

**TODAY'S**



# CHILDO



JHB North Edition

**SHOUTING,  
SCREAMING,  
YELLING,  
oh my!**

**Staying  
safe in  
winter**

**HOLIDAY  
TRAVELLING  
TIPS**

**PLUS... KIDS' CORNER • PITTER PATTER • GIVEAWAYS**



# Guiding dreams; inspiring greatness

Brescia House School is a leading independent Catholic girls' school with a consistently high achievement record.

The school is committed to educating young women to reach their academic potential, develop their gifts and talents, acquire self-discipline and leadership skills and be responsible guardians of our planet.

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or contact us on 011 706 7404*



## *Brescia House School*



# Dear Readers

## Holidays are nearly here!

Our families are the most precious asset we have and because of that we decided to make sure you're aware of the dangers lurking around every corner when travelling on holiday (and other times too).

Speed is, of course, the culprit in most accidents, and if we could only convince drivers to slow down, we'd save so many lives and avoid the accompanying heartbreak. Please readers, if you're driving these holidays, take care. Read our lead article carefully and make it your mission to apply the dozens of good tips set out in the article.

On a lighter note, don't miss "Shouting and Screaming and Yelling, Oh My!" in this issue, for all of you who seem to always land up screaming at the kids when they're being difficult (haven't we all been there?).

Other than that, this issue's packed with useful information on Tissue Salts (no. 9), our Emergency Series, Ask our Dietician, Pitkos, the Kids' Corner, the Cake of the Month, What's On, and last but not least, our invaluable ad listings.

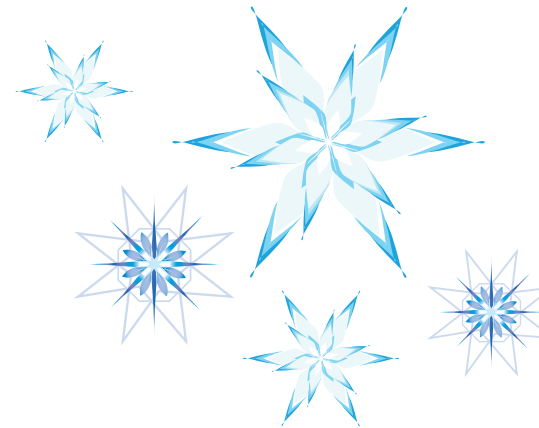
Have a wonderful July and whether you stay home or go away, enjoy the well-deserved holiday!

Kathy

kathy@eiapublishing.co.za



Kathy with her daughter



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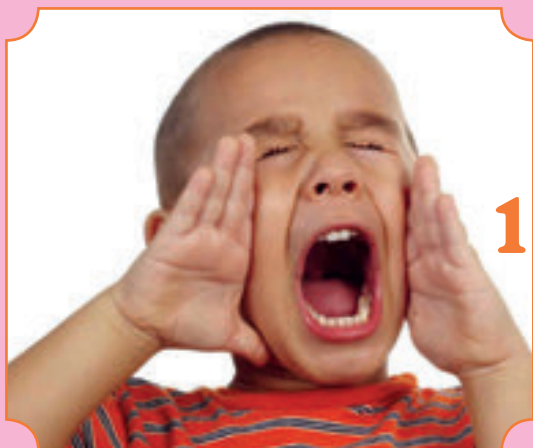
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JHB North



**19**

**LESS EMPTY PRAISE,  
MORE ENCOURAGEMENT**



**13**

**SHOUTING AND  
SCREAMING AND YELLING,  
OH MY!**

#### 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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**ON OUR COVER**  
Cayla Maher,  
4 years old

## Today's Child Competition Winners! Congratulations !!

*A Family of Four ticket to  
Days of the Dinosaur:  
The Exhibition  
Melissa Bosch*



*ClevaMemories suitcase  
Letitia Brummer*



*Colouring In Competition  
Fatima Daya (Ummekulthum)*

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



Here at Domestic Angels, we remove the headaches, stress and uncertainty of finding the ideal domestic worker or child minder for your home and kids. Through our professional approach we instil peace of mind with our clients, by placing a qualified person in their home.

Our unique and professional approach ensures that we meet the needs of our client and this is achieved through the following:

- o Our candidates are interviewed and assessed to ensure that they are literate (can read & write).
- o Previous employers are contacted to obtain a valid and quality reference!
- o Criminal clearance checks are done by running a fingerprint scan on the SAPS database.
- o Our candidates have to complete the following initial courses:
  - Household management (personal hygiene, telephone skills, communication, time management, cleaning, washing, ironing, security, etc.)
  - Basic child minding (baby hygiene, HIV Aids, Infant communication, dressing/bathing a baby and much more).
- o A practical and written exam is conducted after the above training courses have been completed.
- o Only candidates who achieve an 80% or better pass rate, and meet all further requirements, will be placed with families.
- o Domestic Angels, together with its healthcare partner, offers an Occupational Healthcare solution to ensure your domestic worker or child minder takes less time off work due to ill health and this also creates a healthy environment at home.

### COURSES:

#### Basic Domestic & Child Minding course

- Duration: 1 day
- Includes a manual and certificate

#### Heartsaver Paediatric First Aid CPR AED, Choking and Child Stimulation 0-24 months (Discounted for May 2014)

- Duration: 1 1/2 days
- Includes a manual and a certificate
- Certification: American Heart Association and Resuscitation

- Council of South Africa
- Validity: 2 Years
- Child stimulation presented by a Remedial therapist with BA Hons in Psychology
- Heartsaver Paediatric CPR AED and Choking
- Duration: 4 hours
- Includes a manual and a certificate
- Certification: American Heart Association and Resuscitation Council of South Africa
- Validity: 2 years

**Tel: 011 465 0020**

**Website: [www.domesticangels.co.za](http://www.domesticangels.co.za)**



# DRIVE SAFELY THIS JULY HOLIDAY

*We're all looking forward to the upcoming school holidays and many of you will be going away. Unfortunately, the number of cars on the roads and the number of accidents, injuries and fatalities continue to rise annually and it's vital that anyone driving a long distance needs to have their wits about them. This article is designed to keep you and your children safe on the roads. Read the valuable tips to be found in the following pages and come back rested, with a new batch of precious memories to remember.*

**T**he road fatality rate on the African continent is the highest in the world. In fact, South Africa has a fatality rate of 31.9 deaths per 100 000 population per year, in comparison with Australia's 5.2 and New Zealand's 9.1 per 100 000 population per year. Over the 2013 Christmas period alone, 1 376 South African people lost their lives in car accidents.

Recently Cartrack joined hands with Fury Motor Group to provide support to Netcare 911's Rapid Intervention Unit, which offers assistance and support at a time when road accident victims and emergency services personnel need it most. It has evolved from being a pure safety vehicle that initially secured the scene of an accident until emergency services arrived, to support for paramedic and fire personnel complete with extrication capabilities. The support vehicle operates independently from official medical and rescue vehicles, providing assistance in road accident rescue operations, at no charge to the public.







### Cartrack provides the following road safety tips:

- Avoid speaking on your phone, but if you absolutely must, always use a hands-free mobile kit to make or receive a phone call. And never text on your phone while driving.
- Do not speed. Speed limits are there for good reason – abide by them. The time saved by increasing your speed is negligible, a few minutes at best. According to Arrive Alive, speeding is regarded as a factor in nearly one-third of all fatal crashes, so ask yourself if those few extra minutes are really worth it? Important factors to consider:
  - Speed reduces the amount of available time needed to avoid a crash/ to stop the vehicle.
  - Speed extends the distance a vehicle travels while the driver reacts to a dangerous situation.
  - Speed reduces the ability of the driver to steer safely around curves or objects on the road.
  - Speed increases the likelihood of crashing.
  - Speed increases the severity of a crash once it occurs.
- Pay attention to road signs and markings – they are there to protect you and other road users.
- Get enough sleep before your trip and make regular stops to stretch your legs and refresh your mind.
- Keep your cool and avoid road rage.
- Have your car serviced and thoroughly checked before your trip – it must be 100% roadworthy. Double check your car's tyres to ensure the tread is sufficient and ensure that oil, water and brake fluid levels are sufficient before you leave.
- Find out what the emergency numbers are of the places you are driving through or to and have them handy.

### Car Seats for Kids – Do's and Don'ts

It's an all too common and frightening sight on South African roads – unrestrained young children in motor vehicles, sitting on laps, jumping around or standing on the front or back seats in peak hour traffic. Do you know how to correctly install a car seat in your car? Watch this video, it may just save the life of a little person on our roads: [https://www.youtube.com/watch?v=ATVG\\_MfoDqA](https://www.youtube.com/watch?v=ATVG_MfoDqA)

As part of its "IS IT WORTH IT?" responsible driving campaign, Cartrack

has stepped on board in support of Wheel Well to ensure that every child travelling in a vehicle is secured in a suitable car seat.

