

## What's up..

Successfully started 6 online workshops and 1 Face to Face Community Learning Program (CLP)

**100** mums enrolled for Text Match in this quarter  
**88** mum enrolled for workshop in this quarter  
**31** mums graduated from previous groups

## Coming up...

**Community Learning Programme (CLP) starting in Panmure**

**CLP webinar starting soon**

**Enrol now**

**For more details, contact us on – 0224647448**

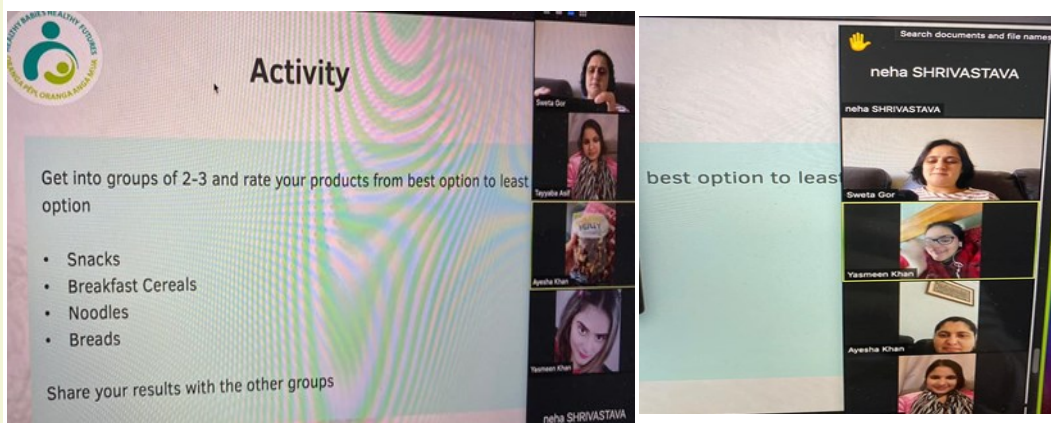
**Online mindfulness workshops starting soon**

**For more details, contact us on 0211897808**

## South Asian – E Newsletter

**Spring 2021**

Namaste, Assalamu Alaykum and Sat Sri Akaal to our readers. In this issue of our Spring newsletter, we are pleased to share the glimpses of HBHF workshop, upcoming schedule, COVID information, how to start weaning baby, healthy baby recipe and much more !



## Started online weekend groups for working mums!

**TANI HBHF** had the privilege to invite the cervical smear team to the healthy babies session for unfolding some important aspects of having regular smear testing that is vital to the prevention of cervical cancer from the age of 25 to

## Give us a call...

If you would like to enrol to HBHF programme.

Phone: 09-8152338

Mobile: 021-189-7808

ponam@asiannetwork.org.nz





Unite against  
COVID-19

Learn about the COVID-19 pandemic, getting vaccinated, and what the future holds for Aotearoa New Zealand. Please find more information by clicking on this link:

[https://  
covid19.govt.nz/covid-  
19-vaccines/get-the-  
facts-about-covid-19-  
vaccination/nz-vaccine-  
facts/#episode1](https://covid19.govt.nz/covid-19-vaccines/get-the-facts-about-covid-19-vaccination/nz-vaccine-facts/#episode1)

## Text Match

Drink when you are thirsty. Try to drink at least 9 cups of fluid each day. Water or reduced- or low-fat milk are the best choices.

