



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



## Newsletter #08 – February 2009

Latest News

Dear Toddler Sense Parents,

A very happy new year to all Toddler Sense parents out there. Well done on surviving another year of parenthood! A big *Thank You* to those of you who supported our community initiative by sending donations, Christmas presents and clothes for the *African Childrens Feeding Scheme*. If you would like to feed or clothe a child for a year, or help in any other way, please [visit the ACFS website](#).

Tantrums are a completely normal part of your toddler's emotional development, so don't be scared of them. It is all about how you, as a parent, *respond* to your toddlers behaviour, that actually makes the difference, and paves the way for healthy boundaries as you go forward on your parenting journey. [Click here](#) to access the secret of managing your toddler as he sees red (select the article labeled "Temper Tantrums" on our articles page)! Starting this month is the first in a series of articles on your toddlers **Language Development**. [Click here](#) to read about the fascinating world of language development.

Katherine Megaw, pediatric dietician, who wrote the stunning toddler nutrition article in a previous newsletter, is available for consultation in the Cape Town area. Her contact details were erroneously omitted from a previous article she wrote for us on fussy eating. Kath consults in both Wynberg and Blaauwberg, and is a specialist in dealing with any baby, toddler or child nutrition issue. Her contact details are 021: 554 4959, or 083 659 5446 should you wish to arrange a consultation. She and I have put together some hints and tips on packing a healthy lunchbox for your toddler. [Click here](#) to access these fab ideas on our articles page.

We are hard at work putting together the Toddler Sense Seminars 2009, which we plan to take countrywide during May/June of this year. Watch the website [www.toddlersense.co.za](http://www.toddlersense.co.za) for updates. Depending on our sponsors, we plan to bring you loads of Toddler Wisdom and Sense to Johannesburg, Cape Town, Durban and Port Elizabeth. Other toddler workshops in the pipeline are planned for Windhoek, Namibia ( 25 April 2009) and Nelspruit in October 2009 (date to be confirmed). Should you wish to be involved in sponsoring or exhibiting at any of the workshops or seminars please drop me an email on [info@toddlersense.co.za](mailto:info@toddlersense.co.za).

Until next time, stay safe and healthy, and I look forward to meeting many of you during the course of this year. In parting, I came across these wonderful words of wisdom the other day, and would love to share them with you.

*The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.  
The beauty of a woman must be seen from in her eyes, the place where she resides.  
The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul.  
It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years only grows!*

With best wishes,

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](mailto:info@toddlersense.co.za)  
[www.toddlersense.co.za](http://www.toddlersense.co.za)