



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



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By Ann Richardson

Dear Toddler Sense Parents,

Greetings to all the Toddler Sense parents out there! Spring has sprung (except for you poor souls in the Western Cape), the blossoms and new shoots are on the trees, and the heady smell of jasmine perfumes the night air. This is also the time of the year when I am at my busiest as I traverse around the country with the *Netcare Baby Sense Seminars 2008*. I have also had other lecturing work taking me away from home (why does everything *always* happen at once?). Hence the fact that there was no September newsletter – where did September go to? I find it really hard to keep all the balls in the air whilst continuing to run my busy practice, be a mom's taxi in the afternoons, a friend, sister and wife whilst being out of town for 2 days each week over a period of about 6 - 8. However, I am blessed to have a wonderful housekeeper, and the girls second mother, Isabel Nkomo, to keep the home fires burning whilst I am travelling. For those of you that notice these kind of things, you would have seen that I dedicated my third book "Sleep Sense" to Isabel. Of course it does help that I have a husband who cooks like a dream, as well as two teenagers who are quite capable of taking care of themselves, their appetite and their rooms!

Being completely and utterly indispensable as you are when you are the mother of small children does seem in certain ways, like a distant memory to me. However, I have still **not** forgotten temper tantrums, time out and the utter exhaustion of instilling boundaries and implementing discipline in those early years. Thank goodness I haven't forgotten those all important parenting skills, as teenagers behave much like toddlers, and respond much the same to the age-old methods of discipline! This month's **Time Out** article contains a few handy hints and tips about implementing this most effective parenting tool. Check it out on <http://www.toddlersense.co.za/articles.html>.

Following on a behaviour and discipline theme, watch out for next month's article on managing temper tantrums. On a more serious note, I am delighted to discover that there is a new toddler soya formula about to be launched in South Africa. I have really not ever known enough about soy protein, so it was an ideal opportunity to really research the topic thoroughly. What I found in my research is that soy protein is really a good source of nutrition, and there are indeed benefits of keeping your toddler on a soy protein based toddler formula. Take a look at this month's nutrition article on <http://www.toddlersense.co.za/articles.html>.

As always, a big "thank you" to those of you that continue to support the African Childrens Feeding Scheme (ACFS). When I read the ACFS newsletter (Breadline) this month, I squirmed in shame. Did you know that most of the children that they deal with in the communities have never had cake on their birthday, let alone a party to attend? The singer Celine Dion sponsored a number of parties in the ACFS community where the children had lots of treats to eat, jumping castles to bounce on, face-painting, music and games – and nothing to do but play and have fun - what a lovely way for these children to forget their hardships and be happy?

It was interesting to see that the children really enjoyed their snacks, NO food was wasted or unappreciated. A far cry from our children's suburban birthday parties where much of the snacks and food on offer is wasted or unappreciated. Perhaps we should all consider downsizing our children's birthday parties, and donating the monies saved towards sponsoring a party for the less privileged? Take a look at the ACFS website to see where you can make a difference www.acfs.co.za

Have a lovely month ahead, and if you are procrastinating about getting those toddler boundaries in place, take heed of these very wise words from George Herbert:
Storms make oaks take deeper roots.

Best wishes,

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