

TOT-FRIENDLY BREAKFAST RECIPES

PREGNANCY | BABIES | TOTS

# Living AND Loving

12-PAGE NEWBORN SPECIAL

## YOU'VE GOT THIS!

- HAVE A HAPPY BIRTH
- BOND WITH YOUR BABY
- SURVIVE THOSE EARLY DAYS

BLEEDING  
AFTER BIRTH  
**WHAT'S  
NORMAL?**

WHY  
LITTLE  
ONES  
REALLY  
DO NEED  
THEIR  
DADS

**BABY SKIN SOS**  
HOW TO TREAT  
COMMON CONDITIONS

**DAY-CARE DILEMMAS**  
WHEN TO INTERVENE

**WIN!**

A BRAND  
NEW  
EDBLO  
BEDSET,  
WORTH  
R10 300

**"WHEN WILL MY  
MILK COME IN?"**  
BEST ADVICE FOR YOUR TOP  
BREASTFEEDING CONCERNS

**KEEP YOUR  
STRENGTH UP**  
THE BENEFITS OF RESISTANCE  
TRAINING IN PREGNANCY

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COVER MODELS ROZAAN BOTHA AND BABY BASTIAAN  
PHOTOGRAPHY VERONIQUE MILLS HAIR AND MAKE-UP  
MINKE DU PLESSIS (MINKEDUPLESSIS.CO.ZA)

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# You're not alone!

**A**ll moms have good and bad days. After all, a new baby can make you feel like your life has been turned upside down, especially if it's your first. Interestingly, a study has found

that up to 80% of new moms are worried about feeling isolated. But the good news is your life doesn't have to be completely unrecognisable. Whether you want to meet new people, find time with your partner or reconnect with old friends, here's some tips from those in the know:

- **Be true to yourself:** There may be moments when you feel like a completely different person from who you were a year ago. The trick is to have a clear idea of the things you enjoy, so that you can make an effort to work them into your new life as a mom. When you have a few quiet moments, or before you've even given birth, list a few things you enjoy doing, like going to gym or watching a movie at the cinema. Then plan ahead to try and fit it in with motherhood – even if it's only once in a while.
- **Go online:** You may be dying to get out for a coffee or join that yoga class, but sometimes circumstances make it tricky. There are countless blogs and forums to join where you can find like-minded people at the same stage of parenthood as you, and make you feel like someone's actually listening. Simply grabbing your phone before a feed and using those few precious minutes to text, email or Facebook message a friend can also be enough to give you a mood boost.
- **Talk about it:** It's easy to think you're the only one with these feelings, but try to remember it's normal and don't be afraid to talk about it. If you'd rather not share with your partner or friend, there's always your midwife or family GP. They've heard it all before and will happily direct you to mom and baby groups. Investigate new places you can go with your baby – choosing something you enjoy will make it more likely you'll meet people whose company you will enjoy.
- **Meet friends halfway:** In those moments when motherhood feels all consuming, it can feel as if people have turned their backs on you, but the fact is your lives may just be moving in different directions right now. That doesn't mean you can't keep that connection – plan ahead so you can try a new gym class or have a nice lunch at a nearby restaurant,



which will be a treat for both of you. A bit of time out to have a laugh with an old friend may be just the lift that you need! Whether you're a new mom, or a mom-to-be, we hope that you'll find this edition we've compiled for you useful and inspiring. Remember, you're not alone!

**Connect with us on Facebook and Twitter, or send us an email at [livingandloving@caxton.co.za](mailto:livingandloving@caxton.co.za). We'd love to hear from you.**

Sonya

Don't miss our  
next issue!  
On sale 20 March



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livingandlovingmagazine



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for the better  
so you can  
change better!

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# Meet our CONTRIBUTORS



## Xanet van Vuuren

Xanet is *Living and Loving's* digital editor. She is responsible for our online presence across social media channels and makes sure our moms have fresh and interesting articles to read on our website every day. She loves the daily challenges of sourcing interesting news for moms. "There's nothing more satisfying at the end of the day than knowing you made a mom's day easier with that 'How to soothe a crying baby' article, or tips on dealing with a toddler who throws tantrums all the time," she says.

**I grew up...** in a small town called Bethulie in the Free State.

**The best thing about my job...** is knowing that I made at least one mom's day better with an article I wrote.

**My most-used app...** is Facebook.

**My favourite item of clothing...** are my shoes.

**Savoury or sweet?** Both.

**The first thing I do when I get home is...** take off my shoes.

**My hidden talent is...** cooking.

I make a great lasagne and Peppermint Crisp tart.

**My current obsession is...** fitness.

I go to gym five times a week and would go on weekends if I could.

**I'm most excited for...** my wedding in 2018. I can't wait to marry my best friend.



## Veronique Mills

Photographer Veronique captured our cover stars this month. After studying quantity surveying, she moved to London where she worked, travelled to some amazing places and met her husband. She's always been creative and never went anywhere without her point-and-shoot camera, so she enrolled in a photography course when she returned to South Africa. Now mom to a baby boy, she says, "I started assisting and slowly but surely built my business. Today, I am happy to say it was the best decision of my life. I love being a photographer."

**I grew up...** in Welgemoed, Cape Town.

**The best thing about my**

**job...** is that I get to spend each day doing something I love.

**My top photography tip...** is chin down and forward for beautiful portraits.

**What's surprised me most about being a parent...** is the unconditional love you feel for your child.

**My most-used app...** is Camera+ and Google Maps, because I'm terrible with directions.

**Savoury or sweet?** Definitely sweet – even in my pregnancy, despite the belief that moms expecting boys crave savoury food.

**My hidden talent...** is that I can waterski with one ski.

**My current obsession is...** taking photos of my seven-month-old son. **1&1**



# Because the softest skin needs the gentlest fabric care.

That's why Purity & Elizabeth Anne's range of baby laundry products is gently formulated for delicate skin to keep fabrics beautifully clean, soft and fresh. We're with you and your little one on every step of her journey, helping her to grow up - out of her clothes and into her dreams.

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- ✓ No harsh fragrances
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- ✓ Consultant Dermatologist and Paediatrician approved.



New



Nutrition | Health | Care | Mother | It all begins with Purity.

# YOU SAID IT...

We want to hear from you. Send us a letter or get in touch with us on Facebook, Twitter or Instagram.

## Star letter

### Generation to generation

I recently gave birth to my second son. I received the latest issue of *Living and Loving* while in hospital, but already had the magazine as I'm a subscriber. I decided the second copy would be the perfect gift for my mother, who is now a granny. At first, she said she didn't want to read a baby magazine but promised she would give it a go. She loved it and was bubbling with new information and baby product recommendations. She says *Living and Loving* is by far the best lifestyle and family magazine on the market.

– Corlia Wilson

### Sharing with others

I just wanted to say a big thank you for the Kids Emporium hamper I received for my story in the real-life section of the November issue of *Living and Loving*. I love that your magazine gives moms and dads the opportunity to share their stories and experiences on their journeys as parents. There is so much compassion fostered as we share with, and learn from, other parents in South Africa.

– Leanne Williams

### Never miss an issue

My first encounter with *Living and Loving* was in 2002 when I was expecting my firstborn. I enjoyed the magazine so much that I became addicted to it, and now I never miss an issue. I was featured in the June 2016 edition, after having difficulty conceiving as well as complications with my third child. I'm happy to let you know that God has, once again, blessed me with another boy and it's my eldest child and my husband who now remind me to buy *Living and Loving*. Keep going strong.

– Nkadimeng Nku



### We asked you on Facebook...

Does this happen in your house, too:  
**"My kids will walk right past their father sitting on the couch and come bang on the shower door for me to open a fruit snack."**

*"Oh yes... like today when I wasn't feeling well. I had a little nap on the couch and my seven-year-old woke me up to ask me to zip up her dress – her father was standing a mere five steps away from her."*

– Yvette Hamilton

*"It's like dad is invisible."*  
 – Fathima Khan

*"I have to manually redirect them to their dad, but that only works for a minute."*  
 – Noleen Mutsatsa

*"It's a mom thing."*  
 – Melody Aucamp

*"All the time, because moms are superheroes."*  
 – Maphoka Sekatle

*"The story of my life."*  
 – Minky Mapheto



### Tweet of the month

"I choose to be a mom. It's a gift that no one can take away. My children are my life."  
 #LLMommyMoments

### YOU SAID IT

**"Is it better to be a stay-at-home mom or a working mom?"**

**26%**

Stay-at-home mom

**64%**

I don't have a choice

**10%**

Working mom



### WRITE TO US AND WIN!

This month's winner receives a LeapFrog Number Loving Oven, worth R699.99.

The LeapFrog Number Loving Oven is the perfect recipe for number learning fun and is suitable for children from two years old. It assists with core learning skills, including counting, parts of a whole and sharing. It is available from leading toy stores countrywide.

EMAIL YOUR LETTERS TO [LIVINGANDLOVING@CAXTON.CO.ZA](mailto:LIVINGANDLOVING@CAXTON.CO.ZA) \*See standard Terms & Conditions on pg. 2.

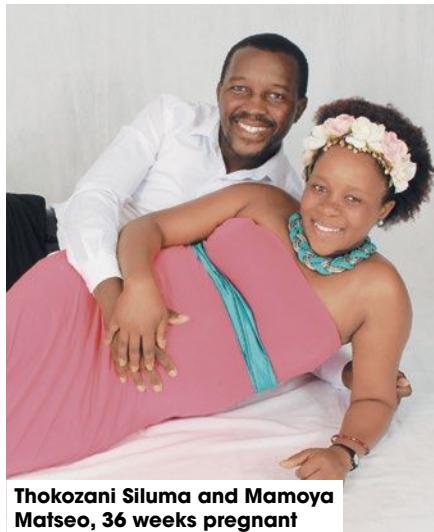


# #PreggyBelly

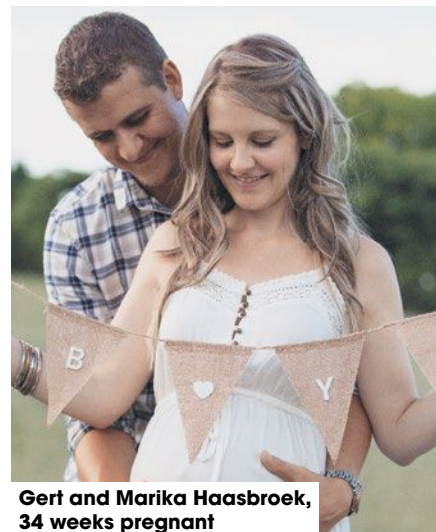
Send us a photo and you could win a R500 Huggies® hamper.



**Barbara Crawford,**  
31 weeks pregnant



**Thokozani Siluma and Mamoya Matseo,**  
36 weeks pregnant



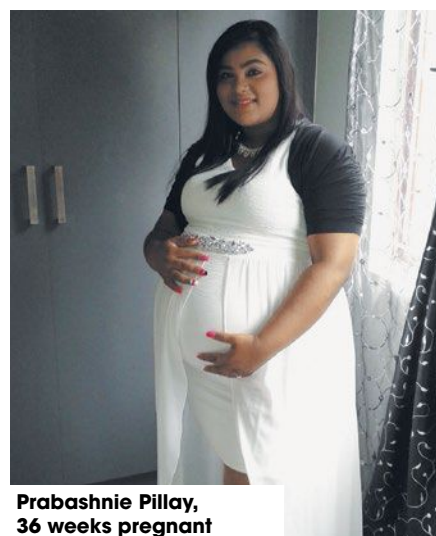
**Gert and Marika Haasbroek,**  
34 weeks pregnant



**Lungiswa Balenzi,**  
27 weeks pregnant



**Pontsho Serumula,**  
25 weeks pregnant



**Prabashnie Pillay,**  
36 weeks pregnant



**Thandiwe Oitsile,**  
35 weeks pregnant



**Elaine de Gersigny,**  
34 weeks pregnant

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# #HappySnaps

Send us a photo and you could win a R500 Toys R Us voucher, compliments of Huggies®.



Abigail Hoffe



Nayo and Isiphile Mbhele



Dakota Visser



Kinsley Harper Buxton



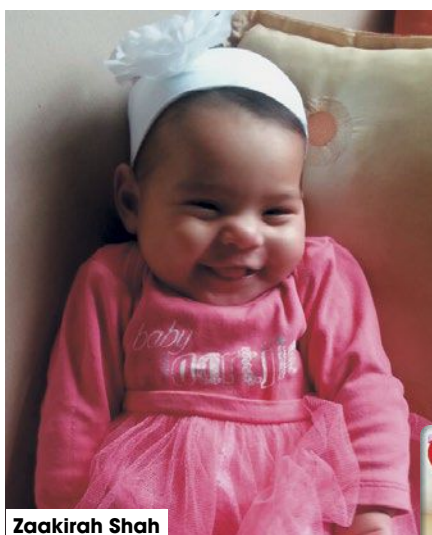
Lubanzi Bhengu



Mila Assam



Mukundi Tshivhase



Zaakirah Shah

## Huggies® Nappy Pants, a hug that's made for movement

The moment your baby starts to wriggle, you can use innovative Huggies® Nappy Pants for Boys and Girls. They've been designed to fit babies from the moment they start to move (Size 3) until they no longer need to wear nappies. Huggies® Nappy Pants are as absorbent as regular nappies, but with an all-round stretchy waistband, are designed to fit like underwear so that your baby has the freedom to wriggle, climb, crawl and roll more easily. Use Huggies® Baby wipes during change time for a gentle, yet effective clean that gently locks away the mess.



Email your picture (must be 1MB or higher) to [elsadb@caxton.co.za](mailto:elsadb@caxton.co.za) with #happysnaps in the subject line | \*See standard Terms & Conditions on pg. 1.





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## Find expert advice

- Breastfeeding
- Caring for your newborn
- Toddler development

1 2 3 ▶

### Hot right now!

## Top stories

5 steps to positively discipline your toddler ▶

The importance of antenatal care ▶

Best milk tart ever ▶

More than the baby blues ▶

5 questions all new moms ask ▶

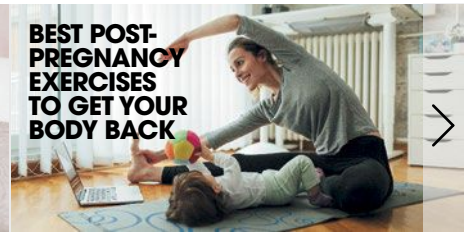
### TRENDY DÉCOR IDEAS FOR KIDS' ROOMS



### WHAT TO EXPECT BEFORE AND DURING BIRTH



### BEST POST-PREGNANCY EXERCISES TO GET YOUR BODY BACK



# WIN

**DON'T MISS OUR MONTHLY GIVEAWAYS. WE HAVE SUPER PRIZES UP FOR GRABS.**



### DIY PROJECTS

**Make your own pom-pom play mat for your baby with our easy instructional video. Visit our website, click on For Fun, then Crafts to get started.**



### Easy-to-use tools



Baby names and their meanings ▶▶



Pregnancy week by week ▶▶



Due-date calculator ▶▶



Ovulation calculator ▶▶



Fun gender predictor quiz ▶▶

# NEWS & VIEWS

OUR TOP 10 BITS AND BITES OF NEWS ABOUT PREGNANCY, MOTHERHOOD AND PARENTING.

## 1 PARENTING HAPPIEST KIDS IN THE WORLD

As parents, adopting a parenting style and sticking to it can be a challenge – but what can we learn from the way other cultures parent?

For 40 years in a row, Denmark has been voted the happiest country in the world, with studies dedicated to finding out why. US author Jessica Alexander and Danish psychotherapist Iben Sandahl have teamed up to offer an explanation, which credits the way Danes are raised for their happiness as adults.

Some of the pillars of parenting in Denmark include play, authenticity, empathy, no ultimatums and a concept of togetherness know as *hygge*. All of these work together to create a frame for childhood that results in happy, confident adults.

In the Netherlands, the phrase “the terrible twos” doesn’t exist. Rather, this age’s trials are known as “the boundary stage”. Reframing this developmental phase from being “terrible” to something normal that all children need to experience could make coping with tantrums and testy behaviour easier for parents and foster a gentler approach to discipline.



## 2 DEVELOPMENT Birth order personalities

You’ve probably heard that your birth order in your family, such as being a firstborn or a *laat lammetjie*, can have some effect on your personality. Research from YouGov.co.uk now shows that there may be merit to this belief.

The findings reveal that while older siblings tend to feel a greater sense of responsibility, younger siblings are more laid-

back and consider themselves to be the funniest of their brood. They also tend to feel favoured by their parents.

As the research is poll based, some of the characteristics may be due to the age of the respondents – firstborns may feel more responsible than their siblings because, for example, they have progressed further in life.





# 3 PREGNANCY VITAMIN D DEFICIENCY AND AUTISM



Low vitamin D levels have been found to be a global public-health problem, affecting an estimated 1 billion people worldwide due to lack of exposure to sunlight and poor diet. While the symptoms are usually “silent”, a deficiency can have long-lasting consequences including rickets and low bone density. Now, research has found yet another unexpected consequence of this deficiency – autism.

The study, by Rotterdam University in the Netherlands, found pregnant women with low vitamin D levels at 20 weeks gestation were more likely to have a child who exhibited autistic traits by the age of six.

This finding has led to calls for the widespread use of vitamin D supplements during pregnancy, in the same way that encouraged use of folate has reduced the incidence of spina bifida.

The researchers recommend taking an over-the-counter vitamin D supplement rather than increasing sun exposure due to the associated skin cancer risk.

# 4 POSTPARTUM Grey's anatomy



If you felt like a different person after giving birth, it could be due to hormonal changes that restructured your brain during pregnancy, similar to those that have been shown to occur during puberty.

In a study published in *Nature Neuroscience*, participants' brains were scanned while trying to fall pregnant, again soon after birth, and then while looking at their new baby. The final scan was performed two years after birth. The pattern of the scans revealed a

loss of grey matter (which include regions of the brain involved in muscle control, sight, hearing, memory, emotions, speech, decision-making, and self-control) after pregnancy.

Co-lead author of the study Dr Elseline Hoekzema theorises that the reason for this loss is that the brain becomes more specialised in order to help the mom adapt to her new role and bond with her baby. In fact, new moms could be identified by researchers by their brain patterns alone.

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# 5

EARLY CHILDHOOD

## FOR PEANUTS

While it has been common practice to avoid peanuts early on in life in order to prevent allergic reactions, new US guidelines have been released recommending that babies be given peanuts (not whole to prevent choking) early (some at four months old) in order to reduce the risk of allergy.

Allergy levels are soaring in the US and have more than quadrupled since 2008. The National Institute of Allergy and Infectious Diseases said the new guidelines are “an important step forward”, as studies have shown that early exposure can cut the likelihood of an allergy developing by up to 80%.

The guidelines state that:

- Children with other allergies or severe eczema should start on peanut-containing foods between four and six months old, with medical supervision
- Babies with mild eczema should have peanut-containing foods at about six months old
- Those with no eczema or allergies can have peanut-containing food introduced freely.

However, parents outside of the US are advised to consult their healthcare provider, bringing attention to the guidelines if necessary, before attempting peanut allergy prevention in their infant themselves.



# 6

PARENTING

## EFFECTS OF MOM AND DAUGHTER BONDING

For years, researchers have studied how the maternal bond affects the lives and subsequent relationships of children, with many studies showing that the relationship between a mother and child is the most impactful.

A recent study published in *Pediatrics* has revealed another effect associated with the relationship

between moms and daughters – teen girls who are close to their moms wait longer to have sex. Benefits of this delayed sexuality include a decrease in the incidents of unwanted pregnancies, as these girls are more likely to use contraception, and have an increased awareness of the risks of STDs and how to prevent them.



ACTRESS KRISTEN BELL ON...

## 9 pregnancy weight gain

"You're participating in the most beautiful cycle that this earth will allow – who cares if you put on weight for a few months or a year or two years? In the grand scheme of things, I refuse to let it bother me."



## 10

PREEMIES

### IN THE BAG

In the US, a hospital is taking a unique approach to supporting premature babies by using a household item that most of us have in our kitchens – Ziploc freezer bags.

The programme, developed by nurses in the neonatal intensive care unit (NICU) at Texas Health Fort Worth, involves placing premature babies born before 32 weeks gestation and weighing less than 1.5kg head first into the bag, which has a hole cut at the top, moments after birth. The intervention has helped the hospital halve the incidence of low birth weight babies being admitted to the NICU as hypothermic.

"It creates kind of a hothouse effect, so the babies stay warm. As they are rolled into the NICU, their admission temperatures are normal," Stephanie Eidson, registered nurse and clinical education specialist for infants, told Dallas Fort-Worth News. **L&L**

SAY WHAT?

## Four-year-old literary genius

While most parents believe that their child is uniquely accomplished, Daliyah Arana of Gainesville in the US is an over-achiever of note. The *Washington Post* has reported that Daliyah has read a whopping 1 000 books at the age of four – the age at which most children are only beginning to learn to read.

Her passion for books and words began early when she used to listen to her older brothers reading. By the time she was 18 months old, she could recognise many words, and she read her first full-length book before her third birthday. Daliyah wants to be a librarian when she grows up.

## 8

TRENDING

### HOW MANY BABIES ARE BORN A DAY?

By examining birth rates over the past few years, Unicef has estimated that 353 000 babies are born every day worldwide. While this seems a lot, developed countries such as the US have seen a steady decline in birth rates – this year, a 9% decline is expected.



# Embracing **MOTHERHOOD**

From bonding with your unborn child to navigating your new role as a mom, this expert advice will help you do it all with confidence. By Tammy Jacks





**F**or many moms, pregnancy involves rushing around for baby essentials and managing endless to-do lists, such as designing the nursery and buying a car seat. But have you stopped to consider whether you're emotionally ready to become a parent? "We get so swept up in the whirlwind of pre-birth planning that we lose sight of the emotional preparation that's needed for what could, arguably, be the most important role in our lives," says Johannesburg-based psychologist and self-esteem coach Sally Thorp.

"Parenthood brings responsibility, when we're suddenly having to draw on all our knowledge and resources to nurture, protect and look after this new precious life," says Sally. This, coupled with preexisting conflicts, stress, low self-esteem and feelings of inadequacy, as well as major changes taking place both physically and psychologically, calls for emotional resilience to ride this wave of transition and parent from a calm, resourceful place, she explains.

So, how do you start this life-changing journey on the right foot? Sally offers this advice to help you embrace motherhood from pregnancy to birth and beyond.

### During pregnancy

#### Focus on building a healthy self-esteem

If you have a positive opinion of yourself as a woman and mom, and you believe in your worth as a human being, you're already on the right track to becoming a great parent, says Sally. From this foundation, all other connections are made, including the bond you form with your unborn child. In fact, how you feel about yourself, and how you interact with those close to you, will have a powerful impact on how your child sees herself in the future, and how she makes sense of the world around her.

If you're filled with self-doubt, feel inadequate or have struggled with low self-esteem for most of your life, now is the time to seek help and start trusting and loving yourself. Why? Because if you focus on nurturing the relationship you have with yourself first, you'll start to feel a sense of inner calm that will help you navigate motherhood without comparing yourself to others.

#### Start bonding with your unborn baby

The realisation that you're now sharing your body with another can be daunting and you'll probably experience conflicting thoughts and feelings, from anxiety to excitement. The truth is, this is a period of enormous adjustment, so be gentle

with yourself, advises Sally. Here are a few tips to help you embrace pregnancy and build a bond with your unborn baby:

- Send loving thoughts of appreciation to your body. Then turn these thoughts to your unborn child.
- As you go about your daily activities, share everything with your baby. Say things like, "OK, what are we going to have for dinner?"
- When you feel a kick, put your hand on your stomach and tell your baby everything is fine – studies have shown that your little one can recognise your voice in utero.
- Play soft music while you're settling down at night. See if your baby remembers it to help her go to sleep after she's born.
- Sing or read to your baby – this will be soothing for both of you.

#### Steer clear of chronic stress

Your baby is tuned in to your emotions even before she's born. Although it's impossible to avoid all stress during pregnancy, you'll want to prevent the build-up of chronic stress, as this has an impact on your child, warns Sally. "Unrelenting, chronic stress may be passed on to your little one by affecting an enzyme found in the placenta that blocks cortisol from you to your baby, allowing the stress hormone to flood to the baby," she explains. "This can result in a baby who's born stressed and may be more demanding and harder to care for. On the other hand, stimulating stress, such as that experienced from a demanding but fulfilling job, can help to build your baby's nervous system and support motor and cognitive development."

