

ISSUE 6 2015

TODAY'S

CHILD

JHB North Edition

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COPY**

**Vegetarian
Weaning**

**Teaching to
share**

**THE *five* LOVE
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Dear readers

Winter can be a somewhat depressing season of the year, what with the cold temperatures, shorter days and frost-bitten gardens. But it's not all doom and gloom and I urge you to embrace the good things that winter offers, such as tummy-warming thick soups, crackling fires, cuddling up under a blanket, enjoying a steaming cup of hot chocolate (add a little chili for a zing!), tucking into comfort foods (how about home-made macaroni cheese or a tasty stew) and taking a brisk, long walk in the afternoon.

Why don't you add to the list above and send me more ideas to make winter fun? I'd love to hear from you.

This edition of *Today's Child* is packed with valuable advice for parents, kids' fun pages, competitions, places to go and our cake of the month.

Enjoy the read!

Kathy

kathy@eiapublishing.co.za



Kathy with her daughter, Cassidy



Today's Child Competition Winners!

Congratulations!!



ON OUR COVER
Caitlin van Niekerk
(5 years old)

Photo by: VK Photography
082 604 0670
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COLOURING IN
Kiara Govender



LIPIZZANER TICKETS
Cheryl Edgecomb

COCOZONE
COMPETITION
Rene van der Berg
Florence Mkhize

Please note that prizes must be collected within two months of publication of winners

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Cover:

Caitlin van Niekerk
(5 years old)

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CAKE OF THE MONTH



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THE FIVE LOVE LANGUAGES



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ASK OUR DIETICIAN



COMPETITION TERMS AND CONDITIONS:

1) To enter Estates in Africa (Pty) Ltd competitions entrants must be residents of South Africa. 2) One entry per person. 3) If you win a competition, we will notify you by e-mail. 4) The judges' decision will be final, and no correspondence will be entered into. 5) The panel of judges for each competition will be comprised of members of the Estates in Africa (Pty) Ltd editorial team. 6) Prizes will not be transferable to another person. 7) No part of a prize is exchangeable for cash or any other prize. 8) If an advertised prize is not available, we reserve the right to offer an alternative prize of equal or greater value.

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THE *five* LOVE LANGUAGES

How to get to know your child or spouse through love languages

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

You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around — and why his parents will always wave back.
~William D Tammeus

To bring up a child in the way he should go, travel that way yourself once in a while.
~Josh Billings

Always kiss your children goodnight — even if they're already asleep.
~H Jackson Brown, Jr

Five Different Love Languages

Of the countless ways of showing love to each other, there are five main categories to express emotion love, or five "love languages". Each person has a primary love language that we must learn to speak if we want that person to feel loved. We all identify primarily with one of the five love languages:

Not knowing your partner's or your child's "love language" can be disastrous for the relationship between you. It can create barriers between you, making life a very difficult journey.

When you know your own love language it is easier to communicate that to your

partner and child and they will also understand you much better. It can create much simpler expectations of each other and will mean the world to the other person if you follow his/her love language. At the end of the day, everyone wants to be loved and accepted unconditionally.

♥ Words of Affirmation

♥ Quality Time

♥ Receiving Gifts

♥ Acts of Service

♥ Physical Touch

The language of affirmation

Words of affirmation can be a strong tool to enhance and improve marriage life and the relationship you develop and nourish with your child. If your partner's or your child's love language is words of affirmation they would love to hear it from you. "Honey, thanks for taking out the garbage today." "Well done on your homework today, you completed it all by yourself."



The language of quality time

If the language of quality time is your child's love language, giving undivided attention to your child is one of the best ways you can show your love – playing ball outside with your child, baking biscuits together, reading stories, truly being in the moment with your child. When your wife tells you a story, you can switch off the television occasionally, and provide your attention fully; she will flow over with love and recognise that she is important to you and that you are making time to listen to what she has to say.



The language of gifts

Your spouse's or child's eyes totally light up when you give them a gift, may it be big or small, they then feel appreciated and loved deeply. Giving gifts on special occasions and "no occasion" days will make them understand that you truly love them.



The language of service

To help your child or spouse may mean the world to them, may it be with a simple task to wash the dishes or to help your child make up his bed one morning. To take the initiative to help your child with that long awaited school project or prepare a lovely meal for your husband, will communicate that they are important enough to you to dedicate your time in doing something special for them. To them actions speak louder than words.



Some families experience turmoil and chaos in the midst of each other's presence. It could be because life is too rushed and there is not always time to spend quality time with each other, or there could be other issues involved. If the issues continue, feel free to e-mail me for an appointment.



The language of physical touch

The love language of physical touch can be an embracing experience for those who rate physical touch high on their priority list. It can be an exhilarating experience, and at the same time provides affirmation to your doubts and insecurities. If your child communicates through touch by hugging or cuddling with you often, it could be a very negative experience to the child if you shoo them away or say that you don't have time now. They will feel rejection, unloved and will feel that they are not important enough for you to give them physical love and affirmation.



