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two?

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PREGNANCY



BABY



TODDLER



FAMILY

Is it too **early** for
Technology?

True
OR

False?

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myths
unpacked

6 SECRETS
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THAT WILL MAKE YOU
A BETTER PARENT



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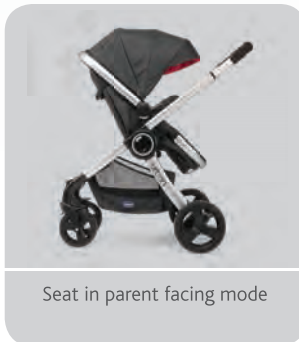
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EDITOR – **Projeni Pather**

PRODUCTION & EDITORIAL COORDINATOR – **Pippa Naude**

CREATIVE – **Vicki Dickson**

COPY EDITOR – **Tanya Demmer**

MARKETING – **Pippa Naude**

pippa@exposuremarketing.co.za

SALES – **Marita Le Roux**

marita@exposuremarketing.co.za

PRINTING & DISTRIBUTION – **Paarl Media**

ACCOUNTS – **Rebecca Seima**

rebecca@exposuremarketing.co.za

CONTRIBUTORS

Ali Murray, Ann Richardson, Anne Cawood, Azza Motara, Chris Forrest, Dr Colinda Linde, Estene Vorster, Ilze Alberts, Karen van Lelyveld, Dr Laura Markham, Liz Victor, Louette Maccallum, Marie-Louise Steyn, Melinda Connor, Melodie de Jager, Pippa Naude & Steve Mululu.

MamaMagic Milestones is the official in-store publication for the Baby City retail chain and is published by Exposure Marketing.

PHYSICAL ADDRESS – **Block 3, Fourways Office Park,**

Cnr Fourways Boulevard & Roos Street, Fourways

TEL – **011 465 8955**

EMAIL – **info@exposuremarketing.co.za**

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Our children are our Greatest Inspiration!

They bound into our lives and nothing is ever the same again. Well to be honest, I for one can't imagine it ever being the same again. In fact, life would just be too dull without them.

From the time they arrive, we eagerly watch as they reach each milestone in their lives – the stepping stones in their development. From conception to our last breath in this world our lives are governed by milestones. Some of them are natural milestones in the cycle of the human body and the rest we create for ourselves. We wanted to bring you a new publication, aptly titled MamaMagic Milestones, that would guide you as new parents through these milestones.

We'll be here with you every step of the way on this inspiring journey (through the good and the bad) and want to help you enjoy the magic of parenting. Take time to enjoy the glow of your growing bump, relish in the excitement of meeting your newborn for the first time, delight in your toddler's progress and appreciate your developing child's independence.

Our very first piece of advice for you is be present with your child. No matter how much or how little time you have, make time for them. One of my favourite parenting experts Dr Laura Markham shares with us the **10 Commitments that will make you a better parent** on page 4.

Follow these and you will strengthen your bond with your child and help them develop a healthy sense of self-worth.

Melodie de Jager provides us with insights into milestones and what all the fuss is about on page 28. Don't stress if your little one isn't an early crawler or walker. When this happens too quickly it often means a weaker foundation in your child's development. We need to learn to slow down and enjoy the journey with them.

These are just two of many expert contributors that are featured in our first issue, all of who give useful and practical parenting advice. Do enjoy your first FREE copy of ISSUE 1!

We would also love to hear your stories, your challenges and your triumphs. So feel free to email us on milestones@mamamagic.co.za

Happy parenting!

Projeni Pather

Projeni Pather - EDITOR

For digital downloads visit
www.mamamagic.co.za.

meet our cover girl

**Scarlett was the starlet for our very first
MamaMagic Milestones cover photo shoot.
And what a star she was!**

Scarlett Rose Engelbrecht was born to Sidney and Janine Engelbrecht on 9 March 2013 in Netcare Kuils River Hospital and weighed 3 kg. She loves music and gets especially excited when her mom sings and dances for her. She also loves arts and crafts, playing with her dolls, and bath time - except when her hair has to be washed - and cuddling with mom and dad.

Cover girl: **Scarlett Engelbrecht**

Photographer: **Colette Horter**

Stylist: **Maike Foggitt**

Clothes and accessories: **Monsoon from Accessorize
Loads of Living, Boardmans & Mr Price Home**



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10 Commitments **That Will Make You** *A Better Parent*

By Dr Laura Markham

Being a parent is tough. Most of us feel like we could do a better job, but resolving to be more patient rarely works. That's because sometimes the first step to being a better parent is actually about how we treat ourselves. We can only give what we have inside. And if we can't manage our own emotions, we can't expect our kids to learn to manage theirs.

But if you want to become a more inspired parent – and a happier person – that's completely possible. I've seen countless parents do it. **How?** Step by step.



“Remember that quality time is about connection”

Wondering where to begin? Here are **10 Commitments that will make you a better parent – and a happier person. Start with one, or commit to all ten. I’ll be here to support you each step of the way.**

1. Commit to taking care of yourself and staying centered so you can be the happy, patient, encouraging parent your child deserves. That means integrating daily sustainable self-nurturing into your life: Go to bed earlier so you’re better rested, eat healthfully to maintain your mood, transform any inner negative voices into encouraging ones, and slow down your pace so you can enjoy your life. Most important of all, commit to managing your own emotions. When you’re in fight or flight mode, calm yourself before you engage with your child.

2. Commit to loving the one you’re with. The one thing we know for certain about child development is that kids who feel loved and cherished thrive. That doesn’t mean kids who ARE loved – plenty of kids whose parents love them don’t thrive. The kids who thrive are the ones who FEEL loved and cherished for exactly who they are.

Every child is unique, so it takes a different approach for that child to feel seen and loved. The hard work for us as parents is accepting who our child is, warts and all – and cherishing him or her for being that person, even while guiding behaviour. The secret? See it from his perspective, use a positive lens, and celebrate every step in the right direction.

3. Commit to staying connected. Separation happens. That’s why we have to repeatedly reconnect. Remember that quality time is about connection, not teaching, so it’s mostly unstructured. Hug your child first thing every morning and when you say goodbye. When you’re reunited later in the day, spend 15 minutes solely focused on your child. (What do you do in that 15 minutes? Listen, commiserate, hug, roughhouse, laugh, listen some more.) Stop working before dinner time so you can devote your evening to your family. Eat dinner together. Have a chat and a silent snuggle at bedtime every night with each child.

4. Commit to role modelling respect.

Want to raise kids who are considerate and respectful, right through their teen years? Take a deep breath, and speak to them respectfully. Not always easy when you’re angry, so remember the cardinal rules of managing your emotions with kids: You’re the role model, don’t take it personally, and this too shall pass!

5. Commit to teaching emotional intelligence. In addition to modelling emotional self-management, we help kids learn to manage their emotions by:

Teaching them to self-soothe. Contrary to what you may have heard, little ones don’t learn to self-soothe by being left to cry. As anyone who has ever tried to calm herself down knows, soothing is a physiological process. When a baby cries and we soothe him, his body responds by sending out oxytocin and other soothing biochemicals. What you see is that he calms down. What’s happening biologically is that he’s solidifying the neural pathways for these self-soothing hormones. That’s how he develops the ability to soothe himself when he’s upset.

Giving them the message that their full range of feelings is understandable, even while their actions must be limited. (“You wish you could have a cookie.”)

Empathising with their emotions.

Listening to them when they have feelings to express. Occasionally this will take the form of words, and it helps to give kids words for their feelings: “You’re so mad!” But more often, children just need us to give them the safety of our loving presence while they cry or rage to vent their feelings. Often they won’t be able to articulate what they’re upset about, and it isn’t necessary. But this helps kids learn to accept and process their emotions, so they can move past them rather than having to act on them.

(That’s what “acting out” means - we act on our feelings rather than simply tolerating them as they sweep through us and dissipate.)



"Stay positive and choose your battles. Every negative interaction with your child uses up valuable relationship capital"

6. Commit to looking for the needs behind your child's behaviour. Your kid has a reason for whatever he's doing that displeases you. It might not be what you consider a good reason, but it's what's motivating his behaviour. If yelling at him about his behaviour were going to change it, that would have worked already. Only by addressing the underlying need do we change a person's behaviour. Parents who address kids' needs pre-emptively by noticing problem areas ("Hmm....looks like she wants to choose her own clothes, even if they don't match!") are rewarded with kids who cooperate.

7. Commit to guidance rather than punishment. Kids only behave to please us. When we constantly criticise and discipline, they harden their hearts to us. Parents who lead by loving example, address needs rather than focusing on misbehaviour, redirect pre-emptively rather than punish ("You can throw the ball outside"), and set limits empathically ("You're mad and sad, but we don't hit. Let's use your words to tell your brother how you feel") end up with self-disciplined kids who WANT to behave.

8. Commit to remembering what's important and an attitude of gratitude. Stay positive and choose your battles. Every negative interaction with your child uses up valuable relationship capital. Focus on what matters, such as the way your child treats her siblings. In the larger scheme of things, her jacket on the floor may drive you crazy, but it probably isn't worth putting your relationship bank account in the red over. Be grateful for every single thing she does that you like, and you'll find her doing lots more of those things.

9. Commit to radical self-acceptance and compassion. Want to feel more love in your heart? Give it to yourself! Love is a verb. Yes, love can just happen – but we only make more (and feel more) by giving it away. And we can only give our children as much love as our own hearts can hold. Go ahead – stretch your heart. Every time you feel bad, for any reason, offer yourself love. You'll be amazed how your life transforms.

10. Keep Perspective. Sure, your kids will make mistakes, and so will you. There are no perfect parents, no perfect children, and no perfect families. But there are families who live in the embrace of great love, where everyone thrives. The only way to create that kind of family is to make daily choices that take you in that direction. It's not magic, just the hard work of course correction to stay on the right path. But if you look for it, you can always find trail marks and support to beckon you onward to a more rewarding life. Just keep taking positive steps. Before you know it, you'll find yourself in a whole new landscape. ♥

About the author

Dr. Laura Markham trained as a Clinical Psychologist at Columbia University, but she's also a mom, so she understands kids - and parents! She has authored ***Peaceful Parent, Happy Kids: How To Stop Yelling and Start Connecting.***

MamaMagic

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We're blowing up balloons & icing the cake! There's a big birthday party we hope you can make!
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Postnatal Depression

Busi Mahlaba's story

Busi Mahlaba is the current Executive Manager of New Business Development for Jhb City Parks and Zoo. Former positions Busi has held include TV presenter for the women's talk show *Motswako* on SABC 2, Editor of True Love Magazine, Market Development Manager of Media24 Women's Magazines division, consultant for The UCT Unilever Institute of Strategic Marketing and owner of an Image Studio that focused on image strategies for corporates and high-profile clientele. This is Busi's story.

Most of my early thirties were spent trying to get pregnant. But first the doctors had to try to sort out my endometriosis, which was the severe, blood-in-all-the-wrong-places type. I went through the most invasive treatments trying to scrape clear my womb, and get my ovaries functioning, not to mention all the hormones, injections, scans and blood tests endured every month.

At a certain point my gynae Dr C sat me and my partner P down and as gently as he could he explained that he had done all he could but it was time to accept that a pregnancy was never going to happen. He suggested the adoption route. Once I got my head around that I was actually excited about adopting but soon found out that while married serial killers were welcome to adopt, if you didn't have that all-important ring on your finger you didn't stand a chance. Every door was slammed in my face. P and I started to accept our fate.

I returned from a trip to Mozambique with the mother of all bladder infections and what I thought was malaria. I've never felt sicker. The doctor was confused by my blood test readings and insisted I see the gynae that morning. Dr C agreed to see me straight away. His reaction to the bloods was even more alarming and he quickly insisted we do an ultrasound. His jaw literally dropped. There was "something" there. "Some - THING?" But he knew that it was medically impossible for it to be a baby. He thought there was some kind of machine malfunction and asked me to come back that day at 14:00, which I did. Same reading. So he asked me to come back at 17:00, which I did. Now there was no doubt, I was 13 weeks pregnant. As Dr C stared in disbelief at the ultrasound I called up P and asked if he was sitting down.


I told him I was pregnant but he kept asking me to repeat what I had said: "I don't understand," he kept saying. Then he asked me, "Do you know where Marie Stopes is?" Now it was my turn to keep repeating, "I don't understand. "And I still don't. After so many years of desperately trying for a baby here it is, and now he wants me to get rid of it! "We can't do this," he kept saying. "We've already accepted that we aren't going down that road and are just going to enjoy life with complete freedom. We don't want a baby now." He wanted to rush to Morningside Clinic not to see this miracle shadow on the ultrasound, but to drive me straight to an abortion clinic.

I dumped him that day and I went straight into hyper-organisation mode, which I'm really good at, to find myself a new place to live closer to my mother. I knew I was going to need her help but I wasn't going to go all the way with her moving in with me - though this is the African custom. So I found this little complex down the road from her, which was perfect. There was no way I could carry on editing once I was a mother, so I told my bosses I needed to wrap things up. Thankfully, they didn't want to lose me so they brought me into the publisher's office with much more flexible hours once the baby was born.

At no stage did I allow myself to get excited about this pregnancy. No one had any idea how my womb and one functioning fallopian tube had managed to create a pregnancy to start with and I knew there would be no second chances. I was petrified to sneeze, and preoccupied with terror at what kind of a state the baby would be born in. I carried till 33 weeks but not one of them was spent in the easy-going, all-powerful pregnant woman state, giggling about bizarre cravings, comparing baby bumps or playing the name game with other yummy mummies.

But she did make it, my miracle arrived - Warona Otsile! But it was no happy ending. It was actually just the beginning of the nightmare called PND. Between the sleepless nights - and days - a colicky, reflux baby who projectile vomited at so much as a "boo", and Sana - an overbearing nurse who tried everything in her power to force me to subject a newborn to toxic baths full of herbs, potions and traditional medicines - I was cracking up.





*"This illness does not discriminate,
rich, poor, black, white, sick, healthy,
it knows no class or creed.
It takes no prisoners. It kills."*

At first I was just petrified of the baby, later I was petrified I was going to murder her. Sana was convinced that all the baby needed was a good long soak in her traditional concoction, as had been done to her grandmother, and her great-grandmother for all of time. Over my dead body, I said (as had my own great-grandmother in my defence when I was a baby!) and sent Sana on her merry way. Now I was stok siel alleen. Where was my mother, you may ask? Down the road, exactly where she had been all along, except when she was popping in for cups of tea and a cuddle with her delightful granddaughter. Whizzing past me in a haze of Van Cleef and Arpels, confident in the knowledge that mothering this baby was just as simple as delivering her should have been – I mean, women do this all the time, I'm not the first . . . what makes me so special? My mother barely noticed me as she made a beeline for the Moses basket each day.

If she had glanced in my direction, she would have seen a frightening thing. Busi Mahlaba, media and magazine darling, usually dressed in Gucci and Prada, wearing the same dressing gown 5 days in a row. Having neither showered nor brushed her teeth, nor slept, nor eaten. Growing up in Soweto during apartheid my mother taught me that no matter how bad your situation is, you don't have to wear it for all to see. She taught me that. How, then, did she not see me drowning? Meanwhile, through hallucinations and nightmares, I was working out a plan to get rid of the child who had destroyed my world, my body, my sleep, my life. My neighbours were sweet Afrikaans grandparents who welcomed me to the complex, waved to me in the driveway on occasion, or introduced me to their family and children who were always popping in. Why were they driving into the complex at 3:00 one chilly Saturday morning? Their headlights revealed a shadow at the swimming pool in my garden. Brave Uncle G jumped out of the car, ready to tackle the intruder. Instead he found me at the water's edge, clutching my screaming baby, trying to figure out how to make sure we drowned at the same time. G grabbed Wawa, while R bundled me into the car and raced to Olivedale Clinic.

On the way, I explained what I had been going through over the last eight weeks. The casualty doctor, fed with information from Ouma, had a diagnosis. "Sweetie," he said, "it's called postnatal depression." There was a name. Thankfully, the medication was effective – not immediately, but I started to recover my "old" self. Days later I found Agnes, the angel who knew exactly what to do with Wawa to make her stop crying and, just as important, or maybe more, she knew what to do with me. "Sisi, go take a long hot bath, and when you get out we are going to burn this nightgown."

I never did burn it. I keep it as a reminder of where I've been, and how far I've come. Not that I need a reminder of that dark, dark night. My prayer is that Wawa doesn't remember it, on any level, conscious or not. It's a thought that weighs so heavily on my heart. Then again, one day she will be able to read this. So why am I telling my story? I'm actually a very private person, but I do believe it would be criminal to be private about this. If, like me, you've had it and survived it, you have a duty and a responsibility to help other women. This illness does not discriminate, rich, poor, black, white, sick, healthy, it knows no class or creed. It takes no prisoners. It kills.

Busi's story was first published in *Recognising Postnatal Depression* (Penguin) in 2012. We recently caught up with Busi to find out how she and her little girl are doing.

MamaMagic Milestones (MMM): On receiving a diagnosis of Postnatal Depression (PND), what were the steps you needed to take to overcome it?

Busi: The first thing was to actually have a long awaited bath! On my own, without my newborn baby there! Oh my goodness, I will never forget that bath, it was such an AHA moment for me. I wept for hours, the water got cold and I kept having to top up. Mostly these were tears of relief that I had been diagnosed, that I was not a freak of nature, and that I would be alright and that my child would be alright. The mental scars remain with me even now, but the realisation that Warona would never remember the incident was proof to me that God is indeed alive.

MMM: How long did this take, to get better and feel like you were happy and to start enjoying being a mother?

Busi: I Can't say that I enjoyed being a mother immediately... Even once I started on my medication, I was still hugely afraid - afraid of myself and afraid of the baby and afraid for her. I think I started being more comfortable 2 or 3 months after I started taking medication. Getting better took time, but the most important first step was recognising the disease and accepting it, and becoming vocal about it so that no one else went without the information that they required. I'm an amazing mum now - I know this because my child is a well-rounded flourishing, beautiful child. Even as a single mum juggling corporate and family life, I am no longer overwhelmed.

MMM: What was the hardest part of overcoming PND?

Busi: The hardest part is ridding yourself of the fear that consumes you. Then it is to try and make sure that your nearest and dearest are in full understanding of what you are going through and their role in assisting you. It is difficult as a black woman to get this from family. Culturally, no matter how advanced we are, mental diseases are not something that are easily accepted - thus making it hard to get the support that is required. It was literally a point of having to sit people down to make them understand, and to let family read articles and align themselves with what was taking place, and the fact that it is a long-term journey.

MMM: And what helped get you through it?

Busi: Speaking out about it, writing articles, being interviewed, being the face of black women who is ok with people knowing that this illness exists. Not running away from the stigma, but facing it head on. My neighbours, Johan and Louise Botes, saved me and saved my child from this - their continuous support and love even after diagnosis honestly got us through the rough patches of the first few months. It is critical to be armed with information, and to be surrounded by massive amounts of support.

MMM: How is your relationship with your daughter today?

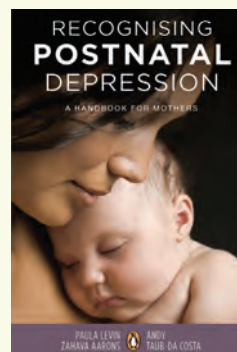
Busi: Miss Warona is my princess! Whilst I don't want to ever blur the lines between mum and friend, she and I are as close as thieves. I love her beyond the bottom of my heart, and the beauty about it is that she is an angel - a spiritual being that has been put on this earth to assist and guide, the ultimate gift from God. We laugh so much that we cry. We are honest with each other and we are each other's keeper.

MMM: What encouragement would you give to other mothers suffering from PND?

Busi: Once diagnosed, it is critical to surround yourself with people that not only understand you but people that can provide assistance - emotionally, physically, etc. It's important to know that time out and time for yourself can only make one a better version of yourself. Whilst we strive to be magic mums, the best way to deliver that is to make sure that you are in touch with YOU. PND can be overcome. There is so much light at the end of that horribly dark tunnel and there are people, like myself, who are happy to speak and give support. ♥

If you fear that you or someone you know may be struggling with PND, please seek medical help immediately. The sooner you treat it, the better. Contact your GP, obstetrician or paediatrician. Once diagnosed, we recommend you seek the support that Busi so strongly recommends.

