



FORUM NEWS

During the month of December we were very excited to welcome our first Dad's to the forum!

We want the forum to be a safe and secure place for members to vent, seek advice and chat so don't worry boys and girls, we each have our own private space.

Our weekly Chat Night has so far been a great success! We hope to see more members joining in, in the coming weeks.

We are also having lots of success with our TTC ladies! Big congratulations to Liz, Bronwyn, Jess and Nicola, who are now in the Due July, August and September thread. We look forward to sharing your separate journeys with you. Sending lots of baby dust to the rest of the TTC ladies, we hope the new year holds some good news for you all!

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

CHEEKY MONKEY BIRTH ANNOUNCEMENTS

Big congratulations to Imogen and family on the safe arrival of their baby girl! Stella Mariah Rose McConachie was delivered via c-section on the 14th of December, weighing 7lb 4oz.

Congratulations also to Alanna and family on the safe arrival of their baby boy! Lochlan William Ready was born on the 21st of December after being induced. He weighed in at 10lb 10oz and 56cms long.

Cheeky MONKEY

PRACTICAL PARENTING SUPPORT

January 2010 : Issue #2

FORUM TIP— THE USER CONTROL PANEL by Sharyn

This month I thought I would go through part of the forum which will be very new to lots of people.

The User Control Panel. 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**".

This is one of the coolest, most under-rated part of the site so I want you guys to learn how it works so you can play with it too as it does so many things!

When you go into the UCP - or **User Control Panel** you will see two ways to navigate.

A menu of 'tabs' across the top and a menu of 'sections' down the left hand side.

When you click into the UCP, the first tab you will be on is the "**Overview**" section.

Inside the "**Overview**" we have;

Front Page

Where you will see your stats for the forum

Manage Subscriptions

Where you can add, remove or edit any threads/forums you are subscribed to

Manage Bookmarks

Where you can add/edit or view any bookmarked threads/forums you have

Manage Drafts

Where you can see any posts you have "saved to drafts" and post them at a later date, or delete them

Manage Attachments

Where you can see the files

you have attached to posts using the forum

attachment function. You will also see in all tabs in this section, any 'friends' you have made and if they are online or not.

The second Tab in the UCP is the "**Profile**" Section. Inside the "**Profile**" we have;

Edit Profile

Change or add the information you want people to see when they view your profile

Edit Signature

Change or add your tickers/text/images that you want to appear at the bottom of all your posts.

Edit Avatar

Change or add the picture that appears to the right of all your posts where your name is.

Edit Account Settings

Change your password, or email address in here.

The third Tab in the UCP is the "**Board Preferences**" Section.

Inside "**Board Preferences**" we have;

Edit Global Settings

These are settings that relate to the whole board. How the board may contact you, whether other members can Private Message you, how you receive notifications, your timezone and your language.

Edit Posting Defaults

Here is where you can turn on and off extras like smilies, BBcodes and signatures on your own posts.

Edit Display Options

This is where you can turn on or off the extras like images, smilies,

signatures, avatars, word censors and previews that other people post - that is the difference between this and the Posting Defaults.

The fourth Tab in the UCP is the "**Private Messages**" (or PM) Section. Inside "**Private Messages**" we have;

Compose Message

Where you can write a PM to send to someone else on the board. Use the "**Find a Member**" tool to find who to send it to, pop in a subject and type your message, then press send.

Manage PM Drafts

Where you will find your PM if you press "save to drafts" so you can finish it later.

Inbox

Where you can read messages that other members have sent you.

Outbox

Where your sent messages will sit until they have been read by the person you sent them to

Sent Messages Where your sent messages will go once the recipient has read them.

Rules, Folders and Settings Here is where you can make new folders to sort your PM's into and set up rules - just like in your email program.

The fifth Tab in the UCP is the "**Usergroups**" Section. Inside "**Usergroups**" we have;

Edit Memberships

This is where you can see which groups you are a member of and change this if you wish. You can join new groups, remove yourself from a group and see who else is in your group with you.

Manage Groups

If you are a group leader, here is where you can manage the groups you lead. You can also set your default group here.

The sixth Tab in the UCP is the "**Friends & Foes**" Section. Inside "**Friends & Foes**" we have;

Manage Friends

Add your friends to your list here.

Manage Foes

Add people to your Foes list - or blocked list here. Foes cannot contact you.

Then in the final and seventh Tab in the UCP is the "**Gallery**" Section.

Inside the "**Gallery**" we have;

Personal Settings

Where you can set your subscription options for your own added images.

Manage Personal Albums Here is where you create your personal albums and name them.

