

# NCT Westminster Branch Newsletter



Spring 2010

Edition two



## Inside:

- Reclaiming birth campaign
- National Breastfeeding Awareness Week
- Meet the members
- A light-hearted look at buggies

"the ultimate fitness class for mums & babies" The Times

# buggyfit



As featured on **This Morning**, **itv**, **The Times** & **Zest Magazine**, **buggyfit** is the ultimate fitness class for new Mums wanting to get back in shape after their new arrival. This power walking class, with strengthening and toning exercises is proving to be the answer to shifting postnatal weight and re-toning your body after giving birth. This one hour workout enables you to meet new friends and baby comes too!

Paddington Recreation Ground - Maida Vale: Mon 11.00am Wed 9:30am  
Hyde Park: Lancaster gate entrance Tuesday 10.00am  
Email: [Jacqui@porjes.com](mailto:Jacqui@porjes.com) 07947 568890 Available for personal training - group or 1-1 sessions.

Battersea Park - Tuesday and Thursday 10.00am  
Meet at the bandstand in the middle of park Wendy 07711 436830 [www.wendybrockes.co.uk](http://www.wendybrockes.co.uk)

See [www.buggyfit.com](http://www.buggyfit.com) for more information

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## A note from the editor

Welcome to our spring edition. As I'm typing this the sun is shining and the daffodils are beginning to appear - such a change from the last three months of snow, snow and more snow. To tie into spring and new beginnings, we have a birth story with a twist. Read Willemijn's story on page 20.

National Breastfeeding Awareness Week is nearly upon us and to commemorate this with have a feature from an NCT breastfeeding counsellor.

This will be my last edition as editor. We are looking for an editor

to put together the next newsletter. We are also seeking someone to help with the admin. If you are interested or if you can help in anyway, do get in contact.

I should apologise for featuring so heavily in this issue. I hope it comes across that I am passionate about the NCT, what the charity does and what it stands for.

Claire Shadbolt  
Interim Coordinator and  
temporary editor

newsletter\_nctwestminster@yahoo.co.uk

## First Aid for Babies and Children



*We have been teaching first aid to  
NCT parents and parents-to-be since 2001*

- Classes taught in your home in small groups
- Gain confidence with our exceptional team of NHS paediatric nurses
- Easy to follow laminated first aid wall chart to take away with you

**0845 094 4220**  
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Visit us now to read what our customers say about us or to download a brochure

## About Us

The NCT is UK's leading charity for parents. Every year we support thousands of people through the incredible life changing experience of pregnancy, birth and early parenthood.

Becoming a parent is a life-enhancing experience, but it can also be challenging and sometimes stressful. We are here to help you through this transition, offering relevant information, reassurance and mutual support.

The NCT started in 1956. Since then, we have worked successfully to improve the experience of becoming a parent in the UK.

We are a membership charity with over 100,000 members across the UK. Our strength comes from the dedication of our volunteers, who work through our network of branches to provide and support local services, training and evidence-based information for parents, families and health professionals. We are trusted and respected by health professionals and governments as an organisation that represents the needs of parents.

Our work is funded through membership fees, fundraising activities and the delivery of our services.

We work to fulfill our mission and vision of enabling all parents in the UK to have an enriching experi-

ence of pregnancy, birth and early parenthood. Our purpose is to provide support and evidence-based information in pregnancy, birth and early days of parenthood. We want all parents to feel confident about their maternity care. We campaign to improve the services and facilities for new parents, and provide essential services and information to give them a chance to make informed choices.

The NCT works at both local and national levels throughout the UK. Much of the local support we provide is through our network of volunteer-run branches.

The health and social care provision in each of the four constituent countries provides its own challenges. The NCT works with policy makers and service providers in each country to help meet the needs of parents in response to these challenges.

### NCT Vision

The NCT wants all parents to have an experience of pregnancy, birth and early parenthood that enriches their lives and gives them confidence in being a parent.

### NCT Purpose

- We offer information and support in pregnancy, childbirth and early parenthood.
- We campaign to improve maternity care and ensure better services and facilities for new parents.
- We aim to give every parent the chance to make informed choices.
- We want to make sure that everyone has access to our services and activities.

## Branch News

NCT Westminster started in October 2009. Our membership has increased dramatically and we now have almost 400 members. It is still all shiny, new and exciting. Most of the volunteers are new to volunteering for the NCT so we are all still finding our feet.

In March we had a meeting with the main aim of deciding what we would like to do. You can see the results on the following pages - Pimlico Parents Group, talks at Bumps and Babies, Nearly New Sale - it is all very exciting.

We do need to recruit more volun-

teers in order for us to fulfil the NCT requirements under the branch charter and for us to be able to do more. Please see page 20 for more details of volunteering.

I am very pleased to say that we have recruited a new treasurer. So please welcome Emily. She joins Rona, Willemijn, Sarah, Victoria, Conchita and others. Thank you guys for all your help over the last few months.

The National Annual Members Meeting, conference and The Big

*(Continued on page 7)*

### BOWEN THERAPY FOR MUM & BABY



#### Mum

- Back Ache
- Sciatica
- Hip Pain & SPD
- Breast Tenderness
- Heartburn
- Constipation
- Swelling

#### Baby

- Colic
- Constipation
- Wind
- Asthma
- Flu and Colds
- Chesty Coughs
- Restlessness

*'I experienced instant relief from my SPD. I highly recommend Bowen Therapy to everyone. 'M. M, Registered Adult Nurse, UCH*

*'He is now sleeping so much better, no more colic and no more constipation. We are a much happier family now.' T. K.*

**Dr. Carolyn Goh (BEng, MSc, PhD, MBBS, BTER)**

Violet Hill Studios, St Johns Wood, London [www.bowenforhealth.com](http://www.bowenforhealth.com)

Contact: 07903-779-488

*(Continued from page 6)*

Weekend is in May. I pleased to say that two of us are attending on behalf of the branch - Rona and myself. We will report back in the next newsletter.

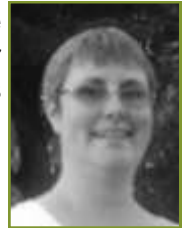
Our next branch team meeting is on 6th April 2010 in Pimlico. Please get in contact for full details.

In our Winter 2009 edition we ran a prize draw winner was Chikako Momota. She won a combination of three Oomphalos session and an Oomphalos tote. I would like to thank Oomphalos for supporting the NCT.

As the membership feedback and volunteering questionnaire was so popular we have decided to extend it, this time it is in electronic format. This can be found at [www.nct.org.uk/westminster](http://www.nct.org.uk/westminster).