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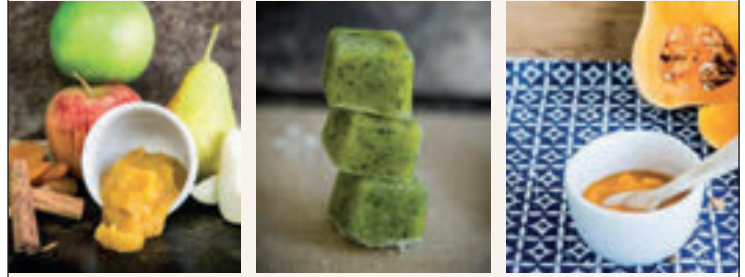


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BULLY-PROOF

By GAIL DORE



Every day, thousands of South African children go to school filled with terror because they know they're going to be bullied. Children who are targeted by bullies are at enormous risk, yet many parents don't know why it is happening to their child, or what to do about it. *Bully-proof* looks at every aspect of bullying, from name-calling, taunting and rumour-mongering to physical assault, and examines why and how bullies behave the way they do, and what can be done to help them and their victims.

The more we understand bullying behaviour, the better we can address the underlying causes and put effective controls in place. Studies have shown that the 'whole school' approach, involving pupils, teachers and parents, is by far the most effective method of reducing incidents of bullying, as well as limiting the potential for future incidents. Implementing an effective anti-bullying campaign is not just about changing the behaviour of a few maladjusted children; it is about changing the philosophy of the entire school. Using a step-by-step approach, this book provides educators, parents, counsellors and children with the tools they need to develop a successful anti-bullying programme.

Gail Dore, a life skills trainer and family counsellor, has over a decade of experience in bullying amongst children of school-going age. A former drama teacher, who used stage work as a means of promoting children's self-confidence and communication skills, Gail became aware that some of the children in her drama classes were affected by incidents of bullying at school. She began an in-depth study of the phenomenon, which culminated in the development of an anti-bullying campaign aimed at the whole school, not just individual children. A pilot programme at five Gauteng schools proved to be a resounding success and Gail continues to advocate for her anti-bullying campaign to be adopted throughout the country.

TO WIN!

e-mail your name and contact details to todayschild@eiapublishing.co.za with **BULLY-PROOF** in the subject line.*

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The parenting experts this year include Sr Ann Richardson (co-author of *Baby Sense and Sleep Sense*), Tina Otte (midwife and special editor of *Your Pregnancy*), Lizanne du Plessis (OT and author of *Raising Happy Children*), Kate Bailey (OT and early childhood development and stimulation expert) and Dr Welma Lubbe (registered nurse and advanced midwife with qualifications in neonatal nursing science). This panel of experts will assist parents with invaluable information on a variety of topics that are close to a new parent's heart.

5 September 2015 – Johannesburg - The Protea Balalaika Hotel



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* Terms and conditions apply • Closing date: 15 July 2015

Pitter Patter

We would love to hear from you! Send us ONE picture (todayschild@eiapublishing.co.za) of your gorgeous little angel and he or she could be featured in our next issue!



A pretty smile from Kylie Smith, 3 and a half years old



Handsome boys Gomolemo (6 months old) and Mosa (2 years)



Beautiful Matlhogonolo Mafutsa (4)



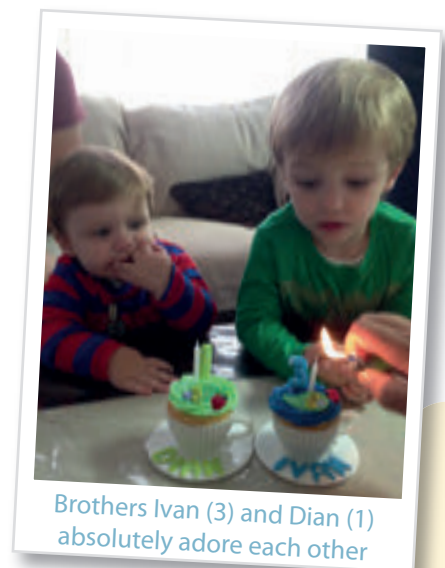
Cute little Skyla Whitmore (1 year old)



Good-looking 18-month-old Mills van Niekerk



Precious baby Bontle Chelsea



Brothers Ivan (3) and Dian (1) absolutely adore each other





Siblings Wilandr  (4) and Chadr  Labuschagne (2)



Pretty poses from pretty girls
 □ Kayla (5) and Leah (2)



Princess Keratilwe (6 years old) and cute little Neontle (5 months old)



Your child, the famous model!

How would you like to see your child in *Today's Child* magazine, maybe even on the cover? Send us a photograph* (only **ONE** please and make sure it's **high resolution**) of your precious angel for inclusion in the Pitter Patter pages and stand a chance to win a photo shoot, which could land your child on the cover of *Today's Child*!

Send your entry and contact details to: todaychild@eiapublishing.co.za with "Pitter Patter" in the subject line.

***Photo supplied must be no smaller than 1MB**

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Teaching children how to share

Written by Lynn van Jaarsveld (Principal of Trinityhouse Pre-Primary Little Falls)

It is not in a small child's nature to share and they think the world revolves only around them (quoted from Dr Ian Wallace – Child Psychologist, December 2014). They care only about themselves and not about other children's wants and needs.

At this age children tend to play alongside other children, but not with them. Children at this age also form strong attachments to mom and their toys. These attachments are normal and very important in order to be an emotionally strong person one day. As children begin to play and form social bonds with other children and co-operate in their play, they begin to see the value of sharing.

