

## All I want for Christmas

Christmas can be a wonderful and magical time for the parents of a new baby. The joy of sharing and re-experiencing Christmas with your child as they discover the new scents, sounds, sights and textures of the festive season. Christmas provides many of us the chance to connect with whanau, and for baby to experience new relationships and people.

But Christmas can be a stressful time for anyone, let alone the parents of a new baby so here's two straightforward ideas to survive and thrive during the silliest of seasons.

## Christmas Treasure

[Peas in a Pod](#) is a small NZ business who designs and creates natural wooden baby products, toys and accessories, from dummy clips and teething toys to pram garlands, even keyrings for mum!

All of the products are eco-friendly and safe for your little one's mouth and are lovingly hand-painted using nontoxic water based paints, assembled to the AUS/NZ standards, varnished with organic coconut oil and NZ beeswax, and packaged in our cotton drawstring bags.

Shop

SAVE THE DATE - 15 October 2017

### Exciting news for the parents, children and suppliers to the industry!

SPACE NZ Trust brings to you the ultimate one stop information and shopping event for parents, caregivers and expectant parents.

**YOU AND YOUR CHILD EXPO,  
Sunday 15 October 2017,  
Westpac Stadium.**

We are delighted to announce that we are launching an expo that is all about pregnancy, babies, the early years and parenting.

The show is professionally run and we have received excellent feedback from parents and facilitators. At the event you will see brilliant products and services, inspiring talks, workshops, demonstrations and kids entertainment.

The selected venue is Westpac which provides visitors with plenty of space for prams, breakaway areas, parent rooms, breastfeeding rooms, kids entertainment and more. There is also easy access via train, bus and car with parking at reasonable rates for the family.

So save the dates and watch out for further details in our newsletters.

Please contact Camilla Railton on [Camilla@space.org.nz](mailto:Camilla@space.org.nz) or 022 412 5188 with your ideas and to receive information on visiting or exhibiting.



"The Gift Under the Tree" by Caitlan Regan  
courtesy of Flickr Creative Commons

**Simplify:** When it comes to gift giving you will probably find the thing baby will be most interested in is the wrapping paper. Keep Christmas (gifts or

otherwise) simple and practical. Cut yourself some slack and remember that the most valuable gift you can give your baby is YOU; your time and attention.

**Establish boundaries:** Whether it is sticking to nap times, asking people to wash their hands before they handle bub, or where (or where you won't) travel to. If you decide where you stand BEFOREHAND, you can let your whanau know what to expect. You can also prepare for unwanted advice by having a few phrases tucked up your sleeve (e.g. I'll certainly think about that Auntie Margaret) to divert well-meaning parenting advice. Most importantly take care of yourself so you can take care of baby.

Give another family the gift of Space  
Donate \$35 to give Space to another baby this Christmas

Donate

#### Space in the media

The importance of valuing parents so our children get the best start in life is a message that is finding voice in the media of late. The expectations vs the reality of parenting is one of the topics addressed in Michelle Duffs NZ Herald Canvas article [The myth of motherhood](#), along with the importance of mums asking for help. She spoke with Space co-ordinator Jagprit Sandhu about the mothers who come to Space and the many pressures on new parents.



Shanna Breman-Trewern and Hazel Hills, 6 months (left) and Sophie Balfour with Madeleine Balfour, 6 months, at Morningside PlayCentre. Picture / Doug Sherring

#### Space in the media... cont'd

In his TEDx talk NZ Paediatrician [Dr Johan Morreau](#) echoes the importance of supporting struggling, stressed and tired parents in order to change New Zealand's cycles of poverty and neglect. His message about the importance of the first 1000 days, is reiterated in the [Talking Matters](#) campaign featured in a recent Newshub segment. Glenn Eden Playcentre's Space session is the backdrop and illustration for Alison Hutton to promote the importance of talking to our babies and young people and the impact that can have on later learning.

[The Beginning of Life](#), a documentary by Maria Farinha Filmes, shares an inspirational message of the importance of the early years. It's wide scope and international voice speaks to the heart of what we do in Space and is a wonderful vehicle for communicating the universal needs of parents and that we need to support parenting today for tomorrow.



Donate Now



#### Space alliances that build Community

Would you like to use your community connections to help parents and their babies in your area? Would you like to become a 'Space Scout'?

Space NZ is looking to recruit a team of 10-15 volunteers to work with us to:

- Strategically promote Space for you and your baby and advocate for parenting.
- Use your connections to canvas for potential Space delivery partners in your region.

A commitment of 2 hours per week for 3 months [or longer] would be ideal.

If you would like to know more, please contact [sue@space.org.nz](mailto:sue@space.org.nz)

Join us

As the year draws to a close, we extend a heartfelt thank you to our partners, facilitators, funders and supporters, Space parents and babies. We are excited about 2017 and everything it has to offer as we walk alongside you to support parenting today for tomorrow. Have a safe and happy break!

*Moemoetia te moemoea, engari whakatinanahia - Dream the dream, but achieve it also*

Nga mihi

The Team at Space NZ Trust

