



Greetings to you all,

Spring is here!



Winter is almost finished in the Southern Hemisphere, and unless you are lucky enough to have been able to travel to warmer climes, it's still nippy! Spring can mean means sniffles, coughs and colds which also means sleepless nights and irritable families. You know what they say about the common cold? Treated, it lasts for 7 days and untreated, it lasts for a week! Nurture your little one through a cold with plenty of rest, fluids and love and hang in there!

Look out for [Squish baby](#) 100 % pure fruit juice to keep your little one hydrated.

How illness affects sleep

Read the [latest article](#) about how illness affects sleep and how to get your little ones back on track again.

Baby Sense Seminars

Durban 18 August 2012	Pretoria 25 August 2012
Cape Town 8 September 2012	Johannesburg 15 September 2012

For those of you who are expecting again, I'll be talking on newborn basics, sleep and routine, nutrition and health at the Johnson's [Baby Sense Seminars](#) this month. Great prizes, goody bags and keepsake notes up for grabs.

- Cape Town 8 September
- Johannesburg 15 September

Toddler Sense Seminars

PediaSure Complete TODDLER SENSE Seminars 2012
in association with
We invite you to join Sr. Ann Richardson, the Sense Able Baby and Toddler Expert and Best Selling Author, and her Guest Speakers to share a morning of WISDOM WITH SENSE in the Toddler Years

Diarise the [PediaSure Toddler Sense Seminars 2012](#) in October – all you need to know about the toddler years – nutrition, effective discipline, choosing a nursery school, picky eating, solving sleeping problems and more!

Excellent speakers, great prizes and goody bags and keepsake notes on offer. [Click here](#) for more info, or see below for the seminar schedule.

From the mouths of babes

When a bunch of Grade 2 children were asked questions about their Moms, the answers can only but bring a smile to your face – enjoy! [Click here](#) to read this article.

PediaSure **TODDLER SENSE** Complete[®] Seminars 2012

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Cape Town

6 October 2012
Kenilworth Race Course

Johannesburg

13 October 2012
Wanderers Club Illovo

Port Elizabeth

Brought to you by 
20 October 2012
Stanley Street Richmond Hill

Durban

27 October 2012
Durban Country Club

Speakers & Topics

Registration: 08h00

- What makes your toddler tick?
Ann Richardson
- Feeding Your Toddler
Alison Lang
- Potty Training
Ann Richardson
- 123 Magic! Effective Discipline for 2-12 Year olds
Pauline Mulkerrins
- Solving your toddler's sleeping problems
Ann Richardson

Close: 13h00

Cost: R295 per person per seminar

Goody Bags, Fabulous Prizes, Scrumptious Tea & Fantastic Subscription Offers for Living and Loving

TO BOOK : Debbie bookings@toddlersense.co.za 031 262 4962 / 082 467 8236
or online at www.toddlersense.co.za

















Go well and stay healthy,

Love

Ann Richardson

Sr Ann Richardson RN RM,
the Sense-Able Baby and Toddler Expert,
Private Nurse Practitioner,
Author and Parent Coach,
Lonehill, Johannesburg.

Tel: 011 705 2711 for appointments.

www.toddlersense.co.za