



## What's up..

Successfully delivered 8 online workshops and 1 Face to face CLP.

**188** mums enrolled for Text Match service.

**120** mums enrolled for workshop since July 2021.

**122** mums graduated.

## South Asian – HBHF E Newsletter

Autumn 2022

Namaste, Assalamu Alaykum and Sat Sri Akaal to our readers. In this issue of our Autumn newsletter, we are pleased to share the glimpses of graduated mums, upcoming schedule, Gut Health and much more !

### Our Successes :

- ◆ Supporting our HBHF mums and families who are in self isolation. This social welfare support includes grocery parcels, food , baby needs and other essentials.
- ◆ Planned to deliver a virtual maternal mental health and parent-infant wellbeing seminar on 7th April.
- ◆ We feel so encouraged and positive when graduated mums continue their physical activity after graduation and share their journeys with us. Here are few glimpses :

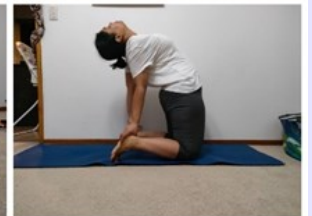
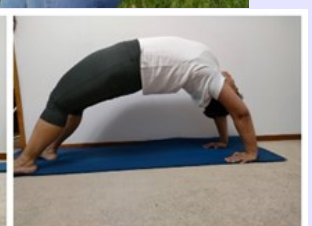


## Give us a call...

If you would like to enrol to HBHF programme.  
 Phone: 09-8152338  
 Mobile: 021-189-7808  
 ponam@asiannetwork.org.nz



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**Enroll Now!!**

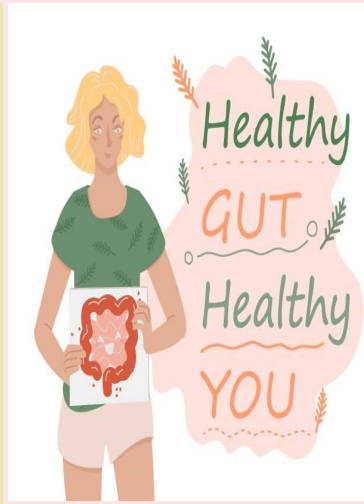
**Babies online program starting from April 2022.**

**Toddlers & Pregnancy online program starting from April 2022.**

**For more details, contact Bushra: 0224647448  
Poonam: 0211897808**

**Join free Text Match service**

Make sure your child eats a good breakfast every day. Good breakfast choices include: whole-grain cereals, whole-grain toast, eggs, fruit, low-fat milk (green/yellow top) & low-fat, low-sugar yoghurt.



### Healthy Babies Healthy Futures (Gut Health)

The strength of the gut bacteria community determines the overall health of an individual. A person with a weak gut may suffer the problems of gas, bloating, poor digestion, constipation and diarrhea. Poor gut health also impacts the absorption of important nutrients, low immunity and low mood.

A variety of foods can benefit the gut bacteria community to become stronger and highly functional such as fermented food including kimchi, kefir and sauerkraut, Homemade yoghurt, whole grain bread, roti, pasta and noodles. Fiber-rich food like fruits and vegetables, nuts, seeds and lentils

also feed the good bacteria in the gut. Therefore it is recommended that ½ of your plate should be filled with vegetables. Also, make sure you are drinking lots of water with high fiber foods to regulate the bowel movement regularly. It is also recommended to get meat-free meals 2-3 days per week if you are a non-vegetarian.

Want to learn more about health and nutrition topics like this? Please join our Healthy Baby Healthy Future Programme.

In response to the covid-19 situation, we have developed our E-learning self-directed courses which you can do any day and time at your own pace. For more detail, please contact our NZ registered Nutritionist and lifestyle coach, Bushra at: [bushra@asiannetwork.org.nz](mailto:bushra@asiannetwork.org.nz)

### Glimpses of Graduated Mums Jan 2022:-