A good way to teach children principles and values is through play. They are more likely to remember what they have learnt through play than what they hear in your lectures every day. (Quoted from Dr Bill Sears – The trusted resource for parents.)

Play "sharing games" with your children. Give your toddlers sweets, cookies or toys and then ask them to share these with everyone in the room. You want them to learn that sharing is a normal way of life and that it spreads joy and happiness. When a squabble begins, it may be best not to interfere immediately but to observe and see how this pans out. If the situation deteriorates, intervene. There is more value in their solving their own conflict situations than you solving conflicts for them.



A good opportunity to encourage and teach sharing is when friends come to visit. It is very natural for a toddler not to want to share their toys when they have friends visiting. Ask the parents of the friend to bring some toys with them. Have a "sharing basket" on the floor where they are playing. Ask your toddler to choose toys he would like to play with while his friend is visiting and then put these in the "sharing basket". The little friend must do the same.



All children get very excited when there are new toys to play with. Teach your toddler that in order to play with the little friend's exciting toys, he has to let his friend play with one of his toys. This teaches a toddler that sharing and taking turns is fair play and that everyone has fun when they share. Keep praising your toddler when he shares.



Reassure them that they will have another turn to play with the toy. If they are still not willing to share, take the toy away and they can only play with it again when they have learnt how to share. They will soon learn that it is better to share than to forfeit the toy completely.



Allocating time for each child to play with the same toy is a good way to encourage your toddler to share. Tell them they will each have two minutes to play with the toy. They might argue about who goes first. Give them a number dice. The one who rolls the highest number will go first. When you say "time up", the toy is given to the other child.

Lead by example. Children copy or mimic everything their parents do. When someone wants to borrow something from you, make this a teachable moment, e.g.: "Mommy is sharing her scissors with Granny" or "I am sharing my popcorn with Daddy and because I shared my popcorn with him, he is now sharing his chocolate with me".



Keep praising your toddler when he shares as this will make him feel secure within himself when he has your approval.



Straight Talk...

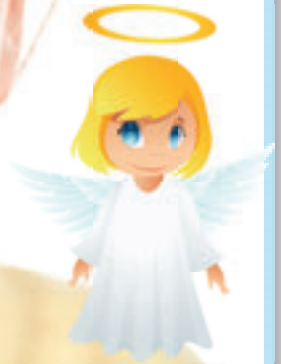
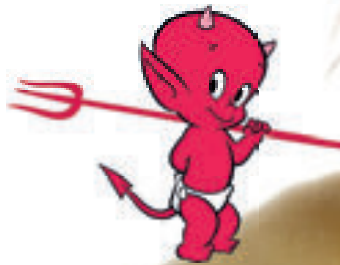
Conversations that get results

Maureen Collins is a consultant and coach, helping people develop the skills that build better relationships at work and in their personal lives.

by Maureen Collins

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What do you truly value?



The lady who came late to my exercise class was first to speak to the instructor at the end of the session.

'I apologise for being late this morning' she said. 'I know it was disrespectful and I'm sorry.'

As we walked out together she said to me, 'I'm old school, but as children we were taught that being late for a class shows disrespect to the teacher, so I try never to be late.'

Her words made me think about values; what they are and how we live them.

Values are the mental map we develop of how the world ought to be. They are the basis for our assumptions, our thinking, and our behaviour. Some values we inherit, for example our religious beliefs,

accepting them unquestioningly when we are young from parents and teachers. Others we develop on the basis of our own thinking and experience.

It is tempting to think we are being objective in how we see the world, and that others who see it differently are 'wrong'. It is easy to forget that each of us sees the world through the unique lens of our own experience. While we hold our values dear, that doesn't make them true, correct or factual.

We hold many values of which we may be unaware and others which we talk about openly. But the ultimate test of values is how we behave. You may think of yourself as an honest person, and talk about honesty, but if you break speed limits or mis-report your income to SARS, your behaviour reflects dishonesty...and speaks

about it louder than any words could do.

Everyone has someone following them. If you are a corporate mogul, international sports administrator, religious leader or parliamentarian you obviously have many people following you...and judging you on how your behaviour speaks to your real values.

As a parent one of your most important roles is that of modelling values to your children. It's not what you say, it's what you do, even when you are unaware that you are doing anything of consequence. You might claim to be a respectful person but do you act and talk in ways that always show respect to others?

What does your behaviour say about what's truly important to you?



Baby Owl Tree

How to:

1. Roll out the blue fondant on a clean, dry work surface that is dusted with icing sugar. Lightly dampen the cake board with a clean wet cloth (this will help the fondant paste to stick to the cake board). Cover the cake board with the rolled out fondant. (The cake board can also be covered with a lot of cut out shapes that are overlapped for a different background effect.)
2. Arrange the cupcakes on the cake board to form a tree (once the tree has been arranged on the board, place a small amount of buttercream icing on the bottom of each cupcake, to secure it to the board – this will prevent the cupcakes from falling over during transport).
3. Place the chocolate buttercream icing in a piping bag fitted with a star nozzle. Pipe the icing on the branch part of the tree at the bottom – use your imagination to create swirls to make the bark in an interesting pattern. (Reserve the rest of the chocolate buttercream icing to use later for the tree branches.)
4. Pipe the remainder of the cupcakes with the green buttercream icing (piping bag fitted with a star nozzle). Instead of piping the cupcakes as you normally would (from the outside inwards) rather pipe them from the inside outwards, e.g. start in the centre of the cupcakes and swirl the icing towards the outside of the cupcake – this will result in a flatter piped cupcake with a rose effect on top).
5. Fill in the gaps between the cupcakes with green buttercream icing swirls.
6. Pipe a few branches with the left-over chocolate buttercream icing for the full effect of a tree.
7. Decorate the tree with the edible 3D owls, flowers and leaves as desired.
8. Add a few butterflies to the cake board if required, or a few clouds.

