



Mums & Tots of Warsaw



May sweet May

May is my favourite month. The winter is defiantly over and every thing is green and fresh. It is also the time of year when the restaurants put out there outdoor tables.

We present some off Mums & Tots members' favourite kid friendly restaurants. Thanks a lot for the many mails on this topic.

You can also read about the events that are on for this month. Plus some good shopping tips.

Enjoy /Helle (editor) Katia and Valerie

Weekly activities Monday

The Toddler Play Group meets on Mondays from 10:00am-12:00am at different mums' houses. The first Monday every month it is held in The English Playhouse. Address: ul. Plycwianska 14 A (off Idzikowskiego). Coordinator is Valerie Coloredo

Monday afternoon group meet at Happy Montessori House in Wilanow – 14 Rumiana. (it only takes 15 min. from the centre by car!)
Time: 2.30 – 5 p.m. (they close at 5). Pani Urszula will provide us with coffee, tea, snacks, etc. for the small fee of 12 PLN.

Tuesday

The Tuesday Play Group meet at:
ODYNCA PARK (in Mokotów).
At 10.00 – 12.00

It is possible to buy coffee and snacks or even lunch from the various cafes and restaurants in the park.

For more information contact Oonagh Yeo

Wednesday

Preschool Play Group: Afternoon playgroup for children between 3 and 5 years of age. Venue: ODYNCA PARK!!

If it is raining: The English Playhouse. From 3.30 pm – 5.30 pm. Address: ul. Plycwianska 14 A. Organizer: Aga Strak

Baby Swim: at SGGW (College of Agriculture) - ul. Ciszewskiegou 10, Ursynow. Time: 10:00am - 11:30am. The price for mother & child is 21 PLN per hour. Organizer: Marie F

Thursday

Mini music: Informal musical playgroup in which mums take part.

Age: newborn to 3 years.

At 10 am – noon in different Mums Homes in Warsaw (see Schedule)

Organizer: Cornelia Preidelt

Friday

Bumps and babies. Age: Yet to be born to 18 months. In different Mums Homes in Warsaw (see Schedule). At 10:30 am - 12:30 pm
Organizer: Katia Roman-Trzaska

Playgroup at Happy Montessori house. From 10-12. Small feed.

Event Mums night out - Thursday May 10 – 20.00

The next Mums' night out will take place in Ursynow, in a lovely cosy Polish/Italian restaurant. A well hidden place worth discovering. It offers a wide choice of dishes at very affordable prices. One drink per person on me as it's my birthday!

See you there!
Marie F.

RSVP by Wednesday May 9

Directions:

- By metro: Metro Stoklosy, near Pasaz Ursynowski
- By car, park before the street Herbsta Stanislawy, when going South (coming from the city center along Al. KEN) just before the metro station. There are stairs to the right, go down and it'll be right there on your right.

If you want to join please send Marie Fahrenholz a mail:
mcmunier72@hotmail.com



Restaurant: **Vis a Vis**
Al. KEN 95

Meeting Remember the committee meeting

The next committee meeting is scheduled on **May 9th** from 10-12, at Helle's place.

All mums and tots members are more than welcome to join. The coffee and something sweet will be served. Hope to see a great turnout. /Helle

Picnic Family day on June 3rd

Make this date for a great Mums and tots picnic! It will be from 11 am. - 5 pm.

The details will be discussed at the next committee meeting. If you have any ideas to were and how please let us know.

The postmaster will send out an email with the information's in the second half off May.

Eating out Eat and play – Children friendly restaurant

I asked for ideas were to go out with children. Restaurants were it is possible to get at nice meal and were there are things to do for the little ones so they don't get bored. Here are some favourites and recommendations:

Lolek Pub in Pole Mokotowskie park (Mokotow) is a great rustic and relaxed place for the whole family. Entertainment for kids at the weekend, an outdoor playground and great setting. See website: www.lolekpub.pl (also in Engl.)

Boathouse in the summer - great outdoor facilities and playground. A bit expensive but excellent Mediterranean food and they kids can have fun. In the weekend they often have a bouncing castle. See website: <http://www.boathouse.pl>

Restauracja Castello is also a family friendly restaurant. They have a limited number of high chairs and a small play area in the outdoor area to entertain young children while parents eat. Website: <http://www.castello.pl>

Restaurant Presto Cafe, Ul. Krucza 16/22 (around the corner), excellent Italian food, 2 high-chairs and a kiddies corner.

Zuzu Bistrot Ul. Kazimierzowska 43 (from Ul. Rozana), great food (French, Mediterranean) with a table for kids to play, colors, some toys and 2 high-chairs.

Downtown Restaurant at Intercontinental Hotel, first floor, 49 Emilii Plater St. The Sunday brunch at the Intercontinental is great. It is a very family friendly restaurant with a small but great kiddies corner (but they can run around everywhere really). There is baby-sitters dress as clowns that do face-paint and the choice of food for children is big (pasta, sausages, ice-cream, cakes, cakes and more cakes).

KOM has great brunch on Sundays. Inexpensive with very nice children play area right beside tables so you can see your child while playing. Very friendly staff. Address: Ul. Zielna 37 (Centrum)

Banja Luka is a Balkan restaurant with a small play area. Sometime they show cartoons on a big screen. Indoor and outdoor seats. It is located close to Odynca park at Ul. Pulawska 101.

