

# PARENTING

Parenting



NEWSLETTER OF THE BASEL CHILDREN'S TRUST

VOLUME 19  
DECEMBER/JANUARY

THE BIG SKI  
EDITION

ASK THE NURSE  
WINTER FIRSTAID

A MORE SUSTAINABLE  
CHRISTMAS

BOOK REVIEWS

PERFECTLY POLITE PENGUINS  
ALL RIGHT, ALREADY!  
LIVE GREEN



UPCOMING  
EVENTS



PREGNANCY AND  
PRENATAL INFO



BASLERS YOU  
SHOULD KNOW

# Parenting



NEWSLETTER OF THE BASEL CHILDREN'S TRUST

## IMPRESSUM

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### Submissions

The deadline for all submissions to the newsletter is midday on the 8th of every month preceding publication. Months of December and January, July and August are published as combined issues. The newsletter is printed 10 times annually. Please send text submissions as Word documents and image submissions in JPEG or PDF format to: newsletter.bct@gmail.com

### Additional printing support by



Bürgerspital Basel

## WE RECOMMEND

### Lactation Consultants

Ruth Brodbeck 076 246 40 43  
ruthbrodbeck@gmail.com

|                 |               |
|-----------------|---------------|
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Lactation Consultants IBCLC are professionals in private practice and charge for services. Three consultations (during your breastfeeding journey) are covered by your health insurance. Your midwife might be an IBCLC herself or can give you a list with contact details from others in Basel Stadt and Basel Landschaft.

Alternatively you can contact La Leche League Basel, help and support is available via phone, email or by attending a meeting, for details see <https://lalecheleague.ch/en/> or at Magical Café every last Tuesday each month. Bethesda Hospital offers a drop in breastfeeding support group, <https://bethesda-spital.ch/veranstaltungen-und-kurse/kurse-nach-der-geburt/stilltreff.html>

Elternberatung also can help with breastfeeding issues or give you local contact details.

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## WHO WE ARE

We are a volunteer-run, non-profit organization that provides help, support, and information to expectant parents and families with young children living in the Basel area: from bump to babe and beyond.

Through our many programs, such as antenatal and first aid courses, informational booklets, playgroups and neighbourhood coffee mornings, monthly newsletters and social events, the BCT supports members on the incredible journey which is parenting.

Founded in 1992 with only 29 members, today we support more than 200 families from around the world with English as the common spoken language.

We are an international community of parents with young children who want to get involved with other members, with our wider community, and with the surrounding Basel region.

### **FIND US AT:**

[www.baselchildrenstrust.ch](http://www.baselchildrenstrust.ch)

[www.facebook.com/BaselChildrensTrust](https://www.facebook.com/BaselChildrensTrust)

# CO-CHAIR REPORT

written by **LAURA HOLGATE & TIMEA ORBAN**

Dear Readers,

The holidays are upon us and Basel is truly a magical place to spend this special season. For many, the holidays also mean an opportunity to travel. And since there is nothing quite like a snowy, wintery break to raise your spirits, we hope that this double issue of Parenting, The Big Ski edition, will inspire you to enjoy the gorgeous outdoors during this festive season.

As we close another year, we reflect on the many exciting enhancements that have occurred in Basel Children's Trust over the last 12 months. Our members provided us with feedback – more activities for older children, educational workshops, weekend programs for working parents, special playgroups – and our dedicated team of volunteers worked hard to deliver on many of these recommendations. We hope you have enjoyed the many new offerings from the BCT in 2019.

We also wish to express our deepest gratitude to our members, volunteers, business partners, advertisers and sponsors all of whom make the BCT possible. Our organization is entirely dependent on members who support our playgroups, programs, workshops, newsletter and more; our volunteers who organize and champion all facets of the BCT and; all businesses and partners who provide benefits to our members and financial support to our organization. Thank you, so very much, for all that you do to make the BCT a very special organization to so many Basel families.

We wish you and your families a very happy and safe holiday season, and we look forward to seeing you in the New Year!

All the best,  
Laura and Timi



photography: **LISANNE VREEKE**

# NEW BEYOND BRUISES ALL AGES PLAYGROUP AT GYMBOREE

BY **LAURA HOLGATE**

The Beyond Bruises All Ages playgroup was formed for families with one or more children in the age range of 0-5 years to come together and play. Many of our members have shared their desire to join a playgroup, but are challenged with work schedules, or having two or more children of different ages that need to be accommodated.

The Basel Children's Trust now offers 5 different All Ages Playgroups (ages 0- 5), 4 days a week. We are very pleased to share the news that Gymboree has reopened under new ownership in Basel, next to Schützenmattpark, and that our Friday All Ages Playgroup at Gymboree has returned. This special BCT playgroup is every Friday from 15:00-17:00 and is the perfect way to kick-off the weekend. Join us each week for two hours of fun and play on Gymboree equipment.

The play floor changes every two weeks, so it is always new and exciting. Gymboree has always been one of our most popular playgroup locations and we are so thrilled and grateful to Phyllis Lovelace, Gymboree owner, for opening the play floor to BCT members once more. Our October playgroup kick-off party was supported entirely through Phyllis's generosity and efforts and the outcome was inspiring. Children happily playing, parents connecting and delicious food being enjoyed were among the many highlights.

All Ages Playgroup at Gymboree is a benefit specifically for members of the BCT in that all members are welcome to join at no charge. Non-members are also welcome to join for 20CHF per family, per session. Socks are required and parents must stay within arm's reach of their children at all times. Come join us at Gymboree next Friday and make some new friends!



# BCT OFFERS YOU SEVEN WEEKLY PLAYGROUPS

that start from pregnancy and grow with parents and children through the pre-school years

## Expecting

---

**Antenatal courses**                      Bumps & Babes  
Birth and the Beginnings  
Relax, Stretch, Breathe

## < 1 year

---

|                          |               |                    |
|--------------------------|---------------|--------------------|
| <b>Antenatal courses</b> | Bumps & Babes | Beyond Bruises     |
| Mother and Baby          |               | All Ages Playgroup |
| Yoga                     |               |                    |

## 1 to 3 years

---

|                   |                    |
|-------------------|--------------------|
| Bumps and Bruises | Beyond Bruises     |
|                   | All Ages Playgroup |

## From 3 years

---

|                    |
|--------------------|
| Beyond Bruises     |
| All Ages Playgroup |

For the latest information about our playgroups please visit our website or our Facebook page.

## BCT playgroups Code of Conduct

- 1 Please keep your child within arm's reach.
- 2 Parents are responsible for their own child.
- 3 If your child(ren) is ill or contagious (fever, vomiting), please give this week's playgroup a miss. We look forward to welcoming you back the next week.
- 4 Collapse your stroller if possible.
- 5 Please bring your BCT membership card with you to playgroups to verify membership in case asked.
- 6 Physically disciplining children is not permitted at BCT playgroups.

# BCT PLAYGROUPS

## Bumps & Bruises

Mondays 9:30-12:00

●  
Kontaktstelle für Eltern und Kinder  
Stöberstrasse 34, 4055 Basel  
monday.bct@gmail.com

This group is suitable for families with children 9 months to 3 years. Lunch is served during the playgroup, so please bring along a healthy drink and lunch for both your child(ren) and yourself.

## Bumps & Babes

Tuesdays 11:00-13:00

● ●  
The Magical Cafe  
Max Kämpf Platz 2, 4058 Basel  
bumpsandbabes@gmail.com

This group is designed for parents to be and parents of children up to one year old. This is the ideal group to meet new parents, ask questions and create friendships for yourself and your baby.

## Beyond Bruises

Wednesdays 13:00-15:00

●  
The Magical Cafe  
Max Kämpf Platz 2,  
4058 Basel  
beyondbruises@gmail.com

Thursdays 09:30-11:30

●  
My Jumping Gym,  
Floor 4,  
Stadthausgasse 18 4051 Basel  
beyondbruises@gmail.com

Fridays 15:00-17:00

●  
Gymboree  
Weiherweg 86, 4054 Base  
Socks required.  
beyondbruises@gmail.com

0-5  
years

These groups are suitable for children up to five years. All playgroups are free for members, 20 CHF for non-member families.

## Ahead with English

ALL  
ages

Thursdays 9:30-11:30

●  
AHEAD WITH ENGLISH  
Kanelmattweg 5, 4106, Therwil  
aheadwithenglish.bct@gmail.com

Tuesdays 9:30-11:30

●  
AHEAD WITH ENGLISH  
Gartengasse 18, 4125, Riehen  
aheadwithenglish.bct@gmail.com

This playgroup is suitable for families with children of all ages. We ask participants to bring a light healthy snack for sharing. Free for members, 10 CHF for non-member families.

### Ages keys

● Expecting ● > 1 Year ● 1 to 3 ● From 3 ● All ages

# ELABASEL

The Swiss British School of Basel

**UK EARLY YEARS** ✓  
Foundation Stage and  
National Curriculum

**HAPPY CHILDREN** ✓  
Average enrollment  
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**BASEL-STADT** ✓  
Secondary School  
Transition agreement



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### OUR INTERNATIONAL PRIMARY SCHOOL OFFER

- Small class sizes (16-17)
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- From 3 months to 12 years old
- Two city-centre locations
- Home-cooked snacks and hot lunches included

Contact us to  
book your tour  
and **FREE** trial day

*ELA Basel*  
*Gartenstrasse 93*  
*4052 Basel*  
*Switzerland*

☎ +41 61 313 05 80

✉ [office@ela-basel.ch](mailto:office@ela-basel.ch)



# PREGNANCY & PRENATAL

## INFORMATION SERIES FOR FAMILIES IN BASEL

Written by Susie Atkinson

Baby on the way, or newly arrived? Looking for some preparation, information or support? Here are the details of upcoming prenatal education, information and support for parents in Basel.

