



### PHOTO OF THE MONTH



Zoe (10 months) chewing on her tongue.

### 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

### CHEEKY MONKEY BIRTH ANNOUNCEMENTS

Big congratulations to Sara and family on the safe and fast arrival of their baby boy! Tane Brooklyn Mill was born at home on the 10th of May at 11:46pm, weighing 8lb 5oz and 53 cm long.

7th - Lincoln (pixidee)  
 9th - Cavel, 1998 (Kerdy)  
 10th - Lee  
 11th - Annabelle, 2007 (ClaireBear)  
 11th - Jaelyn, 2009 (babykatnz)

### JUNE BIRTHDAYS

15th - Caleb, 2005 (kiwigr104)  
 17th - Nathaniel, 2008 (mumoftwo)  
 23rd - Zoey, 2008 (ZMum)  
 28th - Xander, 2009 (nikki\_knz)  
 29th - Aleesha (Leesh)

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# Cheeky MONKEY

## PRACTICAL PARENTING SUPPORT

### TIPS FOR BEATING THE WINTER BLUES

With winter well and truly upon us, here are some tips for keeping the winter blues at bay.

#### 1. Exercise

Exercise helps you by releasing those "feel good chemicals" that improve your mood.

#### 2. Eat a healthy diet

What and when you eat has a great affect on your mood and energy.

#### 3. Get some sun

Sunlight exposure releases neurotransmitters in the brain that affect mood.

#### 4. Treat yourself

Having something to look forward to can keep anyone motivated.

#### 5. Relax

Try to spend a few minutes each day doing nothing.

#### 6. Get some sleep

Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent. This way, your sleeping patterns can normalize and you'll have more energy.

#### 7. Social support

Keep in mind people who you can turn to for a bit of a pick me up, even if its just a phone call.

### AUTUMN CAKE

Thanks to Leesh for this recipe, a great way to hide veges from those fussy eaters.

#### Ingredients:

- 350g Kumara, peeled and chopped
- 1 courgette (160g)
- 1 1/2 cups self-raising flour
- 1 tsp mixed spice
- 1 cup caster sugar (again - I used plain white sugar)
- 2 eggs
- 125 unsalted butter, melted, cooled
- 1/2 cup chopped walnuts

#### Cream Cheese Frosting:

- 65g cream cheese, at room temperature
- 25g unsalted butter, at room temperature
- 2 cups icing sugar

- Grease a 20cm ring cake pan. Line base and sides with baking paper.
- Boil, steam or microwave kumara until soft. Drain. Mash until smooth, cool.
- Grate courgette. Squeeze out any excess moisture and discard liquid.

- Sift flour, spice and sugar into a large bowl. Stir to combine. Whisk eggs and butter in a medium jug until combined. Stir into flour mixture. Stir in kumara, courgette and walnuts. Spoon into a prepared pan.

- Cook in a moderate oven (180 degrees) for about 50 minutes, or until cooked when tested. Stand cake in pan for 5 minutes before turning out onto a wire rack to cool.

- To make cream cheese frosting, beat cream cheese and butter in a small bowl with an electric mixer until light and fluffy. Slowly add icing sugar. Beat until smooth.

- Spread cream cheese frosting over cold cake.

- Decorate with extra chopped walnuts.

**You will need 1 cup of mashed kumara for this recipe. To give the autumn cake a different flavour, add finely grated lemon or orange rind to the frosting.**

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# Cheeky MONKEY

## PRACTICAL PARENTING SUPPORT

### Combining Work and Parenthood Part 1: To Work or Not To Work?

by Leesh

#### Silly Shakes by Bronwyn

Here's a quick and easy drink to make with your littles at home - you can teach them about measuring, shaking, pouring and maybe even sing a song with them!

#### **OK, food you will need:**

- 1/2 cup milk
- 1 tbsp jelly crystals (any flavour)
- Fruit - banana slices, berries, grapes, etc.

#### **Utensils you will need:**

- Small bowl to put jelly crystals into
- Shaker or container with watertight lid
- Measuring cup (for milk)
- Tablespoon
- A cup to pour the drink into
- A straw to drink it through

#### **Method:**

It's pretty simple - get your little to measure 1/2 a cup of milk into the shaker, and 1 tablespoon of jelly crystals. Dump as much fruit in as you like, and then help them put the lid on nice and tightly before getting them to shake, shake, shake!!