Salad Story in Złote Tarasy is a quick service restaurant serving made to order mixed salads mixed in front of customer eyes, hot sandwiches, pastas, soups and cakes. At Salad Story, they use no artificial flavour enhancers, all dressings are house-made freshly everyday and the rich soups can even be served to little children. They even have a kid's menu with a toy! Perfect food for pregnant and breast feeding women or those seeking to loose some pounds!

Mums and tots member Jagna is the owner off the place and she offers a **10% discount especially for Mums&Tots members!**

Online

Book a table online

At <http://erestaurant.pl> you can book a table online. You find lots off not only Warszawa's best restaurants, but also restaurants in Poland's bigger cities and holiday spots are presented at the website.

Good description of the restaurants, price level and even the full menu can be seen on the website.

First Aid

New First Aid Class in May

With summer coming up and since we haven't had any first aid classes for ages I am scheduling a First Aid class on May 27th from 10-1. The class is in Polish with English translation. If there are a lot of people interested we can schedule another class 2 - 5 pm on the same day. The classes are taught by graduates of the Warsaw Medical Academy Emergency Training. They held classes for us last year which were excellently done.

The class addresses emergency situations such as choking, heart massage, bleeding, burns, wounds, heat stroke etc. It focuses on babies and toddlers and is very practical.

The cost of the class is 60 PLN. If you or someone you know is interested please let me know as soon as possible. Also, if anyone who is interested in the class would be able to host the class. We need a room which would sit approx 12-13 people with enough space on the floor to practice CPR on a "phantom".

Please contact me directly on katia_roman2001@yahoo.com

Charity

Spring Cleaning / Moving house?

Have you been Spring cleaning or are you about to move house and have some unwanted but still useable clothes / household goods / furniture / toys?? ...Then please consider donating these items to a very deserving cause - the Talizman Foundation. The items you donate will go straight to the people who so desperately need them.

The Talizman Foundation's purpose is to help with the very neediest people throughout Poland - concentrating particularly on the rural locations and areas outside of the major cities especially where little or no help is directed. Please visit the website www.talizman.org for more detailed information.

The Talizman Foundation's warehouse is located just off Pulawska - in the Platan Park complex - ul. Poleczki 23, Building G, 2nd Floor.

Please call Dominik Granada on 668 031 667 to arrange a suitable time to deliver your goods.

If you only have a few items then please call me Clare Schneck on 668 459 206 and I would be happy to meet you and collect these goods and deliver them to the Talizman when I have a car load! The Talizman can also accept furniture. /Clare

Shopping

Shops with everything for children

AMKO is a good shop selling baby and kid clothes, equipment and furniture's. The address is Roentgena 46 (next to Real - ex-Geant -Ursynow).

The owner is very nice, often in the shop, speaks English but her assistant doesn't, unfortunately. She sells very good quality products like German SANETTA clothes (www.sanetta.de) or ALVI (www.alvi.de). Also has ESPRIT baby equipments, BOIKIDO and K'S KIDS toys, and many many more. And she sells AMKO furniture's (www.amko.com.pl) too.

Konik na Bigunach also in Ursynow at Ul. Makolagwy 21.

They have beautiful stuff, especially baby/kid furnitures in solid wood and lots lots of beautiful fabrics to decorate kids room! They also have GAP clothes. Worth to see even if it's not in the city centre.



Sport

Tennis instructor

Are you looking for English speaking Tennis instructors here are two names and numbers. They both speak English and can have lessons in any court/club in Warsaw. The cost of a one-hour lesson is between 35-60 zl plus the cost of the court, between 30 and 45 zl per hour (the cost varies according to the time of day, evening is more expensive).

Marcin : marcintenis@op.pl - phone: 600-172-842

Kamil Bartszak (speaks also German): kamil.tenis@op.pl - phone: 603-788-291

Website

Updated website

Milena, the new webmaster, has updated the Mums and Tots website. Have a look and remember to check out the classified and chat section for various kinds of topics. <http://www.mumsandtots.com>



HAPPY MONTESSORI HOUSE
International Pre-school

**Summer Days
at Happy Montessori House
2-31 July 2007**

Program will include:

- * Sport
- * Music & Disco
- * Field Trips
- * Cooking
- * Picnic
- * Leisure

Snack/Lunch
Breakfast, snack & lunch will be provided
We offer places for all children between 2,5 - 6 years of age

Time: 8:00 - 12:00 or 8:00 - 17:00
Price: 100 PLN per day

(+48) 22 427 37 67
0 697 06 05 04
e-mail:
[hnh@hnh.com.pl](mailto:hmh@hnh.com.pl)

**14 Rumiana Street,
02-956 Warsaw
www.hnh.com.pl**

Add

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Nannies & Governesses



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31 Witosa Avenue
00-710 Warsaw
Poland

Getting outside

As you may have noticed some of the groups will move outside now when the weather gets better. Here is an update:

Monday: The Monday afternoon group at Happy Montessori House in Wilanow – 14 Rumiana. They have a nice big garden/playground with toys and chairs for the mums. It is also possible to be inside and play. Coffee, tea, snacks, etc. available for a small fee of 12 PLN. Time: 2.30 – 5 p.m. (Please respect the closing time. The owner Urszula has a baby she needs to go home to).

Tuesday: The Tuesday Play Group meet now at Odynca Park at 10. At the nice cafes/restaurants you can get food, drinks and delicious ice cream.

Wednesday: the Wednesday Preschool Group is taking advantage of the weather that's getting better – On sunny and good days we'll meet at 3.30 PM at Odynca Park! If the weather is obviously bad though, we'll be safe in "The English Playhouse".

Schedule

Mums and tots Schedule for February / Marts

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