Requirements:

- 1 Large cake board (size: 45cm x 60cm) (please note that if you are planning on making a smaller tree, then the dimensions of the cake board can be smaller)
- Light blue fondant (to cover the cake board with)
- 38 x Baked cupcakes (8 for the tree trunk and 30 for the top of the tree)
- Chocolate buttercream icing
- Green coloured buttercream icing
- 2 x Piping bags
- 2 x Star tipped nozzles
- 10 x 3D fondant owls
- Edible flowers (in a variety of colours)
- Edible green leaves
- Edible butterflies



Edible 3D Owls:

- Roll a piece of fondant paste (treated with CMC powder or Tylose) into an oval-shaped ball. Indent the top of the ball with your finger to create the ears of the owl.
- Attach two leaves cut from fondant paste for the wings of the owl on either side of the body.
- Press out two large white fondant circles for the eyes and two smaller black circles for the irises. Attach the eyes to the head with a little edible glue or water.
- Indent a hole for the nose below the eyes in the centre of the owl, and make a double pointed carrot shape for the nose (the one point of the carrot to be glued into the hole and the other point to form the beak of the owl)
- A flower or bow can be added to the top of the owl's head for added decoration.

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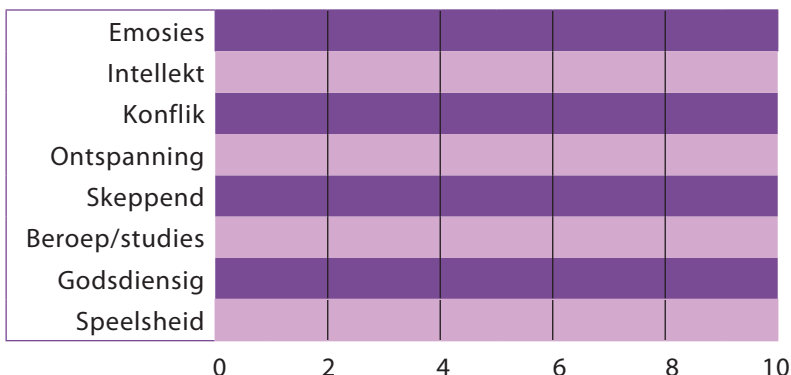
Hoe gaan dit in jou verhouding?

Die teoloog/filosof Daniël Louw het my baie gehelp om die verskillende tipes intimiteit in die huwelik te verstaan. Hy verwys onder andere na emosies, intellek, konflik, ontspanning, kreatiwiteit, beroepe, godsdiens en romanse. Dit is 'n baie effektiewe manier om perspektief te kry op jou verhouding. Vra jouself af, op 'n skaal van 1-10, hoe goed vaar jy en jou lewensmaat op elkeen van hierdie terreine. Emosionele intimiteit gaan oor die hoeveelheid begrip, insig en konneksie wat daar is tussen twee mense. Intellektuele intimiteit verwys na die mate waarin hulle oor interessante onderwerpe kan gesels. Konflik intimiteit gaan daarvoor dat 'n mens kan verskil, selfs argumenteer oor bepaalde sake, maar vordering maak in die proses en daardie temas kan afhandel en aan beweeg. Ontspanning intimiteit gaan daarvoor om saam te ontspan, gefokus op mekaar, deur iets te doen wat vir albei ontspannend is (Telesie kyk tel nie onder ontspanning nie). Kreatiwiteit gaan daarvoor om saam skeppend te wees, saam te droom oor die toekoms. Beroep intimiteit gaan oor die begrip wat julle het vir die vreugdes en eise van julle beroepe (moet asseblief nie sê tuis-bly ma's of pa's 'werk' nie). Godsdienstige intimiteit gaan daarvoor om saam te bid, saam erediens te by te woon, uit die Bybel te lees, oor geloofsake te praat. Romantiese intimiteit gaan oor meer as seks, hoewel dit dit ook insluit. Dit gaan oor aanraking, hande vashou, oogkontak.

Konneksie met die kinders

Wanneer 'n mens 'n bietjie krities kyk na jou huwelik of langtermynverhouding, besef jy dat daar areas is wat jy afskep. Maar wat van die verhouding met jou kinders? In hierdie artikel wil ek die beginsels van Daniël Louw se model gebruik om te praat oor die konneksie tussen ouers en kinders. In die onderstaande diagram word verskillende tipes konneksie voorgestel. Neem 'n pen en maak 'n kruisie êrens tussen 1 en 10 vir hoe goed of sleg jy en jou kind(ers) op elkeen van hierdie terreine vaar. Ek het uit die aard van die saak die romantiese dimensie hier uitgehaal, maar 'n ander een ingesluit, naamlik speelsheid. Ons behoort tyd te maak vir pret en plesier in ons verhoudings, veral met ons kinders.

