In this issue

“Food Glorious Food”
Losing the “mummy tummy”
Living with a food refuser
Breastfeeding trials and tribulations
Eating when pregnant
Places to eat with and without the kids
Plus our regular features...New Arrivals,
Infant Feeding Advice and Breastfeeding Help lines, Meet a Member and More!

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# In this Issue

<table>
<thead>
<tr>
<th>Page Range</th>
<th>Article/Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-7</td>
<td>Places to Eat - We review great places to eat out around Chesterfield.</td>
</tr>
<tr>
<td>8</td>
<td>New Arrivals—We welcome some new NCT babies</td>
</tr>
<tr>
<td>12-13</td>
<td>Recipe ideas to make and share</td>
</tr>
<tr>
<td>14-16</td>
<td>I always thought I’d breastfeed...</td>
</tr>
<tr>
<td>16-17</td>
<td>Updated NCT infant feeding position statement</td>
</tr>
<tr>
<td>18-19</td>
<td>A tale of two eaters</td>
</tr>
<tr>
<td>20</td>
<td>Birth Story</td>
</tr>
<tr>
<td>21</td>
<td>Losing the mummy tummy....</td>
</tr>
<tr>
<td>26-27</td>
<td>Eating for two</td>
</tr>
<tr>
<td>28-29</td>
<td>Ask an Expert - our experts answer your questions</td>
</tr>
<tr>
<td>30</td>
<td>Your Committee Contact Details</td>
</tr>
</tbody>
</table>
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Email: nnsnctchesterfield@gmail.com
Phone: 0844 243 6085

www.nct.org.uk/branches/chesterfield
Hello and Welcome to Patter!

Hello and Welcome to the Autumn 2013 edition of Patter. This issue is packed full of articles celebrating our theme of “Food Glorious Food” with tips for eating well in pregnancy, an inspiring breastfeeding story, top tips for banishing the dreaded “mummy tummy”, recipes to make and share, cafe reviews as well as my personal story about living with a small person who finds food an enormous trial. We’ve also got a birth story, birth announcements and our ask the expert feature.

The production of this issue of Patter has been fraught with difficulties. I managed to get myself locked out of our old patter email account and since no-one knows who set up the security I have been unable to log back in for several weeks. As a result we’ve had to set up a new email account for patter which is chesterfieldnctpatter@gmail.com

As ever, this magazine is your magazine. I’m always looking for articles, reviews, birth stories and suggestions. Please do contact us!

On the subject of volunteers I’d like to say a huge thank you on behalf of the committee to everyone who helps out with nearly new sales, we quite literally cannot run the sales without you. As a branch we’ve come perilously close to closing on more than one occasion over the past 3 years due to lack of people willing to run the branch. If you could spare a few hours of your time over the course of a few months and want to know more please please get in touch or talk to a committee member at the next Nearly New Sale or post in our facebook group.

Tara

Volunteers Wanted!!!

Do you feel you have something to offer your local NCT branch?
Volunteering needn’t be time consuming and it can be a good way of making friends and building confidence and enjoying your new role as a parent.

We need volunteers to fill key roles or just to write an article for Patter or help out at our nearly new sales etc.

Contact us at chesterfieldnctpatter@gmail.com if you would like to help.
We review some top places to visit in Chesterfield

Places to eat

With a theme of food glorious food it was only right that this issue’s featured places should all be places to eat... Let us know if there’s a place you’d like us to feature at chesterfieldnctpatter@gmail.com

The Elm Tree, Heath
We first visited during the Well Dressing weekend (didn’t know about the well dressing!) even so on a Saturday lunch time they managed to squeeze us in. A really lovely menu, separate kids menu and also a tapas menu, Sundays there is of course a Sunday roast. Everything cooked to order so sometimes a small wait, this gives you the chance to try out the kids play area and go and look at the chickens alongside it. Everything we have tried has been great, fajitas, lasagne, fish and chips, loads of the tapas and steak. All the staff are really friendly too. My only tip is to book a table especially for Sunday lunch, we have eaten in the bar a couple of times as there were no tables but on a Sunday even this gets really busy.

