

# Bumps&Babies

Bumps is every Wednesday morning from 9:30am at Storytime Preschool, soi Sama Harn, Sukhumvit soi 4, for mothers in pregnancy or in early motherhood. Please do check our BAMBI calendar/facebook page for updates before heading out.

Bumps Babies is a support group for women of all nationalities who are pregnant or have recently given birth. On alternate weeks there is a short talk on a topic related to pregnancy or parenting. The BAMBI website calendar and Facebook pages hold current information regarding what's on. Meetings are coordinated by a medical professional who is also there to offer support.

BAMBI is a project of the Childbirth and Breastfeeding Foundation of Thailand and welcomes speakers from all areas, presenting a wide range of information. All attempts are made to present topics of interest to BAMBI members, but those who present do so independently of BAMBI and as an organization we remain impartial to any points of view expressed.

Bumps & Babies Coordinator: Emma Lawrence - Women's Health Physiotherapist, 089-762-3439, bumps@bambiweb.org

**When:** Every Wednesday 9:30-11:30am  
(Please check [www.bambiweb.org](http://www.bambiweb.org) for dates during holidays)

**Where:** Storytime Preschool, 85 Soi Samaharn, Sukhumvit Soi 4, Klongtoey, Bangkok 10110.

**Suggested family donation:** ฿150 BAMBI with BAMBI membership card & ฿250 for non-members. Membership can be processed and renewed during the session.

**BAMBI library:** Bumps & Babies has a significant collection of books about pregnancy, childbirth, baby care and parenting. Books can be borrowed by anyone in return for a ฿500 fully refundable deposit.

## What's been happening at Bumps & Babies:

Ms Lily from **The Storytime preschool** came by to advise parents and answer questions on getting infants ready for starting school. She encouraged parents to invite children into the preparation for school by involving them in the process of choosing and shopping for school items and when packing their bag for the day ahead. She reassured parents that their own feelings of anxiety at leaving a child for the first time would pass and reminded us that children watch and take their cues from their adults: being positive about preschool and the new routine helps the child adapt.

Sam Lister a **British speech and language therapist**, with a special interest in children living with Autism, presented a thorough and informative outline of communication

development during the early years. Sam highlighted the component parts of language comprehension and expression and provided tips for facilitating the process. She highlighted some of the early signs to watch for if a child's communication strays from the developmental norm and advised on where to turn for assistance. The following facilities are available to assist families in Bangkok; Acorns to Oaks, Little Sprouts Children's Centre, The Rainbow Room and The Village International Education Centre.

## Coming up:

### FEBRUARY:

**5th** - Dr. Donna Robinson will talk us through current childhood immunisation guidelines,

**12th** - laughter yoga with Prem Yoga and

**26th** - Managing common musculoskeletal ailments in pregnancy with Emma Lawrence.

Physiotherapist and Bumps & babies group coordinator Emma Lawrence lead the group through a relaxing session of **baby massage**. It was great to see blissed out babies and mothers learning and building on previous experience of massage techniques.

Naturopathic Dr. Laura Kent-Davidson shared her expertise on managing common family ailments with a naturopathic toolkit. She gave us simple recipes for home management of constipation, ear infection, cough and colds and flu. She stressed the importance of trusting instinct when managing illness at home, advising general practitioner doctor assessment when symptoms are severe or fail to respond to home remedies.

## BANGKOK NEW PARENT SUPPORT CONTACTS:

### Doula services

'**Doulas of Bangkok**' Meet on the last Saturday of the month at Kuppa cafe on Sukhumvit soi 16 in an informal coffee and chat group called 'Choices in childbirth' For updates visit Facebook page: Doulas of Bangkok.

**Erin Kannon:** Certified doula\*, breastfeeding counselor and childbirth educator. Contact: erinkannon@hotmail.com. 087-111-7907, 02-743-0207,

**Katie Foster:** Certified doula\*. Contact: 090-918-2123, doulakatie@hotmail.co.uk.

**Sue Ambridge:** Certified doula\*. Contact: 084-923-4516, sueambridge@hotmail.com.

**Rasee Govindani:** DONA-certified birth doula\*. Languages: English and Thai. Contact: doularasee@gmail.com.

**Catherine Dufour:** Certified doula\* and breastfeeding educator. Languages French and English. Contact: monstersinbkk@gmail.com

**Erica Shane:** Certified Labor and Postpartum Doula. Languages English and Spanish. Erica is a seasoned labor doula from NYC, and also offers postpartum doula services to help couples adjust to new parenthood in a myriad of ways. Contact: 0926543203, ericashane@gmail.com [www.EricaShaneChildbirth.com](http://www.EricaShaneChildbirth.com)

*\*A doula is a trained (usually certified) non-medical birth attendant providing information and support to women and their partners during pregnancy, birth and new parenthood. Some doulas are trained or training midwives too.*

## BREAST FEEDING SUPPORT

**Meena Sobsamai:** Australian-trained childbirth educator and lactation consultant. Contact: 081-776-9391, sobsamai@yahoo.com.

**Anastasia Belyaeva:** Certified lactation consultant. Languages: English and Russian. Contact: 085-922-6008, arokapay@gmail.com

**Laura Kent-Davidson:** Ontario licensed Naturopathic Doctor with a diploma in lactation medicine. Laura has over 700 hours of clinical experience supporting mothers achieve their breastfeeding goals and is currently working toward her IBCLC certification. Contact her through her website [laurand.weebly.com](http://laurand.weebly.com) or email her at [kd.laura@yahoo.com](mailto:kd.laura@yahoo.com)



**Breastfeeding Café Bangkok:** Tuesday, 10am-12pm at Antique Café, Sawadee Soi 1 (first left off Sukhumvit Soi 31). BCB is a breastfeeding support group – a place where women can meet, and encourage and support each other with breastfeeding issues. There will be a lacto doula present who can offer advice and individual support if required. For more info, please contact Sarah Thompson at [bkbfcfe@gmail.com](mailto:bkbfcfe@gmail.com). For updates, visit Facebook page: Bangkok Breastfeeding Café.

**PARENTHOOD PREPARATION;**

**Childbirth classes**

**Meena Sobsamai:** Australian-trained childbirth educator and lactation consultant. Contact: 081-776-9391, [sobsamai@yahoo.com](mailto:sobsamai@yahoo.com).

**Antenatal breast feeding workshops:** See Laura Kent- Davidson's website for details of her upcoming antenatal breastfeeding workshops (listed under breastfeeding support.)

**Pregnancy and baby massage:** Erica Shane (listed under Doula support) is available for home visits.

**ADDITIONAL SUPPORT**

**Bangkok Babywearing Club:** Meets at Bangkok Breastfeeding Cafe (at Antique Cafe) every 3rd Tuesday of the month, 9:30-11:00am, to help parents and children learn and celebrate the joys of babywearing. Try on slings from our sling library or get one-on-one help. For more information, contact Cari Chou: [bangkok.babywearing.club@gmail.com](mailto:bangkok.babywearing.club@gmail.com). Please visit our Facebook Page for updates on gatherings: Bangkok Babywearing Club. *This club has been out of action during December and January, whilst Cari gives birth and gets to know her new babe. She will continue responding to comments emailed and hopes to return to the group at the beginning of February.*

**Attachment Parenting Support Group:** This group has recently been set up in an effort to find like minded parents in Bangkok, to share experiences and to help first time parents in Attachment Parenting. For details of upcoming workshops and meetings email Adeline at [attachedinbangkok@gmail.com](mailto:attachedinbangkok@gmail.com) ■



Our speaker Laura Kent- Davidson, Naturopathic Doctor