Verskillende tipes konneksie



Neem 'n uur, 'n dag of drie (as dit nodig is) om hierdie verskillende tipes konneksie onder die knie te kry, en gebruik dit as raamwerk om met jou kind oor julle verhouding te praat.

Mag julle hierdeur self nader aan mekaar beweeg.

Skryf gerus aan my by wysmydieson@gmail.com om te sê hoe dit in jou huisgesin gaan.

Pitkos groete,

Thinus



askourdietician

If you have any questions about your child's eating habits, please e-mail Adeline on todaychild@eiapublishing.co.za

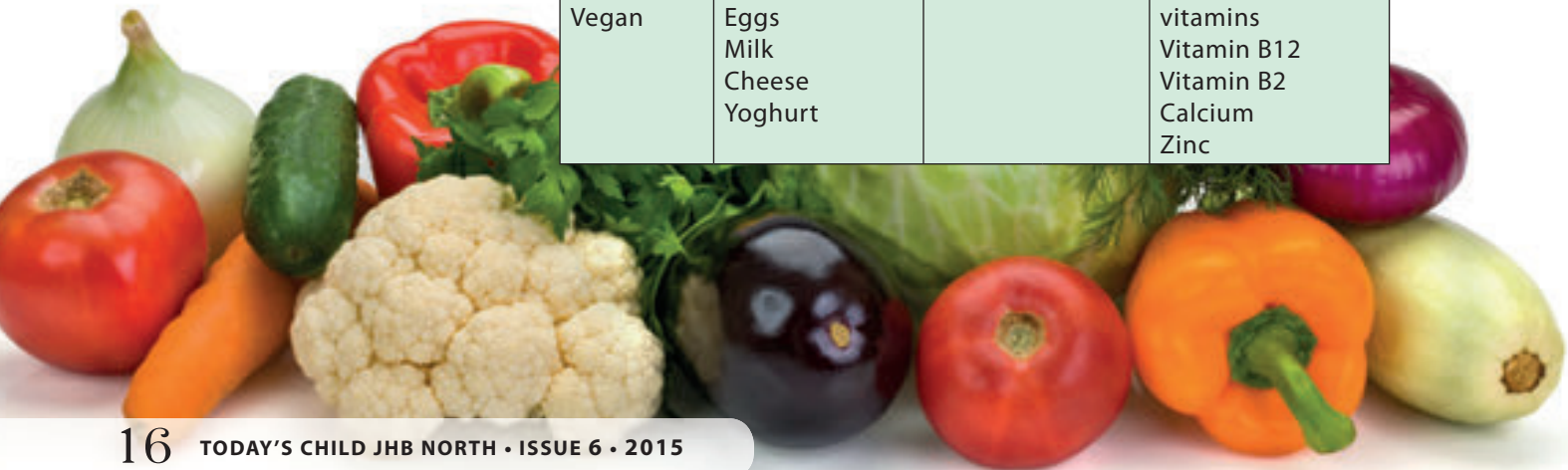
Q Our family is following a vegetarian diet and we want our children to follow the same dietary principles. Our baby will be ready to be introduced to solid foods soon. What foods would be suitable for vegetarian weaning?

A: A vegetarian is defined as a person who does not eat meat or fish, and sometimes other animal products, whereas a vegan is someone who does not eat or use any animal products. This may be because of moral, religious or personal reasons.

As a result of avoiding some or all animal products, vegetarians and vegans may be at risk of nutrient deficiencies. It is therefore advisable to seek the input of an appropriate health care professional to plan vegetarian weaning and recommend suitable vitamin and mineral supplementation for your baby.

The following classification table may help to identify nutrients at risk of deficiencies.

	Foods Excluded	Protein Source	Nutrient at Risk of Deficiency	
Partial Vegetarian	Red Meat Offal	Poultry Milk Yoghurt Beans Nuts	Fish Cheese Eggs Lentils	Iron
Lacto-Ovo Vegetarian	Red Meat Offal Fish Poultry	Milk Yoghurt Beans Nuts	Cheese Eggs Lentils	Iron
Lacto Vegetarian	Red Meat Offal Fish Poultry Eggs	Milk Yoghurt Beans	Nuts Cheese Lentils	Iron Vitamin D
Vegan	Red Meat Offal Fish Poultry Eggs Milk Cheese Yoghurt	Beans Nuts Lentils		Protein Energy Iron Fat-soluble vitamins Vitamin B12 Vitamin B2 Calcium Zinc





Examples of Suitable Vegetarian and Vegan Weaning Foods

First foods	<ul style="list-style-type: none"> • Baby rice (milk free for vegans) • Fruit and vegetable purees (cooked)
6-7 months	<ul style="list-style-type: none"> • Baby rusk (milk free for vegans) • Cereal (milk free for vegans) • Pulse and lentil purees (well cooked) – good source of protein • Pulse and vegetable purees – good source of protein • Fruit purees • Milk puddings or custards (cows* or soya milk based) – protein source
7-9 months	<ul style="list-style-type: none"> • Introduce lumps to the above foods • Wholegrains • Bread (white and wholemeal) • Pasta and rice • Finely ground nuts – protein source • Dried fruits – good source of iron • Cheese* e.g. cheese sauces – protein source • Eggs* e.g. savoury egg custards – protein source • Tofu – protein source <p>* Suitable for vegetarians only</p>



Vegetarian/Vegan weaning:

Breast milk is recommended up to the age of two years, but most soya-based infant formula can be used as a replacement for vegetarians and vegans. Remember that rice milk is not suitable as a main drink for babies and children, as it will not meet their nutritional requirements.