I also need to send a big thank you to Tonicity for providing the venue and refreshments for our Tuesday Bumps and Babies.

Claire Shadbolt  
Interim Coordinator  
[nctwestminster@yahoo.co.uk](mailto:nctwestminster@yahoo.co.uk)



# BabyBop.

fun and fabulous dance classes for pre-school boys and girls  
Locations across NW, W and SW London

to book a **FREE** trial class  
call Katie on **07967321504**  
or email [katie@baby-bop.co.uk](mailto:katie@baby-bop.co.uk)

**BabyBop** also caters for children's parties, events, and nursery school visit's.  
All teachers are trained professional dancers and CRB approved.

[www.baby-bop.co.uk](http://www.baby-bop.co.uk)

## Membership News

### Boost our membership

Do you know someone who is pregnant, has a young baby or who is interested in supporting the charity?

Please ask them to visit the NCT website at [www.nct.org.uk](http://www.nct.org.uk) or telephone the membership hotline on 0844 243 7000.

### Money for nothing

Gift aid cost you nothing but allows the charity to claim more money from your membership. If you're not a taxpayer but your partner is, they can be a joint member with you and be the one who pays the membership fee and select to give Gift Aid. There's no extra cost for this. So long as the person paying the membership is a UK taxpayer, then for every £1 you give the NCT can claim an extra 28p from the taxman. That's £8 on a £29 renewal!

### Does the NCT have your correct contact details?

If you have web access go to [www.update.nct.org.uk/mydetails](http://www.update.nct.org.uk/mydetails) with your membership details to

hand to see the information that Head Office hold.

### Please can we have an email address for a cheap, quick and easy way of contacting you?

Please can this be an email address that you can be contacted on both antenatally and postnatally (we get a huge number of out of office replies saying "I am on maternity leave"). You can enter it at [www.update.nct.org.uk/mydetails](http://www.update.nct.org.uk/mydetails).

### Renewing your membership

You can renew via 0844 243 7000 or [www.nct.org.uk/join](http://www.nct.org.uk/join). Second and subsequent years are cheaper and it is cheaper still if paid by direct debit.



### Pregnant Mums wanted for PAID Focus Group

New baby company, developing an innovative maternity product, needs the assistance of pregnant mums (from 22+ weeks) in the London area to help us with research on sizing, and to be part of a focus group. We need your input on this project, and are offering compensation for all mums that help us along the way. We'd love to hear from you if you are 22+ weeks and over ..

Please email : [roberta@unitednotionsintl.com](mailto:roberta@unitednotionsintl.com), or call us on 07545 962171 ☺

## 10 Good Reasons for being a member of the NCT

1. Have a fun time whilst supporting a worthy cause.
2. The NCT is a unique service, which gives you the opportunity to network with other parents.
3. Your membership will ensure the NCT is here to support your children, when they become parents.
4. Your membership will help NCT campaign which will bring about changes for ALL parents.
5. NCT members help raise the profile of parenting.
6. Your membership allows NCT to campaign on behalf of those who cannot do so for themselves.
7. Membership gives you the opportunity to give something back to the NCT.
8. Being a member of the NCT enables us to continue training new volunteers, teachers, breastfeeding counsellors, postnatal support workers and branch volunteers.
9. Your membership allows the NCT to act as a voice for all parents in the UK.
10. Be a member to say thank you to all the volunteers who have supported you through pregnancy and the experience of becoming a parent.



The local group  
for parents



Join or renew online at  
[www.nct.org.uk/join](http://www.nct.org.uk/join)  
 or call our membership hotline today  
 0844 243 7000

## Campaigns

# Reclaiming birth rally

You may have noticed the photo on the front cover of this issue and wondered what it was about. We took to the streets of London on Sunday 7th March to reclaim birth for women and their families because they deserve better!

The NCT, Association for Improvement in Maternity Services (AIMS), Association of Radical Midwives (ARM), Independent Midwives UK (IM UK) and Albany Mums are Reclaiming Birth by calling for improved investment in services across the country. This is to highlight the necessity of every birth being a positive experience for parents as it is one that will change their lives forever.

On that sunny day in March, as part of the Reclaiming Birth campaign we marched from a park in Lambeth to Whitehall, where we staged a rally outside the Department of Health building. We marched behind a specially branded bus, from the top of which were delivered speeches at the end. Speeches were made by Professor Wendy Savage, Beverley Beech, Duncan Fisher, John Skuse, Emma Beamish, Becky Reed, Annie Francis, Gail Werkmeister and Belinda Phipps.

It was a brilliant day for all concerned, and we're really proud to have been involved. But, the job's not done yet. We still don't have enough midwives, and we still don't have continuity of care and one-to-one during labour. To make this happen, we need steps to be taken, such as contracting Independent Midwives into the NHS. And you can help make this happen.

To read more about the Reclaiming Birth campaign, and to take action to bring it to the attention of decision-makers throughout the UK, visit the NCT's Reclaiming Birth page at [www.nct.org.uk/active](http://www.nct.org.uk/active) and take the very quick and easy actions there. Tell your MP to get behind the campaign, and encourage your local Maternity Services Liaison Committee to demand change from your local PCT.

We hope to see you all at the next march.



## Campaigns

# National Breastfeeding Awareness Week



The 2005 UK Infant Feeding Survey found that 73 per cent of mothers stopped breastfeeding before they wanted to.

This year the National Breastfeeding Week will run from 21st - 27th June 2010.

The NCT supports and campaigns for all parents regardless of how they choose to feed their babies and we all parents to feel supported in their babyfeeding decisions.

We know that breastfeeding provides babies with the healthiest possible start in life in terms of growth and development and is a natural and sustainable way to feed a baby. We aim to raise awareness of the barriers faced by those who want to breastfeed and we campaign for more supports to allow women to overcome these barriers.

Since 1993, the National Breastfeeding Awareness Week (NBAW) has been run annually by the Department of Health as a key event for promoting breastfeeding. The main aim of the campaign is to raise awareness of the health benefits of breastfeeding, increase social acceptance of breastfeeding and promote support for breastfeeding. The aim is for women to recognise their right to breastfeed at any time in any place. Also for friends, family and health-care professionals to provide support for breastfeeding.

## The WHO Code and Nestlé Boycott

Recognising that the promotion of formula was one factor influencing families to abandon breastfeeding, the World Health Organization (WHO) agreed a policy in 1981 to protect and promote breastfeeding – The International Code of Marketing of Breastmilk Substitutes.

