

About coffeegroup.org

Most women during their first pregnancy will enroll in a childbirth course - whether through their local hospital or a private organisation. Throughout these courses we learn about what is happening inside our bodies, how our babies are developing, what we can expect during labour and the first few days after the birth.

It is also from these courses that coffee groups are formed. Some of these groups result in life-long friendships, whilst others never get off the ground. But we all need moral and emotional support - and who better to give it than someone who is going through exactly the same experiences at the same time as you? So if you live in a remote area, or your coffee group has fizzled, where do you go for that support?

During my first pregnancy I spent many hours surfing the internet and was disappointed to find that the v

Following my daughter's birth, I began to reflect upon my experiences in the preceding year and realised



This web site is a free resource for all New Zealand families - including new imports and ex-pats living overseas. As they say, the more the merrier and of course the more information and experience we pool together, the better informed we become! Babies grow, family dynamics change, and with each new milestone our children reach there are decisions to be made. We have had just as many questions whilst parenting a five year old as we did a newborn and no doubt we will have many, many more questions over the coming years as she blossoms into adulthood.

Please take some time to digest the information contained within these pages, share your own stories, discuss your highs and lows, create a member's page for your family, enter some competitions, and above all, have fun!

*Franciska*



