



Understanding what makes your toddler tick - the key to a happy, well-balanced child



Newsletter #04 - June 2008

Latest News

Dear Toddler Sense Parents,

A very warm "hello" to all our Toddler Sense readers this month, and a special welcome to all our new subscribers.

Winter is upon us, which means cold and dark mornings, short days and early evenings. Unfortunately, it also means that your family becomes more susceptible to the dreaded winter snuffles, coughs and colds. The experts have predicted a nasty strain of influenza this winter, so do consider immunizing your family with the "flu injection", particularly if your little one is asthmatic, is in day-care, or is immune compromised in any way. Of course sleep goes totally out the window when your child is sick, so do read my article this month on *Sleep and your sick child* to help you through these rough times. Next month I will be focusing on the effect of hospitalization on sleep. Hopefully it won't be applicable to many of you, but if your little one does need to be hospitalized, all of us at Toddler Sense wish him or her a speedy recovery.

The Netcare Storks Nest Toddler Sense Seminar 2008 was held at the Wanderers Club in Johannesburg last weekend. It was a huge success, and 582 delegates attended. In addition to fabulous prizes, each delegate received a funky toddler backpack filled to the brim with fantastic toddler give-aways, as well as some pamper goodies for mom. Everyone came away with a manual containing comprehensive speakers notes, which as one delegate commented, was worth more than the price of the entrance fee! I presented a talk where delegates were able to brush up on toddler CPR and first aid, home and road safety tips, common toddler illnesses and toddler vaccinations. Potty training guidelines and toddler nutrition were also covered. The role of us as playmates to our children was emphasized in Nikki Bush's innovative talk on play and stimulation, and Anne Cawood talked us through gentle and effective means of handling toddler temper tantrums and managing boundaries and discipline. Your toddlers sensory world and trouble shooting common toddler sleep issues is always a talk I love presenting, and I really hope that I was able to help a lot of the sleep deprived parents present! Why don't you check out Nikki's website: www.brightideas.co.za for more ideas to play and stimulate your child, as well as details of Nikki's future talks and workshops. Anne Cawoods book *Children Need Boundaries* (Metz Press) is available from all good bookstores, and is a real gem to keep on your shelf forever.

A very big thank you to Alison Van Bulow and her assistant Nicola Kuschke, from Streamline Communications, who put together this awesome event. Your professionalism, enthusiasm and hard work is much appreciated.

Some of the compliments we received included:

"Thank you for a wonderful seminar on Saturday, I absolutely loved it. I thought the speakers were great & extremely informative on the relevant subjects. The whole morning was great, the venue, the food, the organizers, it was great"

"Just wanted to thank you for a fantastic seminar. We thoroughly enjoyed it. The speakers were super. The organization and timing was impeccable. Very well done to you and your team!"

"Thank you for your talk on first aid and safety, - I actually had to use the Heimlich maneuver last night when my little one choked"

Nellie Koen, the national coordinator of Stork's Nest Netcare Limited had this to say about the Toddler Sense Seminars: "It was an honour and a privilege for Netcare to be the primary sponsor of the Toddler Sense Seminars 2008. It took two years of patience before this event became a reality. It was decided that we would host a pilot event in Gauteng to see what the response would be towards the idea. It was evident that there is a definite need for parents of toddlers to be able to attend seminars in order to enjoy their parenting role and to have happy, healthy toddlers. The Toddler Sense Seminars at the Wanderers Club were excellent. The presenters and presentations, the organization of the event, the venue, the food - just everything was great. Netcare salutes Ann and Alison for an excellent event. I trust there will be more opportunities in 2009 to repeat and host such a prestigious event. One of Netcare's main goals for 2008 is to provide more educational opportunities to its customers, and this event proved that there is a need for educational events such as this. Netcare Stork's nest is in the process of expanding its services to include toddlers."

Owing to time constraints at the seminar, I was not able to cover detailed menu guidelines and recipes in my nutrition talk, so my esteemed colleague and paediatric dietician Katherine Megaw, has written an article for us this month discussing [toddler nutrition](#), including some lovely, healthy and practical tips for snacks. Many of you will know Katherine

if you have attended a Baby Sense Seminar in the last few years, when she joined our panel of presenters. Click here to read this article.

Other exciting news is that the Netcare Baby Sense Seminars 2008 are taking place countrywide in Sept/October this year. Go to www.babysense.co.za to secure your place now.

As the days get colder, please remember those who are less fortunate than ourselves and consider supporting our community initiative, ACFS (African Children's Feeding Scheme) on an ongoing basis. Your donations of blankets, clothing and financial assistance was greatly appreciated at the Netcare Toddlersense Seminars last week – thank you! ACFS need all the help they can get, considering most of the children in their feeding programme receive only one meal a day, which is the meal that ACFS provides for them – for more information click here.

Here is a letter of thanks from Sr Rejoice Nkutha, the executive director of ACFS:

“24th May was truly a wonderful day, a day to remember. First and foremost, we must convey our appreciation for the exposure you gave the ACFS and would like to think we can repeat this again next year. The donations of babies clothing, food, toys, medicine, books, wool etc were so welcome and were shared with much excitement around our centers. Please thank all involved in this amazing gesture and again for your caring and support. God bless and regards.”

Our brag book will be up and running by the middle of the month, where we will post some piccies from the Netcare Toddler Sense Seminars 2008, as well as all the gorgeous toddler pics we have received from you all. Take a look on the website: www.toddlersense.co.za. We love seeing pictures of your tots, so please do keep sending them in.

Remember to keep us in touch with what is happening in your toddler's world, and as always, we welcome your comments and suggestions, as well as any questions you may have. Drop us a line at info@toddlersense.co.za

Until next month,
Kind regards,

Ann Richardson

Lonehill
Johannesburg

Private Nurse Practitioner
Registered Nurse and Midwife
Baby and Childcare Specialist

Tel: 011-705 2711

Fax: 011-704 2301

info@toddlersense.co.za

www.toddlersense.co.za