



Cheeky MONKEY

PRACTICAL PARENTING SUPPORT

February 2010 : Issue #3

REGULAR FEATURES

Some of our regular features that you'll find in the forum are:

- 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
- Recipes
- Craft Ideas/Activities

CHEEKY MONKEY BIRTH ANNOUNCEMENTS

Big congratulations to Casey-Leigh and family on the arrival of their wee baby boy! Gabriel Loki Roberts was born on the 12th of January by emergency c-section at just 29 weeks gestation, weighing 1lb 4oz and 34cm long. He is in Level 3 of the Neonatal Intensive Care Unit and is doing beautifully.

The team at Cheeky Monkey want to wish you and your little boy all the best and we hope that he'll be able to go home with you soon.

At the top of every page, in the Control Panel Drop Down Menu - as well as along the top of the white section of every page, there is a link that says "User Control Panel".

When you go into the User Control Panel there are a series of 'tabs' across the top and a menu of 'sections' down the left hand side.

Click on the 'Profile' tab, this is where you can edit your profile, signature, avatar and your account settings.

Edit Profile

In here is where you can add additional information about yourself, gender, location, interests,

etc. Don't forget to put in your birthday so we can wish you a Happy Birthday on the special day. There is also an 'About You' section, whatever you write in there will show up in your posts underneath your avatar.

Edit Signature

To add a ticker just click on 'edit signature'. Place the code in the box and click preview to check that its working, then submit.

If you want a personalized signature you first have to either make one yourself or have one made for you. The maximum size is: height: 400 pixels, width: 500 pixels. Refer to the RULES for appropriate ticker/signature/text combinations.

Once you have your signature you need to upload it to Photobucket and copy and paste the **img code** into the box. Submit.

Edit Avatar

To change your avatar click on 'edit avatar'. The maximum dimensions are: width: 90 pixels, height: 90 pixels, file size: 25.53 K.

To upload from your computer click on the 'upload avatar' button. Choose your photo and click submit at the bottom of the page. If the upload fails check the file size.

Edit Account Settings

This is where you can change your password.

THE ALPHABET STORY

by Bronwyn

I've been inspired to write this story by none other than the famous Dr Seuss — Michael absolutely loves Dr Seuss' ABC, so I thought I would come up with my own version for him! Rhyming stories are a great way to get your kids interested in words and rhythms. Try finding pictures to go with this story, and print out a book for your children to read with you.

A is for Apple and Auntie and Art
B is for Bubbles that are Blown in the Bath
C is for Camels who are Chewing bits of Cake
D is for Ducks who have a partner called a Drake
E is for Everyone who's Eaten up an Egg
F is for Frogs that Fight for Food, and sometimes beg
G is for Goats and for the Garbage that they eat
H is for Hairy Henry and his Happy Feet
I is for Igloos which are Icy and so cold

J is for Jumping Jill who's Joyous and so bold
K is for Kitten and for Kettle and for Kite
L is for Lullabies sung by a Little Light
M is for Music that is played by Many Mice
N is for Nectar that the birds drink — very Nice
O is for Orange and for Opal and for Owl
P is for Panthers who spend all hours on the Prowl
Q is for Quiet little Quails in their nest
R is for Rascals who need to give their Mum a Rest
S is for Slippery Slimy Snails out on the Stair
T is for Tiny Tots who can't get over There
U is for Uncle, an Unbiased kind of Dad
V is for Violets, which make Vince very glad
W is for Walrus and for Winking at White bones
X is for X-rays of some broken Xylophones
Y is for Yellow Yolks and Yetis in the snow
And Z is for Zebras who Zip in and out, you know!

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.
 - Sophia Loren

Who ran to help me when I fell,
 And would some pretty story tell,
 Or kiss the place to make it well?
 My mother.
 - Ann Taylor

If evolution really works, how come mothers only have two hands?
 - Milton Berle

A little girl, asked where her home was, replied, "where mother is."
 - Keith L. Brooks

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PRACTICAL PARENTING SUPPORT

INHOME CHILDCARE

by Mel

RECIPES

by Kristy

Are you currently breastfeeding? Or planning on breastfeeding? Below are some useful recipes for helping to boost your milk supply.