#### Communicate with your partner

Open, ongoing and honest communication between partners is vital. Before your baby arrives, share how you expect things may change about your new roles and availability. Sitting down and having a calm conversation can pave the way for getting through those tough moments when you feel pulled in opposing directions. ➡

# bump & growing baby

## Your life as a mom

### Avoid comparing yourself to others

Acknowledge that you're unique and will adjust to motherhood in your own way. "Avoid comparing yourself to other moms who appear to have it all together. Trust me, they don't, and, anyway, what does 'all together' mean?" says Sally. There's no prescriptive formula for this life-changing adjustment, so be accepting and allow yourself to make mistakes and learn as you go. "Ask yourself what loving advice you would give a friend going through what you are going through – and follow it," adds Sally.

### Deal with your feelings as they arise

Your hormones will play havoc with your feelings. Give yourself permission to feel lousy, tearful, ecstatic and overwhelmed all at once. "Unless feelings such as chronic sadness or depression persist for a while after birth, the other feelings are normal," explains Sally. If you're feeling overwhelmed, take one moment at a time and assure yourself that it will pass. Share your feelings with someone who understands you and will simply listen and allow you to offload. "The emptying-out process will give you the room to pick yourself up, and start again. Don't judge your feelings – they aren't good or bad, they are real," says Sally.

### Surround yourself with positivity

You have the power to choose who to spend time with – those who judge and criticise, or those who lovingly support and understand you. Judgement and criticism come from feelings of inadequacy and insecurity, so remind yourself that it says more about others than about you. Ensure that you make time to pursue creative ways to express yourself and retain your identity. Sally believes that it's important to prioritise and value yourself enough to carve out time in your demanding schedule. Your baby will thank you for it.

### Your role as a partner

The first year of parenthood can be exciting, but also challenging for both of you. Here are a few tips from Sally to keep your relationship strong and

intact, especially through the hard times:

- Be present in each moment. Don't feel pressurised to spread yourself too thin by trying to be everything to everybody.
- Don't rush. It's going to take a while to adjust to your new "normal". While you're getting used to your new roles as a parent, show appreciation and respect for your partner.
- Make your relationship a priority. It's important for children to know their parents love each other. Start building a support system, even before your little one arrives, so you can ask for help and take time out when needed. Try to schedule at least one date night a month or go for breakfast together to reconnect without your baby.
- Discuss your changing roles. Many new moms find themselves picking up the bulk of parenting responsibilities, especially in the first few years of their child's life, says Sally. For some, this may be fine, but for others, it could cause conflict and resentment. To avoid this, think about your needs during this time and share them with your partner. Having these conversations, even before your baby arrives, can prevent misunderstandings and disagreements down the line.

Go to [livingandloving.co.za](http://livingandloving.co.za), click on Family, then General Articles for more motherhood advice.

## MANAGING STRESS

Follow Sally's advice to keep stress at bay when you're a mom:

**START BY TALKING.** If you're feeling overwhelmed, it's important to open up and talk about your feelings with a friend, family member or professional.

**SEEK ADVICE.** When it comes to dealing with stressful issues like money problems or new roles and responsibilities, two heads are better than one. Brainstorm ideas to address the various stressors. Once they're out on the table, you can begin to problem-solve and decide on the best way forward.

**TAKE ACTION.** If the stressor is a once-off, like a fight with your partner, deal with it as soon as possible and move on. This will help to avoid a build-up of chronic stress over time.

**SPEAK TO A PROFESSIONAL.** If the idea of pregnancy or parenthood is overwhelming, seek guidance to help you best manage your emotions and plan a way forward. **I&I**



PHOTOGRAPHY GALLO IMAGES/GETTY IMAGES/ISTOCK



# PREGNANCY DIARIES

Licia Selepe catches up with three expectant moms to find out how they're doing.

## LEANE FERREIRA

*Leane and her husband, Werner, are expecting their first child and they couldn't be happier.*

### WEEK 8

My husband and I aren't planning to have a baby now, and want to start trying for a family when we've finished building our house. The possibility of being pregnant isn't on my mind, but there are some symptoms that are making me suspicious. I take three pregnancy tests, but they are all negative. I wait another week and take another test, because I'm feeling so sick at work – there's a faint positive line.

The thought of being pregnant is an emotional roller-coaster ride – I'm freaking out, but I am excited at the same time. My husband is excited about the pregnancy, and can't wait to be a dad. We book our first appointment with the doctor and he confirms that we're expecting. The scan is amazing – hearing the heartbeat and seeing the small black dot. It's overwhelming to think that such a tiny speck has a heart already.

### WEEK 9

I've been bragging to everyone that I haven't been tired at all,

but it really hits me this week. From 3pm, I just can't seem to stay awake. I'm usually an active person and want to keep training during my pregnancy, but I'm struggling with morning sickness.

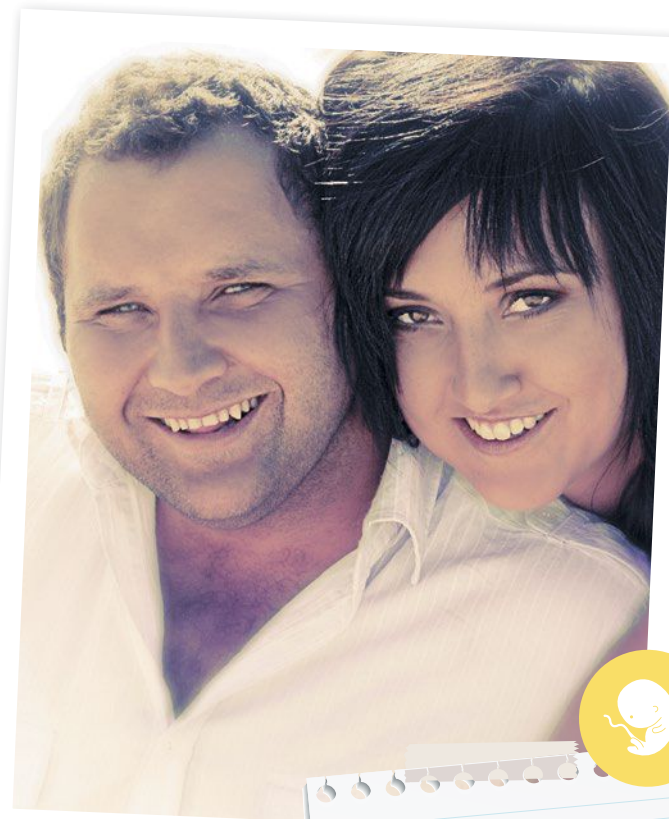
### WEEK 10

I'm starting to feel a little better this week and sometimes forget there's a baby inside me, because the nausea isn't there to remind me. I'm happy about going back to the gym. It's still not real for me that there is a little human forming inside me, and I'm looking forward to the next scan when I'll be able to see more than just a black dot. I've had to force myself to relax this week. The house is starting to look complete, but I'm getting impatient – I want it finished before the baby arrives.

### WEEK 11

I've noticed that I'm able to eat healthier foods now that I'm not feeling nauseous all the time. The only foods that helped me feel better were bread and potato chips.

My entire world knows about this baby now, because



I couldn't keep it to myself for so many weeks. My husband is talking to his baby "boy" every day. I wonder what will happen if this "boy" is actually a girl? I'm craving cheese and gherkins, so I gave in and bought them. I'm looking forward to going for my 12-week scan next week. I hope we'll learn the sex of the baby, but I think it's too early.

Your baby is growing at the rate of about 1mm per day, and the amniotic fluid in your womb is increasing by two tablespoons a week.

# MOSIMA MASHABA

*Mosima is not happy about going back to work, and she has to study for an exam.*

## WEEK 24

I have to start waking up early again, because I'm going back to work after a well-deserved break. All is well with my baby – the movements are getting stronger by the day and I'm getting heavier and heavier.

## WEEK 25

My feet have swollen so much that I sometimes struggle to walk. I decide to go to my GP, as my appointment with my gynae is only next week. The doctor discovers that my blood pressure is extremely high and is worried that I could be developing pre-eclampsia, so she checks for protein in my urine.

Fortunately, the protein is fine and she recommends that I adjust my diet to avoid preservatives and salty foods.


## WEEK 26

My feet are still swollen, but my gynae says all is well with the baby. He's concerned about my blood pressure and gives me medication to bring it under control. He also advises me to take it easy and get enough rest. After the appointment, I receive the news that one of my favourite uncles has

passed away after a short illness. It's sad and painful – I spoke to him two days before his death and he told me how he was looking forward to visiting my family soon. He was admitted to hospital shortly after our conversation. I can't stop crying and I can't believe he's gone – just like that.

## WEEK 27

I have an exam this week and don't have any energy to study. I'm finding it difficult to study this time, because I'm so tired and just want to sleep. I only need 50% to pass, so I think I can do it – I just have to focus, so I don't have to repeat the course.



Your baby is putting on weight and now weighs between 900g and 1kg. All his systems are functioning, except the lungs, which need time to develop. If your baby had to be delivered now, he would stand a good chance of survival.



PHOTOGRAPHY HEMA PATEL; GALLO IMAGES/GETTY IMAGES/ISTOCK



# SHANÊY VIJENDRANATH

*Shanêy is doing the final countdown to her son's birth and she decides to celebrate the final weeks of her pregnancy by loving herself more.*

## WEEK 32

This pregnancy is completely different from my first. My self-esteem is at an all-time low and I'm so emotional. This time, it's not because I'm too thin, it's because I feel like I'm getting fatter by the minute. Nothing fits anymore and the maternity fashion I hoped to embrace is out the window – along with my confidence. It took me weeks to look at my body, but I finally manage to and I'm working on loving myself again. My daughter tells me that I look beautiful and it makes me feel wonderful. Beautiful – the word I never use to describe myself finally makes me smile! I am starting to see my body as a whole instead of a mass of body parts randomly joined together.

## WEEK 33

Pregnancy may force you to embrace physical changes, but it also makes you beautiful. My body is beautiful and it has created the miracle of life. Being a woman comes with change, and although we may resist it at first, we have to accept that it's part of the road we travel. I want to tell all new moms to find the beauty in their new bodies. Mothers are warriors who earn their, literal and figurative, stripes.

## WEEK 34

I've finally stopped watching the scale and have embraced my pregnant body. I'm

striving to be my best and focus on my baby.

Moms shouldn't compare themselves to Kim Kardashian or the mom in high heels at the mall. I've realised that pregnancy is not an invitation to criticise myself or someone else – it's a miracle that needs to be celebrated and that's exactly what I plan on doing during the coming weeks.

## WEEK 35

I'm counting down to my special day. I didn't think that I would be so emotional about my pregnancy ending. In the beginning, I was overwhelmed. Being pregnant twice has made me realise that each pregnancy is a unique experience and what you may have gone through with the first, may be completely different with the second. **I&I**



From now on, your baby is ready to be born. Weighing about 2.5kg and measuring 45cm from head-to-toe, your little one frequently responds to noises, moving when he hears your voice or a familiar song.

# Birth happy!

Your guide to having an enjoyable and positive birth starts right here...

**W**ould you like to feel like Superwoman after giving birth? According to Suzy

Ashworth, UK-based pregnancy coach and author of *The Calm Birth School: The Practical Guide for Modern Mamas to Create a Calm, Positive Hypnobirth*, that's exactly how the moms she's worked with describe themselves after having their babies. "There isn't a woman out there who doesn't want to feel empowered, strong and at ease when she is birthing," says Suzy. "When you have a positive birth, the transition to motherhood is easier. It's as if you feel, 'If I can do that, I can do anything!'"

Follow these steps in pregnancy and early labour to make your baby's arrival a positive experience.

## Take control

From the moment you find out you're pregnant, it can feel like you've been swept up in a whirlwind of healthcare appointments. It's easy to get carried along on this wave and let others make decisions for you, but take a deep breath, stop, and ask yourself what sort of birth you really want. "At this early stage, lots of moms-to-be simply think, 'I just want my baby,'" says Suzy. "But think about how you would love to feel when you have your baby. Until you ask yourself that question, you won't register that you have a choice."



Research your options and decide where you would like to give birth, and how. Do your homework about antenatal classes and find one that will enable you to have the sort of birth you want.

**Tip: Start your preparation as early as you can. "It's a bit like training for a marathon – the more you spread it out, the better," says Suzy.**

## Start practising self-hypnosis

One of the most important elements of having a calm birth is learning how to use self-hypnosis. And no, this isn't some New Age fad – it's a tried-and-tested method that can help lessen the pain and make your labour easier and quicker. It's a scientific fact that stress causes a release of adrenaline, and that adrenaline suppresses oxytocin, the hormone that helps open your cervix. If more stress equals a slower birth, it makes perfect sense that a calm birth speeds things up.

Even if you've had no experience of self-hypnosis techniques, you'll find it simple to master. "Self-hypnosis is a much more passive act than meditation: you are simply listening to positive birth messages when you are in a relaxed state," explains Suzy. "The reason it's effective is that when you're relaxed, you don't critically analyse everything and question if it's true or not. You just take it on board." Hearing these positive birth affirmations will tame your anxieties and teach you to trust your body to give birth. Download some hypnobirthing affirmations from YouTube and listen to them every day before you go to bed. "And don't worry if you fall asleep listening to the messages," Suzy adds. "Your subconscious mind will take it all in for at least an hour after you go to sleep."

## Learn about the biology of birth

Another key way to take control is to understand what your body is going to be doing during labour, and why. "If you don't



know what to expect, then dealing with birth can shift your focus from meeting your newborn to thinking about things you could have done differently during birth. That not only affects your relationship with your baby, but also with your birth partner."

So, it's time to read up on what your body is doing in labour. "It's so empowering to know how your body works, why it's moving in a particular way and how long that's going to last," says Suzy. "If you know how your uterus works, even if your contractions feel intense, you'll understand that those sensations are bringing your baby closer to you. So, it's a sensation you can welcome rather than one you'll try to rush through. And when you accept what's happening in labour, everything happens more quickly."

## Learn how to breathe

"When you're under stress in everyday life, one of the first things that happens is that your breathing gets quick and shallow," says Suzy, "and that triggers a fight-or-flight response. But if you have some breathing techniques up your sleeve, when you start to feel a contraction, you can slow your breathing down and trigger a natural calming reflex within your body. Everything in your body then becomes looser and more relaxed and your uterus is able to work more efficiently, which often leads to less pain."

Try five minutes of positive breathing right now and see the difference it makes. Simply breathe in through your nose for a count of seven, then out through your mouth for another count of seven. "Doing this for seven seconds encourages you to breathe longer, deeper breaths. Breathing through your nose forces you to inhale slowly rather than gulping in air. This then minimises your body's stress response," explains Suzy. Practise this simple technique for five minutes every morning, and use it when you're experiencing a contraction. "Some women also like to make an audible sound when they're exhaling," adds Suzy.

Relaxing breathing techniques and self-hypnosis are the cornerstones of hypnobirthing, which you also might like to

explore further. In the UK, one NHS Trust found that 80% of moms who had natural births and used hypnobirthing techniques had no pain relief. An Australian study found women who used hypnobirthing techniques had fewer epidurals and lower use of other forms of pain relief than women who didn't use them.

**Tip: Get in the zone as soon as your labour begins. "Breathe and bring your attention to your breath – it's great practice for later," says Suzy.**

## Get your birth partner on board

Your birth partner is vital in ensuring you have an empowering experience. "Really talk about the experience you want to create, and how you would love him or her to support you," says Suzy. "Build up that trust before you go into labour, so he or she knows what you want and how to soothe you."

Involve your birth partner in your positive preparations too, because he needs to stay as calm and relaxed as you do. How your birth partner reacts to you in early and full labour is key to ensuring you have the birth you want. "Think about how it feels walking into a room when someone has had an argument – you can feel the tension and energy in the air immediately," says Suzy. "That's not an atmosphere conducive to a calm birth. But if your birth partner is a man, he is programmed to be full of testosterone and energy when he sees you birthing. So, show him how to use the calming breathing technique, as this will automatically dampen down that testosterone."

## Create the perfect environment

Your final preparation for a positive birthing experience is to make the environment where you will have your baby as intimate as you can by planning in advance. "So, think about dim lighting, making a playlist of music you'd use in that scenario, and whatever else makes it feel warm and romantic for you," says

Suzy. This safe, sensual nest will help your body release plenty of oxytocin, which will lead to an easier birth. Play your playlist of chosen music as you practise your breathing. "It will become a trigger for feeling relaxed," explains Suzy. Now, all that's left to do is enjoy your journey to motherhood.

## MIND OVER MATTER

So you have learnt what your body will do in labour, but how can you prepare for what it will feel like? There are ways to distance yourself from the pain. "I recommend kundalini yoga to physically prepare you for birth," says Suzy. This form of yoga calls for small, simple, repetitive movements. "You learn that you can distance yourself from the stress your body might be feeling and stay focused." Kundalini yoga is generally suitable up to day 120 of your pregnancy if you are well and already practise it. Otherwise, pregnancy yoga is recommended.

Consult your doctor before starting a new fitness regime when pregnant.

## MAKE A SCENT SPELL!

Search for a smell you enjoy and use it during activities you find relaxing. You will subconsciously associate that scent with feeling calm. Then use that scent during early labour. **L&L**





1



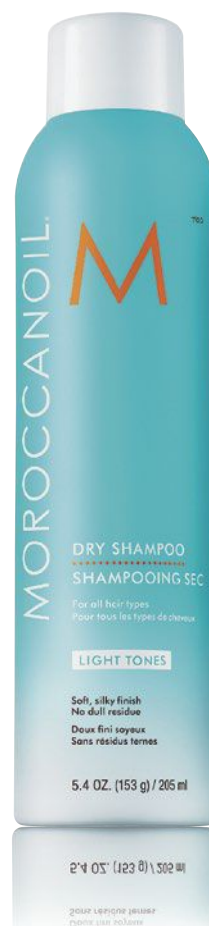
2



3



4



# New mom must-haves

Get through those first few weeks with our round-up of postpartum essentials.

5



6



7



1. Labello Strawberry Shine lip balm, **R21.99**, leading retailers and pharmacies 2. Bamboobies Washable Nursing Pads, **R445 for a multipack**, [kidscargo.co.za](http://kidscargo.co.za) 3. Organic Stretch Marks massage oil, **R150**, [soil.co.za](http://soil.co.za) 4. Moroccanoil Dry Shampoo, **R397**, leading salons 5. Scallop embroidery gown, **from R499**, Woolworths 6. Conscious Mama nursing bras, **R299 for two**, H&M 7. Thandana nappy backpack, **from R1 954**, Kids Emporium





8. Ornate border frame, **R59.99**, Mr Price Home 9. Medela Purelan 100 nipple cream, **from R109**, Dis-chem, Baby City, takealot.com, bitsandbobsformoms.com and babygroup.com 10. Foulard viscose tunic, **from R375**, Woolworths 11. Energising Body Balm, **R270**, luluandmarula.com 12. Raw stitch padded grey quilt, **R1 499**, @Home 13. Ginger Cake candle, **R350**, Amanda-Jayne Candles 14. Greeting card, **R35**, sugarandvice.co.za





# Stress less!

Real-life tips on keeping it together during those first few weeks with a newborn. By Beth Cooper Howell

**T**his may seem like a chaotic and confusing time, but you can do this. Getting back to basics, and focusing on nutrition, rest and support, is key to those early days as a new parent. Try these tips from both parenting experts and moms who have been there – and survived it.





## Who is your rock?

Having at least one person you can rely on, and who has confidence in your abilities as a parent, is first prize.

“Support is so important and it doesn’t come in the form of a book,” says mom of two and teacher Louise Campbell. “In the beginning, my cousin was my rock. I phoned her every day for the first three months. She gave solid advice, I trusted her, and she was a confident mom of two.”

Assemble your troops. The ideal visitor is one who makes you tea, washes your dishes, brings supper, or takes your baby while you have a quick shower. If friends pop over with a cake and then still expect you to make coffee – show them the door.

Good friends or relatives can help you in so many ways:

- Make a mental list of chores that need to be done. When a friend asks what she can do to help, give her a hug, say thanks and ask her to help with an item on the list.
- While you nap or feed your baby, a friend can defrost something for supper or make a quick salad for you.
- Ask a family member or close friend to write baby-related emails on your behalf.

Virtual support is also useful – join a Facebook group like Mamahood, which caters for parents in specific provinces. It always helps to know that you’re not alone during those early morning feeds.

## Sleep, baby, sleep!

Many health experts and moms will tell you to sleep when your baby sleeps. We know you’ll probably try to rush around doing chores during nap time, but looking after a baby is hard work, and your child is dependent on you for survival, so being in good health yourself is essential.

Newborn babies are biologically designed to sleep a lot – an average newborn may sleep up to 18 hours each day. Take advantage of this by snatching some shut-eye whenever you can.

Smart moms don’t burn themselves out. If you feel guilty about napping at 3pm every afternoon, remember that at night, when everybody else is sleeping for a solid eight hours, you’ll be up feeding your baby.

Having two children can be even trickier, as entrepreneur and mom Shona Ashley explains. “Sleep time during the day was stressful for me. Eventually – after a breakdown and good cry with my daughter – I put my eldest in her bed, lay next to her with my baby on my breast and they both fell asleep. I’d then move my baby to his bed and that seemed to work well for me.”

A tonic can also help you get through the exhaustion. Speak to your doctor about a suitable one and, if you’re breastfeeding, a product that helps to increase your milk supply is a bonus. Journalist Heather Garrick says she took alfalfa tonic for over a year and found that it boosted both her energy levels and milk supply. “Also, drink enough water,” she advises. ➡





## Food facts

Preparing a gourmet meal should be at the bottom of your priority list now, but eating nutritious snacks and meals as often as possible is important.

“I survived on summer fruit for two weeks – I couldn’t face anything else,” says Jacky Venter, a company director and mom of two.

Many moms thrive on strange concoctions of tea and biscuits with celery sticks, or a handful of raisins and nuts to snack on frequently. With a little planning, you can stave off starvation and keep your energy levels up too, which is vital if you’re breastfeeding.

As you’ll have less time now, grabbing a healthy snack is often the best option. Nominate someone to stock up on the following for you:

- Corn or rice cakes
- Fresh or preservative-free dried fruit
- Carob or halva bars (found in the health-food section of your supermarket)
- Leftovers
- Bran, muesli or wholewheat muffins (have a friend or relative bake two dozen for you and then freeze them)
- Raw, unsalted nuts (if you have no history of a nut allergy)
- Crudités packed into an airtight container.

Don’t get bogged down with complicated menus and diets after birth. An ideal nutrition guide incorporates fresh fruit, vegetables, raw nuts and

seeds, wholegrains, good-quality fish, and free-range chicken and meat. Add some sensible supplements to this, and you’re on your way.

Drink to thirst and don’t believe the old wives’ tale that more water equals more breast milk. In fact, too much water can suppress production. Each day, drink about 300ml per 10kg of body weight – filtered if possible.

“Make smoothies – they’re nutritious, easy and fast and you can drink them on the run,” advises nutritional therapist and mom Heidi du Preez. “Add powdered supplements for an energy boost.” Smoothies can be made of a combination of fruit, vegetables and good fats, which can be added in the form of hemp, flax, walnuts, seaweed, sunflower seeds, almonds and avocado. Supplements are an excellent way to complement and add to your diet. Speak to your doctor first, but consider Heidi’s suggestions:

- A wholefood supplement is natural and has no unpleasant fillers, binders and preservatives. Examples are barley grass, alfalfa, noni, chlorella, kelp, spirulina and wheatgrass
- An omega-3 supplement
- A vitamin C supplement that contains bioflavonoids to aid its absorption
- A wholefood multivitamin and mineral supplement
- If you’re breastfeeding, consider taking a calcium and magnesium supplement
- Probiotics containing lactobacillus acidophilus and bifidobacterium bifidum.



## Save time

Your newborn takes up a lot of your time, so stretch those free hours you do have by getting organised.

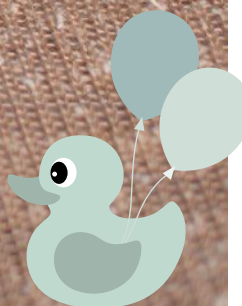
Set up a feeding station that allows you to get on with other things while you breastfeed your baby or when he is having a nap on your lap. An ideal station contains the following:

- Snacks and a healthy drink (always have water on hand)
- Pillows or cushions for your back and feet
- Your mobile phone and some books or magazines
- Wet wipes.

Housework is a never-ending chore, unless you have assistance or an industrious partner. Don’t sweat the small stuff – smart moms know better!