**HBHF team** at the Asian Network Inc. (TANI) congratulate you all residing in Auckland region for maintaining and following level 4 lockdown instructions. Kia kaha ! We shall all get through this soon.



ties helps to relieve the immediate stress and pressure and helps to keep you calm ! These sessions are delivered by our registered counsellor, Manjusha Mane. Please Txt us today at 021-189-7808 or 022-464-7448

We do understand that coping up with a new born at home and in lockdown can be really stressful and daunting. To ease this pressure slightly, we have started weekly online mindfulness, meditation and yoga sessions. These activi-

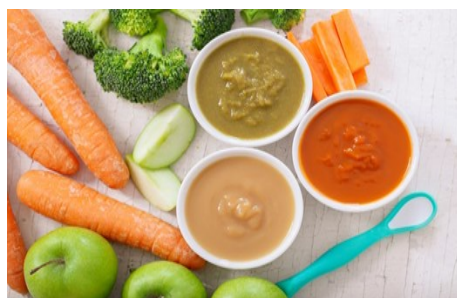


## How to start weaning baby

There is a lot of confusions and worries for new parents, when what and how to start solids. As commonly said, every baby is different, then how can parents know that their baby is ready for weaning? Here are some tips for parents

**When to start solids:** A baby is ready to start solid when she can sit in a lap or high chair with support, holding her head, make chewing movements, reach or grab things and inter-

ested in eating with you and good hand-eye coordination. Solid food can be started around 6 months but not before 4 months



**What to offer to a baby as first food:** you can pick any food from four food groups to start the weaning such as vegetables e.g. potatoes, pumpkin, kumara, carrot, courgette, and peas purees; Fruits such as mashed banana and avocado and cooked apple and pear purees ; protein options

like lamb, beef, chicken and fish purees; and cereals and grain group: rice, semolina, sago purees. For vegetarian babies, lentils, legumes and dals can be used for protein purees.

**How much to offer:** Offer breast or formula milk first and then solids between 6 to 8 months. Solids can be started with half to 2 tablespoons. Always do responsive feeding to your baby and don't force them to finish the food.

**Food to avoid:** salt, sugar, honey and cow's milk till 12 months of age. Cow milk can be used for cooked meals.

**Allergens Food Advice:** Peanut, egg, wheat, yoghurt and fish can be introduced at 6 months but keep on eyes for allergies. Join our face to face or online sessions for free to learn more about "How to start solids and baby recipes" Bushra Ibrahim (NZ Registered Nutritionist & lifestyle coach for South Asians)

Tel: 022 464 7448 Email: [bushra@asiannetwork.org.nz](mailto:bushra@asiannetwork.org.nz)





## BABY FIRST FOOD SWEET POTATO (KUMARA) PUREE

STAGE1: AROUND 6 MONTHS BUT NOT BEFORE 4 MONTHS

### Ingredients:

Sweet potatoes or kumara- Medium size

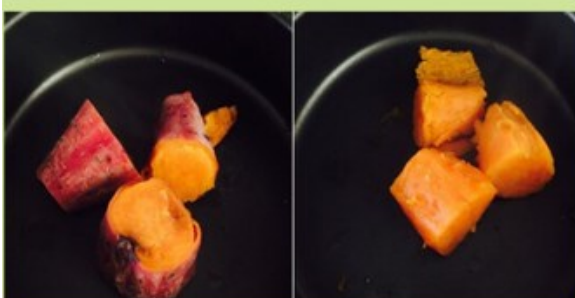
Cardamom- 1/8 teaspoon (optional)

Water- As required



### Method :

1. Wash the sweet potatoes thoroughly in running water. Then cut them into 2-3 pieces depends on its size.



3. Carefully take the cooked sweet potato pieces from the pressure cooker and place it to a wide bowl. Then Peel the skin with your hand when its warm to touch



5. Adjust the consistency by adding water/breastmilk/formula while feeding your baby.



2. Then pressure cook sweet potatoes with enough water for 2-3 whistles. Open the cooker once pressure released . Alternatively you can steam cook/bake the sweet potatoes too.



4. Then Mash the cooked sweet potatoes well (without any chunks) with a fork and set aside. Alternatively you can puree the sweet potatoes in a mixer/blender to get fine puree. Add little water while grinding if necessary. Add mashed sweet potatoes along with pinch off cardamom powder (optional).

**Other vegetable options for stage 1**  
cooked purees: pumpkin, carrot, Kumara, potato, cassava and taro