The Prince of Wales, Eccelsall Road South, Sheffield
Somewhere I'd noticed on the way past many times and always thought it looked like somewhere to try. Finally managed to get there on a Friday night (early about 5.30pm or so as we went as a family). Food was wonderful if a bit large on portions there was no way I was fitting a pudding in. Children’s menu had some fun things including chicken lollipops which were chicken on skewers. Extensive menu, the pizzas are fired and very tasty, the breads with oil and balsamic vinegar meant there was no need for the starter we ordered of the Mediterranean meze, although we did finish it. Lovely atmosphere and although it was child friendly, probably a place I would go to again later in the evening without children. I’m guessing booking for an evening would be a good idea as it was getting quite busy by the time we left.

Frankie & Benny’s, Alma Leisure Park, Chesterfield
Wouldn’t always be my first choice, but it is for my son so I had to include it. For kids they have 2 different menus for younger and older (or smaller and larger appetites), they also have a pack with colouring, puzzles and a jigsaw or game to
We review some top places to visit in Chesterfield

play, plenty to keep them busy while you wait. When it’s busy the wait for tables and for food can sometimes be quite long, if you’re going before or after a cinema visit best to book. Menu of general Italian/American style so pizzas, burgers, pasta etc. Cheaper option than the other 2 and the food is exactly as you would expect.

One to Watch Out for...

You tell us! Is there somewhere near you that’s worth a visit? A place you’d like to see more people attending cause it’s just so fantastic?

Contact us at Patter and we’ll come to review!

Thanks to Pauline King and Harris for this issues’ reviews

Are You Reading This?

Then so will your customers

Are you a local business that needs to reach families? Patter is produced by families for families and has a circulation of two issues a year covering Chesterfield, Bakewell, Matlock and Hope Valley. Contact us: nctpatter@yahoo.com

<table>
<thead>
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If you would like to sponsor an issue this costs £35 +VAT per issue as well as the cost of an advert inside the magazine and allows you to have your company name, logo etc in colour on the front cover.
Each issue we announce as many births as we hear about from members of the NCT. We're looking forward to sharing in your special news and sharing it for you so if you've had a special delivery recently, why not let us know chesterfieldnctpatter@gmail.com

So special **CONGRATULATIONS** and **WELCOME** to our New Arrivals...

Hayley & Mark—Mason George 20.6.13
Cynthia & Paul—Edward Michael 16.6.13
Rebecca & Josh—Raphael 1.7.13
Carly & Adam—Orla Rose 21.6.13
Adam & Jenny—Skylar Hazel 25.6.13
Katy and Peter—Eleanor Charlotte. 9.7.13

**Best wishes to you all from Patter xxx**

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www.swimbabes.co.uk  call 01484 683570
I'm George and I teach classes at the Swim School in New Whittington. I first heard about baby swimming from a friend whose daughters were amazing little swimmers. I was keen for my new baby to be a little swimmer too, so at just 5 weeks old Joshua was attending his first baby swimming lesson.

Baby swimming lessons were a wonderful experience for us during the first few months with our new baby, he loved them and the activity gave us a great focus for getting out and about.

In October 2003 we set up Swimbabes with 11 wonderful little swimmers. Things progressed from there and now, 10 years later, we have grown significantly and have over 1600 babies and toddlers attending classes each week across 16 venues.

There’s something pretty magical about teaching babies to swim, new parents love the excitement and stimulation of bringing their newborns to classes. When babies arrive for their first classes, many are only a few weeks old, they appear totally dependent on others and are unable to hold up their heads. However once in the water they acquire a new independence and become really athletic.

Many of my original swimbabes have now left to start school but it never ceases to thrill, seeing toddlers moving about in the water - dipping above and below the surface with no apparent distinction between the two. The Swimbabes programme aims to teach little ones to swim independently from a young age: we have lots of 3 year olds who can swim a width unaided. For more information visit www.swimbabeslessons.co.uk.

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**Don't forget Sure Start groups...**

Including Holiday Play Schemes, Baby Weigh & Play, Stay & Play Sessions, Music Workshops, Baby Peeps, Baby Massage, Breast Feeding Groups, Dads’ Events and much more.

There is something on most days in most areas. For a full schedule, please call 01629 533570, or pop into any of the Sure Start Centres for a flyer.
Joshua aged 4 is a budding masterchef and spends a lot of time in the kitchen mixing, measuring, stirring (and of course eating). Here he and his mum share a couple of their favourite recipes.

