

## And the winners are...

### Winners of Accessories Draw are:

Krista Kramer-Ellen (Kitchener)  
Chris Quarrie (Fergus)

Wins \$20 towards  
Diaper Service

Draw is held quarterly. All names of clients who purchase accessories from Bear Bottoms in the 3 months prior to next newsletter will be entered in the next draw. 2 names are drawn per quarter. Good Luck!

And Congratulations to  
Our Winners!



## LAUGH OUT LOUD

One of my husband's colleagues at General Electric was taking Lamaze classes with his wife in preparation for the birth of their baby. The first evening, couples were asked to introduce themselves and state their occupations. A banker, a lawyer and a psychologist spoke up, and our factory-worker friend began to feel intimidated.

Finally his turn came. Rising to his feet, he said, "Hi! I'm Bill." Looking down at his pregnant wife, he quipped, "I work at GE, and I bring good things to life!"

\*\*\*\*\*

I was attending a community-education course on effective parenting. Ways of dealing with children's behavior were discussed. At the last class, the instructor asked a very frazzled-looking mother of two, "Have any of these methods helped you handle your kids better?" "No," the woman responded. "But they've worked wonders on my husband!"



at \$19.95/week for the foreseeable future, as keeping costs down these days is important to all of us.

For most of you your prices, including fuel surcharge have never changed, even when gas prices skyrocketed, only local areas have had a small charge added. We intend to keep these prices as is for two reasons, again so we don't increase everyone's overall price as other commodity prices increase, but also to keep using our environmental fuel choices as a top priority.

As always, please feel free to contact us should you have any questions, concerns or comments. We're always here to help!

The Bear Bottoms Team



# The Change Times

## Saving Money with a New baby

### Do you really NEED it?

If you have a tight budget, here are some items you might be able to do without and other tips to save a little or a lot.

1. Bassinet - Most babies don't need one after 3 months so this has a very short lifespan. But if you really want one (and I think it's a godsend if you breastfeed), see if you can borrow one from someone, or buy a 3-in-1 playpen with bassinet, change table and playpen.

2. Changing table - most are only useful while baby is in diapers (a couple of years) and not only can they be expensive, they take up space. If you don't opt for the all-in-one playpen, and you do get a changing table, you may be able to increase it's lifespan by using it to store toys or books in baby's room. Or, save money by borrowing one, buying a slightly used one or at least getting one on sale. Or find one that converts to a dresser or bookcase for when they are older. Ikea has a great wall mount version and one that doubles as a dresser, then has a bookcase add-on for toddler to teen.

3. Swing or vibrating chair? Many babies have a preference, so if you can, get both, keep the packaging and return the least favored item. Then you can put that money towards something you really need. Borrow. We all seem to know someone who has one or the other. Just be careful with "used" items to check for recalls and never borrow or by a

used crib or car seat without researching them first.

4. Books. Many parents want to read to their baby after (and even before) they are born. That's great. Just buy ONE or two books to read to baby in the beginning. Your baby won't be as interested in the book until they are at least 3 or 4 months old anyway. And when you want to expand your child's library, shop at book sales and garage sales and thrift stores. Or many parents have got together for book exchange clubs, the more you get together, the bigger the variety.



5. Get yourself on mailing lists for baby stores and manufacturers before baby's arrival to save money on the things you need. You can get valuable coupons, notice of upcoming sales and, in some cases, free samples. Start with places such as Babies R Us, Gerber and Earth's Best.

6. See if friends or family with slightly older kids have clothes, toys or other items to give or loan you. With clothes and toys, most parents are glad to see someone else use the stuff and even happier to have some extra space. Or shop at second hand stores. Many clothes are barely used and some even have tags on them. Just be savvy, as some second hand stores and consignments places have prices quite high, and you may be better to go to the clearance section at your local big box store.

7. Buy rechargeable batteries. Many baby products - such as swings and bouncy chairs - will eat batteries and it can cost you a small fortune (especially the items that require D batteries). Buy double of what you need (ie if a swing needs four D batteries, buy eight batteries) so you can have one set charged when the other set dies.

8. See if your supermarket has a baby club. They are free to join and you get points or cash back on purchases you would make anyway. Buy a food processor and make your own baby food. You'd be amazed how many jars one package of carrots makes. Puree your leftovers and have a variety of meals on hand for baby. Make sure foods are bland with little to no spice or salt.

9. Look beyond baby stores for your supplies. For example, baby gates are often cheaper at pet stores than at baby stores. And you can often find regularly priced crib sheets cheaper at the large super stores (such as Walmart, Super Store or Costco) than at specialty stores.