The PostNatal Depression Support Association (PNDSA) can assist with support for both the sufferers and their family while on their road to recovery. PNDSA is a non-profit organisation started by women who have recovered from PND. For more information, please visit www.pndsa.org.za.



Recognising Postnatal Depression (Penguin) was written by journalist Paula Levin, clinical psychologist Zahava Aarons, and Doctor Andy Taub-Da Costa. They contribute their own personal experience and expertise in the area of PND and explain just what this illness is, how to recognise it and the best ways to achieve recovery of body, mind and spirit. Available at all good book stores.

"Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body." – Elizabeth Stone



pregnancy

Everything
you need to know for a
Healthy winter
pregnancy

– pg. 16-21



DID YOU KNOW ?

In SA more boy babies are
born than girl babies
(1,016 boys : 1 girl)

What to pack for **your**
Hospital Birth

– pg. 22

11



20-24

the age most
South African
women have a **baby**

Your essential guide to pregnancy and newborns



Track your baby's
growth & development in utero, with our

Pregnancy Milestone Chart

While the size and speed that your baby grows can vary greatly, this chart gives an idea of how big he is from week to week as well as what exciting developments are unfolding.

First Trimester

Week 4

Your baby is called an embryo at this stage, and is the same size as a poppy seed.

Length: 1 mm

Weight: Too small to weigh!

Until the placenta and umbilical cord form, your baby will have an egg-like sac called a gestational sac for the delivery of nutrients and blood.

Week 5

Your baby is the size of a sesame seed.

Length: 2 mm

Weight: less than 1 g

Your baby will start to grow a neural tube, which will later become his brain and spinal cord. His tiny heart has also begun to beat, at about twice the speed of mom's heart. An ultrasound may be able to detect this, but often the heartbeat is only heard at around 12 weeks.

Week 6

Your baby is the size of a lentil.

Length: 4 - 6 mm from Crown to Rump (CR)*

Weight: less than 1 g

Despite being so tiny, your baby is now starting to form facial features like nostrils and eyes. Buds that will become his arm and leg are sprouting.

Week 7

Your baby is as big as a blueberry.

Length: about 9 mm to 1.3 cm

Weight: less than 1 g

Although your baby's genitals start to develop now, you will not be able to tell the gender until he or she has grown a lot more. By week 7, your baby has the features and all the internal organs of the future adult.

* All length measurements from now till week 20 are Crown to Rump (CR)

Week 8

Baby is now a fetus, and he is the size of a kidney bean.

Length: 2 cm

Weight: less than 1 g

Your baby has webbed fingers and toes. Soon this extra tissue between his digits will be reabsorbed to reveal individual fingers and toes.

Week 9

At week 9, your baby is the same size as a grape.

Length: about 2.5 cm

Weight: 2 g

His eyelids are beginning to form now, and, once grown, will stay fused shut until 26 weeks. Little teeth buds are forming in his gums.

Week 10

Your baby is the size of an olive.

Length: 3.5 cm

Weight: 4 g

Your baby's eyebrows are beginning to grow, and he has now completely lost his tail.

Week 11

Your baby is the size of a brussel sprout.

Length: 5 cm

Weight: 7 g

From now until week 20 of your pregnancy, your baby will increase 30 - fold in weight and triple in length.

Week 12

Baby has a growth spurt and is the size of a granadilla.

Length: 6.5 cm

Weight: 14 - 18 g

Your baby starts developing vocal chords and taste buds at week 12. The taste buds will only start working around 27 weeks, picking up the flavours of mom's last meal. Baby will often remember flavours tasted in the womb and show a preference for these foods in later life – even more reason to eat healthily while pregnant, moms!

Second Trimester

Week 13

Your baby is now as long as a pea pod.

Length: 7 cm

Weight: 23 g

Mom: The pregnancy fog starts to lift after the first trimester, with many of the symptoms – nausea, tiredness and needing the loo frequently – disappearing. In fact, you might even feel like you did before you were pregnant!

Week 14

By week 14, your baby is about the size of a lime.

Length: 9 cm

Weight: 40 g

This week sees your baby's practicing his breathing capabilities by "breathing" the amniotic fluid in and out of his lungs. His bladder will also begin to function, and he will urinate into the amniotic fluid. Don't be perturbed though, as amniotic fluid regenerates itself every three to four hours. He will also be pulling funny faces in the womb at week 14, like squinting or grimacing, as he tests out his facial muscles.

Week 15

Your baby is the size of an apple.

Length: over 10 cm

Weight: 70 g

Your baby will be moving around a lot now, but you are unlikely to feel this so early on if it is your first pregnancy. He could also get the hiccups, but they are silent due to the fluid in his trachea. Your baby's heart is growing steadily and he is already pumping between 18 and 23 litres of blood per day. He may even develop his hairline this week!

Week 16

This week your baby is as big as a pear.

Length: 11.6 cm

Weight: 100 g

Perfect little finger and toe nails will have formed by now. An ultrasound might tell you if it is a girl or a boy, but it is still early in the pregnancy so you might want to wait a little longer to be absolutely sure.

Week 17

Your baby resembles a small avocado.

Length: 12.7 cm

Weight: 140 g (more than the placenta weighs at this stage)

Your baby has started to respond to loud noises; slamming doors or mom sneezing can startle him, but he quickly gets used to these sounds.

Mom: Your expanding womb may make you feel off-balance, so this is a good time to ditch the heels for flats.

Week 18

Your baby is about the size of a bell pepper.

Length: 14 cm

Weight: 180 g

His tiny fingers now have unique fingerprints! Meconium is a baby's first faecal matter and it has a sticky, tar like texture from the amniotic fluid consumed. In week 18 the meconium is starting to be produced by the digestive system and will accumulate in your baby's bowels.

Week 19

From crown to rump baby is now the size of a gem squash.

Length: 15 cm

Baby's Weight: 230 g

Your baby is now developing permanent teeth buds behind his existing milk teeth buds, which developed a few weeks ago.

Week 20

Your stretched out baby at this stage is as long as a banana.

Length: 26 cm Crown to Heel (CH)*

Weight: 290 g

You have probably seen how wrinkly babies are when they are born. They would be even wrinkly if not for Vernix Caseosa. This cheesy white substance forms all over baby's body in week 2 to protect him from the long period of exposure to amniotic fluid.

Week 21

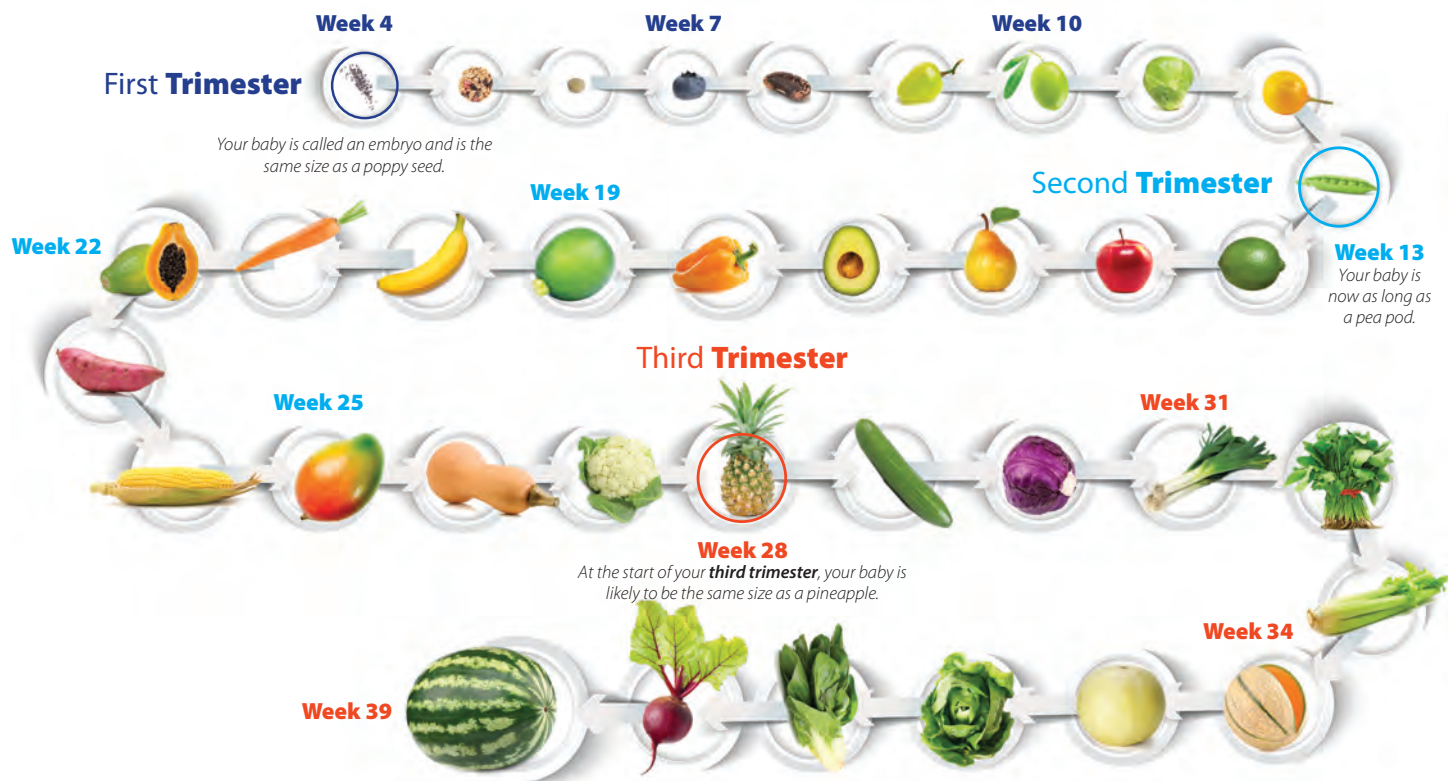
Your baby is the same length as a carrot by week 21.

Length: 27 cm

Weight: 360 g

Your baby's skin now responds to touch; if you put pressure on your belly, he'll likely move away or push back.

* All length measurements from now on are Crown to Heel (CH)



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Week 22

Your baby resembles the size of a papaya by week 22.

Length: 28 cm

Weight: 430 g

Your baby's lungs are developing rapidly in week 22 and will begin making a protein called surfactant which will help him breathe independently once he's born.

Week 23

Your baby this week is roughly the same size as a sweet potato.

Length: 29 cm

Weight: 500 g

Braxton Hicks start to affect many pregnant women in their second or third trimester. These are sporadic uterine contractions. Do not worry about them, as they will not affect your baby adversely.

Week 24

This week your baby is as long as an ear of corn.

Length: 33 cm

Weight: 600 g

Baby's nostrils are opening now to practice breathing; he'll go through the same motions of real breathing but inhale amniotic fluid instead of air. Though not ideal, if your baby was to be born from now on he would stand a very good chance of survival as most of the body functions are in place and in working order.

Week 25

By now your baby weighs as much as a big mango.

Length: 35 cm

Weight: 660 g

Baby is developing a firm grasp and may reach out and grab the umbilical cord and play with it. He can also stick out his tongue now, cheeky thing!

Week 26

Baby is about the same size as a medium sized butternut.

Length: 36 cm

Weight: 760 g

Your baby's eyes have now opened again. Just as you would see light coming through your hand if you shone a torch through it, the same is true for your baby inside the womb. Shine a torch against mom's belly and gauge how he reacts.

Week 27

Your baby is probably as heavy as a head of cauliflower.

Length: 37 cm

Weight: 875 g

At this point he may be able to distinguish between you and your partner's voices so maybe try reading or singing to him! By this stage of the pregnancy his facial features will be almost completely developed, so it's a good time for a 3D or 4D ultrasound. (However if your placenta is at the front of your uterus, rather wait another week for better results.)

Third Trimester

Week 28

At the start of your third trimester, your baby is likely to be the same size as a pineapple.

Length: 37cm

Weight: 1 kg

This is when your baby starts to smell the same things that you're smelling. In fact the amniotic fluid he's floating in enhances his sense of smell.

Week 29

Your baby is about as long as a cucumber.

Length: 38 cm

Weight: 1 kg

During the eight months in the womb your baby gains at least a kilogram of insulating fat. Because there isn't as much room to manoeuvre anymore his movements will begin to be more controlled, and you'll more often than not feel a knee or elbow rather than an entire arm or leg.

Week 30

Your baby is now as big as a cabbage.

Length: 39.9 cm

Weight: 1.3 kg

Though your baby will most likely achieve 20 / 20 vision, for now it is only about 20 / 400. This means he can only distinguish light and objects a few inches in front of him. By now your little one also has a tendency to suck his thumb for comfort, and, when life gets too tiring, to yawn.

Week 31

Your baby will be about as long as a bunch of leeks in week 31.

Length: 41.1 cm

Weight: 1.5 kg

More fatty deposits are being made under his skin, producing those chubby baby rolls we all love so much.

Week 32

Your baby is approximately the size of a bunch of spinach from crown to heel.

Length: 42.2 cm

Weight: 1.7 kg

By now, you baby will generally sleep for 90 % of the day – just like a newborn baby – and evidence indicates he will even experience REM sleep. This means that he may be experiencing his first dreams!

Week 33

Your baby's size and weight is now equivalent to a large butternut.

Length: 43.7 cm

Weight: 1.9 kg

Lanugo, the fine hair that covers a baby's body to keep him warm in the womb, now starts to disappear. Sometimes traces of it can still be found when he is born on his shoulders and back.





Week 34

Your baby is the size of a cantaloupe melon.

Length: 45 cm

Weight: 2.2 kg

At 34 weeks your baby will start making his way towards your pelvis to assume his position for birth. This will cause another weight shift and a waddle in mom. He will also be acting like a newborn, with his eyes wide open while awake and closed while sleeping.

Week 35

Your baby is now approximately the size of a honeydew melon.

Length: 46.2 cm

Weight: 2.4 kg

It is common that your movements will lull your baby to sleep and he will become active when you rest. He will continue with the same pattern when born, until he learns that sleeping should be done at night!

Week 36

Your baby is the size of a big leafy romaine lettuce.

Length: 47 cm

Weight: 2.6 kg

Your baby could drop into the birth canal at any time... so be prepared!

Week 37

Your baby will now be as long as stalk of Swiss chard.

Length: 48.6 cm

Weight: 2.9 kg

Many babies now have a full head of hair with locks up to 3.5 cm long. But he could just as easily have no hair at all. Full term babies can be born from 37 weeks; if born before 37 weeks they are considered premature.

Week 38

Your baby has now grown to be as long as a leek.

Length: 49 cm

Weight: 3 kg

If you don't know yet if you are carrying a boy or girl a clue could be the size of your bump – boy babies tend to be bigger than girl babies, on average.

Weeks 39

Your baby now resembles a watermelon in size and weight.

Length: 49.5 cm

Weight: 3.3 kg

Your baby is probably shedding the greasy vernix from his skin, which turns the clear amniotic fluid a milky colour.

Weeks 40-42

Your baby is now a slightly bigger watermelon than last week.

Length: 50 cm

Weight: 3.5 kg

Your baby is more than likely one of 96 % of babies who is ready to come out now. The average baby weighs about 3.5 kg and measures in at 50 cm at birth. The Guinness Book of Records for the world's heaviest baby sits at 10.8 kg, and the lightest at 260 g – which, while these are extreme cases, does go to show how much babies can vary!



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Winter blues for two?

Marie-Louise Steyn, a doula, gives her top tips for keeping healthy during **your pregnancy**

Being pregnant in winter is a mixed blessing. The South African summer heat can be exhausting for moms-to-be whose body temperatures are a tad higher due to their little "hatchlings". But winter also means a prevalence of dreaded cold and flu bugs. You are likely to catch whatever is going around more easily because your immune system is suppressed during pregnancy.

The good news is that cold and flu viruses are extremely unlikely to affect your pregnancy as your baby can't catch them from you. And the bad news? You might feel twice as miserable because you cannot simply take the tried and trusted medicines – or even herbal remedies – that you usually rely on.

Top tips to stay healthy:

♥ Prevention is better than a cure. Keep up your resistance by taking care of yourself. Remember, your lifestyle determines how well your immune system functions.

♥ Get enough sleep. How much is enough? Listen to your body. Most pregnant women need 7 to 9 hours per night. When possible, have a short power nap in the afternoon. Remember to sleep on your side (preferably your left one) and not on your back. Use plenty of pillows to get comfortable.

Many pregnant women complain of insomnia, especially in the second and third trimesters. Despite feeling exhausted they battle to fall asleep or they wake up frequently for trips to the loo and cannot drift off again. Try a relaxing bedtime ritual like taking a warm candlelit bath and drinking a cup of chamomile tea. Ask your partner for a back rub or foot massage. Listen to soothing music or even a guided meditation recording for relaxation. Many women find Rescue Remedy pills (which do not contain alcohol) extremely helpful in combating sleeplessness.

♥ Moderate, regular exercise helps your body produce more white blood cells to fight off infections. It also relieves tension and builds fitness and stamina for labour.

♥ Stress lowers your immune system, so find ways to unwind. Preggy yoga is a safe, enjoyable and beneficial way to exercise, relax and meet other moms-to-be. Scientific studies have proven that meditation also significantly enhances the immune system.

♥ A chuckle a day keeps the doctor away, as does a cuddle. Researchers found that people who laugh more are healthier. The same is true for those with warm, intimate relationships. So keep connected to the ones you love and rent a romantic comedy to watch with your partner this weekend.

The other side of the coin, unfortunately, is that tense relationships and angry quarrels lower your resistance. If you and your partner are having problems, seek counselling.

♥ Massages stimulate your immune system. Treat yourself to a professional preggy massage or exchange regular back rubs with your partner. Some aromatherapy oils are unsafe during pregnancy, so use unscented massage oil or consult an expert.

♥ Discuss the flu injection with your doctor. The injection is safe and highly recommended during pregnancy. Expectant moms are more prone to developing serious flu complications, as the recent swine flu epidemic proved. Although not 100% effective, immunisation will reduce the severity of the illness should you contract it. Research even shows that baby will enjoy some protection from it during his first 6 months. Get your injection in the beginning of the season for maximum benefit.

♥ Avoid cramped, crowded indoor spaces and sick people where possible. Explain politely yet firmly that you would rather not visit with someone who has the sniffles.

♥ Realistically you cannot avoid your older kids, and they are the ones most likely to bring home the bugs. Teach them good hygiene. Every family member should practice regular hand washing with soap and warm water, especially before meals. If your child does get ill, show him how to cough and sneeze into a tissue to prevent spreading airborne germs.

Don't share food, drinks and utensils with a sick child and wash your dishes in very hot water with an antibacterial dishwashing soap.

♥ Keep hand sanitiser in your bag and use it regularly when you are out and about. Make a habit of spraying your hands every time you have paid at a cashier or toll gate. Use a credit card instead of cash, and regularly disinfect it along with objects that are handled often like cell phones, doorknobs, light switches and your car's steering wheel.



Get well soon!

What if you do come down with a winter virus? Doctor Lilla Friend, mother and emergency room physician, says rest is the very best medicine. She warns against exercising when you are unwell, as complications like myocarditis (infection of the heart muscle) may arise.

Helpful hints for miserable moms-to-be:

- Bring your fever down promptly. Take paracetamol and a lukewarm bath and call your doctor if these measures do not work.
- Eat vitamin C-rich foods like citrus fruits, kiwi fruit and berries.
- Drink lots of fluids, both hot and cold. Studies have shown that chicken soup is more than comfort food, it actually does help you recover faster!
- For nasal congestion sleep with your head slightly elevated. Use a saline nasal spray and a humidifier in your room.
- Sore throat? Gargle hourly with a quarter teaspoon of salt dissolved in a cup of hot water. Ginger tea with honey and lemon soothes a scratchy throat and a cough.

Call the doctor when:

- You have a fever above 38° C
- You have a cough with chest pain and/or wheezing
- You expel yellow or greenish mucus
- You have sinusitis pain
- Your illness lasts more than a week

Medication dos and don'ts

Always consult your doctor or pharmacist before taking medication and remind them that you are pregnant. Many over-the-counter flu remedies contain drugs that are contraindicated, like aspirin or ibuprofen. If your doctor writes you a prescription ask them to read it out loud. Double-check the medication you receive from the pharmacist making sure it is the right product and that the name on the label is yours. Accidents and mix-ups do happen.



