September 201 Contract of the sector of the

mother &baby

The big day Are you ready?

Sibling rivalry Prepare your first-born for your second

Eating for two What's safe? What's not?

Are you a homework tyrant? Does your child agree?

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Let InVu Media take your captured moments and turn them into timeless treasures.

BIRTHDAYS FAMILY ENTERTAINMENT



ANNIVERSARIES

FAMILY VIDEOS

SPORTS TOURNAMENTS

What would be the soundtrack to your life?

Our business is personalised editing of home movies, filming and photography. We apply our professional production techniques in shooting, editing, sound recording, animation and special effects.

But our passion is storytelling – using our expertise to turn your disconnected moments into a smoothly flowing narrative, telling your story through moments in time. Our primary goal is to bring happiness to people as they watch the motion picture of their own life.

Please contact InVu Media today to see how we can tell the story of your life. invumedia@gmail.com Telephone +852 2251 8139 www.invu-media.com



Get a Head Start and Learning English can be Fun!

A fun-filled English learning program combining cooking, arts & crafts, songs and more!

E

Pre-Cambridge/Cambridge ENGLISH EXAMS STRATEGY COURSE 2011 Suitable for 1.5 years old to 6 years old

Starting from Sept 1, 2011 2 classes/week (Any 2 dates from Wednesday to Sunday) Pre-Cambridge English Course (1.5 yo to 2 yo) 9:45-11:15 or 14:15-15:45 Cambridge English Course (2 yo to 6 yo) 11:30-13:00 or 16:30-18:00

Additional Baking Lessons

K

Learn to bake Blueberry Muffin, 4th September, 2011 15:00-16:30 Learn to bake Chocolate Brownies, 11th September, 2011 15:00-16:30 Learn to bake Victoria Sponge, 18th September, 2011 15:00-16:30 Learn to bake Bread and Butter Pudding, 25th September, 2011, 15:00-16:30

All lessons costs \$380 for one child and one parent All lessons are for 1 and a half years old and above All lessons have limited space

For More Information:

Phone: 3590 5920 Address: 3/F, 2 Carnarvon Road, Tsim Sha Tsui, Hong Kong Email: enquiry@mikids.com.hk Website: www.mikids.com.hk





Contents | September 2011





Photography Michele Moutardier

Model Mia

Clothes

Lily lilac swing top and ruffle pants, \$290 for the set, Hip Little Bubba.

news

- 12 | WHAT'S ON A look at what's going on around town this month
- 14 | HOT OFF THE PRESS Hip new shops, services and products
- 18 | FINGER ON THE PULSE Parenting news from around the world
- 20 | ECO HERO Ideas and products for greener living

advice

- 24 | BEAUTY 101 Top tips for looking your best
- 26 | IN YOUR OPINION Readers share their thoughts



30 | ASK THE EXPERTS Advice from the Child Development Centre

resources

pg 32

- 32 | TOY BOX Toys that teach and amuse
- 34 | BOOKSHELF Perfect picks for mums and babies
- 119 | STOCKISTS See something you like? We'll tell you where to get it.
- 119 | DISTRIBUTION Find out where to get your copy of *Playtimes*



Contents | September 2011



features

- 39 I UH OH, AM I A TIGER MUM? My eight-year-old ratted me out for being a homework tyrant.
- 43 | THE BIG DAY A few extra bits of planning will help make your delivery date as smooth as possible.
- 45 | EXPAT EXPECTATIONS Find out what the new public hospital policy means for pregnant expats.
- 47 | THE OTHER MILESTONES Your first year of parenting will be full of many other significant moments that shouldn't slip by unnoticed.
- 49 | TEETHING PAINS Find out what you need to know about this trying time.
- 50 | STAND, SIT OR SQUAT Don't take labour lying down.

- 52 I CYTOMEGALO-WHAT? A little-known virus you've probably never even heard of poses a surprisingly big risk.
- 54 | GET IT SORTED From life insurance to school fees, is your financial house in order?
- 58 | A LITTLE OFF THE TOP Is circumcision the right choice for your new son?
- 62 | BEYOND THE BLUES A mum's mental health can have a longterm effect on her baby's development.
- 68 | BANK ON IT Should you be banking your baby's cord blood?
- 74 | NEW KID ON THE BLOCK Learn how to prepare older siblings for a new arrival.

- 80 | JOYFUL CELEBRATIONS From baby showers to baby jumping, there are many ways to welcome your new arrival.
- 86 | PREGNANCY ON A PLATE You're eating for two now, and everyone seems to be watching.
- 96 | SEASIDE SANCTUARY Peek inside a fabulous Tai Tam flat.
- 102 | BABY LOVE Keep your little one looking good and feeling fine this autumn.
- 112 | BABY BITES Introduce new foods with these healthy and delicious recipes from Annabel Karmel.
- 124 | LAST WORD Airlines and hotels don't want us around, complains Nury Vittachi.

What makes Tutor Time[®] International **Nursery & Kindergarten different?**



Center of Excellence Award Selected out of over 500 Ti

Age-specific Full Immersion bi-lingual English and Mandarin programs for children aged six months to six years old

Since opening our first two centers in 2001, we continue to raise the standard of preschool education in Hong Kong. Our outstanding Full Immersion bilingual (English & Mandarin) program from USA, play places and personal spaces, shaped by our proprietary LifeSmart® curriculum and dedication to the whole child, focus on meeting each and every child's developmental needs.

Program Choices :

Full Immersion Bi-Lingual English and Mandarin Program

- Infant Activity Group : 6 months to 12 months
- Toddler Activity Group : 1 to 2 years
 Nursery Program : 2 to 3 years

- Kindergarten Program : 3 to 6 years
 Extended Program : 2 1/2 hours English
- + 1 1/2 hours Mandarin (Red Hill Only)

Hong Kong side:

Tutor Time: Braemar Hill LG/F Braemar Hill Shopping Center, 45 Braemar Hill Road, Hong Kong 香港北角寶馬山道45號賽西湖崩場低層 Tel: 2529-1833 Fax: 2507-5445

Tutor Time: Mid-Levels Shop A-B, G/F Botanical Court. 5 Caine Road, Mid-Levels, Hong Kong 香港半山整道5號寶林閣地下A-B號編 Tel: 2529-2288 Fax: 2507-5445

Tutor Time: Red Hill (Tai Tam) 101, 1/F Red Hill Plaza, 3 Red Hill Road, Tai Tam, Hong Kong 香港大潭紅山道3號紅山半島廣場1字樓101 Tel: 2813-2008 Fax: 2507-5445

Tutor Time: Kowloon Tong No.1 Dorset Crescent, Kowloon Tong, Kowloon, Hong Kong 九龍塘多實道1號 Tel: 2337-0822 Fax: 2507-5445

The newly enhanced Dorset campus. Pushing the boundaries of Early Childhood Education, Again!

Kowloon side:

Tutor Time WOY: Kowloon Tong 9 Suffolk Road, Kowloon Tong, Kowloon, Hong Kong 九龍塘沙鍋语9號 Tel: 2529-1188 Fax: 2507-5445

pt contributors

Amy Arber

The odds were against Amy becoming an international traveller. Coming to (relative) maturity in Ridgefield, Connecticut, a guintessential New England enclave, she found enjoyment in alphabetising the family spice rack



and colouring between the lines. While her older sister tried to recruit her as an accomplice on many a caper, Amy was the voice of moderation and restraint. While still in primary school she started making to-do lists, none of which contained anything the least bit adventurous. All this changed after college, when Amy spent a summer backpacking throughout Europe. It's a cliché to say the world opened up to her, but that's indeed what happened. After a stint in New York working in publishing, Amy joined the US Foreign Service and served as a diplomat in South Korea, where she met her British banker husband-to-be. They took a year-long honeymoon trip around the world, settled in Hong Kong and now have two children, Eloise and Hugo.

Elle Kwan

Elle Kwan grew up in England in a little suburb outside London, dreaming about bright lights and the big city. She wasn't aware then just how many cities she would get to experience. When she thought she might spend a life playing others, as opposed to writing about them, a drama degree



took her north to Manchester. Playing second fiddle to the acting career was waitressing, which she performed in cities across America. After picking up a lovely husband in Taipei and then moving with him to London, Elle had decided writing about people was even better than speaking their lines (and actually let her pay the rent). Since moving to Hong Kong five years ago, Elle has interviewed top politicians and pop stars, Michelinstarred chefs and mums, and found that each has their own inspiring story. Her best role has been becoming mum to Reia, aged three.

playtime



EDITOR-IN-CHIEF

Tracey Starr t: 2973 6078 e: tracey.starr@ppp.com.hk



PUBLICATIONS DIRECTOR

Jo Allum t: 2973 6159

e: jo.allum@ppp.com.hk



ADVERTISING SALES AND DISTRIBUTION

Florence Choy Wan

- t: 2973 6187
- e: florence.choy@ppp.com.hk



ACCOUNT MANAGER Narelle Edwards t: 2973 6131

e: narelle@ppp.com.hk



ACCOUNT MANAGER Wendy Clarke

t: 2973 6279 e: wendy@ppp.com.hk



ACCOUNT MANAGER **Cath Worthington** t: 2973 6139

e: catherine@ppp.com.hk



PRODUCTION MANAGER Michael Chau



ART DIRECTOR Timmy Ho



GRAPHIC DESIGNER Samuel Tang



CEO **David Tait** t: 2973 6791 e: david@ppp.com.hk

FOR SUBSCRIPTIONS & DISTRIBUTION t: 2973 6131

CONTRIBUTORS: Amy Arber; Angela Baura; Brooke Chenoweth; Dr Barry C Connell; Rennie Fensham; Oliver Giles, Rachel Kenney: Mishi Khanna; Elle Kwan; Michele Moutardier; Nury Vittachi; Kate Zhou

PUBLISHED BY:

PPP Company Ltd, 20/F Carfield Commercial Building 75-77 Wyndham Street, Central, Hong Kong Tel: +852 2973 6131 PRINTED BY: Fantasy Printing Ltd. in Hong Kong

ISSN 1726-183X

s are not

Help your skin withstand the effects of pregnancy.

Mustela 9 Months. During and after pregnancy, the body undergoes so many changes that it is normal to have specific expectations. Mustela has created the first skincare line specifically formulated to accompany your skin during its biggest changes. A patented complex of active ingredients of natural origin helps effectively combat tissue distension and heightened skin sensitivity, while remaining perfectly safe for you and your baby. Hypoallergenic skincare, tested under dermatological supervision. MUSTELA innovates to always better meet mothers' needs:

www.mustela.com/ourcommitments

Priority given to ingredients of natural origin Paraben-free – Phthalate-free Phenoxyethanol-free

All products made in France Distributed by Techtree Limited Tel: 2549 8328 EXPANSCIENCE"

Mustela

Mustela". The skincare expert for bables and mothers-to-be.



Tracey and models Mia & Harrison

welcome

hope you've all enjoyed your summer holidays, whether you played close to home or travelled abroad. I was lucky to *enjoy three fabulous weeks* in my native US, visiting with family and catching up with old friends. Through the magic of Facebook, I was even able to meet up with my primary school BFF, who I hadn't seen in 24 years. *What fun!* Then, an additional week in Phuket a few weeks after we returned reminded us of some of the *great advantages of living* on this side of the planet. I hope you're feeling as refreshed and recharged as I am, and ready to start another (school) year.

This month we're talking about babies. While some of you didn't discover *Playtimes* until after your kids were born, we know that there are plenty of expectant parents out there, already *eagerly searching* for all the information they can find. Planning for the big day? We've got it. Wondering how best to announce and *celebrate your baby's arrival?* We're on it. From mental and physical health concerns to introducing the siblings to your newest family member, and everything in between, we hope you'll find all the help you're looking for inside.

It's difficult for me to believe, but this month marks my one-year anniversary at *Playtimes*. It's been a *fun and rewarding time* for me, helping grow the magazine in both pages (up from an average of 68 pages per month) and frequency (we added a January edition this year, and will add a July edition to the schedule in 2012). I'm lucky to have *talented and enthusiastic* writers and photographers to work with each month, and a great team in the office, too. But most of all I'm grateful to you, the readers, for welcoming the magazine and me into your homes each month.

Thanks for reading,

Tracey Starr, Editor-in-Chief



Now accepting applications for 2011-2012

香港國際蒙特梭利學校

What make us different?

Active Learning Practical Life Skills Sensory Development **Mathematics Acceleration** Language Enrichment **Caring and Experienced Montessori Teachers** Natural Learning Environment

New Central Campus Grand Open Day SAT. SEP 24 @9am - 11am

R.S.V.P.

*Fun games & Activities, Bring your kids along.

As the newest addition to our Montessori family Central Montessori is proud to be opening its gate for its first school term in September. Enrollment is open to all districts with our private school buses catering to most areas in Hong Kong. To discover more about the wonder of our DMS school, you are welcome to come to our Central's Grand Open Day.

- AMI Montessori Curriculum
 - AMI / MCI / AMS Montessori Teachers with over 10yr experience on average.
- Low class ratio Bright/ Large classrooms
- Nature Exploration

Associate School of International Montessori Society

- Dr. Maria Montessori

The Senses,

being explorers of

the world, open the

way to knowledge.

www.discoverymontessori.info

For enquiries call 2987.1201

* School bus service provided to Central Campus

Discovery Bay Campus: Unit 101, 1/F, Discovery Bay North Plaza, H.K. *New Central Campus: 3/F Mandarin Building, 35-43 Bonham Strand, Central, H.K.





Back to school time means new shoes for the kids! And CAMPER for Kids is ready: from school shoes to boots, they've got your kids' feet covered.

ULA is a new essential classic. Its lightweight outsole provides comfort and freedom to move, while its rubber toe reinforcement ensures protection and durability. To finish, it features a removable anatomical insole and padded collars for extra comfort.

Choose one of the elegant styles with the Velcro strap, making it easy for mum and dad to put the shoes on; or the more sophisticated lace up shoe perfect for any occasion. Going back to school will be pure joy this year with CAMPER!

For days when your kids' feet crave a bit more room for creativity, the new Fall/Winter 2011 collection draws inspiration from the animal world. Cats, bunnies, and even penguins all come together in an original collection that boasts creativity and comfort. As the nights grow chillier, try the woolen **WABI** indoor slipper with a funny-bunny theme. Thanks to their wool upper, these slippers are breathable and warm, but also sustainable: the outsole is made of recycled rubber.



And for your little campers, check out **TWS** for kids. **TWS** have become an iconic CAMPER product: the unique purple pair, which features a pink heart and lots of love makes it a perfect pair of comfortable and practical shoes for little princesses!

To keep your kids' tootsies toasty, warm and dry, consider the **PEU CAMI** boots with their strobel construction enhancing flexibility; 360 degree stitched cup-sole for durability; removable anatomical insole and rubber outsole for extra comfort and grip. Every pair of CAMPER is made with the same care so neither rain nor gloom of night will keep your kids from having all the fun they deserve.



Fashion Walk, Causeway Bay Times Square, Causeway Bay Langham Place, Mongkok Festival Walk, Kowloon Tong apm, Kwun Tong New Town Plaza Phase I, Shatin



September

THE HOTTEST HAPPENINGS AROUND TOWN

Eco-friendly education

news

Rigorous academics and sustainable building come together when Morningstar Preschool and Kindergarten opens in Pokfulam. For details, click www.morningstarschools. com



Pack it in

Already struggling to make packed lunches interesting and nutritious? Join Homegrown Foods for their lunch box cooking academy. Email **enquiries@ homegrownfoods.com.hk** to book your spot.

6

D The greatest star

This one's for the adults. Practice and perform pieces from *Chicago*, *Grease*, *Mama Mia* and more during this ten-week course. Find details at www.fusionacademy hongkong.com.



pt

Gather round

Kids will enjoy an afternoon with Lynne Kirk and her magical storytelling apron, at petit bazaar*'s Queen's Road East location. Entry is free. petitbazaar.hk@gmail.com



Tiny dancer

Flex offers a free Twinkle Ballet class for your littlest ballerina. Find out if she likes it, and then sign up for a season of classes. Click www.flexhk.com.

Wiggles

Wiggle it See Anthony, Jeff, Sam and Murray, and all their friends, in a brand new family-friendly show.

Click www.hkticketing.com for

Baby bonding

Under the guidance of caring instructors, mums, dads and caregivers will meet regularly with their babies for interaction, support and fun at PEKiP's fall session. Visit www.pekip.com.hk.

Urban adventure

This Amazing Race-inspired event, open to everyone, highlights little-known urban gems while helping raise funds for the Child Welfare Scheme (CWS). Enter your team of two to five people at www.cwshk.org.

tickets.



Anastassia's Art House - Russian Art Academy



Professional, Internationally Acclaimed Artists Teaching Art in a Gallery Environment

www.arthouse-hk.com

Happy Valley Art Studio: No. 11 Yuk Sau Street, Happy Valley, HK Tel: 2838 0040 Fax: 2838 0070 happyvalley@arthouse-hk.com Repulse Bay Art Studio: Shop G107B, The Repulse Bay 109 Repulse Bay Road, HK Tel: 2812 6465 Fax: 2812 6466 repulsebay@arthouse-hk.com Sai Kung Art Studio: G/F, 9 Hoi Pong Street, Sai Kung Town, NT Tel: 2719 5533 Fax: 2719 5599 saikung@arthouse-hk.com We run art classes also at CWBS & HKUST Contact us at Tel: 2719 5533



hot off **the press**

Worldwide delivery



JAKO-O, the home of clever stuff for kids, has everything families need, from the everyday to very special products. And now you can have it shipped right to your home here in Hong Kong. True to the motto "designed by parents, made for parents", they select only products that parents have tried out with their own children and given high marks. A dose of healthy parental common sense guides JAKO-O as they search for the balance of sensible products that encourage development and provide optimum function, safety and durability, all at a fair price. Click **www.jako-o.com** to start shopping.





Circuit25's Family Circuit invites Mum, Dad and up to three kids to exercise together in a tailor-made family programme that incorporates playbased team games to help everyone stay fit. Experienced trainers will go to your preferred location, on the day and time of your choice, to provide a personal programme to suit the fitness level of your family.

Founder of Circuit25, Davide Butson-Fiori, says, "Living in Hong Kong can take its toll on the mind and body. I created Family Circuit to encourage families to set aside quality time to bond with each other whilst also improving their health and fitness." Learn more at www.circuit25.com.

One lucky family will win a free foursession Group C25 Family Package, worth \$2,000. Email playtimes@ppp. com.hk by 30 September, and include "Win fitness" in the subject line.



Party party party!

Looking for high quality, elegant party ware for your fêtes? Simply Love is your one-stop party-supplier. Offering the largest selection of themed party items in Hong Kong – from budget packages to custom designed themes and banners – they have it all. The spacious shop allows you to browse in comfort with your pushchairs and kids, while you choose from their vast range of more than 400 balloons, garlands, banners, tablecloths, favour bags, cards, piñatas and gifts. Visit 7/F, Ho Lee Commercial Building, 38 D'Aguilar Street, Central, call 2810 6223, or click www. simplylove.com.hk.



A bed that grows!

You want your baby to have a lovely place to rest her head. But you also know that she'll grow out of that first cot fairly quickly. What to do? The Leander bed grows along with your child, adapting to the stages of her life, allowing her to feel safe and snug in the same nest for years to come. Even though the bed changes and develops, it's still the same wonderful bed she'll have come to know and love – just like your child will grow and change, but still remain the same in your eyes. Available at Mothercare, Colors, Mama's dear and Okooko.

One lucky reader will win a fabulous Leander bed, valued at \$12,800. Email **playtimes@ppp.com.hk** by 30 September, and include "Win bed" in the subject line.





Kid **safe**

If you've got kids and stairs, then the Swedish-designed KiddyGuard™ Avant by Lascal might be your next purchase. The elegantly designed gate integrates easily into both classic and modern homes, and, when you don't need it, the mesh rolls into an aluminium casing that protects it from dirt, wear and tear, and leaves the door or stairway free. KiddyGuard[™] Avant fits openings up to 130 cm, and can be fitted outside or inside the opening. Special bannister fittings are also available for fitting on round or square banisters. A mounting kit for fixing the gate onto wood, brick or concrete wall is included. Buy yours at Bumps to Babes, or click www.lascal.se.

Tummy **tuck**



Is your belly feeling a bit wobbly since giving birth? Not getting the results you're looking for from crunches? Restore your pre-natal figure effortlessly through the art of traditional *jamu* post-natal massage

and abdominal binding. This treatment originated in South East Asia in the 17th century, and continues to be widely practiced today. Natural herbs like turmeric, ginger, kaffir lime, cumin, nutmeg and lemon grass are used to create an herbal paste that will tone that loose abdominal skin. Read more at www. restoringmums.com.



Ð

Cre

Shopping spree

Curvy girls are in luck, as another boutique – catering to us! – has opened in Central. In 2006, Jolie van Beek founded Dutch Items Shanghai (D.I.S.) to meet the growing demand for European-styled clothing and shoes in Shanghai. Jolie's concept for D.I.S. was to make luxurious and sophisticated clothing available at

an affordable price. And it worked! Within her first four years, she opened four boutiques in Shanghai. Now she's added Hong Kong to the list.

Designed to satisfy the need for clothing in Western fit and sizes, D.I.S. features sizes EU 34-46/ UK 4-18/ US 2-18. Visit the shop at 54 Hollywood Road, Central.

Tipple test

Did you indulge a bit last night? Wondering if your breast milk is safe for baby? Forget about pump and dump: use milkscreen instead. The easy-touse home test detects the presence of alcohol in breast milk. Many women want to resume alcohol consumption after delivery, but are understandably concerned about the effects of alcohol in breast milk. Get the peace of mind you need to feed your baby confidently. Test strips are available in packs of eight, \$140, or 20, \$250, exclusively at www. babycentral.com.hk.