Breast milk or breast milk replacement/ infant formula will provide sufficient nutrition until the infant is around 4-6 months old. After this, solids should be introduced gradually, as with all infants, i.e. a variety of vegetables, fruit and protein.

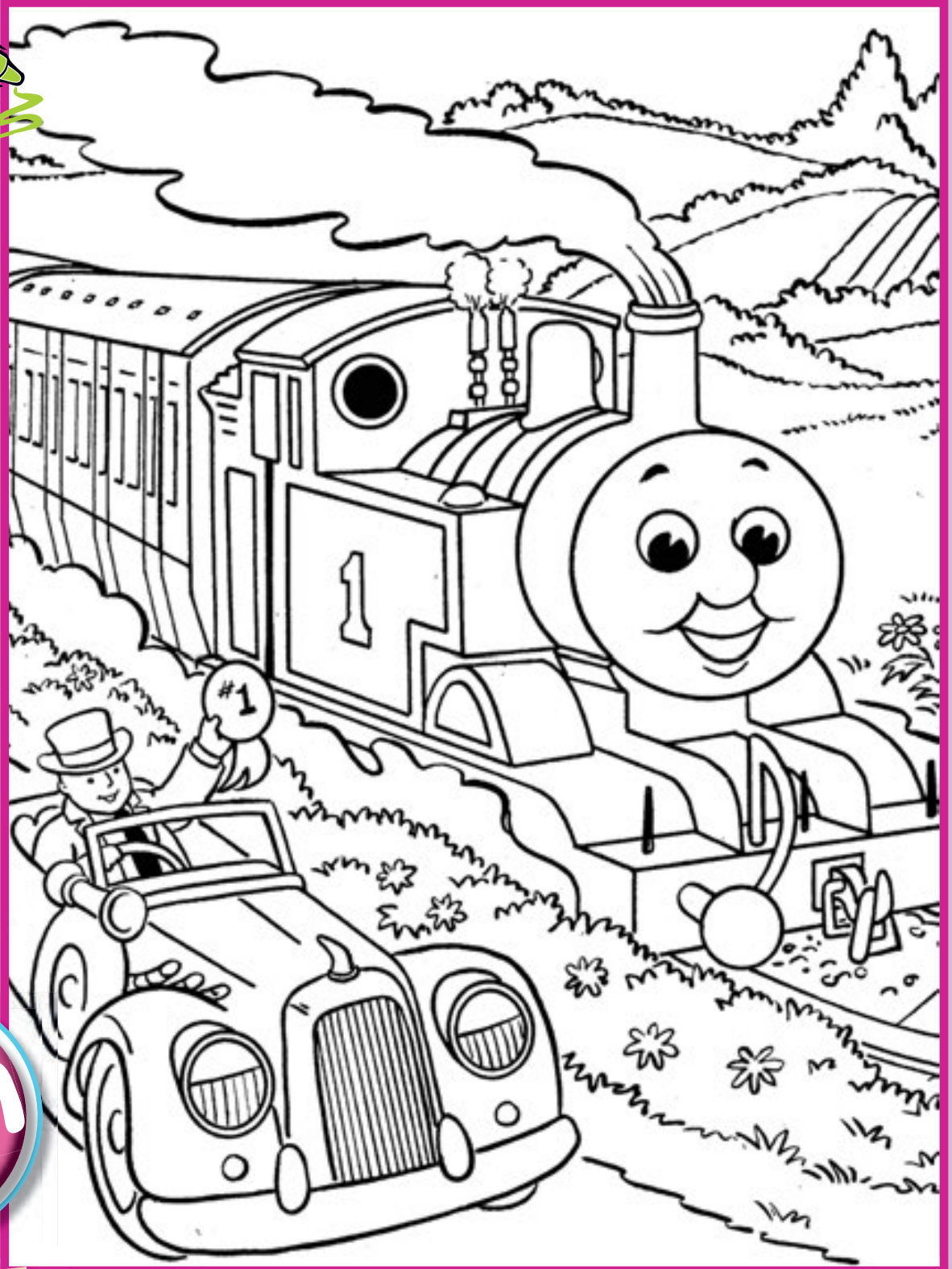
Fruit, vegetables and pulses should be cooked with the skin on to preserve nutrients and then removed to avoid an excessive fibre intake. Too much fibre will add excess bulk to the diet and may also bind certain nutrients, thereby inhibiting their absorption. Pulses should be thoroughly cooked to destroy contaminants that may cause diarrhoea and vomiting.

Other vegetarian diets, often classified as cult diets (e.g. fruitarian and macrobiotic) cannot be safely adapted for young children. Such diets place the health and development of the child at risk.