For useful information and links about pregnancy and birth in Basel, maternity and paternity leave, prenatal and postnatal care and different maternity options in Basel, welcome to our Padlet, created by our antenatal teacher:

<https://padlet.com/susieroseatkinson/CongratulationsHavingABabyinBasel>

### SESSIONS FOR WOMEN

#### **BCT: Relax, Stretch and Breathe (RSB) Prenatal Yoga sessions**

**These popular sessions are moving to Tuesday evenings 18.00-20.00 in January 2020 onwards.**

They are partly prenatal class and partly prenatal yoga with questions and answers on topics relating to birth and baby. There is also 75-90 minutes of blissful stretching, moving, breathing and relaxation techniques tailored for pregnant women in preparation for labour and delivery.

Suitable not only for first-time parents but also for more experienced parents.

#### **BCT: Mother and Baby Yoga sessions**

**from January 2020 every Monday 12.15-13.30**

Discussions followed by postnatal yoga where the babies are not just welcome, but are part of the class. Each session includes baby massage and baby yoga, as well as postnatal yoga and relaxation techniques for the mother. Suitable for mother and babies from six weeks after birth, up to around one year.

All BCT members are welcome to a free RSB or Mother and Baby Yoga class, please get in touch on [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com)

For more information about any of these sessions, or if you have any questions or need any information or support relating to pregnancy, birth and postnatal life in Basel please contact Susie Atkinson on [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com)



# MATERNITY HOSPITAL INFORMATION

## SESSIONS AND TOURS

English language information evenings at **Frauenklinik Basel**. Regular presentation by the obstetrical department of the University Hospital of Basel in English about pregnancy, birth, and care of the mother and newborn after delivery at the Frauenklinik in Basel.

The sessions last from 19.00 until approximately 20.30. and take place at the restaurant Centro, located in the center of the hospital garden and easily accessible via pitalstrasse 21.

No booking is necessary.

**DATES**  
for  
**2019**

**Frauenklinik Basel**

December 10

<https://www.unispital-basel.ch/en/das-universitaetsspital/bereiche/spezialkliniken/kliniken/womens-health-clinic/patientinnen-besucher/geburt/informationsabende-information-evenings/>

**DATES**  
for  
**2019**

**Information evenings at  
the Bethesda Hospital**

December 18

Information evenings and tour in English of the **Bethesda Maternity facilities**.

Contact [gebs@bethesda-spital.ch](mailto:gebs@bethesda-spital.ch) to reserve and attend.

Meeting point: reception/entrance of the birth house, at 7 pm (if you would like to attend please send us a short email to [gebs@bethesda-spital.ch](mailto:gebs@bethesda-spital.ch) or call us +41 61 315 22 22).

Geburtshaus Tagmond, Ambra and Basel, visits and tours upon request.

*Dates for 2020 have not yet been announced but  
will be available on the frauenklinik website*

# BCT ENGLISH LANGUAGE BIRTH AND PARENTING PREPARATION COURSES Q1 2020

## **BCT: PREPARING FOR PARENTHOOD 02 PRENATAL COURSE**

Sunday 9 February 9.30-17.00 - Labour, Birth and Breastfeeding topics  
Tuesday 18 February 18.30-22.00 - Postnatal and new family care topics  
*Plus postnatal session once all the group's babies are born*

## **BCT: PREPARING FOR PARENTHOOD 03 PRENATAL COURSE**

Saturday 28 March 14.30-19.30  
Sunday 29 March 9.30-16.00  
*Plus postnatal session once all the group's babies are born*

Additional classes can be added on demand

Group prenatal and parenting courses for women and men covering labour and birth, breastfeeding and the first days, weeks and months as a new family. The courses help families understand the choices, resources and support available in the area, to develop their own birth and parenting plans and have the information, confidence, skills and support to make those plans happen how they want them. Suitable for first time parents and for parents who have already had children and want a refresher or to have a different sort of birth with their next. Since you will spend much much longer parenting than you will do in the birthing room these courses dedicate significant time to postnatal and baby and family care topics, helping international families have the resources and support they need for raising their families in Switzerland and the surrounding areas.

As well as evidence based information and discussion we use Spinning Babies techniques, massage, relaxation, breathing skills and massage techniques for a really well informed, well rounded and useful course to help families prepare for parenthood throughout their pregnancies

Further courses will be running throughout the year, for more course dates see the website calendar or contact Susie on [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com).

One to one sessions or small group sessions are also available, to be arranged at mutual convenience. Discount available for BCT members.

# Les Coquelicots

The only bilingual Swiss & French school of Basel



## The school has opened its doors to a new location!

Established 2006. Bilingual-certified, individualised and dynamic educational experience.

The new building offers state-of-the-art facilities including art and sports rooms, library, relaxation and informal learning spaces.

Participation in Eco-Schools programme (recognised by UNESCO & the UN)

Central Location, near to Bahnhof SBB - **Peter Merian-Strasse 47, 4052 BS**

Contact us to visit our school! 061 535 10 61  
(mornings)/[www.ecolecoquelicots.ch/](http://www.ecolecoquelicots.ch/)  
[info@ecolecoquelicots.ch](mailto:info@ecolecoquelicots.ch)



1

### SWISS & FRENCH CURRICULUMS

Preparing for Swiss or other schools

2

### SMALL CLASSES & DIVERSITY

Open to all

3

### FULL DAY COVER

with optional lunch service and childcare until 18:00



**Holiday camps**  
During each school vacation

**Nurturing bilingual environment**



From pre-kindergarten until 4th grade primary school

**Range of after-school activities**



Including English lessons, swimming, cooking sessions, dance & music courses

# ASK THE NURSE

## Winter First Aid

BY ALISON SNOW RN

Winter can be a time of great fun for the whole family, but it is not without risk. Here are a few first aid tips for injuries that can occur as a result of winter dangers and ways to protect yourself and your family.

### Treat sprains, strains, and broken bones

When pavements and paths are icy, we are at particular risk of falls. Some tumbles result in a few bruises, but some are more serious. Sprains and strains occur when joints, muscles, tendons, and ligaments are stretched. To treat, remember the acronym RICE. It stands for Rest, Ice, Compression, and Elevation.

1. Rest the injured limb.
2. Ice the injury. Put ice on the injured area to prevent swelling. Don't put ice directly on exposed skin; use a thin cloth for protection.
3. Compress the injury. Wrap a crepe bandage around the injured limb. This can give support as well as help reduce swelling.
4. Elevate the limb. By elevating the injured limb above the heart, it's more difficult for the heart to pump blood to the injured area, reducing the swelling.

See your doctor if the area is numb, if there is significant pain when weight is put on it, or there are extensive swelling and severe pain.

If you suspect a broken bone, don't move the injured person unless it's absolutely necessary. If the bone is clearly misaligned or sticking out of the skin, don't try to push it back into place. Instead, immobilize it.

Apply a splint if you've been trained to do this; if not, help the person keep the limb still and apply ice packs to reduce swelling. Treat for shock by covering the person in blankets and elevating the legs over the heart, if possible.

### Treat hypothermia

If your internal temperature drops too low, you become hypothermic—when the body's temperature is not high enough to support normal metabolism. Children, the elderly, and people with low body fat percentages are at particular risk of hypothermia. Hypothermia is characterized by moderate to severe shivering, mental confusion, lack of coordination, or a heart rate that either drops or increases significantly. Extremities may turn blue, and skin may become very pale, blue, or swollen. If you suspect someone near you has hypothermia, call 112 immediately. If the person's breathing either stops or seems very shallow or slow, start CPR.

If CPR isn't needed, get the person away from the cold if possible. Take them inside, or if that isn't possible, cover the person's head and get them off the frozen ground. If their clothing is wet, immediately take it off and get them into dry clothing or wrap them in a warm blanket. Don't apply direct heat, such as hot water or a heating pad directly to the body, this could lead to more injury. Instead, apply a warm compress to central areas of the body including the chest, neck, groin, and head and/or give warm (not hot) fluids.

## Frostbite

Frostbite occurs when skin cells and the tissues underneath freeze up, damaging cell walls. It happens most often in the extremities, as well as in areas where large amounts of skin are exposed to the cold. Fingers, cheeks, chin, ears, and noses are particularly vulnerable. Symptoms of frostbite include skin that has turned very pale or red; skin that is hard or looks waxy; and feelings of numbness. Blisters and significant pain can occur in cases of very severe frostbite. If someone near you has frostbite, get them out of the cold if possible. If not, tuck frostbitten hands into the armpits; cover the face, ears, or nose. Avoid rubbing or massaging the skin, as this can cause further injury. Take off any wet articles of clothing.

Once you're in a warm environment, soak the frostbitten area in warm water, for 15 to 30 minutes. Avoid using direct heat, such as a heating pad or fireplace. As frostbitten skin warms, it should turn red and sensation should return, usually in the form of a burning or tingling feeling. If the area stays numb, or if blisters develop, this is a sign of more serious frostbite, you should see your doctor.

## Protect from sunburn

You are just as at risk for sunburn in winter as in summer. Snowy ground reflects over 75% of the sun's most damaging rays, so it's important to apply sunscreen to all exposed skin before spending time outside.



# BCT UPCOMING EVENTS FOR DECEMBER

## BCT ANNUAL CHRISTMAS PARTY



December 1, 14:00 to 17:00



Kleinhüningerstrasse 205, 4057 Basel

Come and join us for our Annual Christmas Party with the following activities:

- Crafts and Games
- Cookie Decorating
- Christmas Carols
- Photos with Santa

Cost: Free for members, 20 CHF per family for non-members.

Please bring a snack to share and a present for Santa to give your child (max of 20 CHF). This year we will be once again collecting diapers for SOS Mutter und Kind.

RSVP at <https://forms.gle/BsEfyPDreJJDfV3h8> for a faster sign in at the event.

## JUKIBU READING



December 14, 10:30 to 11:30



Lothringerplatz, 4056 Basel

Join us for library time. The JUKIBU book readings are English readings with a small arts and crafts project, suitable for children of all ages up to 6 years. They are held at the JUKIBU International library on the last Saturday of the month.