### Key points from the WHO Code:

- No advertising of formula, bottles and teats
- No free samples of formula should be donated to mothers,
- No promotion of formula through the health care system
- Information on leaflets and tins of formula should not imply that bottle-feeding is equivalent or superior to breastfeeding
- Instructions on tins need to be in local languages

### Breaking the Code

IBFAN (International Baby Feeding Action Network) groups and, in this country, Baby Milk Action, publish reports on companies who break the WHO Code around the world.

### NCT and the WHO code

Campaigning for implementation of the WHO Code is part of NCT's

remit to promote breastfeeding and support all parents in their decisions about feeding. For women who decide to bottle feed, good quality information, free from the bias of the manufacturers, is essential. NCT is involved in a range of actions to support the implementation of the WHO code into UK law. We are a member of the Baby Feeding Law Group and the Breastfeeding Manifesto Coalition. We work as part of these groups, and with Save the Children UK and UNICEF UK, to influence the drafting of regulations on infant formula and follow on formula. These are currently in preparation due to the UK's need to change its legislation following a European Union directive.

The NCT believes that all parents need reliable information about all methods of baby feeding. The information should be clear and accurate, and based on research evidence, so that parents have the opportunity to make informed decisions. Parents should be told about the benefits and risks of different feeding methods, including effects on babies' health and the costs involved. Parents also need practical information, help and support whether breastfeeding, mixed feeding or formula feeding.

*(Continued on page 13)*

*(Continued from page 12)*

Midwives, health visitors and all other health professionals working with new parents should provide this information to parents.

The NCT lobbies the Government for the development of independent non-commercial information for parents on formula milk, including the ingredients used. Parents also need information on the safest way to make up formula.

It is currently illegal to advertise infant formula. However, surveys

have shown that around two thirds of mothers of babies say they have seen advertising for formula milk. The NCT is calling for the ban on promotion to include follow-on milks for babies older than 6 months, in order to protect the health of babies. We are concerned that there is a lack of impartial information available to parents on all feeding options, due to companies continuing to advertise follow on milks and to use commercial promotion techniques for their brands.

### **NCT Policy**

NCT supports the Nestlé boycott. Thus volunteers may not use Nescafé or other Nestlé products at NCT events.



### **Tumble Tots is the UK's leading**

physical activity group, for children  
from crawling to 5 years

From around six months old, babies are busy learning to crawl, stand & walk. They have to learn how to trust their bodies as they stand & wobble. This is one of the first stages of baby's journey to independence ... and Gymbabes, the youngest of the Tumble Tots physical activity programme, is designed to help make baby's initial journey fun & challenging.

The Gymbabes programme is all about developing a baby's tactile, visual, verbal & sensory experiences, as well as early motor stimulation.

*"...a great big thank you to the staff for being so lovely & supportive & providing such a nurturing environment for my son. It's the people that made Tumble Tots so special to us." EK, Finchley*

*".. thank you for the marvelous service you've been providing at Tumble Tots. I'll confess that at first I was doubtful it would be worth the money, but the impact on my son's development was stunning & his joy at going to classes was really second to nothing." EC, St John's Wood*

For details of classes in St Johns Wood, Muswell Hill & Finchley Central

**Call Liane on 020 8381 6585**

[www.tumbletots.com/hampstead](http://www.tumbletots.com/hampstead)

email: [fun@tumbletotsnorthlondon.co.uk](mailto:fun@tumbletotsnorthlondon.co.uk)

## Fundraising News

### Jump for Mothers Day

Yes it is true - I am doing the Jump for Mothers' day. And I want your money.

The date has been changed; it was due to be the 13<sup>th</sup> March and is now 10<sup>th</sup> April. There was an administration error somewhere along the line and the end result is I have got extra time to raise some more money.

On 10th April in Cambridge, I am doing a sponsored tandem sky-dive – I am throwing myself out of an plane, 10,000ft in the air, strapped to a man (who I assume will have a parachute) and then fall through the air at 120mph, probably screaming quite loudly.

Why am I doing this? Most of my friends say it is because I am mad/insane/crazy (these are very common words in my in box at present). I say it is because I have always fancied doing this and I am passionate about the NCT. So when the chance came to combine the two I jumped at it.

The NCT is UK's leading charity for parents. Every year we support thousands of people through the incredible life changing experi-

ence of pregnancy, birth and early parenthood. Becoming a parent is a life-enhancing experience, but it can also be challenging and sometimes stressful. We are here to help parents through this transition, offering relevant information, reassurance and mutual support.

The NCT depends on donations to fund vital counselling and information services for new parents and parents-to-be. £35 provides over three hours of breastfeeding counselling to new mums through our helpline £60 enables us to distribute Bumps & Babies magazine to 120 expectant parents £120 pays for nearly six weeks of training for one of our specialist workers.



I am asking for donations through JustGiving as it is simple, fast, secure and they sort out gift aid—which means more money for the charity.

I am really excited to do this. Please help to make this a really memorable event by ensuring I raise lots of cold, hard cash!

Claire Shadbolt

**[www.justgiving.com/Claire-Shadbolt](http://www.justgiving.com/Claire-Shadbolt)**

## Fundraising News

### Nearly New Sales

I am really excited to report that NCT Westminster is planning to hold a Nearly New Sale. As I write this article we are researching venues which will lead onto setting a date. It is likely to be a Saturday in September.

With new figures showing the cost of bringing up a child rising to £200,000, parents may be looking for ways to cut back during the recession. NCT Nearly New Sales offer parents a great opportunity to buy good condition toys, clothes and products at next to nothing prices. As the bill for a one to four year old tops £52,000 - Nearly New Sales could just be the ticket.

NCT Nearly New Sales also allow parents to sell off their unwanted baby goods and make a profit. We are looking at holding a table top style sale, i.e. sellers purchase table space and then keep the profit of the sale of their goods.

Mums, dads, friends or family can come along and buy all the baby items they may need. In fact, on average, parents spend £25 at a

sale which can buy a variety of items including bedding, a changing station, a Moses basket, a travel cot or a high chair.



Funds raised for NCT from the Nearly New Sales - sponsored by Comfort Pure and Persil Non-Bio - go to supporting parents through providing evidence-based information; national parenting helplines; local services such as breastfeeding and postnatal coffee morning drop-ins; subsidised or free antenatal and postnatal classes for vulnerable people; funding for antenatal and postnatal leaders and for NCT to campaign to improve maternity services and support for parents in the workplace.

