



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



Newsletter #05 - July 2008

Latest News

Dear Toddler Sense Parents,

A very special welcome to all the wonderful Toddler Sense parents reading this newsletter. Another month has flown by, but at least the winter solstice is over, so we can begin to look forward to slightly longer days and shorter nights. For me, this is a huge psychological hurdle, as early evenings and dark and cold mornings are really not my thing - give me balmy evenings, and early sunrises, and I am a happy girl!

Parenting a toddler can be quite overwhelming at times – keeping your toddler safe, stimulated and satisfied all the time is jolly hard work!

Because toddlers are at the stage of beginning to push boundaries, voice their opinion and become downright difficult at times, it is exhausting simply being around a toddler for any length of time. A classic example is bath time - getting them *into* the bath requires skill and negotiation, as does getting them *out of* the bath later! And why is it that toddlers have the uncanny knack of becoming whinny and demanding just as that important phone call comes in that you have been waiting for all day, or as you collapse onto the couch with a crisp new magazine? I must admit that when my girls were toddlers, I looked forward to going to work in the mornings simply to have some time away from them, and the all-encompassing responsibility of making sure they were safe, fed and happy! Of course, if one is not getting a full nights sleep, dealing with a boisterous toddler all day can be very tiring. But just when is a health issue a sleep issue too? Health issues could well be affecting your child's sleep if your child...

- Is crying or fussing more than normal
- Has a temperature or rash
- Is vomiting or has diarrhoea
- Has lost her appetite
- Is unusually listless or quiet
- Is on medication
- Has been recently hospitalised
- Wakes repeatedly during the night crying as a new behaviour
- Has an abrupt change of behaviour and temperament
- Has experienced any trauma (such as a bump on the head) in the last 12 hours

You must seek medical advice if your child is displaying any of these symptoms. If medical issues have been cleared up, and your child is still sleeping poorly, then it would be worthwhile looking at other issues that may be affecting your child's sleep such as separation anxiety, entrenched bad habits, emotional issues such as death or divorce in the family, or moving house. In the coming months, we will cover all the issues that might be affecting your toddlers sleep (or lack thereof!).

As promised, this month's article is how hospitalization affects your child's sleeping patterns – www.toddlersense.co.za/articles.html#2

Hospitalization is always a traumatic event, whether it is a planned event, or an emergency admission. For many adults, this may also be their first experience of a hospital environment, so all round it is a very scary and emotional time. Give your little one some time to re-adjust once he is back home, dispense loads of extra cuddles and love, and things should soon be back on an even keel once more. Don't forget to give lots of extra attention to any other children you may have, as they may be feeling rather left out and lonely.

If you have family or friends that are expecting their first baby, or are parents of a young baby, don't forget to remind them of the upcoming Netcare Baby Sense Seminars 2008, being held countrywide in September and October this year. For more information and to book a place, go to www.babysense.com. This event is the premier baby seminar of the year, and promises to be a fun filled and information packed morning or afternoon (you choose). Numbers are limited, and places are filling up fast!

Thanks to all of you who continue to support ACFS (African Childrens Feeding Scheme), our community initiative, by continued donations – your support is greatly appreciated. For more information please go to www.acfs.co.za.

It has been brought to my attention that the link to our toddler nutrition article last month was not up and running. I do apologise for this. Go to www.toddlersense.co.za/articles.html and then select "Nutrition" from the articles list to access this article, or read through other interesting articles from our archives.

After many hitches, our brag book is up and running – thank you for all your stunning contributions. – we love them! Please keep sending us pics of your gorgeous tots for our [brag book](#). info@toddlersense.co.za.

We also have some piccies of the Netcare Toddler Sense Seminars 2008 in the brag book this month.

In the meantime, please let us know about topics or upcoming events that you would like us to include on the website, and of course, any feedback (good or bad) is always welcome.

Have a safe and healthy month,

Best wishes,

Ann

Ann Richardson RN, RM
Private Nurse Practitioner
Dedicated to managing your well baby
Author and Parent Coach

Lonehill
Johannesburg

011 705-2711
info@toddlersense.co.za
www.toddlersense.co.za