Jude says: “Both recipes are really easy for kids - they require a bit of supervision in aspects (heating and blending) but otherwise Joshua gets stuck in and does it. The pasta one is an adapted Annabel Karmel (Popeye pasta is her name for it) which is Joshua’s favourite pasta (next to pesto, which we sometimes add) and Olivia also loves it. It’s all done a bit by eye in terms of ingredient amounts, but is roughly as I’ve said. The biscuits are an old recipe I used to make as a kid, hence everything is in ounces! ”

**Popeye pasta sauce** (enough for family of four)

1/2 onion
1/2 family bag spinach
Handful fresh basil
2 tbsp cream cheese
2 handfuls grated cheddar
Salt and pepper (optional)

**Pasta**

Put pasta on to cook

Chop onions and soften in pan with oil or butter

Add spinach and turn down heat, cover and steam for few minutes until spinach wilted (add butter if necessary, but not water)

Put spinach and onion mixture ingredients in blender with roughly torn basil, cheeses and any seasonings desired and whizz up ‘til smooth.

When pasta ready, drain and stir in sauce with a little of the pasta water until pasta coated.

Serve with grated fresh parmesan if desired. *(Editors comment—if you are feeling lazy use frozen ready chopped spinach and leave out the blending. Also lovely with added bacon or tinned salmon)*
Recipe 1

**Noggles (makes 20)**

3oz plain flour  
½ tsp bicarbonate of soda  
3oz caster sugar  
3oz porridge oats  
3oz butter  
1tbsp milk  
1tbsp golden syrup

Grease and flour 1 baking sheets. Set oven to gas 5.  
Sift flour into large bowl, Mix in sugar and oats  
Heat butter, syrup and milk until melted. Don’t let boil.  
Stir liquid into dry ingredients and mix well.  
Roll out into small balls around 1.5 cm diameter in size  
Place on baking sheets approx. 4” apart  
Bake until golden

*(Editors testing note: they’ll come out of the oven still really quite soft but firm up on cooling on the baking sheet)*

Jude and Joshua Dorward

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**Breastfeeding telephone support**

<table>
<thead>
<tr>
<th>Local NCT Breastfeeding Counsellors</th>
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<tbody>
<tr>
<td>Jo Glossop 01246 559484</td>
<td>Ruth Oscroft 01246 450074</td>
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<tr>
<td>Sophie (Sheffield) 0114 2683520</td>
<td>Susan (Buxton) 01298 214213</td>
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</tbody>
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<th>National Helpline</th>
<th>0844 2090920</th>
<th>Breastfeeding Network</th>
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</thead>
<tbody>
<tr>
<td>National Childbirth Trust</td>
<td>0300 3300771</td>
<td>Supporterline in Bengali / Sylheti</td>
<td>07944879759</td>
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<tr>
<td>La Leche League</td>
<td>08451202918</td>
<td>Association of Breastfeeding Mothers</td>
<td>0844 412 2949</td>
</tr>
</tbody>
</table>
I always intended to breastfeed...

**Rae Lowe shares her inspiring story of how sometimes “the most natural thing in the world” doesn’t feel very natural at all and how sometimes it takes a lot of determination to succeed**

I always intended to breastfeed my baby – using artificial milk simply wasn’t an option for me. Before Henry was born, I collected information and sought advice. I was as well prepared as I could be. I knew that breast feeding was a learned skill (for mum and baby) but I was confident I’d manage relatively easily. How very wrong I was! Henry arrived after a very long labour at 9pm on a Tuesday. We all went to bed at around 1am and we slept for six hours (the longest stretch he’s managed so far!). He didn’t seem too interested in feeding for the first day or so. I wasn’t too bothered by this and just made sure we had lots of skin-to-skin cuddles. By Thursday, my milk had come in with no problems and no engorgement, but feeding had started to hurt. My midwife assured me that my latch ‘looked fine’ and there was no trauma to the nipple.

On Friday, feeding was hurting more, so I went to the local breast feeding support group where once again I was told my latch looked fine, so I hoped the pain would pass. The pain wasn’t just at the start of the feed, but continued all through a feed. Unfortunately feeding got more and more painful over the weekend, with Sunday night being the worst with both Henry and me in floods of tears and my poor husband not sure who to comfort first!

I spoke to Breast Feeding Counsellors via the NCT helpline many times, and they were wonderful offering support and advice, but unfortunately the pain continued. I visited the nearest La Leche League meeting which was helpful as it meant I could see a breastfeeding expert in person who could watch Henry and I feed together. She gave a few pointers which helped, but didn’t entirely eradicate the problem.