If you can't wait for NCT Westminster's sale, then visit the sales at our neighbouring branches. Visit [www.nct.org.uk/nearlynewsales](http://www.nct.org.uk/nearlynewsales) to find your nearest Sale by typing in your postcode.

If you wish to register your interest as a seller, please email your details to [nns\\_nctwestminster@yahoo.co.uk](mailto:nns_nctwestminster@yahoo.co.uk) or phone 0844 243 6078.

Confidence in your birth & labour choices

# NCT Antenatal Courses



Our teachers will help you explore choices around labour, birth and parenting

- Small, interactive classes
- Share your experiences with other new parents
- Find out about local maternity services

Find your nearest class now at

[www.nct.org.uk/confidence](http://www.nct.org.uk/confidence)

UK's largest charity for parents

National Childbirth Trust is a registered charity (801325)

## Branch activities

### facebook

Join NCT Westminster on Facebook.

Keep up to date with the latest branch activities.

Join in the chat with other Westminster parents and parents-to-be.

### *Feeding statement*

*The NCT supports all new parents, regardless of how they choose to feed their babies.*

*At all our events you can breastfeed if you want to. Our venues can provide facilities to heat bottles.*

# Pimlico Parents Group



The Pimlico Parents Group meet weekly for coffee, normally on a Thursday. Occasionally there are walks in the park. These will just be emailed out as they happen and will increase in frequency as the weather improves!

If you would like to join then email [pimlicomums@hotmail.com](mailto:pimlicomums@hotmail.com) or call 0844 243 6078.

nct



# Tuesday Bumps and Babies

Each Tuesday  
10:30am to 12:30pm

At Tonicity, Mezzanine level, 1  
Great Cumberland Place  
W1H 7AL

Come along to  
meet new friends  
over a cup of tea  
or coffee.

All welcome

Regular talks on a  
range of topics. Please  
see page 16 for details.

**Directions:**

The closest tube station is Marble arch  
which is less than 100 yards away.

Leave the tube station from the exit  
marked "North Oxford Street".

When you walk onto the pavement turn  
right and cross Great Cumberland Place.

Turn right immediately and walk along  
Great Cumberland Place.

You will find Number One on your left.



A special thank  
you to Tonicity for  
providing the room  
and refreshments.

Please let us know if you are planning to attend by ringing 0844  
243 6078 or emailing [bandb\\_nctwestminster@yahoo.co.uk](mailto:bandb_nctwestminster@yahoo.co.uk).

## Tuesday Bumps and Babies Diary

Bumps and Babies is a time for you to relax and chat to other parents and parents-to-be over a cuppa and a biscuit.

We occasionally have guests from a range of specialisms which are all relevant to pregnancy, birth and the early years. They will give a talk of around 10 minutes and available to chat.

The diary of guests is subject to change. For the latest information check out our website [www.nct.org.uk/westminster](http://www.nct.org.uk/westminster) or join our Facebook group – NCT Westminster.

All talks held at Bumps and Babies, on Tuesdays between 10:30 to 12:30 at Tonicity, 1 Great Cumberland Place, W1H 7AL - close to Marble Arch.

### **6<sup>th</sup> April** Sharon Waxlerish - Hypnotherapy

Sharon is one of the foremost hypnotherapists. She is an expert in hypnosis for weight-loss, pattern breaking, pregnancy and for children to help sleeping through the night.

### **20<sup>th</sup> April** Tekla Kosa - autogenic training

Autogenic Training is a relaxation therapy based on simple mental exercises for natural self-regulation of mind and body. It can be used to reduce stress, nausea, constipation, insomnia and can provide pain relief after birth.

### **27<sup>th</sup> April** Mela Berger - Mayan Womb Healing

Mela works in Mayan womb healing, rolfing and other aspects. Mayan womb healing works about 3-4 weeks after birth to help reposition the womb. She uses a variety of massage techniques to help reduce stress and is a world recognised rolfing expert.

### **11<sup>th</sup> May** Bernedette Gilder - Pelvic Floor toning for mums and pelvic pain.

Bernie is a specialist women's health physiotherapist with years of experience helping mums re-tune their body after birth. She works at Tonicity providing natal treatment that can repair the pelvic floor and core body in as little as six weeks, helping mums feel like their pre-pregnancy selves. She also has experience in pelvic pain and back pains physiotherapy.

### **25<sup>th</sup> May** Regina Curran - Baby Massage

Regina is an experienced midwife. She has a diverse and specialist background with a wide range of skills and experience as a nurse, midwife and complementary therapist.

### **8<sup>th</sup> June** Glynes Mewton - Hypnosis in Midwifery

Glynes Mewton is a specialist midwife who provides hypnosis during birth for pain relief. She helps mums who want to have a normal birth at home.

### **22<sup>nd</sup> June** Erin McCann - Pre and Post Natal Nutrition

Erin is a specialist nutritionist who works in women's health to help mums decide what to eat pre and post-pregnancy. She is excellent for dietary information and often helps mums who want to lose weight and eat right.

## Volunteering Opportunities

We are a new branch and this is an exciting time as we build a team. We currently have around ten willing volunteers, some of whom are likely to take up a core role. We would really like you to join us.

the NCT make a difference for parents.

You are welcome to attend our next branch meeting on 6th April in Pimlico, please contact us for more details.

Volunteering is fun, allows you to use your experience and gain new skills, and you have the satisfaction of knowing that you're helping

If you can help, please email [nctwestminster@yahoo.co.uk](mailto:nctwestminster@yahoo.co.uk) or call 0844 243 6078.

### Core team vacancies:

#### Branch coordinator

who coordinates the work of the branch team, leads and develops the team as a group, and is the principal link between the Branch and other parts of NCT

#### Membership coordinator

who welcomes those getting in touch with the branch and encourages involvement and membership, keeps in touch with members and encourages renewals

#### Parent support coordinator

who coordinates parent support activities and responds to enquiries from local parents, putting them in touch with branch activities and services meeting their needs

#### PSA Link

who provides a link between the branch team and the Parent Services Administrator (PSA), who books parents on to ante-natal courses

## Also looking to find:

**Newsletter Editor:** who gathers interesting articles and edits them into our newsletter - there is a guide to help with this

### **Newsletter Advertising**

**Coordinator:** who works with the editor to sell advertising to companies/individuals offering services of interest to our readership and help cover the newsletter's costs

**Secretary:** who helps the coordinator with the administration of team meetings and takes the notes.

### **Bumps and Babes Supporter:**

who works with the Parent Support Coordinator to help at Bumps and Babies, The Pimlico Parents Group or set up a new group, perhaps in the north of the city

**Branch Webmaster:** who develops and keeps up to date our branch pages on [www.nct.org.uk](http://www.nct.org.uk) so parents know who we are and how to access our activities - there is a Branch Guide to help you do this

**Publicity Officer:** who develops relationships with the local media, writes and places press releases and helps publicise the local NCT

**Fundraising Coordinator:** who puts together a fundraising team, works with the team to devise a fundraising plan and organises the events – there are lots of guides to help with this

**Nearly New SalesCoordinator:** who works with a team to organise the nearly new sale - there is a guide to help

If you are interested in volunteering, or would just like further information, please email [nctwestminster@yahoo.co.uk](mailto:nctwestminster@yahoo.co.uk) or call 0844 243 6078.