- Flowers or bowls of fruit are fabulous ways to camouflage a messy lounge.
- Buy paper cups, plates and serviettes. Have tea, coffee and juice at the ready so when guests arrive, they can help themselves.
- Place a large laundry basket in the lounge for gifts.





I wanted quality time with my first child, I wondered if I was doing everything right for both of them, I struggled to get them both to sleep during the day, and I felt guilty about making enough time for my husband, as well as losing the baby weight.

“But, if you can take a step back and breathe, you’ll realise that you can only do the best you can – and you’re only one person! From there, take things one at a time.”

Other coping mechanisms, which have worked for countless moms, include:

- Unplugging the phone and lying down for at least 15 minutes
- Having an aromatherapy session or an essential-oil bath at home
- Lighting a candle and looking at it for a few minutes
- Eating a favourite meal
- Smelling fresh lavender or essential oil (keep some drops on a tissue or handkerchief in your handbag when you go out)
- Doing yoga, with your doctor’s permission.

“My motto with my first child was that we are both learning about this new life – I am learning to be a mom and he is learning to be a ‘being’ in this new sensory world,” says Samantha. **I&I**

Go to [livingandloving.co.za](http://livingandloving.co.za), click on Baby, then General Articles for more tips on newborn care.

- Ask a few people to bake some date or banana loaves, biscuits or muffins as tasty treats to have on hand.
- The bedroom, bathroom and kitchen are the most important rooms to stay hygienic, so forget the rest of the house and concentrate on cleaning those.

Saving time in the kitchen is easy, if you know how. Try doubling or tripling portions when cooking, and freeze leftovers, or bake an all-in-one dish that works well with a salad the following day. You can also use good-quality, preservative-free bottled sauces for pasta, stir-fries and chicken, and eat lots of raw vegetables as crudité with a dip.

“I found that filling an air pot or flask with boiled water every morning really saved time,” says Samantha Bartlett, a mom of two. “I always had boiling water on hand for sterilising dummies. The air pot is also a great help when making a quick cup of tea.”

In the first few weeks, wet wipes were “a magic wand for everything”, she adds. From cleansing facial wipes to kitchen and bathroom wipes, Samantha found that she saved hours by using them.

## I’m coping, naturally!

Don’t be a martyr. Many moms confess that they struggled through postnatal depression alone, realising only months later that they needed more help and professional support.

If you have postnatal depression, it’s important to seek professional help. If you’re feeling tired or stressed out about money and the future, try to have coping mechanisms in place. There are also a few natural options that could help you transition through this trying time.

“I used a homeopathic remedy for anxiety on a daily basis,” says Samantha.

“Getting stuck into a good book was great, as babies still sleep a lot at this stage,” says writer and editor Anna Lindsay, mom of a toddler. “I also loved watching parenting programmes on TV – they were like my moms’ group, as I was quite isolated as a result of work circumstances at the time.”

Shona encourages new moms to lose the guilt – this negative emotion can put tremendous strain on both body and mind. “I constantly felt guilty about so many things when I had my second baby.

# PRODUCT WATCH

Your newborn will spend the majority of time during the early days sleeping, so make sure he's cosy and comfy with these products.



## Snuggletime Moses Basket

**R1 699, [babygroup.co.za](http://babygroup.co.za)**

Create a little nest for your baby's first few months with this Moses basket from Snuggletime. It's made from wicker with a solid base, and it has a rocking stand that allows for easy access and handles for safe transport.



## Noonoo Pie Tie

**R399, Yummy Baby**

This baby wrap provides the firm support you need when carrying your baby, as well as the flexibility to go about your day. Taking care of siblings, chores and shopping are so much easier when you have your baby close, but your hands are free.



## Chelino Larenza Switch Travel System

**R4 699.99, baby speciality stores**

Designed for maximum comfort and safety, this system includes a stroller, car seat and carrycot. It features an adjustable leg-rest, handle and harness height. The seat has a head pillow for support.





## Newborn sleep safety

Here's what you need to know to keep your baby safe and comfortable when he sleeps:

- ❑ **Cot and Moses basket:** Make sure the distance between each bar on the cot is no less than 2.5cm and no more than 5cm to prevent your baby's head from slipping between the bars. If you choose to get a Moses basket, check that its handles are strong and that they meet in the middle. Always carry the basket with the handles together and one hand underneath to support your baby. If you're worried that you will drop your baby, take him out of the basket before moving it.
- ❑ **Cot mattress:** Get a mattress that is firm enough to support your baby when he sleeps.
- ❑ **Duvets and pillows:** These are not recommended for your baby until he's a year old, as they can restrict your baby's movement and may cause him to overheat. Cotton sheets and cellular blankets are easy to layer and you can simply add or take away a blanket if your baby is too cold or too hot.
- ❑ **Sleep position:** The safest sleep position for your baby is on his back. This position has been shown to reduce the risk of sudden infant death syndrome.
- ❑ **Co-sleeping:** If you choose to co-sleep with your newborn, make sure that your mattress is firm and the bedding is light and minimal. Never leave your baby alone on the bed, as he could easily roll off. Don't sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired, and if your baby was born prematurely or had a low birth weight.

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### Snugglytime Safety Nest

R379, [thebabysshoppe.co.za](http://thebabysshoppe.co.za)

The nest fits comfortably between you and your partner in the bed and protects your baby from the dangers of suffocation and overheating when co-sleeping. It allows you to share bonding time with your baby while still getting a good night's rest.

### BabySense Cuddlewrap Swaddling Blanket R200, Baby City and [babysense.com](http://babysense.com)

This creates a womb-like environment for your baby, and prevents involuntary movements that could wake him. The clever heart shape provides a snug fit.

### Motorola MBP854 Video Baby Monitor R4 599.99, Baby City and selected retailers

Keep an eye on your baby while at home, or away, using this wireless monitor, which connects via an app to your smartphone, tablet or computer. You can also record videos of cherished moments. **I&I**



# Breast-case SCENARIO

Registered midwife  
Philippa Hime provides  
advice on 10 common  
breastfeeding concerns.

**F**eeding your baby from your breast is one of the most natural acts in the world, but it doesn't always come easy.

These answers to the most common breastfeeding questions will boost your confidence and set you on the right path.

## 1 When will my milk come in?

For many new moms, the first few days of breastfeeding can be a confusing time, as they can feel unsure about whether their baby is getting any milk. To make matters worse, they are often told that their “milk hasn’t come in”, implying that they do not currently have any. However, this phrase isn’t accurate, because you will produce colostrum after birth. This rich, nutritious milk is secreted in small quantities during the first few days following birth. The colostrum will begin to change to milk, which can take between three and five days to fill your breasts.

## 2 Is my baby actually drinking?

A newborn will nurse at the breast for more than nutritional reasons. If allowed to, some babies will stay on the breast for long periods. Babies comfort suck at the breast – they use the nipple as a pacifier



and can appear to nurse for hours. Often, new moms mistake this for feeding. If you are unsure if your baby is actually drinking or “dummy” sucking, ask yourself:

- Is he swallowing?
- Is his jaw dropping up and down as he sucks?
- Is the breast now drained and he still seems to be feeding?

## 3 Do I have enough milk for my baby?

As the breast isn't translucent, and you can't see just how much milk your baby has had, many women worry that their baby is not getting enough milk. You will know he is feeding well if:

- Your baby has six to eight wet and/or dirty nappies a day. This usually equates to a nappy change per feed. Newborn stools are usually frequent, but may start to decrease once your baby passes the six-week mark
- You feel your breasts fill up between feeds and then drain after a feed. In the first few weeks of breastfeeding, a feeling of fullness in your breasts will be obvious. Don't be alarmed after a while if that feeling goes away
- Your baby is gaining weight every week – it means he is getting his fill from the milk bar. On average, most newborns gain around 150-200g a week
- Your baby settles after a feed for a reasonable amount of time (two to three hours) before waking for the next feed.

## 4 I think I have too much milk and my breasts are engorged.

You may notice that your breasts often feel hard and engorged between feeds. Milk may leak often and spray out at times, and you may be prone to blocked ducts that can lead to bouts of mastitis. Your baby may be fussy at the breast and make gulping, choking noises as the milk starts to flow, with milk pouring out of the corners of his mouth. He may come on and off the breast and pull back as an attempt to slow down the flow. Try feeding in a “laid-back” position. This

means lying all the way back with your baby lying across your body facing the breast “tummy to mummy”. This position uses gravity to slow down the flow.

## 5 How can I boost my low supply?

Your milk supply could be low for a number of reasons. If you are concerned you don't have enough milk, try the following:

- Feed your baby more often – the more you feed, the more you make.
- Pump for 5-10 minutes immediately after your baby has finished feeding.
- Eat a balanced diet and drink plenty of fluid.
- Try to rest as often as possible.
- Try natural supply boosters like brewer's yeast and fenugreek.
- Consult a lactation consultant.

## 6 Is breastfeeding supposed to be painful? My nipples are cracked.

Breastfeeding is not supposed to be painful. You can certainly feel your baby feeding in the first few days to weeks when you start, but it shouldn't be painful. If it is painful, your baby's latch may be incorrect. His mouth should be wide open, taking in as much breast and areola as possible, with his lips splayed out on the breast. If your baby's mouth is closed and the latch is shallow, he will feed off the nipple causing a great deal of pain. This can lead to cracked and sore nipples. Your local clinic or a lactation consultant can advise you if you are unsure.

## 7 I have painful lumps in my breast. Is this normal?

Some women can develop blocked ducts during breastfeeding. These are little milk plugs that block the flow of milk out of the breast and cause pain, because the milk doesn't drain properly from the breast. To avoid blocked ducts, always make sure your breasts are emptied properly and avoid wearing tight or ill-fitting nursing bras. If you experience this kind of discomfort,

apply a warm compress and massage your breasts to encourage them to drain.

## 8 Is there anything I can't eat or drink while breastfeeding?

Everything in moderation is ideal for breastfeeding. There is no specific diet you should follow, but you should ideally avoid foods that cause bloating, as they could cause gripes in your baby. If you're not used to eating spicy foods, having curry may upset your little one. Common culprits of tummy cramps in breastfed babies are dairy, wheat, chocolate, green leafy vegetables and spicy food eaten by the mom. If you notice any of these trigger a colicky spell, try avoiding or reducing your consumption of them. Limit caffeine to one cup a day.

## 9 When can I start pumping?

There are no rules when it comes to pumping, but breastfeeding should be well established first and you should build a strong supply before pumping. That said, many new moms enjoy expressing as it allows someone else to feed their baby. Some women also opt to pump to help boost their milk supply. If you do decide to express, try to do so immediately after a feed once or twice a day to build up enough stored milk for a feed. You can then express whenever your baby bottle feeds to keep up your supply.

## 10 How long should I breastfeed for?

It is entirely up to you. The World Health Organization recommends six months of exclusive breastfeeding before introducing solids. Thereafter, infants should receive complementary foods with continued breastfeeding up to two years of age or beyond. **I&I**

Go to [livingandloving.co.za](http://livingandloving.co.za) and click on Baby, then Breastfeeding for the benefits of breastfeeding for you and your baby.



# HOW TO swaddle your baby

Wrapping your baby can soothe her by mimicking the sensation of being in the womb. By Licia Selepe

**R**esearch shows that swaddling can help your baby sleep better and longer while keeping her cosy. Some babies don't like being swaddled and somehow manage to free their arms, but others are happy to be swaddled up to about eight weeks. There's no strict rule on how to swaddle, but these steps will help you swaddle safely and easily.

- 1** Fold a blanket into a triangle shape or use a purpose-made blanket if it's easier (we used the Baby Sense Cuddlewrap Swaddling Blanket, R200 from babysense.com). Place your baby on the blanket with the top aligned with your baby's ears. Fold the bottom corner of the blanket upwards towards her belly.
- 2** Pull the right-hand corner of the blanket across your baby's body and tuck it beneath her.
- 3** Bring her left hand to her mouth. Pull the left corner of the blanket across her chest and tuck the end under her right shoulder, wrapping the blanket around her body.



Go to [livingandloving.co.za](http://livingandloving.co.za), click on Baby, then General Articles for a step-by-step video on how to swaddle your baby.

## SAFETY TIPS

Swaddle correctly to prevent any risks to your baby. Keep these tips in mind:

- Avoid using polyester or polar-fleece fabric to minimise the risk of your baby overheating.
- Improper swaddling can loosen your baby's joints and damage the soft cartilage of her hip sockets. To prevent this, make sure there's enough room at the bottom of the blanket for your baby to bend her legs up and out from her body, and that her legs have room to spread apart naturally.
- When your baby is no longer a newborn, only swaddle at sleep times or when your baby needs to be comforted.
- In hot weather, swaddle your baby in a muslin or a cotton cloth to keep her cool and content. **I&L**





Our softest nappy inside and out, gently hugs  
and protects baby's delicate skin.

Greet your baby with a hug.



# Baby skin SOS

Distressing baby skin conditions – and how to offer relief. By Françoise Gallet

**I**t takes some time for your baby's skin to adjust to life outside the womb and skin conditions are common during the first few years of life. Here's a look at some common ailments that are likely to cause distress and what you can do to treat them.

## Nappy rash

**Symptoms:** Few babies' bottoms will escape nappy rash, where the skin on the buttocks, genitals and thighs will look red and sore.

**Treatment:** Frequent nappy changes – to limit repeated exposure to faeces and urine – are a sound first line of treatment. Likewise, liberally lathering your baby's bum with a good barrier cream (petroleum jelly is a cheap, effective option) at every nappy change also helps protect your baby's sensitive skin, suggests Dr Carol Hlela, head of the Paediatric Dermatology Unit at Red Cross Children's Hospital in Cape Town.

But you should also know that the best way back to a smooth, soft baby's bottom is to identify the cause of the rash and apply the appropriate remedy – not all nappy rashes are equal and the condition may need a specific treatment plan.

## Candida diaper dermatitis

**Symptoms:** Candida diaper dermatitis is usually seen one or two weeks after birth, often after either mom or baby has been treated with antibiotics, explains Cape Town paediatrician Dr Hedi van der Watt. It's a red, raw rash found in moist, warm creases of skin and may be peppered with ulcers.

**Treatment:** You'll need an antifungal cream to kill off the candida fungus – the overgrowth of which is usually prompted by the antibiotics.

"A zinc-based ointment can be soothing and oral probiotics will also help recolonise the gut with healthy flora," says Dr van der Watt.

## Contact diaper dermatitis

**Symptoms:** Like candida diaper dermatitis, contact diaper dermatitis looks raw and red. It usually spares the creases of the skin, but can cause a rawness around the anus.

"It's most commonly observed in infants with runny stools, though it can also be caused by the nappy," says Dr van der Watt.

**Treatment:** Stop using wet wipes, apply a good zinc and castor oil-based barrier cream, air your baby's bum often and, if you're breastfeeding, decrease the amount of dairy you consume (which will in turn reduce the acidic lactose content in the stool).



## Psoriasis in the nappy area

**Symptoms:** Psoriasis is a chronic inflammatory skin condition that causes thickened, inflamed and red skin with silvery scales. When it presents in the groin area, it looks like a standard nappy rash – except that other areas of the body such as the scalp or trunk are often also affected.

The psoriasis skin lesions that result tend to be sharply demarcated and it's likely to be itchy and painful.

**Treatment:** Unfortunately, it is resistant to treatment and can persist for several months, says Dr Hlela.

Psoriasis isn't an infection, so it's not contagious, and researchers believe a complex interaction of genetics, environment and immune factors are at play.

The first line of treatment is the liberal application of emollients like petroleum jelly. Low to medium-potency topical corticosteroids can be helpful, but should only be used under the guidance of a paediatric dermatologist. For areas like the scalp and trunk, the messy yet effective use of tar and prescription drugs will be required.

## Staphylococcal diaper dermatitis

**Symptoms:** Staphylococcal diaper dermatitis – caused by the bacteria, staphylococcus aureus – is an alarming-looking pustular rash that usually occurs in the nappy area, but can spread beyond it. You'll identify this diaper rash by its large purulent blisters. It is common in boys who have been circumcised.

**Treatment:** To treat it, you'll need to use an anti-bacterial ointment in the nappy area with every nappy change, says Dr van der Watt.



## Eczema

**Symptoms:** Along with the itch of atopic eczema (AE), the skin is dry, scaly or flaky, and red – especially where there are lesions or small breaks made worse from excessive scratching (on babies with dark skin, the redness of the lesions is less prominent).

When fresh lesions start, the skin may also be weepy, becoming darker and thicker, or bark-like, says Dr Hlela.

Eczema in babies and children can also take the form of seborrheic eczema (that tends to be accompanied by cradle cap), contact eczema and nummular eczema. Your healthcare provider should make a diagnosis after examining your baby and considering his medical history.

**Treatment:** As AE is considered to be a complex interaction of genetics, the environment and certain immunological triggers, treatment requires the professional experience of a paediatric dermatologist or paediatric allergist.

## Herpes simplex virus (HSV-1)

**Symptoms:** All it takes is a kiss from an infected person (or the sharing of lip balm) for this virus to cause cold sores and fever blisters on your little one's lips, mouth and face. Typically, herpes simplex virus (HSV-1) will present with itchy blistering sores, but it can also bring on flu-like symptoms, ulcers in the mouth, a sore throat, fever, and swollen lymph nodes, explains Dr Hlela.

**Treatment:** There is no cure, so the best line of defence is to avoid contact with infected adults or children and sharing balms. If your baby does contract the virus, treatment will focus on getting rid of the cold sores and limiting the outbreaks. More severe cases may need hospital admission for intravenous antiviral treatment, Dr Hlela advises. **I&I**

## Impetigo

**Symptoms:** The same bacteria that causes staphylococcal diaper dermatitis can also affect the nose, mouth, forearms and hands of preschoolers, where it is referred to as bullous impetigo.

Bullous impetigo usually looks like tiny blisters that appear clear and turn cloudy, and remain for a fairly long time without bursting.

Bacteria staphylococcus pyogenes also causes impetigo blisters that easily rupture. Once they've burst, the blisters soon dry out and look like honey-coloured crusts, explains Dr Hlela. This is referred to as non-bullous or crusted impetigo and is most common.

The blisters may be itchy, but are unlikely to be painful. However, because

they're caused by bacteria, scratching spreads the pathogen – especially among babies and children who already have a rash. A child is more likely to develop rapidly-spreading impetigo if the skin is already irritated by an itchy rash like eczema, or by insect bites.

**Treatment:** A healthcare professional will treat impetigo with an antibiotic. It also helps to routinely wash your baby or toddler's hands and face.

# Day care dilemmas

Entrusting the care of your child to a nursery or crèche is a turning point for most parents. We navigate some common issues, so you and your little one feel secure at each drop off. By Licia Selepe



**C**hoosing a day care for your little one is a personal decision that depends on your parenting philosophy and your child's temperament.

After you've found a facility that you're comfortable to send your child to each day, communicating with

the staff can be tricky when your schedule is busy, and issues are sure to arise at some point. Here's how to address any problems timeously and sensitively for the best results.

Tabitha Cairns, principal of Junior Colleges Sandton, advises parents to make a point of finding out the

process for handling complaints before enrolling their children in any new day care. "Many facilities have developed their own procedures, which can help guide you when seeking a resolution for your concerns. We always stress two-way communication – speak to us and we will offer feedback," she adds.



## Food requests

Nutrition, allergies, cultural and religious preferences and vegetarian diets are common food concerns for most parents when it comes to meals at a day care. Tabitha says the facility's managers and parents need to work together to ensure that children with special dietary needs receive appropriate foods, and that these should be discussed before the child is enrolled at the school.

Veronique Mbiatchou, owner and principal of Blue Sea Day Care in Johannesburg, adds that if the crèche can't provide food to meet your child's needs, you may be asked to provide appropriate meals and snacks.

If you're concerned about the food at the day care, you should also ask for a full menu and are entitled to see the recipes used. "Although we have never had a parent request recipes, we would be more than happy to provide them and are open to suggestions," says Tabitha.

## Potty training pressure

Your little one no longer wears nappies during the day at home and she is getting used to the potty. But when you pick her up from day care, she is wearing a nappy and the carer says your child is not ready for potty training. Or maybe you want to delay potty training a little longer, but your chosen day care is encouraging your child to start now.

Your child's day care should be your best support system when you start potty training, but be aware that some kids are motivated when they see their peers use the potty, while others happily sit on the potty at home and refuse to do this in a group setting.

Toilet-training procedures should be discussed at registration. "We start when the child turns two and during the summer months. If your child turns two in winter, we will wait for warmer days," says Veronique.

While some older children may need extra encouragement, there should be no pressure on your child and how to toilet train her is, ultimately, your choice. If you're feeling pressured by staff at the day care, make an appointment with the supervisor immediately. However, first ensure that your

wishes are realistic and in the best interests of your child.

## Nap time

Can you ask the day care to change your child's nap time? "Absolutely, if a parent asked me not to let a child nap because she's going to bed too late, I would do my best. She would still have quiet time and some special toys or books to read, but a staff member would gently interact with her now and then to keep her awake," explains Tabitha.

Veronique says, "Yes, but I would also suggest that the child's nap time is adjusted rather than eliminated. We would try different things to find what works for the child and parent."

## Biting and hitting

Children biting and hitting one another at day care is common, but that doesn't make it any easier when you pick your child up from crèche and see teeth marks on her arm, or she says that another child hit her. These are difficult issues for day-care staff to deal with, and it's a phase many children go through when they struggle to communicate as their language skills are not yet fully developed. It's also something that is impossible to prevent ahead of time.

Veronique advises parents to report any suspected aggressive behaviour or evidence of such to the day-care manager, while Tabitha explains that any biting incident should be noted and discussed with the parents of both children. Staff should find out why the incident has occurred and recommend resolutions.

## Learning progress

When drop-off is rushed, or if your child's primary caregiver at the facility is already gone when you arrive to fetch her, you may never find time for conversations about your child's accomplishments or progress. "We give out quarterly reports, and we always urge parents to let us know if there's something they would like to discuss with the teachers regarding their child's progress," explains Veronique.

There are other communication methods, including written monthly reports and calendars outlining themes

and activities. You can also schedule face-to-face meetings to address your concerns, and your child's caregiver may offer suggestions on how you can help your child at home.

## Screen time

You walk into the day care's drop-off area and the TV is on. When you return later in the afternoon, it's on again and this leaves you wondering whether it has been on the whole day. Research from the University of Auckland suggests that early childhood education services could do more to monitor screen use and encourage children to be active while attending day care. Guidelines on screen time for children at day care are needed, according to the research. Veronique says that parents should be able to raise their concerns with caregivers or the principal regarding screen time.

## Speak up

"Many of our parents feel intimidated to approach us with problems, fearing that they or their child may be seen in a negative light. A suggestions box for parents who want to raise concerns, but remain anonymous, works well," says Veronique.

The more open the lines of communication are, and the more often you chat to the caregivers, the easier raising concerns will be. While some issues may be minor and easily overlooked, keep in mind that you are your child's voice and advocate. "If you don't speak up about issues that are bothering you in relation to the wellbeing of your child, who will?" asks Veronique. For example, discuss the discipline methods used at your child's day care to ensure that you are comfortable with them and that you can be consistent at home, too.

A good day care will appreciate feedback from parents and deal with any issues as soon as they come to light. **I&I**

Visit [livingandloving.co.za](http://livingandloving.co.za), click on **Child**, then **General Articles** for tips on how to choose the right day care for your child.

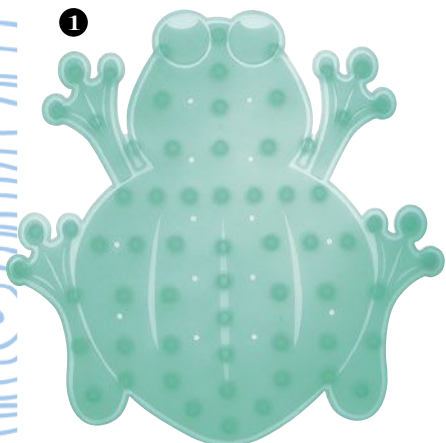




# Splish splash!

Make bath time fun with these buys.