Two lucky readers will win prize packs from BeBe Secret (**www.bebesecret.com**), your online source for wonderful things for babies. One reader will win a Cool Me Seat Liner, worth \$300, and a Woombie, \$260. With a design that fits most baby seats, the liner promotes airflow between your child and a seat, keeping baby cool and comfortable. Woombie is a safe and natural way to swaddle your baby, softly confining arms and gently hugging to help baby sleep longer. A second reader will win Blankie World: a unique toy that turns from a luxurious, snuggly blanket into a cuddly friend, worth \$299, and the Ahgoo Baby Plush Pad, a multi-purpose memory foam surface for your baby, worth \$260. For your chance to win, email **playtimes@ppp.com.hk** by September 30, and include "Win BeBe" in the subject line.

pt news



Pretty pregnancy

No more looking dowdy or frumpy during your pregnancy! Newly launched IM Maternity offers mums-to-be the convenience of shopping for stylish maternity wear without the hassle of hitting the shops. The clothes are affordable, without sacrificing quality. Items are made with eco-friendly fabrics like bamboo and modal cotton, which are both comfortable and functional fabrics: bamboo is anti-bacterial and wicks moisture away from the body, and modal cotton is 50 per cent more absorbent than cotton and resists wrinkling. Click **www.immaternity.com.**

Baby **oil**

Have you tried aromatherapy? The use of pure essential oils is said to benefit the mind, body and soul. But, did you ever think of trying aromatherapy with your kids? Many believe it can help promote happiness, health and well-being in babies and children. Ling Yee's Aromatherapy chooses only the highest quality oils from Europe



for babies' and children's delicate skin, and can teach you the proper ways to use them. Email lingyee@ly-aromatherapy.com, or visit www.ly-aromatherapy.com to learn more.

Tour with ease

Looking for ways to keep your visitors busy and excited, seeing all that our great city has to offer? The new See Hong Kong Pass is your complete sightseeing package. Combining a hop-on/hop-off bus pass, pocket guide, entry to over 15 top attractions and tours, and a trip to Macau, it might just be the best way to see all the sights affordably. Learn more at **www. seehongkongpass.com**.

Two lucky families will win passes: One pack of two, two-day unlimited adult passes to see Hong Kong (worth \$1,298), and one similar pack for a See Singapore Pass (worth \$1,275) are up for grabs. Email **playtimes@ppp.com.hk** by 30 September, and include "Win pass" in the subject line.

In bloom

Bloom has opened its first retail store in Sai Kung. It's the first stand-alone store in Hong Kong dedicated to bloom products, which chair luxo purcery furniture and other stylich

include the fresco contemporary baby chair, luxo nursery furniture and other stylish pieces. Simon May, one of the founders and owners of bloom says, "We think modern parents will love this neighbourhood location, and the incredibly innovative products make the store a place where parents can shop and truly be inspired." See for yourself at Unit 1, G/F, Sai Kung Centre Arcade, 22-40 Fuk Man Road, Sai Kung.



What's in a name?

Mums at Stuck on You know how much new parents love to see their baby's name in print. As well as printing name labels, they have now introduced a range of baby gifts, all personalised with little Tom, Dick or Harriet's name on them. Choose from 100 per cent cotton bibs and jumpsuits, and matching towels, wash cloths and bathrobes.

And you'll certainly want to measure how your little one grows over the years. Stuck on You's personalised height chart, complete with a range of stickers, will help you keep track of all the milestones. Call 2549 2245, or order online at www.stuckonyou.biz.



JEAN M. WONG SCHOOL OF BALLET ...where great dancers have begun since 1960

> Ballet
> Jazz
> Hip Hop
> Chinese Dance
> Adult Classes: Ballet, Jazz, Chinese Dance

www.jmwballet.org



HONG KONG STUDIOS

For 21/2 to 12 Years Old

North Point Headquarters Happy Valley Central (Expanded Premises) Bel-Air

KOWLOON STUDIOS Kowloon Bay

Tsuen Wan Shatin

Other Location

I/F, 18 Tanner Road
 I/F, 139 Wong Nei Chong Road
 Rm 3101&03, 31/F, Universal Trade Centre, 17 Caine Road
 Residence Bel-Air, Island South, 48 Bel-Air Avenue

Rm 1609-1610, 16/F, Telford House Unit P33A, Telford Gardens	
Rm 2002 E-K, 20/F, Nan Fung Centre Rm 802-5, 8/F, New Town Tower	

1000	2869	1000
Tel:	2754	2277

Tel: 2886 3992

Tel: 2577 2112

	2121	TTIL
Tel:	2756	8226
Tel:	2498	2345
Tel:	2697	0188
1.000	Contraction of the local division of the loc	And a second second

Club de Sceneway

pt news

Prenatal vitamins ... for him?

A review of 15 studies found that when men were taking antioxidants, including vitamins C and E and zinc, their partners were four times more likely to conceive than were women whose guys skipped supplements. "If you're having trouble becoming pregnant, an antioxidant supplement may improve your chances," says lead researcher Marian Showell from the University of Auckland in New Zealand, "but check with your doctor first." source: Good Housekeeping 9*

Hong Kong is the ninth most expensive city for expats to live, according to Mercer's 2011 Cost of Living survey. According to Mercer, a global HR consulting firm, the annual survey covers 214 cities across five continents and measures the comparative cost of over 200 items in each location, including housing, transport, food, clothing, household goods and entertainment.

finger on the pulse





Girl talk^{*}

If the first thing you comment on when you meet or see a little girl is her pretty dress or enviable curls, you might be teaching her that her appearance – the first thing you noticed – is more important than anything, says Lisa Bloom, author of *Think: Straight Talk for Women to Stay Smart in a Dumbed-Down World*.

Try this instead the next time you meet a little girl. She may be surprised and unsure at first, because few ask her about her mind, but be patient and stick with it. Ask her what she's reading. What does she like and dislike, and why? There are no wrong answers. You're just generating an intelligent conversation that respects her brain. For an older girl, ask her about current events issues: pollution, wars, school budgets. What bothers her out there in the world? How would she fix it if she had a magic wand? You may get some intriguing answers. Tell her about your ideas and accomplishments and your favourite books. Model for her what a thinking woman says and does. source: Huffington Post

Surely every new mum has hovered over her soundly sleeping baby, worried. Is he breathing? Is he breathing correctly? Placing a finger under his little nose, she feels air coming out, and sighs in relief ... for now. But what about the next time? Should she be worried?

According to the experts, no. "Babies breathe unevenly because their respiratory systems can't regulate themselves yet," says Charles Shubin, MD, director of the Children's Health Center at Mercy Family Care in Baltimore, Maryland. "It's absolutely normal." By age two or so, kids breathe more regularly. Chances are slim that your child would stop breathing without an obvious reason, like bedding over his face, especially if you follow cot death prevention guidelines, such as back-sleeping for the first year. But if your baby's face or lips turn blue, call 999, and, if you know how, administer infant CPR.

source: Parenting.com





www.silvercross.co.uk Available At: Mothercare, BabiesRus, Mama's Dear, Ourbaby.com.hk

pt **News** Safe haven

Keeping track of the hundreds of toxins your children are exposed to can be confusing and frustrating - many of the substances in question have never even been tested for toxicity. Children are incredibly vulnerable to chemicals since their neurological, immunological, respiratory, and other biological systems are still developing. This limits their ability to detoxify and excrete those toxins from their systems.

If you'd like to make your baby's space a friendlier environment, a great starting point is her bedroom - for example, when selecting furniture, bedding, and toys, pay special attention to labels and don't be afraid to ask vendors questions about the materials used. It's also important to choose your child's bed location strategically: make sure the area is very well ventilated and that no power outlets and/or electronic devices are near the head of the bed. To learn more about greenproofing your home, visit www.babybloom.com.hk.

eco hero

Snuggly & sustainable

Under the Nile stocks the softest and most durable cotton apparel, toys and accessories for infants and children. All products are made from 100 per cent handpicked, organic, Egyptian cotton, with no use of pesticides or chemicals throughout the entire production process. Everything is certified to the Global Organic Textile Standard (GOTS) and available at www.comfy101.com.

Five lucky Playtimes readers will win a gift pack, worth \$380, that includes one bodysuit and an eco-toy. The short-sleeved bodysuit (size 3-6M) features a side snap for comfort and easy changing. Under the Nile's famous fruits and veggies eco-toys will help start your baby on the road to healthy eating through positive association. Perfectly safe for little mouths to chew on! For your chance to win, email playtimes@ppp.com.hk before 30 September and include "Win Nile" in the subject line.

petit bout de bonneur



Baby **Bliss**

Copa Cabbana offers natural, paraben- and sulfate-free bath and body products for baby and mum. Copa Cabbana's range of baby products comes in a fig tea scent and is formulated to be extra-mild for baby's skin. Mums and mums-tobe can enjoy anti-stretch vitamin E oil, belly balm, bath crystal and body scrub. From product to packaging, Copa Cabbana incorporates natural extracts and ingredients, and does not compromise on quality. Products are freshly handblended in small batches to ensure quality, consistency and affordability. Learn more at www.copacabbana.com.

50/

Mothers who smoke while pregnant could be increasing the chances of their children having heart disease in later life by up to 15 per cent, according to a recent study at The University of Sydney. "Our results suggest maternal smoking 'imprints' an unhealthy set of characteristics on children while they are developing in the womb, which may well predispose them to later heart attack and stroke," says David Celermajer, Scandrett Professor of Cardiology at the University of Sydney.

Hong Kong Hypnotherapy, who offer smoking-cessation therapies, conducted their own study to find out who's still smoking and why. According to their survey, 80 per cent of smokers polled in Hong Kong this year want to quit, with 100 per cent citing health reasons as their primary motivation. Is the ban on smoking in public spaces helping? Eighty per cent of respondents saw the ban as somewhat effective, and a greater deterrent than increasing the cost of cigarettes.

Eco-Clothes for the little ones

Made from 100% Certified Organic Cotton.



www.petit-bout-de-bonheur.com







Music & Lyrics

Music and language go hand in hand at Vienna School of Music and Language.

nspiring children to love music 66 and language is our teaching philosophy," says Queenie Kwok, language director and vice music director of Vienna School of Music and Language (VSML). For more than ten years, Queenie has devoted herself to music education and Mandarin teaching. In a 2007 study, Georgetown University Medical Center proved that humans use the same part of their brains to process music and language. That research, along with her own experiences, has convinced Queenie of the inseparable relationship between

music and language. But that's only where the story begins.

"Interest is the key for effective learning and exploring potential." Queenie says. "We can do even the most difficult task when we are interested in it. Therefore, the way a teacher guides students and provokes their interests is an essential part of the process. If, and only if, the children are intrigued, then they will get actively involved. That, in turn, boosts the effectiveness of the learning process. Our Angel's Voice Choir illustrates the indivisible relationship between music and language. Children can train their listening, intonation, sense of rhythm and team spirit, as well as use English, Japanese, Italian,

Mandarin and other languages to learn music masterpieces. Additionally, the school hosts world-renowned conductors Yang Hongnian and Yang Li as consultants to the choir. Not only can children participate in the VSML Annual Concert, but along the way they'll learn from the world's top conductors. They'll even collaborate with Yang's worldrenowned choir: The Children & Young Women Chorus of the China National Symphony Orchestra."

Zhang Zhiyong, VSML's music director and world-class musician, adds, "Our school offers diversified music courses including traditional Chinese and Western instruments such as pipa, guzheng, violin, clarinet, and more. We



VSML offers scholarships for outstanding students and those who show great potential.

believe that early exposure to various instruments will help children develop and explore an interest in music. Our Little Angel's Music Wonderland (a playgroup program) is perfect for 1- to 5-year-old children. Parents can choose Mandarin, English or Cantonese as the medium of instruction, helping their children enhance their language skills along with their musical talents. Additionally, I host the Vienna Jazz Music Group, where students who know different instruments and have already developed a foundation in music, can form a band and learn how to improvise a song under my guidance." Queenie adds, "I have taught at Chinese University of Hong Kong for years and believe teachers' quality is one of the keys to quality education in schools. VSML's Mandarin teachers are not only certificated for National Putonghua Proficiency Test (PSC) (Grade A), but are also experienced in teaching at major local universities." They include National PSC Examiner and host of Mandarin programmes on television and radio.

6 the way a teacher guides students and provokes their interests is an essential part of the process ?? To learn more about music and language courses for your children, contact Vienna School of Music and Language: Click: www.vsml.hk Email: info@vsml.hk Call: 2137 9688 / 2139 2370 Visit: Room 1201, 12/F, Methodist House, 36 Hennessy Road, Wan Chai, Hong Kong (across the road from Metropark Hotel, Wanchai, Hong Kong) Fax: 2139 2050



pt advice

Can pills and supplements help my hair grow?

Your hair grows up to about half an inch every month. You can help keep it healthy and shiny with good shampoo and conditioner (Consult your hairdresser for the best products and routine for your hair type.).

But the foundation of all new hair, skin and nail growth is built on the nutrients we eat. A well-balanced diet that includes plenty of growth-promoting protein and iron can make a difference, say many nutrition and hair experts. However, if you were born with fine, thin hair, I'm afraid you'll never have rope-thick tresses, no matter what you eat.

Beware of dietary supplements that claim to thicken hair or make it grow faster. There's just no proof that any of these claims are true. Instead of beauty supplements, try to get the nutrients you need from foods whenever possible, keeping in mind that it will likely take about three to six months before you see the results in your hair.

beauty 101

Hong Kong must-have:

Skeyndor Aquatherm Water Spray. Use this as a toner and throughout the day to keep your skin fresh, hydrated and cool. It instantly soothes irritated skin, and it's ideal for strengthening the skin against our harsh humidity, pollution and air conditioning. This mineral water comes from the springs of Saliesde-Béarn, in France, which has been curing sensitive and acne-prone skin since 1857. It's rich in sodium, potassium, magnesium, calcium salts, and more than 25 essential trace elements that help restore the skin's health and appearance.

Top tips

Five make-up secrets to make you look your very best

Shade and highlights

All make-up techniques are based on dark and light. You can bring out certain features and downplay others by shading and highlighting. Make your nose look smaller and thinner by putting dark colour on the sides of the nose and light colour on the bridge.

2 Concealer Concealer should never be more than two shades lighter than your foundation. Apply your concealer first, then apply powder on top or it might start to settle into creases or wear off quickly. Make your eyes brighter by using concealer to hide dark circles. Start on the inside corner of the eye, next to your nose, and work all the way to the outside corner and right up to the lashes.

3 Foundation Always shop for foundation in the daytime. The perfect colour will be closest to your skin tone and won't make you look like you're wearing foundation. Your fingers are the only tool you need to blend it nicely onto the skin, using upward and outward strokes. ALWAYS blend foundation onto vour neck!

Blush Blush can make you look great - or like a clown, if applied to the wrong part of the face. Smile and find the "apples" of your cheeks. Start there and brush outwards,

along the cheekbone and into the hairline. While blush can be used for contouring in fashion photos, never try it at home. Leave this tricky application to the professionals.

Award-winning hair stylist and make-up artist Rennie Fensham is well-known for her passion and skills. Her glamorous background spans 28 years of working in beauty, fashion and TV, in South Africa, the US and, for the last five years, in Hong Kong.



Lip colour

O Apply base/foundation to your lips to help make your lipstick last. Or, instead of lipstick, use a lip pencil/liner in almost the same colour as your own lips to outline and then colour in your lips. Apply gloss and the colour will last longer and look natural.



15 commitments that count

- 1. Providing 24-hour Customer Service Hotline
- Answering customers' enquiries within 2 working days by our professional Customer Service Team
- 3. Providing 24-hour, 365 days a year standby Cord Blood Pick-up Service
- 4. Providing 24-hour, 365 days a year Cord Blood Processing Service
- 5. Picking up cord blood within 12 hours in Hong Kong
- 6. Picking up cord blood within 24 hours in Macau
- 7. Completing Cord Blood Processing and Storage within 48 hours after collection
- 8. Verbal reporting the cord blood volume within 2 working days after collection
- Submitting Cord Blood Sample Test and Storage Report to customers within 45 days after collection
- 10. Giving full refund to customers if the collected cord blood volume is below 30 m
- 11. Publishing biannual Cord Blood Sample Viability Test Result on website
- 12. Providing 24-hour Live Laboratory Webcast
- Monitoring the temperature of each storage tank and recording the cord blood storage condition by 24-hour monitoring system
- 14. Performing biannual check-ups on laboratory equipment for quality assurance
- 15. Conducting regular rehearsal in preparation for any emergency medical services in using CRYOshipper*

*(CRYOshipper is a professional container dedicated to cryopreserved stem cell product transport which has conformed with the Code of Federal Regulation (CFR) and is suitable for cord blood sample delivery)

banking on your children's health

Cord blood storage is the invaluable protection your children and family need.

stablished in 1996, CRYOLIFE was the first family cord blood bank in Asia. We are now managing the largest cord blood inventory, with more than 15,000 units in Hong Kong. Throughout more than a decade of experience and quality assurance, we have earned the trust and loyalty of thousands of families. CRYOLIFE was the first cord blood bank in Hong Kong and China to be accredited by the American Association of Blood Banks (AABB) – the highest professional standard recognised by blood banks worldwide. In addition, our unparalleled customer service has earned us the certification of Q-Mark Service Scheme from the Hong Kong Q-Mark Council.

At work in Hong Kong

In September 2009, a seven-year-old girl suffering from cerebral palsy, a brain injury, was the first patient from Hong Kong to receive treatment involving the transfusion of her own cord blood. The transfusion took place at Duke University in the United States using cord blood that had been stored in Hong Kong since the girl's birth and then shipped to the US by CRYOLIFE. The cord blood was tested by Duke University and was found to be in perfect condition. After several months of observation, the girl's cognitive ability has improved and her parents are pleased with her improvement.



Enquiry: (852) 2110 2121 www.cryolife.com.hk

pt advice

he best baby gift I was given for our first child was a movement monitor. Some people say it's unnecessary, but it has given me peace of mind when putting baby to sleep. Another good gift was the

Jumperoo, which used so much energy and was a lot of fun for both of them and made their legs stronger. Vassiliki y eldest son, Taylor, was giraffe and it has been his favourite bedtime cuddle since he was four months old. With the help of Joe the Giraffe he has always slept a peaceful night and dummies were never wanted. A cuddle with Joe is all it takes at bedtime.

By far the best present was a big hamper of beautiful toiletries for ME!! The baby received mountains of clothes and soft toys and there are only so many flowers you can put in your house. My mum bought a gift for the new baby, but the main thing was a big basket with lovely scented candles, shower gels, creamy body lotions, silky bubble baths. It was amazing and even when I was exhausted, I knew I could light a candle and jump in the lovely bubbly bath!

Tasha

friend of mine gave me some of the items that she used with her little girl. One of the items was a simple cotton piece of material with a strap and snap attached. She told me it was what she used when she breastfed outside. It didn't look like much to me at the time, but it ended up being one of the most used items I received. It was small, simple and fit in my purse. Fashionable? No, but I used it almost every day while nursing!

Donna

Emma

in your opinion We asked: What was the best

We asked: What was the best present you or your newborn received to celebrate his/her birth?

he best present that my daughter received was a Taggie blanket from my auntie. She has loved it fiercely ever since (it comforts her even when nobody else can!) and we are never without one (in fact we have six). The best present I got? My mum coming from London for a month to help out and cook!

Amy

A Chinese business associate of my husband gifted her with a gold necklace shaped like a coin with a pig etched in the front and lucky Chinese characters on the back. We will treasure it always as it represents both when and where she was born.

```
Gina
```

y wife's aunt gave our first a tiny pink blanket with a teddy bear head in the middle. Six years on, she cannot sleep without it. When she was a baby and we were doing controlled crying, she'd lie with her eyes wide open and frantically stroke teddy's ears. Talk about a security blanket!

When our second was born, another friend bought a similar blanket with an elephant's head. He didn't know about the teddy bear blanket. Our second can't sleep without her elephant either.





Schemen Staturday: 8 a.m. Pon +49 9564 92 96 00 01 Monday to Saturday: 8 a.m. to midnight (German Time)

pt advice

II my kids have been given a soft Kaloo teddy bear, which they love. That or the silky blankets from Stanley Market are definite favourites.

Liz

y mother-in-law made a beautiful cot-size patchwork quilt with material sourced from lots of different family members, and embroidered my babies' names and dates of birth on it. Some of the cotton dates back 20 years – remnants from her old curtain fabric, baby clothes from our niece, her best friend's shirt fabric, etc. It is beautifully made – you can see all the love put in it, and the kids love it. *Vivian*

y best present was one of those towels with snaps to close around the mother's (or father's!!) neck and hangs in front of you like an apron, with a hood for the baby's head. When you are done washing baby, you sit down and the towel is draped in your lap, pop the poppet in and wrap him/ her up! So easy, no grappling for a towel, no bending to pick up a dropped towel, no worries about leaving baby unattended for just one second. I used it for ages, and my daughter now uses it to dress up, usually as princess with a long train, or she uses the snaps to tighten it around her waist to make a "ballerina skirt". Very versatile!

Susan

That blanket was a life-saver. Its stretchy material made it perfect for swaddling and comforting my colicky baby. No other blanket would do. We swaddled Piya till she was eight months old. When my friend's daughter was born and was also colicky, we loaned her the blanket and, overnight, her screaming, crying baby became calm and started sleeping for longer periods of time. Angela

ust before my daughter was born, my cousin sent me a Pumpkin Patch swaddling blanket. I wasn't particularly impressed as I had already bought a few blankets

and, when opening the package, had hoped for something a little more exciting.

in your opinion

was given a baby book where I could list all the milestones. There were spare spaces for things that were meaningful to me. BEST THING. Without it I would have no idea when it all happened! And it was really interesting to see how my two boys were different in so many ways ... and still are!

Tania

hen my oldest was born, my girlfriends all chipped in and bought me a voucher for a photography session with a fantastic photographer whom I'd been admiring for a while. We got some lovely photos of our new little family and I treasure them to this day.

Tamara

s first-time parents with a newborn, with no other family in Hong Kong and no helper, one of the most appreciated gifts was from a thoughtful friend who came to visit armed with some homemade chicken soup and a big serving of pasta.

Sarah



Love is a treasure ~ Makina Treasure 🚳 🌆



Choice is Premium

 Process what goes into your basket and onto your table goese how often you subceribe and how you want to pay choose how often you subceribe and h

wanter and the second second

pt advice

ask the experts

I breastfed my baby exclusively for the first six months before she started solids. She's now ten months old and still refuses to take a bottle. What should I do to encourage her?

This is very common. Let her play with a bottle in the crib on her own until she gets used to it. Use a small, light bottle so that she can pick it up and play with it independently. Eventually, she should get used to it. You can also start cup-feeding her. The general consensus now is that babies should be weaned from bottles by 12 months of age anyway, so you are nearly there.

There is a history of speech delay in our family and my husband and I have different mother tongues. We would like to bring our baby up speaking both languages. Is it OK to speak to him in both or will we confuse him? Will it help him pick up a language if he listens to tapes and watches videos in another language?

A The general consensus is that with both typically developing children and children with speech and language difficulties, learning two languages is not significantly more difficult than learning one. Any delays, however, will be apparent in both languages. The best thing you can do to avoid confusion is to not mix your languages: If you

speak to him in one language, stick to it and do not switch. The same goes for your partner, who should also stick to his own language and not switch. Current research shows that it is much more effective for language acquisition if children listen to real voices rather than recorded voices. However, if they already have a good base in the language, then listening to tapes and watching videos can help with the expansion of vocabulary.