## Meet the Members

Willemijn Zandt is 34 and was pregnant with her first baby when we met her two weeks before her due date: the 25<sup>th</sup> of February. Eventually, she gave birth to Cecilia on the 7<sup>th</sup> of March. She has been living with her husband Luca in London for a couple of years. At the first interview, she was much looking forward to her baby girl and couldn't wait to give birth. We asked her how she had prepared herself at that point. Later on in the magazine, you will find the interview after she gave birth.

### **When did you first hear about NCT?**

Last summer when we found out that I was pregnant, Luca was very diligent. He was delighted and told all his friends about it. One of them knew the NCT, and she recommended the NCT membership to him. There would be no way for him, not to become a member!

### **What made you join?**

For us, the NCT is the authority in terms of information about pregnancy, birth, breastfeeding and so on. That is just great when you are pregnant and later on I guess when you have given birth. Besides that, the social contacts and the many services NCT provides, like NCT sales and Bumps and

Babes magazine is just great.

### **Did you buy most of the things already you might need when baby is born?**

Oh yes!

### **What do you think...**

#### **... Will be your best NCT sales buy?**

The Tens machine, for early pain relief in labour

#### **... The most useful buy – from your perspective?**

I think the Lilette disposable breast pads will be most useful. I guess there will be a lot of mess.

#### **... The most useful buy – from your husband's perspective?**

I don't think he has any strong ideas about this.

#### **...The least useful buy – from your perspective?**

Definitely the Genii maternity pillow: I don't like it in bed; it's been kicked out more often than expected. It just doesn't give me the comfort I was hoping for.

#### **...The least useful buy– from your husband's perspective?**

That will definitely be the bottle steriliser. He commented to me:

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you can just wash it, right?!

**... The most emotional buy according to you?**

A little rug, it's both a blanket and a play rug. It's so beautiful; I guess it's something girly that suits her really well. I am looking forward to snugly wrapping her up in it and also letting her snooze on it.

**...The most emotional buy according to your husband?**

None that I know of... Oh wait, probably the music box in the cot mobile. It plays Twinkle twinkle little star, and he learnt that babies respond well to Mozart. So, now he puts the mobile on my

*Photo by Mabel Kwok*

belly and let baby listen to it. Once she is born, she will be entirely familiar with it.

**...The most fun buy, in your opinion?**

A white all-in-one bear suit, with little ears and a hood. That will look cute and fun.

**...The most fun buy in his view?**

Ha ha ha, sling of the same brand as Roger Federer's baby foot muff.... He is looking forward to show off our little girl!

**What kind of birth are you hoping for?**

I am hoping for a water birth with-

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out any tearing. The less damage, the better, so to say....

### **Where would you like to give birth?**

I would like to give birth in hospital, St. Thomas. I visualise myself at home as long as possible, then when we get to the hospital, then I will go into the birthing pool and be without pain relief for as long as possible.

### **How did you choose where to give birth?**

Initially, I had no clue whatsoever. When doing the search, I wasn't very impressed by the NHS hospitals I visited. I asked them why I would choose their hospital to give birth to my baby. It was the weirdest question they had ever heard. One hospital suggested talking to their Marketing Department. Can you believe that? In St Thomas they asked me straight-away, whether I would like to see a room. Obviously, my choice was made at that point.

### **What will you miss about pregnancy?**

I will miss the feeling of her being so close as she is now. I am taking care of her instinctively now. The greatness of nature, that I am taking care of her automatically in my belly, I will miss that. I just have had a great pregnancy!

### **In what way has the NCT antenatal class been beneficial to you?**

The information was great: explanations from A to Z. Every small step of the birthing process was covered. Also, we looked into the early days of parenthood. I found it just great that partners were involved as well.

### **What do you hope for the future of Westminster Branch?**

I am really looking forward to more cohesion in the entire branch. Maida Vale seems to be a very coherent entity within Westminster. I think it would be great to learn from areas in Westminster that have things up and running. Also, Westminster council seems to organise all sorts of activities. Maybe there are similar things that NCT Westminster can organise for her members. We might do something similar as well.

### **What do you really appreciate in your area [Pimlico-Victoria] in terms of facilities with babies?**

This is something that I really don't know yet.

### **What does your neighbourhood lack in those terms?**

Definitely in my area it lacks a great location for toddlers and

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*(Continued from page 24)*

crawlers. I might open a coffee shop myself; it just must be a hit!

### **What are you looking forward to the most?**

Bringing my baby home!

Willemijn gave birth to her little bundle of joy Cecilia on the 7<sup>th</sup> of March, 10 days after her due date. We spoke to her about her birth five days afterwards. She was very tired, but delighted, happy and emotional about the step she had made into motherhood. Completely in love with her baby, there was no need to ask how birth had gone.

### **...Birth...**

Contractions started on Friday the 5<sup>th</sup> of March in the middle of the night. After a couple of hours I told Luca and since, he has not been away from my side. We ate, did errands, walked for two hours and early afternoon the midwife came over to see me. All was going well, just very early stage. Early that evening I went to hospital, and was allowed to stay, as I was dilated 5 cm. I used the birthing pool, which was great for relaxation and coping with the contractions. Eventually, there was very little progress. Baby was not in the right position and went out of the pool. At that stage I tried gas and

air, but it did not give me much relief. Hours later, when the Big Ben was no longer lit from my window, I decided to go for an epidural. Again some hours later, there still was very little progress. Baby was still not in the right position. We decided to try the syntocinon drip to speed up the labour. Unfortunately, baby did not respond well to it. Eventually, Cecilia was born by C-section, weighing 3.12 kg and 50 cm.