1



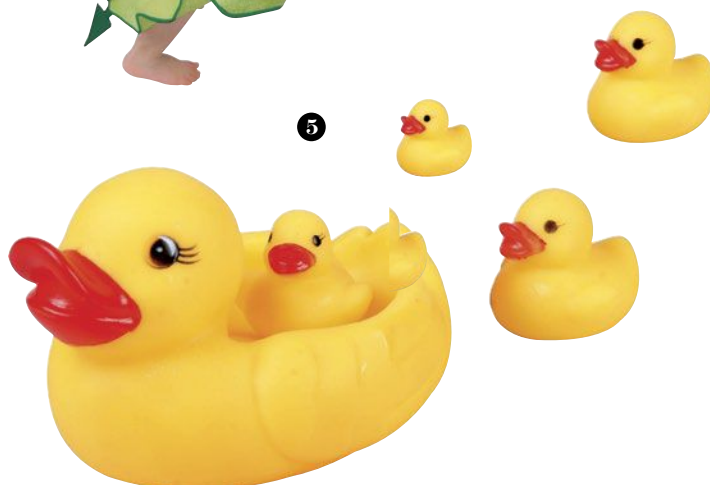
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1. Snookums bath mat, **R130**, Baby City 2. Shampooheads Awesome Annie shampoo and body wash, **R59.95**, selected Clicks stores 3. Cuddleroar toddler towel, **R760**, [cinnamonsue.co.za](http://cinnamonsue.co.za) 4. Eva bath book, **R49.99**, The Crazy Store 5. Vinyl bath toy ducks, **R24.99 for the set**, The Crazy Store





6



7



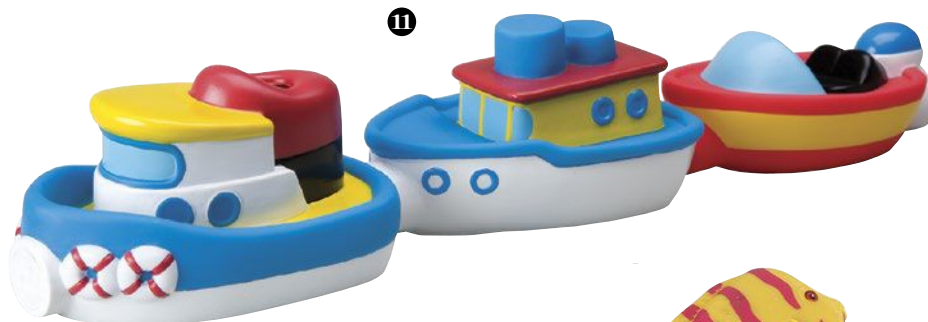
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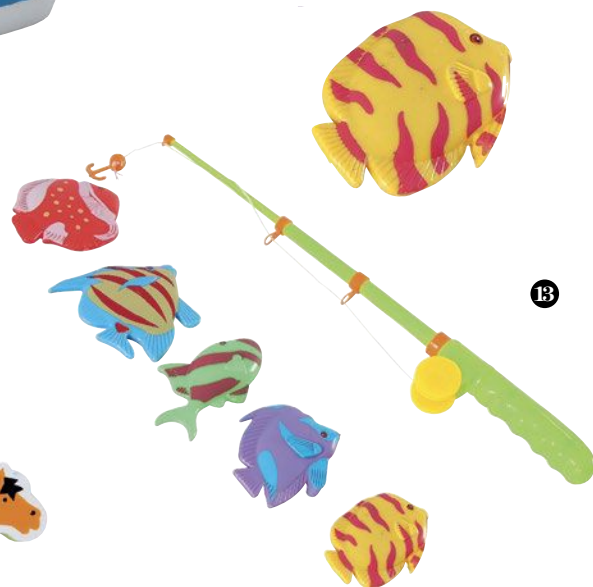
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13

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6. Sophie La Girafe bath toy, **R239**, Kids Emporium 7. Bath crayons, **R89.99**, Mr Price Home 8. Fun Time Kids Wash, **R69.99**, purebeginnings.co.za 9. Shampoo rinse jugs, **R99 each**, 4akid.co.za 10. Oh So Heavenly Mum and Cherub Oils of Africa Trunks and Treats bubble bath, **R54.95**, Clicks 11. Magnetic Boats in the Tub, **R250**, nestdesigns.co.za 12. Farm Friends foam shapes, **R160**, nestdesigns.co.za 13. Fishing game, **R59.99**, Mr Price Home



# Busy *tots*

Toddler and preschool extramural activities can be fun, but are they necessary for your child's development?  
By Georgina Guedes

**E**ven before your child starts preschool, you're made aware of all kinds of activities that you could be doing with him – like Kindermusik, Clamber Club, Play Ball, Soccer Starz, Dance Mouse, Ruggerz and a host of others.

Some parents are thankful for these activities – they keep children busy and fit, and can offer working parents precious hours of engagement for their kids. On the other hand, some parents find that getting children to a destination at a particular time, dealing with the kit and costs, and taking time off work for parental involvement, can amount to stress and pressure.

So, does your child need to start extramural activities at an early age, or can he come home after school and play his own games and pursue his own interests? If you don't participate in activities, will you be hindering his development to the extent that he won't catch up later?

## Do activities because they're fun

The good news is, according to Melanie Hartgill, an educational psychologist in private practice in Johannesburg, that unless a therapist recommends some kind of intervention because your child isn't developing fine- or gross-motor skills, it is not necessary to take your baby or toddler to specific activities or classes.


"From a developmental point of view, small children do not need to do extramural activities, but if there is a developmental delay or a therapeutic need, then, of course, you should," she says. "I get a bit frustrated, because I see people who

are pressurised by other parents to do everything, but it really isn't necessary." However, your child's need is only part of the picture, and Melanie adds that if your toddler or child loves the activity, you enjoy taking him and can easily make the time, then you should participate.

## Scheduling issues

"There is a lot of time pressure nowadays, and in most households, both parents work. So, for some, these classes are an outlet to engage with their kids," says Melanie. "They have to be there on Thursday at 3pm, so they make the time and feel better about themselves."





She adds that it's important for activities to have value – they should be fun, boost your child's confidence and encourage him to socialise. "If you're just doing it for the sake of it, then there's not much point. As your child gets older, you can be guided by what he likes and is interested in, rather than deciding for him."

Raeesa Bulbulia, a Johannesburg-based occupational therapist, points out that in some cases, for instance, learning a musical instrument, the brain's neuroplasticity (ability to develop and make new connections), is better when your child is young, so he will learn faster. "But that's not to say that starting when he's older is too late," she says.

On the other hand, activities like karate require specific cognitive and gross-motor skills that a younger child may not have developed yet. It's all about how the activity is taught and how much your child is enjoying it.

## Home activities

While both Raeesa and Melanie agree that paid-for classes and activities are fun, but not necessary, they highlight that children should have the opportunity for movement and creative play every day. "They should be playing in the garden or park, with balls, beanbags, bowls of water, things to climb on and things to swing on," says Melanie. "Children are fairly simple creatures; we're the ones who make it complicated."

Raeesa adds that bath time provides a chance for texture play with sponges, scrubbing pads and different bottles and cloths.

"If you don't have access to a garden, set up an indoor obstacle course for your child, giving him the opportunity to climb, crawl, go under and go over," she says.

Melanie also recommends that, from a safety point of view, children should be taught to swim as soon as possible.

The message from these professionals is encouraging: if it's fun and convenient, sign your child up. If it is neither of these things, don't. Your child needs to play, be active and explore in ways that can easily be achieved at home or in your local park. Learning is supposed to be fun, so be sure it is – for you and your child.

## MOMS HAVE THEIR SAY...

We asked two moms to describe their experiences of signing their toddlers up for extramural activities.

● Tarryn started Clamber Club with her daughter, Maya, when she was nine months old. Tarryn works full-time, so Maya was home with her nanny most of the day and loved the opportunity to enjoy outdoor play, sing songs and be with her mom.

"She loved exploring the garden, rolling over the soft outdoor equipment, climbing the jungle gym, playing in the play houses, and the juice and biscuits afterwards," says Tarryn. "In fact, she used to press her face to the glass sliding doors 10 minutes before outside time, so she could get out quicker."

Tarryn can't say for sure whether it helped her daughter's development, but says that Maya walked and crawled quite early and socialised easily when she started nursery school at 20 months. "Five years later, she still sings the Clamber Club songs!"

● Geraldine signed her daughter, Anna, up for ballet lessons when she was four, because it felt like the kind of fun thing that little girls are supposed to do.

"The classes were short, so she could get through them, but she hated waiting her turn to do each movement and the only bit she really liked was the free dance at the end of the class," she says.

Then, when the class started rehearsals for the year-end concert, Anna got bored. "She hated doing the same thing over and over. I told her she just had to do to the concert and then I wouldn't make her go back, and that was that." **L&L**

## What they really need

Melanie explains that it's important your child feels good about himself as a result of the activity. "Whatever you are doing with him, he needs to be emotionally confident. If it's making him feel bad about his abilities, then there's no benefit."

She points out that as children get older, they will have more options available to them in terms of extramural opportunities, but will also have more commitments in terms of homework. "As they progress through preschool and the schooling system, it's important to focus on a balance between brain (school), body (sport) and mind (leisure)."

**SUITABLE FROM 18 MONTHS**

# Breakfast club

If your little one is bored of the morning menu, try these ideas – and then adapt them to make tasty grown-up breakfast options, too. By Sarah Dall

## Sweetcorn and bacon fritters

Serves 4 | 30 minutes

### YOU WILL NEED

200g diced bacon  
240g cake flour  
5ml baking powder  
2 large eggs  
200ml milk  
1 x 400g tin whole sweetcorn, drained  
2 spring onions, tips finally sliced  
5 fresh basil leaves, finally chopped  
Pepper for seasoning  
30ml canola oil

### METHOD

- Grill the bacon until crisp, chop up and set aside.
- Sift together the flour and baking powder.
- Whisk the eggs and milk together and slowly whisk into the sifted flour mixture until fully incorporated. You should have a smooth batter.
- Stir in the sweetcorn, crisp bacon, spring onions and fresh basil. Season with a little pepper.
- Heat the oil in a large frying pan over a medium heat. Place tablespoon-size dollops of batter into the pan and fry for two minutes on each side. The fritters should be golden and cooked through.
- Remove from the pan and set aside on kitchen paper.
- Serve and enjoy.

### FOR GROWN-UPS

Substitute the bacon for smoked salmon and serve the fritters with a dollop of crème fraîche on top.





## Berry, banana and almond smoothie

Serves 2 | 10 minutes

### YOU WILL NEED

- 100g fresh raspberries
- 100g strawberries, halved
- 2 bananas, peeled
- 250ml double-thick plain yoghurt
- 50g raw almonds
- 10 blocks ice

### METHOD

- Place all the ingredients into a blender and blend until smooth.
- Serve immediately, otherwise refrigerate until needed.

### FOR GROWN-UPS

Add a handful of raw oats and a couple of goji berries.



## Apple, honey and cinnamon oats

Serves 2 | 20 minutes

### YOU WILL NEED

100g rolled oats  
500ml water  
1 tsp ground cinnamon  
1 tbsp butter  
2 Granny Smith apples, peeled,  
cored and cut into wedges  
4 tsp honey  
4 tbsp double-thick plain yoghurt

### METHOD

- Place the oats and water into a medium-sized pot. Bring to the boil and simmer for 15 minutes. Stir occasionally and add the cinnamon.
- While the oats are cooking, melt the butter in a frying pan over a medium heat and gently sauté the apples until soft and cooked through.
- Divide the oats into two bowls, top with the caramelised apple, a drizzle of honey and a dollop of yoghurt.

### FOR GROWN-UPS

This recipe is one both you and your toddler will love. Use any fruit and add toppings, such as nuts and coconut.



## Ham, cheese and mushroom frittatas

Serves 4 | 30 minutes

### YOU WILL NEED

4 large eggs  
100ml cream  
200g shaved ham  
100g grated Emmenthal cheese  
100g mushrooms, finally sliced and fried  
10 chives, finally chopped  
Pepper for seasoning

### METHOD

- Whisk together the eggs and cream.
- Stir in the shaved ham, cheese, mushrooms and chives. Season with pepper.
- Divide the mixture into four ramekins.
- Bake for 8–10 minutes at 180°C, until the frittatas are golden, puffed and cooked through. **L&L**

### FOR GROWN-UPS

Substitute the ham for prosciutto or Parma ham and fold a few baby spinach leaves into the frittata mix.



# Q&A

Our experts answer your questions on everything from treating fevers to finding a work-life balance.



## KEEPING MY BABY COOL IN SUMMER

**Q** I'm concerned about my baby overheating. How do I ensure he stays cool in hot weather?

**A** As a rule of thumb when it comes to temperature regulation, dress your baby in one layer more than you're wearing. Our spring and summer months can get hot, so you'll need to try to keep your baby as cool and as comfortable as possible. It's important to dress your baby

in cotton clothing that breathes easily to allow air to circulate around his body, which will keep him cool. Synthetic fabrics can make your baby hot, sweaty and unhappy.

Make sure that during hot days or heatwaves, your baby is well hydrated – breastfeed regularly or offer water often if your baby has started solids.

Try to avoid taking your baby out during the hottest time of the day – between 10am and 3pm. Rather take

part in outdoor activities in the early morning or late afternoon. Supervised water play is an ideal way to keep your baby cool.

At night, if your baby is small and still sleeps swaddled, use a lightweight muslin blanket. If he isn't swaddled, you can use lightweight sleep sacks to provide a cover while keeping him cool.

You can also use a fan in the room where your baby sleeps if the temperature gets

high. Be careful not to direct the fan at your baby and be aware that a fan blowing close to your baby's cot can affect the functioning of a motion detector or breathing mat.

Try to avoid air conditioners as they can dry out your baby's sensitive mucous membranes and can cause nasal congestion. If you do use an air conditioner, use a humidifier at the same time.

– **Philippa Hime**,  
registered midwife





## WORK STRESS AND MOTHERHOOD

## BLEEDING AFTER BIRTH

**Q** I had my baby about a week ago and I'm still experiencing vaginal bleeding. Is this normal?

**A** It's normal to experience some vaginal bleeding after the delivery of your baby. The term "lochia" describes normal vaginal bleeding after birth and it can last from two to six weeks, varying in colour as the weeks go by.

During the second week after birth, the amount you bleed should start decreasing compared to the first week. However, a soaked sanitary pad would be abnormal. The bleeding should decrease and become a lighter shade.

There are various reasons for your body to not recover as it should. I advise all my patients to inform me immediately should they experience bleeding patterns different to what's described above. Other symptoms your gynae should be made aware of are fever or cold sweats during the puerperium (the first four to six weeks after delivery) and severe abdominal pain. There can be a variety of reasons for these symptoms – a small piece of your placenta could still be stuck inside your uterus, the lining of your uterus could be infected or your uterus might not have contracted as it should. In rare cases, this is the only time your doctor might be alerted to you having, or being prone to, a bleeding tendency.

– **Dr Andre van der Westhuizen, obstetrician and gynaecologist**

### FAST FACT

Lochia consists of blood, bacteria and the lining of your uterus. It's your body's way of cleaning out the womb after delivery.

**Q** Things have been a bit stressful at work lately and I blew up at my toddler, who was acting up. I now feel so guilty for losing my temper. What should I do?

**A** Allowing work pressures and stress to infiltrate into the home is a common experience and concern. The reverse is also common – work suffering due to challenges on the home front. This boils down to being able to separate your work and home life. Establishing firm boundaries is vital in preventing these two worlds from colliding.

Remember that your toddler has no concept of time or the cognitive capability to understand the importance of work or the stress that can result. What your child will feel is that you have left him for an extended period and he has missed you. When

you reappear after a long day at the office, he will be filled with longing and, possibly, anger – hence the acting out.

Your work is never done, it's just the environment and the role that changes. However, no one can be a perfect worker or a perfect parent. It's natural to react to pressure in both environments, so be forgiving of yourself.

These suggestions may help you firm up the boundaries:

- Be aware of what stresses you at home and work, and introduce mechanisms to manage them better. This might involve help from other people.
- Skills like time management, prioritising and goal setting, as well as having realistic expectations are vital.
- Try to keep to a routine at home with your child, which may curb the acting out. For example, come home at about the same time every day.
- Don't sneak out of the house or day care when you leave for work, even if you know that your child will be upset. This routine of leaving is as important as your return and saying hello.
- When you get home, give your child your full attention. This re-establishes the bond that your child feels was threatened by your departure.

– **Wendela Leisewitz, clinical psychologist and family/divorce mediator (child consultant)** ➔

# TREATING A HIGH TEMPERATURE

**Q** When my child experiences a high temperature, I feel I overreact. What is the best way to treat a fever in a child under the age of three? What are the signs that I should seek medical help?

**A** Our bodies produce a temperature in response to either infection or inflammation. The aim of the resultant heat is to either kill the invading virus or bacteria, or to slow down their spread. This means that a temperature is an inherent protective mechanism, but it may also lead to complications.

In some vulnerable children, if the rise in temperature is too rapid, a febrile convulsion or fit could occur. Although this isn't generally harmful, it is a frightening experience for the parents. The other risk is a persistently high temperature above 41°C. In this situation, the proper function of vital organs is compromised.

The first thing you should do when you notice that your child has a temperature is measure and record it. You will need this "starting" temperature to monitor the success of your treatment.

Next, undress your child down to his nappy or underwear, irrespective of the environmental temperature, or the fact that his hands or feet may feel cold – this

often happens when children have a temperature.

Once your child is undressed, give him temperature-lowering (antipyretic) medication, such as paracetamol, ibuprofen, or mefenamic acid. These can be given either by mouth or as a rectal suppository, and both are effective. Rectal administration may be more so if your child refuses to take, or spits out, the oral medication. It is also a useful route when your child is asleep and medication is needed.

At this point, you may also need to put your child into a bath of tepid water. This is a vital procedure if his temperature is above

39°C. There may be much protesting, but persevere.

Half an hour after the above treatment, measure his temperature again. You should start seeing a decline. Keep your child's clothes off until his temperature has returned to normal.

You should seek medical attention in the following situations:

- A febrile convulsion or fit, which can happen between the ages of six months and five years. Put your child on his side, undress him, insert a suppository and apply a tepid sponge to his body en route to the hospital.
- A high temperature, above 39°C, that does not

respond to any of the above measures to reduce it.

- A temperature that continues to rise despite all your efforts.
- Regular temperature spikes above 39°C for more than three days with no apparent cause.

**– Dr Deon Smith, paediatrician**

## FAST FACT

In children under five, a fever is considered to be a temperature higher than 37.5°C.







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# GET financially FIT!

Significant changes in your life can affect your finances too. Having children is no exception, so follow this sound money advice tailored to young families. By Kate Sidley



**F**rom the outset, your daily expenses increase with each little person added to your family.

All of a sudden, you need to pay for nappies, childcare, medical expenses and a slew of other baby-related costs. At the same time, one parent may be taking a break from work, or working fewer hours, to look after the kids.

From the beginning of your child's life, you need to start thinking of future expenses – the big one being education.

Your financial planning must also take into account your family's financial security in the event of a disaster or emergency. In particular, if one of the family breadwinners becomes unable to work for whatever reason, or dies. How will your children's needs be taken care of?

There are many elements to consider and choices to make, so we spoke to Ricky Rohrbeck, an independent financial advisor with Select Independent Advisors, for some guidance.

## Getting started

Before talking about insurance and investment, let's focus on budgeting and estate planning. It's a good idea to work out a budget as best you can, and then track your spending so you can fine-tune your budget to reflect your new lifestyle as a family. Adjust your budget until you come up with one that works for your family.

Next, something no one likes to talk about – your will. What will happen to your assets if you die? Who are your children's guardians? It's also important to go through all your investments and insurance policies to check that your preferred beneficiaries are listed. If heirs and beneficiaries are not clear, the estate can be tied up and the funds not readily accessible for a period of time.

## Insurance

A serious illness or injury that requires a lengthy stay in hospital, or a long period of rehabilitation and recovery, can be financially devastating. Your medical aid is

unlikely to meet all of your medical costs, which means that you'll have to pay the balance out-of-pocket. You may also find yourself not working, and while you can claim from UIF if you are injured or ill and out of work for an extended period of time, you will still experience a drop in income.

**In addition to your household insurance, you will want to consider some of the other types of insurance that can provide a buffer between you and financial disaster:**

- **Income protection** replaces your income if you are unable to work due to injury or illness. You get a certain portion of your salary (usually 75% of your net salary) after a certain period of being unable to work (one to three months, usually). Your case might be reviewed annually, depending on your likelihood of recovery.
- **Dread-disease cover** pays out a tax-free lump sum that can be used to assist with medical expenses, replace a certain



amount of lost income or pay off a bond.

- **Disability cover** provides a tax-free lump sum payment to enable you and your family to pay some, or all, of your debts if you become permanently disabled, and to replace lost income.
- **Life insurance** will provide for your family in the event of your death. Of course, the more you pay every month the more coverage you get.

## Medical aid

When you have a child, it's a good idea to consider a medical aid or hospital plan, or to re-evaluate your current one. There are many options, from the high-end schemes that cover just about everything, to pared-down schemes that are cheaper, but don't cover as much. Investigate gap cover too – it is a relatively inexpensive add-on that makes up the shortfall between what the medical aid will pay, and what you will be charged for a hospital stay.

## Education

The earlier you start saving for your child's education, the better. The tertiary education landscape in South Africa is quite unpredictable, so having money set aside for university or college will give you more options and greater peace of mind.

If you start saving from the time your child is born, you can build up a good base before you have to pay for school fees. Remember, the cost of education and add-ons generally increases with every year of schooling. Ricky says, "Education

is something that we can plan for – we know when it's going to happen and the likely cost. The fact is that it's expensive. Putting away R500 a month, which is R6 000 a year, is not going to give you much in terms of education. R1 000 a month over five years will give you just more than R60 000, which is significant, but it won't pay private school fees."

Bear in mind that inflation in education is higher than the consumer price index (CPI). A bank account generally gives you returns well below inflation. Even a money market account probably won't give you good enough returns to keep up with inflation.

There are also a number of savings and investment vehicles specifically designed to help you save for your child's education. Ricky warns that commission and fees can eat into the growth quite substantially. Instead of a special education product, you might be better off in a flexible equity-based investment vehicle like a unit trust.

## Retirement

It's tempting to focus on the needs of your children and forget your personal goals and long-term plans. It's important, though, to stay on top of your retirement provisions. You don't want to pour all your resources into your kids and then leave them in a position where they have to support you. Ricky says that most people are seriously underprepared for their retirement. Most people put away too little with fees, commissions and inflation eroding their capital.

## What comes first?

Adding a new member to your family comes with a long list of demands, and it's not unusual to feel quite torn by the many responsibilities. Life cover or dread disease? Do you save for your retirement, or child's varsity fund? Is it better to put money into your bond, or to invest in more life insurance?

You will have to prioritise, based on your income and your own family's needs. Some of the elements we've covered here may have to go on the back-burner for a while. It is a good idea to consult an independent financial advisor.

Ricky's advice is to prioritise life cover. "If you have a new child, you have to supply an income for 20 years. Next would be some kind of income protection or dread-disease cover. Again, if you can't earn a living, you have a problem. People don't like to think about becoming sick or dying, but I've seen young families left without a breadwinner, or lose their house when someone has a serious medical condition. It's not a risk you want to take."

His next priority would be medical aid. Other savings and investments would follow, depending on your circumstances. **L&L**

## TOP TIP

Big corporates may have group benefits, like life cover, income protection and disability, which you are entitled to through your pension fund or provident fund. Ricky says it's worth understanding what your group benefits are, so you don't duplicate them in your personal capacity. The money that you free up can be allocated to an investment instead.

## START AN EMERGENCY FUND

Financial advisors recommend that you have at least three months' salary in an emergency fund that you can access when needed. Life is unpredictable, especially with kids, and this will cover unforeseen expenses or loss of income.

This money should be in an instant-access savings account so that you can get to it when you need it. Discipline is essential, both in terms of building up the fund, and resisting the urge to use it. It is for emergencies only, not to dip into when you're a bit short on cash.



# Cramping YOUR STYLE?

Banish night-time cramp from your pregnancy, and sleep better.

**T**here's nothing subtle about an attack of pregnancy cramp. "The spasms tend to strike at night

and usually affect the lower limbs, so when you're pregnant it's not always easy to leap out of bed and get into a position that gives relief," says midwife Tina Perridge.

Cramp usually begins in the second trimester, between 18 and 20 weeks, and continues to occur until birth.

The uncomfortable sensation as the muscle contracts is associated with a build-up of lactic acid during exercise, but no one knows exactly why it's so common in pregnancy. "There are all sorts of theories about causes, but no hard evidence," explains Tina. "One theory is that your uterus becomes heavier as your baby grows, which means that your legs are working harder to carry you. Another possible cause is that the uterus is lying on

the major vein (vena cava) that returns blood to the heart, slowing that process, and leading to heavy, sluggish limbs that are more prone to cramp.

"The problem seems to be linked to a degree of dehydration and a change in mineral levels," Tina adds. "Your body will prioritise the development of your baby during the second and third trimesters. This can lead to a lack of calcium, magnesium or potassium, which could be a trigger factor for cramp."