Manage Subscriptions

Here is where you can add/edit/remove albums you have subscribed to in the Gallery

Manage Favourites

Here is where you can add/edit/remove albums you have marked as favourites in the Gallery.

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Cheeky MONKEY PRACTICAL PARENTING SUPPORT

TIPS FOR USING CLOTH NAPPIES

by Kristy

1. Buy a few different types/sizes before deciding on a full system (or mix and match). Many systems are not suitable for everyone's needs. Be wary of the cheap OSFM/A nappies on trademe, they could be made of cheaper alternative materials and therefore could be a bit harsher on your child's skin. In saying that, for doing cloth on a budget those are probably the best.

2. Wash your inserts lots and lots, let them soak in a bucket of water for a night then wash, wash, wash them!! The more they are washed the more absorbent they will be and the less leaks you will get!!

3. Know your nappies!! Research your purchase before buying, know what they retail for new so that if you are looking on trademe you know what they 'should' sell for 2nd hand.

4. I would aim to have enough cloth nappies for two days in the beginning, the amount of cloth nappy changes on average would be 1.5 x that many disposable changes (so 6 disposable changes would be 9 cloth naps).

5. You don't have to do cloth overnight!! Most of the

extremely hard core cloth mums I know don't cloth nappy there child over night. For us it just doesn't work!

6. Even if you are only using cloth while you are at home, you are helping to keep our planet green, for every cloth nappy you use that is one less disposable in the world!!

7. "It takes as much energy to produce one throwaway nappy as it does to wash a cloth nappy 200 times" quoted from <http://www.nznappies.co.nz/enviroment.php>

8. Cloth doesn't have to be expensive (or it can be)!

9. We use pocket nappies and don't use nappy liners, when we have a pooey nappy I just flick the poo into the toilet (or otto bin) and then take the nappy to the laundry tub (toilet out in laundry) and give the nappy a scrub with a dedicated "dish" brush!! Then chuck it into a dry bucket (to which we add all the wet ones. When I have enough for a load I pop on some trusty rubber gloves and pull the inserts out and chuck them into the machine followed by the actual nappy. I pop them onto a cold rinse cycle first, then onto a wash cycle with 1/2 the normal amount of washing powder and make sure the machine is

set to do a final rinse afterwards. Generally our naps get hung on the line, but in Winter the odd load has been known to go through the dryer, more often than not they are on the clothes horse under the heat pump overnight and are dry by morning.

10. If you sew buy the supplies (www.greenbeans.co.nz) and get your sewing machine out and make some!! You can make PUL/micro fleece nappies for about \$6-\$8 each for the cost of the materials!!

My biggest tip is to do what works for you, if doing cloth 100% full time works, do that, if doing them while you are at home works, that's fine too. There is no right or wrong way.

Feel free to ask me any questions, I am by no means an expert and all of the above are my own personal opinions from my experiences over the last two years. I am sure others who use cloth would disagree and have varied opinions!!

www.thenappynetwork.org.nz is a fantastic resource for all things cloth and like minded parents.

SUMMER SALADS

by Mel

Its BBQ season! I love BBQs, mostly I love the salads. I'm forever being asked to make the salads so here are some yum recipes.

My Mums Salad

A salad recipe I stole from mum.

- 1 Broccoli (don't cook)
- 1 Red and Green Capsicum
- 1 pot of boiled chopped Kumara
- 2 Carrots
- Feta Cheese
- Seeds (sunflower, pumpkin, sesame)
- Avocado
- 3 Tomatoes
- A few hard boiled eggs
- Lettuce (can leave out)
- Sliced Salami

• Honey Mustard Dressing

This is a great salad-use what ever vegetables you have in the fridge, no need at all to be fussy about how much or how little.

1. Chop all the vegetables, avocado and eggs up into what ever shapes suits you. Place into your bowl.

2. Lightly toast the seeds in a small amount of oil, then slice up the sliced salami and fry that in a pan till it starts to go crunchy. Place into the bowl over the vegetables.

3. Toss the Kumara through a hot pan so it browns on most sides, then into the bowl.

4. Drizzle over some dressing and then crumble over some feta and serve.
Enjoy.

If you have vegetarian dining you can leave out the salami.

Potato Salad

Great salad as you can prepare it in the morning.