Founded by Peggie Mars, Wheel Well collects seats from donors, after which she cleans them, checks for defects, refurbishes and then makes them available to needy families. Mars is a well-known social entrepreneur and a passionate change agent for children in road safety. "There are three basic groups of car seats; the baby seat, the toddler seat and the booster seat," says Peggie. "These groups go by the weight and height of your child, not the child's age."





## Golden rules

- Always secure your child in a car seat when you drive anywhere. Most collisions occur 'just around the corner'.
- Vehicles are not a child-friendly zone – you have to make them so with car seats.
- Keep your child in the correct seat for as long as possible, but no longer. It is also dangerous to keep your child in a car seat that he or she has outgrown.
- A child outgrows his car seat when he has reached the upper weight margin of the seat OR their shoulder is higher than the highest belt adjustment of the seat.
- Harness belts must not be twisted or turned.
- Tighten the harness just right. The harness must fit snug – you must be able to fit your hand in between your child's tummy and the buckle.
- The shoulder straps of the harness must never go over and below the shoulder. At shoulder height or slightly above shoulder is good.
- Car seats must be installed with a three-point seat belt unless they are specifically designed for a lap belt only installation.
- Make sure your seat has good side impact protection to protect your child's head and neck.
- Car seats are used to minimise risk during a collision. They do not eliminate risk. You must adjust your driving when driving with children – remember you are already training them as drivers through your example. Be the driver you want your children to be.
- Children under the age of 13 should ride on the back seat.
- The safest seating in the vehicle is at the back in the centre.
- Never use a car seat where there are

air bags. Airbags deploy at 350km/h and can seriously injure your child and even cause death.

- Always install your car seat as per the directions in the manual.

## Baby seats (designed for babies from birth to 9kg)

- Usually have a three-point harness and plastic buckle. Baby seats with a five point harness will keep a child up to 13kg safe.
- Always install a baby seat rear facing.
- Blue markers indicate installation with a seat belt – blue is for babies.
- Are not designed for long periods of sleep.
- Do not place your baby in this seat wrapped in a blanket, rather place a blanket over the whole seat.
- Baby seats can be taken out of the vehicle to carry your child in and can double up as a rocker or feeding chair.
- At birth a baby's skull and spine configuration is not fully developed. The soft fontanel is something we are all familiar with. The back and the flat angle of the seat is designed to protect the baby's spine and neck during a collision.

## Toddler seats (designed for toddlers from 9kg to 18kg)

- Your child should be able to sit strong by now and will enjoy the more upright position. They want to see where you are going and interact with the world.
- They have a five-point harness and a metal buckle with a plastic casin.
- Rear facing is first prize if your vehicle has the space and your seat belt is long enough; forward facing is acceptable.

- Toddler seats recline for comfort when sleeping.
- Red markers indicate forward facing installation – red is for rascals.
- Toddler seats remain installed in the vehicle.

## Booster seats

- Designed for children from 18kg or absolute minimum of 15kg if you have a tall, skinny child.
- Your child is now strong enough to sit with a seat belt, but not tall enough yet.
- Booster seats raise your child so that they can see out of the window and bring the seat belt down to their shoulder height. The shoulder belt must pass over the middle of their shoulder, away from the neck and across the chest. The lap belt must go over the lap and hips – never across the tummy.
- Never use a booster seat with only a lap belt.
- A belt adjusting booster seat with a back is advisable until your child has outgrown the highest adjustment of the seat. This is to give them maximum protection during spin as a result of a partial head-on or a partial side collision and a side impact.
- Red markings indicate where the seat belt goes. Never allow your child to put the shoulder belt behind their backs or under their arm – very dangerous!
- The back of a good booster seat adjusts up with the growth of your child.
- Once they have outgrown the highest adjustment of the booster seat, your child should sit on a "bum" booster until they are 1.5m tall. Seat belts are designed for adults and an adult per definition is a person of 1.5 metres or taller.



### Test yourself

- Can you sit with your hips against the back of the seat?
- Do your knees bend comfortably at the edge of the seat?
- Does the belt cross the centre of your shoulder and is the lap belt low, touching the tops of your legs?
- Can you sit like this the entire trip?
- If you answered "no" to any of these questions, you need to keep using your booster.

### Holiday road trip: food to fight fatigue

Amanda Rogaly, MD of FoodSure, a food verification and endorsement marketing company, advises what sort of foods and drinks you should be taking in – and when – to avoid dozing off behind the wheel and potentially having an accident that will forever change your family's lives.

"Many drivers have the notion that they can swig several cups of coffee, or energy drinks, to stay awake while the miles roll on by. Because of this myth, most people don't take a break every few hours and end up in potentially disastrous circumstances."

Rogaly says the simple fact is that, if you need to sleep, you need to sleep. "Coffee is a short-term pick up; once its effects have worn off, you'll crash from that high, and be even more dangerous as a driver than you were before."

This also applies to other heavily caffeinated drinks such as energy drinks, says Rogaly. She says the South Australian Transport department points out that fatigue is a factor in up to 30% of fatal crashes, and all the usual myths – fresh air, loud music and coffee – are, at best, short-term solutions.

According to the department, not sleeping for 24 hours has the same effect as a blood alcohol concentration of 0.1. Factors generally cited as causing fatigue include a lack of sleep, driving in the night, and sleeping disorders.

Rogaly says the best way to avoid fatigue is to stick to your normal routine when it comes to eating, and avoid fatty fast foods and heavy meals that can lead to drowsiness. "It's also important to make sure you eat healthy foods that are rich in natural vitamins, as this will

help your body fight fatigue."

Avoiding foods like white bread and pasta, which can drop sugar levels, is also a good idea, adds Rogaly. She notes that drinking plenty water will also help while you drive, and acts as a natural – although forced – pitstop reminder.

Eating enough protein will also aid you in increasing your energy levels over the long-term, says Rogaly. "If you do need an emergency pick-me-up, choose something natural, like Brewer's Yeast, but always check any supplement with your GP before consuming it. Another good idea is to consume ice-cold beverages or ice lollies, which will wake you up," she adds. "Freeze some fruit juices or waters the night before to have them handy."

"In general, the healthier you eat, the better you will feel for it," says Rogaly, who founded FoodSure to help consumers regain their confidence in food products. Its SureMark tick of approval rewards producers who put out products that are exactly what the label says they are. Vigorous testing is done through its scientific partners and marketed to consumers if the product is proved to be honest.

Rogaly adds that, while obvious, the fact that alcohol and medicines that cause drowsiness must be avoided is a statement that must be made.

### Signs of fatigue include:

- Constant yawning
- Drifting over lanes
- Sore eyes
- Trouble keeping your head upright
- Delayed reactions
- Daydreaming
- Difficulty remembering driving the last few kilometres
- Variations in driving speed.



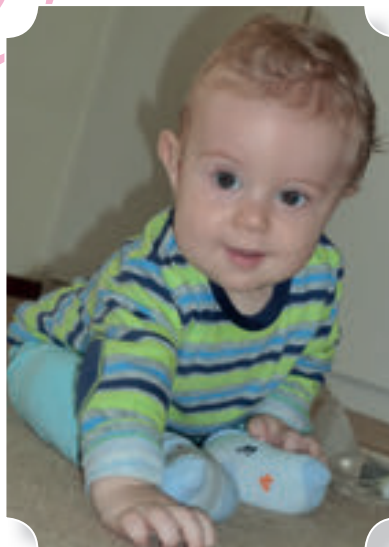
# Pitter Patter

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



Cute little Lian Louw  
(4 months)

Gorgeous Lethabo  
Masiba-Ralekwa (2)



Handsome little  
Francisco de Carvalho,  
11 months old



Handsome Jacques  
Prinsloo is 3 years old



Beautiful Bailee, who's six  
years old



Pretty Elizabeth  
Erwee, one year old

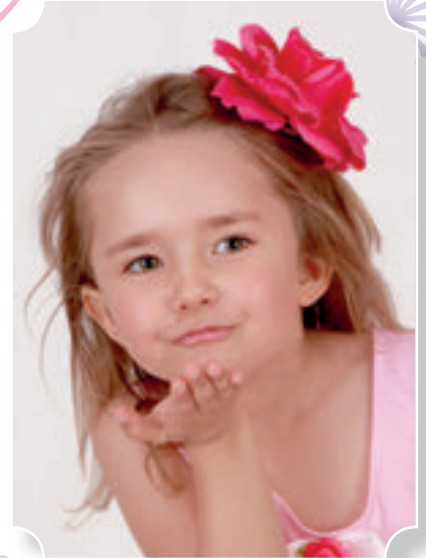






Pretty two-year-old,  
Isabeau Coetsee

The Silk Ballerina,  
Lamees Hamid



Victoria Scott - whose  
parents feel so  
fortunate to have her!



