



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



## Newsletter #10 – October 2009

Latest News

### Toddler Sense is coming to a small town near you!

Very warm summer greetings to you all.

Summer is with us at last, the trees are bursting with new growth and luscious leaves, the evenings are becoming longer, and the birds are twittering much earlier in the morning.

The downside of all this early morning activity in nature, is that your little toddler might also be as active in these early hours, which is really hard to deal with as most of us are in that deep delicious sleep we all seem to have just before we have to wake up. Early wakings (as early as 05.00) are unfortunately part and parcel of being a parent of an active toddler, but if you are having any major sleeping issues with your little one, be sure to attend the Toddler Sense Seminars 2009, happening around the country right now!

The seminars will deal with all the prickly and tricky issues of toddlerhood, including nutrition, potty training, sleep and management of toddler behavior and discipline.

We are trying a new module this year after listening to those of you who don't live near the main centers, and will be coming with loads of toddler wisdom to Limpopo and Mpumalanga during the month of November 2009. I look forward to meeting all the wonderful parents of toddlers in the **Middleburg, Polokwane and White River/Nelspruit** areas in November – book online at [www.toddlersense.co.za](http://www.toddlersense.co.za). Or [bookings@toddlersense.co.za](mailto:bookings@toddlersense.co.za), or phone Debbie at 031 262 4962 / 082 467 8236

So far, we have reached over 800 parents of toddlers in the Cape Town, Johannesburg and Port Elizabeth, and I have absolutely loved interacting with you all so far. The last weekend in October is Kwazulu Natal as the next port of call, both the Midlands area and Durban. See you there! We would love to hear your comments if you have attended a Toddler Sense Seminar this year. We are already hard at work preparing for next years seminars, and hope to have some wonderful guest speakers coming your way. The African Childrens Feeding Scheme has been our community partner for this years seminars, and even though they are Gauteng based, we have been able to link up with other like minded charities around the country. Sr Rejoice Nkutha from the ACFS writes: "We enjoyed so much the day spent with Toddlersense, and the generosity of the parents who gave, clothing, books, groceries etc. for the underprivileged. It is so heartwarming to know people care and like yourselves who put heart and soul into their work." A big thank you to all the delegates who so kindly donated items from the ACFS wish list. You do indeed make a difference.

Thanks to all the proud moms and dads who send us pics of their precious toddlers for our brag book. If your child is older than 1 year and your picture is in jpeg format, send it us, and watch out for the monthly brag book updates! Take a look at our two articles this month, [Early Risers](#), and [Language Development in the 3 - 4 year](#) age band.

Until next time, remember to buckle up – no matter how much your little one protests. This simple act can save a life.

All the best,

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