About the author:

Marie-Louise Steyn is an IBCLC (International Board Certified Lactation Consultant) and is also practising as a professional doula. She is the author of **Breastfeed your baby** (Metz Press – also available in Afrikaans).

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BREASTFEEDING IS THE HEALTHIEST OPTION FOR YOUR BABY

Eating for two?

Nutritional expert Azza Motara-Abraham outlines how to achieve **optimal health** through your diet

"You are what you eat." Have you wondered how true this statement really is?

A human being is made up of roughly 62% water, 23% protein, 13% fat and 2% vitamins and minerals. Every single one of these molecules comes from the food you eat and drink.

Researchers in the field of epigenetics have expanded on this by proving that children are not only what they eat, but also what their mothers ate during pregnancy. Therefore, no time is more important for optimal nutrition than when a mother is pregnant.

With winter here, physiologically we crave foods that provide warmth and comfort but that are often nutrient-deficient. Clever dietary decisions may assist an expectant mother in achieving optimal health for both herself and her baby, as well as boosting her immune system in a time when infections are common.

In addition to a healthy diet a mother should:

- Start the day with a hearty bowl of cooked oats. Add warm soy or low-fat cow's milk, mixed berries and seeds.
- Forego that cup of coffee and instead enjoy warm milk-based drinks such as almond milk with honey, malt drinks or home-made Chai teas.

A 2008 study found that women who consumed 200 mg (equivalent to 1 cup of coffee) or more caffeine per day had double the risk of miscarriage compared to their counterparts who did not drink coffee. So to be safe, rather avoid it altogether.

Look out for and avoid caffeine in other products such as teas, soft drinks, energy drinks, chocolate, some chocolate drinks as well as over-the-counter medicines.

- Take a good high-strength multivitamin and mineral supplement, as prescribed by a health care professional. Immune strength is dependent on a sufficient supply of vitamins and minerals. Researchers at the University of Pittsburgh also found that women who took a prenatal vitamin regularly in early pregnancy reduced their risk of preeclampsia, or pregnancy-induced hypertension, by 45 %.

- Ingest 1 – 2 g of vitamin C daily to boost immune health. Be creative in adding lots of strawberries, citrus fruit and green leafy vegetables to meals. Should you succumb to a cold, try an antioxidant formula with 2 – 3 g of vitamin C and take it every 4 hours. This superdose may cause loose bowels (in which case the dose may be decreased), but it may greatly assist in reducing the duration and severity of a cold.

- Ingest DHA, an essential fatty acid that literally gives your baby a head start as it plays a biological role in the structure and function of the brain, retina and nervous system, with strong links to increased IQ in children, as indicated by a number of studies. Essential fatty acid intake is further linked to improved immune function so ensure you eat oily fish (such as sardines, organic salmon and mackerel or herring) up to 3 times a week. As long as one steers clear of fish high in methyl mercury (such as shark, swordfish, king mackerel and tilefish), oily fish remain both delicious and versatile when included in winter meals.

Think about a delicate cut of salmon or mackerel for dinner coupled with winter vegetables. A handful of freshly ground mixed seeds (sunflower, pumpkin, flax, sesame) or 1 tablespoon of cold-pressed seed oil daily is also helpful.

- Limit sugar intake as eating or drinking it curbs immune cells, making them less effective to fight infections.

- Stay hydrated by drinking 2 litres of water daily, even if you are not particularly thirsty. Add mint leaves and chopped cucumber or lemon or apple slices to drinking water, diluted fruit juices and herbal teas.

- Make calories count by bulking up on fruit and vegetables as the fibre provides satiety as well as nutrients. We often use winter as an excuse to overindulge and this may especially hold true if a mother feels she is entitled to be eating for 2. Excessive weight gain is related to numerous health problems during pregnancy and labour.

- Be inventive in the chilly seasons when lower temperatures are the perfect time to create delicious, hearty vegetable stews, tomato and vegetable-based pasta dishes and comforting soups.





Nutrition for newborns

Your nutritional and other health choices extend for more than just the 9 months that you were pregnant. After your baby is born she will still carry many of your antibodies for months following her birth, as these are passed through the placenta. The amount and type of antibodies depends on your immunity and optimum nutrition play a big part in this process. Because this immunity in newborns is only temporary, breastfeeding is the ideal way to prolong this benefit and improve your infant's resistance to colds and other infections.

Important breastfeeding tips include:

- Try to attend a breastfeeding class while you are still pregnant.
- Start early! Put your baby to the breast soon after birth and at least within half an hour.
- Breastfeed exclusively and do not give water or other substances unless medically indicated.
- Known as the baby's "first vaccination", the thick, yellowish colostrum that is produced for the first few days after birth is particularly rich in antibodies. If your newborn tires of suckling, manually express the colostrum and use a clean teaspoon to feed it to her to get the full benefits.
- Feed on demand and do not time the feeds, draining one breast at a single feed and then offering the other at the next feed.
- Seek help from a lactation consultant early on if you experience any problems! ♥

Rather than fearing "having a winter baby", take advantage of the cold months to snuggle up often with your infant, as well as enjoy hearty, nutritious meals. Becoming a mother is the greatest learning, yet rewarding, experience of your journey. Make every step worth it!

About the author:

Azza Motara-Abraham is a registered dietician who consults independently and is a mother of two. She can be contacted on azza.abraham@gmail.com



Training *for* two?

Fitness guru Steve Mululu gives his advice on training with a baby bump



When it comes to changing your body there is a lot that you can do in 9 months – but nothing that happens in a gym is as dramatic as the physical changes that come with pregnancy. All pregnancy-related changes are out of your control, but you can get a bit of the control back by keeping your body in tip-top condition in preparation for bringing a new life into the world.

During the cold winter months the sloth factor and the lure of comfort food is a challenge even for non-pregnant people, so it takes special commitment to stand up to the challenge when you're pregnant and have the discomfort of a baby bump or morning sickness or back pain. And yet, the benefits of sticking to a healthy, responsible training programme become evident during labour and afterwards when the recovery period takes much less effort.

In all honesty, winter doesn't really impact on exercise requirements other than necessitating you wear an extra layer of clothes to and from the gym and that your resolve on a cold day is strong.

However, pregnancy requires a very specific training approach that has two goals in mind. Firstly, to become strong and fit to support the changes that happen to your body during the 9 months; and secondly, to train for a safe labour and delivery for both mom and baby.

Your training schedule has to be flexible to allow for the many changes that are going to happen over the 9 months. You may be nauseous or feel exhausted because you had to run to the loo so many times during the night that you never managed to get a solid night's rest. And towards the end of the pregnancy you'll likely get quite uncomfortable.

You also have to be aware of all the hormonal changes going on in your body such as the effects of the pregnancy hormone relaxin. This is the hormone that relaxes the body's muscles, tendons, ligaments, and cervix. It causes the pelvis to stretch and expand, making the hip and lumbar joints quite unstable. Relaxin levels increase during pregnancy and remain in the body for up to a year or more postpartum, so extra care has to be taken not to injure joints while exercising.

Steve's top 5 preggy exercises

There are 5 very basic moves to stay fit during pregnancy. The exercises use only your own body weight as resistance, so no equipment is required. These 5 exercises done in reps of 15 to 20, 3 times a week, will give you a solid pregnancy workout.

1. **Squats** – to strengthen the lower body and take pressure off the lower back as your weight increases
2. **Standing push-ups** – done on an incline, leaning against a wall, are great for upper-body strength
3. **Pelvic tilts** – help release lower back muscles and strengthen deep abdominals to support the uterus
4. **Knee planks** – done with alternate opposite arm and leg lifts which increases core strength
5. **Tricep dips on a chair** – strengthen your upper body and get you ready for all the baby lifting you will be doing

"Keeping up a responsible exercise programme prepares you for delivery day"

And this goes for after the baby is born too. Impatience will get you nowhere as your body will recover in the time it needs. Having a clued-up trainer to assist your through the process makes all the difference, but there is much that you can do unassisted to keep you limber and prepare you for what lies ahead.

Sticking to a responsible exercise programme prepares you for delivery day, and a good trainer can help you reach the end of your pregnancy feeling strong, mobile and physically up for the effort that labour will require. The next best part to giving birth to that healthy baby is that when you return to the gym after 6 weeks, you will already have some muscle control and that means your stretched abdomen is en route to recovery. If that isn't reason to stick to your exercise regime even when it's chilly outside, nothing is! ♥

About the author:

Fitness guru Steve Mululu has trained hundreds of pregnant women in his time, and he's the best man to guide you through the pitfalls of a winter pregnancy while getting you to D(elivery)-Day feeling fit, mobile and strong. Steve founded Dream Body Fitness and offers a free nutrition talk every Wednesday at 17:30 at his gym. Follow Steve on twitter @dreambodyfitnes or visit www.fitnessadviser.co.za/dreambodyfitness



What to pack for *your* Hospital Birth

Lists are a great way to get organised for your new baby, especially as there are so many things to think about. Here are some lists to help you get hospital ready!

For the delivery

You will need:

- Paperwork for the hospital
- Your medical aid card and ID book
- Your birth plan and notes from your birthing classes
- Stem cell storage kit (if you have opted for this)
- 2 x sets of comfy clothes; we recommend a t-shirt, strappy vest or stretchy nightie
- 1 x dressing gown and non-slip socks or slippers
- Toiletries; such as lip balm, a face cloth, hair bands and a hairbrush, tooth brush and toothpaste
- Contact lenses or glasses
- Your cell phone and charger
(make sure all important numbers are saved on your phone)
- A watch to time your contractions
- A refillable water bottle, high energy snacks and drinks, and / or small change for the vending machine
- Anything that will help you be more comfortable:
 - Your favourite pillow
 - Massage oil
 - Relaxation props, such as relaxing music
 - Books, magazines, iPad and / or a journal and pen – to help pass the time

Your partner will need:

- A copy of the birth plan
- Their cell phone and charger
(make sure all important numbers are saved on the phone)
- A watch to time your contractions
- A camera with fully charged batteries
- A change of clothes
- Snacks and drinks, and / or change for the vending machine
- Books, magazines, iPad and / or a journal and pen – to help pass the time



Post delivery

Keep this bag in the car until you are transferred to the ward.

You will need:

- 3 x sets of pyjamas or nighties or tops with a front opening for breastfeeding
- 2 x breastfeeding bras and breast pads
- Nipple cream
- A contact number for a lactation consultant
- 24 x maternity sanitary pads
- 6 x disposable, or old, panties
- 1 x large bath towel
- A bag to put your laundry in
- A hairdryer
- Healthy snacks and drinks
- For additional comfort consider packing the following:
 - A Feme Pad; a perineal ice pack to relieve discomfort from any stitches
 - A stool softener like Colace; post-birth you are likely to struggle with hardened stools which can be painful to pass
 - Arnica tablets; a homeopathic remedy you can take to treat muscular pain, bruises, swelling and wounds

Your baby will need:

- 2 x receiving blankets
- 2 x lightweight swaddling blankets
- 1 x pack of newborn disposable nappies
- Nappy cream
- Nappy sacks for disposing of the used nappies
- Surgical spirits and cotton wool balls (wet wipes should only be used from 4 weeks onwards)
- Baby soap or shampoo
- 6 x long-sleeved babygrows
- A hat – sun or wool, depending on the season
- Cloths to tidy up spills

And when it's time to go home, you will need:

- 1 x change of clothes – bring maternity wear items, as it will take time for your tummy to start going down

Your baby will need:

- An outfit for when you leave the hospital
- A car seat installed in your car to take your bundle of joy home



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True OR False?

Is it dangerous to have hot baths while pregnant, and can orange juice cause jaundice in your baby? Deciphering fact from fiction can be confusing for new moms. Luckily, midwife Louette Macallum is on hand to answer and explain some of the FAQ's and myths around pregnancy.



To eat or not to eat? That is the question. Whether tis nobler to have the sushi or a well-cooked chunk of hake...

Sushi: Raw wild fish may contain parasitic worms. If the fish has been frozen for at least 4 days, it is considered safe to eat. Salmon is high in omega-3 fatty acids which has many benefits to the pregnant woman and her unborn baby. Know your supplier and perhaps lean more toward cooked fish instead, to be safe. Always avoid Mackerel, shark and swordfish because they contain high levels of mercury.

Soft Cheese: Soft cheeses may be made from raw or unpasteurized milk which can carry disease causing organisms such as *Listeria Monocytogenes*. They are also less acidic than conventional hard cheeses, and moister, which could encourage the growth of harmful bacteria. *Listeria* is relatively rare but may cause a miscarriage, stillbirth and complications in the newborn.

Can oranges and orange juice give my baby jaundice?

No! There are some cultures that believe this to be true but jaundice is a physiological condition related to the newborn having an immature liver.

Will drinking coffee and alcohol harm your unborn baby?

Coffee: Coffees, teas and many beverages contain caffeine, which does not offer your baby any form of nutrition. Caffeine is also diuretic, which means it causes your body to dispel water – a process which may flush out important nutrients from your body which are essential to the development of the foetus. Caffeine also affects your sleep, increases levels of anxiety and reduces your body's ability to absorb necessary iron. The conclusion? Coffee is not ideal during pregnancy, but if you can't do without your fix doctors agree that if you limit your intake to only one cup a day you should be fine.

Alcohol: No amount of alcohol is considered safe in pregnancy. It may have mild effects on your baby's development or behavioural patterns, or it may have severe effects, depending on your consumption. Better left alone.

Is it best to give in to cravings for pickles and other strange things?

Pregnancy brings with it an amazing array of feelings, emotions, symptoms and some very strange cravings that will have your partner running wild through the streets at night in search of rare and wonderful foodstuffs. Craving sweets, chocolates and ice cream is common because these foods produce Serotonin, a feel good hormone. They are more a comfort food than a real, honest craving.

Some cravings can be dangerous, such as eating soil or slate, and these are usually a sign of a severe deficiency. It may be wise to check with your caregiver first before digging up the driveway, or chipping away the stone walls.

Is it safe to have sex while pregnant?

There is no danger to the baby when you have intercourse; your baby is in a very safe haven. However some pre-existing conditions such as Placenta Praevia may cause severe bleeding during intercourse, which will compromise the foetus. Your Obstetrician will advise you if at all concerned.

I enjoy taking hot baths. Is it safe during pregnancy?

A very hot bath can raise your core temperature to anything above 39 - 40 Degrees, and this can pose problems to the unborn child.

Regular hot baths can also lead to varicose veins and can make you dizzy, so it is advisable to have a warm bath rather than a steaming hot one.

Is it dangerous for me to hang up washing or stretch my hands above my head?

Some cultures believe that doing this will cause the umbilical cord to be wrapped around the baby's neck. In Bolivia, they believe that this will occur if you knit whilst pregnant. Basically this is a great excuse to have others hang the washing and do all the knitting!

How you carry will determine the gender of your baby.

Every woman carries differently, and second and third pregnancies can also vary as they often are accompanied with more weight gain, and bigger tummies due to softer stretched muscle. Just as acne or nausea have no correlation to the gender of your baby, and heartburn does not mean a baby with loads of hair, this is a myth.

If for any reason you are unsure of what to do or what not to do, check with a professional consultant. And remember to enjoy your pregnancy, have fun and eat and do everything in moderation!

Pregnancy myths* our MamaMagicSA Facebook fans were told:

If you carry most of the weight in your bum, it is a girl. Also, you will have beautiful, clear, glowing skin if it's a girl. I had boy!
- Saadia Ahmad

If you eat a lot of sweets while pregnant, your baby will drool a lot... All babies drool though.
- Sinomtha Manene

I have 3 boys, and my nose didn't swell at all.
- Cherry van der Berg

I suffered terribly from heartburn and my baby was born with very little hair. So it's a myth!
- Carol Launsbach

***All of these myths are false.**

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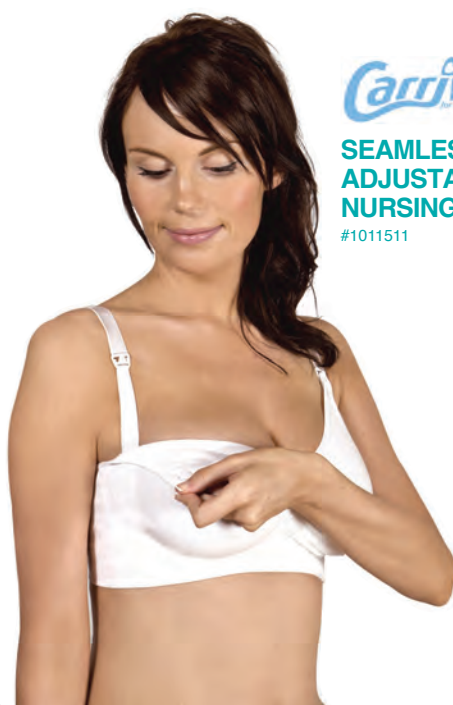
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baby bumps

Readers Pics



Odette De Lange



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Mumtaz Chohan Gani**
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R250 Baby City Voucher.



Trisha Govender



KayInn Rogers



Tia Herman

MamaMagicSA Facebook fans were asked to send in Baby Bump photos. Here are our favourite ones.

All featured photos receive 2 complimentary tickets to MamaMagic, The Baby Expo, and the winning photo receives a R250 Baby City gift voucher.
If you'd like to enter more competitions like this one, "like" our MamaMagicSA [Facebook](#) page to be notified of new competition details.

"A baby will make love stronger, days shorter, nights longer, bankroll smaller, home happier, clothes shabbier, the past forgotten, and the future worth living for." – Anonymous



Did you know ?

A baby's sense of touch develops from head to toe.

Back to **Work Tips**

- "Happy mom, happy baby"

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baby

"Crawling is the master milestone and the one milestone that is skipped most often"

Milestones *- what's all the **fuss** about?*

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Your essential parenting guide for babies

Milestones

- *what's all the fuss about?*

By Dr Melodie de Jager

"My baby walked at 9 months" and "My baby talked at 12 months"; "My baby uses our iPad" and "My baby can build a 9-piece puzzle at 15 months" are conversations that leave many a mom feeling incompetent and silently doubting her own baby's intelligence when she compares her gurgling toddler with these performing geniuses.

But what is all the fuss about? Is your baby missing out, slow or even deprived if you cannot share a similar accomplishment? The pressure to perform is nothing new, but it may be wise to question our attitude to early milestone performances. Yes it is wonderful when a baby can walk, talk and, in time, build puzzles, but reaching a milestone should not be the focus. The focus should rather be on baby developing at his own pace within the guidelines for each milestone.

Milestones are beacons that show a baby's developmental progress. Milestones are not baby IQ tests where the faster your baby speeds past each milestone, the more intelligent he is. Milestones show progress. Each says, "Look mom and dad, I am unfolding according to my innate blueprint – one milestone at a time".

What is absolutely amazing is that developmental milestones unfold in the exact same way all over the world for both baby boys and girls, if they are given the opportunity to move and explore.

We often don't think about it, but babies don't read books on baby development, they have no idea what is expected of them at a certain age and they don't perform to please. Given the ideal circumstances, they simply unfold as though following a magical recipe.

Nature takes care of its own, and for that reason babies have an inbuilt development programme at birth – a series of primitive reflexes to prompt the development of the brain and body. Each primitive reflex is responsible for plugging a specific body part into a specific part of the brain and, to make this happen, a baby needs to make certain movements over and over again.

For example, if you put your finger in the palm of a baby's hand the fingers will reflexively curl around your finger giving the muscles in the hand practice to be ready to voluntarily pick up things a few months later. Similarly, you'll notice that when you massage the palm while baby is feeding he will reflexively suckle stronger.

Once a body part is plugged into the correct part of the brain, the brain starts using that part more often and that is why babies make the same movements for weeks on end. Making the same movements strengthens the wiring to develop the brain. Once baby has done the same movement enough times to ensure that the brain's wiring is very strong, these reflexive movements go to rest, and then baby reaches a milestone.

A milestone shows that a part of the brain has just been wired and is ready to be used.

Milestones are magical moments that need to be photographed and celebrated with the exact same enthusiasm as receiving a degree cum laude, because reaching a milestone is as difficult for a baby as getting a degree is for a student. It requires time and effort, and many failed attempts, before it finally comes together.