Sweet Sienna Ellse -  
4 months old



Sion Harding  
(6 months) enjoying  
the outdoors



## Your child, the famous model!



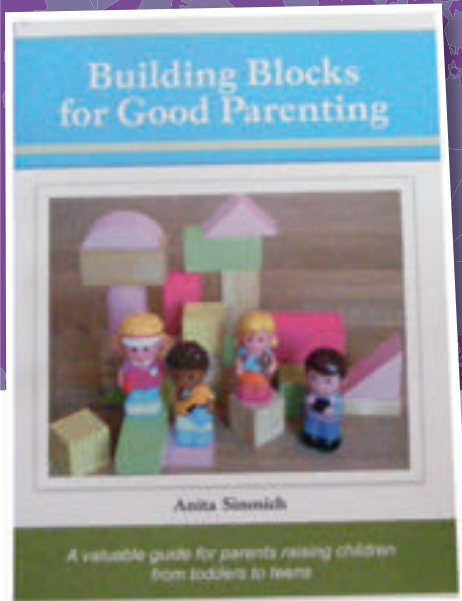
How would you like to see your child in *Today's Child* magazine, maybe even on the cover? Send us a photograph\* (only **ONE** please and make sure it's **high resolution**) of your precious angel for inclusion in the Pitter Patter pages and stand a chance to win a photo shoot, which could land your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

Send your entry and contact details to: [todayschild@eipublishing.co.za](mailto:todayschild@eipublishing.co.za) with "Pitter Patter" in the subject line.

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



4 Lucky  
Winners!



## Building Blocks for Good Parenting

By Anita Sinosich

Parenting remains an enormous challenge for any parent. What can *Building Blocks for Good Parenting* offer you? You will find answers to questions such as:

- What is a child's aim with misbehaviour?
- What is your understanding of discipline?
- How do you manage your child's unresolved anger?
- Do you know your personal parenting style?
- Do you implement the building blocks for a good relationship with your child?

Never underestimate the potential you have to influence your child and his life.

*Building Blocks for Good Parenting* is primarily written for parents, but also for those who are involved in child education. Child carers, teachers and counsellors will also find this book very useful.

TO  
WIN!

e-mail your name and contact details to [todayschild@eiapublishing.co.za](mailto:todayschild@eiapublishing.co.za) with Anita Sinosich in the subject line.\* Let us know whether you'd like a pink or a blue box.

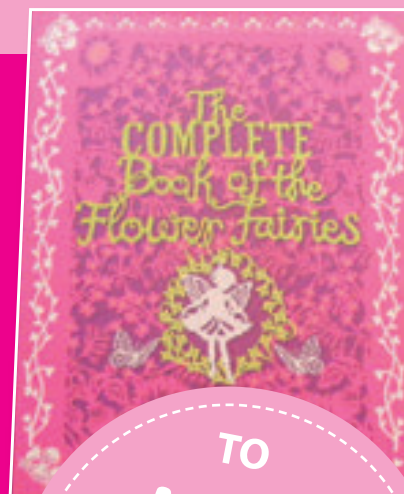
WIN!

The Complete Book of the  
Flower Fairies

Cicely Mary Barker's Flower Fairies have been ethereal companions to readers around the world ever since the publication of Cicely's first book in 1923.

The magical illustrations have inspired generations of children to search for fairies at the bottom of their gardens. There is something delightfully charming about the delicate, childlike fairies of Cicely's imagination. Once seen they are never forgotten.

This beautiful collection includes all Cicely Mary Barker's Flower Fairy illustrations and poems in a single volume.

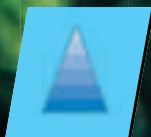


TO  
WIN!

e-mail your name and contact details to [todayschild@eiapublishing.co.za](mailto:todayschild@eiapublishing.co.za) with Days of the Dinosaur in the subject line.\*



**BECAUSE YOU'RE NOT  
THERE ALL THE TIME**



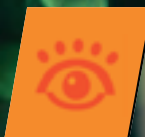
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**Centrum®, the world's most clinically studied multivitamin<sup>1</sup>**



Marketed by Pfizer Consumer Healthcare. Applicant: Pfizer Laboratories (Pty) Ltd, Co. Reg. No.: 1954/000781/07. 85 Bute Lane, Sandton, 2196, South Africa. Tel: 0860 Pfizer (734 937). A varied, balanced diet and a healthy lifestyle are important. This product should not be used as a substitute for a balanced diet. For a list of ingredients, refer to product labelling. CEN593  
References: Data on file. ID no. 3998.





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Couches jetables

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For more information about Huggies® please contact:  
The Huggies® Careline on 0800 115711 or visit our website on [www.huggies.co.za](http://www.huggies.co.za)

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Arrow 20497





By Casey Blake

# SHOUTING and SCREAMING and YELLING, oh my!



**H**ow often have you thought to yourself: "I'm sure I listened when my parents shouted at me, why is my child not listening when I shout"?

Often, shouting at our children when they have done something wrong does not prevent that behaviour in the future. In most cases, the yelling is a last resort, for you as the parent, to try gain some control over the situation. But has your child learned what they did wrong? About why they are being yelled at?

Or have they learned that adults are to be feared when they are angry, that bad situations end in shouting. Yelling does not build respect between children and parents, it creates a relationship based on fear and avoidance, with a limited understanding of what makes mommy or daddy so upset.

What are children learning from yelling?

Ever heard the adage, "do what I say, not what I do"?

Children learn more about the world

through observation, than what they are told not to do. They learn what behaviour is considered appropriate based on the behaviour around them. How often have you shouted at your children not to shout at you?

#### Yelling at children teaches them:

- That there is no resolution to conflict
- The person who shouts loudest is the one who is heard
- Shouting is the only way to bring attention to a problem
- If someone is in the wrong, your child has the right to shout at them

Many of the parents who come for counselling tell me that the louder they shout, the less likely their children are to listen to them, but they feel like there is no other way to get their children to listen. Instead of the respectful child these parents had hoped for, who does what he or she is told and is kind to siblings, these parents seem to have children who are strong willed and not susceptible to the types of discipline these parents grew up with.

#### How to start stopping

A disciplined child does not necessarily mean one who is punished enough, but often is the result of mindful parenting techniques.

Start by becoming more aware of how often you lose your temper with your children.

- What is your mental state at that point? Are you stressed out, tired, hungry?
- Can you start to notice a pattern for when you shout more, compared with times you shout less?
- Is there specific bad behaviour that you shout at your children for, or is it more generalised?

#### Focus on you

Between work stress, running a home and raising children, many parents feel burnt out.

Find some way for you to de-stress, be it yoga, walking, meditating, gym or reading. The calmer you are, the less likely it is that the situation will explode. If you are feeling overwhelmed by all these



responsibilities, consider going for a few counselling sessions to reduce the feeling of overwhelm.

#### **Have some calm conversations about their behaviour**

Have calm conversations about good and bad behaviour with your children. If they are old enough for you to shout at them for bad behaviour, they are old enough to have level-headed conversations about why you think that behaviour is bad. When we talk to our children as if they are people, and give them an opportunity to participate in the discussion, we validate their existence as people.

Not only are they getting a better understanding of what makes you upset, they get a chance to justify their actions. This does not mean that they are now off the hook, but it does give you a chance to hear their side of the story. You may find that they have reasons for their actions, and now that you have spoken about the situation, together you can find other ways to meet your child's needs, so that they don't have to resort to bad behaviour.

Once you have had this conversation, use it as a reference point in the future, when similar bad behaviour is becoming apparent. The trick is to not only have one discussion, and then think everything is fixed. The hard part about effective communication is that it requires repetition. If you have a calm, open conversation this morning, chances are that more thoughts are going to occur to both you and your child during the day, requiring another calm, open conversation later.

Being more aware of your stress levels, in addition to having all these wonderful, enlightening conversations with your child, does not mean that you won't shout at them in the future. It does mean that they have a better understanding of why you are getting upset with them. This understanding is likely to improve their behaviour, reducing the current parenting struggles you are going through.

Contact Casey Blake on 073 221 2609  
[www.whatnowcounselling.co.za](http://www.whatnowcounselling.co.za)  
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# Getting to know Tissue Salt No. 9:

By Margaret Roberts

## NAT MUR

## *Natrium muricatum* Sodium Chloride – Table Salt

**N**at Mur is an essential Tissue Salt for everyone! It is a distributor of water, maintaining the balance of water in the body by osmosis. If there is a deficiency of water in the body, there is excessive dryness of the skin and the hair and often shows in cracked, split nails that children bite and chew at.