Adeline Pretorius,
Registered Dietician
with a special interest in
Paediatrics
www.nutriq.co.za

Colour me in



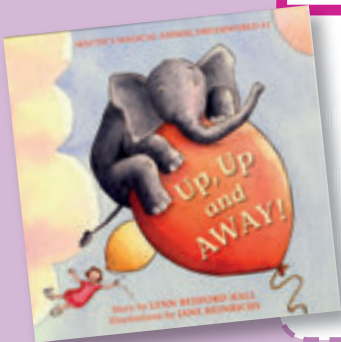
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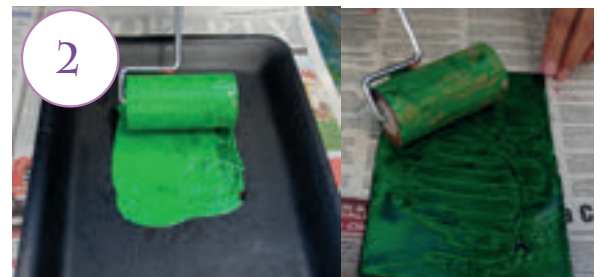
YOU WILL NEED:

- Paper
- Ballpoint pen
- Polystyrene plates (clean meat and vegetable trays)
- Acrylic paint
- A firm roller (sponge roller will work too)
- Scissors



WHAT TO DO:

- Cut the edges off a polystyrene plate to make a firm flat block.
- Using the ballpoint pen, draw an image on the polystyrene.
- Pour paint into another polystyrene dish and roll out to cover the roller. Now cover the polystyrene block with the image. Do not apply the paint too thick.
- Place the painted surface down onto the paper and press firmly then gently peel back the page to reveal your print.
- This can be repeated as often as you like.



http://www.thepaintingcave.co.za/classes_kidsart.php

Cold and 'flu first aid for children and babies



As a parent you are often always prepared to handle minor colds and 'flu with your baby or child. However here are a few first aid tips and tricks to help your little one this winter season.

Being prepared

The first step to all emergencies is being prepared and this is no different with your typical cold and 'flu emergencies. Often the initial indicator that your little one may be suffering from or developing a cold or 'flu will be their temperature. It is always a good idea to carry a soft tip digital thermometer in your baby bag or hand bag so it is easily accessible and portable. These are cost effective and can be found at any pharmacy. Never use a glass thermometer with children as these may break. Normal body temperature for children and infants should be between roughly 36°C and 37.8°C. However, in cases of babies less than three months old with

a fever, you should seek medical attention immediately.

Have plenty of fluids available

If you suspect your child may be suffering from cold or 'flu watch for signs of dehydration. This can often accompany illnesses like colds and 'flu so ensure your child gets plenty to drink should he or her already be ill.

Should you use medicine?

For mild, low-grade fevers simply allow your child to be dressed in light clothing and cool them with cool face cloths. Try not to give over-the-counter cold and flu medicine to children under 6 years of age. A good saline nasal inhaler can be used to help elevate blocked noses and these are often suitable for all ages.

Remember babies and young children are predominantly nose breathers so if your child is suffering from cold or 'flu

symptoms always attempt to keep their nose open and clean as often as possible.

Fortunately colds often clear up on their own or with minor intervention. Use the steps we have mentioned and you should have a healthy happy child in no time.

Cold Symptoms include:

Sore throat, runny nose, coughing and fever.

'Flu symptoms include:

'Flu symptoms are often severe and appear rapidly. Look out for sore throat, headaches, muscle aches, coughing and high fevers.

REMEMBER it is always better to seek medical attention if you are not sure how to handle the emergency or if your child is not improving.



First Aid Counts can be contacted at: Tel: +27 73 734 0375 • Cell: +27 83 301 9884

For more information about basic First Aid for children visit www.firstaidcounts.co.za





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When: 20 June 2015 – 8 August 2015
Opening times: Monday to Friday 09:00 - 19:00
 Saturday and Sunday 09:00 - 20:00
Adults: R145 per person
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Kids (18 months-18 years): R99 per child
Family of four (two adults and two kids): R435 per family.

This 3 000 m² exhibition was designed to be respectful of scientific research while also celebrating the delightful, entertaining side of natural evolution. It includes 45 moving, life-size animals distributed among 12 scenes, as well as 11 animals in an interactive play area.

Beautiful Creatures characters performing



Beautiful Creatures in association with Montecasino are excited to announce that three of their favourite characters will be performing free interactive sing along shows on the Montecasino Outdoor Piazza Stage on the following weekends in June, July and August 2015.

Saturday 6 and Sunday 7 June
 Times: 11h00, 13h00, 15h00

Saturday 4 and Sunday 5 July
 Times: 11h00, 13h00, 15h00

Saturday 22 and Sunday 23 August
 Times: 11h00, 13h00, 15h00

The 20 minute shows will feature some of Beautiful Creatures' best loved songs, including *Imvubu the Happiest Hippo*, *Lucas the Lazy Lion*, *Harry the Hungry Hadedda* and *Mafutha the Elephant*.

Beautiful Creatures is a parent friendly South African children's brand, formed in 2004, by Alan Glass, Ed Jordan and Paul Choritz. They have released 7 CDs and three books, and have achieved platinum and gold album sales in SA. Their 4th book *Harry the Hungry Hadedda* will be released in June 2015.