*"Crawling is the **master milestone** and the one milestone that is skipped most often"*

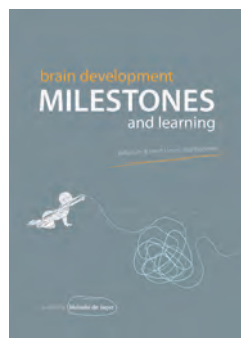
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Then voila, baby can feed without reflux; he can keep his head up and turn it to look at dad; he can do baby push-ups and sit-ups; he can roll over and push himself up into a sitting position; he can reach for a toy without toppling over; and he will instinctively find himself on all fours, rocking to and fro while preparing for the big milestone – crawling!

Oh, the freedom of crawling is none less than a learner's licence at the age of 17. All of a sudden a baby's world expands and his new position provides a whole new perspective of the world around him. Think about how different a table looks when lying down compared to seeing it when on all fours. What a world to explore while engaging in the thousands of movement repetitions required to lay down the base wiring for muscle tone and creating connections between the left and right sides of the brain.

Crawling is much harder work for a baby than walking because a baby needs to coordinate 6 points of contact – 2 hands, 2 knees and 2 feet – while learning how to adjust to different surfaces when moving from tiles to carpets to wooden flooring, and navigating many obstacles as they go.

Every experience is a learning opportunity and the more surfaces baby experiences the less likely he is to be tactile defensive (doesn't like touch). Crawling is the master milestone and the one milestone that is skipped most often.



Melodie is giving **3 lucky readers** a copy of her book **Brain development – Milestones and learning** (Mind Moves Institute) valued at R240, which this article is based on.

Simply SMS: ENTER MILESTONES, FULL NAME & POSTAL ADDRESS to 32015

(Each SMS is charged at R1: Free minutes do not apply. Competition closes 31 July. Winners will be notified 3 weeks after the competition has closed. Standard terms & conditions apply, see page 1.)

“The brain is without a doubt our most fascinating organ. Parents, educators and society as a whole have tremendous power to shape the wrinkly universe* inside each child’s head, and, with it, the kind of person he or she will turn out to be.” – Lise Eliot¹

**The “wrinkly universe” refers to the child’s creased brain.*

What can sabotage the journey?

- When baby is constantly on mom’s body or cooped up in a stroller or wrapped up like an Egyptian mummy, it prevents the freedom of movement that he needs to develop the brain wiring required to reach each milestone.

When a baby is born premature, the best place for him is skin on skin on mom’s body and sometimes wrapped up like a mummy, but a full-term baby needs the opportunity and freedom to move and discover his body and what it can do.

- Illness, as well as poor feeding and sleeping patterns, can sap the little one’s energy. With low levels of energy movement becomes too much of an effort and baby tends to be “floppy”. Floppy limbs are hard to move resulting in even less movement, thus less wiring and less muscle tone development, which will delay reaching a milestone.

- Contraptions like supporting chairs, walking rings or jumping apparatus hold baby in a position that his body is not ready for, potentially resulting in a skipped milestone which means less complete brain wiring. Research has shown that many emotional and learning problems later on in life are due to skipped milestones in infancy.

- A messed up sequence means messed up wiring because each milestone uses the previous milestone’s wiring, which it adds on to, to build an amazingly complex network of nerve connections. Poor nutrition means the fatty acids that are found in breast milk, and later in fish and some vegetable oils, are absent. The brain wiring needs these omega fatty acids to insulate and protect the nerve wiring. Messages travel at high speed when wiring is insulated, but travel very slowly in unprotected wiring that is the result of delayed milestones.

Faster is not necessarily better

According to Graham Codrington the average baby has a potential life expectancy of around 130 years. If that is true, why on earth would we encourage a baby to rush through his milestones if he is going to read and write for more or less 124 years? What is the big hurry?

The faster a baby reaches each milestone, the weaker the wiring. When pressure is high, later on in school, the wiring collapses and can be seen in the child’s behaviour and ability or inability to learn. Faster is not necessarily better.

The purpose of each of the physical baby milestones is to wire a specific part of the brain. Moms and dads do not have to worry that they don’t know how to trigger a new growth spurt in preparation for the next milestone. Nature takes care of that by prompting baby to move in a certain way and to repeat that same series of movements thousands of times to strengthen brain wiring.

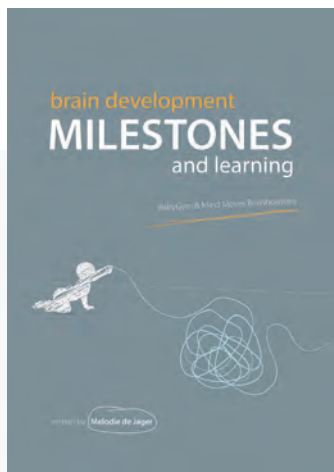
What is even more amazing, is that this prompting follows the same sequence in every baby:

- suckling
- neck control
- rolling over
- pushing up
- sitting unaided and without support
- grasping at will
- crawling all over
- pulling up
- cruising around furniture
- walking

A walking baby has graduated from infancy and is now officially a toddler. Please resist putting pressure on baby to perform, rather allow him to dive deep into each milestone to get as much pleasure out of each experience as possible. We owe it to our children to help them grow the best brains possible. ♥



“A milestone shows that a part of the brain has just been wired and is ready to be used”



About the author:

Melodie de Jager is a qualified nursery school teacher with a doctorate on the role of movement in brain development and learning, which led to her developing BabyGym®, Mind Moves® and Mind Dynamix Profiling®. She regularly hosts workshops in Southern Africa and Europe, is a frequent guest on radio and TV, and is listed at the American Biographical Institute as one of the Great Women of the 21st Century. She has authored **Play learn know**, **BabyGym** and **Mind moves** (Metz Press). All of her books are also available in Afrikaans. www.babygym.co.za



References:

1. Eliot. L. 2000. What's going on in there? New York: Bantam books.

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Is your child's Car seat safe?

International statistics show that as many as 70 to 80 % of car seats are installed and used incorrectly. Problems can range from incorrect installation to using a faulty car seat or facing the seat the wrong way. How can you ensure your child's car seat is used properly?



Do

- Do install your car seat as per the instruction booklet.
- Do place your child's car seat on the back seat of your vehicle. The safest position for this is the middle of the back seat where your child is most protected from impact from any direction. The next best position is on either the left or right back seats. (Also to note is that your child should always travel in the back seat until 12 years of age.)
- Do keep your child in the appropriate car seat or booster seat until they are 1.5 m tall. Size is more important than age when upgrading to different seat options.

Do not

- Do not ever hold your baby on your lap in a moving vehicle. No matter how tightly you hold onto him or her, you will not be able to offer adequate protection in an accident. Car seats are essential.
- Do not install a car seat on the front seat of your vehicle. If your car has airbags, they pose a serious danger to your child. Additionally your child is more vulnerable to objects coming through the front windshield.
- Do not compromise on car seats, and be especially wary of second hand car seats which may be damaged (and therefore weakened) and are also unlikely to come with an instruction booklet to assist with their installation.

The above information is supplied by Wheel Well, a non-profit organisation promoting road safety for children. Wheel Well has many initiatives, one of which includes collecting old car seats, cleaning and quality checking them before donating them to lower income families. For more information please visit www.wheelwell.co.za.



To redress the problem of incorrectly installed child car seats an ISO (International Organisation for Standardisation) standard called ISO 13216 or ISOFIX was defined in 1995 and in 2000 the first ISOFIX car seats were manufactured overseas. This standard moves away from using seat belts to anchor car seats, and instead uses brackets manufactured into the vehicle which car seats can then clip into in a standard way. Most modern European and American vehicles now come with these brackets.

Another safety standard called i-Size has subsequently been introduced to the market. It is based on the same ISOFIX anchor points, but has accommodated keeping children in rearward facing seats for longer (up to at least 15 months) - which has been shown to provide better head and neck protection.

Because most South African vehicles do not come with inbuilt ISOFIX brackets some local car seat brands have designed their own seat brackets which can be fitted into cars post purchase, and which their ISOFIX and i-Size compliant car seats then clip into. Look out for the ISOFIX and i-Size stamps for these features.

The new i-Size standard



Offer your child the best safety

Keep him rearward facing until at least 15 months old

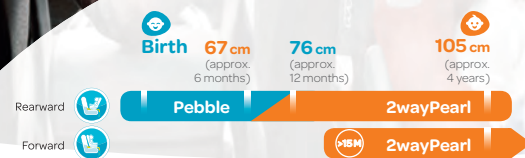
i-Size, or also known as R129, is a new EU safety standard and increases the safety level for children in cars. "i-Size" is the name of a new European safety regulation. It provides extra protection in several ways, most notably by providing rearward facing travel for children up to 15 months instead of 9 to 12 months, which the previous EU regulation advised. The i-Size regulation does not replace the older ECE R44/04 regulation, so you do not need to upgrade your existing child car seat. The introduction of i-Size simply means that you now have an extra option, even safer, when buying a car seat for your baby/ toddler – an option that complies to the new i-Size safety regulation.

5 key points of i-Size

- Improved protection at higher forces for side and front impact and a much better protection of head and neck
- Rearward faced travelling mandatory up to 15 months old
- i-Size requires ISOFIX, which has less chance of being incorrectly used than belted car seats
- i-Size car seats will fit almost all ISOFIX cars
- Length classification for easier choosing the right car seat



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Rekindling Romance after a baby

There is no doubt about it, having a baby is life changing. Nothing quite prepares you for your precious new treasure or how the baby is going to impact on your relationship with your partner. Which is why it is important to have the right mindset for this big life event – as explained by relationship consultant, Ali Murray.

Some moms just seem to sail through pregnancy and having babies. They seem to be “natural-born” moms. They have a natural birth, get their figures back in 3 weeks, take to breastfeeding like ducks to water and their babies sleep through from 6 weeks. On top of that, they always seem to have wonderfully supportive and loving husbands and they say that they are looking forward to having another 5 children!

Okay – so what about the rest of us normal people?

I think there is a lot to be said for the manner in which traditional African culture handles childbirth. In these cultures, as soon as a baby is born she is whisked off with the mom to be looked after by female elders. These women, who understand the process and have been there and done it, will take care of the mom and baby for the first 3 months.

This includes helping mom to get going with breastfeeding, pacifying and winding the baby so mom can get more sleep, and also feeding the mom and making sure she gets lots of rest. Household chores are also handled. This means mom can completely focus on bonding with her baby.

Western culture, on the other hand, presumes that motherhood is something that just happens naturally and easily for the mom, without the need for outside support – except perhaps a few weeks stay from the new mom’s mom to “help out”.

The result is a long and lonely maternity leave period. Exhaustion, lack of sleep, the constant smell of vomit and stinky nappies, and absent husbands who have to return to work, all take their toll on a new mom.

Slowly but surely resentment starts to settle in: “I thought we were having this baby together, so how come I am here at home doing this all on my own?”

Okay, so if this is sounding a bit like your life at the moment who cares about the romance? You probably just want to have a cup of tea with your girlfriends without having to feed a baby. Even more than that, you just want a good night’s sleep. When baby came home through the front door you turned into a mother and, somehow, being a lover does not seem that important anymore.

Here are a few steps to help you to preserve your relationship through baby’s first year:

1. Be kind to yourself in the first 3 months. Get as much sleep as you can and sleep when your baby sleeps. Don’t try to be superwoman. You have just had a baby, your hormones are settling in, your milk is coming in, and the most important task for the first 3 months is for you to settle in with your baby and get your baby into a good sleeping routine ASAP. When you are getting enough sleep and rest, everything else starts to settle into place.

2. If you are a neat freak – STOP IT! Let the dust settle on things or get a full-time housekeeper/granny/mom/aunty/sister to help you.

3. If you have a lot of friends and family visiting to see the baby, set up a big flask or urn of hot water, tea and coffee, and a big box of biscuits and let your guests help themselves. **Let them serve you** a cup of tea while you feed your baby and if you are tired it’s okay to thank them for visiting and then ask them to please leave so that you can get some sleep.

4. Let your husband help you. Yes, he is probably going to put the nappy on backwards a few times, be “christened” in the eye, and will struggle to get the formula ready. It’s okay to let him try, so leave the baby with him for 2 to 3 hours while you get some sleep. It’s important for your husband to bond and get to know your baby too.



"When baby came home through the front door you turned into a mother and, somehow, being a lover does not seem that important anymore"

What is the secret to rekindling the romance in your relationship?

1. Be kind to yourself.

2. Sleep when you can.

3. Keep your **channels of communication open** with your husband. Let him know what your expectations are for each other, and let him know how he can assist you – and vice versa. The biggest passion killer is resentment, so communicate and resolve your problems with each other.

4. Get a **"support group"** of grannies, aunts, sisters and friends who can look after the baby for you for a couple of hours so that you can have some quality time with your man.

5. Test your stress levels. Log on to www.alimurray.co.za and take the stress test. It is very important to monitor your stress levels regularly. It is vital for you to keep yourself healthy and emotionally well so that you can look after your baby and your family. A happy mom is a happy home. You need to take care of YOU and ask for help when you need it.

6. Your shape – **if you can't hide it decorate it!** So you've picked up 10 kg and you've got a few lumps and bumps. Don't stress about it. Decorate the bits you don't like and get on with having fun with your man. The more fun you have, the faster you will lose the weight and the less he will notice the "flaws". When you are settled in with your baby you can go back to gym and watch what you eat and you will have your figure back in no time.

Special note: A man who truly loves his wife and is respectful of her knows that you might be out of shape for a while, but you are no longer just his wife, you are the miracle mother now too, so having a few lumps, bumps and stretch marks is all part of the package.

7. Plan for quality time with your man.

8. For the first 3 months of your baby's life – **keep it simple.** Even a sandwich and tea by a roaring fire with just time for each other can be great. Or how about having a bath together or holding hands and watching a movie.

9. Later on as your baby gets to about 3 to 4 months, you can **plan bigger excursions** – a movie, a dinner date, a weekend away.

10. If you find that you are still struggling with your libido after 6 months and that you and your hubby are constantly arguing, book a consultation with an expert and get the support and advice you need to have a happy and successful family unit.

About the author:

Ali Murray is a relationship consultant, mentor and professional speaker who is dedicated to assisting people with their interpersonal relationships. Visit www.alimurray.co.za to read more of her articles and find out when her next public talk will be.



years old!

Studies have shown that when your baby gets to about the age of 3 you are going to start feeling like you have your life back again. This is normally when you will fall pregnant with baby number 2 or 3!

Hush little baby...

Five steps to establishing a sleep routine *that works*

By Ann Richardson

1. Limit your baby's awake time in-between naps

Believe it or not, it is the awake time and not the sleep time that drives healthy sleep patterns. An over-tired, over-stimulated baby will struggle to fall asleep without extensive assistance, such as being fed or rocked to sleep. A baby who is calm and sleepy will fall asleep with ease and with little intervention.

2. Understand your baby's signals

A lot of the time, an over-stimulated baby will show signs of tiredness and sensory overload. These signals, such as irritability, pulling up their legs, fisting their hands, yawning, sneezing and hiccupping, are often incorrectly attributed to winds and cramps. The caregiver then spends much time fiddling with the baby, trying to break wind, checking for a dirty nappy and so on – all of which continue to over-stimulate baby, resulting in ongoing fussy behaviour.

3. Have a consistent sleep zone

Having a consistent and calming sleep zone will ensure that your baby is able to fall asleep without resistance. This is especially so for older babies, who need a consistent and unstimulating sleep space in order to regulate themselves sufficiently to become calm so that sleep can follow.

4. The importance of routine

Children, especially toddlers, thrive on routine. A flexible routine is important to ensure a healthy balance between sufficient play and stimulation with quiet and calm time. Day-time naps are still important until well into the toddler years.

5. Early to bed

Children should, ideally, be in bed and asleep by 19:00 every night. Depending on your baby's afternoon sleep pattern, bedtime could be as early as 18:00. Delayed bedtimes cause over-tiredness, cranky behaviour and high levels of stress. Don't be tempted to keep your baby awake just because dad is coming home late from work!

6. Teach your baby to sleep

Because babies pass through light sleep states or sleep cycles every 45 minutes at night (up to an hour in toddlers), it is not possible to prevent your baby stirring at night. However it is possible for you to teach your baby to go back to sleep without your assistance. This means that you give him a chance to see if he can put himself back to sleep. You should not leave your baby on his own for long periods of time, and by portraying a message of consistency and confidence, your baby will feel secure and not abandoned.

About the author:

Ann Richardson is a Registered Nurse and Midwife, owner of the Sister Ann's Well Baby Clinics, lecturer and author of **Toddler Sense**, and co-author of **Sleep Sense** and **Baby Sense** (all Metz Press).
www.toddlersense.co.za



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“Happy mom, happy baby”

Back to Work Tips

By Dr Colinda Linde

Becoming a parent is a life-changing experience, with many gifts among the challenges. Fortunately there is often readily available support for the new mom – and dad – such as books, support groups and forums to give advice. Going back to work is another transition, which is equally challenging but is not spoken about quite as much.

How do you feel?

The first consideration is how you feel about going back? Is it a mixture of anxiety (leaving your precious baby with someone else); sadness or reluctance (maybe you'd rather stay home); relief (for a few hours per day you can interact with adults, who are toilet trained and not demanding food or a nappy change!); guilt ("Why do I feel the need to spend a bit of time away from my baby?" or "Why is my career still important to me?") ... or a bit of a mix of the above? Let me state from the outset: happy mom, happy baby.

Guilt seems to be part of parenting, especially for moms. Whether you work from home or not, there is going to be a time when you feel you have "let baby down". Maybe you fell fast asleep as you were exhausted, and it took a few minutes to wake when baby was crying. Maybe you were in the toilet when they called for you and you couldn't get there immediately. Maybe you are doing sleep training, which could leave you feeling guilty about letting baby cry while he learns to self-soothe. It's tough keeping the long-term benefit of baby sleeping in mind when your emotions are telling you to pick her up and comfort her!

It is important to recognise that we all need to get used to living in an imperfect world, where we need to learn frustration tolerance as a life skill. Of course baby would like you to be available 24 / 7, but there is a price. Losing yourself totally is not healthy for either of you, and think about how your child will struggle later in life when they go to school and no one else is so devoted to them!

Fulfill yourself first

Maybe you like working and enjoy your career. If you are happiest this way, you are more likely to spend good quality time with baby when you get home. When one part of you feels fulfilled at work, you are then better able to fulfil the other part when at home.

Once you have identified how you are feeling and processed your emotions, maybe with the help of your family, friends or a therapist, you can then take some practical steps to make the transition back to work easier.

"Second mom"

This begins with you feeling as comfortable as you can be with the "second mom" you have chosen to take care of your child while you are away. As much as you may fear your baby becoming as happy with this mom as she is with you, you also want your baby to be relaxed and feel secure when you are not around. It's a tricky one – you want baby to feel safe and happy with the caregiver, but also want to remain number 1 in your child's life. This is one of the tough choices to make and one you have to make peace with. Try to see the caregiver as an extension of you, rather than a substitute or competition.

Something to consider when choosing this person is whether they will follow the routine you have devised, or will they undermine it. If you have a routine which works, and which baby is familiar with, it is important to continue in the same manner. It also allows you to feel that you are in control of the situation, even when you are out.

Babies have their own little personalities. If your baby is relaxed with strangers, a short transition is fine. If your baby takes some time to become familiar with new people, introduce the carer slowly and at a consistent time over a few days. For example, you could let her do one feed and change while you are in the room, then with you out of the room, so that baby can see you will be back. When you officially go back to work, have a consistent routine of saying goodbye and of greeting your baby. Familiarity, consistency and routine leads to trust and security.

Back to work, back to reality

Now it's time to plan your return to the workplace. Remember you have been away for a while and things may have changed – relationships, the structure, even the position of your desk! Anticipate this, and also that there will be a period of you getting used to the people and place, as well as them to you.

Don't take it personally if someone forgets to CC you on an email or tell you about a meeting during the first week. If there has been a lot of change at work, you could meet a friend for coffee a few days before you go back to get a heads-up.

Plan your journey. It will have been a while since you made the trip during peak hour traffic, or on specific roads, so take this into account. If it's a long drive an audio book or a CD you enjoy will turn the commute time into a lovely breathing space for you.