Q

My baby is nine months old and still shows no ability to sit independently. How can I encourage her to do this?

First, make sure that she is rolling well and is given many opportunities to roll freely. Make sure she has lots of tummy-time to help strengthen her back and neck muscles. When she is lying on her back, pull her into a sitting position using her arms and hands if possible, and try to make sure that she is able to hold her head in line with the rest of her body without any head lag.

These exercises will help her develop the head control needed for sitting. You can then support her in sitting by sitting on the floor behind her and holding her first under the arms and then slowly decreasing your support by supporting her lower and lower down her body until you are just holding her hips.

If she still has trouble sitting after a month or so, you may want to ask your doctor about it. 9



The Child Development Centre provides tailored early intervention for children with developmental or special educational needs. For more information, call 2849 6138, or visit www.cdchk.org.

BILINGUAL LEARNERS TODAY, World Citizens Tomorrow.

Love to read · Eager to inquire · Learn to care



Victoria Educational Organisation (VEO) has been established for 47 years. After continuous growth and expansion, it is now comprised of nine nurseries and kindergartens. VEO implements a bilingual co-class teaching approach, and through a total immersion programme with trilingual learning environment and activities, children's bi-literacy and tri-lingual abilities are strengthened. In addition, teaching is carried out in small groups with an aim to cater for individual abilities as well as to provide inquiry-based learning for children to develop into caring lifelong learners with a global vision. Victoria (Belcher) Kindergarten, Victoria (Homantin) International Nursery and our affiliated primary and secondary school, Victoria Shanghai Academy, are authorized IB World Schools providing IB education (Primary Years Programme to Diploma Programme) for students from 3 to 18 years of age. Students of VEO will receive priority in admission into Victoria Shanghai Academy.

Streams: Trilingual Class · Bilingual (English/Putonghua) Class ·

Sessions: Morning Session, Afternoon Session or Whole-Day Class

Bilingual (English/Cantonese) Class (For Pre-Nursery Class only)

* Parents may come in person for details, or download the application form at our website.





Victoria Educational Organisation

Playgroup (1-3 years old)

- A happy, caring and stimulating programme.
- Facilitate optimal development in early childhood.
- Parent-Child participation is encouraged.

www.victoria.edu.hk			enquiry@victoria.edu.hk		
Upper Kornhill - 2513 1208	Middle Kornhill - 2885 1888		Lower Kornhill - 2885 3331	Causeway Bay - 2578 9998	- Harbour Heights - 2571 7888
South Horizons - 2580 8633 ·	Belcher - 2542 7001		Homantin - 2762 9130	 Harbour Green - 2885 1928	



resources pt

(1)



Leap Frog Peek-a-Shoe **Talking Octopus** \$219

Age 9-36 months

2011 Winner of the Oppenheim Toy Portfolio Platinum Toy Award Ball-drop play meets peek-a-boo shoe surprises! Drop in a ball and look for it under the brightly-coloured, numbered shoes. Explore counting and colours, and learn about different sea animals. Press his collar to add music to the mix. Available at APITA, UNY and PIAGO

2 Monkey Rattle \$280

Age from birth

This monkey rattle by Anne Claire Petit is hand-crocheted by craftswomen in rural Asia, using 100 per cent organic cotton. The lovely shape and bright colour will stimulate baby's senses of touch and vision, and the soft jingling bell inside will attract her attention. Available at petit bazaar*



Oursing Nuna Pig \$199 Age 3+ years

Help your children understand and celebrate the joys of caring for new babies. These colourful piglets attach to their mother with magnets, though they can also seek adventure outside the pigpen. They're made from ultra-soft, contrasting fabrics with hand-stitched details, from their sweet snouts down to their twisty tails.

Available at Toys Club

www.itoysclub.com

Central Store 5/FI, On Hing Building 1 On Hing Terrace Central Tel: 2167 8474

Store Hours Monday to Saturday 10am to 7pm Sunday and Public Holidays 10am to 6pm

Finger Puppets by Bla Bla \$70 each

Age: 3+ years, or adults Finger puppets are great story-telling accessories. Use these colourful, 100 per cent cotton puppets to interact with your baby and to help develop his vision. And once baby becomes a toddler, you can continue to use these cute little puppets to invent stories together. Available at petit bazaar*

5 Wild Safari® Jungle Series From \$12 to \$60 per piece

Age 3+ years

These toys were designed for the hands of the smaller child. Each figure is finely hand-painted and sculpted by experts, who attempt to represent the animals authentically. Encourage your children's awareness of these endangered wild animals and their habitats using the included educational materials. Available at Toys Club

Ap Lei Chau Store : 1913 Horizon Plaza 2 Lee Wing Street Ap Lei Chau Tel : 2836 0875 Store Hours Monday to Saturday 10am to 6:30pm Sunday and Public Holidays 11am to 6:30pm



petit bazaar

pb* exclusive concept store dedicated to the lifestyle of today's babies & kids fashion . toys . furnitures . bedding . deco . lighting . accessories

9 gough street, Central, Hong Kong * t. (852) 2544 2255 80 queen's road east, Hong Kong * t. (852) 2528 0229 petitbazaar@yahoo.com * http://petitbazaar.canalblog.com



pt resources

For Baby

Before You Were Born

\$99

Unveil the mystery, especially if your toddler is becoming a big brother or sister. This innovative lift-the-flap book about pregnancy tells the parallel story of mother and baby, from hearing the thumpity-thump of baby's heartbeat to that unforgettable first meeting. Available at Pollux Books

Where Is Baby's Mommy? by Karen Katz

\$63

Join Baby as he plays hide-and-seek with Mommy. The sturdy format and easyto-lift flaps in this interactive book are perfect for parents and children to share. *Available at Pollux Books*

Look at Me!

by Begin Smart Books \$70

\$10 Thini

This interactive mask/book advances the game of peek-a-boo. "Handles" at the book's edges make it easy for parents to hold up to their face or their child's face, while eye-holes leave vision unhampered. Babies and toddlers will love roaring like a lion and grrrr-ing like a bear.

Available at select Book Buddy and Book Castle locations

Sizzles Is An Extremely Clever Dog by Lauren Child

\$128

Lola loves Sizzles and thinks he is an extremely clever dog who can do anything. Push your finger through the hole and help Sizzles wriggle his way through the pages in this interactive finger puppet book. *Available at Bookazine*

Colors: A Silly Slider Book by Shannon Chandler \$109

Inside this sturdy board book, brightly coloured animals transform as the sliders move, and each picture changes to reveal the name of a featured colour. Red roosters, pink pigs, and orange tigers capture early readers' attention and make for a fun and interactive way to learn.

Available at Bookazine



bookshelf

For Mum

Expat Women: Confessions 50 Answers to Your Real-Life Questions about Living Abroad by Andrea Martins and Victoria Hepworth \$200

Experienced expats share wisdom and tips to motivate you at every stage of your expat journey. Topics include leaving family back home, transitioning quickly, intercultural relationships, parenting bilingual children, infidelity, divorce and reverse culture shock. Available at www.paddyfield.com

Ladies Who Launch in Hong Kong by Maseena Ziegler

\$138 How did 12 women with no previous experience as entrepreneurs go on to create million-dollar businesses in Hong Kong? This book captures their journeys to success and shows how you, too, can create a successful business of your own.

Available at Dymocks

Ap Lei Chau Store : 2101 Horizon Plaza 2 Lee Weg Street, Ap Lei Chau 761 2873 6962 Store Hours Monday - Saturday 10am - 6 20pm Sunday and Public Holidays

Shop 52, G/F Hong Kong Station Gentral Tel: 2569, 1498 Store Hours Monday - Saturday Bam - Jam Sunday and Public Holidays

Hong Kong Station Store

www.polluxbooks.com Free shipping when you spend \$300 (Hong Kong only)

Online Store





créations tendres et douces

Bedroom • Toy Collection • Baby Fashion • Babycare Seibu, Pacific Place • (852) 2918 9316 Prince's Building, Shop 304 • (852) 2522 7770

保留所有權利 - All rights reserved 9 aloo 1998 - 2011

www.kaloo.com

COGNITIVE TRAINING and HOW IT'S HELPING IN THE CLASSROOM

than is a 4th grader who has problems paying attention in class. Teachers will say "it's in one ear and out the other with Ethan." While he is described as intelligent, his lack of focus is causing him to fall behind in class, and his distractibility and restlessness often get him into trouble.

Isabel, one of Ethan's classmates is also falling behind. She can sit still longer than Ethan, but has trouble following directions and doing classwork. While she is usually outgoing and happy outside of the classroom, in class she is quiet and shy. Although Isabel and Ethan's problems seem different, they are actually due to the same deficit. They both have problems with working memory, a brain function critical to learning and classroom success.

Working memory refers to our ability to hold information in our head for short periods of time and to simultaneously use that information, either to draw conclusions from it or to link it to what we already know. So when Ethan's teacher gives him a set of instructions to follow, it isn't that he doesn't want to listen, but rather that he can't keep the instructions in his head long enough to follow them. This leads him to lose focus, move on to something else and miss the lesson. Isabel, with her limited working memory capacity, has a hard time understanding new concepts and keeping up with the class. This has affected her confidence and she no longer feels comfortable speaking up in class. Eventually she may end up hating school.

A poor or unstable working memory is estimated to significantly affect 10% of children in the classroom. It has been found to be the main deficit in children with ADHD. Not surprising — if you can't keep something in mind for very long you will struggle to focus on anything. However, ADHD makes up only half of the children with working memory deficits; the other half will show academic problems, such as incomplete recall and place-keeping errors, although they have no problems with hyperactivity or distractibility.

Researchers have known the importance of working memory for quite a while. Several studies have been done showing the link between working memory and the ability to learn. However, as working memory was believed to be a fixed trait, interest in this sort of research waned.

This was true until 1999, when researchers at the Karolinska Institute (the same institute that nominates the Nobel prize in Biology) showed that through intensive training of working memory students could actually improve it.

Students were placed at a computer for an hour a day for five weeks with a program that would push them to the maximum of their working memory capacity. Surprisingly, students were able to improve their working memory to the average level for their age group or even above. This was not the only result - researchers also found that the students that went through the intensive program were less impulsive, had better complex reasoning skills and reading comprehension, and scored better on teacher rating scales of inattention/hyperactivity.

Since then, the scientific community has been enthusiastically relooking at working memory. The results of the 1999 study have been independently replicated all over the world, very recently by researchers at Harvard University. Improvements in reading comprehension, mathematical skills and listening skills are just some of the results that have been measured after undergoing the intensive program. Some research has even found working memory to be more predictive of academic success than IQ. It is an accurate predictor of success of a child's performance on the British National Curriculum tests in reading, writing and mathematics.

Realizing the potential for the benefits worldwide, the Karolinska Insitute has made the program available to the public with the same intensive protocols used in the research, under the name Cogmed Working Memory Training. It has spread to over 1,000 schools in Sweden and is now being used by public school districts in America. In Asia, two of the leading experts in child development are using the program: Dr. Roby Marcou in Singapore and Dr. Jadis Blurton in Hong Kong.

The program available to children in Hong Kong is the same program that has been used in all the research. Replicating the study protocols, each person who goes through the training is supported by a coach, who gives regular feedback, advice and encouragement, and can tailor the program as required. Worldwide there is a 90% completion rate, with 80% of trainees gaining significant benefits in their daily functioning.

Cognitive testing shows the benefits in working memory are still present six months after the training, and ongoing studies are following up over the longer term. It is assumed that the effects are permanent. This is because children aren't just learning strategies; they're actually undergoing physiological changes. Research published in Nature Neuroscience using the Cogmed program shows that after training, users have increased brain activity in the areas critical for working memory performance. In the journal Science, changes are further documented by fMRI and PET scans in the binding at dopamine receptors in the brain (dopamine is a neurotransmitter important in controlling attention).

To find out more information about how Cogmed can be used in your school, parent-group, or by your child at home, please contact The Family Development Center at +852 2869-1962.

Last year Isabel was nervous about going back to school. After going through the Cogmed program she moved up two reading groups. Now she thinks this will be her best year ever.









HealthBaby launched the largest new laboratory and office (15,000 sq ft) at the HK Science Park, with state-of-the-art facilities, which far beyond the AABB standard.

3188 8899 Macau 2878 6717 China 147 1492 8842 HK www.healthbaby.hk HK • MACAU • TAIWAN • THAI • US Induson HealthBaby Q

Source: IMS-2010 Cord Blood Bank Market Survey in HK. (with Phivate OB/G physicians) + Synovate Healthcare 2009 & 2010 Cord Blood Bank Survey



uh oh, /// am I a tiger mum?

My eight-year-old ratted me out for being a Chinese homework tyrant, laments *Kate Zhou*.

call from her homeroom teacher telling me to back off with the extra Mandarin lessons or risk lessening, no, *killing*, the joy of learning for my daughter, left me feeling both chastened and indignant in equal measure.

But it also got me thinking: how much pressure should we put on our children? And is this "learn Mandarin or else" pressure even necessary, or necessarily detrimental?

She is half-Chinese, and I believe it's critical for my little tattle-tale to know her heritage, both its culture and its language. To me, the two are inextricably linked and part of her identity. But cultural identity aside, let's not forget the whole "China is the future" battle cry that is sending even non-Chinese parents from Australia to Zimbabwe into a linguistic frenzy.

So is it really so wrong for me to insist that my progeny takes 30 minutes a day in the evenings to learn her mother tongue, in addition to the French and English she studies at school? Seriously: it's 30 minutes. She's eight. It's not like she has anything more pressing to do!

While my first reaction was to back off and let my little princess be happy and Mandarin-free, my rational side

and training as an educator tells me otherwise. Language is best acquired young. Learning new languages as an older child or adult requires more discipline, dedication and hard work. This is undisputed – by research, statistics or anecdotes.

Start 'em young

I recently met a family who had just arrived in Hong Kong. The mum is from China but had lived in the United States since college and married an American. Her little boy, now five years old, does not speak or understand Mandarin because she'd wanted him to grow up like other "American" boys. A quick survey of her new, international environment helped her realise the opportunity she'd missed. Despite her best efforts to speak to him in her native tongue now, quite naturally her son is having none of it.

A friend's daughter, now 21, started learning Mandarin at 16. Despite being linguistically talented (she's fluent in three other languages) and having a mum who can speak Mandarin, she finds it all a bit of a struggle. She had rejected learning Mandarin as a child and her

6 I like to think my relationship with my firstborn is maturing into one of mutual respect, but with me still firmly planted as the parent. **99**

parents relented. Today, struggling through her studies, she accuses: "I was a kid! What did I know? You should have made me." Sometimes she will add: "You made me learn everything else!" Which is an excellent point.

You know what happens when we let our kids make life-shaping decisions? They sit in therapy when they are adults and blame us for every misery in their lives. Fact.

What's the difference?

But seriously, how different is it to insist on Mandarin lessons than to insist on piano or violin lessons, on Kumon or E.nopi, on ballet, on art, or any other form of extracurricular tuition? Tiger mums come in all guises and degrees, and the crux of it isn't in the subjects that the kids are being forced to take on, but the volume of work or the fact that they are being forced into extra tuition at all.

One of my daughter's best buddies lives the most overscheduled life of anyone I have ever met. After school each day, she has activities like art, ballet, music, languages, academic tuition, various sports, and goodness knows what else. The child participates in no less than two activities each day after school and on weekends. This is not an Asian child of a tiger mum – this is a French child, and she hates it and envies my daughter's comparatively stress-free life. Who can blame her?

Then there are the mums (and dads – let's not let them off the hook so quickly) who sign their newborns up at every enrichment centre brazen enough to offer the unproven promise of a bigger or faster head start. When I think about those times I dragged my own newborn daughter off to yet another baby development class, I'm slightly embarrassed. But did I do this to my second child? Of course. After my little boy was born, I basically "rinsed and repeated", dragging him to all the same enrichment programmes, all the while knowing how ridiculous it was to chase after this visceral promise of a better life.

While clearly some parents need to back off (and you know who you are!), most of our children are not worse off for these experiences. At eight and six years old, my kids



have long stopped these "enrichment" classes. They show no detrimental effects and are, I believe, happy, carefree, confident children who enjoy their childhood – certainly confident enough to complain about me to their teacher.

What's it all mean?

So we come back to the question of whether my insistence on daily Mandarin lessons for my half-Chinese daughter is too much to ask.

I like to think my relationship with my firstborn is maturing into one of mutual respect, but with me still firmly planted as the parent.

We talked. She expressed her point of view. I explained why I think learning Mandarin is important. I pointed out to her that unlike many of her peers, she has no commitments except regular homework and play. So we reached a mutually agreed compromise: the lessons will continue, but without any extra work beyond the half hour each day. And she gets Sundays off.

It's a good compromise. She feels she's been heard. I feel like a serene, almighty parent.

The world is right again. 😰

Kate Zhou is the founder and director of Mandarin for Munchkins, one of Hong Kong's first Mandarin language centres specialising in teaching non-



Chinese-speaking children.

Mandarin for Munchkins runs language programmes for children aged 12 months and up. Programmes are available throughout Hong Kong and at their learning centre in Discovery Bay. Go to www.mandarinformunchkins.com for more information.





Fun for them... structured for you The complete Chinese teaching aid

For more information visit www.primarymandarin.com or email enquiries@primarymandarin.com Direct line (852) 2973 6061



ong Kong

academy of performing arts



NEW ADULT CLASSES Starting in Central Dance Studios and Flex Studios in September!

Learn to sing dance and act in 10 x 2 hour sessions every Tuesday at Flex from 8pm-10pm and every Thursday at Central Dance Studios from 7.30pm-9.30pm.

Relive your childhood dream to perform, or simply come to build confidence and make friends! We will be doing shows from "Mama Mia", "Chicago", "Rent", "Cats" and so many more. There will be hip hop sessions and many other dance styles explored!

Grab your friends and make a Tuesday or Thursday a night to remember! A night to have fun and also learn something.

We are offering a **10% discount** if you apply before August 20th.

info@fusionacademyhongkong.com www.fusionacademyhongkong.com +852 2812 0007 Simply Love Loutique party supplies + gifts

BIRTHDAY • BABY SHOWER • 400+ HELIUM BALLOONS CUSTOM DESIGNED PARTYWARE • PARTY FAVORS • GIFTS PARTY PLANNING • ELEGANT DESSERT TABLES & CAKES







7A HO LEE COMMERCIAL BUILDING 38 D'AGUILAR STREET, CENTRAL TEL: (852) 2810 6223 www.simplylove.com.hk

Opening Promotion 10% OFF COUPON Lascal Mi Carrier

Hong Kong

LittleTareFeet

加入値伴

● dedr Honey B'ennue 香港護士協會 (京歌会員)

怨國

8 TE

EYATA I

b

Swedish Design

Newborn Baby Carrier

Baby Spine Support

 3 Ways Adjustment: Width, Length & Head Support

> Lascal Limited For more detail call: 2302 1511

www.lascal.se



20% •ff C • up • n

此優惠券不可與其它優惠或折扣同時使用, 干燥用於任何換調品
 此優惠券権用態致 · 職買前請出示此優惠券 · 每次購買只可以使用一蛋優惠券
 此優惠券不處用於適門及香港護士協會 · 如有任何爭議, Lascal Limited採留優惠券之最终決定權

This coupon is valid to December 31 2011
 This coupon can not be redeemed for cash
 This coupon can not be combined with other offers or alsocurins, do not apply to ear y redemption of goods
 Copy of this coupon is not valid
 Please present this coupon during purchase
 Each purchase can only use one coupon
 This discount offer is not apply to stores in Macau and Hong Kong Nursing Association
 In case of any dispute, Lascal Limited reserves the final right to use the coupon

A few extra bits of planning will help make your delivery date as smooth as possible, writes *Angela Baura*.

t's 3am, you're tossing and turning, and suddenly you feel strong surges coming on. Your contractions have started. You try to gently awaken your snoring husband, but when that doesn't work, you give him a solid, resounding wallop on the back. "Get up! The baby's coming! The baby's coming!"

1e

The chaos is imminent, but if you've followed this checklist, you'll have a bit less to worry about.

Your hospital bag

You will need: loose-fitting day and night clothes for the duration of your stay; breastfeeding bras if you're planning on breastfeeding, or bottles if you're not; toothbrush, toothpaste and toiletries (provided by private hospitals); a copy of your birthing plan if you have one; snacks to munch on; bodysuits, a hat and mittens and a blanket for baby. Some hospitals provide nappies, and some expect you to provide your own, so it's best to check with your hospital beforehand.

Sanitary towels

If your baby is born naturally, the hospital will provide you with huge, mattress-like sanitary towels that are really very uncomfortable. Buy your own thinner and equally absorbent sanitary towels instead. It's perfectly normal to have a light menstrual bleed for weeks after your baby arrives.

Manicure

Ok, not quite a manicure, but those talons have got to go for two reasons: First, you will feel incredibly guilty if you scratch your baby's soft and delicate skin, and second, it's really quite gross trying to clean runny poop out from under long nails. Trust me, I know!

Baby stuff

From moses baskets to pushchairs, nappies to baby monitors, and swaddling blankets to mittens, some mamas prefer to have bought everything they will ever need (and just as many things that they will NEVER need), whilst others prefer to buy the very basics, if that. At the very least, you'll want to have nappies, cotton pads to clean baby's bottom, blankets, a cot or moses basket (unless you're planning on sleeping together), a bath tub, bottles if you're planning on expressing or formula-feeding, and bodysuits on hand.

Contact numbers

Double-check your list of contact numbers. Does your partner know who you want to share the news with first? Have you agreed that his drinking buddies are not a priority, and immediate family should be updated first? Have you created an email distribution group and phone list for updates and announcements?

Transport

If your partner will drive you to the hospital, he should take a test drive and then rehearse the route in his head ... again and again and again. This will help prevent taking a wrong turn on the day, when emotions might be running high.

Book your hospital bed

Relying on your partner to fill in admission forms while you are whisked off to your room may result in your being called "Sara" rather than "Tara" throughout your hospital stay. No doubt, your partner will be in a bit of a state – perhaps even more so than you, especially if this is your first child.

Matilda International Hospital has introduced an online registration facility allowing mothers to check in up to one day before the big day.

CEO Mary Rafferty says, "Online check-in can help speed up the admission procedure and allows the hospital team to prepare for the client's admission. Clients can also learn more about the insurance details, financial arrangements and selection of rooms prior to admission and prepare themselves fully for their stay." Check to see if your hospital offers a similar option.