TIGER'S MILK

- 2 cups milk (dairy, soy, goat)
 - 1/2 cup milk powder
 - 1 tsp brewers yeast (should be able to get this from supermarket or def from health food shop)
 - 1 tsp vanilla essence
 - 1 cup fresh/frozen fruit
 - 1 Tbsp honey/maple syrup
- Optional**
- 1 egg
 - 1 Tbsp blackstrap molasses
 - 1 tsp coconut oil
1. Blend the above ingredients together in a blender.

LACTATION BOOSTING OATMEAL, CHOCOLATE CHIP AND FLAXSEED COOKIES

Preparation time: 15 minutes
Makes 6 dozen cookies

- 1 cup butter or margarine
 - 1 cup sugar
 - 1 cup brown sugar
 - 4 tablespoons water
 - 2 tablespoons flaxseed meal
 - 2 large eggs
 - 1 teaspoon vanilla
 - 2 cups flour
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 3 cups oats, thick cut if you can get them
 - 1 cup or more chocolate chips
 - 2 tablespoons of brewers yeast (be generous)
3. Cream (beat well) margarine and sugar.
 4. Add eggs one at a time, mix well. Stir flaxseed mixture and add with vanilla to the margarine mix. Beat until blended.
 5. Sift together dry ingredients, except oats and chips. Add to margarine mixture.
 6. Stir in oats then chips.
 7. Scoop or drop onto baking sheet, preferably lined with parchment. The dough is a little crumbly, so it helps to use a scoop.

1. Preheat oven to 180 degrees C.

2. Mix together 2 tablespoons of flaxseed meal and water, set aside for 3-5 minutes.

Bake 8-12 minutes, depending on size of cookies.

Are you thinking about becoming an Inhome carer or putting your child into Inhome care?

I love being a inhome carer, there are so many pros to being a carer and having your child in this type of care.

At the moment I only have one extra child in care with me, he is 18mths and comes to me 4 days a week for 6hrs a day. Last year I had two three year old boys part time, they were a handful, but it was so much fun!

During the week we do lots of activities out side of the house. Barnardos have weekly play groups, I still attend my two coffee groups, and regular play dates with Lara's bestie, zoo trips, park trips, walks around the neighbourhood and lots more. This allows the children plenty of opportunities to interact with other children and adults.

While we spend a lot of time out, there is still plenty of fun to be had at home. At home the kids are able to do their own thing, but often they play together. I get out the painting and play dough, they have blocks

galore and plenty of books to read. Children learn through play and I enjoy watching them doing so. Sometimes the most simple thing can be the most fun for a child.

I love the relationships I form with the children I care for, the house being filled with laughter and joy, and mostly watching the friendships Lara forms with the children. Even now 2months after Sam left she still asks for him. (I also love it on the rare occasions when I get all of them to have a nap at the same time!)

To become an Inhome Carer I had to complete a six week part time course, have the house checked, police check and a medical check, and have a current first aid certificate. I also have to complete six work shops over two years.

If you are considering putting your child into care, ring lots of different companies and make the time to meet as many carers as possible. Ask as many questions as possible. It might take while to find the right person you feel comfortable leaving your child with but its worth it.

CRAFT IDEA

by Bridget

What you will need:

- One straw per decoration

Any of the following -

- Card
- Craft foam
- Jiggly eyes, etc
- Crayons
- Scissors
- Craft glue
- file
- Craft blade

The most basic form of this craft is giving the kidlets a picture (say a butterfly or dragonfly) to colour in.

Once they are done, cut it out then cut two small, horizontal slits in the middle of the picture (e.g. the body of the butterfly or dragonfly). Hold the straw BEHIND the picture and slide it through the two slits. Some pictures, e.g.. flowers, look better with just one hole cut in the middle for the straw.

For older children, let them create their own designs/animals/flowers/anything! using card and/ or craft foam. The fun in this activity is allowing them to be as imaginative as possible.

Here are some pictures to inspire you.....



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PRACTICAL PARENTING SUPPORT

A-Z FOOD REFERENCE CHART

INTRODUCING SOLIDS

by Fay

There are many differing opinions on when the right age to start solids is, however it is not recommended before 4mths old.

Every baby is different and some may be ready for solids earlier than others. Some signs that indicate that your baby might be ready for solids are:

- When baby starts showing an interest in your food and makes chewing motions.

- If they still seem hungry after a milk feed

Starting solids will not necessarily help them sleep better at night.