Get dressed for success

A newborn's mom may often end up not getting dressed until 16:00 on most days, if at all, so remember your work persona has a different way of dressing and accessorising. It could be quite pleasant to dress up a little more, again, and remember you may not be back at your pre-baby shape so plan a few outfits that you feel good in for the first week or 2. (Even if you are back to your pre-baby weight, it may take longer to regain some of the shape – somehow things are rearranged after pregnancy!)

All of these changes can take time to adjust to, so allow yourself a relaxed schedule for the first few weeks. Easing back in is the best way to manage the transition and to course-correction as you go. This is all uncharted territory even if it's not your first baby, each time is new.

Mommy yourself

Finally, self-care is at the heart of coping with parenthood and all the challenges and transitions that go along with this journey. If you are fed, watered, rested – as you would make sure your baby is – you will also be able to self-soothe and react in a relaxed and rational manner. What you would do for baby, please do for yourself. You deserve the same levels of nutrition, rest, quality time and love. Remember – happy mom, happy baby!



About the author:

Dr Colinda Linde is a practising Clinical Psychologist, SADAG media spokesperson for mental health and working mom with twins. She has also authored **Get the balance right** (Metz Press – also available in Afrikaans).
www.colindalinde.com
www.thoughtsfirst.com

Your Amazing Baby

Your bundle of joy comes with many quirks, which you are probably familiar with by now. But did you know about these ones?

- Your baby's inner ear is the only sense organ that is fully developed before birth, reaching its adult size by the middle of pregnancy. Just 10 minutes after birth she can work out where a sound is coming from.
- Your baby has a great sense of smell and at one week can recognise your unique scent. This is why it is advisable to use unscented products which won't irritate your baby, and avoid perfume and deodorant which will mask your comforting smell.
- At birth, your baby has no kneecaps. These will only develop after 6 months.
- Until your little one is 4 months old, she will be unable to taste salt. The delay is thought to be due to the development of kidneys, which start to process sodium at about that age.
- Babies love touch, and it is good for them too. Touch stimulates the production of growth-promoting hormones. In one survey, premature babies who were touched regularly showed 47 % more weight gain. Your little one is no different, so carry on cuddling!
- When born, your baby will cry to keep her eyes moist (basal tearing) or as a reflex to an irritant (reflex tearing). Tears from emotional distress only manifest between 2 and 4 months of age and are called psychic tearing.
- You should expect intentional smiles from your bundle of joy between 4 and 6 months of age.



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Axl



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MamaMagicSA Facebook fans were asked to send in baby's Funny Faces photos. Here are our favourite ones.

All featured photos receive 2 complimentary tickets to MamaMagic, The Baby Expo, and the winning photo receives a R250 Baby City gift voucher.

If you'd like to enter more competitions like this one, "like" our MamaMagicSA [Facebook](#) page to be notified of new competition details.

"The most important thing she'd learned over the years was that there was no way to be a perfect mother and a million ways to be a good one."

- Jill Churchill



In SA
only **36%**
of children
aged **0 – 4 years**
live with both
biological
parents.

*"Remember it's not a race;
each child develops at his
or her own pace."*

Your toddler's **Developmental Milestones**

- pg. 47 - 49



*"Help toddlers realise their feelings are
acceptable, while simultaneously setting
boundaries on behaviour that is
unacceptable" – guidelines to setting
healthy boundaries for your toddler*


- pg. 44

A close-up photograph of a toddler with light brown hair and eyes, wearing a crown made of crinkled aluminum foil. The crown has three points, each decorated with a red sticker: a heart on the left, a star in the middle, and another heart on the right. The child is wearing a long-sleeved shirt with horizontal stripes in yellow, red, and green. They are pointing their right index finger directly at the camera. The background is a plain, light color.

TODDLER

Toddlers
**Need
Boundaries**

By Anne Cawood



“Help toddlers realise their feelings are acceptable, while simultaneously setting boundaries on behaviour that is unacceptable”

Effective discipline without punishment

In my opinion, and based on my many years' of experience as both a mother to 4 children and grandmother to 4 grandchildren, as well as a parent and child counsellor, toddlerhood is the most crucial stage of development for the formation of positive and effective parenting skills, which will set the scene for the many years which lie ahead.

Many parents have asked me: “When is the right time to start disciplining my toddler?”. In order to give an appropriate answer, I need to go back a bit.

Needs vs demands

It is important to accept that babies need to have their many basic needs met. You cannot “spoil” a newborn. By meeting a baby's needs, basic trust is built up. This trust forms the crux of healthy personality development.

However, at about the middle of their first year, a baby's needs turn into demands. That is the time when you gently begin to set appropriate limits. For example, if you have fed, changed, cuddled and played with baby, it is then time to allow her to begin experiencing the reality that others also have needs and demands, and that hers cannot be met immediately. This forms the basis for the setting of those gradual and gentle boundaries.

The baby stage then rapidly becomes the much-dreaded toddler stage (about 18 months to 3 years). It is very important to grasp the essential characteristics of this stage. The psychologist Eric Erikson calls this the stage of autonomy vs shame and doubt. The baby emerges from the cocoon of infancy and begins to express her unique individuality. She does this by exerting her power over her caregivers. This is manifested in all the typical behaviours which are so often described as “the terrible 2's”.

The power of “no”

You will find she is resistant to control. For example, she will not eat, sleep or go to the toilet when instructed to. Why? Because she is learning the power of “no” and her ability to resist control. Your toddler is not able to be rational or logical.

She is also egocentric. That is, she believes that she is the centre of the universe and no one else matters. Your toddler is unable to show empathy towards others – this ability will only develop as she grows and matures.

Harsh, punitive discipline and unrealistic expectations can lead to the “shame and doubt” of Erikson's theory. This essentially means that your toddler will not develop a healthy sense of ability and self-esteem. It's unfortunate when adults view a toddler's irrational and impetuous behaviour as intentional naughtiness. It may be unacceptable and need to be limited, but it is necessary to view it as “normal” for her age and stage of development.

It's in the wiring

Another factor to take into consideration is that of basic temperament. Babies are all genetically wired to manifest certain unique character traits. Some are “wired” to be amenable and calm, and others to be stubborn and reactive. It is important that parents learn effective management skills – and, in the case of toddlers, this means helping your toddler learn to express her negative emotions in a socially acceptable manner.

This means finding ways in which to help her express the negative feelings in acceptable ways by, for example, throwing a bean bag in the garden, jumping up and down, shredding an old magazine etc. Putting a “lid” on her feelings will not help her learn that these feelings are acceptable, but certain behaviours are not.

Therefore, if you have a toddler who is “wired” to be stubborn and challenging, and she also at this stage wants to exert power and independence, you can see how ineffective parenting methods can lead to enormous problems in the future. Understanding these factors, and developing an accepting and positive mindset, will certainly help in the formation of effective discipline strategies as this little person grows towards the preschool stage.

Dealing with feelings

It is so important for parents and carers of toddlers to understand the importance of helping toddlers to realise that their feelings are always acceptable, although very often their behaviour will not be.

“Harsh, punitive discipline and unrealistic expectations can lead to shame & doubt”

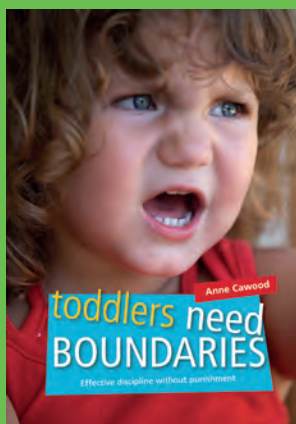
It is so natural to name objects for toddlers such as, “Look at the pretty balloons”. Adults seem to find it easy to name “things” for the child – from a very early age. It is not as easy to begin identifying the emotions that your baby/toddler is experiencing, however, it is just as important to begin doing so such as, “I can see that you are very frustrated”. You need to be able to allow the feeling, while simultaneously setting boundaries on behaviour that is unacceptable.

For example, “I can see that you are very angry, but we do not hurt people when we are angry.” This is such a vital life skill – and the core of future emotional intelligence.

About the author

Anne Cawood is a registered social worker, who runs a private practice and is also a primary school counsellor. She is also the author of 5 books, including **Toddlers need boundaries: Effective discipline without punishment** (Metz Press). All other books are also available in Afrikaans.

<http://boundariesinc.co.za>

**Don't judge**

Adults are allowed to have bad days and crises, but it is also crucial to try and express any negative feelings and opinions in non-judgmental ways. Always try to address the behaviour and not the personality of the toddler. "I get very upset when toys are thrown" is a more positive way of speaking than "You are a horrible little boy to throw a toy at me!"

Of course, the basis of effective discipline is to try and rid oneself of any outdated views of what discipline is. It is not the same as the old versions of punishment – which were harsh, external and often humiliating. Discipline is teaching, guiding and socialising. It means setting age-appropriate boundaries, and then allowing your toddler to begin learning from the consequences of her choices. The consequences do not have to be too punitive, and need to be related to the age of the child.

For example:

1. State the rule or boundary clearly: "The toys must be put away before we can switch the TV on."
2. Give a choice that involves a consequence: "If you put away the toys you can watch your favourite TV show – but if you don't, no TV."
3. Follow through with the consequence: "I see that you have chosen not to watch TV."

The reality is that your toddler will most likely throw a tantrum. Stay calm and connected. Never give in to a temper tantrum. Say "I know you are mad", but then firmly add, "we had a deal and you chose not to put the toys away, so we will watch your show tomorrow."

Be a role model

Always remember that in choosing how to discipline our children we are acting as powerful role models. If we resort to shouting and smacking, we are sending a message that it is okay to be aggressive and to use power over others. We must also ask ourselves, "Could there have been a better way?". And there always is a better way than yelling and hurting.

It is usually our adult inability to control our reactions that leads us to lash out. We need to realise that we have a choice as to how we react, and as a result of our choice of reaction we are sowing the seeds of our toddler's future behaviour.

Take time out – for yourself

Finally, the parents of toddlers need to ensure that they take time to replenish their own emotional tanks. Ensure that you have time for yourself and for your partner, friends and colleagues. Toddlers take a huge amount of time and energy. They need parents or carers who are able to provide boundaries, while at the same time also understanding the toddler's very challenging stage of development, and who are willing to learn effective skills and strategies that will equip the toddler to move forward into childhood, and later adolescence, with a good sense of independence and positive self-esteem.

Harsh and punitive methods of discipline will only lead to an escalation of aggression and repression in the child. However, firm, consistent and age-appropriate rules and limits will provide the toddler with a sense of emotional safety and physical containment.

Enjoy your toddler. This is such a precious time as she changes from the dependency of babyhood to the autonomy of toddlerhood. ♥

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Track your toddler's **Developmental Milestones**

By Liz Victor

Toddlers between 13 - 36 months are explorers and young scientists; they look at things, study them and then test their theories. Emotionally it's a see-saw ride between being happy one moment to all fall down the next. This is normal and expected at this age of ME and do it MYSELF. Progressing from ME to WE can do this together, becoming social and learning to share with others, is part of growing up.

It's only towards the end of this period that we start seeing the social WE emerging. Your toddler is going to progress from being a frustrated 1 year old to a 3 year old that can communicate his needs and wants very clearly. In order to do that he needs to develop through the stages outlined below.

47

13 - 18 Months

Developmental Checklist

Physical Development

- Walk freely without support
- Creep upstairs
- Go down stairs backwards
- Walk, stop and start
- Enjoy pulling toys around
- Attempt to throw a ball
- Climb onto a low chair

Language and communication

- Jabber with expression
- Speak a minimum of 20 recognisable words towards the end of the 18 months
- Point to objects when requested to do so
- Start to put two words together
- Follow simple instructions
- Identify at least three different body parts
- Imitate sounds e.g. brrrrmm for a car
- Enjoy sounds - looks up to the sky when hearing a bird or airplane
- Enjoy looking at pictures in books, or pointing at familiar things

Emotional and Social Development

- Say "NO" often, even when he may mean "yes"
- Probably be irritable when tired or hungry
- Be somewhat anti-social (not wanting to share his toys)
- Be extremely curious, wants to explore everything
- Become less afraid of strangers - stranger anxiety passes
- Still misses mom when she leaves, but it's better than before
- Play alone for short periods of time, provided the toy is age appropriate and interesting

Warning signs

If at the end of 18 months your child displays any of the following, please consult a professional for a full assessment:

- No attempt to walk
- No attempt to talk or repeat or copy sounds
- No speech
- Abnormal grasping of objects
- No pincer grip evident
- Unable to understand and respond to simple requests
- Mouths objects excessively (explores things by putting them in his mouth)
- Excessive drooling



19 - 24 Months

Developmental Checklist

Physical Development

- Attempt to run, but may still fall when stopping
- Ride little plastic motorbikes – using both legs to move forward
- Walk up steps, two feet on a step
- Jump up and down with both feet for take-off and landing
- Climb onto and jump off of low benches or chairs
- Start to thread beads or similar, with supervision
- Throw balls and other items
- Turn pages of board books
- Squat and rise without falling over
- Build a 6 cube tower or a train with blocks
- Start to display a dominant side

Language and communication

- Use short phrases
- Speak a minimum of 50 recognisable words
- Point to and name familiar objects when requested to do so
- Start to put three words together
- Attempt to draw a vertical line with his finger or crayons
- Recognise several animals and imitate their sounds

Emotional and Social Development

- Handle his own spoon and cup
- Indicate a dirty nappy
- Enjoy pretend play
- Attempt to dress and undress himself but cannot fasten buttons

- Be dry most nights
- Like to be with other children, but still not very happy to share toys
- Play alone for longer periods of time, provided that the toy is age appropriate and interesting
- Enjoy helping to pack toys away
- Be very proud of praise and accomplishments

Warning signs

If at the end of the second year your child displays any of the following, please consult a professional for a full assessment:

- No spontaneous vocalisation
- Mouthing objects (explores things by putting them in his mouth)
- Displays a tremor
- Very uncoordinated and often clumsy
- Unable to understand and respond to simple requests
- Does not show any emotion.
- Cannot respond with “yes” or “no”
- Cannot reply to simple requests
- Cannot recognise himself in the mirror
- Does not respond to his own name



Remember it's not a race; each child develops at his own pace. As long as the basic milestones are being met your toddler will progress and become physically and socially adept. Trust your instincts as a parent. If you feel something is not right, have it checked out as an early intervention will only benefit your toddler. The exploring and play that he is doing as a toddler is his job, his mission to become school ready and to cope in the classroom.

24 - 36 Months

Developmental Checklist

Physical Development

- Ride a tricycle
- Climb steps, 1 foot per step
- Climb down steps, 2 feet per step
- Walk on tip-toes for fun
- Throw and kick a ball
- Build a 9 cube tower with ease
- Enjoy playing with blocks, building bridges
- Turn pages of books
- Copy circles
- Use scissors to cut paper (but always supervised!)
- Manage 2 piece puzzles
- Thread beads with ease

Language and communication

- Know his name and sex
- Talk non-stop
- Have a large vocabulary
- Manage small threading and finer detail
- Understand a whole lot more than he can say
- Refer to his things as "Mine"
- Recognise sounds in the environment
- Asks "What's that?" and "Why?"
- Name pictures and label everyday items
- Want to learn new words
- Hears everything!

Emotional and Social Development

- Show signs of wanting to toilet train - especially girls
- Eat with a fork
- Want to be around other children but is still very selfish
- Love to give and receive cuddles - very affectionate
- Have temper tantrums, especially when frustrated and tired
- Enjoy ordering you around and may like to be the boss!
- Have mood swings, moving from happy to sad in a matter of minutes

Warning signs

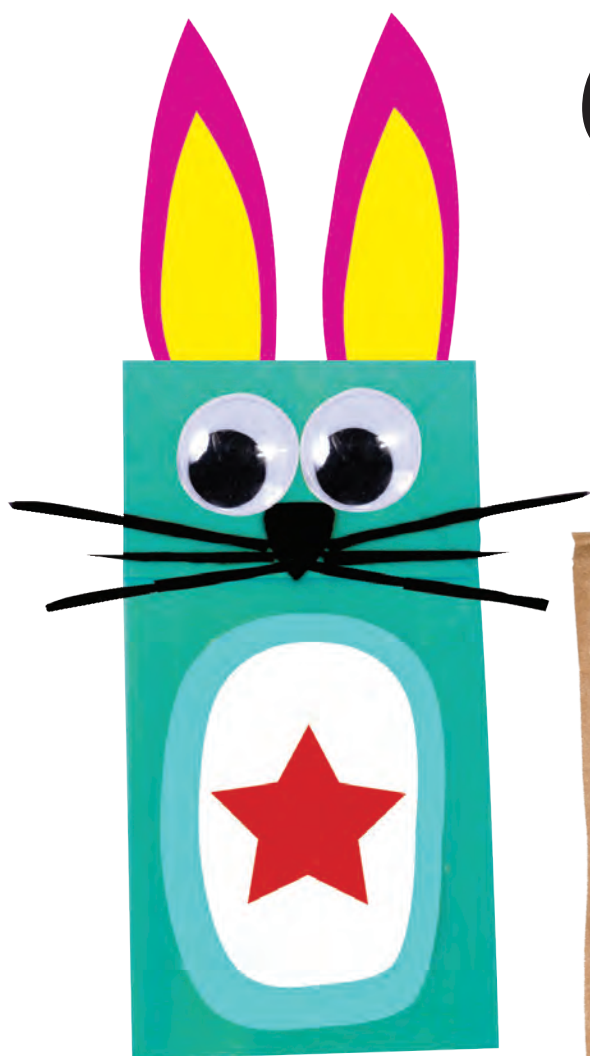
If at the end of the third year your child displays any of the following, please consult a professional for a full assessment:

- Uses single words only
- Does not follow two instructions e.g. "Go to your bedroom and fetch your shoes."
- No interest in toilet training
- Does not identify familiar people and objects
- Not interested in other people or new situations
- Cannot sit and amuse himself for a few minutes at a time



About the author:

Liz Victor is the director of TOPTOTS Early Learning SA and the co-author of **Play learn know** (Metz Press). All of her books are also available in Afrikaans. www.toptots.co.za



Craft time with *your toddler*

Pre-school teacher Karen van Lelyveld has the perfect activity to do with your little one – it's fun, cheap, easy and educational!

Paper Bag Puppet

Step 1:

Let your toddler decide what type of animal her puppet will be, and discuss with her what shapes and colours she will need for its features - like ears, eyes (if not using googly eyes), nose and tail.

Step 2:

Assist your toddler with drawing the shapes she needs on the chosen coloured paper, or felt if you are using this. For harder shapes you can trace around other objects. (Parents – please note that assisting does not mean doing it for your child! Let her try her hand and don't let either of you get too caught up on things looking perfect.)

Step 3:

Carefully supervise your little one with cutting out her shapes with the scissors.

Step 4:

Let your toddler place each shape on the puppet according to where it needs to go. Discuss where each feature should go, and compare her puppets features with her own. Once everything has been placed so it looks right, let her glue each shape on, one by one.

Step 5:

Let your toddler embellish her puppet with any additional bits and pieces – string can make whiskers, glitter can add sparkle. Have fun with it.

Top tips

- You don't need fancy materials to make your puppet – use old envelopes and paper from your junk mail.
- Use this opportunity to talk about and name the different colours and shapes throughout the activity. This is a great learning opportunity.
- Why not also make your own puppet alongside her. You can then ask her to pick out differences between the two, and start drawing comparisons between the types of animals they are, and their different sizes, shapes and colours. Use this to encourage an appreciation of diversity, and that everyone is different.
- When you have made your puppets, put on a puppet show, or role play different situations. These are great ways to start teaching your child about empathy and other social skills. If you have made animals like your own pets, use the role play as an opportunity to teach her about pet care and health.

What you will need:

- A brown paper bag*
- Coloured paper or old magazines
- Child-friendly scissors
- Glue
- Optional extras: googly eyes, buttons, bottle tops, string, coloured felt tip pens, coloured crayons, glitter – let your imagination go wild!