Now, practise your breathing techniques and relax. Be calm knowing that you are as prepared as you'll ever be!

Where inquiry grows

Start your child's learning journey with ESF International Kindergartens

- Learning through inquiry and hands-on experiences
- Candidate schools for the IBO Primary Years Programme
- Well equipped, stimulating and spacious learning environments
- All classes led by qualified early years teachers
- Applications for the 2012/13 school year open 3 October 2011

Visit us now and see for yourself!

Our spacious kindergartens provide the perfect environment for young learners. With well-resourced classrooms, indoor and outdoor play areas, young children are presented with multiple opportunities to learn and develop their skills.

To find out more, contact the kindergartens or visit WWW.esf.org.hk

Locations: Abacus at Clearwater Bay Tel: 2719 5712

Hillside on Stubbs Road Tel: 2540 0066

Tsing Yi Tel: 2436 3355

Wu Kai Sha Tel: 2435 5291



INTERNATIONAL KINDERGARTENS 國際幼稚園

www.esf.org.hk

expat expectations

What does the new public hospital policy mean for pregnant expats? *Oliver Giles* finds out.

he last thing a pregnant woman expects to worry about is whether there will be a space for her in the hospital in which she chooses to deliver. However, recently there has been growing concern within the Hong Kong healthcare system about the number of mainland women who travel across the border to give birth and the space that they are taking up in local hospitals. In 2010, 47 per cent of all babies born in Hong Kong were born to mainland mothers. This left doctors and healthcare officials concerned about the stress this places on the healthcare system.

The government responded by announcing in June that it has suspended delivery bookings in public hospitals by "non-local" women until 2012. The government also met separately with private hospitals and agreed to cap the number of "non-local" women the private sector could provide their services to.

So here's the question: Should all foreigners, who are therefore "non-locals", be concerned that there won't be enough places on obstetric wards? Reassuringly, the short answer is no.

According to the government guidelines, all expats who hold HKID cards will be

considered local patients. Therefore, legally, public hospitals have to accept pregnant HKID card-holders who wish to deliver in the public system. Karin Siegler of Wellness and Birth midwife services confirms that "all my clients that wanted to go to the Queen Mary or one of the other [public] hospitals were accepted without any problems". This leaves most expats unaffected by the new rules and quotas. Equally, the government measures should not affect expats who wish to give birth in the private system, as the caps only apply to "non-local" women.

So what *is* there to worry about? Although expats who wish to deliver in a private hospital shouldn't be affected by the new government measures, simply securing a place in the private system is becoming increasingly difficult. Both Yvonne Heavyside, founder of The Family Zone, and Karin Siegler have had clients who have been forced into either choosing to return to their native country to deliver, or who ended up delivering in public hospitals simply due to the enormous overbooking of the private system. According to Yvonne, it is "increasingly difficult for clients to secure beds in the private sector". If you are hoping to deliver in a private hospital then you, or your obstetrician,

must book a hospital place as early as possible, preferably immediately after your first scan and blood test. If there is not space at first, remember to call back at regular intervals.

 According to the government guidelines, all expats who hold HKID cards will be considered local patients.



Make It 12! Exclusive Wine Offers by the Dozen



- Monkey Bay Marlborough Sauvignon Blanc 2010
- Oyster Bay Marlborough Sauvignon Blanc 2010
- KWV Reserve Sauvignon Blanc 2010
- Concha Y Toro Trio Sauvignon Blanc 2010

\$9999 Less than \$84 per bottle! (Save \$459) \$1,458

Order this mixed dozen and we will give you a free bottle of Cloudy Bay Sauvignon worth \$298



Come in-store to discover our exclusive wine offers!

Choose from our exciting ranges of Sauvignon Blancs, Bordeaux and mixed dozens, or create your own selection within the offer. With every order, you will receive an excellent wine absolutely free, and enjoy complimentary delivery to your home! With Oliver's "Make It 12", there is a wine for every occasion. Please visit our website for the full range of "Make It 12" offers and our order form.

If you would like advice or help with your order, please contact Ellen Coetzee, our wine expert, at 2869 5119.

Shop 201-205, 2/F Prince's Building, Central.

Www.oliversthedeli.com.hk

Terms and conditions apply. Please contact store staff for more details.
Promotion Period: 36th August - 27th October 2011
Please note that whilst we make every effort to supply the advertised vintvages, there may be vintage changes.

the other milestones

aby's first smile, tooth, step and word – moments you will treasure and, no doubt, meticulously record. But it's not just your baby's developments and achievements that need to be celebrated. Your first year of parenting will be full of many other significant moments that shouldn't slip by unnoticed.

1. Sleep tight. There are many definitions of a full night's sleep. Whether you need six, eight or ten hours of shut-eye, it's a big moment for the whole house when you get a full night of rest.

2. To market. Leisurely window shopping it might not be, but your first shopping expedition is worth remembering. Whether it's a rushed trip to the supermarket for more nappies or more serious retail therapy, the first time you venture back into the shops is one step closer to normal life.

3. **Big night out.** You may spend your first night out with your partner discussing the minutiae of your child's existence, but it still counts as a big deal. You have overcome the nagging voice in your head to enjoy a meal uninterrupted by nappy changes, feeding time or seemingly relentless cries.

4. Happy hellos. You snap awake, alert to all sounds. But this time, it's not a hungry wail that beckons, but the babble of a happy baby.

5. The ah-ha moment. The first few months of parenthood can be filled with trepidation. Gradually, as you become more confident, everyday routines fall into place. Then one day you realise that you are actually pretty good at the whole parenting thing. 6. Party time. At first, the only thing you can guarantee about socialising with your newborn is that you will concentrate on nothing but your newborn. There comes a time, however, when you will actually enjoy the social event itself.

7. The meal deal. You've battled through weaning, puréed more vegetables than you care to remember and dished out mounds of baby rice. One day, your little darling accepts the spaghetti you've offered and the whole family is eating the same meal.

8. Planes, trains and automobiles. For Hong Kong families, a child's first international trip often happens early. Make sure you record it with glee: your child is sure to thank you in years to come, since kids love seeing pictures of themselves on holiday.

9. Shagadelic. For many new mums, the thought of having sex again is as terrifying as giving birth. For others, breastfeeding results in a complete loss of libido. The good news is most women get their mojo back within three months of giving birth.

> 10. A good old gossip. It's easy to get obsessed with every little burp and gurgle, but there comes a time when you crave adult conversation. Your first proper girly conversation – without mentioning your baby's bowel movements – is a happy occasion for both you and your friends. 🖗



City Apartments close to Canary Wharf from only £159,950**



Studio, 1, 2 and 3 bedroom luxury apartments just minutes from The City and Canary Wharf

New Festival Quarter E14 (Venue for the

2012 Olympics)

Bellway

- 24 hour concierge service Residents gymnasium High quality internal specifications
- Secure underground car parking* Landscaped gardens Private balconies and terraces
- Estimated completion date June 2012 (Olympics July 2012) 8 mins to 2012 Olympic Stadium

EXCLUSIVE LAUNCH

3rd & 4th SEPT (SAT/SUN) 11am - 7pm

2nd Floor, Salon IV, Grand Hyatt Hotel, 1 Harbour Road, Wan Chai, Hong Kong (MTR Wan Chai Exit A5)





additional cost. "Prices correct at time of print. The contents herein shall not form any part of any contract or be a representation including such contract. Where the completion sesson is stated it is an indicative period only. Purchasers should satisfy themselve Is long alog date as detailed in the legal contract. Our sales representatives for overseas property work exclusively in relation to properties outside Hong Kong and are not therefore feared under the Estates Agents Ordinance to deal with Hong Kong properties

For further information :

Mei Wong +852 2868 1568

mei.wong@ap.jll.com



teething vi

Here's what you need to know about this trying time, advises Dr Mishi Khanna, BDS.

he arrival of your baby's first tooth is an amazing milestone! Most babies get their first tooth at around six months, but your child's pearly whites may appear as early as three months or as late as 13, depending on many factors, such as when Mum and Dad started teething and whether or not your baby was born prematurely. How babies experience teething can vary widely, too. Some have teething symptoms, such as excessive drooling and fussiness, weeks before a tooth actually emerges, while others show no signs at all.

Teeth actually start developing while your baby's in the womb, when tooth buds form in the gums. Teeth "erupt" one at a time over a period of months, usually in pairs, and often (but not always) in this order: first the bottom two middle teeth, then the top two middle ones, then the ones along the sides and back. The last teeth to appear (the second molars, found at the back of the mouth on the top and bottom) have usually begun coming into place by your baby's second birthday. By age three, your child should have a full set of 20 baby teeth, which shouldn't fall out until

his permanent teeth are ready to start coming in, around age five-and-a-half or six.

Top experts disagree about whether teething actually causes symptoms – such as fussiness, diarrhoea and fever – or whether these may just appear coincidentally at the same time as teething. Ask any parent though, and they will probably say that their teething tot did experience some or all of the following symptoms:

- the need to chew
- biting
- puffy gums
- excessive drooling, leading to a facial rash
- fussiness
- night waking
- refusing food

The teething process lasts about two years, but after the first few teeth come in, the process tends to be much less painful. Once the first tooth appears, start cleaning it twice a day by rubbing gently with a washcloth. Never put your baby to bed with a bottle or nurse him to sleep once his teeth come in, since he's now prone to cavities. This may be a trying phase

call the doctor

Because some signs of teething may actually be signs of illness, call your doctor if symptoms worsen (for instance, a low-grade fever reaches 101° F or higher) or last for more than a couple of days. You should also check with your child's dentist if you see no signs of teething by the first birthday.

for your baby (and you), but with a little help, he'll have a mouthful of gleaming teeth in no time!

Soothe the pain

You may need to try a few methods to see what works best for your child:

A wet, frozen washcloth Give your child something to chew on, such as a firm rubber teething ring or a cold washcloth. If your baby is old enough to eat solids, he may also get some relief from cold foods such as yogurt. Giving him a hard, unsweetened teething cracker to chew on is another trick. (Avoid carrots, as they can be a choking hazard.)

Massage If the tooth is still deep in the gum and hasn't formed a painful bruise, counterpressure or friction where it's about to erupt can work wonders. Try rubbing the area with your clean finger (bare or wrapped in a washcloth).

Medicine Infant paracetamol (acetaminophen) and ibuprofen are good bets for temporary pain relief, as are topical oral anaesthetics, as long as you don't exceed the recommended dosage.

Distraction You can often soothe your child simply by getting her mind off the pain. Give her more oneon-one time or offer her a new toy. And don't underestimate the healing power of touch: A big cuddle may be all that's needed to take a child's mind off her mouth!

stand, sit or squat

But don't take labour lying down, writes Angela Baura.

ommon delivery scene: Woman, lying on her back, screaming, swearing and sweating profusely as she pushes her baby into the world.

Less common, but more pleasant scene: Woman, sitting up, silent, serene and sweating profusely as she breathes her baby into the world.

Why is the first scene – far less pleasant than the second – the more common one, the one always pictured in movies and TV shows? After all, there is more than one way to give birth, ways that are far more comfortable and relaxing for mother and baby. Lying on your back in labour may seem like the most obvious position; however, taking this position can cause contractions to slow down and become more painful, and, as your body is working against gravity, to make your labour a lot longer than necessary.

Assuming your personal choice and circumstances allow for a natural labour, there are five main positions you might consider.

Stand up

When you're in labour, think of gravity and the man who got you into this situation as your best friends. Choose a position that allows gravity and your partner to help and support you through what can be one of your most amazing experiences ever. Try standing up. When you stand, gravity encourages labour to progress by easing your baby's head down into the cervix and then into the pelvis. Contractions are said to be more manageable and less painful as a result. The upright position also allows your partner to help you with your labour, be it by massaging your back, allowing you to lean on him for support and comfort, or breathing with you through your contractions.

Take a walk

Walking during the early stages of labour is beneficial to both mother and baby. Not only does it allow you to feel more in control, but the movement also helps your baby pass more comfortably through your pelvis.

As labour progresses, walking may become increasingly difficult. But it is still possible to remain standing, with your partner's support, and rhythmically rock back and forth.

Sit down

Sitting down – on a birth ball, facing the tank on the toilet, or on the edge of the bed – allows gravity to play its part whilst allowing you to relax. Your weight is supported without too much pressure being placed on your perineum, and rocking back and forth or in a circular motion whilst sitting encourages baby to find a comfortable way through the pelvis. Again, these upright positions allow your partner to massage your back with each contraction.

Squat

Squatting is a fantastic position to help open up the pelvis. This is not the easiest of positions, so you need your birthing partner to hold and support you for this one.

Get on all fours

Down on your hands and knees, or elbows and knees, allows your pelvis to expand and prevents excessive pressure on the perineum. This position is ideal if your baby is in a posterior position and your back is aching. It reduces pressure on your spine and, combined with rocking back and forth, may help get your baby into a better position for birth. This is also a good position for delivery as it allows your baby to emerge gently, reducing the risk of tearing. Once again, this position allows your birthing partner to massage your back and provide comfort.

Rest on your side

There may come a point when you just want to get into bed and lie down, especially during a long 66 After all, there is more than one way to give birth, ways that are far more comfortable and relaxing for mother and baby.

labour. It is preferable to use one or a combination of the above positions in the early stages of labour to allow your trusted friend, gravity, to help you. Lying down, preferably on your side to avoid the disadvantages of the horizontal position, is a comforting position to be in when you're tired or in active labour.

Lying on your side also reduces pain and discomfort by limiting the amount of pressure on your perineum, and allows your partner to massage and comfort you.

Your ability to change positions and find one or a combination that work best for you are dependent on many factors, including your choice to have an epidural and how your labour is progressing. Speak to your midwife to establish your options based on your individual circumstances. ulda Thorey, co-owner of maternity and early childhood organisation Annerley, is a midwife who offers antenatal clinics and classes and breathing classes, and helps prepare couples for their birth. "One of the biggest challenges you come across when choosing a position is the fact that, in hospitals, it has long been traditional to expect women to lie/half-sit in bed when giving birth. This is partly because it is easier for the midwives and obstetricians to see the perineum and manage the actual birth," Hulda says.

She continues, "Nowadays, this is slowly becoming an unacceptable demand since research shows that this does not always improve the quality of the birth, or give any better birth outcomes. So, slowly, the choices of positions are becoming slightly more available. But women's biggest challenge to finding a good position for birth is still, in my opinion, the professional staff's resistance in supporting them to do so. If you intend to use any of the positions that make sense to your body and may aid the process of normal birthing, you will have to lead this yourself and be very well-prepared before going into labour. This way, you will have the confidence to follow your own body's lead, instead of expecting others to tell you what to do."

She concludes, "Having said this, there are a few doctors and midwives who are happy to assist and support different positions and movement during labour and this all comes down to communicating with them beforehand as well as while you are in labour." A little-known virus you've probably never even heard of poses a surprisingly big risk, discovers *Amy Arber*.

cytomegalo-what?

was halfway through the "F" section and resting The Big Book of 60,000 Baby Names on my prematurely swelling belly when I got a phone call that would have me reeling for the next seven months. A nurse from my doctor's office called with the news that the routine blood tests I had done when I was eight weeks pregnant tested positive for something called cytomegalovirus, or CMV. I took a deep breath, asked her to spell it, promised I wouldn't worry, hung up the phone, and immediately panicked. I had always been healthy and my first pregnancy was enviably textbook. I immediately called my husband and we both started frantically Googling. We were shocked to discover that this virus we'd never heard of was the most common congenital infection in the United States, disabling one in every 750 children born there. There was a risk our baby would suffer from mental retardation, hearing or vision loss, or even premature death.

What is it?

CMV, a member of the herpes virus family, is a common virus that infects most people at some time during their

lives. Once a person becomes infected, the virus remains alive but dormant within the body, although it can recur periodically. It rarely has obvious symptoms, but if contracted by a pregnant woman, can be passed on to a foetus through the placenta. The virus is most common in children, and is spread through bodily fluids. It was clear that I had most likely caught CMV via the daily shellacking of saliva and tears I received from my oneyear-old daughter.

The first thing my doctor recommended was another blood test to ascertain if I had a primary or recurrent CMV infection. The likelihood of transmitting the virus to the foetus is in the range of 30 to 50 per cent for a primary infection contracted shortly before or after conception, but virtually negligible for a recurrent infection. The results of my blood test couldn't have been worse: I had contracted a primary case of CMV right around the time of conception.

What if my baby has it?

We took some comfort in the fact that even if I did pass CMV along to my unborn child, there was a chance that he would not suffer any negative effects. Babies born

Chere is no definitive test that reveals whether a foetus has become infected with CMV ? ?

with CMV have a 10 to 15 per cent likelihood of showing symptoms at birth, and another 10 to 15 per cent chance of appearing fine at birth but developing long-term problems such as hearing loss and learning difficulties within the first few years of life. The remaining 70 to 80 per cent of babies born with CMV have no problems at all. I felt like a Las Vegas oddsmaker, but with the highest imaginable stakes – trying to pin down an exact percentage chance that my baby would be disabled.

We did a lot of reading and spoke with experts around the world and, unfortunately, learned that there is no definitive test that reveals whether a foetus has become infected with CMV, and, if so, whether that infection will manifest into a disability. It's because of this very maddening lack of certainty that most doctors outside of continental Europe don't even test for CMV in pregnant women. My doctors suggested an amniocentesis after 21 weeks so that the amniotic fluid could be tested for the virus, and a detailed ultrasound to see if the baby had any obvious abnormalities.

My amniotic fluid was CMV-free, and the 22week ultrasound looked good. The doctors, after much coercion (because no one likes to make such predictions), estimated our baby had about a ten per cent chance of contracting CMV. So there was still a chance, but I liked our odds. Our long nightmare finally came to an end a couple of weeks after our son was born when we got his test results – he had not contracted CMV and was perfectly healthy!

Can I avoid it?

Prevention is your best bet for avoiding a CMV nightmare of your own. If you are pregnant or considering becoming pregnant in the next six months, practice good hygiene, especially if you have or work with children. Be sure to wash your hands after changing nappies and after contact with urine, faeces or saliva. You may even want to wear gloves – and a wetsuit! – if you've got a teething, drooling baby at home. Try to avoid mouth-to-mouth kissing with children attending day care, school or playgroups, and refrain from sharing food, drink and utensils with children.

If you'd like to learn more about CMV, speak with your doctor. O

get it sorted

From life insurance to school fees, is your financial house in order for your growing family? asks *Elle Kwan*.

e've all stood in front of a minuscule baby outfit, oohing and aahing after finding out we were having a baby, and deemed this a must-have purchase. The problem is when that purchase snowballs into an avalanche of expensive outfits, equipment and toys.

Many new parents make the mistake of putting babies first, says Karen Hui, an assistant associate director with Convoy Financial Services. "For instance, they will buy life insurance for their child, rather than themselves, and very few consider disability insurance." As Karen rightly points out, this can be backwards thinking. If one or both parents find themselves unable to work, taking care of a child with little or no income would be a struggle.

When financial advisers help prioritise how money should be saved and spent, life insurance and making a will is often at the top of that list. Being that you are confronting your own demise, they are also two of the hardest for parents to face.

"That was the day I really felt like a parent – not the day I gave birth – but the day I signed my will. That was when I 'stepped up," says Shevaun Leach. Shevaun had been advised to make a will while expecting her first child, who is now two, but it took the arrival of her second baby last year to prompt her to action.

Wills are especially important for those whose closest family – the people you might name as guardians – reside overseas. Hong Kong law requires official documentation before awarding custody to non-residents, and children will not be permitted to leave without it. A will also gives you an opportunity to allocate carers before those guardians have arrived in Hong Kong. Otherwise, children are named as wards of the court. It's worth shopping around for willwriting companies, as quotes can vary from over \$20,000 to around \$5,000, depending on individual circumstances.

Life insurance and estate-planning are recommended by financial planners worldwide, but living in Hong Kong brings its own sets of unique expenses. For those who haven't always called the territory home, private hospitals and fee-paying schools are two big expenses that might require getting used to. Or not.

Life choices

Kathryn Eagle gave birth to her first son in the Matilda International Hospital, at a price of around \$90,000. At the time, those expenses were covered by her employer, who also afforded her a generous six-month maternity leave. But as thoughts now turn to planning for a second child, Kathryn's situation will be radically different. Prompted by a family bereavement, Kathryn left that job, and those benefits, to launch her dream business – running Sensational Baby, multi-sensory classes for tots. The business is doing well, but most of her savings went into the venture, leaving little room for a luxury childbirth. Kathryn is unfazed. "There are more important things than the financial benefits," she says. "I'm from the UK. If I was there, I wouldn't even think about a private hospital," she says. So when the time comes, Kathryn will be booking into the public system and paying just a few hundred dollars.

However, she does ponder how her career choice is affecting the way she can afford to raise her family. Hugely pro-green, Kathryn prefers to use eco-nappies, cleansers and, when possible, selects organic foods. After tightening the purse-strings, she feels she has had to sacrifice some of these due to their heavier price tags, at least for the time being.



Discover a new world of opportunity with expat banking in Jersey.

22°N – Hong Kong, China

When it comes to managing your finances, specialist expat banking can help you discover a world of both reliability and opportunity.

We have over 40 years' experience in helping individuals protect and grow their wealth in Jersey, one of the world's most respected international finance centres*.

With HSBC Bank International's expertise in expat banking, we are well placed to help you make the most of the opportunities available. We can provide:

- Expat wealth management solutions
- Multiple currency banking (including GBP, USD, EUR and HKD)
- · Ability to transfer money easily around the world
- Qualified experts based in Hong Kong

Discover how to protect and grow your expat wealth

Call Claire Gannon on 2822 4900 Email hsbcintltd@hsbc.com.hk

HSBC Premier



*Source: GT Financial Stability Form (www.jerseyfsc.com). Issued by HSBC Bank International, a trading name of HSBC Bank International Limited, HSBC House, Esplanade, St Helier, Jersey JE1 1HS. HSBC Bank International is regulated by the Jersey Financial Services Commission for Banking, General Insurance Mediation, Investment and Fund Services Businesses. HSBC Bank International Limited Hong Kong Branch is licensed by the Hong Kong Monetary Authority as an Authorised institution in Hong Kong and licensed by the Securities and Futures Commission to excurities (Type 1) and advising on securities (Type 4) regulated activities under the Securities and Futures Ordinance (central entity number assigned by the Securities and Futures Commission: AGH398). Deposits and investments made with our offices in the Channel Islands and the Isle of Man are not protected by the Hong Kong Deposit Protection Scheme. HSBC Bank International is a participant in the Jersey Banking Depositors Compensation Scheme. The Scheme offers protection for eligible deposits of up to £50,000. The maximum total amount of compensation is caped at £100,000,000 in any five year period. Full details of the Scheme and banking groups covered are available on the DCS Website: www.gov.je/dcs. Copies of our Terms and Conditions and Audited Accounts are available on request. © HSBC Bank International Limited 2011. All Rights Reserved. **MC8462/SJ/2206553/PN**

School fees

Debentures for some international schools run from several thousand to over three million dollars. The English Schools Foundation, which has recently announced a levy scheme, has requested \$25,000 per child beginning with this school year. Even some pre-primary schools require upwards of \$50,000. Like Kathryn once did, many expatriates will find costs covered by a work package. But not everyone will be so lucky. Job losses often bring loss of medical insurance and reimbursement for rent and school fees – exactly what happened to Mark Rawson in the past.