During this time the pain when feeding was constant – sometimes it would ease
off and I’d hope things were getting better, but then once again the pain would intensify. The pain was severe – often leaving me in tears and afraid to feed. I was convinced Henry’s first words would be of the four letter variety since every time he latched on I would swear loudly!

Eventually, after yet another call to the NCT breast feeding helpline I was referred to a breast feeding counsellor. She saved my sanity and gave me the encouragement and support to carry on feeding. We tried some biological nurturing (a technique which involves lots of skin-to-skin contact to encourage baby to latch himself onto the breast) which gave me a pain free feed! She was also able to help me adjust my latch. I’d like to say this was a magic solution, but unfortunately, this isn’t the case. Visiting certainly helped, but there was still pain that lasted throughout the feed.

We slowly passed various milestone that mark the breastfeeding journey when things are meant to get easier – two weeks, four weeks, six weeks….. Things didn’t get easier and I was really struggling. Many people (including health professionals unfortunately) suggested that I ‘top up’ with formula, but for many reasons I wanted to avoid the risks associated with artificial milk for Henry, and to protect his virgin gut by only giving him human milk. When things got really bad, I did express milk for Henry which gave my nipples a break! Ideally I would have liked a wet nurse, but they seem to be hard to come by!

The support I received from friends and breast feeding counsellors/experts was really what kept me going. I wouldn’t have continued without that, and this is part of the reason I am now training to be a Peer Supporter - to be able to offer help and support to other breast feeding mums. For me, eight weeks seemed to be the turning point. From around this point onwards, feeding seemed to slowly improve. It took a while, but eventually I was having more good feeds than bad. Since about three months, almost all feeds have been pain free and whilst a few are still ‘ouchy’ it’s no where near as bad as it used to be.

Henry is now seven months old, weighs a giant 25lbs and is still exclusively breastfed. He has only ever had human milk. So far he is showing no interest in solid food, although we will keep offering it. Despite our rocky and painful start, I am so pleased to have come through the other sides. At times I really didn’t think I’d get through another day of breastfeeding, now I’m happy to continue for as long as Henry wants to.

Rae Lowe—North Tyneside
You may have heard via the wider media that NCT has moved its stance from 'promoting' breastfeeding to 'protecting' it, with some of the facts having been misrepresented or misunderstood in the media. What has actually happened is that, connected with NCT’s new 2020 strategy (which aims to expand the reach of NCT in order to benefit 20 million parents by 2020), a new ‘infant feeding framework’ has been launched to express the charity’s values related to baby feeding. This is a clarification of the policy, rather than a policy change.

It is intended to underpin NCT’s rationale of seeking to enable parents to have ‘every opportunity of positive experiences of feeding their babies’. The following points are key:

NCT is concerned about the impact of pressure on mothers’ experiences of feeding, and recognises that this pressure applies whether mothers are breastfeeding or using formula milk. NCT promotes approaches to formal and informal support that recognise the unique and changing circumstances of parents.

NCT is concerned about the high levels of parental disappointment associated with the steep, unwanted, drop-off in breastfeeding in the early weeks. NCT seeks to enable more parents to sustain their decisions to breastfeed.

NCT supports and informs parents to make decisions that are right for themselves and their families, recognising that health considerations are only part of that decision-making process.

NCT thinks in terms of decisions rather than choices, recognising that decisions can be constrained and that parents may experience multiple decision points.

NCT promotes recognition of the universal aspects of the experience of feeding a baby, encouraging mutual support and understanding of the challenges different parents face.

NCT promotes the conditions that make decisions to breastfeed more straightforward and sustainable, recognising that decisions to breastfeed in the UK are often poorly supported and socially and culturally fragile.
NCT recognises the need for good postnatal support to enable decisions to be sustained and that mothers decide to breastfeed or formula feed for a range of reasons, and that ultimately mothers themselves are best placed to make decisions about how to feed their babies. Feedback from NCT antenatal class attendees indicates that the overwhelming majority of mothers who attend classes are planning to breastfeed. Bearing this in mind, many breastfeeding counsellors and antenatal teachers focus on ensuring that NCT support is perceived as approachable, knowledgeable and non-judgemental, and on enabling parents to develop strategies for managing the realities of life with a new baby and of breastfeeding.