**An alternative here is a sealed envelope of any size, new or used, with one of the short ends cut off.*





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Bringing Home Baby #2

Many of us plan to have more than 1 child, and many of us know from experience how special a sibling relationship can be. However, introducing your new baby to your “old” baby is often not an easy task, and it can stir up strong emotions of jealousy and insecurity in a first born. It goes without saying that this is not ideal, so in order to help spur on the bond between siblings here are some tips to help your toddler adjust to, and grow to love, your new addition to the family.

Prepare early

It's important that you tell your toddler well in advance that a new baby is going to be coming home. If he is under 2 ½, tell him about the new baby in your third trimester when there is growing evidence in your belly. Any earlier than this, and he will be confused by the passing of time and lack of this mysterious baby you keep talking about. If he is over 3, show him photos of himself as a baby, and talk about his growth and development to who he is now, as this may help him relate to the new baby. You can also involve him with your unborn child by taking him to your check-ups to hear the baby's heartbeat.

In hospital

When you go to hospital, try to arrange for your toddler to do something fun so he has a positive experience associated with the new baby. For example, he could bake with granny, or go on an outing with his favourite uncle. Once baby is born, let your toddler visit you both in hospital. Make a fuss over him and introduce him to his new sibling. Display a photo of your toddler by your bedside, so he will know he is still important. Another good tip is to bring a gift to the hospital for your toddler, “from” the baby.

Coming home

When baby comes home, try to stick to the toddler's routine as much as you can. This won't be easy, but it will help him feel secure with the reassurance of pre-baby normality. Of course the baby will have her own needs and routine. Use this as an opportunity to involve your toddler, for example asking him to help you (maybe to fetch items you need when nappy changing) or else drawing him into the baby's activities (you could read him a story while you breastfeed).

You can also help your toddler engage with the baby by explaining her actions. For example, “When baby grabs hold of your finger, she is letting you know she loves you!”

This might be hard, but avoid saying “don't touch” too much. Rather try and be relaxed with him being around the baby. Only if he is putting the baby in danger should you intervene. Having said that, never leave the baby alone with your toddler.



Extend the compliments and say:
"Now we have 2 beautiful children!"

Around other people

Warn uninitiated friends that your toddler may get jealous, so ask them to make a fuss over him as well as the new baby when they visit. Some friends may also bring a gift for the baby, but forget about your toddler. Have some spare gifts in the cupboard as back up.

Let your toddler unwrap baby's gifts, so he is involved in the baby in a fun way. (This also starts teaching him about giving, and not only taking – an important life lesson.)

When people comment on how beautiful your new baby is in front of your toddler, extend the compliments to him too. For example, you could say: "Now we have 2 beautiful children!"

Feeling special

You need to make sure your toddler still feels special, so that he doesn't feel he has to compete with the baby for your affection. You can do this by highlighting his talents, so he is reassured of his individuality. You could tell him, for example, he is great at throwing and kicking balls, and one day he will be able to play ball with his little sister and teach her his skills. Importantly, try to set aside a little 1 on 1 time for your toddler each day, even if it is only 15 minutes.

Behaviour changes

Be prepared for your toddler to start acting out, and even regressing into old behaviours such as using a dummy. Be patient and accepting of these changes. Let him have his dummy. At the same time, start to draw his attention to the benefits of being older and bigger than the baby – that he can eat ice cream and play on the jungle gym, for example, things which his little sister can't do.

Be sympathetic. Tell your toddler you know it is hard for him to have to adjust to a new baby, so he is reassured that he can express all of his emotions, both positive and negative. By being sensitive to how big an impact a new baby is on your toddler, he should be able to adapt quickly, and soon he will be loving his new sibling. **Good luck! ♥**

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PIGEON

Is it too *early* for Technology?

By Liz Victor



In April 2010 we saw the world as we know it change forever. The first iPad, a handheld tablet computer, was introduced to the market. At the time, none of us thought we would ever really use this device, and yet, a mere 4 years later it is hard to imagine life without it. Adults and children alike are often glued to their tablet screens, and we have to stop and ask: are we going to pay the price for it later?

"A toddler in her developmental years should be moving around as much as possible: jumping, climbing, running and strengthening major muscles"

Spurred on by the popularity of iPads and smartphones, apps are cheap and easy to come by. Developers like to lead us on to believe that it is beneficial to let your young baby or toddler play with a handheld device. Yet there are no long-term studies that support this, and so common sense should prevail.

Health concerns

A toddler in her developmental years should be moving around as much as possible: jumping, climbing, running and strengthening major muscles. This is important so that she can go on to gain control over her small muscle groups for fine motor skills like writing and reading. It stands to reason that if she spends hours on a device, she will not get the basics into place and this could lead to learning and health problems, such as obesity, later in life.

We know that obesity is on the increase, which in turn leads to early onset of puberty, as weight is a contributing factor in hormone release. We are seeing 8 and 9 year olds having to cope with puberty. Is this what we want for our children? One way to help avoid obesity is to encourage your child, from a young age, to embrace and enjoy an active lifestyle.

Stay engaged

Adults, as parents, should also be conscious of not being attached to their own devices and constantly, checking and re-checking emails, instant messages and social media platforms like Facebook. Because by doing so, they are neglecting to check on their children.

If parents do not lead by example for their children from a young age, it's going to be too late when they are teens. I urge parents to pay attention when their toddlers talk; be in the moment, be engaged in what they are doing, and don't pretend to be listening. They know when this is happening and soon they will emulate your behaviour and stop listening to you too.

Limiting screen time

So let's be realistic here. We all have at least one TV in our home, and most families have cell phones and/or handheld devices. We are not going to get away from this. How do we incorporate this technology into our lives without harming our children's development?

The first thing to do is to limit the time spent on watching TV or playing on a handheld device (tablet, cell phone or game console) or a desktop computer for that matter. Use these items as rewards, for rainy days, or times when you need 10 minutes to do something. They shouldn't be the first thing you gravitate to as a babysitter.

Alternatives to extended screen time

A toddler's natural instinct is to discover and go on adventures. Often this doesn't last past the toddler years. Once formal education begins, the hands-on approach is often replaced by hands off! So start at home with simple things.

1. Record your child's favourite programmes. Toddlers love to watch programmes over and over. Use the recorded programme or DVD as a book; pause it and interact with your child. This will turn it into an active session.



2. Send them to go and look for something green, if that was what was on the programme. Or talk about what the characters did.

3. If they are playing on a device with a counting app, pause it and go and count something that they can touch, smell, or taste – like apples. The more senses you involve in a learning experience, the more learning takes place.

4. Teach them to classify things. Ask questions like how are things the same, how are they different? Look at everyday items with new eyes. Collect pictures of transport options and group them according to the number of wheels they each have. Look at the fruit bowl. Which fruit can you eat just like this and which ones do you have to peel?

5. Collect leaves and look at them closely. Some are big, some small, some have many veins and some only a few. If you have earthworms in the garden dig some up and have a closer look at them. Plant a small vegetable patch or herb garden. You only need a very small patch for your toddler to keep control of. If you plant herbs, involve her in cutting them when you need them for cooking.

6. Collect some balls and have her sort them from small to large. Once she has the hang of this, let her sort from large to small. This is a harder skill. Then look at which are heavy and light. Let her experience heavy by filling a coldrink bottle with water and have one that's empty so he can experience light as well.

7. Get into the habit of looking through the window each morning and commenting on the weather. Becoming weather savvy will help your toddler become more sensible when dressing and it's something that's done every day at preschool.

Remember that free unstructured play is important. Don't always gravitate to electronic media. We have a whole world out there waiting to be discovered. ♥

Secrets of healthy kids

Winter can feel like the season of war with its ongoing attacks of colds, flus and other bugs - especially with small children who are so susceptible to these kinds of things. And yet why is it that some kids don't seem to succumb so easily? It turns out that these kids share 6 simple habits that help them stay healthy, and which your family can easily adopt.

1. Regular hand washing

Teach your toddler to wash her hands before every meal or snack, and after coming home from preschool or playdates. This will dramatically reduce her risk of picking up respiratory and gastrointestinal illnesses. Make sure she scrubs her hands with warm water and soap for 15 to 20 seconds to be thorough. And of course, make sure you follow this rule too!

2. Teach your toddler not to touch her face

Cold and flu viruses enter the body via the nose, eyes or mouth. So if you can teach your toddler to not touch her face, she will reduce the opportunities these viruses have to infect her.

3. Eat a balanced & healthy diet

To keep your toddler's immune system in tip-top condition she needs to eat a diet packed with essential nutrients and vitamins. Vitamins C and D are especially good at fighting off illness so feed her lots of foods packed with these, like broccoli, strawberries and oranges (vitamin C), and tuna, cereals and fortified milk (vitamin D).

4. Get plenty of exercise

Moderate physical activity stimulates the immune system and helps prevent sickness. Make sure your little one has the opportunity to run around and play, at least a little bit every day.

5. Get plenty of sleep

Lack of sleep has been linked to an increased susceptibility to colds and flu. In addition to naps taken during the day a toddler needs about 11 ½ hours of sleep every night, so make sure she is getting this.

6. Get the flu vaccine

Take your toddler for an annual flu vaccination at the start of the winter season so she can gain maximum benefit from it.

When your mother told you to **"Cover your mouth when you cough!"** she did so for good reason. Live Science reports the average human cough expels about 3 000 droplets of saliva, some of which are propelled at speeds of up to 80 km per hour.

If a person is sick these droplets may contain as many as 200 million individual virus particles. And when airborne, viruses in these tiny droplets can survive for hours.

Sneezing is worse than coughing – as many as 40 000 saliva droplets are expelled in one sneeze, at speeds of up to 320 km per hour.



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MAGIC MOMENTS

fancy dress

Readers Pics

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"Kesi-Bug"



Mr Elephant

Fancy Dress was the theme for our toddler photo competition on the MamaMagicSA Facebook Page.

We had so many great photos submitted – here are the ones we liked best.

All featured photos receive 2 complimentary tickets to MamaMagic, The Baby Expo, and the winning photo receives a R250 Baby City gift voucher.

If you'd like to enter more competitions like this one, "like" our MamaMagicSA [Facebook](#) page to be notified of new competition details.

How to build
Strong Family Relationships



– pg. 60 - 61

"A caring relationship is built on the mutual understanding of compromising" – learn the basics of building strong family relationships



family



Hip hip hooray!
Celebrating Birthdays

– pg. 72 - 74



How to say "family" in **6**
South African languages

Umndeni – Zulu & Xhosa
Gesin – Afrikaans

Lelapa – Setswana, Sesotho & Sepedi

Your essential parenting guide for the whole family

"If your baby is beautiful and perfect, never cries or fusses, sleeps on schedule and burps in demand, an angel all the time – you're the grandma."

– Theresa Bloomingdale



How to build **Strong Family Relationships**

By Ilze Alberts

Families are special, and belonging to a family with close family relationships is extra special

Every couple who gets married and decides to have children has dreams of having a happily-ever-after ending – a great marriage with kids who get on well. But the reality is relationships are tricky and building good, solid relationships take skills, know-how and perseverance.

Let's have an in-depth look at the basic principles of solid family relationships.

Build warm caring relationships

There are three types of relationships: careful, careless and caring.

A **careful relationship** is when you walk on eggshells around the other person. A wife too scared to speak her mind to her husband, or a father too insecure to say no to his child because he doesn't want to lose favour with his child, are examples of careful relationships.

Being too careful to be real means you will battle to build a relationship of mutual respect and comfort, and the relationship will be characterised by dishonesty and insecurity.

A **careless relationship** is a relationship characterised by you not caring about how your actions impact on the other person. For example, a husband not caring about the impact that his long hours of watching or playing sport has on his family; or a child not caring about the impact of his rudeness on his sibling. This is a relationship where the members of the family would prefer to be further apart from each other than close to each other.

A warm and **caring relationship** is characterised by each person caring about their impact on the other person. It is a relationship skill where you consider how your decisions, behaviour and actions impact on the rest of your family.

It is, for example, a father who understands when he plays golf on a Saturday that he gives his wife "time off" on Sunday to do something she likes while he takes the kids to the park. A caring relationship is built on the mutual understanding of giving and taking.

It is human nature to fluctuate between careless and careful behaviour: you become careless when you place yourself on a pedestal and put the other person down and careful when you put yourself down and place the other person on a pedestal.

A warm and caring relationship is where you consider your family member and yourself as equals, even when the other person is your 1-year-old child. All humans deserve to be treated with respect, dignity and unconditional acceptance and that includes everyone in the family from a baby to an adult.

The foundation of the family

The day you married your spouse or the day you moved in with each other as life partners, you did it with the wish and intention to be together till death do you part. Nobody gets married with the view that it won't last. Everybody wishes to make it work. Marriage is hard work and it takes time, attention and focus to make it work. A high number of marriages end in divorce. So what can you do to make sure yours is one of the marriages and relationships that last forever?

The first step is to make your marital relationship or life partnership the most important relationship in your life, as this is the foundation for your family relationships. How do you continue to build your relationship with your partner you have chosen for life? Love them for who they are, warts and all, and do not try to change each other. You will be headed for endless frustration and resentment if you try to change one another.

The second step to a strong marriage is to look at how you make it possible for each other to do the things you enjoy the most. In 75% of marriages the wife naturally and spontaneously takes care of the nurturance, physical wellbeing and social life of the family. She looks after the house, pets, garden, buys the groceries, arranges the kids' play dates and remembers the birthdays of family and friends.

"A caring relationship is built on the mutual understanding of compromising"

In these 75% of marriages the husband naturally and spontaneously takes care of the safety and security of the family by providing financial stability through his career. He pays the bond for the family home, takes care of the future financial well-being of the family through his pension fund or retirement annuities and runs the family budget.

It does not mean wives don't contribute financially to marriages; it means that in these 75% of marriages the husband makes it possible for the wife to focus on the areas of the family's life she naturally and spontaneously likes to take care of and the same goes for the husband. When the wife takes care of the well-being and nurturance of the family and kids, it gives the husband the freedom to focus on what he would naturally and spontaneously like to focus on. Be grateful for each other and express your thankfulness regularly.

Step 3 to a strong marriage is to enjoy life together. Do things together and separately, giving each other special and focused time, and make time for yourself and your interests and priorities. In other words, have "us time", "family time" and "me time". The moment that your cup runs empty because you've given too much of yourself to others in your family is when you tend to become angry, bitter, resentful and even depressed. Count your blessings in your marriage. Compare your marriage to your own goals and wishes for it and guard against comparing it to that of other people's. You will never know what happens behind the closed doors of those so-called "perfect" marriages.

Everyone wants to be loved

One of the most important steps you can focus on in building strong family relationships is to accept each member of the family for their uniqueness and individuality. Each person, young and old, wants to be loved for who they are and not for what they do.

A mother asked me for advice on how she should handle her 2-year-old son who is showing a lot of anger. He often shouts and hits his 4-month-old baby sister. She also told me he has started going to a playgroup 3 mornings a week, is sleeping in his big bed and has started with potty-training.

Now put yourself in the shoes of this 2 year old and see from his side how many changes he is busy dealing with. Loving him for who he is does not mean accepting his anger and his shouting. Loving him for who he is means understanding that no 2 year old has the skills to deal with all these changes – put him in your heart, don't resent him.

When you put him in your heart and give him the message that you care for him, understand him and are there for him, you put down more building blocks towards building a stronger relationship between the two of you. When you parent from your heart you become more caring towards your child and he will feel loved, understood and cared for.

I advised the mother of this 2 year old to spend special one-on-one time with him and do the things that he likes doing when she spends time with him. Let him know you understand that this is hard for him to with all these new things in his life. Reassure him that you love him, will help him and are there for him. Focus on building a caring relationship with your family instead of just focusing on correcting behaviour.

Build family memories

What do you want your children and partner to remember about being a part of the family? What are the special traditions and rituals you want to create for your family to build strong relationships and a strong sense of belonging?

My family is creating beautiful memories through annual family holidays; outings on Sundays (our family day); rituals on birthdays; mother's day and father's day; an end-of-year acknowledgement ceremony of growth and improvement (we have an award ceremony where we acknowledge each family member's growth and their areas of improvement and accomplishment); and family nights of creating "Christmas beds", where we put blankets and pillows on the floor and watch movies together. Create your own unique family memories through having your own unique family traditions and rituals. It becomes the glue that holds family relationships together strongly.

Take lots of family photos and display them around the house to surround your family with reminders of good times together. Tell your kids, as they grow older, the stories of your life together and convey the message of "us". Build your family team with positive team spirit. I will never forget how my mother regularly reminded us that our family "keeps our heads up high and we face life with courage". I remind myself of this often, many years since childhood. This is the family motto we carry in our hearts.

Belonging to a family is a great gift when the relationships are strong and caring. These relationships are built with time, effort, energy, wisdom and love. Strong relationships don't happen on their own, they follow a burning desire to have a great, strong and caring family with strong relationships. Hold this as the vision for your family and expect nothing else but this for your family. ♥

"Accept each member of the family for their uniqueness and individuality."



Ilze van der Merwe-Alberts

About the author:

Ilze Alberts is a psychologist and the founder of Bella Vida Centre, a family-focused psychology center. She is well-known as a family expert, a human behaviour specialist, a leader in her field,

a popular speaker who regularly appears on TV, radio and in the media and is an author of various books such as *Easy answers for awkward questions* and *Where do I come from?* (Metz Press)

All of her books are also available in Afrikaans. <http://ilzealberts.com/>

Your blackout survival guide

Estene Vorster gives practical and fun tips for surviving load shedding and power outages with small children

Power cuts can be crippling. The effect they have on the economy, traffic and trying to figure out what to do with a packet of frozen peas for dinner is nothing compared to the problem most moms face – the bored toddler! But help is on hand with our guide to surviving load shedding.

Be practical:

- Stock up on candles, torches, batteries and, if you can, acquire a gas stove. Keep them all together in one place so that you don't have to scramble around in the dark to find them when the lights go out. Don't forget to also keep matches or a lighter!
- Keep a few easy meals available for nights like this. Stock up on crackers, bread, fruit, cheese and spreads for when darkness strikes.
- Invest in gas or oil heaters. There is nothing funny about being stuck in the dark and freezing to death!
- Organise a "dinner and bath" plan with friends or family. Arrange to eat and bath at their home, and you can return the favour when they get stuck in the dark.

Have a family feast:

- Have a picnic on the carpet. Cheese, sausages, yoghurt, fruit, crackers and bread are nutritious and not too difficult to prepare by candlelight.
- If there is more than one adult to keep an eye on the little ones, make a fondue for a change. Nothing pleases a child quite as much as roasting a marshmallow over a flame or sticking a piece of bread on a stick and dipping it into cheese sauce.

- Braaiing will always be a South African favourite. Dress warmly and settle around the fire for story time.

Night-time playtime:

- Have a treasure hunt with torches. Give instructions and clues according to your child's age and ability.
- When was the last time you all played board games, like snakes and ladders and dominoes? Entertain your kids with stories about your childhood, a time before there were games like X-box and Wii, and how you used to play board games around the kitchen table.
- Simon Says is a simple and great game. Stand in front of the children and show them what to do. The trick is to every now and then do the incorrect instruction. For example, say "Simon Says put your hands on your tummy" while you put your hands on your head. It teaches children to concentrate and will ensure barrels of laughter.
- Who remembers the amazing flights of imagination that we had with a few blankets, pillows, a dining room table and some friends? Build a house or tent by draping the blankets over the table and climb under it with your children.
- Play night-time safari. Hide an assortment of toys or pictures of animals around the house and go on a safari to find them. Making animal noises is optional for extra amusement!
- When was the last time you went stargazing? Dress warmly, take some blankets to lie or sit on and show your children the magical world of our planets and stars.

Read a lot!

- Read your children stories and rhymes. Take advantage of your child's book collection on their bookshelf to find stories for when the lights go off.
- Read stories from a magazine or newspaper. Children are very curious about the world in which they live. Skip the hard-hitting news and find interesting tidbits to share with them. Make up stories. Start the first sentence of a story and then everyone has a turn to add another sentence to the story.

Teaching and learning:

- Use the Internet to search a couple of websites for nursery rhymes and the lyrics to childhood songs. Print them and keep them in a file for when the lights go out. There are lots of websites with free educational games, ideas and flashcards. Keep these in the same file to entertain and teach your children by torchlight.

Take a look at www.educationworld.com, www.spoonfull.com or www.kidspot.com.