## DAD'S NIGHT OUT



December 9, 19:00 onwards



O'Neil's Irish Pub, Birsig Parkplatz 31

For those of us still around and not yet on vacation, we'll be meeting up at O'Neil's Irish pub for a year-end recap. Give us your feedback and ideas for next year, and enjoy an evening spent with some great company.

RSVP [dadsout.bct@gmail.com](mailto:dadsout.bct@gmail.com)

# UPCOMING EVENTS

## IN AND AROUND BASEL FOR DECEMBER

### BASEL CHRISTMAS MARKET



December 1-23,



Barfüsserplatz, Messeplatz, Claraplatz

Join in the festivities with not only the locals but also the tourists that the visually stunning Basel Christmas market attracts each year. Enjoy the wide selection of handcrafted gifts, food, drinks and games on offer.

### AFTER SCHOOL STORY TIME



December 5, 12,



Basel West Library

Bring your friends and discover new ways to celebrate literature. Join "After School Story Time" each week for fun stories, songs, movement, hands-on activities and more! Storytellers rotate Thursday afternoons. Registration is not required. There will be NO Story Time during the school vacation weeks. Ages 3-8 Years

### CHRISTMAS TREE COLLECTIONS



December 14,



Markthalle, Basel

Preorder local, biologically grown fir trees for Christmas this year. 20.- CHF per meter. You can also go to the tree plantation to choose or cut the trees yourself. Visit Tännliplantage Pratteln on Facebook for more information on prices, delivery and preorders.

### VOGEL GRYFF



January 13,



Kleinbasel, 4000 Basel

A must-see, this centuries-old tradition follows the mascots of the 3 honourable societies of Kleinbasel as they dance through the streets in the city. Specially made costumes handed down for generations, dances taught by masters to proteges and a lot of great music and fun to be had at Vogel Gryff.



# IT'S TIME TO PLAY

## OPEN DOOR BASEL PLAYGROUP & ARTS CLASS

CHILDREN 2-4 YEARS OF AGE  
ARTS & CRAFTS, MUSIC, STORY TIME & MORE

 The Open Door



[opendoorbasel.ch](http://opendoorbasel.ch) | [info@opendoorbasel.ch](mailto:info@opendoorbasel.ch)



# ASK THE DOULA

## Making Childbirth a Positive Experience

by **MENNA KEYES**

How understanding your needs and having these met with the right support, can transform your experience of birth.

### **What is a positive birth?**

If you had asked me this question 6 years ago, just after the birth of our first daughter I would have told you that to me 'positive birth' meant simply being left alone to just get on with it. Just me with my partner in our bathroom having an 'ordinary' birth. This was my idea of a positive birth, nothing more and nothing less. Fast forward to now and whilst I still uphold the view that when discussing positive birth, it is very important to think of birth as an 'ordinary' event, I now appreciate that the word 'ordinary' can mean different things to different people and I think of the term "positive birth" in a much broader sense.

Part of my work as a doula is supporting families in their preparation for birth; giving them a safe space to have open and honest conversations about their fears and expectations and encouraging them to explore their individual needs and consider all of the different options available. I have observed that when families are given options, information and freedom to make their own decisions regarding their birth,

they are far more likely to feel confident and in control. I also see that this feeling of confidence means they are far more likely to feel secure even when the birth doesn't necessarily go to plan.

A positive birth is not just about where or how you give birth, it is about being seen and heard, feeling supported and confident that you and your choices matter.

### **Why is a positive birth experience important?**

There is a raw vulnerability that comes to you as you start your journey as a parent. Any negative thoughts associated with your birth experience can become firmly implanted in your mind and have a long-lasting impact on the way you feel about yourself, your baby and your partner. Birth memories are with you for life and can stir up all sorts of emotions. In particular, negative emotions can feel very confusing, especially when you are associating them with what should have been a very positive transformative experience and you have a wonderful new baby to care for. You can feel very lost and overwhelmed by it all.

I reached out to Dr Emma Svanberg, clinical psychologist, author and co-founder of 'Make

Birth Better', a unique collective of parents and professionals dedicated to reducing the life-changing impact of birth trauma, and asked her what the term 'positive term' birth meant to her.

"To me positive birth means a birth that takes into account the individual needs and choices of a woman or birthing person and her partner. Positive birth usually means a well-supported birth, where people feel 'held' at one of the most vulnerable times of their life' Trauma from birth is very real and there doesn't have to be a dramatic medical emergency to lead to it. Quite often, birth trauma arises from feeling out of control, feeling helpless or it could just be related to the way in which you were treated or spoken to. Maybe you felt ignored and that you didn't matter.

Positive birth is also the responsibility of everyone involved in the birth and not just the mother and partner. Shirley Hiscock, craniosacral therapist in Basel, who regularly treats mothers, partners and babies who have experienced trauma at birth, explains "Craniosacral therapists believe you are creating a sentient being, one that is aware, with feelings and sensations. Your world and your emotions are your baby's world.

Positive birth, no matter what interventions take place, is a passage to the world that is respectful and mindfully negotiated with the baby - by the mother, the medical staff and the environment"

## **How can you have a positive birth?**

Prepare for your birth in a way in which you stay true to who you are and to your needs. Look at different options and choices and think about the type of birth that you would like and how best you can prepare for it. Do some research, have open and honest conversations and make a plan. A plan that you accept might change. Think about strategies to have up your sleeve if your birth does go in an unexpected direction. Rather than think you need to take control of the birth, think of it more as if you can feel in control.

Have an honest upfront "what if..." discussion with your birth partner or whoever will be supporting you at the birth. Have a think ahead of the birth about different scenarios that might happen and how they might make you feel. Challenge your own fears, expectations and beliefs. We all have preconceived ideas about birth, some are true, some folklore and some just plain nonsense. It is important to do this exercise before the event because emotions can take over during labour and birth and it is far easier to make decisions and choices without the fog of fear clouding your better judgement.

If you think you might have unresolved anxieties or trauma from a previous birth experience take the time to explore this with professional support from your midwife, doula or birth trauma specialist. If you have previously experienced any sort of trauma, this could also make you more vulnerable to birth trauma. Talk to people who have had the birth that you want, find out what they

did to make it happen and surround yourself with people who will enable and empower you to do the same. After birthing, have some kind of 'debrief'. It often helps both you and your partner to talk about the birthing experience and what happened. Talk to your partner, midwife or doula.

### **Recommended reading and resources**

The Positive Birth Book, Milli Hill  
Caesarean Birth: A Positive Approach to Preparation and Recovery, Leigh East  
YouTube - The natural caesarean, a woman-centred technique

Why Birth Trauma matters, Dr Emma Svanberg

[www.positivebirthmovement.org](http://www.positivebirthmovement.org)

[www.tellmeagoodbirthstory.com](http://www.tellmeagoodbirthstory.com)

[www.makebirthbetter.org](http://www.makebirthbetter.org)

[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)

[www.shirleyhiscockexpatcranio.com](http://www.shirleyhiscockexpatcranio.com)

*Menna Keyes is a certified and mentored birth and postnatal doula (Nurturing birth, UK) and a KG Hypnobirthing Practitioner (Katherine Graves, UK)*

<https://www.kghypnobirthing.com/hypnobirthing-teachers/rest-of-the-world/switzerland/menna-keyes.html>

*She is a facilitator for the "positive birth group" in Basel, part of the 'positive birth movement'. More details and information can be found on the following Facebook page:*

<https://www.facebook.com/pbmbasel>



## BREASTFEEDING SUPPORT

A note from **RUTH BRODBECK**

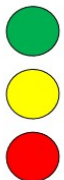
Monthly breastfeeding support at Magical Café What a great opportunity to meet so many mothers and their babies throughout the year at their regular Bumps & Babes meetings at Magical Café, share the stories, make connections and find support in the group. Next year I won't be able to come to the meetings, I will be in New Zealand with my family from January till July enjoying summer.

Support and information is always available by contacting someone on the LLL CH website, <https://lalecheleague.ch/en/> you can also look for different languages and locations for other sessions if you're travelling, LLL is international <https://www.llli.org/>

Wishing you all a wonderful Christmas and a Happy New Year!  
Ruth Brodbeck



# English for Children



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[www.aheadwithenglish.com](http://www.aheadwithenglish.com)

## TELL ME MORE ABOUT...

# Going to the Mountains when Pregnant or with Young Babies

by **SUSIE ATKINSON**

Around 350,000 babies are born each day... and despite women and babies being the same around the world, the norms of what happens in pregnancy, birth and in the weeks after birth vary hugely by country. We hope this series will help families navigate their way happily through the Swiss way of maternity - please do suggest topics you would like to see covered.

### **Can I go to (Swiss) high altitudes whilst pregnant?**

Yes. A number of studies have shown that there is no issue for the developing baby with travelling by plane and the corresponding high altitudes. However, staying at high altitude may come with more concerns. The British Medical Journal (BMJ)(1) suggests that travelling (and staying) up to 3,000 metres is safe in a low-risk pregnancy (for reference, the village of Zermatt is around 1,600m, and the highest cable car station on the Matterhorn is 3,883m, Titlis is 3,238m and Kleine Scheidegg is 2,000m). So a mountain holiday can be perfectly safe during a low risk (and non-smoking) pregnancy, but acclimatisation may take longer than usual, and care should be taken when going to peaks.

### **And what about with my (young) baby?**

We know that babies born at high altitude are more likely to be smaller than babies born at lower altitudes, but is travelling to high altitude with a low land born baby an issue? It depends (of course) on the age of the baby and the height to which you wish to travel. As with during pregnancy, flying with a young baby is not an issue (just encourage them to suck during take-off and landing to help them equalise the pressure in their ears, and take extra changes of clothes as some babies seem to be more possetty at high altitudes). Staying at a high altitude is not usually a problem in Switzerland - there are no strict guidelines but generally, doctors recommend that so long as you are sleeping below 2,500m there should not be concerns. However, you should stay alert to the signs of mountain or altitude sickness, especially during the first 72 hours, as the body acclimatises, or if you are doing short trips to a higher altitude.