Now CEO with The Henley Group financial advisory, Mark arrived in Hong Kong 16 years ago and has raised

three children here, despite those economic ups and downs. He says it's easy to put off planning if your view of living here is short-term, as it is for many when they first arrive on a twoyear contract or similar.

We all spend a lot in rent, but looking at how much you take taxis or go out for dinner can be quite shocking.

The kids are alright

If the figures sound more than a little scary, take heart. All of the parents we spoke to put food on the table, have

> a roof over their heads, have at least a policy in place for secondary or tertiary education, and still have a little extra left over to have fun. They may plan more than before on how to have fun, but they do

have fun. Shevaun Leach says that the price of holidays since having two children has spiralled, and so she now finds it cost-effective to book villas rather than hotel stays. She also took the advice of a financial adviser and, for the

first time, made a budget. "It's quite an eye-opener looking at what you do spend," she says. "We all spend a lot in rent, but looking at how much you take taxis or go out for dinner can be quite shocking."

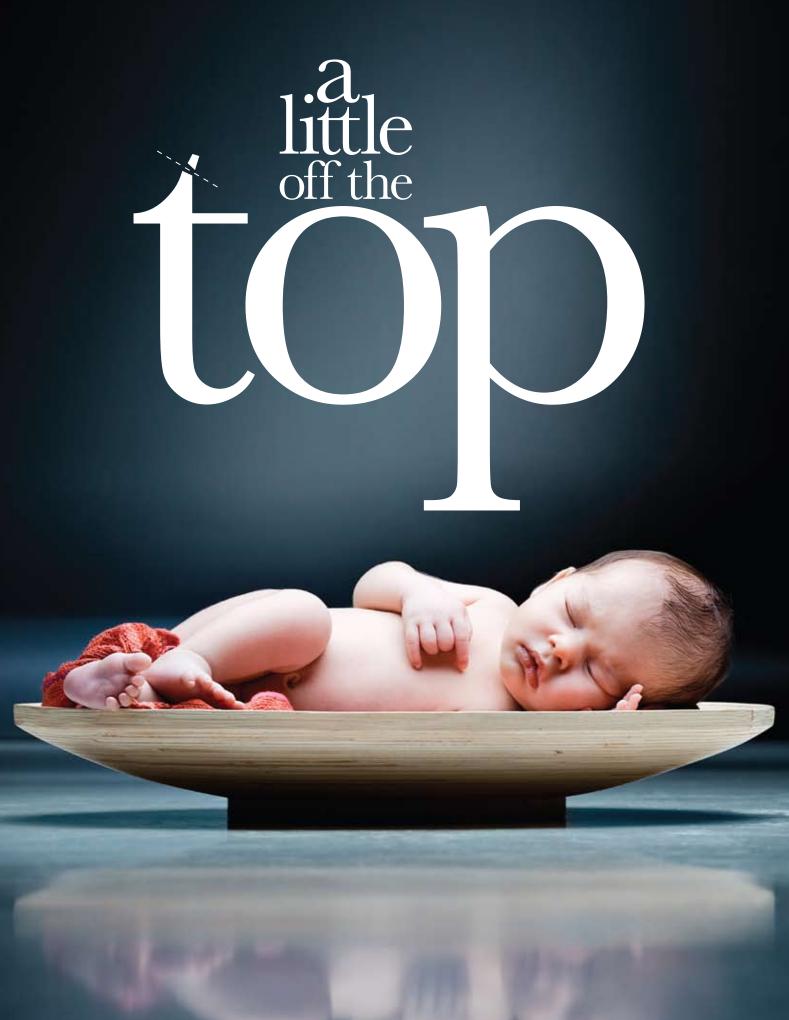
Really, it's all a question of lifestyle, says Mark Rawson. "What do you want your lifestyle to be over the next five, ten, or 15 years?" Once you have that established, he says, take planning it from there. 😰 Hospital bills
Life insurance
Disability insurance
Estate plans
School fees
Adorable baby outfits

aning if your view of ag here is short-term, is for many when first arrive on a twocontract or similar. "I didn't come here with a 16-year view, but that is have fun. She

what I have ended up with," says Mark. His experience is far from unusual. "I'd advise keeping your options open rather than locking yourself in with a pre-determined course," he says. If you don't have workplace benefits, then it pays to start planning as early as possible. Schooling also has hidden costs. From must-have

equipment like laptops, books and multiple uniforms to high-ticket items such as extra-curricular activities and exotic school trips – one of Mark's children went as far as Peru – the list seems never-ending. Extra classes and tutors are deemed normal. And in Hong Kong, where there is a lot of wealth flowing, parents may find both themselves and their kids "keeping up with the Joneses."

"How do you tell them, 'sorry you can't go,' when all their friends are going?" says Regina de Luna, a mum to two kids, aged four and six, who is beginning to feel that peer pressure now that her eldest is at primary school. Her solution is to prioritise. "We're definitely not going to give in wholesale and let them go just because their friends are going," says Regina.



66 To snip or not to snip: that is the question for parents-to-be who are expecting sons. ??

Is circumcision the right choice for your new son? asks Angela Baura.

hile I am not 100 per cent against circumcision, neither am I 100 per cent happy with the idea of inflicting pain on my newborn," admits Harsha. "There is not sufficient reason to put our newborn son through what seems to be a superficial procedure," says Janet. "For hygiene and family tradition reasons, we are planning to have our son circumcised," Jennifer confirms. To snip or not to snip: that is the question for these and other parents-to-be who are expecting sons.

An explanation

Neonatal male circumcision is the surgical removal of a baby's foreskin, the fold of skin that protects the glans (the sensitive tip, or head of the penis) from abrasion, irritation and foreign material. In Hong Kong, urologists and paediatric surgeons perform the majority of circumcisions, although some obstetricians and paediatricians also offer this service.

"The baby is usually restrained on special apparatus, the penis [is] cleaned, and sometimes a local anaesthetic is applied. Doctors may use a clamp to cut the foreskin or separate it from the glans with a probe. A plastic dome is applied to prevent blood circulating to the foreskin, which, after a few days, dies and falls off, along with the dome," explains Yvonne Heavyside of The Family Zone, a Hong Kong-based centre that provides professional help with antenatal, maternal and child care needs. In laser circumcision – another method that's also available in Hong Kong – the doctor uses a laser beam to remove the foreskin. This is a faster procedure with less bleeding, faster healing and, allegedly, less postoperative pain.

Why do it?

Both the Jewish and Muslim faiths prescribe that circumcision be performed on males as a rite of passage. Culturally, male circumcision is common in several countries, including the Philippines, Korea, several African and Pacific island nations, and the US.

However, the tide might be turning in some places: Recently, in San Francisco, an activist group petitioned the city to outlaw neonatal male circumcision. The group initiated an ordinance that would have made it illegal to "circumcise, excise, cut or mutilate the whole or any part of the foreskin, testicles or penis of another person who has not attained the age of 18 years." Despite earning enough signatures to call for a vote, and having the support of the city council, the initiative has been withdrawn because it would violate a California law that makes regulating medical procedures a state, not a city, matter. In spite of the failure, the movement has drawn attention to and discussion of the topic.

Religious and cultural reasons aside, parents typically cite hygiene and health as reasons to circumcise. Medical research suggests that circumcision might reduce the risk of:

- urinary tract infections, which affect one to two per cent of boys.
- HIV, syphilis and genital ulcers. According to trials in Africa, circumcision reduces the risk of HIV transmission from infected women to uninfected men. However, the World Health Organization (WHO) and the Joint United Nations Program on HIV/AIDS (UNAIDS) advise that "circumcision only provides partial protection from HIV and should not replace known methods of HIV prevention".
- penile cancer, a rare disease.
- penile hygiene issues.

Are there risks?

Common complications of male circumcision include bleeding, infection, irritation of the glans due to contact with stool or urine, ulcers, and meatal stenosis – a blockage or narrowing that develops in the opening of the urethra.

Scarring of the penis can also occur. If the entire foreskin is not removed during the procedure, the portions of it left attached to the penis can form adhesions called skin bridges. Rare complications include haemorrhage, loss of penis, lifethreatening bacterial infections and death.

In a recent video clip on Men's Health Solution Centre's website (www.mhs.hk), Dr Tony T F Chan, a specialist in general surgery, advises, "We do not recommend circumcision in the newborn due to risks from anaesthesia and surgical trauma. Boys aged one year or above should receive circumcision if necessary."

RED SHOE DANCE STUDIOS UNIT 3A 3/F ARBUTHNOT HSE, 10 ARBUTHNOT ROAD, CENTRAL

Kindi Jazz Mon 3.15-4.00pm ages 4+5 Sat 9.30-10.15am ages 3+4





Kindi Ballet Ages 3+4 Mon 3.30-4.15pm Tues 3.15-4.00pm Sat 8.45-9.30am

For more information, call acqui 98130079 or Judy 21179295, send us an email redshoedance@gmail.com or visit www.redshoedance.com



Outdoor & At Your Home Photography WWW.beestudio.hK NewBorn | Kids | Pregnancy | Family





What do the experts say?

According to the Royal Australasian College of Physicians, "there is no medical reason" to circumcise boys; the British Medical Association (BMA) calls it "unethical" and "inappropriate"; and the American Academy of Pediatrics (AAP) believes that "data are not sufficient" to recommend routine neonatal circumcision.

According to the AAP, "there is little evidence to affirm the association between circumcision status and optimal penile hygiene." - bleeding, infection, urethral stricture and panic attacks are common. KNMG is therefore urging a strong policy of deterrence. KNMG is calling upon doctors to actively and insistently inform parents who are considering the procedure of the absence of the medical benefits and the danger of complications."

And the mums?

During a recent trip to the US, Hong Kong mum Janet questioned family and friends on circumcision. She found the responses disappointing:

66 We have decided not to circumcise and to let our son decide for himself when he is old enough to do so. After all, you can't undo something like this! ??

Indeed, Hulda Thorey of Annerley, Hong Kong-based maternity and early childhood professionals, who, along with Yvonne Heavyside of The Family Zone, strongly opposes routine neonatal circumcision advises, "Cleaning an uncircumcised penis is simple. Do not pull the foreskin for the first three years of a boy's life and, when he is older, teach him how to gently pull it back and clean with water and perhaps a mild soap, being careful to rinse well afterwards."

In 2010, the Royal Dutch Medical Association (in Dutch Koninklijke Nederlandsche Maatschappij tot bevordering der Geneeskunst, or KNMG) announced: "... nontherapeutic circumcision of male minors is a violation of children's rights to autonomy, and physical integrity. Contrary to popular belief, circumcision can cause complications "Like father, like son"; "I don't want him to be teased in the school locker room"; and "It's hygienic". Everyone seemed to agree that boys should be circumcised, but almost as a path of least resistance rather than for any medically-substantiated reason.

But she also met a man who, today, is unhappy with having been circumcised at birth. "Circumcised men are likely to have decreased sensation ... and some studies suggest a reduced risk of contracting various STDs if you are uncircumcised," he claimed.

Janet says, "We have decided not to circumcise and to let our son decide for himself when he is old enough to do so. After all, you can't undo something like this!"

Hong Kong-mum Harsha comments, "My husband, who was born a Muslim, was circumcised when he was six. It's one of the first memories he has, and [it's] not a pleasant one. I think he would like our son to be circumcised so that both father and son look the same. If we were to circumcise, I would only do so when the baby is very young and has no memories of the procedure. While I understand there are some good medical reasons for circumcision, I am worried about the risks particularly as circumcision is not a common procedure in Hong Kong. Also the 'advantages' of circumcision can easily be negated with the argument that you should teach your child good basic hygiene from an early age and safe sex practices later on anyway."

Jenny, another mum, says, "To minimize pain, we'll do it in the first week since the pain receptors aren't fully formed then." But even then, the timing is tricky: "I'm very committed to breastfeeding, so would like to establish that with my son before we do the circumcision since I do not want anything interfering with the natural processes of the first few days," she says.

What's best for your son?

Today, most medical associations disagree with routine neonatal circumcision to provide protection against conditions that might occur later on in life (listed above), especially when there are nonsurgical preventative methods available. However, many parents do still choose to circumcise their sons, whether for religious or cultural reasons, or because they feel that the medical benefits outweigh the risks. Ultimately, parents must make a personal decision based on what they feel is best for their child.



beyond the blues

A mum's mental health can have a long-term effect on her baby's development, writes *Dr Barry C Connell*.

o smoking, no caffeine, no drinking, no unpasteurised cheese. Take prenatal vitamins and folic acid supplements. Get plenty of rest and moderate exercise. Everything you do when you're pregnant impacts the baby growing inside. Everyone's heard the basic rules for pregnancy, some of which are debatable, but well-known nevertheless. We also know about the negative effects mums can face after delivery: recent celebrity admissions have highlighted postpartum depression and legitimised the symptoms that women have been suffering in relative silence until now. In the past 30 years, much indeed has been learnt regarding the pregnant woman and new mother's physical and mental health.

But new research shows that there's something else to be aware of too: the mother's mental health can affect her baby's development during, as well as after, pregnancy.





Pedder Building Store 5/F Pedder Building, 12 Pedder Street, Central T: 2522 7112 Horizon Plaza Store 21/F Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau T: 2552 5000



A depressing side-effect

Most women have good mental health during and after pregnancy. However, among the ten to 15 per cent who don't, depression and anxiety are the most common problems. Some may already be facing a mental illness, such as anxiety or depression, when they became pregnant. Some have suffered from mental illness in the past and will worry whether they'll get sick again. And some will develop problems for the first time during or following pregnancy.

Anyone, pregnant or not, who becomes significantly anxious or depressed should seek help to lessen their distress. But a pregnant woman needs to consider the effect her mental state may be having not just on herself, but also on her baby.

Vivette Glover, professor of perinatal psychobiology at Imperial College London, has conducted pioneering research on how the emotional state of a mother can impact the developing foetus, baby and child. Her studies have revealed that unrecognised and untreated stress and anxiety during pregnancy can increase a child's chances of developing conditions such as attention deficit hyperactivity disorder (ADHD), conduct disorder and cognitive impairment.



It's hard to imagine that the mother's mental state could have this big an impact. But, consider that between the 20th and final week of pregnancy the developing brain grows in size 17-fold (or, 1,700 per cent). In comparison, between birth and four years, the brain grows only fourfold more (or, just 400 per cent). The brain in the womb appears to be particularly sensitive to the natural chemicals and hormones swimming in the mother's blood, which bathe the foetal brain via the placenta. Professor Glover calls this process, somewhat inelegantly, "foetal programming".

Her work has also suggested that it isn't just extreme stress or the sort of anxiety a person experiences when mentally unwell that has this possible negative effect. It may be that the effects of everyday hassles, and even marital discord, can have some impact.

The ties that bind

Today, most of us would easily accept that our actions as parents, including our everyday interactions with our children, have an effect on their development. But half a century ago it didn't seem so obvious. Back in

the 1950s, the late and eminent psychiatrist and psychoanalyst John Bowlby pioneered our understanding of what has come to be known as "infant attachment". He was the first person to identify the infant's need for a trusted attachment figure and to go on record saying the "way that parents actually treat their children and the sense that children make of these experiences ... are of key importance in children's development".

In the 1980s, we learned more through a series of landmark studies of interactions between mothers and babies. Research revealed a "rhythmical pattern of looking and withdrawal" between both. Most intriguingly, it appeared that the baby controls this process by being able to look away, leading to what are called "disruptions" in the interaction. An "attuned" mother is able to engage with this and conduct a "dance" of alternating attunement – or tuning in – to "repair" the disruptions. Ultimately, if performed consistently, it leaves the baby with a strong sense of security that persists throughout childhood and beyond. Such a "securely attached" infant routinely seeks out comfort when it is distressed and feels calmed when comforted by the mother. On the other hand, an "insecurely attached" baby isn't able to "use" its mother to manage its distress, and consequently may experience unhelpfully strong and confusing emotions.

It appears that a woman suffering from postnatal depression has difficulty engaging in this "dance" with her new baby. There is evidence that such babies experience extended periods of disruption rather than attunement. If this becomes chronic, there may be longer term emotional, behavioural and cognitive effects that extend into childhood.

An impactful interaction

More recently, in the last ten years or so, researchers have used powerful, advanced techniques such as MRI scanning to uncover the very real connections between these mother-baby interactions and the baby's development. It now appears that babies not only build their brains as a result of this early interaction, they also build their minds and construct a sense of themselves that lasts a lifetime.

Additionally, researchers in the Cambridge Longitudinal Study have been tracking the lives and development of children of both depressed and not depressed mothers for 22 years. The study has shown that having a mother who suffers from sustained postnatal depression increases the child's chances of developing depression by the age of 16 approximately threefold. The clear implication of this and other research is that the quality of our emotional interactions with our mothers can have a real and substantial impact on how our brains develop and, at least in part, in determining who we become as adults.

In the face of our increasing awareness it's important to retain a balanced and positive perspective. Remember: between 85 and 90 per cent of pregnant women don't develop anxiety and depression. Of those who do, a number will pass through it in a few months, even without professional help. (However, intervention may shorten the duration, making it an appealing course of action.) Studies reveal that of the women who do develop postnatal depression and don't get help, a significant number – about 25 per cent – are still depressed after a year.

Asking the right questions

Unfortunately, as of today there is no "screening tool" that accurately predicts whether or not a pregnant woman will develop depression. The emphasis is now being placed on "early intervention" or "secondary prevention" by the health professionals involved during the pregnancy and postnatal period. We can't prevent it from happening, so we try to "nip it in the bud".

If you have a past history of, or are currently being treated for, mental illness warranting medication and/or talk therapy, it would be wise for you to carefully monitor your mental well-being. If, either antenatally or postnatally, you feel depressed and anxious for the first time and this feeling persists for more than a couple of weeks, you should seek the help of your obstetrician, midwife or family doctor. She or he will likely give you a questionnaire for identifying depression or ask you three simple questions, known as the Whooley questions after their author, that are equally predictive:

- 1. During the last month, have you been bothered by feeling down, depressed or hopeless?
- 2. During the last month, have you been bothered by having little interest or pleasure in doing things?
- 3. Is this something you feel you need or want help with?

Help – if you need it – is likely to mean some form of talking treatment or medication, and this can be helpful and safe, and limit your distress, as well as any potentially negative effects on your baby. p

Dr Barry Connell is a Fellow of the Hong Kong College of Psychiatrists and practices with Central Health Medical Practice.

It now appears that babies not only build their brains as a result of this early interaction, they also build their minds and construct a sense of themselves that lasts a lifetime. ??



Weekly Crazy Deals

Baby Products!

Sept 6th - Oct 3rd

Visit us at

Festival Walk

2011 collection

Now + Olympian City 3 MegaBox +





f just a few thousand dollars could safeguard your child against lifethreatening diseases, you'd be foolish not to pay, wouldn't you? For less than some parents spend on a summer holiday, you'd have an insurance policy for your baby's future.

So begins the discussion and debate about banking cord blood.

What is it?

During childbirth, when the umbilical cord is cut, some blood remains in the placenta and the portion of the umbilical cord that's attached to it – blood neither the baby nor the mother needs after birth. In the past, this placental or umbilical cord blood, commonly called "cord blood", was typically discarded as medical waste.

In the early 1980s, however, researchers discovered that cord blood is rich in hematopoietic (blood-forming) stem cells, similar to those found in bone marrow. This discovery led scientists to examine whether cord blood – produced naturally and collected without surgery – could be used in life-saving transplants instead of bone marrow.

6 Private banks have sprung up around the world to address parents' concerns and desires to bank their babies' cord blood ... ??

This research has led to a long and evergrowing list of ills that can now be treated effectively using cord blood, including strains of leukaemia, lymphoma and anaemia. Easier to match to a donor and source than bone marrow, and without any of the ethical issues surrounding embryonic stem cells, cord blood treatments are nothing less than revolutionary. And there's promise that with continued research, the list of treatable diseases will continue to grow.

Because of all of this, today there is little debate about whether banking cord blood, rather than simply throwing it away, makes sense. Most doctors and health institutions in the developed world now encourage banking. But that seems to be where the agreement ends and the controversy begins.

Where is it banked?

In 1992, the New York Blood Center established the first public bank for umbilical cord blood. Generous funding from the National Institutes of Health made that possible, and growth of additional public banks throughout the world has been slow. Collecting the cord blood is expensive – paperwork, collection materials, doctors' and nurses' time, transport to a suitable bank – but it's the storage that presents the biggest cost for most public institutions. To stay viable, the blood must be processed, frozen and stored at precise, sub-zero temperatures, for up to 20 years in most cases. Indeed, here in Hong Kong, only four of our 36 public hospitals, in partnership with the Red Cross, offer the opportunity to donate cord blood. None of the private hospitals accept donations.

But as the potential for life-saving treatments has grown, so has the potential for profits. Private banks have sprung up around the world to address parents' concerns and desires to bank their babies' cord blood - an insurance policy of sorts for any future health problems. Hong Kong is currently served by several private banking companies. The four most popular among English speakers are: Cordlife, Cryolife, HealthBaby and Smartcells. In private banking, parents pay an initial fee and then annual storage fees after that. According to Cryolife's website, for example, parents can expect to pay about \$35,000 for an 18-year storage plan. (Cryolife declined to be interviewed for this article). A similar plan at Cordlife would cost about \$33,000. While to many Playtimes readers this seems like a small price to pay, especially compared to other daily expenses, for some families the cost is too much to bear.

For these families, Cecilia Lui of Smartcells says, "Most companies have payment plans. We have had clients in the past [who] really want to do it but can't afford the price. We do our best to work something out with the client, whether it's discounts or payment plans."

Likewise, Phoebe Chow of Cordlife says her company "offers flexible plans with reasonable prices. Also, we provide 12-month, interest-free instalment payment schemes."

