

CNSST-Healthy Babies Healthy Futures Programme Newsletter

华社服“健康宝宝，快乐家庭”信息简报

Our achievements for this quarter:

On 18th of May 2021, HBHF all coordinators, programme managers and DHB dieticians came to CNSST and attended HBHF cooking workshop. TANI coordinator Bushra did a cooking demonstration on a traditional Indian Dish Chicken 65. Well done Bushra, very eye-popping and delicious meal!



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30th of June 2021



Give us a call...

For Chinese :

Fangfang Chen

021-760121

wechat: fangfangnz

For Korean:

Maya Park

09-5709099

For Japanese:

Ai Kihara

021-08518838

20 mums completed our HBHF toddler nutrition class on 29th of April through Zoom. Well done to our mamas.

Feedback we received from our mums:

“It was truly wonderful experience by attending Healthy Babies Healthy Futures Programme. I was very impressed with what I learned. Being a mum of a baby and a toddler, I am feeling so much more fulfilled and confident. Fangfang is incredibly supportive, knowledgeable and empathetic. She ran very positive and informative courses in a relaxed way. There was so much to learn. But the delivery of the training was done in such a way that made training fun and understandable. All the notes after the course are just a great way to continue learning and refreshing. This has helped me to remember what was learnt at the course.”

“The course is very good. I need to learn a lot as it’s my first time of pregnancy. I felt less anxious after the learning. Really appreciated for the facilitators. The Webinar is very convenient.”

“Very good, will attend again in the future, extremely satisfied.”



Welcome to join our 2021 HBHF class (two options – Zoom webinar or face to face workshop)

1. Early Pregnancy workshop suitable for Chinese women who are pregnant 0-20 weeks

CNSST FOUNDATION
Partnership between the Chinese New Zealand Services Trust

“健康宝宝，快乐家庭”

适合住在奥克兰中区、西区和北岸的怀孕0-20周的准妈妈及其家庭成员

孕早期指南课 – 全免费

课程内容:

- 孕早期的注意事项
- 孕早期营养的重要性
- 健康体重的维持
- 孕早期食物的选择和食物安全指南
- 怎么处理孕早期困扰
- (例如孕吐、便秘、情绪、消化不良和下肢水肿)
- 孕早期食物准备的注意事项
- 怎样去超市选择孕早期健康食物
- 孕早期的运动指南

时间: 2021年9月4日和11日，两个周六的上午10-12点
主讲人: 新西兰注册营养师Janice 廖晓莹，快乐家庭讲师注册社工陈芳芳
地点: Zoom 的网络课程

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



4. Toddler nutrition class – for Chinese mothers who have children aged 1-4 years old

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“健康宝宝 快乐家庭-亲子育儿课程 (1-4岁)”

给住在中区、西区和北岸的有1-4岁孩子宝妈设计的亲子育儿系列课程

课程内容:

- 1-4岁宝宝的营养需求
- 1-4岁宝宝的睡眠训练
- 准备健康 lunchbox
- 怎么对待孩子的挑食
- 怎么帮助孩子补钙
- 建立生活规律，帮助孩子合理安排时间
- 如何和孩子沟通，创建和谐关系
- 如何和孩子无优购物
- 超市如何购买宝宝健康食品
- 亲子运动

课程时间: 2021年9月2日，9月9日，16日和23日四个周四上午10-12点 (Zoom网络课程)

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



2. Pregnancy nutrition course – for Chinese pregnant mothers and their supporting family members

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“健康宝宝 快乐家庭”

如果您是居住在中区、西区和北岸的准妈妈和爸爸，欢迎加入我们的课程

孕妇瑜伽营养课—全免费

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

时间和地点: 2021年8月8日，15日，22日，29日，四个周四下午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)

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



3. New mum support class – for Chinese mothers who have infants under 1-year-old

CNSST FOUNDATION
Partnership between the Chinese New Zealand Services Trust

“健康宝宝 快乐家庭”

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

新手妈妈系列课程 (四节课) - 免费课程

讲座内容:

- 宝宝按摩
- 积极运动
- 宝宝辅食
- 宝宝营养
- 怎样去超市选取宝宝健康食物
- 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



5. Join our free TextMATCH programme