- 8 Boiled potatoes (chopped)

- 6 Hard Boiled Eggs (chopped)
- 1 Spring onion (finely chopped)
- 1 Jar Mayo (what ever is your fave)

1. Ensure your potatoes are completely cold, then in a bowl add the eggs, mayo, spring onion and toss.

2. Leave in the fridge for a few hours before you serve.

Variations:

Add a cup of cooked peas
Add some crispy bacon rashers
Use half potatoes and half kumara

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PRACTICAL PARENTING SUPPORT

THE IMPORTANCE OF READING

by Fay

CRAFT: BATHTIME ACTIVITY

by Bridget

As a follow-on from one of our Christmas threads, we thought we'd write up this fun activity. It's easy as anything (which I'm sure you can appreciate as a parent!) and very appealing to the kids. All you need are some sheets of craft foam, a pair of sharp scissors and your imagination!

We found the original idea at www.activityvillage.co.uk, where they used the foam to make a Christmas tree and decorations.



1. Cut a Christmas tree shape from a large sheet of green craft foam.

2. Now cut shapes out of various other colours as decorations for the tree. Star and bauble shapes are good ideas as they are easy to cut and look rather effective, but you can use any shape you wish.

When the foam is wet it sticks to the sides of the bath or to other pieces of foam. Your kids will have a ball using the shapes to decorate the tree!

This activity can be adapted in a million ways, so let your imagination run wild. Here are just a few more "scenes" you could make with the foam:

- A princess castle
- An ocean scene
- An outer space scene with a rocket, UFO and aliens
- A flower garden
- Butterflies with shapes to decorate their wings

(Simply cut out shapes that you think your child could use to build up the scenes).

GREAT EXCUSES WHILE PREGNANT

1. "Sorry, I can't clean the cat litter — I'm pregnant"
2. "Yeah, my clothes are a bit tight, but it's not the Christmas pudding — I'm pregnant"
3. "Can you do the vacuuming for me? I'm a bit tired — I'm pregnant"
4. "Yes, I want broccoli on toast for the seventh night in a row — I'm pregnant."
5. "I'd also like some marmite on my ice-cream — I'm pregnant"
6. "Sorry, I can't come to coffee group today — I'm pregnant and have MS"
7. "Can you rub my feet? I'm pregnant"
8. "I lost my car keys, put the phone in the freezer, and cooked the dog meat for dinner. Sorry — I'm pregnant"
9. "So what, if I spent \$400 in one day on baby stuff — I'm pregnant"
10. "Wanna come round and play with Lego? My wife's pregnant!"

Reading to your child is very important from an early age. It helps to stimulate their language development and develop their listening and language skills as well as increasing their attention span and helping them to acquire valuable learning and thinking skills.

To encourage a love of reading, it's important to keep it fun. Touchy feely books, books with flaps and sound elements will make it more exciting for your child and help create a complete sensory experience.

Books should also be colourful, simple, with primary colours, some detail but not too much. By showing your baby/toddler pictures and explaining what those pictures are, your child learns that there is a connection between words and pictures.

Toddlers may want you to read the same book over and over again. They learn through repetition and by doing this you are helping to develop their memory skills. Once they have learnt something, they enjoy being able to anticipate what is on the next page and can take a more active part in reading the book.

Touchy Feely Books

Touchy feely books stimulate the senses with different textures and add an extra element to the experience of 'reading' for young babies who aren't interested in the words as much as the colours and pictures.

Lift-the-flap and Sound Books

Lift-the-flap books help in the development of a child's dexterity and button activated sound and melody books add sound to the experience. Flaps and sounds give another element to the book and make it more interesting for babies and toddlers who have shorter attention spans and can't sit through a whole story.

Books which play with language, rhyme and rhythm.

The use of rhyme and rhythm helps to develop language and makes it easier for the child to

memorize parts of the book and encourages them to join in the reading. Rhyming books also help to develop phonemic awareness, the ability to identify and separate words into their individual sounds which will be helpful in developing their reading, reading comprehension and spelling at school.

Books about everyday activities

Toddlers like to read about familiar everyday activities with simple stories, rhymes and repetitive text. They may develop a preference for books about a favourite subject, for example: dinosaurs, cars.

Here are some good books to choose from:

1. We're Going On A Bear Hunt
Michael Rosen and Helen Oxenbury
2. Hairy Maclary Books
Lynley Dodd
3. Dr Seuss Books
4. Very Hungry Caterpillar
Eric Carle
5. Each Peach Pear Plum
Janet and Allan Ahlberg
6. Hide and Seek or Who is Hiding
Lift-the-flap Board Books
Illustrated by David Crossley
7. Spot Books
Eric Hill
8. The Large Family Books
Jill Murphy
9. Maisy Books
Lucy Cousins
10. Usborne Touchy Feely Books - That's Not My

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PRACTICAL PARENTING SUPPORT

THE DIARY OF A CAT

by Bronwyn

How many of you have a cat, and then introduced a child to the family? Were you worried about how that cat would react to a small, screaming, pooping machine being thrust upon its territory? Maybe you're pregnant now, and worried about how the cat will cope with your new child?