10. Compare costs over the long term, rather than quick sales. Buy clothes that will go longer, such as size 2 capri pants for a ten month old. They will fit now as pants with diapers and when she's two as capris. Use cloth diapers, since potty training is generally a lot easier and earlier, saving you hundreds to thousands of dollars. Breastfeed longer (if you can), even if you supplement with milk or formula, you could potentially save a ton of cash.

Source: Canadian Babies,  
Author: Sandra Lee 2008

Brought to you by:



"Isn't it time for a change?"

Spring 2009

### Special Points of Interest

- ☺ Homemade Toys
- ☺ The Scoop on Poop
- ☺ Taking Care of Wraps and Covers
- ☺ Laugh out Load

### Baby Bear Gallery

Winner:  
Bailey



Wins a Bummi Swimmi!

Proud parents:  
Nancy Turcotte &  
Glen Hannon

Please send in your baby pictures for your chance to win! Draws are quarterly.



### Bread-Dough Molding Clay

#### What you'll need:

2 parts bread - approximately 2 pieces or slices  
2 parts glue - approximately 1/4 bottle (normal bottle of Elmer's Glue-net 4 fl. oz/118ml)

1 part food coloring (optional) - approximately 2 drops

#### How to make it:

Crumble bread into small chunks.

Add glue. Mix immediately. If too dry or sticky add a little water.

Add food coloring if desired.

#### How to mold:

This is just like clay, but you need to be careful not to crumble it or hold it in your hand for too long. (It may get sticky and stick to your hand!) When you want colored figures, color the dough before working with it.

#### How long will it dry?

It typically takes one hour to dry, depending on the amount and weight. Leave it in a cool room (for instance, the garage) on a flat cookie sheet, with a nonstick coating, or waxed paper on it.

#### How do I finish my items?

Once dry, spray with hair spray. Make sure the items have dried before putting any on them. Source: funnthesun.org/clay. Use with parental supervision, at own risk

## The Scoop on Poop

What a winter we've had! Snow and ice and freezing temperatures have made our deliveries "fun" some days to put it mildly.

Thank you for your patience on those days when your delivery times were late due to bad weather. We have a great staff here at Bear Bottoms and we all pulled together driving any vehicle we could find to make sure no one was without diapers. It has been a long winter for everyone, and we will be more than happy to see a tulip or two.

We're excited to say, that starting this month, we will begin to expand our service to Brantford. There has been so much demand there, thanks to the word of mouth from our current customers.

Because of this, we plan on adding another

delivery van and driver to service everyone better as we expand.

As our number of vans on the road increases, so does our fuel usage, so it is still very important for us to keep all our vans powered with propane or propane/gas mix. The emissions from 3 propane trucks is less than 1 car running on gas. We also hope in this year to start adding solar panels to our building, to make our footprint even less. We are working constantly not to just be another diaper service but, to lead the way by cleaning green, driving green and drying green. If any of you have priced out solar panels, you're probably saying, "Geez how much will my diaper service cost then?" Not to worry, we will continue to keep our price

## The Reading Zone



### For Kids (Ages 2-6) My First Hike

The story of a toddler who reluctantly goes on his first hike with grandpa, and discovers how much fun nature can be.

Written and illustrated by Catherine Maria Woolf (Dawn Publications)

### For Parents Baby 411

Dr. Spock meets Judge Judy-- finally a parenting book that separates fact from fiction. What if you could bottle the wisdom of all those parents who've come before you...and combine them with the sold medical advice from an award-winning pediatrician? Baby 411 is the answer.

## Bear Bucks - Update

Wow! With Bear bucks only being out for 3 months, we're into our 2nd print! Thanks to you, our clients passing on our name, the savings have totalled over \$500 to our clients and referrals and it keeps growing.

One of our clients, Ruth Hastings, from London, has saved between \$30-\$40 for the last three months and this month she thinks she'll beat that. We are blown away! She gave us some tips to pass

along, but wasn't giving up all her secrets. Everywhere she goes, she gives out "her" Bear Bucks to anyone with a belly or baby and even advertises on free local web sites. She just said, take them with you, you'd be amazed how many opportunities there are!

With Bear Bucks you save \$10 for every referral that signs up and gives us a Bear Bucks coupon with your name on it, and they save \$5. Need more? Just ask and we'll get you more with your delivery.



