

# Baby & toddler

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JULY 2010

## YOUR BABY'S FIRST HEALTH CHECKS

what you need to know

## DISCIPLINE TECHNIQUES that work for every age

grazer or guzzler  
understand your toddler's unique eating habits

## women's TO W secrets of y

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\$26,95 (NAMIBIA) FOREIGN: R23,64 (EXCL.TAX)



rashes & spots  
know what they are and what to do

## baby's world

COMPILED BY KERRY KEMP

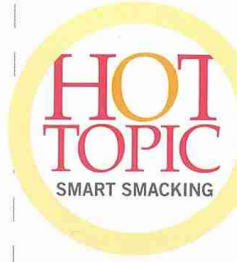
THE WONDERFUL WORLD OF BABIES & PARENTS

**11 JULY**  
IS WORLD POPULATION DAY. ESTABLISHED AS A WAY TO FOCUS ATTENTION ON THE IMPORTANCE OF POPULATION ISSUES, THIS YEAR'S THEME, EVERYONE COUNTS, UNDERSCORES THE IMPORTANCE OF DATA FOR DEVELOPMENT.



## New for babies

Your baby's scalp is as sensitive as the rest of his delicate skin. Elizabeth Anne's by Purity Baby Hair Oil is great for protecting your baby's scalp as it's enriched with avocado oil and pro-vitamin B5.



**What you say**  
A recent study showing that children who were smacked before age 6 performed better in school when teenagers add fuel to the "to smack or not to smack" fire. Can this be true?  
**The official word**  
Educational psychologist, Sheryl Cohen, says, "Smacking is negative on three accounts..."



## In tune with intelligence

"Music is an intrinsic part of us. It's a universal characteristic that is intertwined with our inherent desire to communicate..."

The school offers a therapeutic music and movement programme for children aged 1 to 6 years. The programme nurtures a love and appreciation of music and enhances your child's intellectual, emotional, social, motor and concentration skills – which in turn contributes to a positive self image.

To find a music school in your area, contact Anna Coetzee on 083 452 0486 or Lydia Dreyer on 083 458 8439.

## Shop in style

We just love shopping at Kiids Boutique in Wynberg, Cape Town. They have just about everything you can imagine for 0 to 12 year olds, from clothes and furniture to toys and accessories, and it's all gorgeous! We also like taking a break from all the hard work of shopping at the Dutch Restaurant conveniently located under the same roof. Go on; give yourself, and the kids, a treat! Contact 021 762 8935 for more.

## In tune with intelligence

"Music is an intrinsic part of us. It's a universal characteristic that is intertwined with our inherent desire to communicate and needs to be constantly nurtured to optimise both our development as human beings and the way we interact with others," says Dr Lydia Dreyer, one of the founding partners of the SA Music and Appreciation Development School.

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## READING ROOM

CO-SLEEPING  
WINE, PH.D  
TOT CLAIMING  
IS OWN? THERE'S  
LOSE SLEEP OVER  
! THIS BOOK  
OW TO SET BEDTIME  
BREAK THE HABIT.  
BOOK WILL ALSO HELP  
CONCERN, SUCH AS

**Baby's read**  
BUGGY BABIES  
PRIDDY BOOKS  
0+ MONTHS  
**ATTACH THESE** two cute board books to your baby pram to keep her busy when you're out and about. The bright colours and simple text introduce him to first words when you read them out to him, enhancing his speaking skills later in life. The thick pages also develop his hand-eye coordination.



www.

DO YOU AGREE? HAVE YOUR SAY AT

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