These signs include:

- Loss of appetite
- Irritability and pallor
- Headache
- Fatigue
- Nausea or vomiting

If you see those signs in your baby then consider going to a lower altitude. As well as concerns about altitude sickness you should also be aware that the risks of dehydration and of sunburn and sun glare are higher at high altitude, so you should act accordingly.

### **Mountains as medicine?**

Yes. If you love the Swiss mountains (is there anyone who doesn't?) then enjoy them. Fresh air, exercise, sunshine and forests have all been shown to have a positive effect in helping to prevent or reduce depression- and that is true for both antenatal and postnatal depression.

If you have any questions at all about pregnancy, birth and the postnatal period in Basel please do get in touch with Susie Atkinson, our antenatal teacher, on [antenatal.bct@gmail.com](mailto:antenatal.bct@gmail.com).

**The Open Door**

Our Children thrive whilst keeping English alive

Zwingerstrasse 20,  
4053 Basel,  
Switzerland

T. 061 361 17 10  
info@opendoorbasel.ch  
www.opendoorbasel.ch



# BCT VOLUNTEER PROFILE

## Stephanie Roffler

BCT Secretary and Mom's Night Out Coordinator



### **Tell us a bit about your family.**

At the moment, it's just my husband and I... But soon, we'll be three- we're expecting a baby in December. My husband is Swiss and comes from HeidiLand (Graubünden) and I'm South African. We've enjoyed traveling and exploring new countries and cultures, now we're looking forward to a new chapter in our lives: introducing our little one to this new adventure of life.

### **Where are you originally from?**

I'm South African, born in Johannesburg but raised in Cape Town. It's quite an exciting time now as our national rugby team won the World Cup Rugby. So we're all proud and flying high, which is great for the national morale.

### **What brought you to Basel?**

Originally it was because of work: I used to send students on exchange to different universities around the world. During the time that I met the man that would become my husband, I was visiting the University of Basel. Coincidentally, he had also planned to spend his sabbatical in South Africa, so by chance a common friend introduced us to each other so that I could assist him with a few administration issues. We stayed in touch while he was in Cape Town and the rest is history. Eventually I made my way back to Switzerland, this time for love.. and to stay.

### **What's your favorite thing about living in Switzerland?**

It's difficult to say but I think I'm enjoying the different sport-oriented activities that I would not have done in South Africa. This includes cycling from point A to B instead of using a car (which is the norm in SA), SUPing\* in the summer and skiing in the winter. I love that each season offers something outdoors.

### **When and why did you join the BCT?**

I've started with volunteering first. I wanted to familiarize myself with the organisation by supporting the activities and use my free time to act in the secretarial role. I've found it to be a great space to connect with like-minded, interesting people and to create a new network that would be helpful for my new role as a mother.

### **What do you hope to achieve as the Ahead with English Playgroup Coordinator?**

As the secretary, I hope to be a reliable link, able to support the others with good information and ideas and support other activities where possible including Mom's Night Out activities!!

\* Stand Up Paddle Boarding

# **BASLERS** *you should KNOW!*

## **Babsy, Babysitting Service in Basel**

### **Tell us a little bit about yourselves**

Babsy is a Non-Profit Organization offering childcare and is run by passionate volunteers. Our board members are Andrea, Sarah, Stephanie, Oliver, Alvin and Ferdinand. The task of personally interviewing the parents and sitters is done by Andrea, Stefi and Sarah because at Babsy we care deeply about the safety of both parents and sitters and always ensure that this is a priority.

Andrea had the original idea for Babsy during a workshop in Tallinn, Estonia that was part of her Master's studies in Innovation Management. When she returned and told her boss about the idea, he encouraged her to take part in an innovation competition that was being launched by the company she was working in. She won the competition and went through several stages of pitches.

In September 2018 however, the project lost support and consequently, Andrea and her colleague Sophia lost their jobs. By this time, Babsy had more than 60 registered parents and 20 bookings. Not wanting their idea to die, Andrea and Sophia decided to establish a club on a zero-cost basis. All of their energy then went into figuring one thing out: "how can we save this?".

Sarah and Stephanie were recruited to help on a volunteer basis. Since January this year, they have helped with the recruitment and sign-ups, personal interviews with parents and sitters, and other administrative and marketing jobs. Sophia is also now involved in creative parts like videos etc. All our volunteers do not work more than 20% of their time at Babsy.

About Sarah and Stefi: Sarah, a mother herself, first signed up as a sitter. She found



herself in a double-role when she needed a sitter and pitched in to help when Babsy was looking for more volunteers. Stephanie reduced her job in the building sector to 80% to help Babsy on Fridays because she believes in the idea of a social, sustainable network and wanted to volunteer with a social network.

We are really happy to have such lovely people on board and we are always looking for sitters, parents and volunteers to join our amazing community.

### **Tell us how you came to be in Basel**

Andrea is an expat herself and came from Austria, where she attended a tourism-school. She worked in the hospitality industry and then switched to the insurance sector. Sarah and Stephanie are “real Baslers” and are very committed to the beautiful city which is now enriched with a lovely Babysitter-on-demand-service that provides personally checked sitters.

### **Tell us a bit about your business**

We provide babysitting and nanny service that can be awarded regionally around the clock, including in the event of illness. We want to use local resources and generate jobs for a sustainable economy. The goal is a happy community with contented children and loving parents.

Babsy is as simple as a helping hand or a neighbourhood community but on an online basis. It is a sustainable and holistic idea of childcare, for any eventuality. It also

considers today's lifestyle and career choices.. Babsy is still developing its app: it has since September 2018 received more than 450 bookings without it. The volunteer-based start-up also seeks to help parents with administrative aspects such as taxes, duties and insurance. Furthermore, it employs a strategy that focuses on working together with existing clubs and aims to help the childcare sector with digitalisation. But, the fact is, it is not all about the app, the app will just ease the administrative process.

Babsy offers safe childcare, adopting a process where both parents and sitters are checked by members of the Babsy crew since we aim to make it the safest childcare platform in Switzerland. We carry out background checks that include elements such as the special criminal record extract. We also perform checks on the parents as we do not want to send our sitters to just any family.

On the other hand, we help parents out by doing administrative work including all things relating to the nation-wide, state-run insurance scheme in Switzerland (AHV), and more. Babsy will remain available by phone even when the app is launched. We are creating the app together with the University of Applied Sciences Northern Switzerland and a team of psychologists, to have holistic and healthy offers for parents and sitters.

We care a lot about our registered parents and sitters and they feel that we have put in a lot of work to build up a sense of mutual trust. For Babsy, it is not about making money, it is about changing our society.

## How does your service work?

Parents and sitters sign up after registering themselves (which can take between 20 and 60 minutes, depending on how much they have to say). Immediately after this, parents gain access to Babsy's sitter database to see if they have any preferences. Parents can send us requests at any time and tell us whether they would like to book their favourite sitter or if they would like to make an open request to meet with the next available sitter. After this, the parents are free to choose who to book. Sitters, on the other hand, give us their general availability and are also open for other requests as sometimes, they may postpone in order to spend time with their own families. Communication is so important: by contacting us, sitters and parents save themselves a lot of time and frustration by receiving quick responses. A mum, by the way, could also be signed up as a sitter. What we do not want is to become an "uber" for Babysitters. What we do want is to take the administrative processes that stress parents out, such as AHV, insurances, etc and combine them with the simplicity and functionality of an app that will help them do things correctly and with ease.

We operate on two different levels. We offer families the possibility to have a baby-sitter at any given moment and different businesses (SMEs to large corporations) the prospect to cooperate with us. With Babsy, employees will be able to feel more at ease knowing that they're prepared for any emergency related to babysitting. Whether you or your child is ill, or for whatever kind of help you need,

Babsy is there to help wherever we can.

A holistic system with for reasonable prices, because today, we're already thinking about how our society will change tomorrow.

## Do you have any restrictions?

Yes, if we find something strange in the documents supplied or during the personal interview and we feel that people don't trust us then we don't trust them - why should we? We do not want to send sitters to families if we do not feel comfortable with the sitters. We also don't want to send our sitters just anywhere. Imagine if it was your teenage child which is babysitting, you would want him or her to be safe which they will likely be on a platform like Babsy. With Babsy you know that someone has performed checks on the families beforehand. Trust is very important to us. Also, besides conducting interviews, checking CVs and , criminal records etc. we work continuously to make the process more efficient but at the same time even more secure. This is why we work as an NGO. This gives us the chance to work on a very important topic together with the best existing providers, universities and psychologists. We do not want to make decisions based on our "gut feeling", we want to have a stable and safe process.

When we started developing our app, we signed up on other platforms to find sitters as fake parents as an experiment. No one ever asked us who we were. We decided that wasn't something that we wanted, so we made a point of first checking if people were who they said they were. We will also try to find more modern ways to incorporate

security elements within the app. Though there are other ways to book for childcare services (because we would like to maintain several methods of contact), we think the app offers additional convenience and security. We have turned down parents and sitters who were not able to provide all the necessary documents. In some cases, they had a strange manner about them during the talk that we did not want to integrate. Going forward, we aim to make this sorting process easier by using a questionnaire. This will make the process more defined and less instinctive. We would then combine the questionnaire and a personal interview to create a safer, personalised solution.

### **How will I know what to expect from a babysitter?**

The profiles say it all. On a profile, you will have an overview of the kind of person to expect. Some sitters will have additional

offers, such as helping with homework or music lessons, others will provide only childcare. Extra jobs can be requested from a sitter, for a small additional amount, but this is negotiated directly with the sitters. We keep an eye on the profiles to ensure they're up to date and if things change, we ask for new information to make any necessary adjustments. We have a lot of wonderful sitters and parents, and Babsy helps to match them.. The sitters could be hobby-sitters, childcarers with diplomas or hobby-grannies, they all have their advantages. If you are a parent who is not sure if a sitter is right for you, do make an appointment with Babsy for a free first-time consultation. This way, you can get to know as many sitters as you want to, and you can make sure you're comfortable with your choice.