## Homemade Baby and Toddler Toys

\* **Use cookie cutters and foam sheets from a craft store and make fun shapes for baby to play with in the tub. The foam shapes will float or stick to the side of the tub. You can buy a pack of foam sheets for a third of the cost of a foam set from the store.**

\* **Tie colorful scarves together (or cut old pillow cases or sheets, or even better, use a variety of fabrics) and stuff in a tissues box. Baby will love the colors and textures and will enjoy pulling the scarves out of the box and putting them back in.**

\* **Teach your baby about colors in a fun and free way. You can get paint sample cards from your local hardware store and use them as flash cards or put them in a book or attach them to a display board. You can use a marker to write the color on the card. You**

**can tape a few sample cards together and then cut into shapes so baby can learn shapes as well as colors. Or for other fun, get the paint cards from the Disney paints (by Behr) that have the silhouette of Mickey Mouse.**

\* **Use a plastic 20-ounce soda bottle to create an interesting toy for baby. Remove the label and place objects inside such as aluminum foil balls, pieces of sponge, fabric swatches, glitter or sequins. Fill with a little water and superglue the cap on tightly. Then watch your baby bounce and roll the toy.**

\* **Most people have an extra computer keyboard, remote control or phone somewhere in their house. Put it to good use by letting your baby play with the keys or buttons.**

source: Baby on a Budget, Matilda Robinson

\* **Buy a medium-sized beach ball. You can usually get these during the summer season at a dollar store. The bright color will attract baby. If you do not fully inflate it, young babies can grab it. Older babies can hold it and later, can roll it and throw it. You can also roll baby back and forward on it for a different sensation and perspective.**

\* **Make a stocking scrunchie. Use an old stocking and put crinkly wrapping paper in, tying knots at different spots.**

\* **Reuse plastic bottles, margarine containers etc. by putting marbles, stones or popcorn seeds in for different rattle sounds. All toys should be played with under parental supervision. Have fun! Once you start making toys - you can't stop.**

## Taking Care of your Diaper Wraps and Covers

Detergent residue is a film left on fabric by detergent. It can build up on any items that you wash - clothes, bedding, etc. Usually you will notice it only when you have residue on a product that is supposed to be absorbent or waterproof - like diapers and diaper covers. Believe it or not, the problem of detergent residue in the cloth diapering world is a relatively new one. This is because lately detergent manufacturers seem to be adding all sorts of extra ingredients to their formulas in order to make their products stand out in the market. Extra additives may help products grab attention on the supermarket shelf, but can pose serious problems

for folks washing wraps and covers - not to mention those with sensitive skin! Having detergent residue on your diaper covers can cause tons of problems, including:

1. Leaking and wicking onto babies' clothing
2. Repelling liquid (beading)
3. Stinky covers
4. Skin rashes

Yellowing of white fabrics  
You can see the signs of detergent residue right away if your covers are washed with way too much detergent - but more commonly it will take a couple of months before you have any problems. You may even find that one of your covers develops problems before the rest.

defective- without realizing that they actually have a problem with a solution! Remember that clean, residue free wraps and covers should never smell like either detergent or urine!

Check out the ingredients list if it's available. The shorter the list, the less chance that the detergent contains additives. You can also look for cheaper detergents, as they tend to be composed more simply and with fewer additives than their fancy counterparts. Your best option is to go for an additive free or zero-residue detergent. No baby detergent, they all contain fabric softeners. Use vinegar in the rinse cycle to remove any residue. Or better yet, use residue free dish soap, for a quick hand wash and throw them in the dryer for 10 minutes.

If you think your covers might already be ruined, please call us, many times they are easy to save.

Source: Bummiis.com

**kwkids.com**  
things to do for kw kids & you!

If you ever wonder what's happening in KW today, tomorrow or one month from now, check out the **KW Kids' Event & Program Calendar!** There are plenty of things to do for families with children every day in all corners of the community. Indoor and outdoor activities, family festivals, workshops, prenatal events, various drop-in programs, music, art - you name it, KW has it all! In addition to the **Event & Program calendar**, kwkids.com features a **birthday party guide**, a **family outing & activity guide**, **business & organization directories**, a **seasonal camp guide** and a lot

Want to advertise your business in the popular Change Times? Contact us for rates

### Just a reminder...

Make sure your drop off location is secure. If you will be away when diapers are dropped off, call ahead to make sure we drop at a neighbours or at a back door. Diapers are your responsibility once dropped off to your home. Missing or stolen diapers will be added to your total inventory count and could be charged to you. Diaper theft is rare, but does happen and shouldn't happen at all if we work together. Please call if you have questions or concerns.



### Interesting Facts

- Disposable Diapers Can Prevent water from soaking into the ground contaminating our underground water systems.
- Over 4 million disposable diapers are discarded in Canada per day.
- It is illegal to dispose of human waste in our landfills, yet almost everyone discards disposables with waste wrapped in them. Each bag of disposables must have in the fine print to dispose of waste in toilet prior to throwing away. (It's true! Have a look next time you're out.)

Source: EnviroZine Canada