for about 15 minutes or until golden.

- Mix together the flour, sugar, coconut and rolled oats.

-Melt the butter and golden syrup.

With Anzac day just around the corner I thought I would do a little delving into the history of Anzac biscuits. I must confess that after finding out I am a little disappointed. I was hoping for something a little more exciting but of course there is a perfectly normal story as to how they originated.

THE HISTORY OF ANZAC BISCUITS

Anzac biscuits came about in WWI, around 1914-15. The most widely accepted belief is that the biscuits were created by Australian and New Zealand women as a treat for their loved ones abroad because the ingredients do not spoil easily and the biscuits kept well during naval transportation. It has also been suggested that the biscuit is a variation of Scottish oat cakes, resulting from the Scottish influence in Dunedin.

Today, ANZAC Biscuits are manufactured commercially for retail sale and because of their military connection are often used for fundraising by the RSA and RSL. They are also still issued to Canadian soldiers at Christmas during foreign deployments.

A child is a curly dimpled lunatic.
- Ralph Waldo Emerson

While we try to teach our children all about life, our children teach us what life is all about.
- Angela Schwindt

A child seldom needs a good talking to as a good listening to.
- Robert Brault

There are no seven wonders of the world in the eyes of a child. There are seven million.
- Walt Streightiff