With Cecilia in my arms and Luca walking next to me, we were driven around in hospital to the maternity ward. I felt like a queen! I felt on top of the world, as if I had won an Olympic medal. I just



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thought, we should go and drive through London; everybody has to see you, Cecilia!

**Could you comment once more on your buys you had done before giving birth? What do you think...**

**...Has been your most useful buy?**

Haven't used the breast pads yet. The Moses basket is just fantastic. I just take it everywhere with me. It's a cosy little bed for her. I had never thought I would use it so intensively. If I had known, I might have invested in a nicer one... Besides, the Genii pillow is just fantastic now; I have been using it all the time for feeding!

**...Least useful?**

Oh, the Tens machine; I had very high hopes, but to me it was rather awkward as it felt like a huge amount of ants were walking on my back!

**...Most emotional?**

We bought a nice little sleeping suit for Cecilia, before she was born. She looks so very sweet and cute in it. Despite a couple of little stains of milk, we have kept it on her, as she looks so gorgeous in it!

**...Most fun?**

The white all-in-one bear suit is way to big. The most fun now, is a pink little towel with a hood. We use it on the changing mat. Very cute!

**...And what about the best NCT buy?**

Obviously, the Tens machine is no longer the best buy. Instead, the nail clippers are just great. Cecilia was born with very long nails, and we have been using it already.

**What would you like to tell moms-to-be?**

Keep an open mind to labour and birth. You just don't know how it will end. You might plan for a hospital birth and end up with a home birth, or want an epidural, but there is no time as labour is progressing so fast.

Also, I sometimes think that I read too much in advance. I sort of knew all consequences of the choices that were available, especially the disadvantages of things. I had many questions even in theatre just before the operation: Now that I will have a c-section, I can only give birth to a maximum of three kids?!

**Willemijn, thanks so much for sharing your birth story! We wish you a great recovery and a great time ahead with the three of you!**

## So important to know...

When I was pregnant with my first child, I hadn't heard of the NCT. Therefore I didn't attend NCT antenatal classes and was never offered a session on Breastfeeding as part of the NHS antenatal classes which I attended. I had the "Breast is Best" posters around the hospital, and assumed that breastfeeding was simply a matter of choice - either you (the mother) chose to, or you chose not to. I had read a bit, knew of some the health benefits, and had decided that I would breastfeed.

So when my daughter was born, it came as a shock to find that she didn't know how to do it straight away, and that there was a little more to it than just offering her the breast. Also, I was not expecting her to feed so frequently - every four hours would be enough, my mother had told me. So when my new baby wanted to feed seemingly constantly, I assumed I didn't have enough milk, or that my milk wasn't good enough. The fact she lost over ten percent of her birth weight in the first ten days appeared to confirm my fears, and



when my midwife suggested that I supplement her feeds with formula milk, I agreed, not knowing that I had any choice in the matter. The baby guzzled down the formula from a bottle, began to regain her birth weight, slept a lot more, and when I tried to put her back to the breast, she didn't seem interested. "That's it," I thought, "I've failed to breastfeed her. I've not got enough milk and what I have got is not good enough." My mother was staying with me at the time, and she reinforced these thoughts by telling me that it had been just the same when she tried to breastfeed me and I would exhaust myself if I continued to try to breastfeed my daughter. "It must be genetic," I thought.

Two years later, I became pregnant with my second child. I had heard of and joined the NCT by this time, and I had also heard of NCT Breastfeeding Counsellors. I decided to give it another go with this second baby. I did some more detailed reading on the subject and talked to my local Counsellor. I was surprised by what I

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found out. Frequent feeds are normal. Babies need to learn how to breastfeed too. There are recommended techniques for holding the baby and for getting baby to latch onto the breast. Formula feeds can be counterproductive while trying to establish breastfeeding. The baby regulates its own supply of milk if allowed to feed when he wants to. Introducing bottles can confuse a baby... the list went on and on. Most things I thought I knew about my first breastfeeding experience turned out to be incorrect assumptions on my part. It made me more determined to breastfeed this time around. When my son was both, I felt more knowledgeable, and hence more confident, about breastfeeding him. His growth was slow, but he had plenty of wet nappies, which I had read was a good sign. I learned to tune out, "he's feeding too often", "you'll tire yourself out", from certain members of my family. His feeds slowly spaced out, and gradually I relaxed more.

By the time he was three months

old, I realised that breastfeeding had become easy - I didn't have to think about it, he seemed to know what to do, he was gaining weight, he was sleeping more, I no longer felt the need to ring the Breastfeeding Counsellor, I was feeling sane again! I had done it! All it had taken, or so it seemed to me, was some correct information and support when I had needed it. There was nothing wrong with me, or my milk!

When my local Counsellor announced her retirement from the role, my son was 18 months old. I wanted to pass on my experiences of breastfeeding so that I could help other mothers who might be going through something similar. I decided to train to become an NCT Breastfeeding Counsellor. What I learned during my training was phenomenal. Never has the phrase, "I wish I'd known that before..." come to my lips more often. It took three years to qualify. Now my phone number is listed in my local NCT branch newsletter and given out by the local hospital for parents to use if they wish. I facilitate the



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breastfeeding sessions during NCT antenatal courses. I also help occasionally the NCT Breastfeeding Line.. I find the role rewarding and I understand from first hand experience how valuable receiving the right information and support can be to a mother's own breastfeeding journey.

Janet Simms, NCT breastfeeding counsellor, West Wickham.

If you would like to speak to a Breastfeeding Counsellor, you can ring the national helpline on 0300 33 00 771 or call a local

Breastfeeding Counsellor.

NCT Westminster does not have an NCT Breastfeeding Counsellor. Our closest Breastfeeding Counsellors are: Cordeillia, NCT North West London, 020 8969 6165 and Alex, NCT Kensington & Chelsea, 007717 214 515.

If you are interested in training to become an NCT Breastfeeding counsellor, Antenatal Teacher or Postnatal Leader, you can contact us to request an enquiry pack.

You can email [diploma@nct.org.uk](mailto:diploma@nct.org.uk) or call 0844 243 6000.

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## Ode to the Buggy

Article courtesy of Lisha Aquino  
Rooney  
Oomphalos

Call 'em what you will: buggies, pushchairs, strollers, prams, baby carriages, perambulators or carry-cots. Although we're aware of the function they serve, some of us seem to be unaware of the imprint these means of transport will leave on our bodies and minds.

