



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



Latest Newsletter: May 2010: Brought to you by Sr. Ann  
Richardson, the Sense-Able Baby and Toddler Expert

Latest News

Dear Mums and Dads,

The leaves have turned and it is hard to believe that autumn is almost over and winter is not far behind – the darker evenings and chilly mornings bear testament to that! This year has been a busy one for me so far. In addition to seeing all the beautiful babies and toddlers in my practice on a busy and ongoing basis, I have also launched the new and updated version of my much loved book “Baby Sense” co-authored with Megan Faure. The new edition contains all the very latest research in terms of infant nutrition, breast feeding information and colic. Look out for the stunning pink and blue cover which is quite a change from the sepia print feel of the first edition. The success of *Baby Sense* is due to you, our loyal readers, and I value your support enormously – thank you!

In February I was invited to the South African Sleep Society Congress held in Cape Town where I presented a talk on “Sleep Sense, working with Mums in South Africa”. This was international congress of sleep medicine and it was an honour to share a platform with (amongst many esteemed academics) Professor Sir Neil Douglas who is a Professor of Respiratory and Sleep Medicine at the University of Edinburgh; Dr Michael Perlis, the director of the Behavioural Sleep Medicine Program in Psychiatry in USA and Dr Peter B Fenwick from the UK who has a long and distinguished involvement in the area of Neurophysiology, Neuropsychiatry and Sleep Disorders, as well as the esteemed Dr Alison Bentley from Wits University. It was interesting to note that although there is not much published data available on sleeping disorders in children, the consensus is that once medical issues have been excluded, the basis of most paediatric sleeping disorders come from behavioural habits and sleep “crutches”.

I am on my way to Windhoek, Namibia to present a “Sr Ann’s Sense-able Baby and Toddler Seminar” and will also be in Secunda on 15 May 2010. Go to [www.toddlersense.co.za](http://www.toddlersense.co.za) for more details.

I have just finished working on a wonderful project called “Explore Play”, which is a stunning and informative series of age appropriate DVD’s showing you how to **play** with your child whilst encouraging development, but most importantly, by having **fun!** Take a look at [www.exploreplay.co.za](http://www.exploreplay.co.za), or visit their stand at the Baby Expo in Johannesburg in a few weeks time. If you wish, take a look [www.toddlersense.co.za](http://www.toddlersense.co.za) to see some pics of me in action in the studio!

For those of you who may be pregnant again, or have a small baby in the house once more, don’t forget the annual **Johnsons Baby Sense Seminars** which begin countrywide in August 2010. I look forward to meeting you in Jhb, CT, Pe and Durban. Click here for more information, or visit [www.babysense.co.za](http://www.babysense.co.za).

But now of course, you are the parents of busy and active toddlers and parenting has taken on a new dimension altogether! The toddler years are filled with fun, excitement and laughter as your little toddler begins to forge an identity and personality of his own! These years are not without frustration and tears at times as your little toddler begins to show you who is boss! Diarise the dates for the upcoming **Toddler Sense Seminars** being held throughout the country in October 2010 – [www.toddlersense.co.za](http://www.toddlersense.co.za), and come and spend a morning with me whilst we traverse the toddler years together. Amongst topics such as stimulating your child through play, health, nutrition and potty training, I will also discuss how to manage behavior and discipline with love, understanding and humour, as well as problem solve any unhealthy sleeping problems you may be having with your toddler with a sense-able and loving approach.

I look forward to meeting you in PE (2 October), Johannesburg (9 October), Cape Town (16 October) and Durban (30 October). Bookings open in August, so watch the website. Take a look on [www.toddlersense](http://www.toddlersense) for fascinating research about yourself, parent of a toddler, that was gleaned from the Toddler Sense Seminars 2009. In conclusion, please don’t forget about our community project with [ACFS](http://www.acfs.org.za) (African Childrens Feeding Scheme) and consider a monthly donation to feed a child on a daily basis. For more information on how you can make a difference, click on [www.acfs.org.za](http://www.acfs.org.za)

For those of you who live in Durban, you will be pleased to know that the renowned Sr Marlette Visagie has relocated to KZN and offers fantastic domestic workers training courses in both English and Zulu – how lucky are you to have her in your city – for more details see [www.toddlersense.co.za](http://www.toddlersense.co.za)

How much TV is good for your child, if at all – take a look at an interesting article on this subject [www.toddlersense.co.za](http://www.toddlersense.co.za)

If you are not a regular subscriber and want to find out what is happening in the toddler world, you are welcome to [subscribe to our newsletter](#),

All the best,

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