Photo by Lina Kivaka from Pexels



## **What is your recruitment process for babysitters?**

All our sitters are interviewed and have had to bring us the following documents: first aid, first aid for babies and children, other certificates in relation to childcare or education as well as their CVs. We also request their criminal record extract and their special criminal record extract. Sitters can choose to bring their references from previous jobs and we can integrate them with their online profile. Babsy also carries out random tests and verifies the references via phone calls to see if they are real. Incidentally, we are the only babysitting service that asks for the special criminal record extract because we want to set the bar high.

## **How quickly can I arrange for a babysitter?**

So far, our quickest request was for 2 hours and we solved it in 2 minutes after the text arrived (via Whatsapp). Once our app is up and running, parents will be able to choose sitters from a map on the app, who is available or online, similar to taxi apps. The response time would be around 20 minutes. Our app will also have a calendar function to allow parents to select the dates they would need a sitter for, and see who is available. Open requests may also be made, where sitters can apply to the families' requests and the parents can choose the one they like the most. If the sitter is nearby and responds immediately, the parents may find a sitter in 5 minutes.

## **What makes Babsy a unique babysitting experience?**

We offer a babysitting experience that is better than usual because the sitter or family has been personally vetted by our team. You can always rely on us to provide a fast and reliable solution to your requests because that's our goal. Additionally, we offer the service of the AHV which is unique and for prices which are second to none.

We ensure that there are always sitters available on the platform for parents. We, therefore, guarantee you a solution for any time and any budget. Most importantly, you can sign up for a free trial to get to know some sitters. Even before that, you can have a portfolio of sitters that eliminates the risk of not finding anyone. Should all your preferred sitters be booked, we can recommend other sitters that worked with other families

There is always the possibility to contact the parents to ask questions or chat with the sitters. There are no restrictions for contacting within the app as soon as you are signed up. We trust that the sitters and the parents will use us even when faced with alternative arrangements - I think this makes it the best experience ever.

We strive for a future hand in hand, one where family, work and a healthy sense of self-realization is possible without justifying why you need a sitter. This makes us and our vision unique.

## **What are your plans for Babsy in the future?**

Babsy is the result of more than 400 talks with parents and sitters about their needs. We interviewed them regarding their desires and in fact, the idea was designed by them. Babsy wants and needs to grow, as it is not earning money with the basic services. Our aim is to generate income by offering additional services such as the AHV-solution, accident insurance solutions, and so on.

Our current priority is to grow the basic services in the 4 cantons Basel-Stadt, Baselland, Solothurn and Aargau and to finish the first prototype of the app in order to start a test run. We are also thinking about creating a Babsy-Playground as a drop-off possibility for parents should they need it. Besides that, we are working with several childcare institutions and services to be able to grow steadily and healthily. We are thinking further because the future and demographic

Changes are already knocking at our door. We are presently looking for companies that might be interested in having solutions for their childcare issues. If your company is interested, let us know. Of course, we also welcome any volunteers who would be interested to help and work in a happy environment. We continue to work for you and for the future of childcare services.

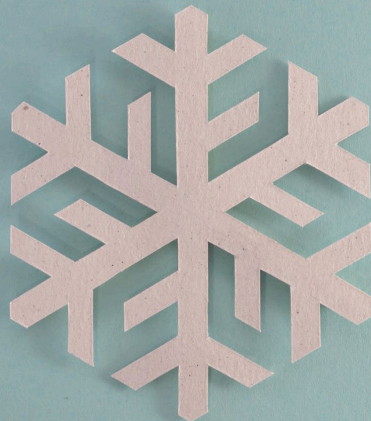
***Parents and sitters can look forward to the release of the Babsy app in 2020.***

Donations are welcome at any time, please find our details below.

Support us:  
Babsy Office  
Liebrütistrasse 10  
4303 Kaiseraugst

Raiffeisenbank Basel  
St. Jakobs-Strasse 7  
4052 Basel

IBAN CH33 8148 6000 0093 4172 7





DECEMBER  
&  
JANUARY

# THE BIG SKI EDITION

## DEAR READERS

The Herbstmesse stalls and merry-go-rounds have been packed away and the days are now shorter and the air feels crisper. It won't be long before we see the first group of Christmas stalls being set up around Basel. A truly magical season is about to start. We are dedicating this double issue of Parenting to the quintessential winter holiday sport: Skiing.

So together with our pregnancy and prenatal information series, Susie and Alison dispense useful advice on winter first aid and travelling to the mountains with babies and Samina tells us how we can make our holidays a little more sustainable. We have recipes and crafts and book reviews all put together by the editorial team and this month, our feature articles are a little different.

Without any original submissions about skiing, the newsletter team sourced some articles we thought would be of interest to our readers. We found advice on how to avoid injuries on the slopes, how playing outside benefits children and even a science question answered by experts that you can read to your own curious children.

The next issue of Parenting will be in February 2020 and until then we would like to wish you and your families a wonderful, fun-filled holiday season and we look forward to providing you with more interesting and engaging content next year.

Happy reading,

Elizabeth, Catherine, Azura  
THE BCT NEWSLETTER TEAM

# Winter Skiing Holidays

## How to Get Ski Fit and Avoid an Injury

**Paul Millington** -Lecturer - Physiotherapy - University of Bradford

**Colin Ayre** -Lecturer - Physiotherapy - University of Bradford

**Jamie Moseley** - Lecturer - Sport Rehabilitation - University of Bradford

From Vail in the US to Val d'Isere in France, winter sports holidays are all the rage. And with more older people now hitting the slopes, there has been an inevitable rise in snow sport-related injuries. The knee joint is especially vulnerable – accounting for 30% of all skiing injuries. The most common knee injury is to the anterior cruciate ligament – known as the “ACL”. Skiing injury is the third most common cause of an ACL injury in Britain, after football and rugby. Most skiers suffering an ACL injury will require surgery followed by many months of rehabilitation. So the impact of an ACL injury should not be underestimated.

The majority of injuries in the novice skier occur as a result of a fall. In the more experienced skier, it's most likely to happen when landing from a jump. But the good news is there are steps you can take to condition your body in readiness for your winter sports holiday – which will help to reduce your risk of knee injury.

Here's our guide to getting ski ready. And although strength and conditioning feature heavily, it's also important to think about cardiovascular fitness before you hit the slopes – as many injuries occur as a result of fatigue.



## Things to do before you go

You should aim to start these exercises before the trip – ideally at least six weeks prior to skiing. All of the below exercises should be attempted for a minute initially with the aim to increase as you improve.

### *Balance*

With any snow sport good balance is essential with particular focus on dynamic balance so the ability to stay upright while on the move. Standing on one leg, reach for the points of an imaginary clock face. Swap legs and do it again.

### *Lateral jumps*

This exercise conditions the body to absorb shock, particularly useful in landing with an emphasis on a lateral direction weight shift. You should bend your knees to lower yourself into a squatting position. Keep your weight evenly distributed through both of your feet. Maintain a straight spine and a flat back. Avoid arching or curving your back and losing form while you jump to the side and then back again.

### *Parallel rotation jumps*

This promotes greater trunk strength and control while keeping the lower limb in a position conducive to parallel turns. Start from a squatting position and jump turn from side to side landing on the balls of your feet. Let your knees bend to absorb the shock and ensure that you keep your chest facing forwards throughout.

### *Lunges with rotation*

This exercise for quadriceps with trunk rotation allows the body to fix in one area while being able to move in another. Starting from standing step straight forwards on one leg letting your knees bend. Once complete twist your upper body to the side and back again before returning to the start position. Repeat on the other leg.

### *Calf stretches*

Flexibility in the calves is important when skiing as it enables you to lean forward into your boots to keep a downward force on the front of your skis. Lack of flexibility means the ankle's range of movement is more limited and may lead to excessive weight bearing through the heel – which can lead to a leaning back posture. Leaning backwards is one the main contributors to falls leading to knee ligament injuries.

## Things to do on the trip

Warm up properly every day and wear appropriate clothing to keep you warm. Studies have shown that you are more likely to get injured on colder days. It's also sensible to try and limit your alcohol intake, as studies have shown alcohol increases risk taking behaviour and reduces coordination increasing the likelihood of injury in skiers. And if you do drink, remember you may still be vulnerable the morning after.

### *Cardiovascular*

You should also aim to boost your cardiovascular fitness before you hit the slopes, to help your body deal with all the extra activity. You could use a cross trainer, attend a spinning class or even just start running. Interval training would also prepare you for the slopes as skiing involves bursts of activity over a longer duration of time.

It's also important to take regular breaks during the day. Take a rest day and make sure you get some sleep. Fatigue is not perceived to be a significant risk factor amongst skiers yet has been linked to increased injury risk.

Helmets are also a must. Head injury is a significant risk with any snow sport and is the third most common injury occurring in both skiers and snowboarders – and the consequences can be life-changing. It's also important to make sure all your gear is fitting properly.

Make sure your bindings (which connect your boot to your skis) are set right and regularly checked – and are appropriate for your proficiency level. People with incorrectly bound skis are more likely to incur a knee injury, so this is a point worth remembering.

Yes, you might be on holidays and yes, skiing is fun, but accidents can and do happen quickly – so it's worth spending a bit of time before you go getting your body ready for all the different movements it will need to make. This will help you to enjoy your time on the slopes, feel less tired and hopefully come home without any injuries.





## Curious Kids: Why is Air Colder the Higher Up You Go?

**Zoran Ristovski**, - Professor, Queensland University of Technology  
**Branka Miljevic** - Senior Lecturer, Queensland University of Technology

**Why is air colder the higher up you go? Shouldn't it be hotter as you're getting closer to the Sun?** – Flynn, age 6, Sydney.