With this unbiased approach, NCT hopes that parents will come to us, rather than to formula milk manufacturers if their questions include concerns about using formula milk. All calls to the NCT Helpline (0300 330 0700) about feeding, including calls that include concerns about using formula milk, will continue to be taken by a breastfeeding counsellor. This is because (1) breastfeeding counsellors have the person-centred counselling skills required to answer these calls, (2) breastfeeding counsellors understand the wider context for formula milk use and know more about formula milk than anyone else in the charity, (3) mothers should not have to self-categorise as ‘breastfeeding’ or ‘not’ at the point when they are seeking help.

We will continue to promote the conditions that enable mothers to make and sustain decisions to breastfeed, working in partnership to make breastfeeding a more realistic and sustainable option for more mothers.

The decision to breastfeed often needs additional support and that is why NCT provides this, and lobbies others to strengthen provision. We will continue our breastfeeding support services – peer supporter training, drop-ins, Baby Cafes etc. This is all absolutely in keeping with our broader direction of supporting feeding decisions.

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**NCT Mission Statement**

_The NCT offers information and support in pregnancy and early parenthood. We aim to give every parent the chance to make informed choices. We try to make sure that services, activities, and membership are fully accessible to everyone._

_Donations to support our work are welcome._
I have a little daughter Bethan, she is small and very fussy...

The story of a little girl who just doesn’t do eating

Before I had children I remember rolling my eyes when people talked about fussy children, children who would only eat crisps, children who would never try things. Internally I felt smugly that it must of course be their parents’ fault for allowing them to have crisps in the first place, for not offering nutritious meals, for not sitting down together as a family, for not involving their child in food preparation. How wrong I was.

Bethan has always been tiny. Born weighing 5lb 13oz she grew perfectly along the second percentile in her red book. She was exclusively breastfed until she was 26 weeks old when I started to introduce some solids. For the first couple of weeks she looked suspiciously at sticks of veg, sucked on a slice of red pepper and licked a loaded spoon of porridge. Soon she started to try whatever I was eating. We have a wonderful photo of her aged 7 months gnawing on a piece of fillet steak and another of her shovelling green beans into her little mouth. She ate prawns, rice, pasta, curry. You name it, she loved it.

Then at 9 months she stopped eating. Overnight. She still wanted milk but would not touch anything solid. Over a few weeks she decided she liked yoghurt and stage one ella’s kitchen pouches but that was all. On a few odd days she’d try a tiny taste of something else at nursery but mostly it was ella’s pouches and petit filous. I tried to be calm. I repeated the BLW mantra “food is only for fun until they are one”. Then she was one, and then two and still eating ella’s kitchen purple and green pouches and petit filous.

At some point we added readybrek, dry shreddies, nutrigrain bars, quavers and breadsticks but certainly nothing resembling a balanced diet. One day she demanded some toast and peanut butter that I was eating and then peanut butter became an obsession. Left to her own devices she’d happily eat half a jar with a spoon. Friends were horrified but as far as I was concerned at least she was having some protein.

I’d love to say I was calm about her eating. I tried, really I did but sometimes it reduced me to tears. I must have spent weeks on the internet reading articles about fussy eating. I posted on internet parenting fora. I wailed on the phone to
my mother. In desperation we decided to go cold turkey and only serve family meals (with occasional readybrek for breakfast). After two weeks she’d not tried anything new, had lost 1kg in weight (she only weighed 9kg to start with) and was waking up sobbing 4-5 times in the night sobbing with hunger. I gave up and went back to the Bethan diet.

Well meaning people suggested letting her be involved with preparing the food—she’d join in, help, wail terribly if her hands got dirty and refuse to try anything. “Grow and pick your own veg” they suggested—we did, she loved watering the raised beds, picking the veg and fruit and screaming if it touched her plate. “She’ll copy the other children at nursery” - sadly again it didn’t work, her nursery still think she is the most resistant eater they’ve ever had although by aged 3 a star chart for trying things meant she decided to add (dry) rice crispies to her breakfast repertoire.

Seren was born when Bethan was 35 months. At around 4 months she started sobbing and howling every time I ate and by around 5 months I decided to let her hold spoons/bits of fruit and see what she’d do. She took to food like a duck to water. By 6 months she was chomping her way through 3 meals a day. Bethan watched with horrified fascination, asked to help me prepare Seren’s meals and stuck with her own bizarre diet to which she’d added cake, apples (but only red ones), marmite on toast and anything in a Cadbury’s wrapper. Nursery have been stunned by the difference between the two of them. Seren probably eats in a day the number of calories Bethan has in a week.

