

# Best Parent

LEARN.KNOW.GROW

BEST VALUE PARENTING MAGAZINE  
ONLY R10,95

PREGNANCY

What to expect up to the final trimester  
Work it!  
Step up your fitness today

BY

0-5

and the night day  
are for  
your child

DDLER

Why *induku* is not the only option  
Is it potty training time?



## Tumi Masemola

"I'M PREGNANT AGAIN AND BUSY AS EVER"

"ME TARZAN, YOU JANE"  
Explaining differences

Best Buys

Great toys to cuddle



Children love playing with soft, cuddly toys. Fun and colourful, this selection will keep them occupied for hours

### MUSICAL ACTIVITIES FOR CHILDREN

Experience the joy of music with your child. The Music for Our Little Ones programme encourages goal-driven musical activities to promote the development of your child's intellectual, emotional, social, motor, listening and concentration skills. In so doing, you are helping to build a positive self-image.

By using the AT HOME kit, parents will also have lots of creative ideas to stimulate their little ones in the comfort of their home. The Music for Our Little Ones AT HOME kit consists of 10 themes that focus on specific developmental stages. Lessons are between 30 and 40 minutes long. The kit includes a CD, various percussion instruments and a great selection of tactile materials.

For details, e-mail [musicsa@samusicsschool.co.za](mailto:musicsa@samusicsschool.co.za) or visit [www.samusicsschool.co.za](http://www.samusicsschool.co.za).

Win one of four AT HOME kits valued at R1 000 each, SMS Music SA your name, surname telephone numbers and physical address to 34906\* by 23 August 2010.

\*SMSes cost R1,00. See competition rules on page 1.

GIVEAWAY!

### MUSICAL ACTIVITIES FOR CHILDREN

Experience the joy of music with your child. The Music for Our Little Ones programme encourages goal-driven musical activities to promote the development of your child's intellectual, emotional, social, motor, listening and concentration skills.

In so doing, you are helping to build a positive self-image.

By using the AT HOME kit, parents will also have lots of creative ideas to stimulate their little ones in the comfort of their home.

The Music for Our Little Ones AT HOME kit consists of 10 themes that focus on specific developmental stages. Lessons are between 30 and 40 minutes long.

The kit includes a CD, various percussion instruments and a great selection of tactile materials.

For details, e-mail [musicsa@samusicsschool.co.za](mailto:musicsa@samusicsschool.co.za) or visit [www.samusicsschool.co.za](http://www.samusicsschool.co.za).

Win one of four AT HOME kits valued at R1 000 each, SMS Music SA your name, surname telephone numbers and physical address to 34906\* by 23 August 2010.

\*SMSes cost R1,00. See competition rules on page 1.



Children love playing with soft, cuddly toys. Fun and colourful, this selection will keep them occupied for hours

#### 1 Ndebele Doll

PRICE: R275

WHERE: The African Toy Shop

AGE: Above two years old

WHY BUY: This Ndebele doll is a must-buy for a little girl. The doll comes with her own little baby nicely tucked in her blanket. She will make a great addition to your daughter's collection. The cultural appeal of this doll is an added benefit at playtime.

#### 2 Soft Toys

PRICE: From R200

WHERE: All leading children's product retailers

AGE: From birth

WHY BUY: Soft toys are every child's best friend and some of our little ones grow so attached to them, they can't sleep without them. So why not invest in a soft, trusted best friend for your child?

#### 3 Knitted Sheep

PRICE: R295

WHERE: The African Toy Shop

AGE: From two years old

WHY BUY: This cute hand-knitted sheep will make a good cuddle buddy for your little one. It is sure to remind them of all those warm jerseys that grandma likes to make.



#### 4 Tiny Love Collection

FREDDY THE BUTTERFLY

PRICE: From R90

WHERE: Baby City

AGE: From three months

WHY BUY: Once your child gets used to using their hands, they will enjoy any of the Tiny Love Collection stuffed toys. These come in the form of different insects and can be hung on a cot or car seat.

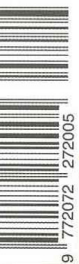
#### 5 Stuffed Wild Animals

PRICE: R100

WHERE: African Toy Shop

AGE: From six months

WHY BUY: When baby starts touching and feeling, these stuffed toys are a great accessory to help them develop their hand-eye co-ordination. They also make fun cuddling friends.



AUGUST 2010  
R10,95 (R1,34 VAT incl)  
Other countries:  
R9,61 (Tax excl)

GIRL POWER: THE PERFECT CLOTHES FOR YOUR LITTLE GIRLS, RECIPES TO CELEBRATE WOMEN'S DAY, PARTY PACKS TO REMEMBER, BABY SHOWER GIFTS EVERY MOM-TO-BE WOULD LOVE