Thank you Flynn, that's a great question. A lot of people have probably wondered this.

As you may know, hot air rises. So why is it so cold at the top of a mountain? Well, it helps if you imagine the ground here on Earth as a big heater. It keeps us warm, and if you move away from the heater you feel cold. So what "heats up" the heater? The light and warmth from the Sun. Scientists call this light and warmth "radiation".

### ***Light and warmth travel from the Sun***

The light and warmth from the Sun travel through space towards Earth, and pass through our atmosphere. (The "atmosphere" is what we call the swirling air that surrounds our planet.)

But the atmosphere isn't very good at

holding onto the warmth from the Sun. The heat just slips straight through it. (For the adults reading: that's because air at higher altitudes thins out as the gas particles expand and lose energy.)

Eventually, the heat from the Sun hits the ground and the ground soaks it up. This especially happens in forests and oceans, which are very good at absorbing heat. Other places, like snow fields, are more likely to reflect the radiation – meaning it bounces back toward the Sun instead of being soaked up by the ground.

### ***Up, up, up***

The higher up you go, the further you are away from the "heater" that is keeping us

all warm – the ground that has absorbed the warmth from the Sun. At the top of mountains it can get so cold people could die within minutes without special protection. That’s because the air up there is just really bad at “holding onto” the radiation coming from the Sun, and the warmth passes straight through it on its journey toward the ground.

And all the way up in space, there is a lot more radiation from the Sun, and astronauts wear special suits to protect themselves from it. But there’s also no air in space, which means there’s really nothing much at all to “hold onto” the warmth of the Sun and make the temperature around you feel warm.

So if you were unlucky enough to be caught in space without a suit, you would freeze to death before the Sun’s radiation would get you.

Curious Kids is a series for children of all ages. If you have a question you’d like an expert to answer, send it to [curiouskidsus@theconversation.com](mailto:curiouskidsus@theconversation.com).

# Pre-school



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[www.aheadwithenglish.com](http://www.aheadwithenglish.com)

# Learning in The Snow

## How Children Develop Through All-Weather Outdoor Play

**Tara-Lynn Scheffel** - Associate Professor, Schulich School of Education, Nipissing University

**Astrid Steele** - Associate Professor, Schulich School of Education, Nipissing University

**Jeff Scott** - Associate Professor, Schulich School of Education, Nipissing University

**Lotje Hives**, - Research Collaborator, Schulich School of Education, Nipissing University

Oh, to be a child again! To find joy in the newness of each day and be in awe of what lies waiting to be discovered.

As researchers, through a case study, we wanted to learn more about the ways one kindergarten class in northern Ontario nurtured curiosity in the outdoors. We invited the kindergarten community including educators, families and teacher candidates to share their experiences with us.

The kindergarten team moved alongside the children to look for evidence or traces of their curiosity and to document this with photos, quotes and video.

The power of documentation is that it invites reflection on moments of learning, and on the theories that children are developing about the world they live in.

It is tremendously validating for children to feel “heard,” to know that what they are curious about is interesting and important.

### **A snow and water investigation**

Through investigating water and snow, this kindergarten community experienced the benefits of learning in the outdoors. For this group of kindergarten learners, the

transformation from winter to spring sparked a noticeable curiosity about water and the children expressed this in different ways. The children were invigorated by the ever-changing conditions of the outdoors. With all of their senses awakened, they marvelled and made connections to understand themselves in their world. Tools and loose parts invited the children to explore, problem solve and innovate in social ways.

The children demonstrated a desire to move snow with reused containers, spoons, shovels and donated toboggans. The kindergarten team invited families to contribute to the collection of items.

One child took the lead to shovel the doorways of the school in winter, and to co-ordinate the piling and moving of snow and ice on toboggans to transform their schoolyard playscape.

Over the days and weeks that followed, sparked by making pathways for water outside, groups of children experimented with tubes and marbles, designing like architects and engineers. Throughout the water investigation, the kindergarten team heard children wonder, question and share their working theories:

"Where is the water coming from?"  
"Look how it's following the pathways! It's getting stuck over here."  
"Come follow my tracks!"  
"I'm using the shovel to make a path in the mud."  
"I can see through the ice...It's like a window!"

The children expressed curiosity in multiple ways. Some chose to study the water closely with puzzled expressions, some shared a flurry of questions about water while others stomped and splashed with wild abandon. One child with rubber boots, teetering on the edge of fascination, dipped a toe at the edge of a puddle, crunching the frozen edge delightedly.

The kindergarten team observed the children investigating with persistent fascination about how they live and interact with water, how it changes state and how it flows.

### **Educators help children make connections**

Energized by their pervasive curiosity with melting snow, water, pipes and flooding (indoors and out!), the children were guided by their interests, and the educators named the learning that revealed itself through this journey.

"I noticed that the students were more engaged because the learning was connected to something in the real world." (teacher candidate)

The kindergarten team selected books that honoured the children's interests and challenged their thinking. One example,



Water's Children, invited them to think about themselves in a relationship with water and the world.

The learners' experiences within the outdoor environment also provided the opportunity to explore global understandings such as how water moves, and how our lives are connected by water. Such learning develops empathy and understanding towards each other and the natural world.

The kindergarten children paired up with older learners to design posters with powerful messages about caring for and protecting water. These were then posted throughout the school in an effort to impact the thinking and actions of others in the school community.

While investigating outdoors, children demonstrated reasoning and proving, reflecting, selecting tools and strategies, connecting, representing and communicating.

The kindergarten educator team valued how the natural environment offers something unique, something different and something challenging every day.

### **What did our families and educators notice?**

In speaking to how children benefit from learning actively in the outdoors, families, in surveys, said:

“They run, jump, hop, skip, dodge all on their own. They look at their learning area differently and appreciate the freedom and take in all this learning with wide-open eyes.”

“We love experiencing the world through nature. We all share the planet and have a special role to play.”

“They benefit from fresh air as well as a change of scenery...”

“We love sunshine and vitamin D!”

“...children who play outdoors are healthier, happier, less stressed and more creative.”

Together, educators and families noted many benefits including how the children were filled with wonderings and curiosity and became scientists, explorers, mathematicians, artists and storytellers of their world.

Educators noticed that in the outdoor setting, the integration of curriculum areas and teamwork emerged:

“How amazing it was to connect math, geography, and science to one experience... outside.” (Anne, teacher candidate)

“...it opened up so many possibilities for learning... the awareness of conservation of water, the teamwork that had to go into achieving the goal.” (Laura, teacher)

“Each interaction between child and nature is unique and offers a fresh, new perspective.”  
(Lotje, kindergarten teacher)

Learning through inquiry was central to these experiences.

### **Noticing, naming and nudging at barriers**

When we asked parents if they perceived any barriers to outdoor play, parents identified concerns such as “sun exposure without protection” and “bug bites that are potentially dangerous.”

Educators identified barriers related to weather preparedness, safety and risks as well as the unpredictability of inquiry-based learning.

Of particular note, our case study revealed the many ways participants nudged at these potential barriers in support of the above benefits, with safety at the forefront.





## A More Sustainable Christmas

by **Samina Ahmed**

Christmas can be stressful. This might not ring true for everyone, but for some of us, it's an understatement. Managing our long lists of gifts to buy, parties to attend, travels to organise on top of the usual work and family commitments can leave us feeling a little frazzled and worn out come Christmas day. We're not the only ones suffering as our planet takes a bit of a hit over the festive period too. In the UK, for example, an additional 30% of waste is created at this time of year which includes packaging, Christmas cards and decorations.

### A slow solution

If the thought of spending your Saturdays navigating around crowds of frantic Christmas shoppers on Freie Strasse with your kids or browsing through endless pages of online catalogues doesn't fill you with joy, then perhaps it's time to give our gift-giving tradition a bit of a makeover, or rather a make-under. Taking some inspiration from the principles of slow living, zero waste or minimalism may take some pressure off not only us but also our environment. By making a conscious effort to avoid giving items which may only be used by the recipient for a short period of time before making their way to the back of a cupboard or rubbish bin, we are forced to think more

creatively. And with various studies that being creative reduces stress, this seems to be the perfect cure for everyone.

### **Gifting time**

A good place to start is to think about what skills or experiences you and your family can give to your loved ones. Are you a good cook? Why not gift friends a voucher for a 3-course meal. Could you or your older children treat your friends with families to some babysitting hours? Spend some time on making your voucher regardless of your artistic capabilities and you'll be sure to feel more relaxed once you're done with this form of art therapy.

If the idea of sitting around the Christmas tree opening envelopes doesn't seem as much fun as unwrapping boxes, why not give a box of some sort containing either a written or physical clue to where the gift voucher can be found? Or have it lead to another clue and make a treasure hunt out of it.

For local friends and family, or for those living elsewhere that plan to visit you or vice-versa, a voucher for a trip to the zoo, a museum, cinema, concert, sporting event, comedy night, hike (the list is endless!) make memorable gifts.

With your immediate family, a promise to wash the dishes / do the shopping / clean the house etc. for a period of time could also be well-received...or better still, persuade your children that this would be the perfect gift for you or their siblings!

### **The gift that keeps on giving**

With the shops stocking an incomprehensible amount of gift ideas, it can be hard to avoid falling into the trap of buying single-use or novelty items. By thinking creatively and sustainably, we can give something that has a much longer shelf-life, causing less waste in the short and long-term.

Living in or around (a usually) sunny Basel makes a solar power device charger an exciting and worthwhile gift. It not only provides your loved one with the option of charging their mobile phone, laptop etc on the move, it also gives them the added buzz of knowing that they are doing their bit for the environment each time they use it.

For those who like to be around nature or have green fingers, you could present them with a plant or seeds. This would also be the perfect present for keen herbal tea drinkers or chefs who would then have their own supply of herbs at hand. Herbal plants are also perfect for growing on your balcony or window-sill, so are a good option even where space is limited.