Bethan started school a few weeks ago and by some miracle has decided she will eat marmite sandwiches, salt and vinegar crisps and drink orange juice so her lunchbox contents look reasonably like anyone else’s. In the evening she’ll eat pasta (but only farfalle and only slathered with marmite) and this week tried cheese and decided she liked it ("but only to try at home with granny, not to have in my lunch"). Seren will happily eat two weetabix for breakfast, a huge bowl of curry and rice for lunch at nursery, two snacks, nursery tea and then come home and eat a bowl of pasta, with fruit and yoghurt for pudding.

Two children, same mum, same options totally different attitudes. I’ve had to realise Bethan is just Bethan and actually it’s not my fault she’s such a fusspot that’s just the way she is.

Tara Jones
I was expecting my second child on 14th June 2013. My son is 4 years old, so although I had been through labour before, I was still a little daunted by the thought. My biggest concern was getting my son looked after while I was at the hospital. My parents live 20 minutes away and my sister although she lives 2 minutes away, is often away.

I went into labour at 10:30pm on Thursday 13th June. My contractions started and were fairly easy going to start with. By midnight I rang the hospital and told them that my contractions were approximately 5 minutes apart. The midwife was lovely and said if I wasn’t in too much pain, then to stay at home as long as possible. By 2am I was getting irritable and the pain was beginning to get more intense. So I rang the hospital again and rang my sister to come round for my son. My sister arrived shortly after I rang her, and we went to the hospital.

On arrival the midwife checked me over and said I was only 2cm dilated and that my waters hadn’t gone, so to go for a walk. I was a little concerned as I had a really quick first stage with my son. She said it would be fine, and to go for a walk. We walked the corridors and I needed the toilet. I sat down and my waters broke. We continued to walk and after I turned the corner on the corridor, I had to go back. The pain was far too intense. We went back to maternity and I was shown into a room. I wanted a water birth. So they began to run the bath for me. After 2 contractions I told them I wanted gas and air and needed to push! The midwife didn’t believe me, and asked me to get on the mat on the floor so she could check me. I got on my knees and then couldn’t move. She turned the bath off and I started to push, where I was on the mat. I had a very quick intense labour and my daughter was born at 3:15am on the 14th June, actually on her due date. I had no stitches or tears either.

I was back home with both my children by lunchtime. A little shocked at the speed of my girl’s arrival. She was determined not to hang about!
Regaining your pre-pregnancy body

Personal trainer Kate Campbell of www.keepmumsfit.com shares her ten top tips.

It is not a good idea for any new mum, (breastfeeding or not) to try and lose weight too quickly. If you do, you risk being miserable, exhausted, tired, and prone to infection and losing water and muscle instead of FAT! A sensible way to view weight loss after a baby Is - It takes 9 months to put it on and it can take 9 months plus to lose it

1. Eat a well balanced healthy diet. Keep meals simple, make eating well a high priority, eat smaller meals more frequently and drink plenty of fluids, especially water, milk and fruit juices.

2. Try the 321 system - 3 meals a day, 2 snacks, 1 litre of water

3. Exercise regularly, 3-5 times a week for a minimum of 20 mins. Slowly does it though, as you risk injury if you do too much, too soon.

4. Alter the way you view food. To avoid over eating, don't use the excuse I'm breastfeeding and I need to eat more! This is when the wrong food choices are made and consequently you will put on weight.

5. Have a goal and reward yourself for your efforts.

6. Don't be too hard on yourself—if you have a big piece of cake in a café, enjoy it, don't feel guilty, Just carry on eating well the following day. Don't think, 'stuff it' and have a bigger piece the next day!

7. A recommended weight loss of 1Lb a week is sensible.

8. If you are struggling and need moral support in the form of a group—try Weight Watchers. They have a special eating plan especially for breastfeeding mums.

9. If you are Breastfeeding its recommended that you eat between 450-500 calories more per day. (Equivalent to, a large baked potato with beans and a large salad) This is because lactation places high energy demands on you. The energy needed comes from the food you eat or your fat stores. This of course is individual. Some women will need more, some less, depending on diet, fat stores and amount of exercise undertaken.

10. If you aren't breastfeeding or have stopped. A combination of healthy eating and being physically active should help to reduce any unwanted weight gain left over from pregnancy and breastfeeding.