A jug of water with glasses that is kept filled in a prominent position is an absolute MUST in every home to encourage everyone in the family, especially the children, to drink more! And cool drinks, teas, shakes and even iced teas do not count! IT HAS TO BE WATER!

Every mother should keep a bottle of Nat Mur tablets in her handbag for just by sucking 2 Nat Mur tablets immediately the body responds, and a crisis and quick first aid relief can be experienced! Think of intense sunburn, overheating after athletic performances, sunstroke, headaches, wasp stings – they all respond so quickly to Nat Mur that the anxious child (and mother), can be soothingly calmed by sucking 2 Nat Mur tablets every 10 minutes!

Although Nat Mur is minute quantities of

salt, table salt does not work in the same way and cannot replace Nat Mur. The trituration process in the manufacture of the Tissue Salts – a process of over six attenuations of grinding the powder between silver balls to the finest of “dusts” – is then compressed with milk lactose (or in my own range of Tissue Salts with maltose for lactose intolerance is becoming more and more evident), to form easily dissolvable tablets that are sucked so that the mucous membrane of the mouth is able to immediately absorb the fine particles, which then, with speed, go to work!

Anyone on a salt-free diet can take Nat Mur safely as the Sodium Chloride in each tablet is so minimal it will not in any way compromise the health of any age group! It will only enhance and build up the vitality and wellness of the body of all ages!

For a wasp sting

or bee sting immediately apply a wad of cotton wool or kitchen paper towels soaked in vinegar and hold over the area (be sure to scrape off the bee sting itself). Keep applying fresh wads of vinegar-soaked cotton wool and give 2 Nat Mur tablets to the child to suck every 3-5 minutes for the next 30-40 minutes, and then every ½ hour for the next 4 hours. The result: hardly any swelling or itchiness or discomfort, and this application of the wad of vinegar-soaked cotton wool stops the tears immediately. I use apple cider vinegar, but any vinegar will do.





### The Head

For every headache, sucking 2 tablets of Nat Mur every 5 minutes for at least 40 minutes will help. Add 2 tablets of Mag Phos if there is pain behind the eyes or dissolve 6-10 Nat Mur tablets with 6-10 Mag Phos tablets in  $\frac{1}{2}$  a cup of boiled water that is cooled to a comfortable heat and give it to the child to sip slowly. For sunstroke, give this magical brew to sip a little every few minutes until the headache clears. Also for headaches check how much chocolate your child has been eating! Easter egg hunts are notorious for headaches the following morning!

For aching eyes, neuralgia, tears and mood swings and dejected despondent children and teenagers, Nat Mur comes to the rescue! Suck 2 Nat Mur tablets frequently and you'll find all sorts of troubles will ease away! Conjunctivitis and scratchy, red eyelids can be soothed by a facecloth immersed in a bowl of hot water in which 10 tablets of Nat Mur have been dissolved, wrung out and held over the eyes for a few minutes, as well as sucking 2 Nat Mur tablets every 5-10 minutes.

### The Mouth

Check your child's tongue for cracks, also for lots of saliva in a teething baby or ulcers on the tongue or gums. Crush 6 Nat Mur tablets in  $\frac{1}{2}$  a cup of boiled cooled water and give teaspoons full frequently. For fever blisters crush 6 Calc Sulph tablets with 6 Nat Mur tablets in  $\frac{1}{2}$  a cup of cooled boiled water and sip a little frequently.

### The Nose

For hay fever, sneezing, irritability, watery runny nose, itchy eyelids, phlegm in the throat, puffiness around the eyes – 2 tablets of Nat Mur sucked every 10 minutes will ease and calm! Or dissolve 6-10 tablets in half a cup of boiled warm water and sip frequently.

### The Digestive System

The diet has a lot to do with this problem and fast foods, salty snacks, brightly coloured cheesy puffs, salted nuts and crisps, chips and fizzy drinks and fried foods and sugar, sugar, sugar, will turn your child into a little monster of bad behaviour, crying and demanding and temper tantrums so that life becomes intolerable! Nat Mur – 2 tablets sucked frequently – will ease and calm everybody – you too! Post nasal drip, aggressiveness, bullying, irritability, unco-operativeness, pouting and sulking are the rewards for wrong eating and mothers feel as if they cannot cope!

### The Circulatory System

For cold little hands and feet, chilblains in winter, sensitivity to heat and to cold, use Nat Mur daily. Be sure to have thermal underwear daily throughout winter and never underestimate the power of a well wrapped hot water bottle for warming a shivery little child. Nat Mur daily keeps the circulation moving. Tack fresh lavender sprigs into the hot water bottle between the safe fleecy cover and the bottle to help calm and unwind after a stress-filled day.

### The Skin

Eczema and psoriasis often indicate a lack of Nat Mur, and for dry, itchy, flaky weeping skin spots making a cream with Nat Mur is immediately soothing and can be applied frequently.

#### Psoriasis and Eczema Skin Cream

1½ cups good aqueous cream  
1 cup fresh pennywort leaves (*Centella asiatica*)  
 $\frac{1}{2}$  cup fresh chickweed (*Stellaria media*)  
 $\frac{1}{2}$  cup fresh chopped comfrey leaves

Simmer all together in a double boiler, stirring and pressing down the leaves well, for 20 minutes. Strain out the leaves through a new sieve. Now add 10 tablets each of Nat Mur, Ferrum Phos and Kali Phos crushed and dissolved in a little boiled water, and mix into the cream. Add 2 teaspoons of Vitamin E oil and mix in well. Spoon into a sterilized jar and label well. Store in the fridge. Apply gently frequently.

#### How Your Child Feels

Irritability, fidgeting, fussing, arguing, demanding, quick to anger, sibling fights, tears, "short fuse syndrome", temper tantrums, cheekiness, rudeness, sulkiness and general bad behaviour all call for Nat Mur! If you give the child 2 Nat Mur tablets followed by 2 Kali Phos tablets every 10 minutes, the storm will pass, and be sure to include Nat Phos and Kali Phos foods in the diet!

For the child that is spoilt, conniving, vindictive, spiteful, shows signs of being a bully, even with words, and for brooding with a low-spirited nature – we've all known this in adults and if you really look into your child perhaps this could be what is forming and which immediately needs to be rectified – Nat Mur with Kali Phos should become a part of every day, and the danger foods which add to, and often cause this behaviour, removed (for ever!) from the diet! A problem child is disliked by all, and once this pattern is established it will become a way of life. For autistic children, this wonderful formula

also works well. 2 Nat Mur, 2 Kali Phos and 2 Calc Phos tablets sucked frequently or added to water, will ease many little and big problems.

#### General Symptoms

Itchy genital areas, hay fever, loose watery stools, asthma, insomnia, diabetes, irregular heartbeat, frightened awakenings at night, bad dreams, constipation, sleeping too much and not wanting to get out of bed, thirst consistently (check for diabetes), sweating copiously, hot itchy ears due to allergies. For girls with hot itchy genital areas, urge washing well with a mild soap and apply the Nat Mur cream. Make a wash for her, especially during her period, of 10 Nat Mur and 10 Mag Phos and 10 Kali Phos tablets crushed into 1 litre of warm water to use as a wash with a clean facecloth 3 times a day to clear up the itchiness, and give her 2 tablets of each to suck frequently through the day.

For grief, fear, loss of a pet, tension in family situations, Nat Mur with Nat Phos and Kali Phos will ease divorce, loss of a home, change of a school, loss of a way of life due to financial strain, especially at night, give 2 tablets of each dissolved in a little hot water.

#### Foods Rich in Nat Mur

Celery leaves and stalks, beetroot, lucerne (fresh leaves in salads), lentils, radishes, parsley, asparagus, spinach, carrots, almonds, sesame seeds, strawberries, apples, buckwheat, cabbage and kale, figs, beef, mutton (look for organically raised meat), seafood.

Learn to make smoothies, soups, juices, snacks of any of these fabulous foods and grow your own wherever possible!

The right diet makes life great! Watch your child thrive with less sugar, less junk food and with a diet rich in fruits, salads and vegetables! And you will thrive too!