### **Other ideas:**

- Gift some credit on online lending sites such as Kiva or Lend with Care to invest in small entrepreneurs from developing countries. The borrowers pay back the loans over time and the money can then be reinvested in another worthwhile business or project

- Membership to a sports or hobby club, or to the local library or a museum
- Attendance to a self-development course e.g. yoga, woodwork, tango, photography - anything that they've wanted to do for a while, or that would be fun for you to do together
- Subscriptions to online magazines

### Tailor-made treats

Most of us probably have family and friends living outside of Switzerland and so it's not always easy to arrange spending time with them. However, this doesn't mean that you can't still gift them quality time. For example, a child who really enjoys handicrafts would probably be thrilled to receive a box with various materials for them to create their next work of art with. Why not look through past BCT newsletters for crafting ideas for which you could include the materials and instructions in your box.

For the adults in your life, you could do something similar with recipes, pamper treatments or hobbies such as calligraphy, crocheting or gardening that they've wanted to try. You could include a book to help them get started, and by also giving them a starter kit, they'll be less likely to continue putting off giving it a try.

Who knows where this new hobby could lead them to - you could even be equipping them with the skills to make more sustainable and personal gifts for a future Christmas!

### Other ideas:

- Sweet and/or savoury home-made hampers
- Homemade gifts such as candles, body scrubs, lip balms or anything edible

### All wrapped up

It is, of course, quite nice to have something to unwrap at Christmas. So for the gifts that you'd like to wrap up and make look pretty, why not use recycled paper? Or get creative and use fabric? Furoshiki, the old Japanese art of carrying goods and wrapping looks very intricate but is actually something you can pick up easily from online videos. All you need is a square piece of cloth (and a little patience) and the fabric-folding world is your oyster!

Second-hand stores (Brockenhausen) around Basel stock a range of patterned and colourful fabrics for you to get started. Hopefully, you've already got some ideas to help you approach the festive month with a little less stress, but is there more we could do to help ourselves and our planet?

## Deck the halls...

Seeing the world from a baby's eyes can make us realise just how much of an overload to our senses

Christmas can be. With our streets, work-places, schools and even our homes being covered in flashing lights, glitter and tinsel, it's no wonder that December isn't known as the month for unwinding. As much as it can seem that Christmas wouldn't be Christmas without all the over-the-top decorations, minimizing on these can give us a more serene festive feeling. Put "Christmas papercraft" into your online search engine and pick the ideas you'd like to give a try. Spend an afternoon busying yourself and your kids turning your pile of paper recycling into an impressive yet subtle and unique decor. And if you discover that you and your

family were made to fold and cut paper, why not use these new- found skills to create gift tags and Christmas cards too?

If giving your Christmas such a make-under seems like more effort than sticking to your usual routine, then how about starting the process, by putting some of the ideas into use for birthdays and other celebrations throughout the year instead? Pick the ideas that resonate with you, or think up some of your own and make it your new year's resolution to put them into practice in 2020. In the meantime, I wish you a stress-free, sustainable and fun-filled Christmas and New Year!



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# Past BCT Events - Halloween Party

by **Srilatha Siddarth**

BCT's annual Halloween party was once again a smashing success. Held at the new location of Quartiertreffpunkt in Kleinhüningen, the party was attended by more than 70 families. We thank all those who joined in the fun.

The party began with a host of themed craft activities and games. The children decorated cupcakes with sprinkles and icing, stamped with apples, made monster headbands and glued together scary skeletons. They also took part in a Frankenstein bowling and ghost ball toss game. A scavenger hunt was also held and the first 10 children to complete their entries won prizes. The evening progressed to a fun dance parade

that was accompanied by a foot-tapping Halloween inspired songs.

There was a pumpkin patch at the venue that doubled up as a photo booth. BCT also sponsored face painting for the kids, and as a result, there were many coloured and gleaming faces. A raffle was held and two lucky winners took home two beautiful Halloween themed baskets.

Special thanks go out to the team of volunteers who worked relentlessly towards ensuring the smooth running of the event. Thank you also to the participants who brought in delicious treats to share with others.

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# BOOK REVIEW

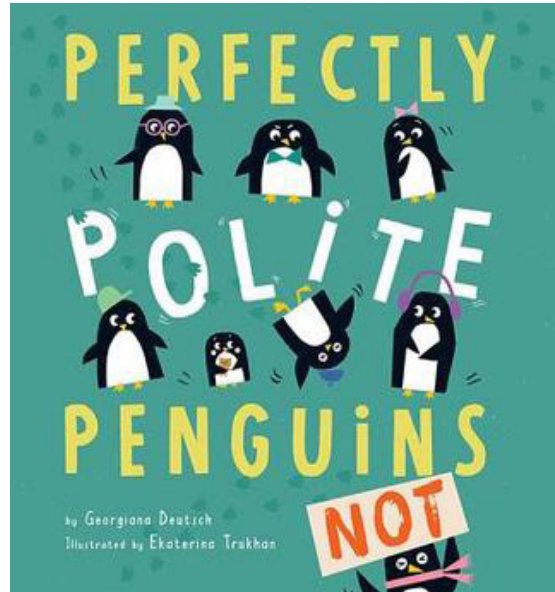
## PERFECTLY POLITE PENGUINS

*Author: Georgiana Deutsch, Illustrated by: Ekaterina Trukhan*

*Book reviewed by: Elizabeth De Gaetano For ages 3-7*

As soon as my daughter got a hold of this book, she immediately noticed that some of the illustrations did not match the accompanying overly polite phrases in the first few pages. "Penguins ALWAYS wait their turn" shows one small penguin, sporting a blue beanie, pushing to the front of the line: "Me first!" and of course my daughter loved the idea of there being a shove-happy penguin.

As the book progressed we were introduced to Polly the little Penguin who reminded me very much of my daughter on an "off" day. Polly thinks being polite is boring, says the first thing that comes to mind and causes mayhem during dinner time and by this point in the book, many other penguins have joined Polly in her mischief. As the story continues it becomes clear that Polly's behaviour upsets a little penguin named Peter. Once Polly realises this, she decides to help Peter out and consequently, tries her best to be more polite. In our house, we have a "little Peter Penguin" of our own so it was not difficult for me to highlight how sometimes my daughter's behaviour may upset her little brother. As with most messages, some of it sticks, some of it doesn't but this is a fun book, even if it used merely to introduce the



notion of manners. Trukhan's penguins are a delight, each with an accessory to tell them apart. The illustrations and backgrounds are simple, allowing the reader to keep the focus on their manners (or lack thereof).

*Available from Bider and Tanner for 14.50 CHF*

# BOOK REVIEW

## ALL RIGHT, ALREADY!

*Author: Jory John, Illustrated by: Benji Davies*

*Book reviewed by: Catherine Buser For ages 3+*

All Right, Already! is the tale of a grumpy bear and his tenacious neighbour-duck during the first snowfall of winter.

The story follows the frustrations of both the duck and the bear, as the duck tries to get his grouchy neighbour to come outside and enjoy some snowy activities with him. After several failed attempts that end with the bear getting sick (despite not even wanting to be outside), the duck shoddily attempts to tend to an ailing bear and ends up manipulating the bear into taking care of him instead.

This was a peculiar book to read and seemed to have ended on a strange note. I felt frustrated with both the duck as well as the morals, but it might be, that since this book is part of a series with the same two characters, that it makes more sense as part of the collection.

Then again, perhaps I relate too much to the bear.

*Available from Bider and Tanner for 14.50 CHF*



**Jory John & Benji Davies**





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# COTTAGE PIE

By **the BCT Newsletter Team**

This recipe is for ten people as you are encouraged to freeze half the portion - which you can heat in the oven on the days when you lack time. Cottage pies offer not only nourishment but also comfort. It is a favourite dish in our (Azura Rubio's) household; the children are oblivious to the presence of finely chopped vegetables.

Scour the internet for cottage pie methods, and you will find many. My (Azura) preferred option is this recipe from the BBC. Over time, I've tinkered with the formula to arrive at the one below. It incorporates zucchinis (courgettes) instead of celery and has double the garlic amount.

## INGREDIENTS - FOR THE FILLING

- 3 tbsp. vegetable/olive oil
- 1.25 kg beef mince
- 2 chopped onions
- 4 chopped garlic cloves
- 3 chopped carrots
- 2 chopped zucchinis
- 3 tbsp. flour
- 850 ml of beef stock (from a cube)
- 4 tbsp. Worcestershire sauce
- 1 large glass of red wine (you can skip this, but I find it helps to add depth to the flavour)
- 1-2 tbsp. tomato puree
- 1 tbsp. tomato ketchup\*
- 2 bay leaves

Notes: \* or BBQ sauce if you prefer  
Optional 1/2 tsp. - mustard

It also heeds the advice of the cottage pie aficionados to add tomato ketchup to balance out the sourness of the puree.

This recipe is flexible, allowing for easy substitution without compromising the outcome. For example, by using lamb instead of beef for a more gamey taste (transforming the dish into a Shepherd's Pie) or even kidney beans/more vegetables should you want a meat-free version.

E Guete mitenand!

Preparation time: 30 minutes

Cooking time: 1 hour 30 minutes

## INGREDIENTS - FOR THE TOPPING

- 1.8 kg chopped potatoes
- 225 ml of milk
- 25g butter
- 200g grated cheese (cheddar or other)



## PREPARATION

### For the filling:

1. Use a large saucepan to fry the minced beef, in batches if necessary, in 1 tbsp. oil to the point that the meat becomes well browned. Set aside in a separate plate.
2. Sauté the onions, garlic in the same large saucepan using 2 tbsp. oil. Toss in the carrots and zucchinis and stir fry.
3. Once the vegetables look soft, add in the tomato puree and flour.
4. Follow this with the browned minced beef. Stir well.
5. Pour in the beef stock followed by the Worcester sauce, bay leaves and wine.
6. Once the mixture is boiling, turn down the heat and leave it to simmer gently for c.45 minutes.
7. Add in the tomato ketchup, season and remove the bay leaves. Set aside.