Drinking plenty of water is an easy fix, and there are simple steps you can take to top up those essential minerals. "Guarding against deficiencies through a varied diet is the best way," advises Tina. "Bananas are particularly rich in magnesium and potassium, and many pregnant women find that cramp disappears if they eat plenty of them. Leafy green vegetables are another good source of magnesium, while potassium is also found in potatoes,

sweet potatoes and milk. Increase your calcium levels with plenty of cheese, leafy vegetables, nuts and fish."

A lack of exercise may also contribute to cramp. "Walking can help guard against it, as the gentle stretching of your calf muscles prevents the build-up of lactic acid and helps the blood to pump out of your legs and back to your heart," says Tina. "Pregnancy yoga can also help, as stretching improves blood flow. Also try some simple stretches before bed, such as moving your ankles up and down and from side to side."

If you're gripped with cramp, there's only one thing to do. "Stand on a flat surface, ideally a cold floor," explains Tina. "With your muscles cramping, your foot won't want to flatten and you might have to push it down with your hand, but the pain will start to recede as soon as your sole touches the floor. If your bump is too big for you to manage this, delegate the job to your partner."

WORDS ANDREA OAKES/PAN MEDIA PHOTOGRAPHY GALLO IMAGES/GETTY IMAGES/ISTOCK





# 5 clever ways to blast cramp

## 1 Boost your blood flow

Gentle compression will boost blood flow, lessening the risk of cramp. Wearing compression socks, available at most pharmacies, when sleeping could help.

## 2 Chill out

Make ice cream by freezing magnesium-rich banana chunks with fresh raspberries, then blitzing them in a food processor with a splash of almond milk and a knob of almond butter. Sprinkle toasted pumpkin seeds on top for a further boost of this cramp-busting mineral.

## 3 Enjoy a foot rub

A foot massage before bed stimulates blood circulation in your lower limbs.

## 4 Sit smart

Crossing your legs or tucking your ankles underneath you as you relax on the sofa in the evenings slows the return of blood to your heart, so keep your legs in front of you and elevate them slightly on a low stool.

## 5 Grab an extra pillow

Night-time bouts of cramp can be triggered when you inadvertently point your toes while sleeping, shortening your calf muscles. Place a soft pillow at the end of the bed to prevent this. **L&L**

SEE YOUR DOCTOR IF...

Cramp causes deep, lingering pain with accompanying redness, swelling or heat, or if the area feels warm to the touch.



Go to [livingandloving.co.za](http://livingandloving.co.za), click on Pregnancy, then General Articles for tips on how to get more sleep during pregnancy.





# *To the tooth*

Good dental hygiene at home, and professional help from your dentist, will ensure that your teeth stay healthy during your pregnancy. By Lynne Gidish

**T**he belief that pregnancy drains calcium from your teeth and that you lose a tooth for every baby is false, explains Dr Darren Klotnick, a Johannesburg-based dentist. “However, you may experience some changes in your oral health during pregnancy due to a surge in hormones, which can exaggerate the way gum tissue reacts to plaque. If plaque isn’t removed, it can cause gingivitis, which can affect the health of your unborn baby,” he says.

## WHAT IS PREGNANCY GINGIVITIS?

Pregnancy gingivitis affects most pregnant women to some degree, and generally begins to surface during the second month, according to Dr Klotnick. “It’s an increased inflammatory response to dental plaque during pregnancy that causes your gums to swell and bleed more easily. Rinsing your mouth with saltwater (5ml salt dissolved in 125ml warm water) may help with the

irritation, but it’s important to consult your dentist at the first sign of any symptoms, as gingivitis can lead to periodontitis, a more serious form of gum disease when plaque adheres to your teeth and releases bacterial toxins. This creates pockets of destructive infection in your gums and bones and your teeth may loosen due to bone loss. Excessive bacteria can enter your bloodstream through your gums. If this happens, the bacteria can travel to



your uterus, triggering the production of chemicals called prostaglandins, which have been linked to premature labour.”

Dr Shani Isenberg, a dentist in private practice in Johannesburg, adds that “research has shown an association with [gum disease] and low birth weight and an increased risk of poor hearing, eyesight and cerebral palsy. Since the prevalence of gum-related problems is one of the biggest causes of dental issues during pregnancy, together with vomiting and cravings for sugary foods, professional dental treatment should always form part of your pregnancy plan.”

## TAKE CONTROL FROM THE START

If you're trying to fall pregnant, schedule a dental appointment before conception, advises Dr Klotnick. “This will ensure that your teeth are professionally cleaned, gum tissue is carefully examined, and any oral health problems can be treated in advance of your pregnancy.

“If you are already pregnant, it's important to advise your dentist accordingly and to never skip your dental check-ups due to pregnancy. You should also inform your dentist about what medication and prenatal vitamins you are taking, as well as any specific medical advice your doctor has given you, as your dentist may need to alter your dental treatment plan based on this information,” explains Dr Klotnick. Non-

emergency procedures can be performed throughout pregnancy, he continues, “but the best time for any dental treatment is during the second trimester. All dental emergencies that create severe pain can be treated at any stage, but your obstetrician should be consulted if you require anaesthesia and if medication is being prescribed. Delay all elective dental procedures until after the birth.”

Dr Klotnick offers the following tips to ensure good dental hygiene when battling nausea:

- If the taste of the toothpaste seems to provoke your gag reflex, switch to another brand. Go back to fluoride toothpaste as soon as you can.
- Rinse your mouth with water or anti-plaque and fluoride mouthwash.
- Try using a brush with a small head. Slow down the brushing action, close your eyes and concentrate on your breathing.

“Gastric reflux or vomiting associated with morning sickness can coat your teeth with strong stomach acid and repeated reflux and vomiting can damage tooth enamel and increase the risk of decay,” adds Dr Isenberg. Avoid brushing your teeth immediately after vomiting as it may scratch the tooth enamel. Rather rinse your mouth thoroughly with water to clear the hydrochloric acid and then use a fluoride mouthwash.



Dr Isenberg offers some advice to ensure effective maintenance of your dental health.

- Eat a balanced diet and ensure that you increase your calcium intake. This is imperative to protect your bone mass and teeth, and to meet the nutritional needs of your developing baby. Ensure you get enough vitamin D to aid the absorption of calcium.
- Limit consumption of sugary snacks that may increase your risk of tooth decay. Choose low-sugar options or rather eat a piece of fresh fruit.
- Brush your teeth thoroughly with a fluoride toothpaste twice a day and floss daily.
- Schedule in prophylactic dental exams and ensure your teeth are scaled and polished during pregnancy.

## YOUR BABY'S DENTAL HEALTH

Research has found that babies who are exclusively breastfed for six months are 72% less likely to have crooked teeth, according to Dr Klotnick. “These babies were seen to be less likely to develop open bites, cross bites and overbites than babies who were breastfed for less than six months or not at all. However, this doesn't mean that your exclusively breastfed baby won't need braces as other factors, such as genetics, dummy use and thumb sucking, need to be considered.

“Another benefit of breastfeeding is a reduced risk of baby bottle tooth decay caused by the frequent, prolonged exposure of the baby's teeth to drinks that contain sugar. This type of tooth decay often occurs when a baby is put to bed with a bottle containing formula, milk or fruit juice (water is fine because the teeth won't be bathed in sugary liquids for a prolonged period of time). It usually occurs in the upper front teeth, but other teeth may also be affected.

“That said, breastfeeding can still cause cavities, as it contains sugar. This is why it's important to care for your baby's teeth from the start. A few days after birth, begin wiping your baby's gums with a clean, moist gauze pad or facecloth every day. As soon as the first tooth emerges, brush twice a day and always use fluoride toothpaste (the amount should be the size of a grain of rice).

“If you are breastfeeding, let your dentist know – especially if you need to have any dental procedures that require medication. It's important to make sure that whatever you are taking is safe for your baby, and your dentist will then be able to prescribe antibiotics (or other drugs) that won't affect your child,” explains Dr Klotnick. **I&I**

## MULTI-MASKING

Masquerology refers to using different masks on different areas of your face. Why settle for one mask when you can reap the benefits of three or even four? For example, use a hydrating mask on dry areas and a purifying one on oily patches. We love **TheraVine Purifying Herbal Mask, R335**, to unblock pores and control sebum.



## COME CLEAN

Indulge your senses every day with **Dove Purely Pampering Coconut Milk Body Wash, R38**. Its NutriumMoisture technology offers your skin the essential nourishment it needs.



## CLICK ON THIS

Love shopping online? Visit [eyeseehuemakeup.com](http://eyeseehuemakeup.com), an online treasure trove for beauty fans of international brands like Sephora.

# Beauty wish list

Must-have new products to keep you looking and feeling great.  
By Candice Tehini

## Beauty tips of the month

- A build-up of styling products and frequent styling can leave you with lacklustre hair. GHD global ambassador Adam Reed recommends avoiding heat styling at temperatures above 185°C. This causes vertical cracks along your cuticle, also known as split ends.
- UK GHD ambassador Zoe Irwin suggests giving your scalp a massage for 10 minutes, which not only relieves tension but increases blood flow for thicker, longer and healthier hair.



## PUCKER UP

**Clarins Daily Energizer Lovely Lip Balm, R215**, has a formula that provides long-lasting moisture. It also adds a pretty touch of pink to your pucker.



## NO SWEAT

When you're running after your kids, body odour should be the least of your worries. **Shield Germ Defence, R29**, will keep you feeling confident and refreshed.

## SKIN SENSE

**Mama Mio Gorgeous Glow Balancing Facial Wash, R585**, works wonders on hormonal skin to deep-cleanse, balance and nourish. Perfect for new moms! 1&1





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# BEAUTY

## TRENDS

We round up what's hot in the world of beauty this season, so you can be one stylish mom. By Candice Tehini

### CROWNING GLORY

Just as balayage, pastels and dip-dyes are accepted into mainstream hair styling, in steps strobing. Also known as hair contouring, strobing started out as a make-up technique used to highlight and illuminate certain facial features. "It does exactly the same for your hair. The technique is used to lift certain areas by contrasting lighter and darker shades. This gives an overall effect of more depth and variation in a subtle way," says Shelene Shaer, master colourist at Tanaz Hair. She explains that it allows stylists to individualise colour – highlighting and toning according to your hair colour, face shape and skin tone. For example, lightening the hair around the temples lifts cheekbones and brightens eyes.

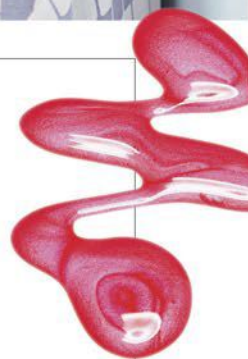
When it comes to styling, David Gilson, owner of Carlton Hair, says, "The anti-blow-dry is big this season. It's a backlash against the long, glossy waves of the Kardashians and celebrates a more Kate Moss look." Dust off your diffuser, as this style is best achieved with air-dried hair, working with its natural texture – perfect for busy moms. David explains that a textured cut will offer natural movement and body.



### NAILED IT

Nude and soft pink nails are all the rage, but so are light greens and blues. "Autumn seems to bring in rich ruby tones," says Charmaine Kay, nail technology educator at Orly SA.

An almond shape is the most flattering and feminine, and suits medium-length nails. If you prefer short nails, choose a rounded or "squoval" (square with slightly rounded edges) shape for a classy look. Steer clear of long, stiletto shapes and hard square nails that aren't suited to mom life and can easily break or chip.



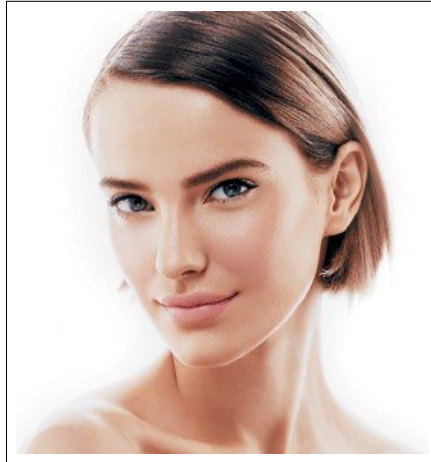




## FACE PAINT

Metallic eyes are in – for day and night. Ryno Mulder, Bodyography make-up artist, suggests brightening your eyes with a dusting of metallic shadow on the inner corners. Try a copper hue that's both casual and sophisticated.

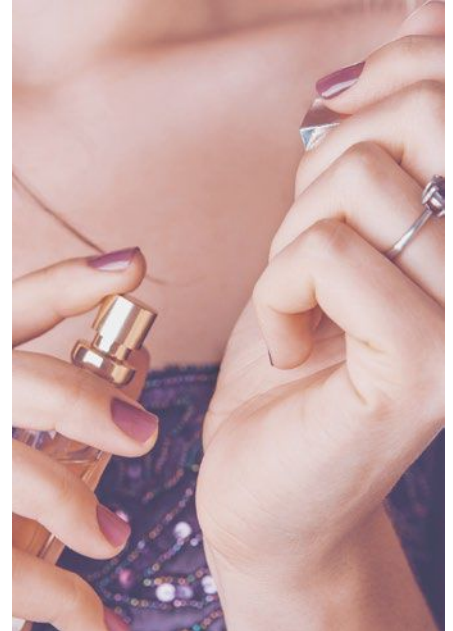
If you're fair-skinned, use a cool metallic like silver or jade, but if you have a medium to dark complexion, opt for a warm metallic like pewter or champagne.



## COMPLEXION PERFECTION

Ingredients like retinol, hyaluronic acid and vitamin C are still popular when it comes to skincare. Skin oils came into their own in 2016, thanks to their versatility and endless benefits, but this year there is a convenient new delivery system for their active ingredients.

Pearl-like pods, where the integrity of the active ingredients is preserved until you use the product, is a new method of providing concentrated beauty benefits. Nivea has created a serum that consists of high-performance Q10 pearls that are embedded in a moisturising hydrogel containing creatine and hyaluronic acid. When you press the nozzle, the pearls are delivered into the head of the dispensary, broken down and mixed with the moisturising gel.



## THE NEW SCENTS

- Roses are red, violets are blue – and they also happen to be one of the hottest scents this year. Violet combines a subtle woody fragrance with floral powdery notes. Once loved by the Victorians, it brings a sense of nostalgia to the latest perfumes.
- When the agar tree, native to southeast Asia, is infected with a certain type of mould, it protects itself by producing a dense, dark and fragrant resin – the origin of a scent known as oud. Now a popular fragrance, it is described as warm and woody. While typically used for men, it adds a musky element to any feminine scent.

## 3 MUST-HAVE TRENDING PRODUCTS

With every use, **Nivea Q10 Plus Anti-Wrinkle Replenishing Serum Pearls, R220**, are newly activated, guaranteeing an effective supply of beneficial ingredients to the skin.



Brush your nails with a bold colour from **SpaRitual Feminine Collection, R175**. For autumn 2017, we like the soft, yet moody, grey shade of Strength.



**Crabtree & Evelyn Venetian Violet Flower Water, R1 300**, is inspired by the historic floating city of Venice, combining old-world elegance with modern fruitiness. I&L

# WOWORK!

60 | MARCH 2017 | L&L

Make a statement at the office with these confidence-boosting maternity looks.



## THE FLOATY TOP

This style of top is comfortable to wear. Stay on trend by choosing a shoulder cut-out.

Top, **R999**, Jo Borkett.  
Maternity pants, **R349**, H&M. Necklace, **R39.99**, Mr Price.  
Heels, **R459**, Zara





## THE SHIRT DRESS

This is a must-have item that's perfect for wearing over leggings or skinny jeans.

Maternity shirt dress, **R229**, Maternity pants, **R349**, both H&M. Reading glasses, model's own. Ring, **R114.50**, Bag, **R599.50**, both Colette by Colette Hayman. Necklace, **R140**, Woolworths. Heels, **R659**, Zara



## THE SLEEVELESS COAT

This will create a long, lean silhouette and helps to hide any problem areas.

Sleeveless coat, **R550**, Foschini. Skirt, **R199**, Woolworths. Top, **R450**, Me-a-Mama. Cuff, from **R175**, Jangi. Heels, **R659**, Zara

## STYLE TIP

Choosing black items as the foundation of your wardrobe will ensure that you have versatile pieces that will see you through your pregnancy.



## THE WRAP DRESS

A dress that can be worn from the beginning to the end of your pregnancy.

Dress, **R399**, Woolworths.  
Glasses, model's own.  
Necklace, **R39.99**, Mr Price.  
Bag, **R599**, Accessorize

## THE STATEMENT JACKET

Finish off your everyday outfit by adding some colour and interest to your look with this jacket.

Jacket, **R650**, Foschini.  
Maternity top, **R349**, Maternity pants, **R429**, both H&M.  
Rings, **R189.50** for a set of four, Earrings, **R99.50**, both Colette by Colette Hayman. Heels, **R659**, Zara





## THE CLASSIC BLAZER

You can wear this blazer with anything, from dresses to skirts and pants. Belt it to show off your fabulous bump.

Blazer, **R219.99**, Mr Price.  
Maternity dress, **R499**, H&M.  
Bag, **R999**, Necklace, **R169**,  
both Accessorize. Belt, **R149**,  
Jo Borkett. Ring, **from**  
**R125**, Jangi



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JONSSON FROM ONE LEAGUE HAIR AND MAKE-UP  
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# KEEP YOUR STRENGTH UP

Why you should consider resistance training during pregnancy. By Candice Tehini



**D**uring pregnancy, follow an exercise regime that offers low intensity and a manageable workload to keep your body and mind in good condition.

“Strength training is the strengthening of any muscle or muscle group through applied resistance. This can be done with your usual weight-bearing exercises using weighted objects, resistance bands and body-weight exercises,” explains personal trainer Pieter van Niekerk.

Many women avoid strength training since they fear becoming too

bulky or muscular. However, most women will not naturally develop large muscles as they don’t have the high levels of testosterone required.

Having good body strength is important – not only does it help support your body frame, it also helps to develop stronger bones, ligaments and tendons. “Stronger muscles promote easier everyday movement and function, while weight or resistance training improves your cardiovascular system,” explains Pieter.

Benefits of resistance training during pregnancy also include stronger

pelvic-floor muscles, which become the “bed” your uterus and baby rest on as they grow bigger. You will also experience stronger mid- and lower-back muscles, especially in your second and third trimesters, when your abdomen becomes increasingly heavier.

Strength training during pregnancy can also make pushing during a vaginal birth easier, thanks to stronger abdominal muscles and a robust cardiovascular system. It can also help you recover quicker after the birth, keep blood sugar levels normal, fight depression and alleviate stress.



## Before you begin

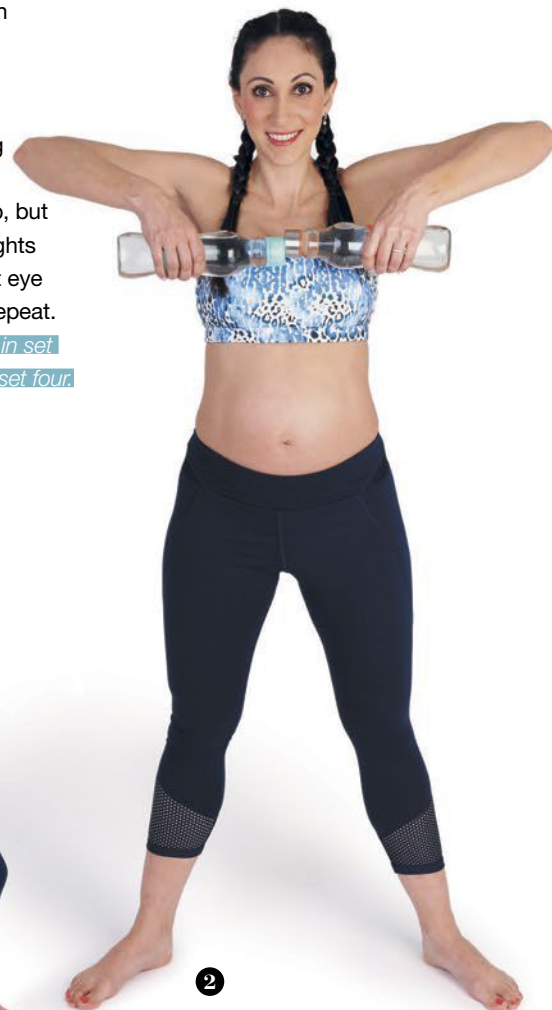
- “Rule number one is to listen to your body. Stop if you’re tired, and don’t do anything that feels uncomfortable. There are many things you can do safely, so there’s no reason to force your body to do something it isn’t happy with,” says Pieter. Pregnancy isn’t the time to push your limits.
- Avoid doing exercises that involve lifting weights above your head as this puts extra strain on your lower back.
- Be careful of doing any exercise that pushes on your stomach area.
- It’s probably safer to do machine weights if you are new to strength training. Free weights can become unstable and require more control – either switch to a machine version, reduce the weight or use a resistance band.
- After the first trimester, lying on your back can put pressure on a major vein called the vena cava, reducing blood flow to your brain and uterus. An easy modification is to tilt the bench or prop yourself up with pillows.
- If you already have high or low blood pressure, avoid exercises that require you to move up and down quickly.
- If you are doing a movement on the floor, get up slowly by turning on your side and then up on all fours. Sit up first, then stand slowly.
- Stop immediately if you experience any vaginal bleeding, headaches or extreme fatigue.
- Whether you’re experienced or new to strength training, you should be using light weights and doing more reps. Avoid overloading your joints as they will already be more flexible due to the pregnancy hormone relaxin, which is getting your body ready for child birth by relaxing your ligaments. Halve your usual working weight and add five more reps.

## Your routine

### Plié squat with front raise

- 1 Stand with your feet a little more than shoulder-width apart, and turn your feet out to 45 degrees. Hold a 2-3kg weight or dumb-bells in each hand in front of you with your palms facing you. Squat down as far as you can.
- 2 In a single movement, come back up, but don’t lock your knees, lifting the weights up until your arms are straight and at eye level. Lower the weights down and repeat.

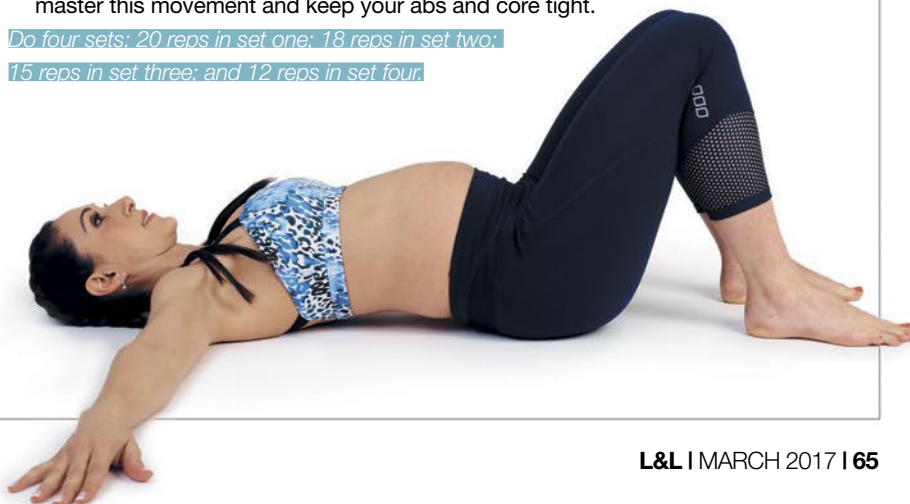
*Do four sets: 15 reps in set one; 15 reps in set two; 10 reps in set three; and 10 reps in set four.*



## Pelvic tilts

- 1 Lying comfortably on your back, propping yourself up with pillows if need be, keep your legs bent and your feet flat on the ground. There will be a natural arch in your lower back that causes a gap between your lower back and the ground.
- 2 Tilt your pelvis up to get your lower back flat on the ground. Keep it there for three seconds, then relax slowly. Give yourself time to master this movement and keep your abs and core tight.

*Do four sets: 20 reps in set one; 18 reps in set two; 15 reps in set three; and 12 reps in set four.*





## Bent-over row with deadlift

- 1 Stand with your feet shoulder-width apart and bend your knees to a 35-degree angle.
- 2 Keeping your shoulders back, reach out in front of you with both dumb-bells in your hands and your palms facing each other.
- 3 Row the dumb-bells up to your chest, keeping your elbows tucked in and pinching your shoulder blades together for one second. Release and return to the starting position.
- 4 Lower your weights and bum into a dead-lift position and return to starting position again.