For further information on Tissue Salts and growing your own vegetables and fruit, contact:  
[margaretroberts@lantic.net](mailto:margaretroberts@lantic.net)



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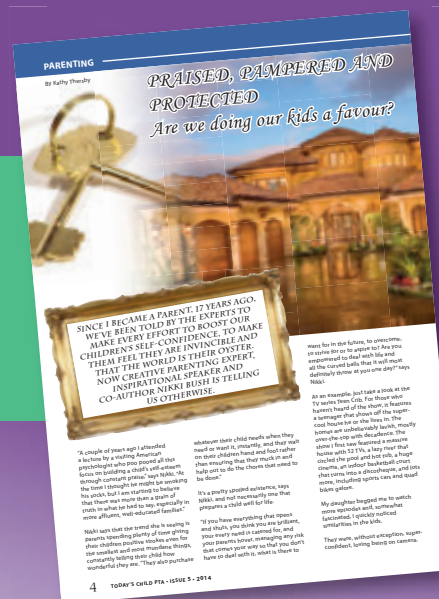
2014/005



# LESS EMPTY PRAISE, MORE ENCOURAGEMENT

By Anita Sinosich  
Retired industrial social  
worker and the author of  
*Building Blocks for Good Parenting*

*I read with interest the article "Praised, pampered and protected: Are we doing our kids a favour?" in issue 5, 2014 of Today's Child magazine and would like to agree emphatically: No, a definite no, we as parents are not doing our children a favour by praising, pampering and protecting!*



**H**ow wonderful and comforting to know that certain things never change. I'm referring to the basic requirements for bringing up well balanced children. When we incorporate core values such as trust, respect, love, quality time, encouragement and appreciation into relationships with our children then we are more than halfway there.

The importance of mutual trust between parent and child cannot be emphasized enough. This trust forms the foundation for children to believe in themselves and their abilities, enabling them to go into the big wide world as confident people.

It is sad, but true, that many parents are only too eager to shower their kids with lavish gifts perhaps as a substitute for spending quality time with their kids. In doing so, parents reveal a lack of responsibility. Young children, as well as older children, have a need to spend time with their parents.

According to Chapman and Campbell (2009) in their book *The Five Languages of Love of Children*, gifts can serve as symbols of love. Immediately I have to ask myself to what lengths a parent needs to go in order to express his love for his child.

When parents overprotect and become slaves to their children they are in fact showing no respect for their children.

I also hasten to point out that parents should not be under the false impression that showing love and displaying physical contact is for sissies – especially with respect to their sons. On the contrary, these children who experience love and acceptance are the ones who develop into strong and confident people.

Because I regard encouragement and appreciation as such an important aspect of parenting I made it a separate chapter in my book *Building Blocks for Good Parenting*. Encouragement is a crucial building block in the parent-child relationship since it is the process in which parents display their acceptance of their children for what they are. This climate of acceptance enables a child to build his confidence and self-image.

At this point it might be a good idea to make a distinction between praise and encouragement. Since praise emphasizes achievement to such an extent, children could become very competitive in a negative way, i.e. little or no regard for others, and so on. The message is also conveyed to a child that he is only worthwhile when he pleases others. He feels he has to be the best at all times.

Encouragement, however, emphasizes improvement and effort. The parent helps his child to feel worthy, accepting himself for what he is. He will also realise that he is trusted to become responsible and independent. He will not be uncomfortable with his imperfections either. In other words, I do not have to be perfect or the best in order to be regarded as worthwhile. The reality is that children do know the difference between real achievement and empty praise and could lose respect for their parents eventually.

Attitudes that discourage can be for instance: unreasonably high standards set by parents or maybe even over-ambition displayed by parents. A parent might say: "You can do even better." When you as a parent repeatedly focus on your child's mistakes, it's highly likely that he will become discouraged and feel unworthy. He might give up totally.

Encouragement focuses on child's feelings. The parent could say: "You seem very pleased with yourself. Recognise efforts and progress. Every time your child tries to do something and makes progress notice it and give recognition. Of course give recognition for achievements as well. Comments that show confidence are for example: "You'll figure it out" or "It was a tough job, but I knew you could do it."

Children who have been encouraged along the way will often use their abilities and efforts for the benefit of others rather than simply personal gain. They tend to be happy about their own successes as well as those of others. In contrast to praise, the language of encouragement can be applied abundantly.

It could also well be that parents who exercise a permissive parenting style allow their children a large degree of freedom while giving very little in the way of sound guidance. In such instances the child's behaviour is characterized by manipulation, threats, tantrums and so on. Little wonder these children experience the highest rates of depression, anxiety, uncertainty, etc. They rarely show respect towards others and tend to be selfish and unappreciative.

## Conclusion

Perhaps many of us need to start thinking and talking differently. We need to find ways to encourage our children to show that we accept, trust and recognise them. Let's be generous with words of encouragement.



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Savings  
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by Jaydene Phillips  
First Aid Counts

# Staying Safe in Winter

*Winter has finally arrived and with the chilly air and dark winter mornings come some common everyday first aid emergencies. Being prepared to handle these emergencies is very important, especially since prevention is often better than cure during this season.*



There has been a recent spike in fires as winter has approached and you should know the basic treatment for burns and how to safely avoid fires within your home.

**Always ensure your gas heaters are turned off properly before leaving the house or going to bed. Be aware of the following safety tips:**

- Never turn the stove on for heat. Ensure you have at least one of the following heat sources in case the power goes out: extra blankets, sleeping bags, and warm winter coats.
- Never place your gas heater on top of furniture or near curtains or loose material.
- Never leave children unattended near your gas heater.
- Keep heat sources at least 2 metres away from furniture and drapes.
- Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon

monoxide poisoning.

- Do not use the generator or other appliances if they are wet.

## Treatment for Burns

**Should you or your child be burnt you should do the following:**

- Run the burn area under cool running water for no less than 20 minutes or until the burning stops.
- Apply a clean, sterile dressing to the burn area. A great product to have in your home for burn emergencies is a burn dressing. There are various products available at pharmacies. When choosing a burn dressing, choose a product that does not contain alcohol. The majority of burn dressing products are made up of water, tea tree oil and gelling agents, which ensures that no harm will come to your child if he or she ingests the product by accident. Never apply any other ointment or household products to burns. Water and a clean sterile dressing is suitable and is the

recommended treatment for all burns.

### When is the burn critical?

Burns are classified into three degrees:

**Superficial Burn** – a sunburn like texture, often red and painful.

**Partial Thickness Burn** – Blisters will develop from this burn. These burns are often more serious due to the risk of infection. DO NOT break the blister.

**Full Thickness Burn** – This burn often presents with a waxy texture, the skin will be broken and pain is often associated with this burn as it more often than not destroys the nerve ending in the skin.

All burns above the nipple line are considered to be critical as they may affect the airway and cause the child or person to stop breathing. Burns to the hands, feet, face and genitals should be seen by a healthcare provider. If you are not sure what to do, call your local emergency services for assistance.



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Cell: +27 83 301 9884  
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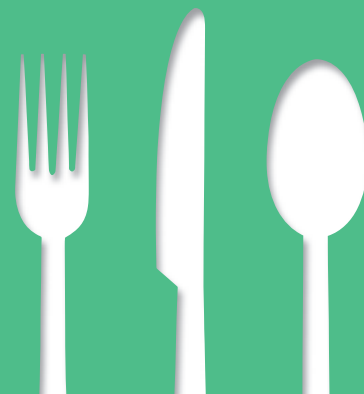
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# askourdietician

*If you have any questions about your child's eating habits, please e-mail Adeline on [todayschild@eiapublishing.co.za](mailto:todayschild@eiapublishing.co.za)*



**Q:** My child suffers from Attention Deficit Hyperactivity Disorder (ADHD). How can I change his diet to improve his concentration?

**A:** The effect of food intake on ADHD is still very debatable. It was previously thought that all hyperactive children may benefit from avoiding foods containing artificial flavours, colours and preservatives.





**H**owever, more recently it was discovered that only a few children responded positively to these eliminations. Over the years it was further discovered that food intake, and not only additives, should be taken more seriously to help regulate hyperactive behaviour.

Unfortunately it is not always possible to do high-quality studies, as children with ADHD may be difficult to control or are non-compliant. Today we only know that excluding additives may affect behaviour in some hyperactive children. More importantly we also know that not only additives, but food per se, can affect behaviour, but the proportion of children who might benefit from excluding additives is still unknown.

Many hyperactive children have cravings and bizarre eating habits in the first instance. The suggested first line of approach would be to implement healthy eating habits. A dietary routine by itself may result in improved behaviour. Improvement may often be the result of firmer parental control.