I had no idea what was in store for me when at eight months pregnant I smiled blissfully for a photo in which I stood alongside the buggy we just bought for our soon-to-arrive bundle of joy. A few weeks prior to taking this photo, I was living in a buggy bubble, surrounded by objects referred to as Bugaboos, McLarens, and Gracos. And once this bubble popped, I was transplanted to an accessories orb and encircled by cup holders, parasols, sun shades, foot muffs, bag clips, insect nets, and buggy boards.

Giving me added pressure when I was trying to decide on a buggy, one friend was intent on informing me that pushchairs are the ultimate accessory. She says similar to a woman deciding to wear a Kelly bag or Kipling on her shoulder, or Louboutins or Birkenstocks

on her feet, the decision to buy and push around a certain type of pram makes a statement. After she saw the aforementioned photo, she said that my decision to purchase a red buggy meant that there was a lot of passion stirring below my surface. I told her that it wasn't passion but rather a very active, 3.5 lb. foetus, and that I actually chose a red buggy for safety reasons – red lights instruct us to stop. She said I was lying. I told her to quit with the envy and jealousy. Her buggy is green, after all.

Two and a half years into pushing our diminutive lorry over cobblestones, through sand and gravel, up and down curbs and stairs, on public transport, in snow and cats-and-dogs rain, and around unforgiving pedestrians, I feel equipped to teach Buggy Etiquette 101, How Playing Twister Is Good Practice for Pram Usage, How to Forgive Your Fellow Sidewalk Hoggers for They Know Not What They Do, and Surviving Life Post-Buggy.

I ask my husband what he imagines when he thinks of prams and he says, "Manic women pushing their way down the street with great impatience, assuming they

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have the right of way in all situations, even if oncoming traffic is someone in flames running towards them, having just run out of a burning building.” Yikes. Is this the picture I and my fellow moms and carers project? Or is this just a man who assumes he has the right of way or who has tried to cut lanes and jump in front of mini moving vehicles one too many times and has the scars to prove it?

Either way, I feel the need to defend my fellow baby carriage comrades. Until one has had to operate the machinery known as pushchair, one can never understand the intricacies of the apparatus, the physical and psychological

*Photo courtesy of Storme Sabine Photography*

commitment, and men and women of planet Earth – the fortitude.

What used to be a quick jaunt to the local coffee joint to get my caffeine fix has now turned into my own personal Cirque du Soleil routine. I know, I know, I should be grateful that I even have a buggy, that I have two legs and two arms and that I can afford a latté in this recession, but please hear me out. Both fresh air and caffeine are necessities when you have little ones. Thus, for any U- or G-rated readers, it’s like slightly injuring two birds with a teeny, tiny stone. When leaving the coffee

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shop with a buggy, I have to use one hand to open the door and then quickly kick my foot to catch it in order to hold it so it frees up the hand to hold the coffee. Meanwhile, the other hand is pushing the buggy and its 12 kilos of cargo while my 4.5 kilo bag steadily slides down my shoulder. When I'm being kind enough to grab coffee for a fellow mom as well, having to carry one of those moulded fibre coffee carriers with two cups requires use of the outer wrist, forearm or chin, or a combination of the three. Why didn't I purchase a coffee cup holder? I did, and the contraption is relatively useless. Not only does it add a few unwanted inches to the width of the buggy, but if you are using a paper coffee cup with a

plastic, domed, sippy lid, your coffee will come spewing out the first bump you hit.

I told my husband that I was going to start charging spectators for the entertainment I provide during this routine. He jokingly threw some coins at me and said, "For the time I watched you take ten minutes to put the rain cover on." It baffles me when onlookers see me struggling and smile, waiting to see how I will manage such a feat.

In one instance on the high street pavement, a young man and I had a showdown of sorts. I do not believe I automatically have the right of way simply because I am with

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pram. But I also do not believe that if I'm carrying my ridiculously heavy bag along with three bags from the grocery store and pushing my son in the buggy, I should have to swerve in order to move out of the way of an approaching roadblock, a.k.a. a young man with nothing but chewing gum in his mouth. If I could've magically disappeared from his path so as to not interrupt his strut, I would've gladly done it, but alas last time I spoke to Cinderella, she wasn't too keen on lending me her fairy godmother for any proposed stretch of time.

My fellow moms have told me similar stories – the face-off in the cereal aisle at the market, the confrontation on the bus, and the war of a few words at an airport. One mom tells of the time she was ready to put her dukes up when contending with a “swommer” who almost caused a head-on collision. “You know, a swommer,” she says, “one who is steering while on mobile.”

In my mind, whether it is pedestrian vs. buggy or buggy vs. buggy, the following should have the right of way:

- Parents behind the wheel of a

double/twin buggy

- Parents who look severely sleep-deprived and are behind the wheel of a buggy
- Parents who are pushing a child who is having a tantrum
- Parents who are simultaneously pushing a buggy and carrying several bags
- Parents pushing a buggy without a rain cover in the pouring rain
- Parents who are trying to simultaneously push a buggy and hold an umbrella
- Parents who are behind the wheel of a buggy at the same time that they have lost one shoe, have a foot in plaster or are using a crutch
- Parents who have one child in a buggy and another one or two running in a different direction to that in which the buggy is being pushed



With regard to right of way's cousin, priority on the lift, the run-up to Christmas seems to be the worst. In one department store, a week before the jolly man with the white beard in the red suit was to arrive, I waited for nearly 25 minutes and 11 instances of doors opening only to reveal a jam-packed lift with no space for a buggy, let alone me, the required

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chauffeur. As I gave the dirtiest looks I could muster during this merry season to all who appeared perfectly capable of riding the two sets of escalators on offer, I



started looking around for a sign which asked lift-riders to give priority to wheelchair users, the elderly and those with prams.

Now I know there is a constituency who believes that prams and their accompanying manoeuvres should not be given priority and that they somehow feel that they are entitled, but ladies and gentlemen of the who-should-be-given-priority-when-riding-lifts jury, please keep in mind that prams are not allowed on escalators, and the last time I tried to drag my son's pram up five flights of concrete stairs, in addition to risking both our lives, I had to visit a physiotherapist for a couple months afterward.

After physiotherapy sessions, I perfected my buggy up the stairs method, only to have it fail when we added the buggy board. It's nearly impossible to roll the buggy up with such accoutrement. But, my success on the high curb front

remains. I can now secure my son with one hand while holding on to the pram handlebar with the other in a pseudo rendition of the Heisman Trophy.

I've also managed to compromise with my son in an attempt to get him in the pram. The only way he'll readily get into the pram is if he gets to ride what my husband dubbed "shotgun style". He kneels or lies on his belly, looking out his observation deck. After scores of attempts at distraction, bribery and recruitment of other moms' help in getting him in his buggy, this seems a suitable settlement.