For more info please go to the Beautiful Creatures website or Facebook page, or follow us on Twitter www.beautifulcreatures.co.za <https://www.facebook.com/BeautifulCreatures?fref=ts>

Shrek: The Musical Jr to paint Jozi green this winter



He's big, he's green, he's grumpy... and his swamp has just been invaded by a bunch of fairytale misfits. That's right – it's everyone's favourite ogre, who's stomping into the Peoples Theatre in *Shrek: The Musical Jr* during the June-July school holidays.

Following its record-breaking production of Disney's *The Jungle Book Jr*, the Peoples Theatre in Braamfontein, Johannesburg, is thrilled to present this funky modern fairytale, making the long-awaited leap from screen to stage.

Opening on 1 June 2015 and ending with a jolly green flourish on 2 August 2015, this show is a must-see for children and adults who fell in love with the hilarious yet heartwarming movie.

Shrek: The Musical Jr is based on the 2001 Oscar-winning animated comedy by the DreamWorks production stable. Adapted for the stage and featuring a vibrant cast of South African professional actors, this laugh-a-minute

production will be directed by the Peoples Theatre's "dream team" of Jill Girard and Keith Smith.

Come and join Shrek, the wise-cracking Donkey and a host of familiar fairytale characters as they set out to rescue the feisty Princess Fiona from a dragon-guarded tower – while at the same time saving the kingdom from the clutches of the evil Lord Farquaad. Expect heaps of laughter, action, unexpected twists and sensational musical favourites along the way.

Andile Magxaki stars as Shrek, with Jana Louw as Princess Fiona. Kyra Green, Palesa Makhalima, Thiart Li, Yamikani Mahaka-Phiri, Christopher Vale and Jessica Willmore also star as an array of colourful characters in this fantasy romp.

Billed as "part romance and part twisted fairytale", *Shrek: The Musical Jr* promises rollicking, energetic fun for the whole family. So, head along to the

"big, bright, beautiful world" of Shrek, bursting with imaginative sets and costumes, and you'll walk out being a true "believer"!

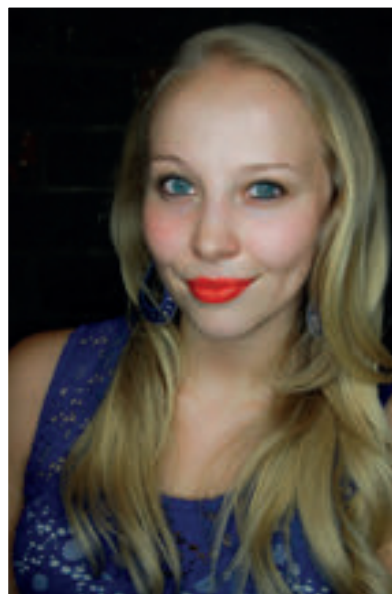
School bookings for this production are filling up quickly, so book soon to avoid disappointment. Call the Peoples Theatre on (011) 403-1563 / 403-2340 or visit www.joburgtheatre.com or www.peopletheatre.co.za. You can also join the Peoples Theatre Facebook page for exciting updates or information on productions.

The Kids' Club:

Children who join the Kids' Club for just R95 a year receive discounted rates on tickets and also get to enjoy free entrance to a show that falls closest to their birthday. Kids Club members receive fun newsletters and stand to win fabulous prizes in exciting competitions. Ask for details and application forms at the theatre.



Andile Magxaki



Jessica Willmore - image by Joe Strydom Thiart Li Photography



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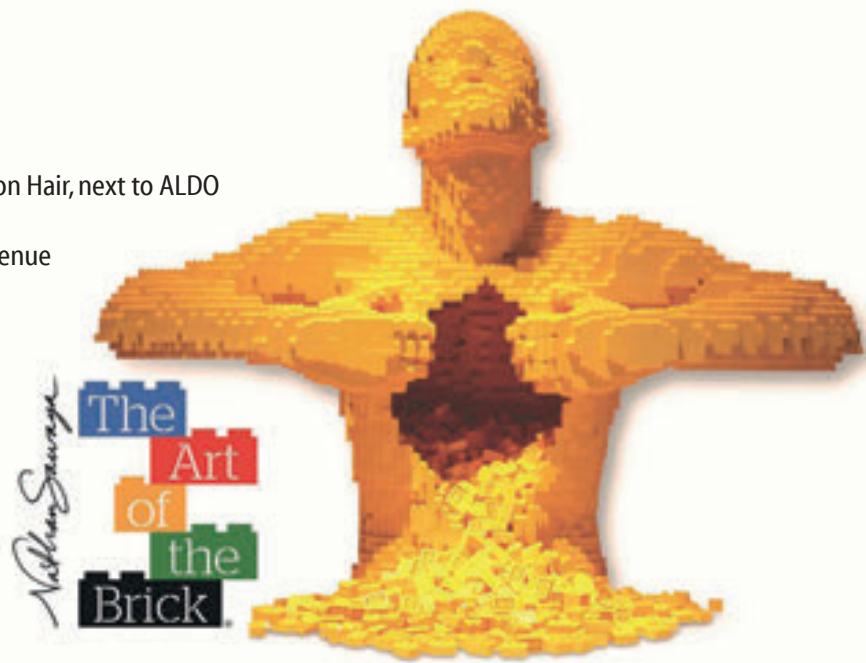
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