

EXPAT KIDS

IN BANGKOK

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Parenting organisations in Bangkok

By Becky Horace

There are several different parenting organisations in Bangkok, which strive to offer support for all expats parents. Expat Kids in Bangkok is pleased to feature two of the many organisations in our first issue, IPN and BAMBI.

IPN

The International Parenting Network

(IPN), established in Bangkok in 2008, is an organisation, which offers a wide range of parenting support services to parents and childcare professionals through events, seminars, and workshops.

IPN provides parents with family based resources, learning opportunities, and effective techniques and strategies designed to support the raising of well balanced children. Their rapidly growing network provides parents with a community platform where they can exchange parenting experiences, share solutions and ideas on positive parenting and receive advice and counsel from experienced professionals, support groups and other parents.

Parents are offered the opportunity to meet with child psychologists, counsellors, physicians, paediatricians, authors of parenting and children's books, school principals, and other families from around the world to share with one another on how to raise happy and healthy kids in today's fast paced world. Speakers who are experts in their field are invited to talk about various aspects of parenting and to provide helpful tips and strategies in raising their children of all ages.

IPN is happy to support parent teacher associations and parent groups in every school. Often, being a part of a larger network of parents and childcare professionals can greatly benefit parents as we can get a larger perspective and outlook on different parenting issues, which we experience, at some point or another in our lives of parenting. Sometimes, we as parents need a break to step out of our current or smaller circle of friends and families in order meet new people, build new friendships, and enjoy an evening together with other parents. At the same time, it lends the opportunity to gain meaningful insights and life enriching values from the informative presentations and discussion topics, which are presented at each of the monthly IPN events.

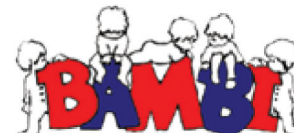
IPN monthly events are held on the last Tuesday of each month, at the Foreign Correspondents Club Thailand (FCCT), Penthouse Floor, Maneeya Centre, (BTS Chidlom, Exit 2) from 6:30pm to 8:30pm.

For further information on IPN cardholder membership and monthly IPN events, please visit www.ipnthailand.com, IPN's Facebook, or email ipn@ipnthailand.com.



BAMBI

Bangkok Mothers & Babies International (BAMBI) was founded in 1982 as a project of the Childbirth & Breastfeeding Foundation of Thailand (CBFT). BAMBI is a nonprofit organisation run by volunteer mothers with the main goal to provide support and companionship for pregnant women and parents of young children of all nationalities in Bangkok.



BAMBI is here to support all mums no matter what their birth and baby feeding choices may be. At the same time, BAMBI promotes what is considered by UNICEF, the WHO and the Thai government as 'best practice' to promote and support healthy mums and babies.

BAMBI is known for providing prenatal and postnatal support, support and advice to the parents of babies and young children, information relating to childbirth and childcare. In addition, they are there to support and promote educational programmes designed to assist in establishing high quality childcare, encourage the setting up of playgroups for young children, and sponsor activities beneficial to the members of BAMBI.

Since BAMBI is a nonprofit organisation, all surplus funds raised through membership, donations and activities are donated to local charities, which reflect BAMBI's concerns and priorities. The charities team is committed to helping a number of local charities, which are focused on children and/or mothers. We make regular visits and ensure the funds and items, which BAMBI members have donated, are being used properly.

In any given year, the committee may choose to focus on one or two charities as principle benefactors. BAMBI charities team collects necessary items to donate, distributes or facilitates donations of items, motivates and facilitates volunteers, organises fundraising events, and raises awareness of BAMBI members of organisations to support.

A member elected group of volunteers manages BAMBI. Some positions require a larger time commitment, while others simply require a smiling face and a little time. Some positions can be fulfilled almost entirely from home, while others will have their volunteers out at various BAMBI functions and in the community.

For further information on BAMBI cardholder membership and BAMBI events, visit www.bambiweb.org, BAMBI's facebook or email chairwoman@bambiweb.org.