Then pour the drink into a glass and sip away with the straw.

A good shaking song is Shake My Sillies Out, by Raffi - do a YouTube search if you don't know it yet.

"To work in paid employment or not to work in paid employment?": that is the question

It seems like the natural thing, you've made the decision; it's time to go back to work after taking time to raise a family. This decision may seem like a big one, but compared to the decisions you now need to consider...well, let's just say one decision down, many more to go!

#### **Decisions, decisions...**

Whether you have been out of your career for one year or ten, there are still so many decisions for you to make:

- Do you want to return to the career you had before children?
- Are you going to embark on a new line of work?
- Will you need to retrain or commit to study?
- Will you work from home?
- Will you work full time or part time?

#### **Full time or part time?**

The logistics of running a household when working full time can be difficult at the best of times and opportunities for professional advancement when working part time could be limited. What works for one person will not necessarily work for you. You need to be aware of your needs while deciding on your hours.

#### **Working from home...**

This holds great appeal for many, however if this is the way you go, it is important to set clear boundaries as to when your work and personal lives begin and end. Remember career progression may also be limited.

Whatever the path you decide to take, remember, you have taken time out for your family and now it's time to do something for yourself. It may be the perfect excuse to reinvent yourself and your career!

### BABY LEGS REVIEW

by Jax



When the Cheeky Monkey store first opened I had to have a browse (how could I not?) and I spied the baby legs. I really wasn't all that keen on them, having two boys and I really thought they were more of a girl thing. The 80's aerobics leg warmers anyone? I have two nieces though so had a browse and when I saw them, I fell in love.

They are great for Morgan to run around in, or on a cold day with Jack. We've had a few health problems with Jack lately and easy access to the nappy has been essential. He was wearing them to the doctors the other week and even the doc thought they were adorable. I have had many comments on them and am now a convert. I'm now tempted to get a few more pairs, I just need to decide on what designs I like....

### TODDLER TRAIN

Your kids will enjoy filling up each 'car' with their belongings and pulling the train around the house.

- 3 or more assorted boxes
- String, ribbon or wool
- Plastic straws

- Make a small hole in the ends of each box.

- Insert about 30cm of string, ribbon or wool into the back hole of the first box, then tie the end of the string around a short piece of plastic straw to

prevent it from pulling through the hole.

- Insert the other end of the string through the front hole of the next box and fasten it in the same way. Use more string to connect all the boxes.

- Use a longer length of string for the front hole of the first box. Tie a cork or a small plastic vitamin bottle to the end of the string for a handle.

### MAGIC MUD

Magic mud feels like a solid, but it just drips through your fingers.

- 1 box of cornflour
- Water
- Food colouring

- Put the cornflour in a bowl.

- Add just enough water to be able to stir the mixture, then add food colouring.

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# Cheeky MONKEY

## PRACTICAL PARENTING SUPPORT

### Getting Kids ready to Read and Write

by Bridget

### BROCCOLI & POTATO SOUP

#### **Ingredients:**

- 25g butter
- 2 cloves garlic, crushed
- 1 medium head of broccoli, chopped
- 2 large potatoes, chopped
- 2 medium onions, chopped
- 5 cups beef stock
- 1 tbsp freshly squeezed lemon juice
- salt and freshly ground black pepper, to taste

- In a large saucepan melt butter. Add garlic and heat through without burning.

- Add all the vegetables and cook for 5 minutes.

- Cover with the beef stock. Bring to the boil and then simmer gently for 30 minutes until the vegetables are soft.

- Pour into a blender and blend until smooth.

- Add the lemon juice and season with salt and freshly ground black pepper, to taste.

**Reheat before serving.**

### PUMPKIN AND KUMARA SOUP

#### **Ingredients:**

- 25g butter
- 1 medium onion, chopped
- 2 large cloves garlic, sliced
- 700g pumpkin, peeled and chopped
- 1/2 a large kumara, peeled and chopped
- 1 medium potato, peeled and chopped
- 4 cups chicken stock
- 1/2 cup milk
- nutmeg, to taste
- salt and freshly ground black pepper, to taste

- Melt butter in a saucepan. Add the onion and garlic and cook until soft.

- Add the pumpkin, kumara and potato, stir to combine.

- Cover with the chicken stock. Bring to the boil, then cover and simmer until the vegetables are tender.