Well, here's the story of Charlie — a 7 year old tortie-and-white, whose life was turned upside down even before the arrival of her new human-brother, Michael.

"I had been an only child for 7 years before Michael was born, and was the epitome of spoilt! I slept on my Mum and Dad's bed every night, I spent all evening on a lap, and I had free access to every room in the house.

Suddenly, changes started happening in one room — a nice cosy bed (a cot) arrived, soft blankets were put in it, and piles of little clothes were left in temptingly-sleepable places. Yet, for some reason, I got in trouble when I went near these things. The cosy bed was lined with tinfoil, but I decided that this was fine, and continued to sleep there. And he kicked out, when discovered. The cosy bed was then filled with balloons, which I sat and looked at each day, then left. Until the day the balloons were removed, then I was straight back in the cot.

Fast-forward a couple of months, and next thing I know, I'm no longer able to sit on Mum's lap, without some alien-type thing kicking me, from inside Mum's tummy. This became so off-putting during nap time, that I decided that finding a seat of my own was going to allow me to get a more peaceful sleep.

Fast-forward another month or two — Mum disappears for a couple of days, and then comes home with a screaming, pooping, human-baby, who seems to take all of Mum's attention. Gone, it seems, are the days of endless cuddles, to be replaced with a quick, unsatisfying scratch behind the ears, and a gentle prod out of the way. How rude!!

The screaming, pooping human-baby is interesting though

— smells like milk, and doesn't move a lot. Maybe this isn't so bad after all. I seem to get attention when the human-child is asleep, still. I might even be beginning to like the human-baby!

One night, when the human-baby had been home for just a few days, I decided to have a look at him in that cosy-bed. Well! Next thing I know, I'm being forcibly removed, smacked around my rump and thrown outside for the night. And what do you know, I end up being thrown outside every night after that — just as well it's not too cold, and I can get in the conservatory and sleep on the couch.

Fast-forward a few more months. The human-baby seems to be able to move now — he's uses all 4 of his legs, like normal animals, so maybe he's going to be a good playmate. Except he has a tendency to pull my tail, which I can't say I'm too pleased about — I've given him plenty of warnings, but one time he pulled too hard, so I spun around and scratched him — oh no! I'm going to get in trouble now — Mum doesn't like me scratching. Except... for some reason, I didn't get in trouble. Instead, Mum patted me, and said to the human-baby "See? I warned you!" Hmm...

The human-baby is becoming more and more mobile, and sneaks up on me while I'm asleep during the day — sometimes he pulls my tail or leg, and sometimes he pats me a little too hard on the head. I've decided it's not worth the effort of scratching him, and just leave, finding a new sleeping place. There seems to be less and less of them, as the human-baby becomes more mobile. Outside seems like a good option, especially since it's not so rainy anymore. Windowsills are still a good option for sitting, but not so great for sleeping. I've tried. Without success.

Since the human-baby has learnt to walk on all four of his legs, I've found that there is some sort of barrier between the lounge and the kitchen — this makes is very difficult for me to get to my food. However, I have now worked out

that it is a good height for me to leap over to get to my dinner, and be safe from the wanderings of the human-baby. He can watch me eat, but can't pull my tail. Sometimes, I go into the kitchen just for a bit of peace, even if I'm not hungry.

And now, the human-baby has been here for over a year, and is beginning to walk on just two legs — so much for me having another four-legged playmate around here. He's still a bit rough with me, but I haven't had to use my claws for a while. I quite like hanging around the human-baby when he's eating, because he often offers me morsel of human food — I'm not so keen on the carrots, but enjoy the offerings of luncheon meat and cheese. Mum pretends not to notice that I've got these morsels!

During the day, I often hang around where the human-baby is playing with his toys, because I get some nice cuddles from Mum, while she's sitting on the floor with him. I guess having the human-baby in the house is not too bad after all — I still get attention, I still get food, and I'm allowed back inside at night time, now that the human-baby's bigger. I don't really go in his room much, although I do enjoy nappy-changing time — it smells interesting then, so I feel obliged to investigate!

As long as there's no other screaming, pooping human-babies introduced to the household, I think we'll be just fine!"

And so Charlie has become the perfect big-sister. She's a tolerant cat (a bit too tolerant sometimes, I think!), and has made the transition from "spoilt only-child" to "house-cat" with a minimum of fuss.

I wonder if she'll be just as tolerant as Michael learns to walk, run and talk. Only time will tell!

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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