### For the topping:

1. Boil the potatoes in cold salted water. Let it simmer until they are tender.
2. Drain the water and leave the potatoes to dry.
3. Mash the potatoes with milk, butter and  $\frac{3}{4}$  of the cheese. Set aside.

### Combining filling and topping:

1. Preheat the oven at 220c (fan)/200c (gas)
2. Spoon the beef filling in 2 ovenproof dishes.
3. Top it with the mash. Sprinkle in the remaining cheese. Use a fork to create ridges for added crispiness.
4. Assuming you want to cook for ten people: Place both the dishes in the oven for 25-30minutes or until the topping appears golden. If not, leave one portion to cool before freezing.

# HOLIDAY WASSAIL

By **Lucy Meyring**

Try this delicious, festively-flavoured fruit punch that can be served either hot or cold for the Christmas season this year. This recipe can be adjusted to be child-friendly by making it with caffeine-free tea or ramped up a notch by adding some rum (or something similar) for adults.

## INGREDIENTS

- 3 tea bags of choice (black tea or something like Rooibos for caffeine-free)
- 4 cups of water
- 1 cup of brown sugar
- 1-litre cranberry juice
- 1-litre apple juice
- 500 ml of orange juice
- 3/4 cup of lemon juice
- 2 large cinnamon sticks
- 12 whole cloves



## PREPARATION

1. In a large pot, combine tea bags, water and sugar.
2. Add the juices, cinnamon sticks and cloves. Bring to a boil and simmer for 2 minutes
3. Remove from the heat. Serve warm or cool.

<https://www.tasteofhome.com/recipes/holiday-wassail/>

# RIBBON CHRISTMAS DECORATION

By **The BCT Newsletter Team**

Give this quick and easy craft a go with your kids, using ribbons or scraps of fabric. This craft is really handy for any leftover pieces of ribbon that are too short for anything else. Experiment with different patterns, textures and fabric scraps to create this lovely decoration that could double as a great handmade gift.

## What You Will Need:

- Sticks (1 for each decoration you'd like to make), about 15-20cm in length
- Ribbons (different colours, whatever colour scheme you'd like, as well as different textures and sizes)
- Scraps of fabric (cut into ribbons, optional if you are happy with just ribbons)
- A piece of twine
- Glue (such as wood glue)



## Method:

1. Cut the pieces of ribbon beforehand into varying sizes that correspond with the triangular shape of a Christmas tree. You can also cut the ribbons as you go, but it's easier to do so before.
2. Knot the ribbons in their size order around the stick.
3. Tie a loop with the twine at the top of the stick, to be able to hang the tree up.
4. Secure all of the knots with a dot of glue, allow to dry before hanging up.

# CUPCAKE LINER CHRISTMAS TREE

By **Azura Rubio**

Help your children to create a Christmas tree using cupcake liners and paraphernalia you already have at home. The idea was adapted from [easypeasyandfun.com](http://easypeasyandfun.com), which offers many other art and craft suggestions to keep the kids occupied and happy.

## Things You Will Need:

- 2 cupcake liners of your choice (white/coloured/patterned)
- Paper (white/coloured)
- Normal scissors
- Wavy scissors
- Colouring material (crayon/colour pencils/markers/watercolour/glitter)
- Glue stick
- Puncher
- Optional: stickers



## Preparations:

1. *Cupcake liners:* Cut one cupcake liner into half and the other one into three thirds.
2. Trim the sides of one of the one-third pieces to make the top of the tree.
3. *Paper:* Cut out a small rectangle for the trunk and a little star to place at the top of the tree.
4. *Paper:* Cut out ribbons using the wavy scissors.
5. *Paper:* Punch out little pieces. Alternatively, you can use stickers.

## Method:

1. Create the trunk: Paste the rectangle at the bottom of the paper – you can use brown paper or colour the white paper.
2. Build the tree: Glue the two halves of the liners at the bottom and then the one-thirds pieces. Use the smallest one third at the top. If you are using white liners, colour the tree.
3. Decorate the tree: Paste the punched bits and ribbons on the tree.
4. Final touch: Paste the star at the top of the Christmas tree and spread some glitter on the tree.



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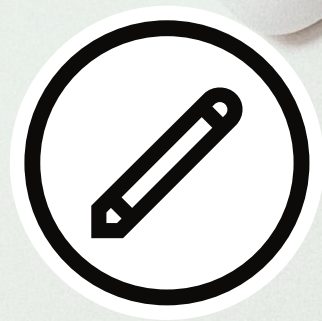
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## Attachment Parenting and Antenatal and Postnatal Support

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antenatal.bct@gmail.com

## Bip Bop Dance Party

**Position Available (1)**  
bipbop.bct@gmail.com

## Nature Detectives

**Walk Coordinator**  
Roshni Vattakandy  
Laura Möckli  
naturedetectives.bct@gmail.com

## Volunteer Coordinators

**Position Available (2)**  
volunteercoordinator.bct@gmail.com

## Neighbourhood Coordinators

Colleen Potts  
(Gellert / St. Alban / Aeschenplatz / Muttenz)  
gaam.coordinator.bct@gmail.com

Aryna Waldron  
Laura Möckli (Riehen/Bettingen)  
riehen.coordinator.bct@gmail.com

Ethel Schriber (Arlesheim/Dornach)  
arlesheim.dornach.bct@gmail.com

Susie Atkinson (France)  
france.bct@gmail.com

Menna Keyes  
(Bachletten / Schutzenmatt)  
bachletten.schutzenmatt@gmail.com  
Isabel Brunner  
Andreia Garrancho (Klein Basel)  
kleinbasel.bct@gmail.com

Sarah Newton (Leistal)  
liestal.bct@gmail.com

Petra Jauslin  
(Oberwil/Therwil/Leimental)  
oberwil.therwil.bct@gmail.com

Karen Glauser  
(Maisprach/Rheinfelden)  
maisprach.rheinfelden.bct@gmail.com

Natalie Bedford  
(Reinach/Aesch)

## Communications Chair

Amruta Subramanian  
communications.bct@gmail.com

## Social Media

**Communication**  
Tania Indycki  
socialmedia.bct@gmail.com

## Newsletter Advertising

Ambre Chatain  
advertising.bct@gmail.com

## Newsletter Co Editors

Catherine Buser  
Elizabeth De Gaetano  
Azura Rubio  
newsletter.bct@gmail.com

## Newsletter Layout

**Position Available**  
layout.bct@gmail.com

## Web Manager

Carla Wyss  
webmanager.bct@gmail.com

## Email Communications

Joe Wildfire & Liz Voss  
communications.bct@gmail.com

## Advisory Board

Patsy Teal  
Susie Atkinson  
Karin Waldhauser

## Antenatal & Postnatal Support

Susie Atkinson  
antenatal.bct@gmail.com

## Sponsorship coordinator

**Position Available (1)**

## Outreach coordinator

**Position Available (1)**

## Working Parents Coordinator

Natalie Kräher Gochez

# BCT members BENEFITS

The following companies offer BCT members a discount or special offer on their services. Please visit the BCT website for further information. Don't forget to sign the back of your membership card – it's not valid without a signature!

## 4mag.eu Photography

<http://www.4mag.eu>

25% discount for BCT members

## Ahead with English in Riehen

- 10% discount and free registration for the Craft and Play morning playgroup for children aged 2.5 - 5

## Allgemeine Musikgesellschaft

Basel (AMG)

[bucher@konzertgesellschaft.ch](mailto:bucher@konzertgesellschaft.ch)

## Ana Photography

[www.anastasiatarantina.com](http://www.anastasiatarantina.com)

2 free pocket books with 9 free photos included after the purchase of any package

## Antenatal Classes

[www.baselchildbirthtrust.com](http://www.baselchildbirthtrust.com)

## Basler Kindernäscht

[www.kindernaescht.ch](http://www.kindernaescht.ch)

## CrossFit Helvetix

[crossfithelvetix.ch](http://crossfithelvetix.ch)

## Ely Health & Fitness

<http://www.baselchildrenstrust.ch/74-general/197-e-anjoy-a-special-discount-at-ely-fitness-health>

## Free and Exclusive

Prenatal and Postnatal Support

[www.mignonbaby.com](http://www.mignonbaby.com)

## From the Garden Nutrition

[info@fromthegardennutrition.com](mailto:info@fromthegardennutrition.com)

## 10% discount Gina Kouri

[www.kouricoaching.com](http://www.kouricoaching.com)

One free counselling session to expectant parents

## Hamabama

[www.hamabama.ch](http://www.hamabama.ch)

## Holistic Health

[www.holistic-health.ch](http://www.holistic-health.ch)

## JUKIBU Library

[www.jukibu.ch](http://www.jukibu.ch)

Free membership card

## Lisanne Vreeke Photography

[www.lisannevreeke.com](http://www.lisannevreeke.com)

2 prints of your choice (13x18cm) when you book a newborn or family photoshoot.

## Miyabi Dojo Karate School

[www.miyabidojo.com](http://www.miyabidojo.com)

BCT members get a 10% discount.

## Papayaya Fitness:

[www.papayaya.ch](http://www.papayaya.ch)

BCT Member Discount on the Fit Mama Programme

## Roccapina

<https://www.roccapina.com>

Current collection of limited edition sandals at 25% off with code bctgirl

## The Red Cake Tin [theredcaketin@gmail.com](mailto:theredcaketin@gmail.com)

## Tin Marin – Baby Sling

[tinmarin@swissonline.ch](mailto:tinmarin@swissonline.ch)

## Usborne Books

[www.usbornebooksathome.co.uk](http://www.usbornebooksathome.co.uk)

## Vital Praxis Massage

[www.vital-bs.ch](http://www.vital-bs.ch)

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