- Pour into a blender and blend until smooth. Pass through a sieve.

- Stir in milk, nutmeg, salt and freshly ground black pepper, to taste.

**Reheat before serving.**

I am so grateful for the time I spent teaching in a pre-school. My husband would probably fall over if he read that due to the number of times I complained about it! But I really learnt so much from my colleagues. One of the things that has stuck in my mind was our principal telling a parent that allowing her child to use a skipping rope would help her get ready for reading. Really? A skipping rope? It got me thinking and questioning. After all, I had already taught in primary schools for 7 years. Why had I never heard of this? Thankfully this principal was the most amazing woman who always took the time to explain, not just to the kiddies in her class but to her staff too.

Anyway, the skipping rope question led me down a path to discovering how important it is for children to be able to cross their midline. The midline is an invisible line running from the head to the toes and it divides the body into the left and right halves. Many little ones (and some adults!) battle to cross over that invisible line (eg. drawing a huge circle in the air, driving a toy car or drawing a line from the left side to the right without swapping hands at the centre of the body). Here is a short piece from an article I read...

*"Kids unable to cross the body's midline often have trouble reading and writing. Both of these skills require a type of coordination that comes from experience with cross-lateral motion (movement involving the left arm and right leg or the right arm and left leg at the same time, like a baby's crawling or creeping).*

*So your little one wasn't much of a creepy-crawler (or crawly-creeper)? The bad news: this can result in problems with reading and writing. The good news: it's not too late to help your child by incorporating more cross-lateral activities into her life! If she's still young enough to want to roll*

*around and giggle with Mom and Dad, have a family slithering race across the living room floor. Or, invite your child to show you her best animal imitations—complete with swinging trunks, wobbly legs, and lots of crawling. Throw a family parade by blasting a fun CD and marching around the room, lifting knees and swinging arms."*

(Rae Pica.

[http://www.education.com/magazine/column/entry/Reading\\_Writing\\_Crossing\\_Midline/](http://www.education.com/magazine/column/entry/Reading_Writing_Crossing_Midline/))

There are literally hundreds of things you can do to encourage your little ones (or even your not-so-little-ones) to cross their midline. The most simple of them all is allowing your child to paint or draw on a piece of paper that is horizontally longer than their body. Get them to stand in front of the paper (perhaps at an easel), and let them draw waves, roads, patterns, etc that start at the left hand side of the page and go on right to the edge of the right hand side. Makes sure your child is facing the paper front on (ie. discourage them from twisting their body completely to the left or right as they draw) and ensure that they don't swap hands once they get to the centre of the page. Window art is a great way of encouraging this too, because the "canvas" is automatically long enough! Here is another link to a page full of really simple, yet effective, ideas:

#### **Activities to Enhance Crossing The Midline or the Center of the Body**

<http://make-the-grade-not.com/Midline%20Crossing%20Activities.html>

I hope you find some great ideas there to try with your kids. Have fun, and remember that if your little one battles with it, simply try and turn it into a game. Never let them get to a point of frustration with these types of activities. If they're not enjoying themselves, they're probably not going to learn anything.

### PEANUT BUTTER PLAYDOUGH

- 2 cups peanut butter
- 6tbsp honey
- Skim milk powder
- Edible treats for decoration

- Combine all ingredients in a bowl and mix, adding enough skim milk powder to reach the consistency of bread dough.

- Shape, decorate with edible treats and eat.

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# Cheeky MONKEY PRACTICAL PARENTING SUPPORT

## FLU SEASON IS HERE!

by Sharyn

Seeing as it's Cold & Flu Season and we have been hit particularly hard this past couple of weeks with the flu, I thought it only appropriate that I do an article about how we have been managing!

### MEL'S GARDEN

In the past weeks I have been so lucky to *FINALLY* get the trees along the boundary line trimmed. The trees block out ALL sun in winter leaving me hugely depressed and with a horrible big power bill.

Along with the issue of lack light they let in, the trees were poisonous-or parts of them were. The seeds from the Karaka Tree would drop all over our deck and path, just the right size and colour to attract little fingers! Now that the trees have been drastically trimmed we \*shouldn't\* have such a huge problem next year.

Here's a list of native trees that are poisonous:

Karaka tree- the kernel inside the seed is poisonous.

Kowhai tree- All parts are poisonous.