*Do five rows followed by one deadlift four times to complete one set. Do four sets in total.*

## Hip lifts with crunches

- 1 Lying flat on your back, bend your legs and place your feet flat on the ground. Place a ball, fitness ring or firm cushion between your knees, squeezing your inner thighs to keep the object from falling. Lift your hips up as high as you can while squeezing your buttocks at the top of the movement and hold for two seconds, then release and lower back down to the starting position.
- 2 After every set, place your open hands on your legs, crunch up and roll your hands over your knees as far as feels comfortable. Relax down and repeat 20 times with tight abs.

*Do three sets: 15 reps for set one, followed by 20 crunches; 12 reps for set two, followed by 20 crunches; 10 reps for set three, followed by two crunches.*





## Alternating kick-back

- 1 Resting comfortably on all fours, raise one leg up and out as far as you can.
- 2 Without tilting your hips too much, lift the sole of your foot towards the ceiling. Squeeze your buttocks at the top of the movement for 1-2 seconds, then release and swap legs.

*Do this four times with each leg and do 20 reps each time.*



## Upper body combo

- 1 Standing upright with a dumb-bell in each hand, place one foot in front of the other, shoulder width apart. Start with the weights just in front of you, palms facing each other, then raise your arms out to the side.
- 2 On the last rep, lower your arm and turn your palms to face upward and do a bicep curl.
- 3 After a set of curls, lift your elbows up in line with your ribcage and bend and straighten your arms, doing tricep kickbacks. Remember to keep your upper arms at your side when you bend and straighten your lower arms.

*Do this circuit two to three times. I&I*





# Double **THE JOY**

There's just one year and three months between her two boys, but our cover star Rozaan Botha is handling motherhood like a pro. By Lisa Witepski



**O**ur cover star Rozaan Botha admits that she was a little surprised to learn that she was expecting her second son, Bastiaan (now four months), when her firstborn, Rohan, was just six months old, but she took the news in her stride. “Although I have two siblings, we’re all seven years apart and we missed out on key milestones in each others’ lives. That’s why my husband and I wanted to have our kids close together. Ideally, I wanted to fall pregnant before Rohan’s first birthday,” she says.

It helped that Rohan was the type of baby who makes other moms jealous – colic-free, a good eater and, aside from a small hiccup at eight months, a sound sleeper.

Even so, carting around a 10kg toddler in your third trimester isn’t easy. “Toddlers are so active, and by the end of my pregnancy I was the size of a whale, so it was really difficult to keep up with him. Obviously, when you have a busy little person to look after you can’t rest as much as you’d like, and I wasn’t getting as much sleep as I did during my first pregnancy. I was really tired, but the lack of mobility was worse than the fatigue,” recalls Rozaan. It wasn’t just the extra weight that was talking its toll.

Because her pregnancies were so close together, her body hadn’t had time to fully recover. As a result, her back took strain, to the extent that she had to go on bed rest before her baby’s arrival.

Like his brother, Bastiaan was born via C-section. Although Rozaan had her hopes set on a natural birth when Rohan was born, after 20 hours in labour, her gynae decided an emergency C-section would be the safest option. With many doctors reluctant to advise a vaginal birth after a C-section, Bastiaan’s birth plan looked set from the beginning,

especially as he was a big baby. “He was projected to weigh 5kg at 40 weeks!” Rozaan marvels. At 38 weeks, when he was born, he weighed only 500g less than that.

Rozaan comments that, although she knew what to expect in the theatre this time around, it was still a different experience. “With Rohan, everything was rush, rush, rush, because it was an emergency. I’d gone into labour at 6am and expected to have a baby later that day, but by 1am the next morning I still wasn’t a mom. When the gynae made the call to do the C-section, it was all systems go. I’d already had an epidural so it all seemed unreal.

“With Bastiaan, I knew exactly what to pack – I even had my hair done so I knew we’d have some good photos. I was able to say a proper goodbye to my little man before the surgery, which I appreciated – I think it must be difficult to plan for that if you’re waiting for labour to kick in. We were also able to do skin-to-skin contact from the moment Bastiaan arrived, which was a wonderful experience.”

Rozaan and her husband, Marco, decided that it would be best to introduce the brothers at home, where Rohan would be on his own turf and feel more comfortable. “I can’t imagine the havoc a toddler could cause in a hospital!” she adds. Any concerns regarding his jealousy were swiftly allayed when Rohan greeted his sibling with marked affection. Since then, their bond has been clear – possibly because Rohan is too young to remember what life was like before he had to share his parents, Rozaan surmises. She also made an effort to make him feel included from the beginning, like asking him to help with nappy changes. Granted, there are times when Rohan’s kisses are a little on the rough side, but Rozaan is always touched by her son’s love for his brother. “He’s still too little to pronounce ‘boetie’, so his first question every morning is, ‘Where is ‘tie?’” she says, fondly.

With two young babies, scheduling can be difficult, so Rozaan has worked hard to get her sons following the same timetable – eating, sleeping and even



changing nappies at the same time.

“We have found that a strict routine cuts down on fussing – our babies feel more assured if they see their cues for eating and sleeping, as they know what’s going to happen next.” She also receives a lot of help from Marco who, she says, has probably changed more nappies than she has. “He’s such an involved dad. He’s my rock and my biggest support,” she adds.

Any plans for a third baby? Rozaan laughs. “Not at the moment. I’ve spent most of the past three years pregnant while working full-time as a corporate sales executive for a hotel. Right now, I just want to watch my two sons grow and enjoy their emerging personalities.”

## ROZAAN'S FAVOURITE THINGS

- **My favourite baby product is...** wet wipes. You can use them for so many different things.
- **Our favourite family outing is...** Weltevreden Estate in Stellenbosch. It has a huge farm setting with a great kiddies’ play area.
- **My best piece of parenting advice is...** don’t overcomplicate things. We often look for problems where there aren’t any. It’s actually quite simple – do what your baby tells you, and not what the books say. I&I





# Practical magic

This nursery was expertly adapted for baby number two. By Candice Botha

**F**or interior decorator Lisa Walters, designing spaces for her own children is a labour of love. When she and her husband, Dean, found out they were expecting their second child, Lisa moved her daughter, Charlotte (3), to another room and updated her nursery for Benjamin (five months).

Although the nursery changed from a girl's to a boy's room, the transition was seamless. "When I designed Charlotte's nursery, I kept the main items neutral to make the room practical for the long-term," she notes. "The curtains, compactum, cot, daybed and French armoire, originally for Charlotte's nursery, are in cream and white, so I have been able to use them and change the entire look of the room simply by painting stripes on the walls and adding new accessories and soft furnishings."





## Little boy blue

The colour palette consists of shades of blue. "I kept the tones muted," Lisa says. "The softer colours make the room more restful and peaceful, which I think is the ultimate requirement for a nursery."

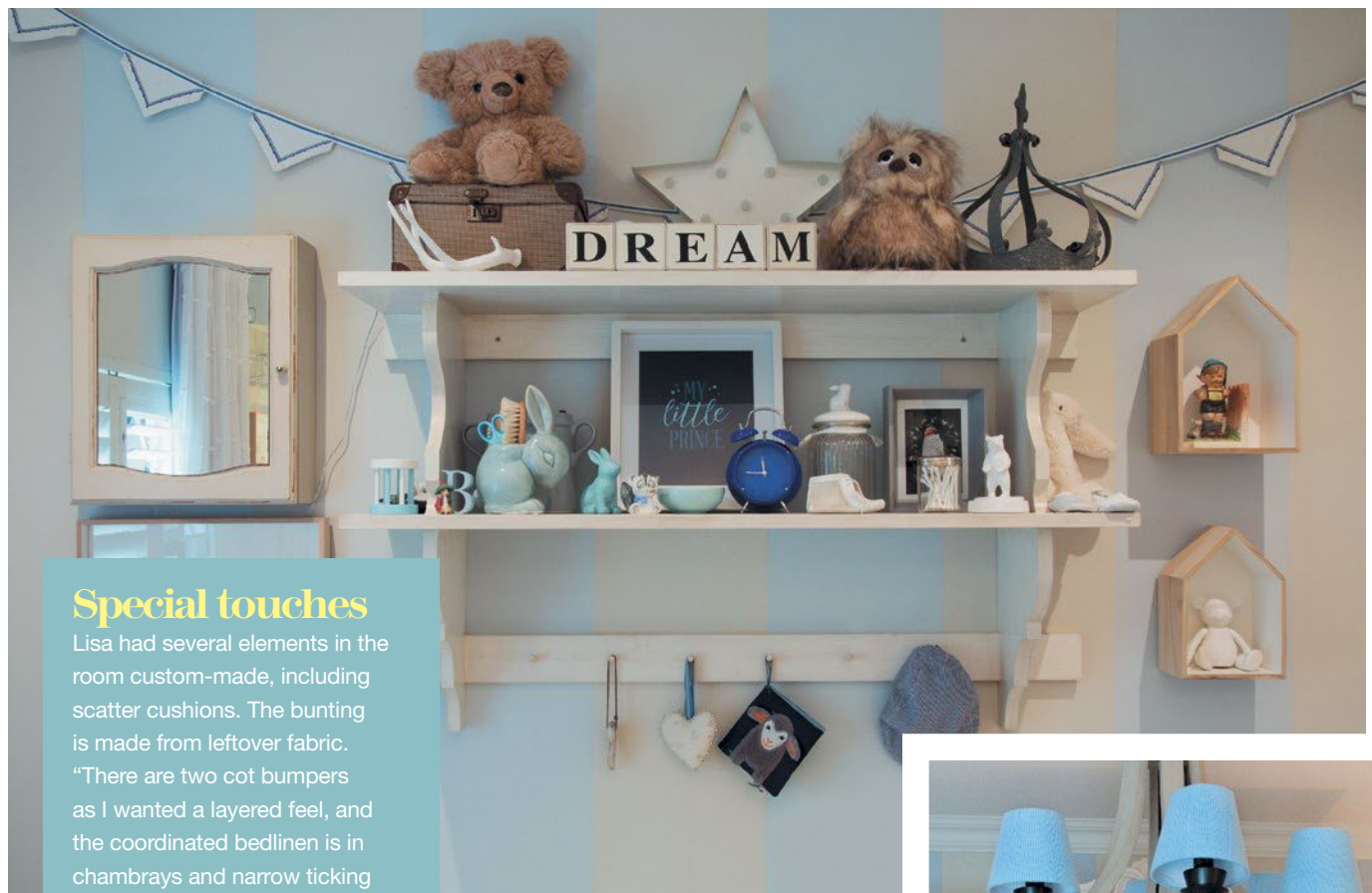
Lisa also chose a new theme, focusing on a woodland look. "I collected soft animals locally and from US suppliers on Etsy. I wanted these items to express the theme, but it was also important that Benjamin could eventually play with them."

Fabrics feature animal motifs and Lisa had a felt mobile with little creatures specially made. To display some of these carefully chosen elements, Lisa created a feature wall above the daybed. "I've dressed it with accessories, cuddly toys, books, wall art, mirrors and any other element that worked with the theme of the room," she says. Shelving provides a spot for ornaments and items that should be out of reach of little hands, while baskets on the floor encourage Benjamin to explore their contents.



## Growing room

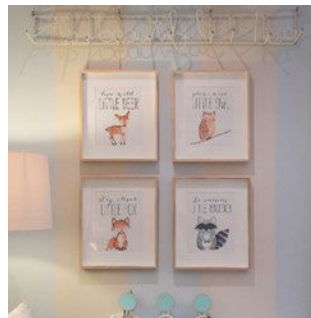
As a second-time mom, Lisa has learnt from experience and had several practical requirements for the space. A comfy feeding chair, night light, block-out lined curtains and a baby monitor are some of her essentials. "I think that concentrating on making the room something that your child can grow into is a good idea, so I chose multipurpose items – the compactum is a chest of drawers, and the daybed is a versatile alternative to a single bed," she explains. The layout of the nursery was also carefully planned, with designated zones for different activities like feeding and changing, and all the necessary equipment at hand in each area. ➡



## Special touches

Lisa had several elements in the room custom-made, including scatter cushions. The bunting is made from leftover fabric. "There are two cot bumpers as I wanted a layered feel, and the coordinated bedlinen is in chambrays and narrow ticking stripes," she says. Sentimental items are important to Lisa and she has incorporated several into the nursery design. "In the room are a baby outfit and a shoe that were my husband's, and a teddy bear that was made from my late father's clothing. One of the small old suitcases was mine from pre-primary school and the other belonged to my dad. I believe it's so important to personalise spaces with precious keepsakes that have meaning to you," she says.

The heirloom cot is one of the stand-out pieces in the room and has a timeless feel that informed much of the design. "The cot's beautiful bespoke blankets and the sweet little animals that dangle above Benjamin's head for his amusement are my favourite elements of this room – a special space for the precious little soul who rests his head here," she says. I&L



## 5 TOP TIPS FOR DESIGNING A NURSERY

- Keep the main furniture pieces neutral for longevity.
- Designate specific areas for all your baby's requirements. For example, a compactum for changing that provides easy access to toiletries and nappies.
- Choose multipurpose items. A chest of drawers can function as a compactum and a daybed can act as a single bed.
- Mobiles are a lovely way to highlight a theme and are easy to make yourself. In Benjamin's room, felt animals have been attached to ribbons and suspended from the light fitting.
- Choose one wall as a feature wall and decorate it with elements in different sizes. Hanging cute clothes on the wall is a fun, inexpensive way to add a personal touch.



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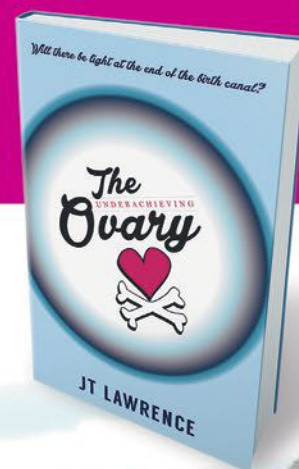
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# *“I wasn’t going to stop trying for a baby”*

Local author Janita Lawrence’s humorous account of her struggle with infertility provides a glimmer of hope for women in the same situation. By Lisa Witepski



Janita Lawrence with her husband, Mike, and their sons, Robin and James



**F**ormer US First Lady Laura Bush once lamented the lack of an English word to denote mourning an absence,

especially of someone who was never there at all. Yet this is the kind of hollowness that every woman dealing with infertility, whether trying for her first child or her third, can experience every month.

That emptiness is something Janita Lawrence and her husband, Mike, understand well, having stared at 36 negative pregnancy tests. This makes their brood of three – James (4), Robin (2) and Alexandra (eight months) – all the more precious. So, how does a woman who was told that she had no viable eggs find herself making a decision to have her tubes tied in what she acknowledges as one of life's great ironies? By going through a journey so heartbreakingly arduous that it left her, at times, empty of all resources.

"All I ever wanted was to be a mom," she explains. Broodiness hit her early – so early that her mom thought it necessary to have a chat about the benefits of waiting to become a mother when Janita was a teenager. If it wasn't dolls, it was babysitting or cuddling friends' babies – which made the news that she would battle to conceive all the more difficult to accept.

More cruel still was the pain that Janita experienced as a sufferer of a rare form of endometriosis. "Apart from the uncertainty around falling pregnant, the pain I experienced was the worst part of those three years. It sent me spiralling into a depression," she says. The knowledge that starting the Pill

would significantly lessen the pain she felt on a monthly basis meant that she was faced with an impossible decision.

Janita simply refused to be deterred. "I become obsessed with things when I want them badly enough. When I decided to become an indie author, for example, I listened to 200 hours of podcasts and read everything I could on the subject. That's how I responded to infertility. I joined Google groups, I sought out different doctors and I consumed as much information as possible. It was all I talked about, to the point where my friends worried about me. And I can

understand that. It's no fun being friends with an infertile – we can be bitter and sad. I knew my friends wanted me to be prepared for the worst, but I also knew that I wasn't going to stop trying for a baby."

Janita's perseverance led her to strange places. In her book about her infertility experience, called *The Underachieving Ovary*, she describes a visit to a fertility cave in Clarens: "The interior was dim, cramped, and completely pimped. An array of fertility icons gleamed in the candlelight. The lady started off by chanting and dusting me (with what I guess was a feather duster with special powers and not a regular one from Checkers) and singing a bit. She picked up a picture of a mother nursing a baby in a silver frame and cradled it like an infant, rocking it, and kissed it, then passed it to me to do the same, making kissy noises. I cradled it, and it made me feel like I was a child again, playing in an (especially eccentric) friend's doll's house.

"Next came the fun part. She produced an old, scratched plastic bottle filled with dirty water. Mike looked worried, but I wasn't nervous. I thought she might sprinkle it around us like holy water. But it turned out that Mike had good reason to be twitchy. She poured some out into an enamel mug and passed it to me, motioning for me to drink it. I thanked her and pretended to take a sip, making sure my lips weren't anywhere near the filthy

stuff, but she had clearly seen this trick before and got really bossy about me drinking it all. At her insistence, I took a sip (I know! Hepatitis C, cholera – there would be no getting pregnant now. But what choice did I have?) It was ice-cold and tasted of sand and candle wax. Fortunately (for me), she then turned her attention to Mike. She took some of the freezing water and poured it into his ear. He wasn't expecting it (obviously), and certainly

wasn't expecting it to be so cold, and he screamed... She gave me the whole bottle of water, told me to drink it all, and then put a shiny plastic tiara on my head."

**"It's no fun being friends with an infertile – we can be bitter and sad."**

Less amusing were the endless doctor's visits and the diminishing bank balance as IVF treatments became Janita's main focus. And yet, she believes that the lessons learned during this time were invaluable. "In a way, infertility gave me a purpose. I woke up every morning driven by a goal." One of the lifebuoys that kept her afloat was her relationship with her husband. Infertility can become a wedge dividing couples, but she maintains that because Mike saw her at her most vulnerable, it became a pillar of their marriage.

She also learnt a lot about empathy as a member of an online group. "I don't think I had much empathy before. I always just coasted along and everything in my life was fine. As part of the forum, I realised that things don't always have to be about you. When someone experiences a heartbreak, you don't always have to jump in with your story or advice. Sometimes the best thing you can do is say, 'I'm sorry' and send hugs."

Ultimately, it wasn't a plastic tiara that gave Janita her three beautiful children, but an underproductive ovary that eventually came to the party. When James arrived, she anticipated that he would be a much cherished singleton, which made Robin and Alexandra happy accidents indeed – and proof that, sometimes, your heart's greatest wish does come true (with a little help from science). **L&L**



# LEARNING FROM Luke

**When Jessica and Jonathan Roberts' unborn child was diagnosed with Down's syndrome, they thought their world had come to an end. Little did they know how much joy was in store for them. As told to Lynne Gidish**

**L**ike every mother, I had dreams and aspirations for my unborn child. There was so much excitement about my first pregnancy. As I was young, fit and healthy, the idea of there being any problems with the pregnancy never crossed my mind. At the 20-week scan, my gynae picked up an effusion on the baby's heart (fluid around the heart), but we weren't really worried – especially when he mentioned that it usually self-repairs during pregnancy. We were referred to a specialist as a precaution.

When the doctor informed us that he wasn't concerned about the heart, but that the big issue was the underdeveloped

nasal bone, which is a soft marker for Down's syndrome, our world instantly crumbled. Before I had the amniocentesis I knew deep down that the child I was carrying was different. Both my husband, Jonathan, and I were devastated. Although neither of us had been exposed to a Down's syndrome child and knew nothing about the congenital disorder, when given the choice to terminate the pregnancy, we both immediately said we were going ahead with it without even looking at each another.

The second half of my pregnancy was a roller-coaster ride of emotions. Overnight, all the euphoria, excitement and wonder of having a first child was

replaced by a whole range of conflicting feelings. It was extremely difficult to come to terms with, given the fact that my first blood tests had revealed a one in 3 500 chance of occurrence.

There was an overwhelming sense of loss, as I had to let go of all the expectations for my "perfect" child in a "perfect" world. By that stage, he was Luke and it wasn't easy to accept that all those hopes and dreams I had for his future were no longer possible. That's when the grieving process kicked in – I had to let go of all my expectations, which went hand in hand with immense guilt. While I was grieving the loss of a normal, healthy child as well as all my unfulfilled dreams,



I realised that this little thing inside of me had no say in his genetic make-up or how he is going to slot into the world one day. Jonathan and I cried as we tried to adjust to our new reality and discovered just how strong we are as a couple.

Research into Down's syndrome proved invaluable, but also brought on the fear factor. There was little good news out there, and our doctors made us aware of all the scary and negative implications of the disorder, such as heart conditions, hearing loss and delayed milestones. But like our family and friends, who were 100% behind us right from the start and offered us great support, they never pressurised us to terminate the pregnancy. Still, I was scared. There was the constant fear of the unknown and how we were going to cope. I was worried about what lay in store for Luke from a protective perspective. How would other people react to him? How would we, as parents, be able to shelter him from the cruel world we live in? How would we equip him to survive out there? And, most importantly, were we up to the challenge?

By the time Luke arrived, I'd been in touch with other moms of children born with Down's syndrome, who were fantastic. They didn't sugar-coat anything, but for the first time they made us aware of the positive experiences that lay in store for us.

Luke was born on 5 May 2016 and came out navy blue after a prolonged labour followed by a C-section. It was love at first sight, an instant all-consuming love that moms can identify with. The fact that he was healthy was an incredible bonus. Our biggest anxiety was his heart, but once that was given the thumbs up our fears completely disappeared.

We've been blessed with a perfectly healthy and happy little boy who just happens to have one extra chromosome in his genetic make-up. At this stage, he has hit every milestone and, while we're under no illusions that this may slow down as he

develops, we are quietly determined and gently encouraging him. We started baby massage at two months and occupational therapy at six months, both of which have had a great impact on strengthening his low muscle tone, which is part of the disorder, and we do exercises with him every day. Persistence, perseverance and patience have proven to be invaluable in arming our son with every tool he needs in order to develop to his best potential.

The meaning of the name Luke is "bringer of light", and he's brought more light than we could ever have imagined. Every morning, he wakes up with a big, gummy smile, always so happy to be here. Wherever he goes, he brings light and joy to the lives of others – to us, his grandparents, the whole family, and even strangers.

Luke has taught me so many lessons, and, as I've written in my blog *Learning from Luke*, I've discovered that it isn't about how people react to him, but rather how he reacts to people. One smile, one intense stare and one tight finger grab at a time Luke is changing lives.

I've finally realised that "normal" is your own perception, and that what Jonathan and I are experiencing as parents is exactly the same as every other parent's journey. We may be delayed with certain things on the road, but the path is the same and we remain positive about what lies ahead – forever grateful that Luke chose us to be his parents.



## SHARING THE JOURNEY

Jessica's blog, *Learning from Luke*, began as a way of dealing with the myriad emotions she and her husband faced after their unborn child was diagnosed with Down's syndrome. "It was also a desire to share the lessons that we have learnt along the way," says Jessica. "My hope is that these thoughts offer hope and assistance to any parents who may be going through a similar experience to ours, and to help others understand that 'normal' is merely a frame of mind." Follow the journey on [learningfromluke.wordpress.com](http://learningfromluke.wordpress.com).

## Dealing with a Down's syndrome diagnosis

Jessica and Jonathan offer the following advice to parents who are expecting a Down's syndrome baby:

- **Don't feel pressurised into making decisions** – this is your child, your life and your choice.
- **Grieve** – cry, shout and scream if you have to. Get rid of all that negativity so that room can be made for the most incredible joy that is going to invade your heart.
- **Educate yourself** – and not just about the scary stuff. There are many inspirational Instagram, Facebook and blog accounts out there. Reach out, hear and feel the positivity.
- **Get support** – now is the time to lean on family, friends and other parents in the same situation and to garner strength from them.
- **Be excited** – you are in for the most rewarding, happy, exhilarating and challenging ride. **I&I**

Go to [livingandloving.co.za](http://livingandloving.co.za) and click on **Child then Health** for more on Down's syndrome.

# Little teams, big dreams

Active tots get kitted out in the latest gear... Get your running shoes on!

**Edwin wears**

Zipped hoodie, **R329**, Detroit T-shirt, **R169**, Cody tracksuit pants, **R249**, all Cotton On Kids. Trainers, **R329**, H&M. Midi USA Football, **R59.99**, Mr Price Sport





**Zayaan wears**

Leotard, **R119**, Mr Price Sport.  
Big-bow headband, **R99**, Tutu,  
**R279**, both Cotton On Kids.  
Hi-tops, **R119.99**, Mr Price.  
Practice netball, **R59.99**, Mr Price Sport

**Zenande wears**

Vest, **R199.99**, Sneakers, **R549**, both  
Cotton On Kids. Shorts, **R79.99**, Mr Price.  
Kids' golf set, stylist's own.