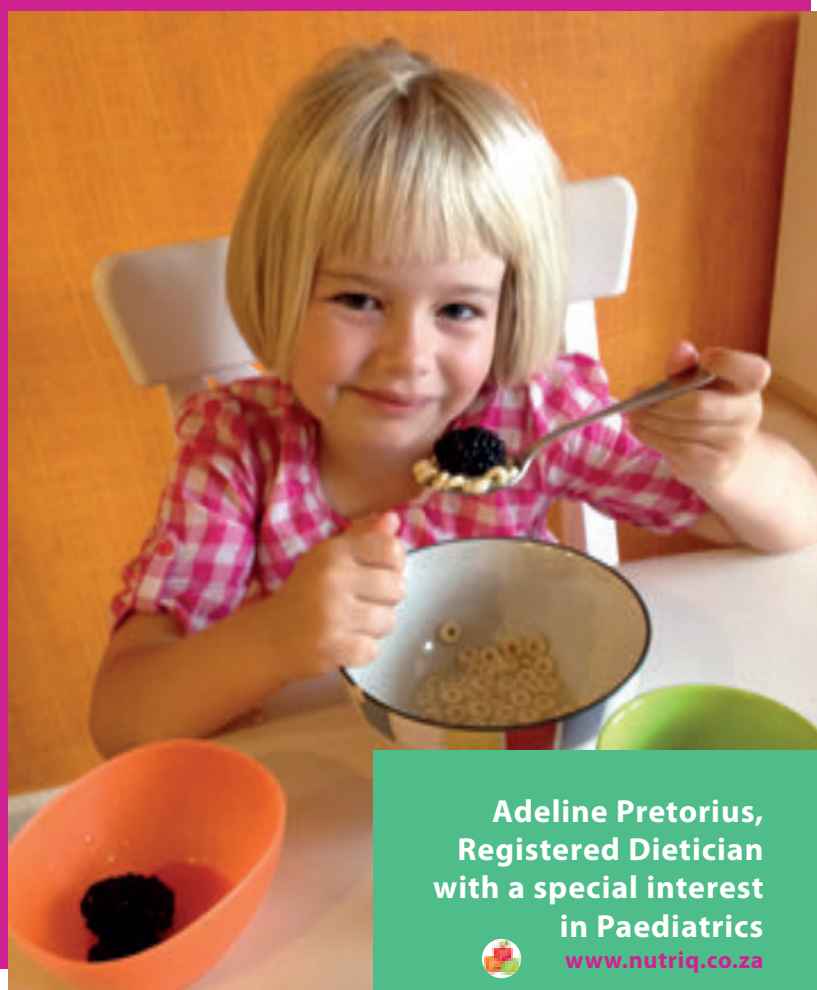


Parents who consider going the route of excluding additives or certain foods should only attempt this where problems are severe. Quite often the difficulties of adhering to a restricted diet can be worse than the behaviour problem itself.

Furthermore, eliminating foods may jeopardise your child's nutritional status and health. Parents are advised not to experiment with the diet unsupervised, rather seek the help of an appropriate health care professional.

## Healthy eating principles include:

- Having a breakfast daily.
- Eating three meals per day with regular healthy snacks in between. This will help to maintain energy levels and improve concentration.
- Filling up on low-fat, high-fibre starchy foods such as granary bread, brown pasta, potatoes, brown rice, high-fibre breakfast cereal – they are the body's main energy source.
- Avoiding refined foods, for example white bread, biscuits, salted biscuits.
- Having five portions of fruit and vegetables each day.
- Eating fewer fatty and sugary foods and drinks such as chocolates, biscuits, pastry and chips – limit these to twice per week.
- Encourage healthy eating by using a reward system if necessary – for example complete a star chart and reward with an outing such as going to the park, watching a movie and so on.



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# The NEW range of LIGHTWEIGHT BIKES, specially designed for KIDS

## WHY FROG BIKES???

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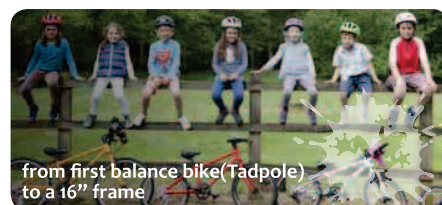


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## HOP ON A FROG AND RIDE

Just what every South African child cyclist needs has just hit the local market in the form of Frog Bikes! They're cool and they're funky, but more importantly Frog Bikes are lightweight, safe, robust and easy to handle. Why? Because they've been specifically designed by parents for children.

UK parents Jerry and Shelley Lawson loved their family bike rides with their children, Oscar and Emily, but the kids complained when they battled to keep up with mom and dad's longer and stronger legs. Jerry and Shelley realised that the kids were hindered by their bikes' extremely heavy steel frames – the answer would be a super-light aluminium bike for kids.

### FROG WAS BORN

The couple began their quest to revolutionize kids' bikes, and Frog was born. Jerry started to design a range of bikes in aluminium, without sacrificing durability, and hand-picked the best componentry on the market like Tektro's little brake levers and Shimano's easy-

twist gears. Unnecessary extras that would add weight and cost (such as more gears than most kids need, disc brakes, and so on) were avoided.

Aluminium doesn't add much cost, but massively reduces the weight, meaning kids can balance and control their bikes much more easily and propel them with much less effort (thereby keeping up with their bigger brothers and sisters!). Parents, on the other hand, benefit from happier kids and avoiding pulling a muscle when trying to hoist the bikes on to the roof rack.

### WHY FROG?

Meanwhile Shelley (whose marketing background had been very much in the background since the kids arrived) started to create the brand to support the bikes – and Frog began to take shape. Why "Frog"? Well, quite simply it's a name that makes people smile! It's highly visual, memorable, and seems to appeal to both boys and girls without being too young or patronising.

The Frog brand was launched in February

2013 and has taken off at a blistering pace, with over 250 stockists in the UK, and now South Africa has Frog Bikes too. Soon the trademark "Frog Splat" will be seen all over Sunny South Africa.

On the safety front, Frog Bikes are valued for their robust frames, their top quality brakes, and thorough assembly. Frog Bikes have been thoroughly tested and conform to three EN safety standards. As in the UK, there has been a huge increase in cycling activity in SA over the last couple of years. Cycling is "the new golf" – an upmarket activity but with appeal for the whole family, offering the benefits of keeping fit and healthy, saving fuel and sparing the environment, not to mention swapping the sedentary modern lifestyle of watching too much TV and playing too many computer games for a healthy outdoor activity.

Another benefit of the lightness of Frogs is that children enjoy cycling much more and can ride much further than on other bikes. The bright, bold unisex colours seal the deal.

Available at these stores

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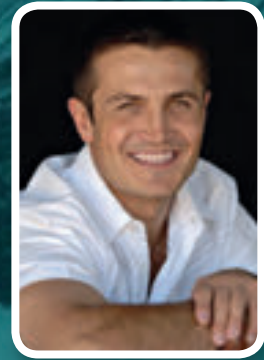
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Click on SA Site on [www.frogbikes.com](http://www.frogbikes.com)





# Die ware jy



Thinus van Staden  
BTh, MDiv, MTh  
(Universiteit van Pretoria)

## Hoe lyk die ware jy?

Wie van ons kan sê dat jy 100% net jouself is? Hoe lyk die ware, outentieke jy? Hoeveel gee jy voor? Hoe vêr het pyn, seerkry en negatiewe boodskappe jou al verander, weg van die ware jy af? Hoeveel verkeerde keuses gemaak?

## Oordrewe sintuiglike ervarings

Ek vermoed mense vermy eerder die moeilike vraag "Waar vind ek my ware self", en fokus veel eerder op 'n ander, makliker, meer onmiddellike vraag: "Waar vind ek geluk?". As ek kyk na wat mense motiveer in die lewe, lê dit meestal in 'n poging om oordrewe sintuiglike en emosionele ervarings te hê. So, byvoorbeeld, eet mense sjokolade wanneer hulle eensaam of hartseer voel; soek kontak met mense, soms op negatiewe maniere; koop klere of beddegoed waarin hulle comfort soek; kyk films waar alles onrealisties vinnig gebeur; skakel die radio aan of luister na musiek; en brand wierook of dra parfuim. Daar is niks verkeerd met hierdie dinge in sigself nie, maar wanneer dit jou weglei van die werklike kwessies in jou lewe, dan word oordrewe sintuiglike ervarings selfs destruktief vir jou.

## Oordrewe emosionele ervarings

Dan is daar emosionele oorlading, wat kunsmatig aangewakker

word deur byvoorbeeld drank en dwelms te misbruik; die kyk van pornografie; pogings om altyd in die verliefdeheidsfase te bly, en jy val gevolglik van een verhouding na 'n volgende; jy stap in winkelsentrums rond sodat jy voel jy is nie alleen nie; deur aan adrenalien-gedrewe aktiwiteite deel te neem soos valskerm spring, net om meer lewendig te voel. Weereens: dit is in die meeste gevalle nie verkeerd nie. Maar hier geld dieselfde beginsel as hierbo.