- Keep your old magazines and newspapers in a box. Also place some glue sticks, scissors, pencils, crayons, and a ream of white paper. Allow your children to pick a theme and together as a family create pictures relating to the theme. This will encourage creativity, make the hours fly by and help prepare your children for "big" school.



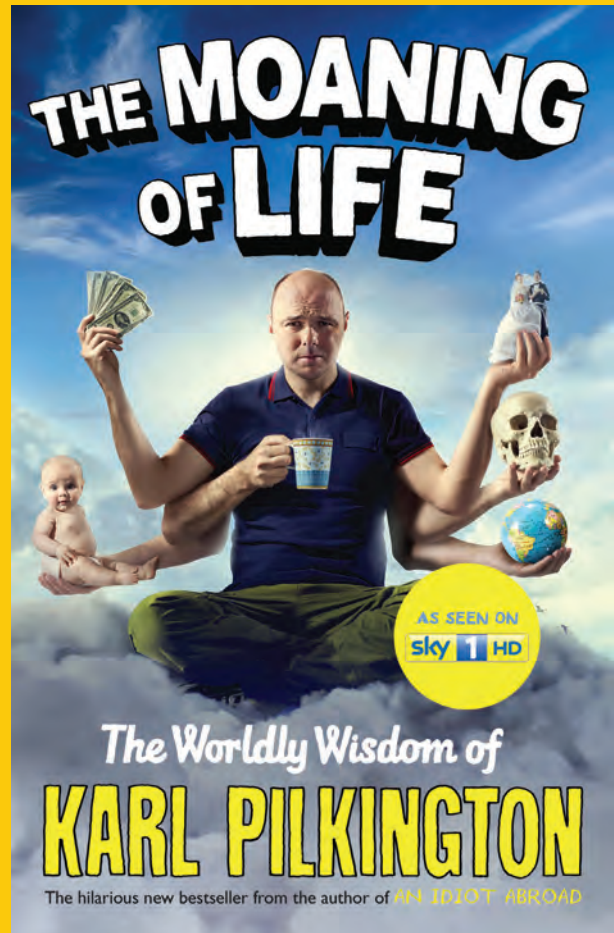
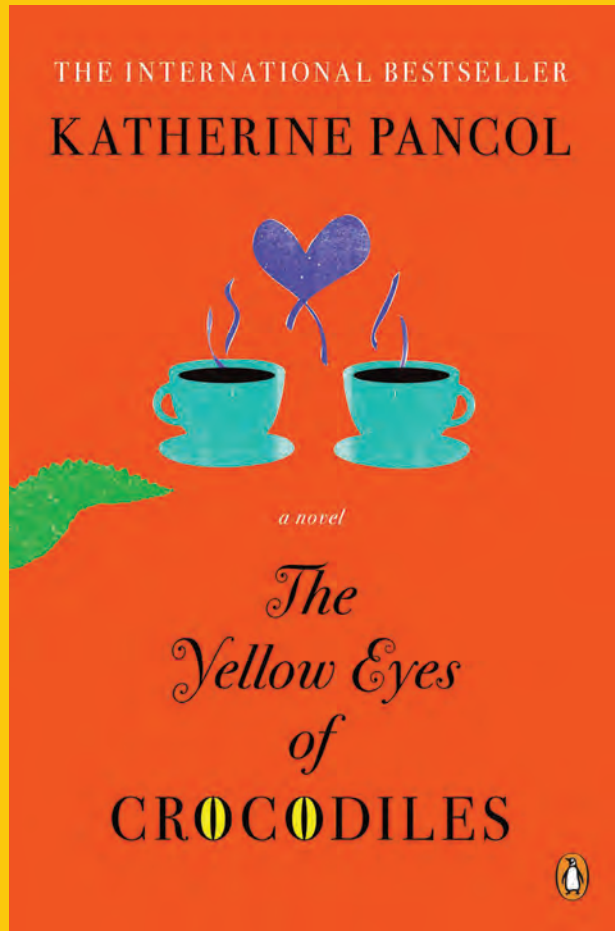
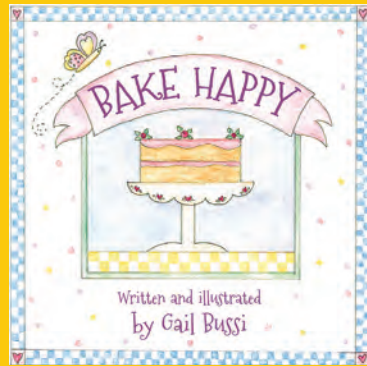
Who's afraid of the big bad wolf?

What do you do when a child is scared of the dark? Childhood fears are very real to the little one experiencing them. It can be extremely stressful to deal with an overactive imagination, and between the ages of 3 to 6 it is perfectly normal.

"There is loads you can do to help your little one," says Roxy West, preschool teacher at Faeryglen in Northriding. Here is a practical plan for when the darkness ascends and monsters become a reality.

- Be as calm as possible when you talk to your child about her fear of the dark. Provide her with a sense of safety; this will help her handle her fear. Give the fear a name, explain to your child what fear is and help her to understand that it is normal. Reassure your child that lots of people get scared of the dark and that being scared is completely normal. Try not to get frustrated just because you know what she is afraid of doesn't exist. Don't belittle or tease her – while the monster may not be real, the fear really is.
- Kids regress at night and become babylike. This is when you may hear, "I want my mommy." Support her and let her know that this is okay.
- Empower your child. Arm her with her comfort items such as her blanket, stuffed animal or a flashlight which can help her sleep soundly.
- Don't go along with her fear of the dark. Don't say to her, "Let me make sure there aren't any monsters under the bed," says West. If you do say that you're giving her the idea that her fear has credibility, and she won't be able to get over it until she understands the reality.

With an understanding parent's support, most children can get over their fear of the dark in a few weeks. However, if the fear lasts longer than this, it could be worth chatting to your paediatrician to determine if your child could benefit from some additional help. ♥



BOOK REVIEWS

story time

For the **whole family**

for mom

The Yellow Eyes of Crocodiles by Katherine Pancol

(R195, Penguin Books)

Are you in need of some escapism accompanied by lots of laugh-out-loud moments? Then this international best-seller is for you. **The Yellow Eyes of Crocodiles** follows a familiar plotline of a downtrodden and dissatisfied wife and mother who, through misfortune, is forced to take control of her life and in the process reinvents herself. However, beyond the bones of the plot there is not much else that is familiar or typical. For starters, I don't think I've previously read about a leading lady's husband ditching her to start a crocodile farm in Kenya, with his manicurist mistress...

And so the novel is brought to life with offbeat details and characters, lots of French sass and affairs (the author is French and the novel is set in Paris), kooky moments and a feel-good ending. It's chick-lit at its finest!

for the kids

Peter Saves the Day!

(R95, Penguin Books / Puffin)

For ages of 3 to 6 years. The characters of Beatrix Potter's classic children's tales have been brought to life in this animated story, so you can introduce them to your children. The mischief this time is caused by Squirrel Nutkin, who stole and then lost Old Brown Owl's glasses. Owl is angry, and so Peter Rabbit and his gang have to find the glasses as fast as they can, to return them to him. During the story other popular Beatrix Potter characters make appearances, such as Mrs Tiggly-Winkle and Jeremy Fisher. Added extras include a map and a skills challenge for your child to complete.

for dad

The Moaning of Life: the Worldly Wisdom of Karl Pilkington by Karl Pilkington

(R320, Penguin Books)

You may know Karl from **An Idiot Abroad**, the British travel documentary created by Ricky Gervais and Stephen Merchant. In it, Karl is the idiot. Unscripted and filmed as it happens, Karl creates comedy by just being, well, Karl.

You can expect the same quirky Karl to be talking to you from the pages of **The Moaning of Life**, as he travels the world to find answers to the big question of life: what is the purpose of it all? Specifically, he explores some of the most universal things about being human - marriage, babies, work, happiness and death - through other cultures and people. The results of his quest are honest, insightful and hilarious. (His take on having kids? He can't understand why people say it is life changing, because so is losing a leg, but why would you want to do that?)

Does he find the meaning of life? We're not telling you, you'll need to read the book to find out. But we promise the read will be worth it.

****WIN****

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(Each SMS is charged at R1; free minutes do not apply. Competition closes 31 July. Winners will be notified 3 weeks after the competition has closed. Standard Competition Terms & Conditions apply, see page 1.)

for the family

Bake Happy by Gail Bussi

(R195, Struik Lifestyle)

Bake Happy, as the name implies, is all about the joy of baking and eating! Gail Bussi's collection brings together over 100 recipes, some from her early childhood (peering over her mother's kitchen table), some collected on her travels, and others that she has created herself. From cakes, puddings and biscuits to savoury tarts and breads, there is a tempting something for everyone - and to suit both beginner and more experienced bakers.

The book is lovingly packaged, with inspiring quotes, playful illustrations, and anecdotes and stories about where the recipes came from. Gail's love of delicious baked goods is inspiring, and one cannot help but want to get into the kitchen to make some happiness.

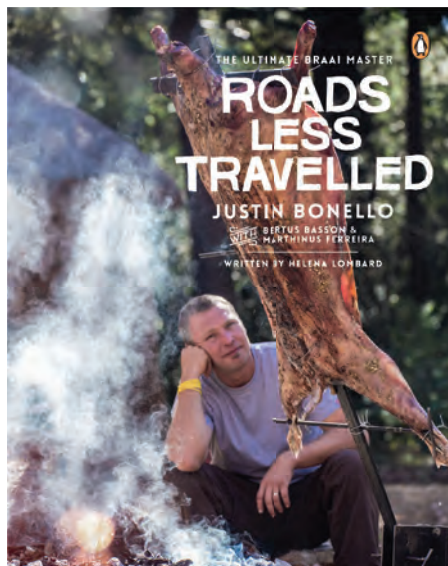
Mealtimes Made Fun - for babies, toddlers & the whole family by Debbie Wareham & Kim Jurgens

(R240, Struik Lifestyle)

Mealtimes Made Fun is not just a recipe book, but a stage-by-stage guide on how to encourage healthy eating in your young family, with minimal fuss and maximum enjoyment. Starting with tips on breastfeeding, the book moves on to advice for when and how to get your baby on to solids, accompanied by wholesome puree recipes. This is followed by the toddler section, with tasty ideas to tempt little tummies and expand dietary horizons. And finally, the family section has recipes that can feed the whole family and keep the little and big people happy. All recipes use local ingredients, to guarantee you can find what you need in the stores.

If you'd like to sample some of the recipes from **Mealtimes Made Fun**, you can. Go to page 68 to find a selection of some of our favourites.

2. *Roads Less Travelled – The Ultimate Braai Master*
Second Series by Justin Bonello
 (Penguin Press). R240. All leading book stores.



3. **Braai Master T-shirt.**
 (S, M, L, XL & XXL). R220. Big Blue.

1. **Personalised covers for mobile devices -**
hard cover & vinyl options.
 Prices start from R329. www.wrappz.co.za

LET'S CELEBRATE
fathers' day

Gift ideas



5. **RED-E Premium Edition**
6000mAh Powerbank –
for charging electronic devices.
 R699. To find a stockist closest to you,
 please visit www.omnico.co.za

6. **Zwilling Twinsharp Knife Sharpener.**
 R370. www.kitchenpassion.co.za



8. **AV Concept ROCK'R²**
- turns hollow devices into speakers.
 R390. www.store.orange.com/za



4. **TomTom Runner's GPS Watch.**
 R 1 815. www.loot.co.za



7. **Punch Bag Laundry Bag.**
 R395. www.mantality.co.za

Go easy on us men...

By Chris Forrest

Chris Forrest is a South African comedian, husband to Tabitha Hoy Forrest and father to Caileigh.

As men, we try to be the household problem solvers. Scary spider? No problem, I will stomp on it for you. New piece of furniture? No problem, I will assemble it for you, with or without instructions. Leaky tap? I will fix it, and then when it's still leaking, I will fix it again, and again, and again, until eventually you call a plumber who fixes it properly, but you get my drift.

When it comes to babies, pregnancy and child birth however, we're as useful as a pork sandwich at a bar mitzvah. We like to pretend that we know what's going on, but we really don't. (I realise I'm generalising a bit here, but this applies to me and most of my friends.)

I blame society. From a young age boys' toys are guns, Lego and cars; great for killing, building and driving away when the plumber comes. Girls' toys tend to be dolls, prams and instruction books on how to torment men in later life. Okay, I'm not sure about the last one, but they have to learn somewhere, right? Most women have had a bit of practice by the time the stick turns blue. Compared to me, who was more scared of holding a new born baby than taking on the Bulls' front row in a fist fight.... Up until I had my own, of course.

"When it comes to babies, pregnancy and child birth however, we're as useful as a pork sandwich at a bar mitzvah."

We'll never admit to this, of course, and in fact if you ask your significant other right now, he'll probably deny it. But if you're reading this at the MammaMagic Expo, or are going to visit one, have a quick look around and you'll see a lot of excited and determined looking ladies subtly dragging around slightly fearful and confused looking men, attempting to look like they know what they're doing, but really just waiting for the dreaded moment when they have to pull out their wallet and pay for whatever their wife's heart desires - because the first lesson we learn is that you don't argue with a pregnant woman!

Most of the experienced professionals in the industry seem to be aware of this as well. I noticed this when I first attended an open day at a birthing clinic - something I didn't know existed, but my wife seemed to have a list of every single one within a 40 km radius of our house memorised.

As we arrived the midwives, doulas (another profession I was blissfully unaware existed) and other consultants largely had two approaches to sell their services; for the ladies, a well presented set of facts combined with various features, advantages and benefits. What was there for the men? Snacks... Some with mystery discount vouchers hidden inside. My wife was torn between two ladies with whom she felt the strongest connection, and wanted to go for follow up interviews. I was torn between the muffin lady and the one with chocolate brownies, and wanted to go for seconds, although I was leaning toward the muffins because inside was a 20 % off voucher for an epidural.

It was on that same day that, upon meeting a breastfeeding consultant, I casually remarked "Why do we need a consultant? Don't you just put the baby there and let it suck?" that I realised two things: firstly, my extreme level of ignorance, and, secondly, how much scorn women have for said ignorance. It felt like women were literally walking across the parking lot to give me a dirty look.

So my point is this; as much as us men try to put on a brave front and act like we know what's going on, in a lot of cases, we really don't, and this pregnancy thing scares us stupid. So whilst it's not exactly the easiest time in the world for the ladies either, go easy on us men, we're trying and learning as we go.

You can catch more of Chris' parenting comedy with his new show: **Who's your daddy? A clueless dad's guide to fatherhood**, written and performed by Chris Forrest and directed by Bevan Cullinan. The show will be launching at the Grahamstown National Arts Festival (03 – 13 July 2014). Visit www.chrisforrest.co.za, like the Chris Forrest Facebook page or follow [@chrisforrestsa](https://twitter.com/chrisforrestsa) on Twitter for more details.

Chicken & broccoli bake



HEARTY WINTER warmers

For the **whole family**

Mealtimes should be healthy, fun and fuss-free.

And with Debbie Wareham and Kim Jurgens new book, *Mealtimes made fun* (Struik Lifestyle), they can be just that. Advice and tips accompany the recipes to help you feed the whole family well.

chicken & broccoli bake

Makes 6 baby portions

1 x 400 g can chicken soup (see hint)
125 ml (1/2 cup) mayonnaise (see hint)
200 g broccoli florets, steamed and finely chopped
2 x 115 g chicken breasts, poached in chicken stock and shredded
Salt and pepper to taste
125 ml (1/2 cup) grated Cheddar cheese
60 ml (1/4 cup) breadcrumbs

Method:

1. Preheat the oven to 180 °C. Mix the soup, mayonnaise, broccoli, chicken and seasoning until combined.
2. Spoon the mixture into a small ovenproof dish, sprinkle the cheese and then the breadcrumbs over the top.
3. Bake for 20 minutes or until the cheese has melted and the breadcrumbs have lightly browned.

Hint:

Check the ingredients of the canned soup to make sure that it contains no MSG and other preservatives. Use a thick and creamy mayonnaise rather than a tangy variety, which is a bit harsh for the still developing taste buds of babies and toddlers.

babychino

Serves 1

80 ml (1/3 cup) full-cream milk
2.5 ml (1/2 tsp) hot chocolate powder

Method:

1. Pour the milk into a cup and heat in the microwave for about 20 seconds or until warm but not hot.
2. Using a stick frother, froth the milk. Sprinkle over the hot chocolate powder. Serve with a teaspoon.

Hint:

Most children can manage drinking from a tea cup and use the opportunity to become accustomed to using stainless steel cutlery. They love the sound of the spoon tinkling against the cup and feel very grown up.

Mighty meaty vegetable purée



beef stew

Makes 6 baby portions

125 ml (1/2 cup) uncooked rice
 15 ml (1 Tbsp) olive oil
 1/2 onion, peeled and finely chopped
 1 clove garlic, peeled and crushed
 1 medium carrot, peeled and diced
 1 tomato, diced
 125 g stewing steak, diced
 250 ml (1 cup) beef stock
 1 medium potato, peeled and cubed
 5 ml (1 tsp) finely chopped fresh parsley
 60 ml (1/4 cup) frozen peas
 Salt and pepper to taste

Method:

1. Cook the rice according to the packet instructions.
2. In the meantime, heat the oil in a saucepan and fry the onion until translucent.
3. Add the garlic, carrot and tomato and stir-fry for 2 minutes until the tomato has softened.
4. Add the steak and fry for 5 minutes until browned. Add the beef stock, potato and parsley. Bring to the boil, then cover and simmer, stirring intermittently, for about 1 hour until the meat is very tender and the stock has reduced and thickened.
5. Add the peas 5 minutes before the end of the cooking time.
6. Season to taste.
7. Serve the stew on top of the rice.

Hint:

Pap (made from maize meal) is a delicious rice substitute. Both the stew and rice can be frozen, but pap cannot be frozen.



Beef stew

mighty meaty vegetable purée

Makes 500 ml (2 cups)

5 ml (1 tsp) unsalted butter
 100 g tenderised steak, cubed
 250 ml (1 cup) chicken stock
 100 g butternut, peeled, seeded and cubed
 100 g potatoes, peeled and cubed
 50 g spinach, washed

Method:

1. Melt the butter in a frying pan over low heat and lightly brown the steak.
2. Add the chicken stock and simmer for approximately 45 minutes or until the meat is tender.
3. In the meantime, steam the butternut and potatoes for 15 minutes or until soft.
4. Add the spinach 2 minutes before the end of the steaming time.
5. Place the meat and vegetables into a blender and pulse until smooth.
6. The leftover purée can be frozen in ice cube trays for later use.



All recipes featured on these pages are extracted from **Mealtimes made fun** by Debbie Wareham & Kim Jurgens (Struik Lifestyle, R240).



Melinda Conner is a party decor genius, specialising in celebrations of any kind and with an eye for beautiful details. Her company is aptly called Pretty Things For You. Here she shares her top tips for planning your child's party.



Hip hip hooray!

Celebrating Birthdays



Parties don't need to cost a fortune or your sanity. In the time I've been planning celebrations for my kiddies, as well as other people's, I've picked up a few tips that will hopefully help you with your next party.

1. If you can afford a party service, do it. Believe it or not, you actually end up saving money because you're not "quickly just buying one more thing".

2. The birthday cake, sometimes one of the biggest expenses, doesn't need to be. I've noticed that the cake is almost never eaten, so you can do one of two things; either just have a small ceremonial cake that is going to be used for the blowing out of candles, singing (and screaming if you're so inclined), or, if you want a showstopper cake, don't go overboard on other desserts and treat the cake as dessert.

3. Still on the food – don't over cater. The excitement of the party often keeps the kiddies busy and distracted with little time for eating. Also, include some healthy options, such as fruit, yoghurt or popcorn.

4. For slightly older children, incorporate the party food into an activity. Have them decorate their own cupcakes, for example. It doubles up as entertainment and a take-home gift.

5. As far as adult food goes, most aren't expecting a full meal so don't break the bank here either. A gorgeous cheeseboard with strawberries and koeksisters is perfect, along with a few snack items like biltong and nuts.

6. Set the time of the party between breakfast and lunch, or lunch and dinner, and mention on the invite that cupcakes and tea will be served. This way guests know to fill up on healthy food before arriving. Again this saves on money, time and stress!