**Edwin wears**

Sleeveless  
hoodie, **R249**,  
Cotton On Kids.  
Tracksuit pants  
**R249**, H&M.  
Sneakers,  
**R139.95**, Jet





**Edwin wears**  
Baseball top, **R69.99**,  
Jet. Shorts, **R199**,  
Cotton On Kids.  
Trainers, **R159.99**,  
Mr Price.  
Foam baseball set,  
**R59.99**, Mr Price Sport





**Zenande wears**

T-shirt, **R29.99**, Mr Price.  
Jacket, **R329**, H&M.  
Mickey Mouse tracksuit  
pants, **R269**,  
Knitted trainers with LED lights,  
**R549**, both Cotton On Kids.  
Whistle, **R49.99**, Mr Price Sport

**Zayaan wears**

Metallic vest, **R189.99**,  
Jacket, **R449**, Leggings,  
**R129**, all Cotton On Kids.  
Shorts, **R59.99**,  
Sneakers, **R129.99**,  
both Mr Price.  
Mini skateboard, **R89.99**,  
Mr Price Sport

**Zayaan wears**

Long-length vest,  
**R59.99**, Sneakers,  
**R99.99**, both Jet.  
Mickey Mouse bomber  
jacket, **R399**, Cotton  
On Kids. Tracksuit pants  
**R99.99**, Ackermans.  
Jump rope, **R39.99**,  
Mr Price Sport



be inspired

**Zenande wears**  
T-shirt, **R25.99**, Jet.  
Jacket, **R279**, H&M.  
Shorts, **R169**, Knitted trainers with LED  
lights, **R549**, both Cotton On Kids.  
Golf set, stylist's own



**STYLING** JESS LUPTON FROM ONE LEAGUE **PHOTOGRAPHY** CINDY ELLIS  
**MODELS** EDWIN, ZAYAAN AND ZENANDE FROM GAPA MODEL AGENCY  
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# DADDY MATTERS

**The role of the father plays an important role in your child's development. Here's why.**  
By Beth Cooper Howell

**T**he role of a dad is far more than changing nappies or jiggling a newborn to sleep – there are crucial psychological reasons why fathers matter.

The negative consequences of absent fathers is something Jenny Perkel, a clinical psychologist, parenting expert and author of *Babies in Mind*, sees often in her busy Cape Town practice.

“Without the father, or a father-type person, a child doesn’t grow or develop in the way that she or he needs to. They need that father influence,” says Jenny, who is also founder of Babies in Mind and Children in Mind – services to help guide new parents through babyhood and childhood.

## Paternal function

This positive paternal influence isn’t just a nice-to-have – it’s based on science.

“The father introduces something called the paternal function, which helps to introduce the child to the outside world, away from the dyad of mother and baby,” explains Jenny.

“That mother-baby bond is the beginning – and it’s important for the child to be able to come back to it – but the paternal function gives a child a sense of independence and the joy of being separate in a world away from mom.”

University of the Witwatersrand academic Dr Nick Davies, in his PhD thesis on paternal function, describes this psycho-analytical concept as “the intentional interference with the symbiotic mother-infant relationship in order to separate the infant from the mother and promote independence and participation in the wider world.”

“Paternal function is crucial – one can’t have a normal life without it,” says Jenny. “If not the dad, there needs to be another

father figure, a friend or even a school – something tangible and permanent that isn’t mom and is completely outside mom.

“Obviously, having a full-time father in the child’s life is first prize, because it brings in the opposite gender, which is different from mom’s energy. There is, essentially, less ‘molly-coddling’, which is important for building resilience in children.”

Dr Davies mentions that research suggests paternal function is generally “gender-neutral”, as it can be performed by either sex.

Clinical psychologist, psychotherapist and author Dr Joseph Burgo says that he believes both men and women can be paternal as the concept refers to function rather than gender.

“Maternal function is about feeding and nurturing, helping a child to feel safe in the world, to tolerate need and dependency, and to learn to master one’s emotions. ‘Mothers’ help us to develop core self-esteem and teach us about intimate relationships.



“Paternal function relates more to the world at large; it encourages personal responsibility and prepares the child to compete outside the family. ‘Fathers’ also build self-esteem through encouragement and support, but, at the same time, they embody a different set of standards and demands related to the outside world.

“They help us to face and accept the often painful limitations of ‘real life’, to respect social mores and the rule of law,” says Dr Burgo.

## The benefits of a masculine role model

In both South Africa and across the world, there are thousands of households headed by a single parent – mostly women – or sometimes two women.

“Having two women to co-parent is great, but there is a real need for a masculine version of paternal function as well,” says Jenny.

“In households where two women are parenting, a masculine role model for the child should also be considered so the child can get to grips with the good aspects of masculinity.”

Jenny believes that a shortcoming of feminism is that healthy aspects of masculinity have been overlooked.

“There is so much goodness in feminism and the power brought to women on the back of that, which is great – but at times, masculinity and the men in our society have been short-changed.

“People will often argue that women can be masculine too and fulfil paternal function in the child’s life. I agree, but men are also important and bring balance – there are two genders and things that men alone can bring into a child’s life.”

Research shows that moms are typically adept at being protective, nurturing, gentle and emotional, while dads challenge children – witness a new dad playing “aeroplane” with his six-month-old son – and are more physical and willing to take safe risks.

These positive aspects of masculinity are crucial for helping a young child transition from the mom cocoon to the outside world, says Jenny.

## LET’S PLAY!

What dads are traditionally good at, says Jenny, is engaging in the psychological concept of “shared joy”, a theory highlighted and researched by Finnish child psychiatrist Dr Kaija Puura and her team at the University of Tampere.

“A father who wants to be part of his child’s life brings in elements of something so different from what the mother provides. Quality time with dad can be a little lighter and positive – this is shared joy,” she says.

Dr Puura defines shared joy as the positive emotional experience between a parent and child.

“It’s about being together in a way that is fun for both of you,” says Jenny. “It doesn’t have to be about going out anywhere – it can be at home, playing, but is essentially about being together in a happy way.”

Together with the positive masculine aspects of paternal involvement, focusing on shared joy creates a double positive for the child.

“Often there isn’t the same pressure on fathers to get children’s needs met, as moms usually take care of this, so dads can focus on having fun,” Jenny adds.

## Developing with dad

At only a few months old, a baby is able to recognise that his dad is “somebody different” and that there is someone other than the mom who matters, says Jenny.

“When this bonding happens depends on circumstances and how much a father is able to be involved. Some don’t want to be involved initially, or mothers struggle to let them in. Ideally, what we want is recognition in a six-month-old, for example, that there is this other being – namely dad – who is important and nice to be with.”

A dad should be fully active in his child’s life by the time his child turns one, says Jenny. He should be taking his child outside the home, away from the mom.

This facilitates paternal function, which is crucial to positive infant development.



## Absent fathers

What can single moms do to create a positive, balanced experience for their children?

It’s helpful to know that, as a single mom, you don’t have to do it alone. The role of paternal function is vital and it’s not up to you to fulfil every role in your little one’s life.

“Moms need to find other people who can be actively involved in their children’s lives, in order to help along the separation process,” says Jenny. “In my practice, I see moms who have the best interests of their children at heart, but who are distrustful of external male influence and want to protect their children. But being with mom is not all that a child needs. You need to let the paternal function be there for your child in your absence.”

Jenny suggests the following:

- Identify a male role model who can be present in your child’s life.
- Give your child and this person opportunities for shared joy, like going to the park or playing ball.
- Have him be present on special occasions, such as birthdays.

Be willing to have conversations with your paternal-function partner about your child, and welcome their advice. This is your baby, but you don’t have to do this alone. **I&I**



**Go to [livingandloving.co.za](http://livingandloving.co.za), click on Family, then Dads for nine ways new dads can prepare for childbirth.**



# A 'DINO' MITTE BASH!

No matter what age your little one is turning, he'll love this rawr-some dinosaur theme.

Try this classic option for a boy's birthday party – props and inspiration are abundant. We have some fun recipes, easy craft ideas, and little tips to make this celebration a cinch to pull off!





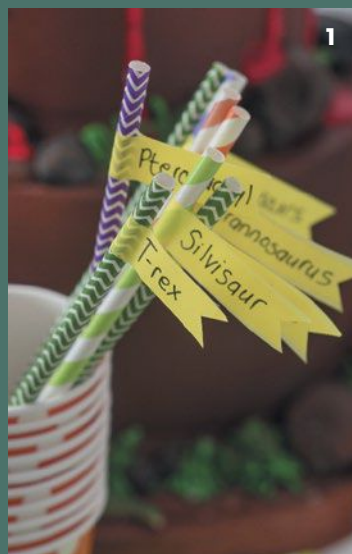


## TO MAKE



## DÉCOR IDEAS

If you don't have a big table for setting out food, you can also use a bookshelf, which makes it easy to have snacks on hand wherever busy tots are. Each shelf can tell its own story: moss, rocks and dinosaur figurines arranged cleverly create little pockets of interest. Leaves like ferns collected from the garden make the perfect budget-friendly décor accessory, and imitation grass rugs create a soft landing spot.



- 1 Label straws with dinosaur names so each child can keep track of his drink.
- 2 Make fun food labels. Simply download them from [livingandliving.co.za](http://livingandliving.co.za) and print them on to cardboard.
- 3 Create your own party bags. Get the birthday boy involved by painting dinosaur footprints on them. Print your own thank you cards and personalise them with wording like, "Liam-saurus thanks you for a roaring good time."
- 4 Make your own dinosaur bunting. Simply use our printable on any coloured cardboard and cut it out. For the centre flags, where the name appears, use full A4 sheets of the same card. ➔





## Rock pops

### YOU WILL NEED

3 tbsp butter  
 ½ tsp cocoa powder  
 1 pack marshmallows  
 6 cups Kellogg's Rice Krispies or Coco Pops  
 Lollipop sticks

### METHOD

- In a large saucepan, on a low heat, melt the butter and combine with the cocoa powder.
- Add the marshmallows

to the butter. Mix and stir until completely melted.

- Remove from heat.
- Mix in the Rice Krispies or Coco Pops and stir until well coated.
- Once cool to the touch, use your hands to roll a small ball of the mixture and insert a lollipop stick.
- Set on a sheet of parchment paper for at least 30 minutes to cool completely and harden.







3



4

## TO MUNCH

- 1 Carnivores can sink their teeth into delicious chicken meatballs. You can download the recipe from [livingandloving.co.za](http://livingandloving.co.za).
- 2 Herbivores will love these vegetable and hummus cups. Cucumber, carrots and peppers are great for dipping.
- 3 Yoghurt-covered dates and raisins placed in a wooden bowl look just like dinosaur eyes and brains!
- 4 "Fossil chips" will be a real hit.
- 5 Upside-down lava cakes suit the prehistoric theme.
- 6 For a spectacular cake everyone will remember, buy your own dinosaur figurines and place them on the top.
- 7 Be creative with your sweet selection. Chocolate stones take kids back to prehistoric times.



6



7

### Contact book

- Dinosaur birthday cake, rock pops and upside-down lava cakes by Annica's Designer Cakes. Call 011 326 1526, email [annicas@mweb.co.za](mailto:annicas@mweb.co.za) or visit [annicas.co.za](http://annicas.co.za). I&I





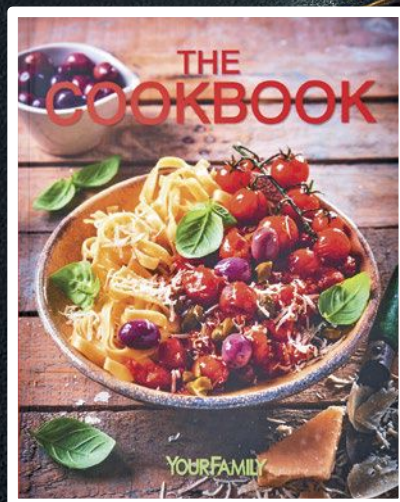
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# Food bites



Licia Selepe's favourite foodie finds.



## DAIRY-FREE TREAT

Whether you're vegan or allergic to dairy, you can still indulge in deliciously creamy ice cream, thanks to Fry's Family Foods' Artisan Dairy Free Ice Cream range. Made with coconut milk, coconut cream and agave syrup, the ice cream is available in five flavours – Just Toasted Coconut, Vanilla Bean Espresso, Tons of Cookies, Salted Caramel and Madagascan Vanilla Bean. Available from selected Pick n Pay and Checkers stores for R74.99 for 475ml.



## FRESH, HEALTHY FAST FOOD

Fast food used to mean settling for a burger and chips. Now, eateries are meeting our need for affordable food on the run that's good for us, too. Johannesburg-based café Krunch has healthy options for food on the go that include sandwiches, salads, freshly squeezed juices, smoothies and wraps. The restaurant uses only the finest, freshest ingredients to ensure customers get optimum nutrition without compromising on taste. We really loved the acai berry blast – great for breakfast on the run. Find Krunch Fresh Express at Sandton City Food Court and Krunch Café at Sandown Valley Crescent. For more information and to view the menu, visit [krunch.co.za](http://krunch.co.za).

## JUST OUR CUP OF TEA

Every mom needs some time out – even if it's just a few minutes. Take these moments to the next level with the luxurious Twinings Whole Leaf Silky Pyramid Teas. The biodegradable silk tea bags contain the finest whole-leaf teas, which include English breakfast, Earl Grey, camomile, mint and berry. Enjoy the teas hot for an evening wind-down, or cool for a refreshing afternoon pick-me-up. Available at selected Pick n Pay and Spar stores and Thrupps for R149.99 for a box of 15 tea bags.



## CHEESY TOMATO VIENNA PINWHEELS

Enjoy these as a snack any time of day.

### YOU WILL NEED

- 1 roll puff pastry, thawed
- $\frac{3}{4}$  cup All Gold Hot & Spicy Tomato Sauce or All Gold Sweet Chilli Sauce
- 1 cup chicken Vienna sausages, diced
- $\frac{3}{4}$  cup grated Cheddar cheese
- 2 tsp finely chopped fresh coriander leaves (optional)

### METHOD

- Preheat the oven to 180°C and grease a baking sheet.
- Dust the work surface and roll out the puff pastry to form a large rectangle.
- Spread the tomato sauce or chilli sauce over the whole surface of the pastry. Top with the chopped Vienna sausages, cheese and fresh coriander.
- Roll up like a Swiss roll (on the longest side) and seal the edges by pressing down.
- Slice into 1cm-thick discs and lay flat on the baking tray.
- Bake for about 15 minutes, or until lightly golden brown and puffed up.
- Allow to cool slightly before lifting onto a cooling rack.
- Serve with tomato sauce as a dip.

**CHEF'S TIP:** The pinwheels can be made ahead, and sliced and baked from frozen when needed.





# THE BOERKEWORS MAN

Retold by Kiera-Lee Hays  
Illustrations by Vian Oelofsen



It was early evening. The Smith family were sitting outside enjoying the smell of boerewors on the braai.

"Dad! Please hurry up!" Hayley moaned. "I'm soooo hungry!"

"Here you go," her father said a little while later as he handed Hayley two pieces of boerewors sausage twisted together. It looked just like a little man.

"A boerewors man!" said her mother and laughed.

Hayley opened her mouth to take a big bite.

"No!" cried a deep voice. "You can't eat me!"

Hayley jumped up and let go of the Boerewors Man.

"You... you can talk!" she stuttered.

"Of course I can talk!" The little man got up and brushed himself off. "And you can't eat me!"

"But I'm starving," Hayley complained.

The Boerewors Man took one look at all the people sitting outside, then he ran across the yard and squeezed under the gate!

"Catch him!" shouted Hayley.

The Smith family followed Hayley out the gate and ran down the road after the Boerewors Man. They passed another family out walking their dog.

"Where are you going?" asked the father.

"We're trying to catch the Boerewors Man. Help us!" said Hayley.

So, the Smiths, the other family and their dog all ran down the road trying to keep the little man in sight.

As they turned into the next road, they met a fruit seller wearing a blue doek that covered her pink, plastic curlers. Hayley shouted to her to help them, and the fruit seller joined the party chasing the Boerewors Man.

Just then the Boerewors Man began to sing:

"They'll never catch me, no matter how they try, I'm too fast for them as I run by!"

"Hiip! Hiip!" The fruit seller nearly jumped out of her skin as a shaggy brown pony that was pulling a rickety cart came trotting up behind her.

"We're after that Boerewors Man," she explained to the cart driver.

"You can ride with us in the cart," he offered.

Next, a taxi pulled up on the corner. A dozen people poured out and the driver shouted out the window, "Peninsula Road! Come, come, let's go!"

Hayley turned round to everyone following her and shouted, "Hurry! Look, a taxi!"

"Please can we ride in your taxi? We are chasing the Boerewors Man," Hayley told the taxi driver.

"Climb in," said the driver. "I'll drive after him!" Everyone piled into the taxi and off they went.

Meanwhile, the Boerewors Man began to sing another song:

"Horses and taxis, people and dogs, I'm going to get away from those greedy hogs!"

Soon they all reached Rondevlei. By now, the little Boerewors Man was running a little slower, the pony was pulling a little less fast and the taxi wasn't swerving around the corners quite so much. But they all still kept going.

Into the Rondevlei Nature Reserve the little Boerewors Man ran, with the taxi and cart following close behind.

"Stop! No vehicles allowed!" shouted the guard. Everyone hopped out and ran through the gate after the chuckling Boerewors Man.

"You need to pay!" cried the guard, but no one heard him. So, the guard locked the gate and ran after them.

He found them all standing at the big vlei. The Boerewors Man was shouting to a big hippo, "Quick! Help me get away!"

"Hop onto my back," grunted the hippo. Everyone watched as the big hippo swam towards the other side of the vlei with the Boerewors Man on its back.

When they had got a quarter of the way across, the hippo said to the Boerewors Man, "You're going to get wet. Why don't you climb up on to my neck?"

The Boerewors Man did so and they continued across the vlei. "The water is getting deeper! Climb onto my head!" the hippo called.



The Boerewors Man jumped onto the hippo's head. He gave a cheeky wave at all the people on the bank and started to sing:

"Horses and taxis,  
people and dogs..."

The hungry group of people glared at the Boerewors Man,

but their dark looks soon turned to wide eyes and loud gasps. The Boerewors Man turned to see what they were staring at...

Swish! Just then a fish eagle swooped down and gulped the Boerewors Man whole!

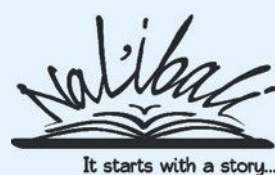
"Oh, no!" said Hayley sadly.  
"There goes my supper!" 1&1

*Get creative!*

Draw a picture of your favourite part of the story. Add a speech bubble for each of the characters in your picture. What words do you think they would be saying? Ask for some help to write the words in the speech bubbles.

*Share more stories with Nal'ibali*

This story was provided courtesy of the Nal'ibali reading-for-enjoyment campaign. To read the story in another South African language, or for literacy activities, reading tips, and more stories to enjoy with your children, visit [nalibali.org](http://nalibali.org), [nalibali.mobi](http://nalibali.mobi), or find them at [Facebook.com/nalibaliSA](https://www.facebook.com/nalibaliSA) and on Twitter: [@nalibaliSA](https://twitter.com/nalibaliSA).





# Little *chefs*

These adorable pizzas are great for any occasion – whether it's an after-school snack or a weekend party. By leading cookery author, Annabel Karmel

## Teddy-bear pizzas

*Prep time: 25 minutes (plus about one hour for the dough to rise)*

*Cooking time: 15 minutes*

*Makes eight pizzas*

### YOU WILL NEED

#### For the dough

300g strong bread flour  
1 tsp dry yeast  
Dash of salt  
150-200ml warm water

#### For the toppings

100g passata  
1 tsp tomato purée  
2 balls mozzarella  
4 slices ham, diced  
Black olives

### METHOD

- Measure the flour, yeast, salt and water into a bowl. Stir until a dough is formed.
- Place on a work surface and knead for 5-10 minutes, until you have a shiny dough.
- Place the dough in an oiled bowl, cover with plastic wrap and leave to rise for one hour or until doubled in size.
- Preheat the oven to 200°C.
- Place the dough on to a floured work surface. Roll out until very thin. Cut out eight teddy-bear faces and place on a baking sheet.
- Mix the passata and tomato purée together and spread over the dough. Put the ham in the middle of the face in a pile. Slice eight rounds from the mozzarella to make the noses. Grate the remaining cheese and sprinkle on the bears.
- Bake for 10 minutes or until golden brown, then place the round slice of mozzarella on top of the ham and add some extra ham for the ears.
- Bake for about five minutes and remove from the oven. Make the eyes, nose and mouth using the olives. **1&1**



Looking for more food inspiration?  
Unlock a world of exclusive  
recipes, insider news and special  
offers by joining the AKClub for  
free at [annabelkarmel.com](http://annabelkarmel.com).



# MAKE SOME Music

Start a mini band with these musical instruments you can make at home.

## DIY DRUMS

### YOU WILL NEED

Fabric  
Tin cans  
One-hole punch  
Glue gun  
Faux leather  
Fabric pen  
Rope or ribbon  
Thin dowelling  
Large beads

### METHOD

- Cut the fabric to fit around the tin can. Do this by laying the can on the fabric to gauge how much you need.
- Glue the cut fabric to the tin with a glue gun.
- Use a plate or side plate that's slightly larger than the diameter of the tin to trace a circle on to the faux leather. Do this twice – for the top and bottom of the drum.
- Cut out the circles and mark out where to punch the holes (about 2cm apart and 2cm from the edge works best).
- Punch the holes in the faux leather and weave the ribbon through them.
- Tie securely over both ends of the drum. The bases must be taut.
- Zigzag another piece of ribbon through the ribbon in the leather to join the two sides.
- Glue the dowelling to the beads to make your drum sticks.





## FOOT BELLS

### YOU WILL NEED

Two 15 x 6cm lengths of felt  
Bells  
Sequins  
Ribbon

### METHOD

- Create tassels by cutting strips into the felt, about 2cm apart, leaving a 3cm cuff at the top of the felt.
- Sew on the bells and glue on the sequins.
- Glue a 30cm-long ribbon across the back of the cuff, so you can tie the bells around your little one's ankles.

## RAINBOW SHAKER

### YOU WILL NEED

Empty plastic bottle  
Coffee beans  
Gold spray paint  
Pieces of ribbon

### METHOD

- Drill a small hole into the top of the bottle cap.
- Place coffee beans onto a piece of newspaper and spray with gold paint, flipping them to cover completely.
- Thread the ribbons through the hole and tie them together on the inside of the cap with a knot.
- Fill the bottle with the coffee beans.
- Screw the cap back on, and let your little one make some music. **I&I**



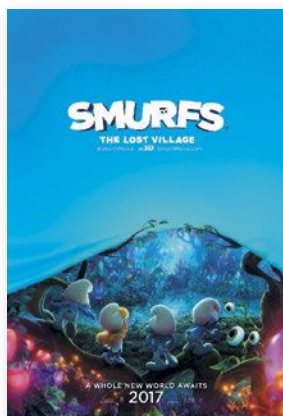
# MOVIE NIGHT

Take a trip to the movies and enjoy these new releases.



## Smurfs: The Lost Village

In cinemas: 31 March



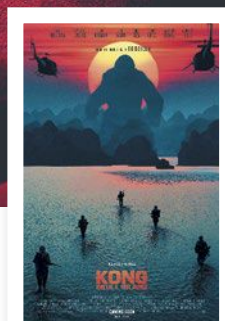
The Smurfs are back for another animated adventure. After picking up a mysterious map, Smurfette and her best friends, Brainy, Clumsy and Hefty, set off on an exciting race through the Forbidden Forest, which is filled with magical creatures, to find a lost village before the evil wizard Gargamel does. As they embark on a roller-coaster journey full of action and danger, the Smurfs are about to discover one of the biggest secrets in Smurf history.



## Kalushi

In cinemas: 10 March

*Kalushi* is the true story of 19-year-old Solomon Kalushi Mahlangu who, after being brutally beaten in the 1976 Soweto uprisings, joins the liberation movement in South Africa. On his way back from military training in Angola, Solomon and his friend are caught in a shootout with police and he is charged for murders he did not commit. His story and death ignited international outrage and protests, highlighting apartheid's injustice to the world.