## Die skep van 'n persona

Nog 'n manier hoe mense die vraag na die "ware ek" ontduik, is om 'n persona te skep. Persona verwys na die maskers wat die ou Grieke gedra het tydens opvoerings. Hoe lyk die masker, dus, wat jy dra? Jou gesig is soos die voorhuis, terwyl bitter min mense ooit in die binnekamers van jou menswees kom. Sommige mense neem die rol aan van die nar in die familie of vriendekring; ander trek klere aan wat hulle definieer; nóg streef daarna om deur geld en swier ander te beïndruk; sommige oefen ure in die gimnasium om hulle liggame perfek te vorm; en ander ondergaan soms radikale persoonlikheidsveranderings omdat hulle eenvoudig net nie langer met hulleself kan saamleef nie. Ook hier kom dit tot niks. Die probleem met hierdie dinge is dat dit tydelike en oppervlakkige oplossings bied. Dit werk vir 'n rukkie, maar daarna kom die hartseer of ongelukkigheid weer terug.

## Waar vind ek die ware ek?

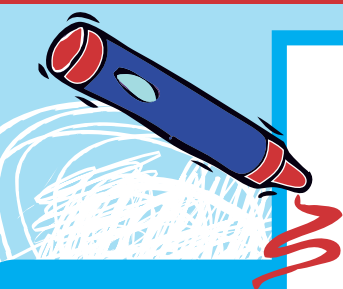
Dit is 'n vraag wat kenners natuurlik verskillend sal beantwoord. As kind van God glo ek dat hierdie vraag alleen beantwoord kan word deur die Een wat my geskape het. Dr. David Brenner, 'n psigiater van beroep, het eenmaal gesê: "God is the only context in which our being make sense". Die ware self word gevind waar ons God ontmoet. In 2 Korintiërs 5:16-18 lees ons: *Ons beoordeel dus van nou af niemand meer volgens menslike maatstaf nie. Al het ons Christus vroeër volgens menslike maatstaf beoordeel, nou beoordeel ons Hom nie meer so nie. Iemand wat aan Christus behoort, is 'n nuwe mens. Die oue is verby, die nuwe het gekom. Dit alles is die werk van God.*

**Mag jy vandag die konteks van jou soeke verander. Die ware jy is nie te vind in die yskas, klubs, gimnasiums of winkelsentrums nie.**

*Pitkosgroete,  
Thinus*

*Skryf gerus vir my by  
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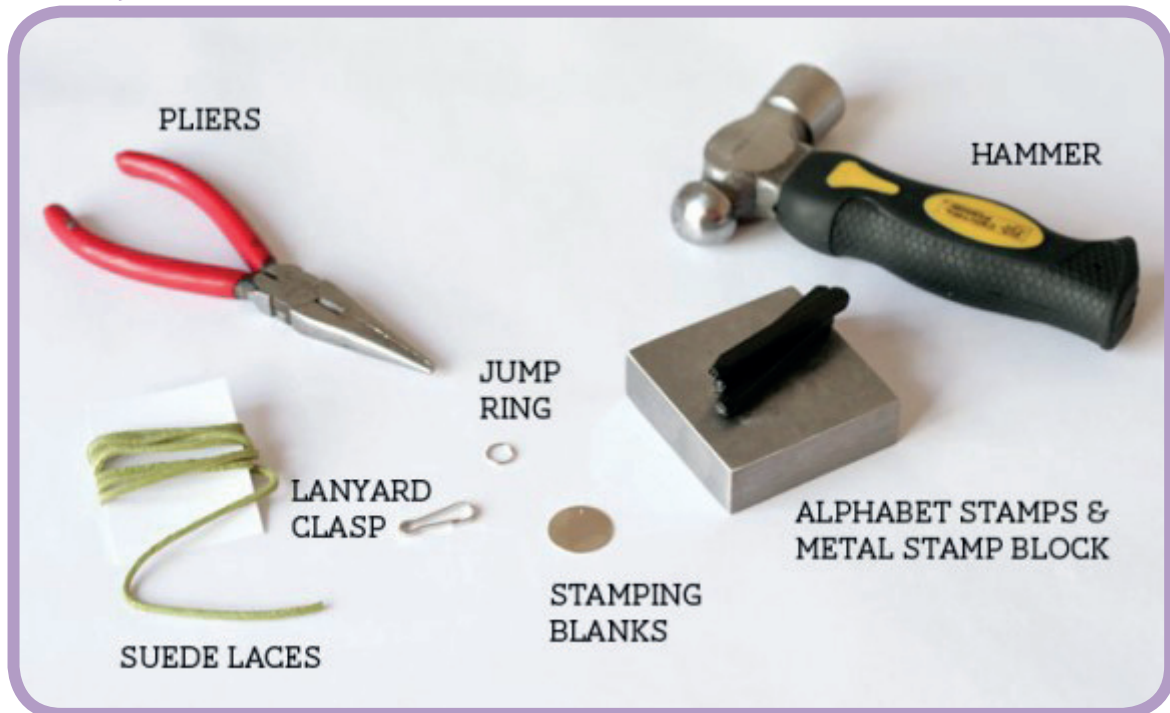
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To keep the stamp from skipping and making a double impression, be sure to place it firmly against the disk before striking with the hammer. Don't be timid — give it a good whack!



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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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## How to handle criticism

There are two parties to any criticism; the person giving it and the person receiving it.

When you're giving critical feedback you can make it constructive and side step the possibility of a defensive response with three tactics.

First, stick to the facts. Be specific and accurate. Don't use words like always and never. They exaggerate and generalise. Secondly, as far as possible avoid using the word 'You' at the start of a sentence. It gives an immediate tone of accusation to any feedback. Can you hear how statements like, 'You never help' or, 'You're always late' will almost certainly create defensiveness?

Thirdly, try to avoid emotional accusations. In a good relationship where the criticism is about something specific and is based on a misunderstanding,

it can be neutralized immediately with an explanation. The relationship is not harmed and the incident is soon forgotten.

*'You haven't brought in the groceries,' spoken calmly and without emotion.*

*'I did. They're all packed away,' answered with a smile.*

*'Oh, I'm sorry, I didn't notice. Thank you.'*

Mostly it's not that simple. If you give the criticism with emotion and accusation, the response is liable to sound a little defensive. 'I did! You just haven't looked!' and you can see a teenager flouncing off to her bedroom. Arguments about lack of appreciation follow and the next time groceries have to be brought inside you think twice about asking for help.

When you are on the receiving end of criticism, the most useful thing to

remember is that all feedback is useful, even when it comes across negatively or bluntly. Breathe, and don't interrupt. Even when feedback is hard to take, it may well contain information you need to hear, so don't shut it out. Listen thoughtfully and try to hear what is being said underneath the emotional accusation.

If the person is giving you generalisations, ask for specifics. If someone says 'You weren't very helpful' ask, 'What should I have done?' Feedback is only useful when it describes behaviour that can be changed.

The best way to teach your children how to handle feedback is by example. When you give them feedback, be constructive and they will have a sound basis for changing their behaviour. When they give you feedback, accept it. Parents also have to sometimes consider behaviour change.





# Little Mr Bowtie Cake

## Requirements:

- 20cm Round cake, filled
- 25cm round cake filled
- Ready-made Buttercream icing
- 35cm x 45cm Cake board
- Fondant paste, coloured in flesh tone (depending on the colour skin required) and baby blue
- Fondant paste mixed with CMC/ Tylose (150g paste:5ml powder), coloured in light pink (for the cheeks), black for the facial features, light blue (for the dummy and bowtie) and brown for the hair.
- Large rolling pin
- Extra icing sugar (to roll out the fondant)
- Edible glue



## Method:

1. Place the 2 round cakes on the board and cover completely with the buttercream icing, creating a smooth finish. Place the cake in the fridge for 30 minutes to set.
2. Knead the flesh toned fondant on a clean smooth surface dusted with icing sugar (the icing sugar prevents the fondant from sticking to the surface and the rolling pin). Roll out the fondant to cover the cake. Work quickly and take care to prevent creases and tears from forming. Cut off the excess fondant with a small sharp knife.
3. Nappy: Roll out the light blue fondant and cut a straight edge on the one side and place over the bottom part of the cake. Cut off the excess paste at the bottom with a small sharp knife.
4. Arms and fingers: Roll 2 x long sausages and create a hand with 5 fingers each. Place on the side of the body. \*
5. Feet: Roll 2 x flesh coloured fondant balls. To make the soles, shape into a sausage with the one side thicker and flatten. Make indentation lines on the inside. Form 2 x 5 toes for each foot. Place the feet on the nappy. \*
6. Face: Roll a small ball of flesh fondant for the nose, 2 x round black discs for the eyes, a thin black fondant line for the mouth and 2 x round light pink discs for the cheeks. \*
7. Hair: Roll 3 x brown fondant sausages with pointed edges and roll each sausage into a spiral. \*
8. Dummy: Shape a round flat disc with the blue fondant paste. Make a hole in the centre. Roll a thin sausage of blue fondant and bring the 2 ends together to form a loop. Insert the pointed edge into the hole of the disc to create the handle of the dummy. Place over the mouth. \*
9. Bowtie: Roll a thin strip of blue fondant and place over the neck. For the bow, cut 2 x thick, blue fondant strips. Bring the 2 edges of each strip together and pinch. Place the 2 pinched ends together and secure with glue to the strip on the neck. Place a small ball in the centre of the bow. \*

*\*Secure all these extra detail with a small amount of edible glue.*

*To make baby girl cake, replace all the blue in the cake with pink and create a bow in the hair instead of around the neck.*

Happy  
decorating!!