Choose a time when you are both relaxed and happy to try solids. **Make sure baby has had a milk feed first.**

A good first food is baby rice, prepared with breast milk or formula, it should be very smooth and runny. Using a small teaspoon offer a very small amount. Allow your baby to suck the food off the spoon; your baby's ability to take food off the spoon will improve within the first week of feeding. Offer new foods one at a time, every 3-4 days. If your baby reacts to the food (e.g. becomes unsettled with wind), stop the food and try it again in a few weeks. It may take up to 10 tastes for baby to like a new food. Begin with one very small meal a week and gradually increase the quantity and frequency of solid feeds. Let your baby's appetite guide you.

Below is the Plunket guide to Baby Feeding. Bear in mind that this is just a rough guideline and all children are different so its important to progress at your baby's pace and when you think they are ready for the next stage.

Stage one: 4-6mths onwards –

offer milk before solids

Texture – smooth and runny (pureed)

- **Cooked:** apple, pear, peach (no skins), kumara, potato, pumpkin, carrot, marrow

- **Uncooked:** avocado, mashed banana, baby rice

Stage two: 6-7mths onwards –

offer milk before solids

Texture – thick purees, small soft lumps or mash

Add to stage one foods:

- **Cooked:** broccoli, parsnips, yams, courgettes, cauliflower

- Melon, plum, nectarines (no skin, pips)
- Baby ground cereals, white bread, crackers
- Cooked meats (lamb, chicken, beef)

Progress towards 3 meals a day.

Stage three: 8-9mths onwards –

milk feeds are still important but may now be offered after solids

Texture – Minced, chopped, grated and small finger food

Add to stage one and two foods:

- **Cooked:** peas, silverbeet, beans, lentils
- Kiwifruit, orange, berries, pineapple, tomato, creamed corn
- Baby muesli and porridge, pasta, rice
- Yoghurt*, cheese*, ice-cream*
- Fish*, smooth peanut butter^, tofu

12mths onwards –

breast milk and formula may be continued but cows milk may now be introduced as the main drink

Add to the above foods:

- Eggs, honey, breakfast cereals

By now your child should be eating a wide variety of foods. Offer milk or water between meals.

FINGER FOOD IDEAS FOR 9 MONTHS +

- mandarin
- kiwifruit
- raisins
- peach slices
- pineapple rings (canned)
- broccoli (cooked)
- grapes (seedless)
- sandwiches
- pears
- cheese
- banana
- pasta (cooked)
- crackers
- fish fingers
- apple
- cucumber

FINGER FOOD IDEAS FOR 12 MONTHS +

- pikelets
- mini muffins
- beans (cooked)
- cherry tomatoes (halved)
- hard boiled eggs
- fruit bread
- yoghurt
- asparagus (cooked)
- sliced chicken
- orange
- lamb cutlets
- cheesy vegetable squares
- mousetraps
- sandwiches
- mango slices

• Apple, Apricot,	4-6 months
• Avocado	4-6
• Banana	4-6
• Green beans	6-7
• Berries	8-9
• Bread - white	6-7
• Breakfast cereals	12+
• Broccoli	6-7
• Cabbage	8-9
• Carrot	4-6
• Cauliflower	6-7
• Cheese*	8-9
• Chicken	6-7
• Creamed corn	8-9
• Courgettes	6-7
• Cottage cheese	8-9
• Crackers	6-7
• Egg - Whole	12+
• Egg - Yolk*	6-7
• Fish*	8-9
• Kamokamo	4-6
• Kiwifruit	8-9
• Kumara	4-6
• Lentils	8-9
• Marrow	4-6
• Meat purees	6-7
• Melon	6-7
• Milk - cows'	12+
• Nashi pears	6-7
• Nectarine	6-7
• Oranges	8-9
• Parsnips	6-7
• Pasta	8-9
• Peaches	4-6
• Peanut butter - smooth^	8-9
• Pears	4-6
• Peas	8-9
• Pineapple - canned	8-9
• Plums	6-7
• Porridge	8-9
• Potato	4-6
• Puha	4-6
• Pumpkin	4-6
• Rusk	6-7
• Silverbeet, Spinach	8-9
• Taro	6-7
• Tempeh	8-9
• Toast fingers	6-7
• Tofu	8-9
• Tomatoes	8-9
• Yams	6-7
• Yoghurt*	8-9

• Cooked

* If there is a family history of allergy to fish, egg or dairy products, then delay until after 12 months.

^ If there is a strong family history of allergy to peanuts, then delay until after 3 years.

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