7. Kiddies don't need a lot of entertaining, so don't go overboard on clowns, face painters, magicians, jumping castles and everything else you find advertised. If money is a factor, plan a few old fashioned games like Musical Statues, Pass the Parcel or Pin the Tail on the Donkey.



Caitlynn's ballerina birthday

Photography - **Catherine Scott Photography**, www.cscottphoto.co.za
Candy table & decor - **Pretty Things For You**, www.prettythingsforyou.co.za
Cupcakes & biscuits - **The Pastry Angel**, @PastryAngel on Twitter
Birthday Girl's Cake - **Cakeology**, 083 302 7620



Seth's hot air balloon birthday

Photography - **Catherine Scott Photography**, www.cscottphoto.co.za
Candy table & decor - **Pretty Things For You**, www.prettythingsforyou.co.za
Baked goods - **The Pastry Angel**, @PastryAngel on Twitter



For more
beautiful
birthday
ideas, visit
MamaMagicSA
on Pinterest



8. Depending on the age of the birthday boy or girl, arrange their party around their (and their friends') nap times. First birthday parties can be overwhelming for the little guest of honour, so keep it to an hour or so. 2 hour parties are great for 3 year olds and up.

9. If you're not going to be hiring a professional photographer, then delegate. As much as you think you're going to take the pics, you're not. You're going to be running around and worrying about Aunt Mabel having enough to eat.

10. Enjoy! As much as it's a special day it is still only a party. No one's going to complain about the slightly skew birthday cake. Whether it's a wedding, a birthday or an engagement, your guests will love sharing the day with you. Those that matter won't mind, and those who mind shouldn't matter! ♥



dad & me

Readers Pics



Linton Roberts & son Simon



Congrats to Ebrahim Mahomed & son Zakariyah
You have won a R250 Baby City Voucher.



Jay Pillay & daughter



Parishka Bikka's 2 favourite men



Wayne Trollip & Amy Hannah



Please note: All details published *In Your City* are correct at the time of going to print, and are subject to change at the discretion of those responsible for them.

Whats happening In your City!



CAPE TOWN

Events

Hansie en Grietjie and Tjiff en Tjaff Meet and Greet will be at Blue Route Mall, Tokai on 17 May. www.kinderteater.co.za

The Hunchback of Notre Dame musical will be performed at the Bellville Civic Theatre from 31 May to 8 June. Tickets range from R100 to R160. www.computicket.com

Tjiff en Tjaff will be at Wippie en Snippie in Hermanus on 7 June. Call 021 713 2360 for more information about ticket costs. www.kinderteater.co.za

Noddy will be showing at the Artscape Theatre from 28 June to 12 July. Tickets are R60. www.computicket.com

Tjiff en Tjaff will be at Tygervally Centre on 10 to 13 July. www.kinderteater.co.za

Disney On Ice celebrates 100 Years of Magic will be showing at the GrandWest Arena from 23 to 27 July 2014. Tickets range from R150 to R350. www.computicket.com

The **Days of the Dinosaur** is an interactive exhibition with more than 45 life-sized dinosaurs which move parts of their bodies – some even move their eyes, tongue and fingers. A large interactive area for the young ones will keep them busy for hours! This includes dino rides, sandbox excavation, photo opportunities and a 3D movie theatre. The expo will be on at Cape Town International Convention Centre from 31 July to 20 August, Mondays to Thursdays from 09:00 – 20:00 and Fridays to Sundays from 9:00 to 21:00. Tickets are R95 for children, R140 for adults and R395 for a family of 4. Discounted rates are also available for school bookings - contact Bea van der Vyver at 011 886 9545 or email bea@megamice.co.za for more details. www.daysofthedinosaur.co.za

Classes & workshops

TOPTOTS mother and child workshops using mind, music and movement to stimulate your child's development (8 weeks to 4 years). Free trial class are offered. www.toptots.co.za

Wriggle and Rhyme music and movement classes in Claremont, Constantiaberg, Kenilworth and Fish Hoek for ages 6 months to 3 years. 22 April to 20 June. R150 for registration and R500 for 8 weeks. www.wriggleandrhyme.co.za

Growing Kids with Character presented by Hettie Britz at El Shaddai Christian Church on 22 May. Tickets cost R30. www.computicket.com

The Kids Cooking Club Constantia weekly classes & a holiday club over the June–July holidays for kids aged 2½ to 12 years. www.thekidscookingclub.co.za

Venues

Two Oceans Aquarium is open daily from 9:30 to 18:00. Children under 4 years enter for free, children aged 4 to 13 years for R60, children aged 14 to 17 years for R97 and adults for R125. www.aquarium.co.za

The Cape Town Science Centre is open Mondays to Saturdays from 9:00 to 16:30 and on Sundays and Public Holidays from 10:00 to 16:30. Tickets cost R40 or you can purchase family packages (4 people) for R140. www.ctsc.org.za

Restaurant

Spiro's Greek Restaurant is a relaxed family restaurant with a dress-up corner, crayons, movies and an on-duty au pair. Open on Mondays from 17:00 to 21:00, Tuesdays to Saturdays from 12:00 to 22:00, Sundays from 12:00 to 21:30. Address: 30 Main Road, Hout Bay. (021) 791 3897.

DURBAN

Events

Annie the musical will be showing at the Elizabeth Sneddon Theatre, 23 May to 15 June. Tickets from R130 to R200. www.sneddontheatre.co.za

MamaMagic, The Baby Expo is SA's biggest and best parenting expo with everything you need under one roof, with exciting show specials, competitions and daily shows with Barney. The expo will be at the Durban International Convention Centre from 29 to 31 August. Children under 10 enter for free, adults for R50 and pensioners for R40. www.mamamagic.co.za

Classes & workshops

TOPTOTS mother and child workshops using mind, music and movement to stimulate your child's development (8 weeks to 4 years). Free trial class are offered. www.toptots.co.za

Weekly movement classes for babies, toddlers and young kids. Tuesdays at 11:00 in Westville; Wednesdays at 10:30 in Hillcrest; Thursdays at 9:30 and 15:00 in Durban North. Attend a free trial class, thereafter classes are R100 per month. www.shongololoshakers.co.za

Growing Kids with Character presented by Hettie Brittz at the Curro Hillcrest Private School on 20 May. Tickets are R30. www.computicket.com

Venues

Mr Funtubbles Fabulous Family Fun Fair in Umhlanga & Pietermaritzburg offers fun rides for the whole family. Open all week and rides and games range from R8 to R20 each. www.mrfuntubbles.co.za

Shongweni Farmers & Craft Market. Every Saturday morning from 6:30 to 11:00. www.shongwenimarket.co.za

uShaka Marine World includes Sea World, the largest aquarium in the southern hemisphere; Wet 'n Wild fresh water slides and pools; Dangerous Creatures reptile exhibit and uShaka Kids World. Opening times and costs vary so please visit www.ushakamarineworld.co.za for more details.

Restaurants

Animal Farmyard is home to an array of farm animals that children can walk right up to and pet. Milking demonstrations of the cows are held daily, and pony rides and tractor rides add to the fun, as well as jungle gyms, slides and a foefie slide for older children. Open Mondays to Sundays from 9:00 to 16:30 (including school and public holidays). Address: 3 Lello Road, Assagay 1000 Hills, Botha's Hill. (031) 765 2240. www.animalfarmyard.co.za



Disney On Ice celebrates 100 Years of Magic in a one-of-a-kind skating spectacular in July!

Mickey Mouse, Minnie Mouse and their friends from Disney's Mulan, The Lion King and Pinocchio as well as Disney / Pixar's Finding Nemo, The Incredibles and Toy Story take to the ice for a grand celebration as Disney On Ice celebrates 100 Years of Magic.

Produced by Feld Entertainment, this fanfare production features more than 60 unforgettable Disney stars that span the decades, a sing-along score of award-winning Disney music, stunning choreography, elaborate sets and beautiful costumes – all of which will be here will be in South Africa for the July school holidays.

WIN Tickets - Joburg & Cape Town

Showtime Management are giving 2 lucky readers in Johannesburg 4 tickets each to watch Disney On Ice at the Coca Cola Dome on Friday, 11 July 2014 commencing at 15:00 & 2 lucky readers in Cape Town 4 tickets each to enjoy Disney On Ice at Grand Arena, GrandWest on Wednesday, 23 July commencing at 14:00.

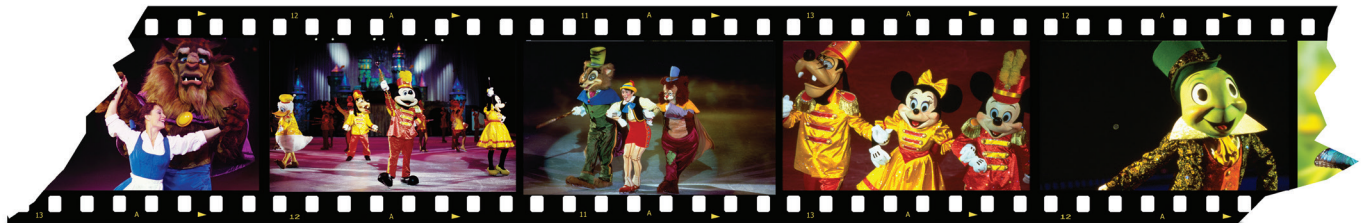
To enter SMS "ENTER DISNEY" your full name, email address, postal address and city in which you wish to see the show to 32015. See t & c's below.

Show Dates:

11 July to 20 July 2014
Coca-Cola Dome,
Johannesburg

23 July to 27 July 2014
GrandWest Arena,
Cape Town

Book now at Computicket by either calling 0861 915 8000 or visiting www.computicket.com or your nearest Computicket service centre. To find out more about Disney On Ice take a look at www.disneyonice.co.za or www.disneyonice.com, or find them on Facebook and YouTube.



All SMS's cost R1. Entries close on 10 June 2014. Standard terms and conditions apply (see page 1), but in addition please note: Tickets are only valid for the specified date and performance time and may not be upgraded, exchanged for cash or for an alternate performance. The prize comprises of four show tickets only, plus a Disney DVD per prizewinner. DVD prizes may not be exchanged for cash, swapped or exchanged for any other merchandise or products. Tickets will be available for collection from the Box Office/Computicket one hour prior to performance time, on the specified date of the performance. No-shows will not receive replacement tickets. By entering this competition the participant agrees to the terms and conditions.



JOZI

Events

MamaMagic, The Baby Expo is South Africa's biggest and best parenting expo with everything you need under one roof, including exciting show specials, competitions and daily shows with Barney. The expo will be at the Coca-Cola Dome from 15 to 18 May. Children under 10 enter for free, adults for R70 and pensioners for R60. www.mamamagic.co.za

Freckleface Strawberry The Musical is based on the beloved New York Times Best Selling book by celebrated actress Julianne Moore, is a brand new family musical. At the National Children's Theatre from 9 June to 20 July. www.nationalchildrenstheatre.org.za

The Days of the Dinosaur is an interactive exhibition with more than 45 life-sized dinosaurs which move parts of their bodies – some even move their eyes, tongue and fingers! A large interactive area for the young ones will keep them busy for hours. This includes dino rides, sandbox excavation, photo opportunities and a 3D movie theatre. The expo will be on at the Sandton Convention Centre from 20 June to 20 July, Mondays to Thursdays 9:00 to 20:00, Fridays to Sundays 9:00 to 21:00. Tickets are R95 for children, R140 for adults and R395 for a family of 4. Discounted rates are also available for school bookings – please contact Bea van der Vyver at 011 886 9545 or email bea@megamice.co.za for more details. www.daysofthedinosaur.co.za

Disney On Ice celebrates 100 Years of Magic will be showing at the Coca-Cola Dome from 11 to 20 July 2014. Tickets range from R175 to R450. www.computicket.com

Zoo Trot 5 km walk/run for all ages is usually held on the second Sunday of every month, and various school holiday programmes will be running at the Johannesburg Zoo. www.jhbzoo.org.za

Classes & workshops

1–2–3 Magic Toddler Discipline the Easy Way workshop presented by Liz Victor (Co- Author of Play learn know and director of TOPTOTS Mother and Child). Saturday 27 June. Venue TBC. www.toptots.co.za

TOPTOTS mother and child workshops using mind, music and movement to stimulate your child's development (8 weeks to 4 years). Free trial classes are offered. www.toptots.co.za

Little Cooks Club Randpark Ridge for ages 2 to 13 years. Various weekly classes at R100 a class. Holiday care program for June and July holidays at R220 per day. kimf@littlecooksclub.co.za

Little Cooks Club Boksburg/Benoni for ages 2 to 15 years. Holiday classes available from 30 June to 18 July at R160 for children 2 to 6 years and R240 for children 7 to 15 years. Sibling discounts are available. erikab@littlecooksclub.co.za

Venues

Orango Tangos in Ferndale is open 7 days a week from 9:00 to 17:00. They have jungle gyms for toddlers and older kids, bumper cars, an indoor soccer field, soft toy areas for little ones, Playstation 3 consoles, a pool table and table tennis. Kids under 12 months enter for free, kids aged 12 to 18 months for R40, kids over 18 months for R60 on weekdays and R70 on weekends and holidays.

Restaurants

Eat Love Play is a coffee shop with both outdoor and indoor children's play areas including a dress-up corner, book corner, arts & crafts and a ball pond. Open on Tuesdays to Sundays from 8.30 to 17:00. 3 Harley Street, Founders Hill, Modderfontein Historic Village. 082 550 1659.



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info@toptots.co.za / 082 8767791 www.toptots.co.za

Events

Fun walks for all ages and various school holiday programmes presented by the National Zoological Gardens. www.nzg.ac.za

Classes & workshops

Growing Kids with Character presented by Hettie Brittz at Doga Deo East Campus on 27 May. Tickets cost R30. www.computicket.com

Baby Massage workshops at Empowering Mothers in Garsfontein. 30 May and 27 June. Tickets cost R500. www.empoweringmothers.co.za

BabyGym workshops to stimulate baby's senses, brain and muscles. These are held at Empowering Mothers in Garsfontein on 30 May and 4 July. Tickets cost R790. www.empoweringmothers.co.za

Venues

Jingle Jangle Nursery & Play Centre features a tea garden surrounded by jungle gyms, trampolines, a jumping castle, sand pits, slides, a mini bike track and even a petting zoo. Horse rides are available at a cost. Entrance is free and it's open Mondays to Sundays from 8:30 to 17:00. www.jinglejangle.co.za

Ludwig's Rose Farm and Butterfly Garden is situated on the outskirts of Pretoria and features a rose garden, tea garden and 'faerie garden' for kids to roam in with well-maintained wooden play gyms. It is open to the public Monday to Sunday from 8:00 to 17:00, and entrance is free. www.ludwigsroses.co.za

Restaurants

Papachinos in Silverlakes is perfectly set up to entertain children with two outdoor play areas, child minders and a pizza making area where children can roll, make and bake their own pizzas – under supervision, of course! Open Mondays to Saturdays from 8:30 to 21:00 and Sundays from 8:30 to 16:30. Address: Cnr Silverlakes and Graham Road, Silver Lakes. (012) 809 3539.

PRETORIA

79

PE

Events

ABSA Kirkwood Wildsfees from 27 to 29 June. Children under 7 years enter for free (when accompanied by a parent), children aged 8 to 17 for R50 and adults for R100. Children's entertainment includes:

- **Tjiff en Tjaff** on 27 and 28 June at 14:00, Songololo Stretch stage
- **Popsi and Hobi** on 27 June at 11:00, Vodacom Pavillion
- Meet and greet with **Tjiff en Tjaff** on 27 June at 12:00, Vodacom Pavillion
- Other children's entertainment will also be taking place at the festival

Who's your daddy? A clueless dad's guide to fatherhood written and performed by Chris Forrest and directed by Bevan Cullinan. The show will be launching at the Grahamstown National Arts Festival from 3 to 13 July 2014. www.chrisforrest.co.za

Classes & workshops

Kindermusik incorporates current research on the growth of a child's brain, the importance of the parent-child bond and the vital relationship between a child's emotional wellbeing and the ability to learn. Using music, Kindermusik helps to nurture the child's development. www.kindermusik.co.za

Venues

Holmeleigh Farmyard has a petting zoo, horse rides, tractor rides and tea garden. Open Tuesdays to Sundays, on public holidays and on Mondays during the school holidays from 9:00 to 16:30. Tickets cost R20 and children under 2 enter for free. www.holmeleighfarmyard.co.za

SAMREC (SA Marine Rehabilitation and Education Centre) Open daily from 9:30 to 15:30. Wheelchair and pram friendly. Tickets cost R25 for adults and R15 for children and pensioners. Various lessons are presented for school groups at R25 a ticket. www.samrec.org.za

Restaurants

Open Sky, a relaxed restaurant area surrounded by an entertainment park with plenty to occupy the children with – including a large playground area with jungle gyms, a carousel, an animal farmyard, pony rides and more. Address: Plot 74 on Farm 10, Wyndomayne Road, Little Chelsea, Colleen Glen. (041) 372 1235.



"When strangers pass rude comments about our rainbow family I worry about the state of our country and whether we have made any progress."

My South African Family



By **Melinda Connor**, mother of 2 and blogger of Diaries of a white mother raising a black baby - melindasmemoirsmumbled.blogspot.com

I remember the excitement of finding out I was pregnant like it was yesterday. I also remember the day I lost the baby. It was 11 weeks into the pregnancy and I had gone for a scan. I remember asking the doctor to turn the volume up because I couldn't hear a heartbeat and I remember him telling me it was up.

I cried for months after that. I cried for what could have been, what would have been and what would never be. I cried at baby showers and at christenings. I cried at birthday parties and any gatherings with small children and babies. I cried when our specialist told us that In Vitro Fertilization was our only other option but given my age (over), weight (under) and lifestyle, the chances of it being successful were slim. And I cried meeting a private social worker for the first time to discuss adoption. The process seemed fraught with paper trails and red tape. The idea of handing over control to birth mothers and fathers, in the hope they would pick us over thousands of other couples, left me feeling helpless and hopeless.

I stopped crying the day I met my daughter. She was 6 weeks old and she was at the Lighthouse Baby Shelter in Sundowner. It was love at first sight for me, as I held her in my arms. While we waited for the paperwork to be processed I visited every day and our bond grew stronger. Staff at the shelter would tell me how she'd get niggly an hour or so before me arriving and that she'd take a while to settle once I had left. So, until she was home with us, I varied my visiting times and tried to keep them down to several times a week.

Just before Emma turned three we adopted a baby boy. Ben was 7 days old when we met him and just ten days old when he came home.

We are now a family. My husband, my daughter, my son and I. A little different from some because Emma and Ben are black and my husband and I are white, but we face the same challenges other families do. We worry about their education and safety, we worry about them making friends or being bullied. We worry as to whether we're being the best parents we can be and if we're raising caring, respectful, kind little people.

I also worry about Emma's hair, which is thick and healthy and gorgeous, but a nightmare to brush. When strangers pass rude comments about our rainbow family I worry about the state of our country and whether we have made any progress. I worry when people ask me how I intend to teach Ben and Emma their cultures and how we'll explain why they're black and we're white. Deep down I worry that they'll resent me one day for not being their biological mother. I'll cross that bridge when I come to it. If I do.

For now I'm loving being a mom. Not to adopted children. Not to black children. To Emma & Ben, my pre-schooler and toddler. ♥



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Make planning for baby a breeze with our online Layette List – this is a list of all the items that you will need for yourself and your little one to prepare you for the big day! The Layette List can be downloaded and printed out from our website.

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This is the Baby City e-newsletter, showcasing just some of the hot products available at a Baby City near you!

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This is another monthly e-newsletter, which contains informative articles about pregnancy and baby's developmental stages, written by people in the know. As if that's not cool enough, it comes with an adorable monthly calendar for you to download and use as your personal desktop.

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East Rand 011 8232356
West Rand 011 4750751/2
Pretoria
Centurion 012 6532361
Faerie Glen 012 9912277
Zambezi 012 5485065/2689

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Cape Town 021 4196040
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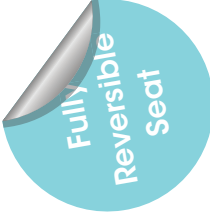


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