### Cakes by Karen:

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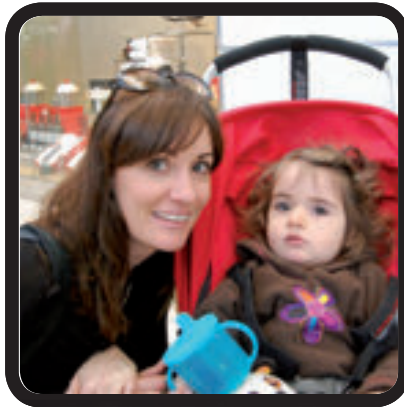


# Moms

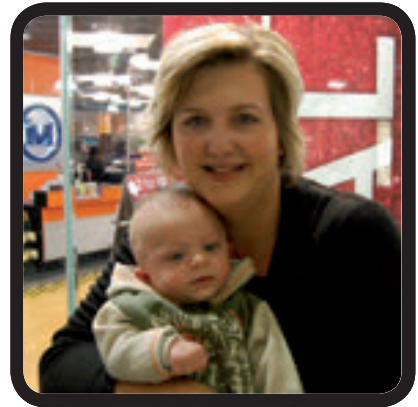
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Kate Stephan with cute little Megan, just 9 months old.



Claudia Christodoulou and beautiful 18-month-old Angelina.



Erina McCarthy and Christiaan, 7 months old, enjoying some shopping.



Barbara and 2 1/2 year-old Angelique Louw smile prettily for the camera.



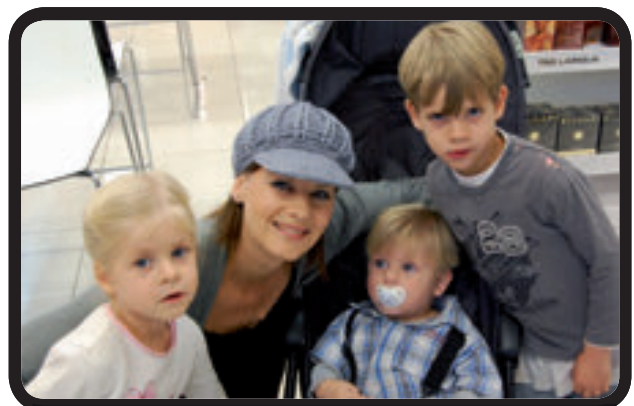
Ine-Mari with sweet little Leandre Bredekamp.



Lizanne Jordaan and cute Lyla, one-year-old, hit the shops!



Proud Avril Nokaneng with her lovely children, Thati (1) and Thakgi (3).



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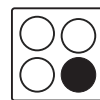
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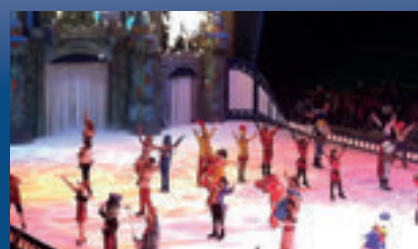
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Article done by: Gerhard Korf  
(M(Eng): Technology management)



# Why are expensive toys cheap and cheap toys expensive?

There is an old saying that goes: "You buy quality, you cry once", and defining quality was always up to the marketers, who make you believe that their product is the best quality. Now, does this also apply to kids' toys? What is the definition of a quality toy – is it a toy that will keep the child busy longest or is it a toy that can last for years? On the other hand, is it not better to buy a cheap toy if the kids will in any case only play with it for a few weeks? I've done a bit of investigation and the answer I found was different from what I initially thought.

I'm a big LEGO fan (as you might know by now), so when my son announced that I could take all his Star Wars away if I get him this Ben10 gadget, I was quite surprised. I bought him the Ben10 toy mainly to see if he would really offer up his beloved LEGO Star Wars sets. Initially he was quite happy not to have the LEGO and spent a considerable amount of time with the BEN10 toy. But after one day he was looking for other toys to combine with his BEN10. He either wanted another man to fight with or something for his BEN10 character to ride on. And this made me think about why we play with toys in the first place. We want to mimic real life, and in doing so, grow our understanding of life. Girls want to play with dolls, as they want to be like mom. Boys want cars and mostly things that can fight, for obvious reasons ☺.

Back to my son, he was looking for an airplane his character could fit in, but all the planes he had were either too big or too small. This pointed out a very important requirement of toys. They need to be expandable. So, if you have two or three toys, you need to be able to add them together to increase the joy you get out of the toy. LEGO is one company that has managed to get this phenomenon down to a T. All LEGO products fit together and if you have a LEGO house, it will always fit with the LEGO car you have. But what if the child does not want to build all his toys or perhaps wants something a bit more rugged and ready made, or perhaps a bit bigger in size? This brings us to another question: does size count when it comes to toys, or is it just always that the bigger toys have more functionality?

I think the answer lies in a combination of all the questions raised. Firstly, it looks like the functionality of a toy is most important – the more the toy can do, the more versatile it is and the better the kid can re-use it. To achieve this we need to look a bit closer at how a toy can be functional and versatile and the answer is straightforward: The better the toy can mimic real life the more versatile it will be. So if the doll's hair can be brushed like a real human's, the longer the doll will last, and if the play car can fit a figurine, open doors and has an engine, well, the longer they will be able to play with it. Therefore, the more effort put into

ensuring the toy is close to reality in both functionality and visual, the longer the kids will play with it.

Secondly, is the scale of the toys. A Moxie doll is great to play with, but if you want to give her a real doll house on scale, a 3-storey house would be about 1.8m high. It is therefore important to look for toys that can be used together with the same scale. The bigger the toy, the closer to real life it gets but it will also become a lot more expensive to have everything on scale. It is therefore better to go with something a bit smaller scale, then you could then add more toys together. A very good example of this is Playmobil.

Playmobil has taken most of the real life themes and made toys all in the same scale. You can buy a school, a car or a swimming pool and it will all fit together. There is not much to build like LEGO, but the scale is a bit bigger, with a huge amount of detail in each set. Playmobil has covered themes from a big zoo to cave people and pirates. The Playmobil characters can fit in all the themes and adding sets will enhance the fun. Playmobil also has a huge range from small sets for a friend's birthday to a big 3-storey doll mansion.

Thirdly, durability of toys plays a big role. This is normally the easiest to spot and what I would generally describe how people normally define quality. Durability obviously costs more so if the toy meets the first two criteria, it would be worth it to spend more money on a durable toy.

This brings me to the conclusion that when you want to buy a toy next time, don't just look at the price, but rather ask yourself if your kid will still play with this toy in two years' time.

Article done by: Gerhard Korf (M(Eng): Technology Management)  
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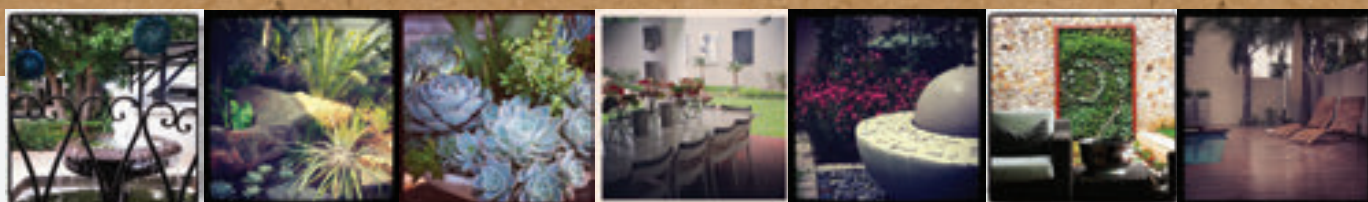
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