Ngaio- All parts poisonous.

Poro-poro- Leaves and unripe berries are poisonous.

Onga-onga (tree nettle)- Slight contact can cause violent skin irritation.

Tutu- All parts except the flesh of the ripe fruit are very poisonous.

Remember small children can't tell the difference between which are safe and which aren't. So the safest thing you can do is teach them to never eat seeds or berries from a plant unless you have said its safe to.

**This month -**

Plant directly into your garden:

Broad beans, peas, radish, shallots, snow peas and spinach.

Pant into seed trays (or egg cartons like me):  
Onions.

Our flu bout started with a runny nose, which pretty much all you can do with an active toddler is wipe, wipe, wipe!

I was pro-active about keeping an eye on him and taught him to get a tissue from the box and although he isn't very good at it, he does try to blow for me when I ask him to! So he is aware that a runny nose needs to be wiped, even if his not-quite-2-year old mind hasn't grasped the why's behind why.... I figure this is a good start!

We use a lot of Vicks Baby Balm here - both on the chest and back after baths and again before bed, as well as on the soles of the feet. It's supposed to absorb really well on the feet to help them out.

Now, when our flu was running it's course, it of course as flu does, moved into the chest and while the nose stopped running, the cough appeared and boy was it a tough one!

We keep the house pretty warm, but I don't have a steamer or anything which was suggested to me for my little mister's breathing and coughing at night. So I had to make do!

We rigged up a make-shift steamer, by popping our crock pot up on a high shelf in my tot's bedroom and filling it with water. On high with a heaped teaspoon of adult vicks (Rawleighs' Medicated Ointment works a treat too!) in it and left it to do it's thing overnight.

With the head of the mattress raised a few inches with a couple of phone books and the steamer on, we ended up only having about 4 nights like this and while

his cough is hanging around a bit, it's more like an occasional irritated cough, now than the horrible sounding cough he had!

We used quite a bit of Pamol to keep his fever down through the worst days, and gave him lots and lots to drink - I actually ended up giving him more bottles (we use the Karicare Toddler Gold +) on the worst days as he was happy to drink warm milk, when he was too sad to eat so at least I knew he was still getting fluids fortified with a lot of nutrients, vitamins and minerals to help him get better quicker!

For Mummy & Daddy however, thankfully, seeing as we're not allowed to be sick there is a lot more we can do and take for our versions.

I came across a version of this on the CM forums - this is particularly great for pregnant or breastfeeding mums;

To help build up immunity, particularly if there is a tendency for frequent colds and infections, echinacea can be a great support. In addition garlic, onion and thyme are examples of herbal foods that have anti-microbial qualities.

**Simple cough/chest syrup**

- 1 big round brown juicy onion
- 100ml honey\* or 50 ml brown sugar

- Chop the onion up into small pieces.
- Pour the honey over the top

- Leave overnight in the fridge.
- Strain the onion off in the morning (or leave in for a stronger concoction), put in a glass jar with tight lid.
- Allow a spoonful of the mix whenever necessary.

Other syrups may be made using licorice root, aniseed, thyme leaves, flaxseed, lemon and lime. Flaxseed syrup is particularly good for sore throats as well as stomach problems. Honey\*, is effective in relieving the symptoms of a dry, non-productive cough.

**SAFETY ALERT: DO NOT GIVE HONEY TO CHILDREN UNDER ONE YEAR OLD**

I'm afraid to say however that I reverted to modern science for my symptoms.

I stuck with good old Codral Day & Night as well as some lozenges for the throat and panadol!

I did find too that Otrivin Nose Spray was often more effective in clearing the minor blocked sinuses than some of the cold capsules were! So try them out if you can!

Sometimes it's nicer with a spray as you aren't loading your poor system up with pills to absorb.

Good multi-vitamins and lots of fluids - and as much rest as you can is also order of the day!

I hope you guys out there can avoid too many colds & flu's this season, but if they hit your family.... try some of this out! Hopefully it can help you too!

All children behave as well as they are treated.  
- Jan Hunt

To understand your parents' love you must raise children yourself.  
- Chinese Proverb

If your baby is beautiful and perfect, never cries or fusses, sleeps on schedule and burps on demand, an angel all the time, you're the grandma.  
- Theresa Bloomingdale

A mother understands what a child does not say.  
- Jewish Proverb

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