Kate runs antenatal and postnatal fitness classes, teaches Zumba and 321 fitness and works as a freelance personal trainer. katecampbellprofessionalfitness.com
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Pregnancy Yoga Classes

Pregnancy yoga classes consist of yoga movements to strengthen the body, breathing techniques to help both during pregnancy and labour, meditations and relaxations to provide whole body support. Classes are held Tuesday evenings 5:30pm – 7pm at the Friends Meeting House, Chesterfield.

For further information please contact: Pauline Nunn Tel: 0779 115 7672 or email: yogaforlife@live.co.uk
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Meet a Member of the NCT

This issue we meet Caroline Young

Can you tell us a little about yourself?
I’m a mum of 2, and I live in Somersall, Chesterfield with my husband Ash, children Noah, aged 3, and Imogen, who’s 4 months, and long-suffering cat Lily! I’m currently on maternity leave from my job as a primary school teacher and I’m also the branch treasurer.

Why did you join the NCT?
I went to the antenatal classes before I had my son as I wasn’t able to attend the NHS one and I wanted to feel better prepared for what to expect during the birth and the first few weeks afterwards. When the branch needed a new treasurer I decided to volunteer as a way to support the work of the NCT and also as a way to meet more new parents through the different events.

What has NCT done for you?
The antenatal classes really made me feel informed about the different pain relief options during labour and what might happen if things didn’t go to plan, very useful as Noah was delivered by emergency caesarean. The classes also gave me the opportunity to make friends with other new mums, and over 3 years later we still meet up regularly.

What would you like to see the NCT do in Chesterfield?
I’d like to see more regular social events for parents and little ones like coffee mornings and baby groups to help new parents, especially in the first few weeks which can feel quite isolating.

Thanks for your answers Caroline!

In our next issue we’ll be looking to meet another member - so if you are interested or you know someone else who may be interested in sharing their views on the NCT please email chesterfieldnctpatter@gmail.com
It can be difficult to know what to do for the best in terms of diet and pregnancy. Some well meaning people seem actively encourage over-indulgence when they point out that you are ‘eating for two’. However, its not always necessary to eat everything in sight during pregnancy. A bit of mindfulness and sensible choices can really make a difference to how you feel and the amount of weight gained.

A healthy Diet

It is said that during pregnancy, women should aim for a varied and balanced diet. It all seems pretty obvious, but trying to manage this when you’re tired/busy/stressed can be easier said than done. I find that batch cooking helps ensure that I have some balance. I found a decent slow cooker recipe book and made up some recipes which I could then freeze. I also found that taking a packed lunch to work was also useful – at times when I was struggling to get fresh fruit I could take some dried fruit and nuts from the storecupboard.

If you’re really motivated then I found that www.babycentre.co.uk had a good set of meal planners that covered the trimesters. I also found that woolworthsbabyandtoddlerclub.com.au (Australian site) had a great meal planner that came in a pdf version that you could print out and stick to the fridge – I’d say worth a look just to get some ideas to add variety to your diet. If, like me, you prefer to leaf through a real book then Annabel Karmel has an ‘Eating For Two’ guide available, this is a more detailed account of nutrition in pregnancy and the post-natal period and seems to have some good online reviews

I also tried to make sure that I had a plentiful supply of water. I bought a new water bottle and kept it topped up with water or very weak cordial if I fancied a bit of variety. I think we sometimes underestimate how much water our bodies need to support a growing pregnancy. Ensuring good levels of hydration (i.e 8-10 glasses of water per day) can also help stave off other pregnancy related niggles such as water infections and constipation.

Cravings

With my first pregnancy, I remember going through a phase of craving bananas. I managed to eat 3 in a day which is not something I would ordinarily do. A week later I was admitted to hospital after an episode of collapse, during this time I had a blood test that revealed that my potassium level was low. Bananas are a well known source of Potassium and so I thought it was quite fascinating that my body was attempting to restore the balance. Interestingly, I have since read that there is no firm evidence to suggest why women have particular cravings and perhaps there is no strong link to re-
storing equilibrium. In fact, some women crave non-food items such as clay, mud, plaster, sponges, chalk and soap. One nutritionist highlights that the need for non-food items (a condition known as pica) probably isn’t about the body gaining valuable nutrients, but due to a craving of the smell and texture.

What to avoid

There is an abundance of information about what to avoid in pregnancy. I found it tricky to remember what was safe and what wasn’t. I remember sitting in a restaurant one evening and whispering the question ’Can I have Roquefort?’ across the table to a doctor friend. This handy cut out and keep table is taken from NHS choices and could be kept in a wallet to help guide you.

