

# Healthy Babies Healthy Futures Asian Programme Newsletter

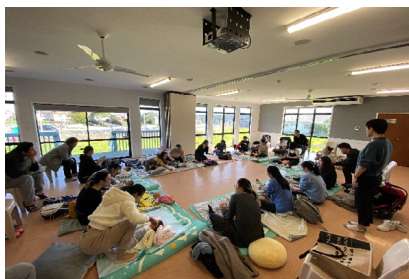
华社服“健康宝宝，快乐家庭”信息简报

– Spring Edition issued on 30th of Sep 2021

## Celebrate our success:

From 1st of July to 30th of September 2021, 4 workshops (16 sessions) have been delivered to Chinese community including 2 pregnancy, 1 infant and 1 toddler nutrition classes. A total of 96 mothers attended the programme.

### August 2021

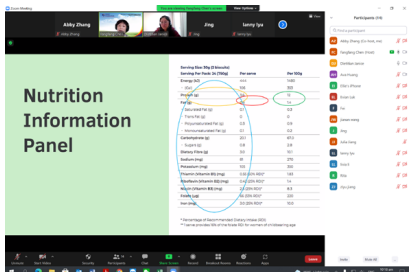


Infant nutrition class in North Shore



Pregnancy yoga and nutrition class in New Lynn

### September 2021



Early pregnancy nutrition class through Zoom



Toddler nutrition class Through Zoom

## Feedback received from participants:

Thank you very much to Fangfang and dietician for your explanation. I wasn't sure how to do recipe planning and shopping before but now it's clear. Love this! The form has been filled in and it feels very good. Thank you! Thanks! Keep safe and well!



Give us a call...

For Chinese:

Fangfang Chen & Abby Zhang

09-5701188 or

021-760121

or Wechat: fangfangnz

For Korean:

Maya Park

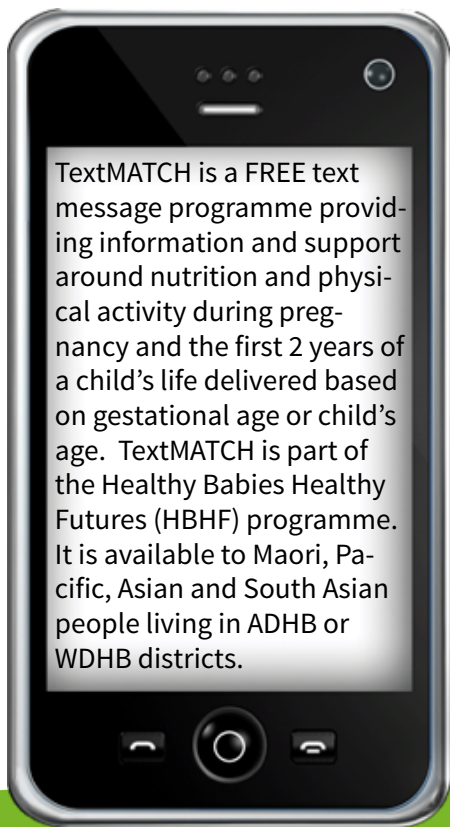
09-5709099







Join our coming workshops and enrol free TextMATCH programme



TextMATCH is a FREE text message programme providing information and support around nutrition and physical activity during pregnancy and the first 2 years of a child's life delivered based on gestational age or child's age. TextMATCH is part of the Healthy Babies Healthy Futures (HBHF) programme. It is available to Maori, Pacific, Asian and South Asian people living in ADHB or WDH districts.

## Spring recipe: Baked potatoes

### Ingredients

potato (1-2), non-fat yoghurt or cottage cheese (2-3 table spoons), and parsley

### Recipe

Hot baked potatoes are simple to cook and are a great comfort food. You may want to add a non-fat yoghurt or some cottage cheese to yours (instead of butter) and sprinkle some parsley on top.

### Benefits

Potatoes have vitamin C, and the skin has fibre which helps the digestive system.

## Spring home-exercises during level 4 and 3 lockdown:

Send a text message to your children	Read news together	Tidy up room	Rub your child's head and ruffle their hair	Watch a movie
Cook your child's favourite food	Instruct children to do their homework	Listen to music together	Play with pets for 20 mins	List five to-do things after lockdown
Watch your children play for 20 mins	Go for a walk	Order children's favourite takeaway	Ride a bike	Have a nap
Hanging the clothes	Play games	Read together for 10 mins	Play a ball in the garden for 20 mins	Watch TV
Watering the plants	Clean the house	Say I love you	Listen to your child 5 mins	Give a hug to your child

### “健康宝宝 快乐家庭”

#### 新手妈妈系列课程（四节课）- 免费课程

面向住在中区、西区和北岸的有0到1岁宝宝的妈妈及其家庭成员

**讲座内容:**

- 宝宝按摩
- 积极运动
- 宝宝辅食
- 宝宝营养
- 怎样去超市选购宝宝健康食物
- 哺乳期妈妈的营养健康
- 睡眠训练
- 免费注册中文的母婴健康短信, 到宝宝2岁

**2021年8月:**  
2021年8月4日, 11日, 18日和25日上午10-12点 (四个周三)  
地址: Meadowood Community House (55 Meadowood Drive, Unsworth Heights) - Moa Room

**2021年11月:**  
2021年11月4日, 11日, 18日和25日上午10-12点 (四个周四)  
地址: Onehunga Community Centre (83 Church St, Onehunga) - Mt Joy Room

**报名及咨询:** 短信 021-760121, 或微信 fangfangnz 或扫码进群

### “健康宝宝 快乐家庭”

#### 孕妇瑜伽营养课—全免费

如果您是居住在 中区, 西区和北岸的准妈妈和准爸爸, 欢迎加入我们的课程

**课程内容:**

- 孕妇的营养健康 和食物注意事项
- 妊娠糖尿病和高血压的营养需求
- 母乳喂养, 产后恢复, 和新生儿喂养
- 月子餐准备和怎样去超市选购健康食物
- 免费注册卫生部发送的中文孕期短信
- 每节课都包含1小时的孕妇瑜伽和1小时的营养课

**报名及咨询:** 短信 021-760121 或 微信 fangfangnz 或扫码进群

**时间和地点:**  
2021年8月8日, 15日, 22日, 29日, 四个周日下午3:30-5:30pm  
地址: New Lynn Community Centre (45 Totara Ave, New Lynn) - meeting 1

2021年11月6日, 13日, 20日和27日, 四个周六上午10-12点 (网络课程)