Ethel Lok of HealthBaby adds, "If parents cannot afford to bank the cord blood privately, we highly recommend [that they] donate the cord blood to HK Red Cross to help the needy."

Who needs it?

The debate about private versus public banking isn't just a financial one; it's also a question of how banked cord blood can be most helpful. There are two forms of transplants: "autologous", where the patient is treated using his/her own stem cells, and "allogeneic", where the patient receives stem cells from another donor. Where you choose to bank the cord blood will determine which type of transplant it would most likely



Be part of the most successful club... AC Milan Soccer Schools comes to Hong Kong

AC Milan is one of the world's most prestigious clubs with an array of past and current stars such as Seedorf, Robinho, Beckham, Maldini and Franco Baresi.



Fast Facts

- Coaches Chinese & English speaking coaches all with official AC Milan training
- Ages From 5 years old to 18 years old
- Sessions Summer camps, after-school & weekend sessions 1 hour for 5 to 10 year olds 1 ½ hours for 11 to 18 year olds
- Cost HKD 10,000 for 50 sessions (discounts available for 2 or more kids from one family)
- Extras Every year a select group will visit Italy for the AC Milan Friendship Cup. a great opportunity for scouting and to learn from the best! Free AC Milan kit and one case of wine including some unique AC Milan wines



Hogan







For further information please visit



www.acmilan.hk or email philippe@acmilan.hk be used for. At public banks, cord blood from anonymous donors is typically used for unrelated allogeneic transplants. When you bank privately, the child whose cord blood is banked may use it for an autologous transplant, or it could possibly be used by a close family member for an allogeneic transplant. But unless a donor has made special arrangements, the cord blood will remain banked for the donor family's use and will not be released to serve a public need.

According to a 2009 study published in the US journal Pediatrics, transplant specialists who collectively have performed thousands of stem cell transplants for childhood leukaemia and other illnesses report that only 50 of those transplants involved privately banked blood. Forty-one cases involved blood used to treat a family member, often a sibling; in 36 of those cases the need for a transplant was known before the cord blood was collected. Only nine cases involved autologous transplants. In fact, according to the Parent's Guide to Cord Blood Foundation, a US-based non-profit organisation, by the end of 2009, only 211 autologous treatments had been catalogued around the world.

According to Ethel Lok of HealthBaby, her company has helped to treat 21 transplant cases. In one case, she says, a client suffering from cerebral palsy was treated autologously and has now recovered. HealthBaby has banked more than 60,000 cord blood samples.

Cecilia Lui of Smartcells says, to date, "Our company ... has had four clients who have received transplant operations with their stored samples. These all happened within the last five years." The treated diseases included cerebral palsy and hemiplegia, a condition that affects the functioning of the right side of the body. She adds, "Yes, it's not commonly used, but if you ever need it [and you have banked privately], it's there."

According to the Parent's Guide to Cord Blood Foundation, over the course of a lifetime up to age 70, the probability that a person will require an autologous stem cell transplant is one in 450, or 0.23 per cent. The probability of requiring any transplant, from yourself or another person (autologous or allogeneic transplant), is one in 220, or 0.46 per cent. Despite the low odds, parents are increasingly feeling the pressure to bank, and anticipate the guilt they'd feel if they didn't and their child had a problem in the future.

Indeed, the American Academy of Pediatrics is encouraging health professionals to use caution in persuading parents to bank privately. According to their official policy: "Cord blood donation should be discouraged when cord blood stored in a bank is to be directed for later personal or family use, because most conditions that might be helped by cord blood stem cells already exist in the infant's cord blood (ie, premalignant changes in stem cells). Physicians should be aware of the unsubstantiated claims of private cord blood banks made to future parents that promise to insure infants or family members against serious illnesses in the future by use of the stem cells contained in cord blood."

Who's banking?

Unlike so many other topics concerning pregnancy and childbirth, the discussion



C Despite the low odds, parents are increasingly feeling the pressure to bank ...



GIRLS, GIVE RUGBY A TRUCK

Girls Youth Rugby is growing fast in Hong Kong and Hong Kong Football Club is keen to form new All Girl teams in the 2011-12 season.

Team spirit, good sportsmanship, competitive sport – rugby is all that and great fun.

For more information contact Liz Moser at mosernyc@me.com.

Main Sponsor



Associate Sponsors









do your homework

To learn more about cord blood banking in general, visit: Parent's Guide to Cord Blood Foundation: www.parentsguidecordblood.org, or American Academy of Pediatrics: http://aappolicy.aappublications.org.

To learn more about donating cord blood in Hong Kong, email: HK Red Cross Blood Transfusion Service at rcbts@onebb.com.Hong Kong Red Cross, or click: www.redcross.org.hk.

To learn more about private banks in Hong Kong, visit: Cordlife: www.cordlife.com/hk Cryolife: www.cryolife.com.hk HealthBaby: www.healthbaby.hk Smart Cells: http://hk.smartcells.com

about cord blood banking is more muted, coming up only occasionally, and making it difficult to understand just who is and isn't banking, and why.

Nikki, whose first child was born in Hong Kong last year, and who decided to bank the baby's cord blood privately, says, "To be honest, it's not something that pops up that often in conversation or something I think to talk about. Although – and this might seem silly – I think I mainly tend to shy away from talking about it because of the cost. It's quite expensive. Not everyone has the financial means to bank. We'd known about banking for a few years and had read some success stories. We'd had a few family health scares, [so] we consider it to be a wise and logical health security policy."

Rochelle, who recently delivered twins in Hong Kong, also banked their cord blood privately. She says, "[The] main reason we chose to bank was as an insurance-type mind-set. We know it's not really of any use at present, but given how medicine and science is developing, it seems feasible that it's probably not too far off having more practical application. And so, given the relatively low cost, it seemed a good option. We'd be kicking ourselves if anything did happen to the kids if there was some

miracle cure that utilised cord blood and we hadn't done it."

But some families opt not to bank, even when it would be financially possible. Amy, who delivered both of her children in Hong Kong during the past three years, says, "We opted not to, not for any better reason than that my brother-in-law, who is a genetic researcher, said that there was no point. We tried to donate, but were told that it would cost us a lot of money because we would have to bear the transport and some storage fees [since we delivered at a private hospital]. So we didn't do that either."

Should you do it?

While most healthcare professionals around the world agree that banking cord blood is a great idea, unfortunately there's no clear-cut answer about how to bank it. The American Academy of Pediatrics encourages everyone to donate cord blood, stating: "Cord blood donation should be encouraged when the cord blood is stored in a bank for public use." But they are not as positive about private banking, stating: "Because there are no scientific data at the present time to support autologous cord blood banking and given the difficulty of making an accurate estimate of the need for autologous transplantation and the ready availability of allogeneic transplantation, private storage of cord blood as 'biological insurance' should be discouraged."

As the debate continues and new research emerges, each family must make the best decision for their particular circumstances. Can you afford it? Do you have a family history of diseases that appear on the treatment list? Is public donation an option for you? Like so many of life's decisions, only you can decide what makes the most sense for your family.

new kid on the block

Expecting another baby? *Rachel Kenney* finds out how to prepare older brothers and sisters for a new arrival.

magine the scene: Your husband comes home one day and cheerfully announces that he is going to take a second wife. He says it will be nice for you to have some company, and that you will need to be a big girl and help him look after his new wife.

According to parenting expert Penelope Leach, this is exactly what it feels like for a child when his parents tell him they are going to have a new baby. The child may be used to being the centre of his parents' world, so the thought of having to share them with a new stranger is almost incomprehensible. It's not surprising that the child can feel resentful, apprehensive, jealous or angry. So what can parents do to help ease the transition?

To tell or not to tell?

The first decision is when to tell your child the big news. Some experts say that children can sense that something is up, even if you don't tell them, so it's best to come clean and be as open and honest as you can. Others believe that it's wise to keep the situation under wraps for as long as possible – nine months is a long time, and children are not very good at waiting.

One mum who used the waiting strategy is Judith. She explains, "My obstetrician's advice was to leave it as long as I could before telling my two daughters, who were threeand-a-half and two at the time. I got to six months before I told them. I can't believe they didn't notice as I was definitely showing, but I suppose the changes are gradual. We had time to talk about the baby and get excited without them switching off from the whole thing."

Whenever you choose to break the news, it can help if you put the baby's arrival date into a child-friendly context. For example, lots of toddlers wouldn't understand if you told them the baby was coming in January, but would have a much better idea if you said the baby was due a short time after Christmas.

Mind the gap

Whatever age gap you have between your child and the new baby will dictate how best to handle the situation,



and how best to prepare your child. Liz Purnell-Webb, co-founder of pregnancy and childbirth organisation A Mother's Touch, says, "With my three daughters, there was a 19-month age gap between the first and the second, then a three-year gap between the second and the third. I found the jealousy much harder to deal with when the age gap was smaller. One day, I put my baby in her cot while I was rushing around trying to get us all ready to go out. While my back was turned, my 19-month-old scratched the baby's face. She did it so hard, she left marks."

Liz continues, "I found it much easier to prepare my three-year-old for a new baby. I bought her a doll and we practised nappy changing, carrying the baby and cuddling. If I'd bought a doll for my 19-month-old to practise on, she'd have been more likely to hit the baby over the head with it!"

Practical steps

So, dolls aside, what can you do to prepare your child for a new baby brother or sister? Have a long, hard think about any major changes that might be coming up in your child's life. If you plan to start potty training, move your child out of the cot or into a new room, or start them at nursery, you should do it either well before, or well after, the bump has landed. A new baby is enough for a little one to cope with, so other deviations from the usual routines should be kept to a minimum.

Liz says there are plenty of other things you can do in anticipation of a new arrival. "I encourage parents to get siblings involved as much as they can," she says. "You can take older children to antenatal appointments, or you could put a toilet roll tube to your tummy and let the child hear the baby's heartbeat. You can draw a diagram of the baby on your belly – it's called 'belly mapping' and it's like face-painting on your tummy – so the child can visualise the baby.

"There are lots of good children's books about new babies, and you could let your child feel the baby kicking," Liz continues. "Also, your child can speak to your bump, so the baby will recognise their voice – people think it's a





lot of hot air, but it's true. It's also good to remind your child that they were once a baby, too – get the baby photos out and talk about how much fun you can have with a new little one in the house. Visiting friends with babies is also a good idea."

Asking for your child's input on decisions about the new baby can also help them to feel involved. You may or may not be brave enough to consult a toddler on names, but you could ask for help in choosing smaller things, like sleepsuits, a few new toys, or some decorations for the baby's room.

Another practical step is to talk your child through the arrangements for when you go to hospital: make sure he knows who will be looking after him, and how soon he will be allowed to visit you.

In amongst all these practicalities, your child will also need lots of reassurance – the thought of a new baby can turn a small child's world upside down. According to Jan Parker and Jan Stimpson, authors of *Sibling Rivalry, Sibling Love*, "Many adults worry whether there'll be enough love to go round after the birth of a new baby, so it's hardly surprising that children do, too. We need to tell our children that we will love them forever, that our love grows every day and nothing can take that away."

Early days

After the birth, the first time your child meets the new baby, it's a good idea to have your arms free to give your child a big hug. Most babies turn up (miraculously!) with a present for their older brother or sister – a bit of bribery can work wonders to ease the introduction.

It can also help if the hordes of enthusiastic friends and family who turn up to adore your new little bundle are primed to lavish some attention on the older child before cooing over the new arrival. It may be useful to have a stash of inexpensive, distracting toys on hand, such as colouring books, crayons and comics, for those inevitable times when visitors come with arms piled high with presents for the baby, but nothing for your older child. Lots of parents also keep a special box of books and toys that they pull out to keep older siblings entertained while they are feeding the baby.

During these early months, the authors of *Sibling Rivalry*, *Sibling Love* advise parents to get older children as involved as possible with the new baby. Show your child how to make the baby smile, encourage joint



games such as peek-a-boo, discuss what you both think the baby might be feeling or needing, and let them "help" (even if this does sometimes mean a job takes longer). The authors say research shows this sort of involvement can help siblings develop a stronger bond.

When is she going home?

So, the initial excitement has passed, the visitors start to dwindle and real life resumes. Your child gradually realises the baby is here to stay. Even with the best preparation, this can come as a shock. Paula, mother of three children, remembers, "When I had my daughter, I prepared my son, who was three at the time, as much as possible. We bought a doll and pretended it was his new sister, we talked about what she might be like, and we read books about babies. But even still, he hadn't really grasped the concept that his sister was for keeps. After about a week, he asked, 'When is she going home? She lives in the hospital. Shall we ring a taxi?""

As the novelty wears off, even the best behaved child can become resentful and start misbehaving. They might try to take out their frustration on the baby, or they may even try to take it out on you. Liz advises, "Even though you have to be aware that problems may arise, you shouldn't compensate the child for having a new baby. The basic household rules still have to be followed: the rule is still no hitting, so there is no excuse for the toddler to hit the baby."

Another common occurrence when a new baby comes along is for the older child to start regressing to babyhood – if your child has fed himself perfectly happily for a while, he may suddenly want to be fed, and if he is potty-trained, he may start having accidents. Liz says that however frustrating this is, research says that the best strategy is to not get cross. "You need to try to give the toddler attention so that they feel as wanted as they were before. Don't forget, your toddler has been toppled from his throne."

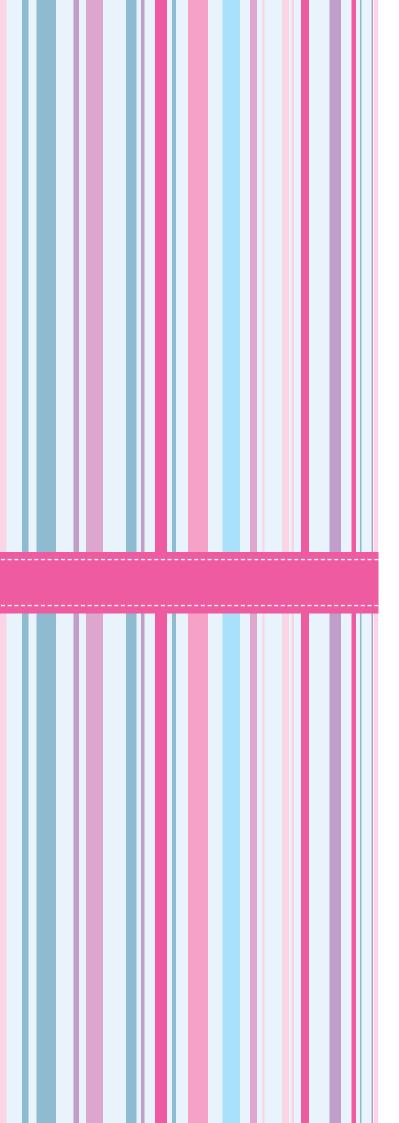
A gift for life

Change is hard, whether you are two or 42. Getting used to a new family dynamic and developing new routines can be tricky for everyone. But if you are feeling guilty about upsetting the status quo, it may help to remember that most children have siblings, and children ultimately adapt. *Sibling Rivalry, Sibling Love* offers more reassurance for the guilt-ridden parent: "We can turn ourselves inside out at the thought of the damage we have inflicted on our firstborn by the birth of another baby, so it helps to keep matters in perspective. There will be many occasions when we won't be able to meet all demands immediately, and at least one of our children will have to wait. That's life, and our children will learn from it. As long as we redress the balance when we can and ensure each child feels loved, they'll be fine."

When it comes to learning to live in a growing family, it seems that a bit of short-term pain can result in a long-term gain. Mum-of-three Paula sums it up, saying, "When I was thinking about what having a third child might mean to our family, a friend gave me some great advice. She said that even though there were bound to be some rocky patches introducing a new baby into the family, the most important thing to remember is that you are giving your children a gift that will last for the rest of their lives. That makes it all worthwhile."

C The most important thing to remember is that you are giving your children a gift that will last for the rest of their lives. ??







From baby showers to baby jumping, there are many ways to welcome your new arrival. *Brooke Chenoweth* explores a few of them.

very year in the town of Castillo de Murcia, Spain, residents host a festival known as *El Colacho*. Newborn babies are brought to the centre of town and lined up on a blanket, where a man dressed as a devil proceeds to leap over them. The practice of "baby jumping" is believed to ward off evil spirits and to protect the babies throughout their lives.

Before moving to Hong Kong, cultural rituals, superstitions and celebrations surrounding pregnancy and childbirth were totally foreign to me. But, in this melting pot, I've learned that you can be treated to a lavish baby shower, have your stomach bound after giving birth, and receive *lai see* while having your baby christened. The options for celebrating a new arrival are endless.

In many cultures, superstitions start long before a baby is born. Our Filipina helper remarked, after watching my son attempt to stand on his head, that in her province they believe that when toddlers start performing such acrobatics, they are asking for a sibling. Sarah, founder of Baby Bloom and a mum herself, tells me that in Italy it's believed that a baby conceived after a full moon will be a boy, while in France it's thought that the food you eat can help produce a baby of a certain gender: salty foods lead to boys and sweet foods will help you have a girl.

Chinese traditions dictate that a woman must guard her thoughts during pregnancy. Anything that might affect a woman's mind will affect her unborn child's thoughts, too. So, no overt, wild mood swings or temper tantrums, and definitely no sex. While many believe that, while pregnant, your dreams are full of symbols that indicate

Miele Dust Mite & Allergen Vacuum Cleaner

Protect your family from allergens that trigger IgE



2481-3988 or enquiry@johnson-group.com.hk Allergy Asthma Sneeze Eczema Bronchitis Itchy skin



Solutions for Allergy 過敏症政警方案

We also provide professional mattress & sofa cleaning services

Reduce the use of allergy medicines

Suitable for all ergy sufferers

JOHNSON GROUP

Exclusively available only at Johnson Group Official sole distributor of Miele Dust mite & Allergen Vacuum Cleaner appointed by Miele (Hong Kong) Ltd.





Solid Finnish Pine. Natural & Safe. Flexible Modular System That Grows With Your Kids.



3,000 ft^{*} Showroom Dedicated to Children's Furniture International Content of State Hypo-allergenic Guilts & Pillows for Kids 11F Horizon Plaza, Ap Lei Chau Tel: 2518 8382 salespt@kokoonbeds.com



66... there is no end to the methods of guessing a little one's gender before its birth. ??

whether you are carrying a boy or a girl, Heida, a mother of four and creator of the Booster Bug, says that in her native Iceland they believe "if you dream of a deceased relative while you are pregnant, it is considered bad luck if you don't name the baby after that relative."

According to Florence, a *Playtimes* staff member and mother of one, here in Hong Kong some believe that the food a woman eats during pregnancy may also affect the well-being and temperament of the child. Other cultures, including the French and Italians, hold similar beliefs. Many pregnant women there will eschew all cold foods, such as salads, cold cuts and some fruits.

Pink or blue?

So much superstition surrounds the all-important question of an unborn baby's gender. Before the recent advances in scanning technology, there was no end to the methods of guessing a little one's gender before its birth. Even today, some people are convinced that the shape of the belly bump is a good indication of whether one's expecting a boy or a girl: everyone I spoke to said a more rounded and outthe-front bump means a boy, and a wider bump on the hips signals a girl. My sister-in-law says she has a 100 per cent foolproof way of predicting the gender: tie the expectant mum's wedding ring to a piece of her hair (a ribbon or piece of string can also be used, I'm told). Dangle it over the bump to reveal whether you need to buy pink or blue, based on the direction it swings – round in circles for girls and back and forth for boys. Some cultures, including the Chinese, believe that the mother's appearance is an indicator of the baby's gender. When mum-of-two Suzanne was pregnant, she was often told (a bit too directly, in my opinion) she must surely be expecting a girl, because girl babies steal their mother's beauty and health. (She was actually carrying a boy.) Others believe that if the father puts on weight before the baby arrives, then he can expect a son. Locally, people also rely on the centuries-old Chinese Gender Calendar, which predicts the baby's gender based on the mother's age and the month of conception. (Check it out for yourself: www. chinesegendercalendar.info.)

Showered with love

Baby showers are perhaps the most well-known form of celebrating the recent, or impending, arrival of a new baby. In North America, the tradition is to hold the shower before the baby arrives. Showers can range from simple, intimate affairs to elaborate parties, but the point remains the same: to celebrate the new baby and to "shower" the mum-to-be with gifts. Traditionally, showers were only held for the first child, and gifts would typically include items that the new parents would need, such as prams, sterilisers and countless sleepsuits. These days it's also common to throw a baby shower for subsequent children, and even to invite dads to attend as well.

While there is much to celebrate when a baby is on the way, many cultures tread lightly. In India, expectant mothers are treated to a special celebration called *Godh Bharayi*. At this religious ceremony, held in the seventh

ION MAGIC!

Come & discover THE FUS

- Do you love to Sing, Dance and Act? If so Fusion is the place for you!
- You will perform in 2 glittering shows!
- All the teachers are working performers and highly qualified.
- Fusion Tots for children age 2-4 years
- Fusion Adults! It is never too late to re-live the dream!



info@fusionacademyhongkong.com www.fusionacademyhongkong.com +852 2812 0007



Baron Junior Music Academy ral: 1/F., St John's Building, 33 Garden Road al: Room 1101, Hong Kong Arts Centre, 2 Harbour Road Tel : 2877 1660 www.baronjunior.com.hk

pearhead Keepsake Gifts from the USA



Available from: Mothercare, Bumps to Babes, Toys R Us, www.bloomandgrowdirect.com, Asia Miles Redemption Program, Baby & Me, Baby Blog, Baby Central, Baby Link & Care Co, Baby Good Company, BabyLand, Beans Baby, Baby Daily, Baby Homme, BIBIDADA, Baby Outlets, Bobo House, Baby Pace, Bizzie Lizzie, Colors, Le Petit Pois, ww.shopinhk.com, Jusco, Kidskidsland, Little Whale, Love n Treasure, Our baby, Rainbow Care Centre, Toysland, Smart Littleone, VIB Limited, Wing On, Yata



To view full Pearhead range please visit www.bloomandgrowasia.com Tel: +852 28150585

66... babies in Iceland are put outside to nap during the day. They are covered and kept warm, but the cold air is believed to make them stronger ... ??

month of pregnancy, prayers are offered for the well-being of the coming baby. According to Priya, a mother of two, the expectant mother receives gifts for herself, but it would be considered bad luck to buy anything for the baby before it arrives.

Hong Kong mum Florence says that in Chinese culture it's traditional for the mother and baby to stay at home for a month after the birth as a way of protecting themselves against illness. After this time a banquet is held, in the same lavish style as a birthday or wedding banquet, where the extended family and friends finally meet the baby and give gifts such as jade and *lai see*.