<table>
<thead>
<tr>
<th>Groups</th>
<th>What to avoid</th>
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<tbody>
<tr>
<td>Cheese</td>
<td>Brie, Camembert, Danish blue, Gorgonzola, Roquefort</td>
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<tr>
<td>Pâté</td>
<td>All types including vegetable pâtés</td>
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<tr>
<td></td>
<td>Liver sausage</td>
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<tr>
<td>Raw or partially cooked eggs</td>
<td>Ensure the white and yolks are solid</td>
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<tr>
<td></td>
<td>Home made mayonnaise</td>
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<tr>
<td>Raw or undercooked meat</td>
<td>Ensure no trace of pink or blood</td>
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<tr>
<td>Fish</td>
<td>Shark, Marlin, Swordfish</td>
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<tr>
<td></td>
<td>Limit tuna intake to 2 tuna steaks or 4 medium cans of tuna per week</td>
</tr>
<tr>
<td></td>
<td>No more than 2 portions of oily fish per week</td>
</tr>
<tr>
<td>Milk</td>
<td>Must be pasteurised</td>
</tr>
<tr>
<td>Caffeine</td>
<td>No more than 200mg per day</td>
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<tr>
<td></td>
<td>(1 mug instant coffee = 100mg)</td>
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<tr>
<td></td>
<td>(1 mug filter coffee = 140mg)</td>
</tr>
<tr>
<td></td>
<td>(1 mug tea = 75mg)</td>
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There are some extra caveats to the list, these include: ensuring that all fruit and vegetables are fully washed to remove all traces of soil and ensuring that home made ice cream is made with a pasteurized milk substitute or is made with an egg free recipe.

The key to eating in pregnancy is all about balance (and being sensible). Sometimes it can be hard to resist those cravings, I remember only too well consuming 1kg per week of Sugar Puffs during my first pregnancy. I have no idea why this happened as I can’t stand the sight of the damn things now! When my daughter was born it was a bit of a standing joke that she was made from ‘Sugar Puffs and spice and all things nice’. I’m half way through my second pregnancy and trying not to give into my unbalanced desires with such gay abandon - Is it working? Sometimes...  

Emma Hillier
Have you got a burning question you’d like to know the answer to?

Here at Patter we’re fortunate to have some excellent volunteers who are able to offer a wealth of knowledge in other areas. Each issue they will be answering your questions on a whole variety of problems to do with childcare, parenting, feeding and health.

So if you have a question you’d like to put to our experts, send it to chesterfieldnctpatter@gmail.com and we’ll pick out the most interesting, popular or burning questions for our panel to answer in the next issue.

Hi, I am breastfeeding my 4 week old baby and when I woke up this morning I noticed a red patch on my right breast and I feel like I have flu coming on. What might it be? Antonia

Ruth says: It sounds like mastitis, which is inflammation of the breast, although this does not necessarily mean that it is an infection. Up to 10% of breastfeeding mothers experience mastitis. It can develop from a blocked duct, when milk flow is restricted and the build-up of milk behind forces milk into the breast tissue and this causes an inflammatory reaction. Thinking about what happened in the previous 24 hours can often answer the question “why now?” and help avoid mastitis in the future.

It is important to continue breastfeeding and more frequently, paying close at-
tention to how the baby attaches to feed. If the attachment can be improved in any way then this will help. Keeping the milk moving through the breast and ducts will clear mastitis and help maintain supply.

Other things that help are:

- Different feeding positions – for example leaning over the baby and letting the breast ‘dangle’ down.
- Check for tight or restrictive clothing / avoid underwired bras.
- Warmth, gentle breast massage and starting feeds on the affected side.
- Some people find that anti-inflammatory medication is effective.

If symptoms get worse or do not improve over 12-24 hours then contact your GP or Health Visitor as it may mean that antibiotics are needed. A sample of milk may be requested for culturing (to ensure the appropriate antibiotics are prescribed). The following websites are sources of information that provide useful facts.

www.breastfeedingnetwork.org.uk/pdfs/BFN.Mastitis.pdf

www.nct.org.uk/parenting/dealing-mastitis

www.nhs.uk/conditions/mastitis

www.kellymom.com/bf/concerns/mother/mastitis (compares blocked ducts and mastitis)

Other sources:
Best Beginnings - Bump to Breastfeeding DVD Ch. 7 Overcoming challenges
Meet the people who make up Chesterfield NCT branch

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