All this after I was living in fleeting buggy and parenting harmony when I read that I may have been doing the right thing for the first year of my son's life by choosing to have him face me in his pram rather than face forward and watch the world go by. I read the report in late 2008 which suggested front-facing strollers could deprive babies of their first lessons in life by discouraging their parents from talking to them. This research into the psychological effects of buggies revealed that children who grow up in forward-facing buggies can be emotionally isolated. In essence, by choosing to ride shotgun style, my son is

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conveying to me that he wants to be emotionally isolated. Oh boy.

As many times as I've whinged about adjusting to pushing a pram around after about three decades of standing upright with nothing in front of me but the ground, I have missed it on those occasions when we decided not to use it. For our buggy has served as a makeshift bag and suitcase, a grocery cart, and a bed. In fact, I have grown so used to it that as I was leaving our flat on my own to go to the market as my husband and son played in his room, I

started pushing the buggy out the front door with me, only to look down and see that it was *sans* child.

Soon enough, I will be left with the nostalgia of recognising my son's little friends' buggies, for when we walk into a library, class or playground, I already know who is there by perusing the pushchair parking area. There will be an end to the era of buggy brigades, and I will be left with a different photo – a photo of me standing next to the threadbare and empty buggy, only this time with a tear in my eye.

## Discounted Tickets with the NCT

We are thrilled to be able to let you know that we have teamed together with Merlin Entertainment to offer you discounted tickets for some great family days out. These tickets apply to:

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It's really easy to do! Go to [www.nct.org.uk](http://www.nct.org.uk) and either click on one of the attraction buttons.

Don't forget that for every ticket bought through the NCT we get a donation towards our charity – so save money and support the NCT.

The summer is on its way – have a fabulous day out!



*Ben and Joe Shadbolt at  
LEGOLAND® Windsor*

## Fun Games for a Wet Afternoon

**By Richard and Alex Bassindale (aged four and three)**

Do your grown-ups get bored and grizzly on those long, wet afternoons when you can't go out to play? Here are our tips for keeping them entertained and livening up dull days. We guarantee they are all tried and tested by us.

Take the viewing card from mummy and daddy's Sky Digibox and hide it. Good places to hide it are under the video recorder or television. Bonus points if you manage to post it inside the video recorder or DVD player. Mummy and daddy will be kept busy for hours looking for it!

Jigsaw puzzles are a good, quiet game. Take every puzzle you possess, tip the pieces out onto the floor and mix them up. Let your grown-up sort them out into the correct boxes.

Shelf-emptying is well-loved classic. Simply strip as many shelves as you can of books and watch your parent fill them back up again. CDs, videos and DVDs work well too and, for added pleasure, you can take the tapes or discs out of the box.

Improve your grown-ups' reading skills by encouraging them to read

to you. However, you don't want to overtax their ability and discourage them so stick to just the one story and make them read it over and over. Twenty or thirty times should be about right.

Grown-ups love cleaning! You must have noticed that they spend lots and lots of time doing it so they must really enjoy it. Do your best to provide plenty of things for them to clean. Grind biscuits into small crumbs on the carpet, smear nappy cream around the bedroom (Vaseline is even better if you can get your hands on some of that), spread as much of your dinner as you can around the dining room. The possibilities are endless!

Mummies and Daddies love it when you draw pictures. Be imaginative and don't confine yourself to paper. Walls, floors, even the door of the fridge make excellent drawing surfaces (and have the added bonus of giving your parent yet another thing to clean – two games for the price of one!).

Gluing and sticking are always good fun. Pull bits off as many toys as possible to guarantee your grown-up a fun afternoon of gluing them back together.

## NCT Westminster services and contacts

### Courses for parents to be

See [www.nct.org.uk](http://www.nct.org.uk) for details of courses.

Contact: Alison at [bookings5u@nct.org.uk](mailto:bookings5u@nct.org.uk)

0844 243 6882

### Breastfeeding support

NCT breastfeeding counsellors provide practical information to help you breastfeed.

National Breastfeeding line - 0300 33 00 771

Cordeillia - 020 8969 6165

Alexandra - 007717 214 515

### Breast pump hire

Our breast pumps offer the choice of single or dual pumping. They also offer quick, effective and practical pumping. They are hospital grade and available to hire or purchase through the NCT.

Contact: Alexandra - 07717 214 515

### Parent Support

Tuesday Bumps and Babes -Contact: 0844 243 6078 or  
[bandb\\_nctwestminster@yahoo.co.uk](mailto:bandb_nctwestminster@yahoo.co.uk)

Pimlico Parents Group - Contact: 0844 243 6078 or  
[pimlicomums@hotmail.com](mailto:pimlicomums@hotmail.com)

### Newsletter

A new team is being sought. They will be contactable on:

Contact: 0844 243 6078

Editor:

[newsletter\\_nctwestminster@yahoo.co.uk](mailto:newsletter_nctwestminster@yahoo.co.uk)

advertising coordinator:

[advertising\\_nctwestminster@yahoo.com](mailto:advertising_nctwestminster@yahoo.com)

### Nearly New Sales

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Contact: 0844 243 6078

[nns\\_nctwestminster@yahoo.co.uk](mailto:nns_nctwestminster@yahoo.co.uk)

#### HELPLINES

Pregnancy and birth line

0300 33 00 772

Postnatal line

0300 33 00 773

Breastfeeding line

0300 33 00 771

Enquiries line

0300 33 00 770

## Advertising in this newsletter

Our A5 newsletter has a colour front and back pages. The remaining pages are black and white. This is professionally printed. It is sent to all our 400 members, to parents-to-be booking antenatal classes and to other similar parties. We offer quarter, half or full page black and white adverts, full page colour adverts and inserts. Our current print run is 700.

### Pricing (including VAT, at 17.5%)

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### To book

You can book by the advertising coordinator. Please note that both the newsletter and the insert opportunities are limited, so will be offered on first come first served basis. We endeavour to email invoices within the week. **We require payment prior to the advertising deadline to secure placement of the advert.** The deadline for Summer 2010 is 31st May 2010.

### Coming soon

Westminster NCT will be holding their first Nearly New Sale. There will be the opportunity for companies to advertise through leaflets and samples enclosed in the goody bags handed to every adult who attends the sale. There will be more details posted on [www.nct.org.uk/westminster](http://www.nct.org.uk/westminster) in the next few months.

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