Lily, a mother of three from the Philippines, tells me that it's similarly common there for the new mother to stay at home with her baby for up to ten days following the birth. Family members bring food that will help her recover and give her strength. She is not allowed to shower during this time and must dress warmly.

In complete contrast, babies in Iceland are put outside to nap during the day. They are covered and kept warm, but the cold air is believed to make them stronger, according to Heida.

Household celebration

In some parts of Europe, the birth of a new baby is announced by hanging a pink or blue decoration from the front door, or placing a stork with the baby's name written on it in front of the house. Some say it's a way of announcing the much-anticipated event, while Kathi, mum to Jasper, says in her native Germany it's a way of letting the neighbours know there's a new baby in the house, and asking for understanding.

In Australia and the UK, where baby showers are gradually gaining popularity, there is one practice already common to both countries reserved mostly for new fathers: the head wetting. Often a rowdy affair held before mum and baby get home from the hospital, it's sort of the male version of a baby shower, allowing one last hurrah for dad before nappy-duty begins.

From the African *Sifudu* ceremony, where the twoweek-old baby is held over a smoking pile of leaves to protect it from fear and harm, to the modern-day tradition of posting a birth announcement on Facebook, there are countless ways to commemorate the beginning of the sleepless nights and dirty nappies (and all the joy, of course). However and whenever you choose to celebrate or welcome a new baby in your life, there's no doubt that, wherever in the world you are, it's a very special time indeed. Meanwhile, my husband has decided he needs a devil suit to prance around in while we await baby number two.

To hear more from Brooke, check out her blog: A Mummy in a Strange Land, at http://typhoonsandtantrums.blogspot.com.



pregnancy Jon a Dlate

You're eating for two now, and everyone seems to be watching, writes *Rachel Kenney*.

66

Yogurt

ogurt

ongratulations!" said the doctor. "You're pregnant. So, for the next nine months you mustn't eat any pâté, blue cheese, mouldripened soft cheese, liver, sushi, smoked salmon or seafood. Make sure all your eggs and meat are cooked thoroughly, don't eat any cold or cured meats, and make sure all your dairy products are pasteurised. Don't eat anything from a deli counter, make sure you wash all bagged salad carefully, steer clear of ice cream, and be extra-careful at barbecues. Cut down on tea and coffee. Fish like shark, tuna and swordfish contain lots of mercury, so avoid those, too. Oh, and don't drink alcohol."

After that exhaustive list of do's and don'ts, the next nine months were spent in a state of perpetual PMT – pre-mealtime tension. Every morsel had to be scrutinised. Was the side salad scrubbed squeaky clean, or did it come with a side order of toxoplasmosis? Was the steak cooked to the bug-zapping level of leathery-ness? Were there uncooked, salmonella-harbouring eggs in that tiramisu? By the time the cheese plate came out, I had fully-fledged listeria hysteria. Every mealtime felt like Russian roulette – one wrong move could harm my unborn baby. How could I possibly enjoy eating for two when I could barely find enough "safe" food to nibble for one? It was enough to get me reaching for a glass of cold white – if only I could.



Give your children their own paper

MyLittle Paper





Three papers for your child to grow up with, developing a love of reading English regularly from the start.

ট 🗤 🕼 and 🕅 🕺 are English language children's daily newspapers delivered to your door from Monday to Saturday.Your children will enjoy world news, cartoons and topics such as science, history, geography and more. Each paper also offers a daily online version with interactive content and native English audio so children can listen and read along. My Little Paper is delivered weekly to your door, filled with new, themed educational material for you to share with your child.



Subscribe online at www.daily7-daily10.com today! To get a free gift with your subscription enter promo code: 6P91Z

You can also contact us at customerservice@daily7-daily10.com or call +852 2543 8262.

Same same, but different

Although the science is the same the world over – toxoplasmosis, salmonella and listeria are potentially hazardous to pregnant women wherever they live – women don't always receive the same advice. Even within one country, advice can vary depending on which medical practice is advising you. So are there even bigger variations in advice between countries? Would French or European mums-to-be be warned off Brie and pâté? Would Japanese ladies have to endure a sushi embargo? Speaking to some mums who now all live in Hong Kong, it seems that the answer is both yes and no.

In Belgium, mum-of-four Fiona went through each pregnancy eating pretty much what she wanted. Early on in each pregnancy, she was tested for toxoplasmosis, and was found to have the antibodies to fight the disease. She says, "My doctor never gave me a list of foods I couldn't eat. Of course, I was still sensible – I wouldn't eat anything that looked risky – but I didn't agonise over everything."

By contrast, across the border in France, things were different for Ghilaine. She had the first of her three pregnancies there and remembers, "I was given all the usual advice about undercooked eggs and meat, unpasteurised cheeses and cured meats. I was tested every month for toxoplasmosis. And wine bottles in France now carry a warning that pregnant women should not drink alcohol."

On the sushi front, Becky, who lived in Tokyo for one of her pregnancies, says that her doctor never gave any specific advice on what she could and couldn't eat during pregnancy. But Jo, who was also pregnant in Japan, says that her doctor gave her plenty of information, and told her not to eat raw fish. The Department of Health in Japan also advises pregnant women to avoid fish with high mercury content.

Just to complicate matters further, there are additional beliefs about pregnancy and nutrition in Hong Kong based on traditional Chinese medicine and culture. Registered dietician Kendy Tam explains, "In Hong Kong, there are many Chinese cultural beliefs that are related to pregnancy, and this strongly influences the diet of pregnant women. In my previous experience, these beliefs include avoiding pineapple, shellfish, lamb and even certain vegetables. In Hong Kong, many women consult a Chinese [medicine] practitioner during pregnancy since it is believed that pregnancy is a 'hot' condition, and to balance the 'yin and yang' many foods are avoided."

In the face of all this differing advice and beliefs, how does a woman navigate the maze of pregnancy nutrition?

Keep it simple

Alison Wood, a midwife at Central Health, says: "There can be a lot of confusion about what is safe to eat, and what isn't, during pregnancy. The main advice I give is simple – make sure your food is fresh, and make sure it is thoroughly cooked. Make sure everything is pasteurised, and don't eat anything that has been lingering around too long, such as cold meats from a deli counter."

Alison continues, "We spend a long time going through the advice with women, and we give them a book with all the information. It really is very important. We have seen cases where women have become ill through eating contaminated food during pregnancy. It doesn't

What not to eat

Central Health's *Pregnancy Guide* includes the following information:

- Avoid eating unsealed food from deli counters, salad bars, buffets and fast food outlets.
- Ensure that you thoroughly wash fruit, vegetables and salads.
- Cook eggs thoroughly, until the yolk is firm.
- Avoid foods containing raw and undercooked eggs, such as homemade mayonnaise, cheesecake, tiramisu or mousse.
- Do not eat unpasteurised dairy products or pâté – this includes soft cheeses, such as Brie and Camembert, and soft scoop ice cream.
- Do not eat uncooked, preserved or smoked meats or seafood, for example, Parma ham, carpaccio, preserved fish and shellfish.
- Limit the amount of shark and swordfish you eat.
- Ensure reheated food is piping hot and that all foods are cooked throughout (no trace of pink or blood).
- Refrigerate and use pre-cooked, perishable or ready-to-eat food as soon as possible, and don't eat foods that have passed their expiry dates.



annerley



17th Floor Tak Woo House, 17-19 D'Aguilar St., Central, Hong Kong T+852 2983 1558 | F+852 81611558





Montessori English Classes Spanish Pilates Cambridge Courses

MUCH More than just a learning Centre

Come and see why at www. Kids channel .com.hk

Tel: 2337 3002

happen often, but when it does, it can be very serious. We would rather women knew the facts so they can avoid being in that situation. We encourage women to get in touch with any questions or worries, no matter how stupid they feel they may be. It's better to get advice rather than searching the internet for answers, as the information found may be misleading or simply wrong."

With some countries offering routine testing for toxoplasmosis antibodies, would this be a viable test to introduce for all pregnant women? Alison says, "We don't screen routinely for toxoplasmosis, although some women do ask for it. Even if you do have the antibodies, you still have to be careful about your diet to avoid listeria anyway."

What about if you have had a blow-out meal of oysters and champagne, or indulged in a steak that was so rare

it was almost still mooing, before you found out you were pregnant? Alison says, "We come across many women who worry about what they have done before they found out they were pregnant. However, it seems that the majority of women know they are pregnant very early on. Considering that ovulation is usually two weeks before a period is due, the occasion you are worrying about could be before ovulation has even taken place. I would recommend discussing any worries with your family doctor or OB/ GYN at your antenatal visit."

Whose baby is it anyway?

When you are pregnant, it is not just you who is obsessed with everything you eat. In the same way that people who you've never so much as shaken hands with will feel

What is it?

Listeria

This is a type of bacteria that can cause serious food poisoning. It generally causes no symptoms, but can be passed through the placenta and possibly lead to miscarriage, premature birth or stillbirth. Early detection and treatment can prevent foetal infection. **Foods to avoid:** unpasteurised milk, soft cheeses made from unpasteurised milk, blue-veined cheeses, smoked fish products, refrigerated pâtés and foods from deli counters such as sliced meats and poultry products.

Salmonella

Salmonella bacterium causes one of the most common types of food poisoning. It can be very nasty, with severe vomiting, diarrhoea, high temperature and headaches. The greatest risk to you and your baby is severe dehydration, and sufferers may need to be hospitalised for treatment. **Foods to avoid:** raw or runny eggs, undercooked meat.

Toxoplasmosis

Cat faeces and soil may contain the organism which causes toxoplasmosis. A woman who is newly infected with toxoplasma during pregnancy can pass the infection to her unborn child. There may be no symptoms, but it can have severe consequences for the unborn child. If you feel you may have been at risk, let your family doctor, midwife or obstetrician know. **Foods to avoid:** raw or undercooked meat, raw cured meats such as Parma ham and salami, unwashed produce.



FUNTASTIC GYM PROGRAMS FOR CHILDREN 6 MONTHS TO 6 YEARS OLD! FUNTASTIC BIRTHDAY PARTIES!! (NOW ON SATURDAYS & SUNDAYS!)

START YOUR CHILD'S HEALTHY SCHOOL YEAR WITH ROLLY POLLIES.

CALL 3568-1629 OR VISIT OUR WEBSITE www.RollyPollies.com.hk TO BOOK YOUR TRIAL CLASS!

1515-1519 (odd) Leighton Centre, 77 Leighton Rd, Causeway Bay, Hong Kong Tel: 3568-1629 e-mail: info@rollypollies.com.hk www.RollyPollies.com.hk



classes for toddlers to preschoolers

All those messy activities that nobody wants to do at home Painting Drawing Collage Printing 3D and more

TEL: 6688 1004 www.artnmove.com.hk info@artnmove.com.hk

perfectly within their rights to come up and feel your bump, everyone, from work colleagues to distant relatives, will have an opinion on what you are eating. If you are trying to follow the guidelines to the letter, the older generations will scoff that they never followed any advice and it didn't do their babies any harm. And if you just can't resist a spoonful of your partner's chocolate mousse (raw egg alert!), fellow diners may gasp in horror. But are your pregnancy dietary choices ever any of anyone else's business?

One woman in the UK was taken aback that a supermarket deli counter employee questioned her choice of cheese (the cheese, a Canadian unpasteurised cheddar, was a bit of a puzzle: was it safe because it was a hard cheese, or unsafe because it was unpasteurised?). "What followed was the most patronising encounter I have had the misfortune of experiencing in a long time," Janet Lehain told the *Daily Mail* newspaper. "The only way I could buy the cheese was if I promised I wasn't going to eat it myself. How ridiculous that I had to openly lie in order to buy a piece of cheese! Are they going to stop obese people buying chocolate and other high fat food?"

Similar stories abound. Pregnant women report being questioned by shop staff while paying for prawn sandwiches, ordering lattes, or asking for slices of salami. But the food retailer can face a difficult decision. They can speak up and risk causing offence, or say nothing and risk withholding important information. Some staff might see it as their duty to speak up, and may even see it as a safeguard against any possible future lawsuits. In Australia, Renee Cherry is currently taking legal action on behalf of her toddler son, who she alleges suffered intestinal damage when she contracted listeria poisoning while she was pregnant with him – she contracted the infection from a chicken wrap she bought on a flight.

But not all mums-to-be are offended by outside dietary interference. Mum-of-two Sarah says, "I certainly never

General Straight Help to focus on the things you *can* have and come up with some creative substitutes.

felt patronised. I remember one of my colleagues telling me not to eat an egg mayo sandwich, although I knew it was perfectly OK – the eggs were hard-boiled and the mayonnaise was shop-bought. I didn't mind people offering advice, even when it wasn't asked for, or even when it wasn't up to date. They're only trying to help."

Last call

If you fancy a little tipple while you're pregnant, you will undoubtedly face a barrage of criticism. In the US, some bars make the decision to abstain for you, with signs such as "Pregnant women: Please do not ask our waitstaff to harm your unborn child by ordering alcohol." It has been well documented that heavy alcohol consumption while pregnant can have tragic effects on the unborn baby, but research on light drinking is inconclusive – some studies seem to suggest that the odd alcoholic drink causes no

Old wives' tales

Pregnancy is a time filled with old wives' tales and superstition. Some Chinese old wives' tales include:

- Don't eat rabbit or your baby will have big teeth.
- Don't eat mutton the Mandarin word for mutton is similar to the word for epilepsy, so it is thought that eating it will cause epilepsy.
- Eat plenty of black sesame seeds so children will have a nice head of black hair.
- But don't eat too much soy sauce or drink too much coffee or your baby will have dark skin.
- Don't eat crab, or your child will grab and touch everything.

harm in most cases, while other studies say that a lack of harm cannot be proved.

In many countries, including America, Canada, Australia and New Zealand, the thinking on alcohol seems to have shifted towards total abstinence. Midwife Alison Wood explains, "In the 80s, the advice we would give on alcohol was two to three units of alcohol, two to three times a week. We now advise to have none. Research can't tell us what is a safe maximum amount of alcohol for every woman to have in pregnancy, so the guidelines now recommend not having any alcohol at all."

At first, it can seem like a hard nine-month sentence when you are given a list of things you can't eat or drink and it is human nature to start craving a chunk of Brie and a glass of red wine the moment you are told you shouldn't have them. But it might help to focus on the things you can have and come up with some creative substitutes. If you are partial to pâté and toast, you could swap it for hummus and crackers. If you usually grab a chicken salad for lunch, you could make yourself a bean and pasta salad instead. If you are at a barbecue where the chef is adept at charring the meat on the outside but leaving it oozing with blood in the middle, you could always opt for the safer baked potato. And here in Hong Kong, plenty of food is served freshly cooked and piping hot, with no raw egg or smelly cheese in sight! There are still plenty of things you can eat and the restrictions aren't forever. And - at the risk of sounding like Marie Antoinette – you can still eat cake ... 👰



www.hkywa.com

66 Without words, without writing and without books, there would be no history, there would be no humanity. ??

Hermann Hesse, Swiss author

The Hong Kong Young Writers Awards 2012

P3, the publisher of *Playtimes* magazine, now invites schools to register for the third annual HKYWA.

The theme for 2012 is "New Tales of the Yangtze River". Running through the centre of China, and the heart of Chinese life and history, this important river should inspire lots of creativity. The judges are looking forward to reading the new entries in three categories: Fiction, Non-fiction and Poetry. And don't forget the Cover Art Award!

How to Enter

If your school has not received the registration package, or you would like more information, please email hkywa2012@ppp.com.hk for further information.

Registration must be carried out through the schools and not by individual students. Please register online at www.ppp.com.hk/ojs before 30 September 2011.

1 Love Stuck on You

For Labels That Stay Stuck!



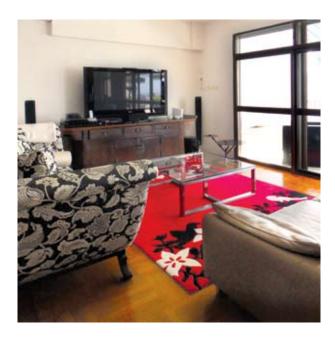
TRUSTED BY MUMS WORLDWIDE FOR OVER 16 YEARS!



CALL 25492245 Copyright 2011. All rights reserved.

seaside sanctuary

With sprawling water views and an extra-large balcony, this Tai Tam apartment was a rare find in Hong Kong's concrete jungle, and is an entertainer's dream.







INDOOR/OUTDOOR GROUP PERSONAL TRAINING ONE-ON-ONE • TEEN/KIDS AND FAMILY GROUP SESSIONS









FREE TRIAL www.circuit25.com

We are group personal training, sessions available every day of the week, mix and match locations and times to fit your schedule. Whether your a mommy, daddy, or a teenager, we have a class that is perfect for you. Visit our website for more information and sign up for your free trial.

French Character Homes



An Immaculate Former Water Mill, Beautifulty Renovated in the Heart of Idyllic Countryside, A Perfect Holiday Homel Price €318,000 / HK\$3.5M



An Attractive Five Bedroom Villa, with Swimming Pool & 30 mins from Biarritz Price €519,400 / HK\$5.6M

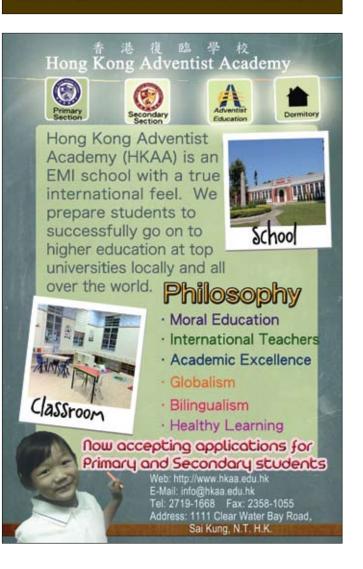


An Historic 17th Century Chateau with Independent Guest Cottage, Swimming Pool and 3 ha of Land. Price €895,000 / HK\$9.8M



5 Bedroom Classic Manor House, with 3 Bedroom Guest Cottage, Swimming Pool, Inner Courtyard & 10 ha of Land. Immaculate! Price €895,000 / HK\$9.8M

Tel: +33 (0)6 77 70 21 98 • Email: sales@frenchcharacterhomes.com www.frenchcharacterhomes.com







ome to Catherine, her husband and their daughter, all from Australia, this three-bedroom apartment is a menagerie of furniture, artwork and trinkets collected during their adventures living in the UK and across Asia, in Indonesia, Singapore and now Hong Kong.

Catherine says: "Having lived and experienced so many different cultures, I don't think I can really categorise our style. Certainly we like bold colour, but we've mixed a lot of old with new, had things custom made, picked things off the rack and made the dreaded trips to a certain Swedish superstore. We've also changed things to suit our needs as they've changed.

"The living and dining room opens with double doors onto the balcony, offering a great indoor/outdoor lifestyle. We've furnished the balcony with a wicker sofa and arm chairs, dining table and the main essential for any Aussie bloke: a barbecue. We love eating on the balcony and it's a fabulous space to entertain.

"Like most Hong Kong apartments, there were a few nooks and spaces which we weren't sure what to do with at first. But a cupboard-like space has become a tiny playroom, which keeps the toys somewhat contained.

"At the end of the day it is personal touches that make somewhere home. Framed photos, things from our travels, wedding presents and sentimental items make this space our home ... for now anyway."

indigo kids the children's furniture expert

come in and see our extensive range of children's furniture including beds, bedside tables, desks, wall units and cots; bed linen, mattresses and cushions; toys, books and a wonderful range of clever storage solutions.

there are many styles to choose from, each cleverly designed so that you can add to your child's room as your needs change.

come and see our great range on the 18/f at horizon plaza !







See something you like?

- Here are a few suppliers Catherine used in Hong Kong: • Indigo Living and Indigo kids
- www.indigo-living.com
- Artura Ficu
- Room 1501, 15/F, Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau
- Offspring
- 15/F Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau • Life's A Breeze
- www.lifesabreezehk.com
- Dynasty Antiques Gallery
- www.dynasty-antiques-modern.com
- Yuen Fat Ho (paint shop)
- 77 Hollywood Road, Central, 2546 8931. They speak English, have a great selection of colours for all types of surfaces and sell non-toxic lead-free paint. 😰



Dakota wears No Added Sugar frilled to bits playsuit, \$275, Hip Little Bubba. Harrison wears blue hoodie, \$300, and light grey jeans, \$350, both from Kaloo. Children's sofa, \$1,380, and pop multicolour carpet, \$1,650, both from Kaloo.

photography **Michele Moutardier** words & styling **Tracey Starr** models **Harrison**, **Mia**, **Alexis & Dakota** location **Kaloo**, **Prince's Building**

baby

Comfy and stylish, these looks will keep your little one looking good and feeling fine this fall.



Dakota wears No Added Sugar frilled to bits playsuit, \$275, Hip Little Bubba. Six-drawer chest with knob covers, \$3,880, and caramel round carpet, \$1,590, both from Kaloo.



Mia wears Animal Tails long-sleeved t-shirt with lemur design, \$225, Mumma and Bubba Basics, and Kenzo Kids denim shorts, \$510, Little Parisians. Kidlet rectangle cushion with Kiss design, \$295, Hocusadabra. Skip Hop hug & hide lamb activity toys, \$175 (big) and \$140 (small), Bloom & Grow, available at Bumps to Babes. Blue car carpet, \$1,988, Kaloo.



Alexis wears Animal Tails short-sleeved t-shirt with horse design, \$225, Mumma and Bubba Basics, and leggings with applique, \$150, Kuki Kids.

Harrison wears Baobab grey bunny raglan organic tee, \$253, and Baobab blue harem 100% organic trousers, \$253, both from Hip Little Bubba. Mia wears long-sleeved t-shirt with applique, \$149, and Dada all-over print leggings, \$149, both by Kuki Kids. Harrison wears long-sleeved bodysuit, \$196, and striped leggings, \$149, both from Kuki Kids. Toys are models' own.





Top **Mia** wears white bodysuit, \$199, Kuki Kids, and The Dream Bag in Flutterbyes design, \$335. Lilirose carpet, \$1,650, Kaloo.

Bottom **Mia** wears Kenzo dress in rose, \$910, and **Dakota** wears Catimini bubble dress, \$700, both from Little Parisians.



The Original Pasta Bar

Saturdays and Sundays are Family Days at Pasta Mio!

Bring the kids down on the weekend and get a kid's meal for only \$28 with any purchase of a regular sized pasta. We have free coloring pages, balloons and games on offer!



Pasta Parties!

Our Pasta boxes are perfect for office meetings, small or large parties, junk trips, kids parties, or large events.

Contact us for more details on 2530-2830

Name that pasta!

