



Warm wishes to all you wonderful Toddler Sense Parents.

Winter is closing in, the days are getting shorter and the first quarter of the year is over. Is it just me, or do the days and months just fly by in a speedy blur of getting things done in this crazy world we live in.



Yoga4Kids Wellbeing for the next generation

Have you ever thought about enrolling your little one in a Yoga class?

Yoga4kids is a life skill and movement program designed especially for children from age three right up to teenage years. Yoga helps children to balance their body, mind and heart. It teaches children how to go within themselves to find stillness and centredness. This practice also allows healing in the emotional body to take place and children grow in self love and confidence. These little souls learn about flexibility and focus, while having fun. There is also a consistent focus on breath-work in the class. Children learn how to breath correctly and to take a moment to "download" and process the "busy-ness" of their little lives and the world around them.

Yoga is especially beneficial for those children who:

- have too much or too little energy
- battle to focus or concentrate for long periods of time
- struggle to fall asleep
- have breathing difficulties
- have dysfunctional sensory integration
- have low or high muscle tone
- have back problems
- have low self confidence

For further enquiries please have a look at our website www.yoga4kids.co.za or email: info@yoga4kids.co.za

Article on Managing a Busy Toddler

Following on the theme of taking a breath in the "busy - ness", take a look at our [behaviour and discipline article](#) this month click here - Pauline Mulkerrins, the director of Understanding Families gives some insight into managing your busy little bee! Remember that not all busy bees are hyperactive!

2012 Toddler Sense Seminars

Toddler Sense is thrilled to announce that Pauline will be speaking on managing behaviour and discipline at the annual [PediaSure Toddler Sense Seminars](#) in October this year. [Click here](#) to access dates. Bookings will open mid May 2012 on bookings@toddlersense.co.za.

Pics from the Windhoek Baby & Toddler Seminar

Toddler Sense has just been to Windhoek, Namibia for a fabulous baby and toddler seminar. [Click here for pics](#). Thanks to all the wonderful parents of Namibia who supported the event.

Sr Ann's Sense-Able Baby Seminar

Sr. Ann Richardson will be in Port Elizabeth on 4 August 2012 to conduct a [Sr. Ann's Sense-Able Baby Seminar](#) – contact lynettevw@gmail.com to book your place. Fabulous goody bags and prizes to be won.

Workshop on Sleeping Disturbances

Sr. Ann will also be presenting a workshop on Sleeping Patterns and Disturbances in Johannesburg on 9 May 2012. [Click here](#) for more details.

Please join [Toddler Sense on Facebook](#) and share the trials and tribulations of parenting a toddler with other moms and dads.

Until next time,

Sr Ann Richardson RN, RM

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