Bring this ad in and tell us the name of this type of pasta and get a free sample of our chocolate ravioli!

www.pastamio.net

Tel: 2530-2830, 27-29 Hollywood Road (entrance on Cochrane Street under the escalator)





Money can't buy Happiness...

But money can buy cupcakes and that's close enough to happiness!

Cupcake Cakes, Wedding Cupcakes, Kids Party packs

www.sprinklescupcakeco.com for more information call 2517-7077

annabel karmel DRALDOV DRALDOV

Introduce new foods to your little one with these healthy and delicious recipes

Braised Beef

This dish makes a good introduction to red meat.

Ingredients

20g butter or margarine 1 leek, washed and sliced (approx. 150g) 125g braising steak, cut into cubes 1 Tbsp flour 100g button mushrooms, sliced 275g sweet potato, peeled and chopped 250ml chicken stock Juice of 1 orange (about 120ml)

Method

- Preheat the oven to 180C/250F/Gas 4
- Melt the butter or margarine in a flameproof casserole and sauté the leek for about 4 minutes until softened.
- Roll the meat in the flour; add to the leek and sauté until browned. Add the mushrooms and sauté for 1 minute.
- Add the sweet potato, stock and orange juice.
- Bring to a boil and transfer to the preheated oven for $1\frac{1}{2}$ hours, or until the meat is tender.
- Blend to the desired consistency using as much of the cooking liquid as necessary.

Information

From 7 months | Makes 6 portions



Eat Your Greens Purée

It's a good idea to introduce your baby to the flavour of green vegetables early on. However, sometimes they find the taste of some vegetables too strong, so it can be a good idea to mix stronger tasting vegetables like broccoli together with potato or sweet potato. You could also make this purée using other green vegetables like spinach or courgette. Frozen vegetables are often more nutritious than fresh as they are frozen within hours of being picked, so it's fine to use vegetables like frozen peas to make your baby's purées.

Ingredients

40g peeled and chopped onion 15g butter 250g potatoes, peeled and chopped 375ml unsalted vegetable stock or water 50g broccoli florets 50g frozen peas

Method

- Sauté the onion in the butter until softened but not coloured (about 5 minutes).
- Add the potato, pour over the stock or water, cover and bring to a boil.
- Cook for 10 minutes.
- Add the broccoli florets and cook for 3 minutes.
- Add the peas and cook for a further 3 minutes.
- It's a good idea to purée this in a Mouli grater or baby food grinder (rather than with a blender) to get rid of the husks from the peas. Puréeing potato in a blender breaks down the natural starches and makes it sticky.

Information

From 7 months | Suitable for freezing Makes 4 portions



RESERVATIONS WELCOME PLEASE CALL: 2250 5188

G/F Oxford House, Taikoo Place 979 King's Road Island East. (Entrance from Westlands Road)

CONCEPTCREATIONS VENUES WWW.CONCEPTCREATIONS.HK

FRITES FRITES FRITES TAPED TAPED



Summer Fruit Purée

Summer fruit is plentiful and sweet now, but many mums worry about giving summer fruits like strawberries to their baby for fear of causing an allergic reaction. As long as there is no strong family history of allergy, then it should be fine to give strawberries (which contain more vitamin C than other berry fruits!). Sometimes strawberries can cause irritation in children with sensitive skin or eczema, so watch out for soreness around the mouth if your baby is susceptible to this. It is advisable to sieve the purée to remove seeds.

Ingredients

sweet eating apple, peeled, cored and chopped
 ripe peach, peeled and chopped
 SOg strawberries, hulled and cut into quarters
 40g blueberries
 2 Tbsp baby rice or half a crumbled rusk

Method

Put all the fruit into a heavy-based saucepan. Cover and cook over low heat for about 5 minutes. Purée in a blender and stir in the baby rice or crumbled rusk.

Information

From 6 months | Suitable for freezing | Makes 2 to 3 portions



Annabel Karmel is the UK's best-selling author of books on baby and children's food and nutrition. Her new range of Disney snacks is available in Hong Kong at Toys"R"Us and Threesixty locations. To learn more about Annabel, visit **www.annabelkarmel.com**.











The A



Twin Turbo Bamboo Mini Car Play Doh Se







Lego City Brickmaster

Now Available At



PRINCE'S BULDING: Shop 309, 3/F. Prince's Building, 10 Chater Road, Central (2522 1785) IFC MALL: Shoo 3022, 3/F, ifc Mall, Central (2295 0056) OUEEN'S ROAD: Basement, Canton House, 54 - 56 Oueen's Road, Central (252) 1649) DISCOVERY BAY: Stall E & F, Discovery Bay Pier, Lantau Island (2987 1373) SHUI ON CENTRE: Shop 117, Shui On Centre, 6 - 8 Harbour Road, Wanchai (2802 4932) www.bookazine.com.hk

subscription form



lavtimes

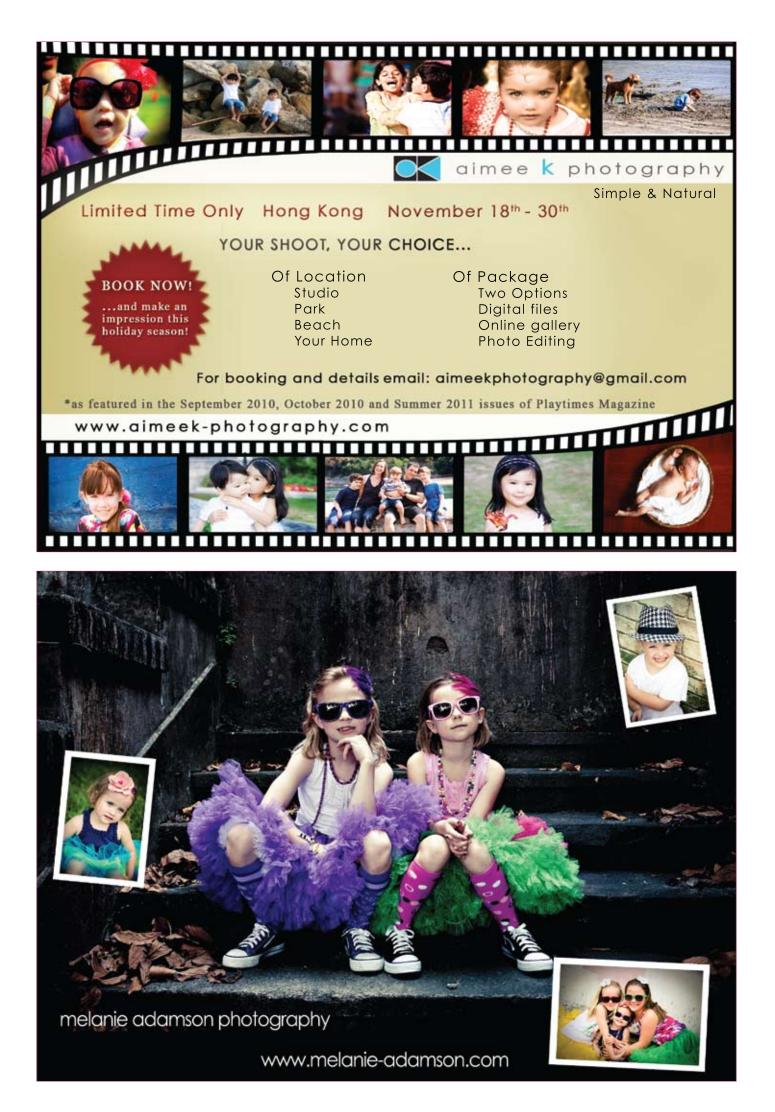
Don't miss out!

Is Playtimes always sold out before you can get your copy?

Have each issue of **Playtimes** delivered to your door for just **HK**\$250 a year.

Simply return the subscription order form below

Surname	First name	Chinese name				
Mailing address						
Phone:		Mobile				
Fax	Email					
I have	children, who are aged	1				
I enclose a cheque for \$250, made payable to PPP Co. Ltd.						
Postal Address: 20/F Carfield Commercial Building, 75-77 Wyndham Street, Central						
Office use only:	Subscription code: September 11	Valid until				



stockists

APITA Cityplaza2, 18 Taikoo Shing Road, Quarry Bay BABY CENTRAL www.babycentral.com.hk BEBE SECRET www.bebesecret.com BLOOM Unit 1, G/F, Sai Kung Centre Arcade, 22-40 Fuk Man Road, Sai Kung	2885 0331	MOTHERCARE OT G52, G/F, Ocean Terminal, Harbour City, Tsim Sha Tsui 303-306 Prince's Building, 10 Chater Road, Central 304-307, 3/F, Lee Gardens Two, Causeway Bay A112, Phase 3, Level 1, New Town Plaza, Shatin, N.T. 523, Level 5, Grand Century Place, Mongkok #5-6, Level 9, MegaBox, Kowloon Bay	2735 5738 2523 5704 2504 1088 2698 5533 2380 1832 2359 0018
BLOOM & GROW www.bloomandgrowdirect.com		OKOOKO Store 16 & 17, 27/F, Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau	2870 1132
BUMPS TO BABES Unit 2114-18, Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau 5/F, Pedder Building, 12 Pedder Street, Central	2552 5000 2522 7112	ORGANIC BABY www.organicbaby.com.hk Shop 220, Windsor House, 311 Gloucester Road, Causeway Bay 1B Sun Fung Mansion, 52-60 Lyndhurst Terrace, Central	2882 6328 2882 6008
COLORS www.colors.com.hk G/F 137 Queen's Road East, Wanchai	2866 6138	PETIT BAZAAR	0544.0055
DUTCH ITEMS SHANGHAI (D.I.S)		9 Gough Street, Central 80 Queen's Road East, Wanchai	2544 2255 2528 0229
54 Hollywood Road, Central 2815 9732 HIP LITTLE BUBBA www.hiplittlebubba.com		PIAGO Shop 401-402 and 501-502, Telford Plaza II, Kowloon Bay	2997 2848
HOCUSADABRA www.hocusadabra.com		POLLUX DISCOUNT BOOKS	2991 2040
IM MATERNITY www.immaternity.com		Unit 2101, Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau Shop 52, G/F Hong Kong Station, Central	2873 6962 2868 1498
JAKO-O www.jako-o.com		SIMPLY LOVE www.simplylove.com.hk	
KALOO 3/F shop 307, Prince's Building, 10 Chater Road, Central	2522 7770	7/F, Ho Lee Commercial Building, 38 D'Aguilar Street, Central	2810 6223
		STUCK ON YOU www.stuckonyou.biz	2549 2245
KUKI KIDS www.kukikids.com		THE DREAM BAG www.thedreambag.com.hk	
LASCAL www.lascal.se		-/ · / · · · · · · · · · · · · · · · · ·	0107 0404
LITTLE PARISIANS www.little-parisians.com			2167 8484 2836 0875
MAMA'S DEAR Shops 105-107, The Arcade, Cyberport, 100 Cyberport Road, Pokfulam	2989 9290	UNY Level 2-3, Lok Fu Plaza, Lok Fu Estate,	2337 1663
Shop 223 HomeSquare, 138 Shatin Rural Committee Road, Shatin	2601 0777	No.198 Junction Road, Kowloon	

distribution

CLUBS & ASSOCIATIONS

American Club; AWA Hong Kong; Hong Kong Jockey Club; Ladies Recreation Club; YWC4; Aberdeen Boat Club; Aberdeen Marina Club; American Country Club; AWA - First Time Moms; Hong Kong Cricket Club; Hong Kong Football Club; Royal Hong Kong Yacht Club; Kowloon Cricket Club; United Services Recreation Club; Gold Coast Yacht & Country Club; Hebe Haven Yacht Club; The Clearwater Bay Golf & Country Club; Discovery Bay Residents' Club

RETAIL STORES

Bookazine; Bumps to Babes; Dymocks bookstores; Mothercare; Pret-a-Manger; Rosarini; SmartyPants; ThreeSixty; Toys "R" Us; TOGS Unlimited; Wellcome; Tree; Wisekids; Cosmos Bookstore; BookAnd Zen; PapaMamaBabies; Metro Books; Early Learning Centre; Home Solutions

HOTELS & RESTAURANTS

Cake A-Licious; Uncle Russ; The Flying Pan; Cru Bar & Grill; Mandarin Oriental Macau; Rocks Hotel; The Landmark

HEALTHCARE PROVIDERS

Annerley Community Midwifery Services; Balance Health; Body Group; Canossa Hospital; Dr Lucy Lord & Associates; Matilda Child Development Centre; Matilda Maternity

PRE-SCHOOLS

Baby Buddies; Highgate House School; Panda Junction; Victoria (Belcher) Kindergarten; Woodlands; Sunshine House; The Montessori Mid-Levels Pre-School; Casa dei Bambini; Hong Kong PIPS; Montessori for Children; Southside Kindergarten; Sunshine House; HKPPA; Alison's Letterland; Sun Kids; Wembley International Kindergarten; YMCA of HK International Kindergarten; ESF Abacus International Kindergarten; Garden House; Littleton Discovery Playgroup; New Song Christian Kindergarten; Discovery Mind Kindergarten

PRIMARY SCHOOLS

The International School of Macau; Carmel School; ESF Bradbury School; The Harbour School; ESF Kennedy School; International Montessori School; Kellett School; ESF Quarry Bay School; Kiangsu & Chekiang Primary School; ESF Glenealy Junior School; Australian International School Hong Kong; Yew Chung International School; Clearwater Bay School; ESF Shatin Junior School; ESF Renaissance College; Hong Lok Yuen School; Norwegian International School; Discovery Bay International School

BUSINESSES

Citi Bank; Thomson Reuters; HSBC

EDUCATIONAL/EXTRA-CURRICULAR INSTITUTES

HK Institute of Languages; Hong Kong Public Libraries; Kids' Gallery Co. Ltd; QQ Club; Chameleon Workshop; Music Fun House; My Musik Box; Random Art Workshop; Wise Creative Centre; Noble Place; Anastassia's Art House; Chatter Box; The Studio; Play & Learn Education Centre; Deborah Educational Institute

SPAS, SALONS & GYMS

02 Hair Studio; Sense of Touch; The Retreat; Movement Improvement; Spa Philosophy

REAL ESTATE DEVELOPMENTS

Club Bel-Air; Hong Kong Parkview; Bamboo Grove

LEASING & REMOVAL COMPANIES

Landscope Real Estate Services; Santa Fe Transport; Allied Pickfords; AGS Four Winds; Colliers International; Crown Relocation Services; Jones Lang La Salle; Pricoa Relocation; Proway Ltd

pt market place





Restoring Mums

Restore your Pre-natal Figure Through the art of Traditional Post Natal Massage and Abdominal Binding

Email : karen@restoringmums.com



Children's Designer Bean Bags www.bambini-bag.com • 9847 1144 • 6775 7004







back2school@cosmokids.net

2915-8138

Playtime (6-24 mes) | Playgroup (2-6 yrs) Social Skillo (5-12 yrs)

1/F, Jadentone Court, 138 Caine Road, Mid-Levels, HK. | www.commilde.or



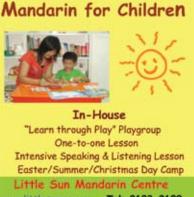
Expert-Transport & Relocations

Mover • Storage • Handyman

- International & Domestic Relocations
- Cargo Collection & Logistics Service
- Storage Short & Long Term
- All Sorts of Handyman Work
- Professional Service at Lowest Rate

Tel: 2566 4799 1 www.expertmover.hk

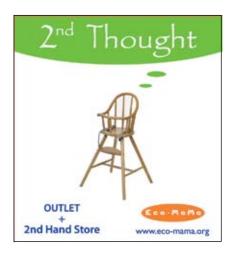




www.littlesunmc.com Tel: 2123-2109 Email:info@littlesunmc.com

market place pt

Little Montessorian®



iCARE Voice & Speech Therapy Centre provides professional assessment and therapy to the clients, helping them to improve their communication skills and self-confidence, thus enhancing their quality of life.

Services provide for: - Articulation Disorder - Language Delay - Voice Disorders - Dysfluency - Autistic Spectrum Disorder - Asperger Syndrome - Swallowing Difficulties consultation by appointment Rm 903, Canton House, 54-56 Queen's Road Central, Central, Hong Kong Tel: 2668 1488 Website: www.lcare.com.hk Email: info@icare.com.hk



Best Toys for kids!

The sole-distributor of "Little Montessorian" high quality Montessori and creative early education materials to schools & parents.

Jennifer Debow BA (Psych), BSW, BEd, Dip Ed Educational Consultant

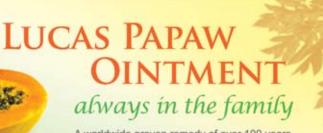
Looking for an international school for your child in Hong Kong? Does your child have special needs that require unique and customized attention?

Canadian educated teacher and social worker with 17 years experience with International Schools in Hong Kong is able to help you with:

- · Coaching to help your child get into his/her choice school.
- International school application enquiries.
- Assistance with transition from/to schools overseas.
- · Coordinate and coach families and students with special needs.

phone: (+852) 9804 9475

e-mail: jennifer@debow.net



A worldwide proven remedy of over 100 years, made in Australia from fresh papaw

Sole Distributor: INS Integrated Natural Solutions Ltd Tel: 2797 2728 email: info@inscare.com.hk www.inscare.com.hk www.youtube.com/watch?v=XFLB3VOPi5k



Treatment from Nature The Papaw Tree

14

PAPA

dry and cracked skin on lips and hands nappy rash cracked nipples from breastfeeding

pt market place





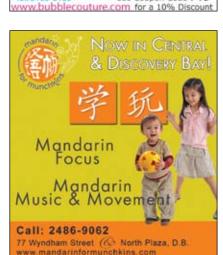






market place pt





Jumpstart

Tel: 2791 4838 Email: jumpstart@netvigator.com www.jumpstartmlc.com

Have an ECO friendly children's party!

Cards + Wrapping Paper 7

Order online at

Pets

ppers

stable Tool

on orders o

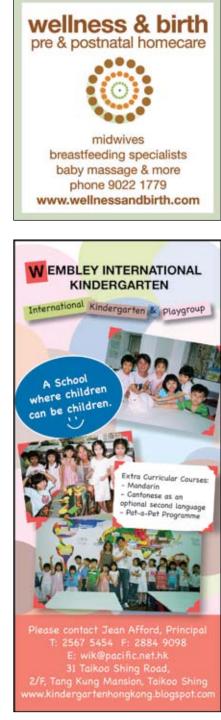
Use Coupon Code PT9

3-in-1 Stuffed Toy Snack Holder

BPAFR

FREE ships





pt last word





family bans are spreading

Airlines, hotels and restaurants don't want us around, complains father-of-three *Nury Vittachi*.

Babies are to be banned from first class aircraft cabins, the news bulletin said. I was shocked. Huh? You mean they weren't before?

I wish I'd known. I'd have sent my kids to toddle to the front of the plane and steal bags of cashew nuts at regular intervals. (Actually, I think I DID do that when they were small.) Oh, and think of the threats I could have used in earlier times. "You're definitely not getting a first class flat-bed seat and free airline logo pyjamas if you don't eat ALL your puréed cauliflower." My son, who values his creature comforts, would have wolfed down the loathed cauliflower purée in an instant. Of course, I would never have actually paid for a first class seat for him. They're for people with more money than sense. They think it's smart to fork out \$1,000 a centimetre for the "free" extra leg room, and \$2,000 for a "free" food upgrade.

Why should people who have child-free daily lives get even more adult time for their holidays?

Think about it. The \$75,000 premium each of them wastes on a Cathay Pacific first class seat to London could instead go to genuinely worthy causes, such as the items on my wish list: a gym membership I'll never use, a designer man-bag, a Kleenex used by Scarlett Johansson, etc.

But on reflection, I decided that the babies ban, started by Malaysia Airlines and expected to spread to all other major airlines, is good news. It means that Angelina Jolie and her six kids will be banished to the cheap seats. I am very good at soothing crying babes, and I will be more than happy to offer excessive amounts of comfort, tear-drying and cuddles. I may even offer such services to her children, too. Still, it worries me that this may well be part of a global crackdown on families. The Layana Resort in Thailand bans children. The Paradise Bay Island Eco Resort in Australia forbids guests under 15. You have to be 18 to stay at The Contiki Resort in Bali. Kids are banned at two of the restaurants at the Hong Kong Country Club.

This subject was brought to my attention by a reader, fatherof-two Karuna Menon, who said: "We should present a counter-argument that having children around increases the production of certain chemicals in the brain. I remember a Japanese company which introduced a mobile phone ringtone of the sound of a baby crying. They backed it with scientific results that proved women's breasts grew bigger when regularly exposed to the sounds of a baby crying." Hmm, maybe that will help single guys realise that kids aren't all bad.

Adweek magazine says businesses are providing child-free environments in response to demands from the growing number of child-free adults. This seems unfair. Why should people who have child-free daily lives get even more adult time for their holidays? Surely parents are the ones who need it? Clearly the only fair system would be for DINKs (dualincome-no-kids) to look after the children of MKEDs (manykids-expanding-deficit) while we go on holiday. If you have DINKy friends who will enable this to happen, make sure you go to a no-kids resort. Otherwise your eyes will alight on someone else's brats, and you'll miss your own ones so badly that you'll fly straight home. And all the way you'll be wishing that you had one of the kids

with you, so she could toddle into first class and steal the cashews for you. I speak from experience. D

Nury Vittachi writes a regular humour column at www.mrjam.org.





Trendy & Sensible French chic

Shop online for a selection of the best French kids fashion at attractive prices

www.little-parisians.com





atimini



For over 30 years Woodland has set the standard in Hong Kong for quality pre-school education. With ten schools, Woodland offers classes for children aged from twelve months to six years.



Seven of our pre-schools use 'Traditional' teaching methods in line with the UK National Curriculum's Early Years Foundation Stage (EYFS). These schools are fully accredited by the Pre-School Learning Alliance, London. Three of our pre-schools offer 'Montessori' teaching methods that are fully approved and accredited by the Montessori Centre International (London). At Woodlands we recognise the benefits to children of learning Mandarin, and offer the option of bilingual classes.

Tai Tam Montessori	Tel: 2525 1655
Repulse Bay Montessori	Tel: 2803 1885
Mid Levels Montessori	Tel: 2549 1211
The Peak	Tel: 2849 6192
Repulse Bay Beachside	Tel: 2812 0274

Happy Valley	Tel: 2575 0042
Pokfulam	Tel: 2551 7177
Harbourside (Aberdeen)	Tel: 2559 1377
Sai Kung	Tel: 2813 0290
Woodland Tree House	Tel: 2872 6138
(Pokfulam)	

www.woodlandschools.com