## Kong: Skull Island

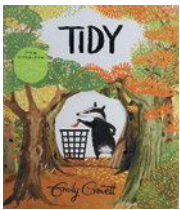
In cinemas: 10 March

This film follows a team of explorers who venture to a treacherous, uncharted island in the Pacific, unaware that they are crossing into the domain of monsters, including the mythical King Kong. Their voyage of discovery soon becomes a fight for survival where humans are no longer at the top of the food chain. The cast includes Tom Hiddleston, Samuel L Jackson and Brie Larson. **1&1**



# Creatures great and small

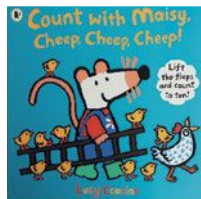
Your little animal lover will relish these furry adventures.



## Tidy

By Emily Gravett  
(Pan Macmillan),  
R264

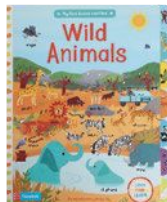
Pete, a badger who likes things to be neat, decides to take on the task of tidying the forest, but his enthusiasm almost leads to the destruction of all the trees. Will Pete realise the error of his ways before it's too late? Little ones will love the humorous characters in this story, as it conveys a message about environmental preservation with sensitivity and wit. The rhyming text makes it ideal for reading aloud, especially to fans of fun animal adventures such as *The Wind in the Willows*.



## Count with Maisy, Cheep, Cheep, Cheep!

By Lucy Cousins  
(Walker Books), R162

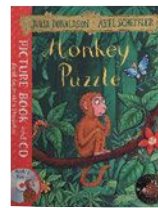
Count from one to 10 with Maisy the mouse in this farmyard-themed, lift-the-flap book. Your little one will love helping Maisy go in search of Mummy Hen's missing chicks, as she lifts the flaps along the way to see who's in the stable, on the tractor or up in the apple tree. Will all the chicks be found by the end of the story? With its bright illustrations, this book provides a great introduction to counting, and to all the animals on the farm.



## Wild Animals

By Jacqueline McCann and Neiko Ng  
(Campbell Books), R203

Featuring creatures such as lions, elephants, monkeys, pandas, polar bears and kangaroos, *Wild Animals* is a board book with beautiful illustrations. There are seven themes: jungle, safari, sea, mountain, forest, desert, and snow and ice, which all offer plenty for you and your child to discuss and revisit. The book's sturdy tabs will help your little one find her favourite page. There is also a daredevil tourist to spot throughout to add to the interactivity.



## Monkey Puzzle

By Julia Donaldson and Axel Scheffler  
(Pan Macmillan),  
R142

Little Monkey is lost in the jungle and is looking for his mom. A well-meaning butterfly tries to help with the search, but leads Little Monkey to all the wrong animal parents. They eventually find Little Monkey's dad, who knows just where his mom is waiting for her little one with a big cuddle. Written in Julia Donaldson's effortless rhyming style, this is a charming feel-good adventure. This edition features the classic story with a stunning, redesigned cover and a CD.



## There is a Tribe of Kids

By Lane Smith (Pan Macmillan), R264

Have you ever wanted to waddle with a colony of penguins? Wriggle with an army of caterpillars? Or march with a troop of monkeys? This whimsical book makes it possible, as it takes little ones on a colourful adventure through the natural world, following a child as he weaves through the jungle, dives under the ocean and soars in the sky. Along the way, he makes friends and causes mischief with a dazzling array of creatures both big and small. But can he find a tribe of his own? **I&I**

# Out & about

Places to go and fun things to do for the whole family this month.

## NickFest

25-26 March

**TicketPro Dome, Johannesburg**

NickFest by Nickelodeon returns to South Africa, offering a combination of live music from local singers, character shows, and appearances of favourite characters like SpongeBob SquarePants, Dora the Explorer, the Teenage Mutant Ninja Turtles and Paw

Patrol's Chase and Marshall. The festival will also feature free extreme sports attractions where kids can try out trikes, bikes, skates and wheels of every kind as well as an interactive graffiti wall. Kids and parents can also visit the KinderJoy area, which showcases the Magic Kinder app that has games, stories and more for entertaining little ones. For more information, visit [nickelodeon.com](http://nickelodeon.com).

## + WIN

Four readers can win a set of four tickets worth R1 160 from Nickelodeon. To stand a chance to win, SMS the keyword NICKFEST as well as your name, physical address and ID number to 48407 (each SMS costs R1.50). Incorrect keywords sent will be billed. Free SMSs do not apply. Entries close on 17 March 2017. See page 1 for T&Cs.



## Durbanville Plaasfees 2017

11 March

**Diemersdal Wine Estate, Durbanville**

Durbanville Plaasfees focuses on the simple pleasures in life, with home-grown food and unique drinks. Your kids can burn off some energy at the entertainment arena, which features tractor rides, go-karting and much more, while you browse the market stalls. Gourmet pancakes and potjies are just some of the fare on offer. For more information, visit [durbanvilleplaasfees.co.za](http://durbanvilleplaasfees.co.za).

## The Randfontein Show

2-5 March

**Greenhills Stadium, Randfontein**

This is a four-day event of food and entertainment suitable for the whole family. For music lovers, the country's top performers will make an appearance, including Riana Nel, Bobby van Jaarsveld

and Gavin Edwards. Adventurous kids can have some fun with the go-karts, water balls, an inflatable rocket and a climbing wall. A bungee-bounce and archery activities will also be available. For more information, visit [randfonteininfo.co.za](http://randfonteininfo.co.za).

## Cape Argus Sports Show

24-26 March

**Sandringham Farm, Stellenbosch**

This three-day event is back for a second year, and will feature myriad family-orientated entertainment, sports clinics for those looking to improve their game, appearances by sports heroes and an extensive range of sports-related exhibits showcasing the latest equipment. You can also take part in water, action and adventure sports, and extreme adventures like paragliding and freestyle motocross. For more information, visit [sportshow.co.za](http://sportshow.co.za). I&I

## Living AND loving

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Baby Sense  
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Bits and Bobs for Moms  
[bitsandbobsformoms.com](http://bitsandbobsformoms.com)  
Cinnamon Sue Baby and Toddler Boutique  
[cinnamonsue.co.za](http://cinnamonsue.co.za)  
Clicks  
[clicks.co.za](http://clicks.co.za)  
Colette by Colette Hayman  
[colettehayman.com.au](http://colettehayman.com.au)  
Cotton On Kids  
011 268 3700  
[cottonon.co.za](http://cottonon.co.za)  
Foschini  
[foschini.co.za](http://foschini.co.za)  
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Takealot  
[takealot.com](http://takealot.com)  
The Baby Shoppe  
[thebabyshoppe.co.za](http://thebabyshoppe.co.za)  
The Crazy Store  
[crazystore.co.za](http://crazystore.co.za)  
Woolworths  
[woolworths.co.za](http://woolworths.co.za)  
Yummy Baby  
[yummybaby.co.za](http://yummybaby.co.za)  
Zara  
[zara.com](http://zara.com)

Bamboobies Washable Nursing Pads, R445 for a multipack, [kidscargo.co.za](http://kidscargo.co.za)



Foulard viscose tunic, from R375, Woolworths





# We care

This month we feature Heaven's Nest, a childcare and recreation facility in Ottery, Cape Town.

**H**eaven's Nest has served as an emergency foster-care centre since January 2004, offering a secure and loving home for up to 14 children between six months and eight years old, who are infected or affected by HIV/Aids, as well as children who have been abandoned, abused or neglected. The children are cared for until they can be placed with family members, fostered or adopted.

Heaven's Nest strives to break the cycle of abandonment, abuse and neglect by empowering the children to become healthy, happy and well-adjusted adults.

As well as providing love, good food, basic education and healthcare, it also offers counselling and play therapy.

Other projects include a recently-built classroom, which houses a preschool for the younger children at the facility. Together with St Francis of Assisi Anglican Church, Heaven's Nest feeds about 180 adults and 70 children in the community every Friday.

Management and staff of Heaven's Nest are grateful for volunteers who support the facility with supplies and materials. They also believe that the gift of volunteers' time is valuable, as the children love being with visitors.

## HOW YOU CAN HELP

- Make a monetary donation.
- Volunteer your time or skills.
- Donate clothing, blankets, school supplies, groceries, nappies and toiletries.
- For more information, visit [heavensnest.org.za](http://heavensnest.org.za). **I&I**



**For every kind of community  
there's every kind of SPAR**



SPAR is giving this month's charity, Heaven's Nest, a R5 500 voucher to help in its efforts to house and nurture children in need. A community can be anyone. It can be all the neighbours in your street, and it can be a group of mothers trying to provide the best they can for their loved ones. SPAR acknowledges that no matter what, hundreds of communities out there rely on each other to get by. SPAR celebrates being a part of these communities.



# Mountains high

The Drakensberg makes a great family-friendly getaway. We pick five of our favourite spots, from resorts to camping sites.



## FAMILY RESORTS Cathedral Peak Hotel

**WHERE:** Cathedral Peak Hotel is situated in the majestic uKhahlamba mountain range, in a World Heritage Site. It is about four and a half hours from Johannesburg.

**SLEEPING OVER:** All the rooms offer an en-suite bathroom, TV, telephone, heater and tea/coffee-making facilities. The Presidential suite and Executive/Honeymoon rooms are equipped with a bar fridge, spa bath, fireplace and underfloor heating. We stayed in one of the modern Superior rooms with an

interleading door for family requirements. The room was spacious, with a king-size bed and a bathroom with a walk-in shower and bath. We had a spectacular view of the mountains from our private verandah.

### ON THE MENU:

A true holiday means someone else worries about the cooking, and

a stay at Cathedral Peak includes breakfast, both mid-morning and afternoon tea, and dinner, which you can enjoy in the hotel's cosy dining room. Supper was a special occasion – the atmosphere was relaxed and the buffet had delicious options to choose from.

### WHY WE LOVE IT FOR FAMILIES:

There's no excuse for boredom at this resort. The little ones will love the playground, baby pool, jumping castle and activity room where childminders can keep them entertained while you enjoy one of the 18 hikes in the surrounding mountains. Dad can go trout fishing

while mom indulges in a massage or treatment at the Cathedral Peak Vitality Centre. For older children, there are mountain-bike trails, quad biking, paintball, tennis, miniature golf, volleyball, bowls, a trampoline, wall climbing, and heated and cold swimming pools. There are also squash, pool, darts and table-tennis facilities to enjoy. If you still have any energy left at the end of the day, you can go to Harry's Bar for a fun-filled karaoke evening.

**DON'T MISS:** Our highlight of the trip was a helicopter flight that we booked through Westline Aviation at the hotel. We soared above the breathtaking World Heritage-listed Drakensberg, including the hotel's namesake, Cathedral Peak, and the Royal Natal Amphitheatre, and enjoyed a stop-over on top of a mountain where we could drink in the views with a glass of sparkling wine.

**COST:** Rates start from R1 495 per person sharing, including dinner, bed, breakfast and mid-morning and afternoon teas.

### FOR MORE INFORMATION:

Phone 036 4881888, email [info@cathedralpeak.co.za](mailto:info@cathedralpeak.co.za) or visit [cathedralpeak.co.za](http://cathedralpeak.co.za).

– Elsa De Beer



## The Cavern Drakensberg Resort and Spa

**WHERE:** The Cavern, named after the “cannibal cavern”, a deep overhang above the hotel that was home to ancestors of the Amazizi tribe, is set in a secluded valley beneath the massive sandstone cliffs of the Northern Drakensberg. The resort is a three-hour drive from Durban and three and a half hours from Johannesburg.

**SLEEPING OVER:** The resort offers Standard and Superior rooms and Superior suites, with most suitable for families. The rooms all have private patios.

**ON THE MENU:** All meals, including packed lunches if you prefer, are provided. There's a children's dining room, nannies who will care for your children during adult mealtimes if you would like some alone time, and a family dining room. For infants, there's a selection of puréed vegetables on offer in the freezer in the playroom.

**WHY WE LOVE IT FOR FAMILIES:** Family-owned, the resort understands what makes a great escape for children. Activities include shorter climbs into the mountains with guides, pony rides, play equipment, a kiddies' pool and organised events, such as face painting, scavenger hunts and crafts. While the kids keep busy, you can enjoy some quiet time at the spa.

**DON'T MISS:** Thanks to The Cavern's setting, you're spoilt for choice when it comes to enjoying the many highlights of the Berg, such as waterfalls, streams, picturesque views and physical exertion to your liking in the wilderness. One highlight is the Breakfast Walk, which ends off with a scrumptious breakfast, overlooking the Cavern Valley.

**COST:** From R1 200 per person per night sharing. Look out for specials throughout the year.

**FOR MORE INFORMATION:** Visit [cavern.co.za](http://cavern.co.za).



## Drakensberg Sun Resort

**WHERE:** Just over four hours from Johannesburg and two from Durban, the Drakensberg Sun Resort has a great position in Cathkin Park, an area in the Central Drakensberg with a rich heritage and plenty to do.

**SLEEPING OVER:** The hotel's en-suite rooms and suites have been decorated in neutral, rustic shades to complement the natural setting and provide an atmosphere of calm. They offer amenities such as a fridge, DSTv and air conditioning, and, of course, views of the surrounding mountains. Cots can be arranged on request.

**ON THE MENU:** The rates include dinner and breakfast at The Lakeview Restaurant, which serves traditional, home-style buffet

food for all tastes. In the evening, dishes range from freshly caught local trout to roasts. During the day, the Lakeview Terrace offers lunches and snacks. There is also a children's dining area.

**WHY WE LOVE IT FOR FAMILIES:** Opportunities for play are endless, with lawns to run around, a swimming pool area, horse riding, playground and family-friendly sports, such as volleyball and pitch-and-putt. On weekends and school holidays, there is a kids' entertainment programme.

**DON'T MISS:** One of the great things about the resort is that you don't have to go too far to appreciate the majestic mountains, but if you do want to explore your surroundings, a hike to the Blue Grotto is well worth leaving your pool lounge for.

**COST:** From R2 120 per room, per night including dinner and breakfast for two adults. Children under 18 stay free when sharing with adults.

**FOR MORE INFORMATION:** Visit [tsogosun.com/drakensberg-sun-resort](http://tsogosun.com/drakensberg-sun-resort). ➔







### CAMPING

#### Royal Natal National Park – Mahai

**WHERE:** Located in one of the most awe-inspiring parts of the Drakensberg, with Mont-Aux-Sources as a backdrop, Mahai is a popular campsite run by Ezemvelo KZN Wildlife.

**SLEEPING OVER:** The Mahai campsite caters for 400 campers and caravanners. There are ablution blocks with hot and cold water, a communal wash area and a number of electrical plug points. There are also more sites at nearby Rugged Glen.

**WHY WE LOVE IT FOR FAMILIES:**

Although 400 campers may seem a lot

of people in one space, the site is spread over the valley, with shady trees to picnic under, lawns to play on, rivers to paddle in and trails for family hikes. There's also horse riding available at Rugged Glen.

**DON'T MISS:** It's really hard to beat the view from this campsite, so savour it by starting the day looking at the mountains with tea in hand, and ending it with an early evening braai against the natural backdrop.

**HOW MUCH:** From R300 per site.

**FOR MORE INFORMATION:**

Visit [kznwildlife.com](http://kznwildlife.com).

### Mountain Splendour Eco-Resort

**WHERE:** Originally a tomato and potato farm, Mountain Splendour has evolved into a four-star eco-resort in the much-visited Champagne Valley, offering views of the Central Drakensberg.

**SLEEPING OVER:** For those wanting a true camping experience, the resort offers gravel sites for tents and caravans. However, those not quite ready to rough it can upgrade to the safari tents. There are also self-catering cabins. The resort has you covered should you forget anything on your camping checklist – you can even hire bar fridges and beds – and can request private ablution sites. What's more, staff will set up camp for you so you can start your holiday as soon as you arrive.

**WHY WE LOVE IT FOR FAMILIES:**

From open lawns for ball games, a swimming pool and river to splash about in and a playground, to trails to explore by foot or bike, and an animal farm where there's milking to be done, the resort offers more than enough to keep kids occupied.

**DON'T MISS:** Mountain biking is big at Mountain Splendour. In fact, the resort has the only bike shop in the Central Drakensberg, and also plays host to the annual Mountain Splendour Mania mountain bike festival, which makes the most of the trails on the farm and surrounds.

**COST:** Daily rates start from R158 per adult and R79 per child.

**FOR MORE INFORMATION:** Visit [mountainsplendour.co.za](http://mountainsplendour.co.za). **I&L**



Go to [livingandloving.co.za](http://livingandloving.co.za), click on Baby and then General Articles for a list of essentials to pack when travelling with kids.



# Moms' essentials



Janine Jorgensen's round-up of products to make your life easier.



COVER  
GROUND

Celebrate the last days of summer by heading outdoors for a picnic with the family. Love Milo's stylish picnic blankets are perfect for the park, beach or even the garden. They have a waterproof lining and are easy to roll up and carry thanks to the leather handle. The blanket can also double up as a play mat. Available from [lovemilo.com](http://lovemilo.com) for R1 200.



## LOCAL HEALER

If you're looking for a natural antiseptic and anti-inflammatory to add to your first-aid kit, you might want to try Buchulife First Aid Gel. Much research has been done into the healing properties of the indigenous plant buchu, and this topical gel, which contains buchu oil, soothes nappy rash, eczema, cuts, burns and bruising. It's suitable for children and babies. Available from R65.95. For stockists, visit [buchulife.com](http://buchulife.com).

## DRY SPELL

A tumble dryer can be a mom's lifesaver when it comes to laundry, but it's often not economical. Meaco's 25-litre Dehumidryer offers a low-energy alternative to drying clothes. Powered by a special motor with a low-energy consumption, the dehumidifier has a laundry mode, which works with a fan to collect water from wet clothes in your laundry space. Portable and compact, it's great for flats, and eliminates issues like mould, condensation and damp. The child-lock is another highlight. Available from [solencosa.co.za](http://solencosa.co.za) for R7 995.



## Pure beauty

Local beauty range My Abby contains oil from the Abyssinian plant, which is known for high amounts of naturally occurring fatty acids. This makes it an effective moisturiser with strengthening and protective properties for hair and skin. The products, which are chemical free, include hair oil, body oil, cuticle oil, moisturiser and make-up remover, starting from R119. Visit [myabbyrange.com/abbyssinian-oil](http://myabbyrange.com/abbyssinian-oil).

**My Abby is giving away a body oil and cuticle oil together worth R470 to one reader. To enter, SMS the keyword ABBYMARCH as well as your name, postal address, email address and ID number to 48407. (Each SMS costs R1.50, incorrect keywords sent will be billed. Free SMSs do not apply). Entries close 31 March 2017. See pg. 2 for Terms and Conditions that apply. Prize detail correct at time of print.**



# KIDS'



# ESSENTIALS

A round-up of products to make your life easier. Plus, kids will love them too.

## GOING POTTY

Toilet training can be a big, sometimes stressful, step for kids and their parents, and it can help to have the right gear to ease the transition. The Be Cute portable potty can be used at home and on the go (especially for those emergency pit stops in the parking lot!). Its features include a deep bowl, leakproof seal and locking mechanism, so there's no mess and no odour. It's also lightweight, making it easy to carry. Available from 4akid.co.za for R299.



## BED TIME

Local brand Kideroo's cot linen collection uses a contemporary and versatile monochrome palette for on-trend nursery décor. Printed with baby-friendly ink, the high-contrast patterns have been chosen to provide stimulation for your baby, and the fabric is 100% cotton for breathability. Available from kideroo.co.za for R685.



## WEANING MADE EASIER

Nuby Sure Grip tableware can help make feeding a little less messy. The mat with section plate and bowl both have a suction base to grip on to your baby's high chair or a table to prevent any slipping or tipping. Made from silicone, the items will keep food warmer for longer, and are microwave and dishwasher safe. The mat with section plate is R179.99 and the bowl is R149.99 from Baby City and Babies R Us.



PHOTOGRAPHY SUPPLIED. PRICES CORRECT AT TIME OF GOING TO PRINT



## MADE FOR WALKING

When Lisa K, wife of singer Danny, struggled to find shoes for her son that were stylish, comfortable and practical, while still benefitting his development, she designed them herself. Running Bear Moccasins, made of soft leather, have an elasticated opening, so they are easy to put on and take off, and will stay on busy little feet. They are also specifically crafted to encourage the natural development of your child's growing feet. Available at selected boutique stores nationwide and online at runningbear.co.za from R400. **I&I**





# LOSS AND LOVE

Veronica Dube lost her first child after delivery, miscarried during her second pregnancy and feared another miscarriage when she fell pregnant for the third time.

**I**t was in May 2010 when my husband and I found out that I was pregnant. It wasn't a planned pregnancy, but we were both happy and adjusted easily to the idea of becoming new parents. We fell in love with our unborn baby and were even more excited when we found out we were expecting a boy.

In December 2010, when I was 33 weeks pregnant, I went for a routine check-up and my gynae discovered that I had pre-eclampsia. My doctor recommended an emergency C-section when the treatment to reduce my high blood pressure wasn't successful. I remember shaking with anxiety about my baby.

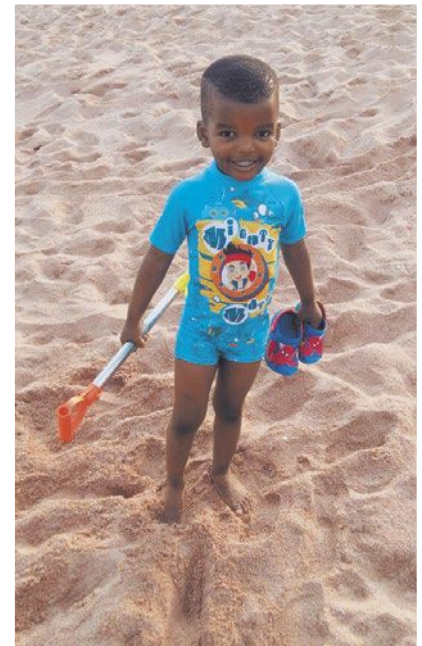
During the delivery, I heard my little one crying and took it as a sign that all was well. Because he was born prematurely, he was immediately taken to the neonatal intensive care unit and my husband went with him while the doctors completed my C-section. Minutes later, my husband walked back in with three doctors to inform me that our son hadn't made it. I have never felt such pain. I felt empty – I wanted to die and join my baby in his sleep.

After a few months, we tried again for a baby and conceived. Sadly, I miscarried at nine weeks. We began to believe that we just weren't meant to be parents, but deep down I knew that I would continue trying. We conceived again a year later. At six weeks, I started bleeding and was sure

I was having another miscarriage. We rushed to the hospital and the doctor on duty warned me that I could lose the baby. I was emotionally exhausted and weak – I couldn't go through the pain again. Another doctor came to "confirm my miscarriage", but when he did a scan there was a heartbeat. That sound was music to my ears, because I had already given up. The doctor said the baby was fine. He examined me and told me I could go home, but that I needed to take it easy and rest.

Everything went well until I was 37 weeks pregnant and the doctor suggested a C-section to prevent any complications. I was sceptical at first, but I agreed to it and my baby boy made it!

Our son, Mfanelo Bokang Dube, has grown to be such a lovely boy. I&I



## WIN WITH MAMA MIO

**This month's winner will receive Mama Mio The Tummy Rub Butter, Lucky Legs cooling energising leg gel and Keep Calm nipple balm, together worth R1 625.**

Mama Mio uses "no nasties" in its ingredients and improved formulations to ensure effective skincare for savvy moms. It offers safe, nurturing, muscle-easing, leg-lightening, skin-elasticising maternity treatments, because a happy mom results in a happy baby! For more information, visit [poisebrands.co.za](http://poisebrands.co.za).



SHARE  
YOUR  
STORY  
AND  
WIN

# WASN'T EASY, BUT WORTH IT

Vanessa Beall's daughter spent four weeks in neonatal intensive care after she was born with respiratory distress syndrome.

**I** have been working with children with disabilities for 13 years, but after having my own child I realised that becoming a parent is more special than I could have ever imagined. When I found out I was pregnant in November 2015, I was overjoyed. I knew that this was a gift from God and I was humbled to be the recipient of this gift. My pregnancy was perfect and I was in awe of God's blessing when I went for my scans. I loved feeling my baby kick and I experienced a special connection to my little person.

At 32 weeks, I went into labour. I was terrified, as I knew the risks premature babies face. The doctors tried to stop my labour and I was given steroids to help my baby's lungs mature. My labour was halted for 48 hours. After a stressful two days, our doctor recommended a C-section, as my contractions were affecting the baby's heart rate.

On 6 June 2016, at 10am, our little girl was born and we named her Rachel. She weighed 1.95kg. After a brief glimpse of her, she was whisked off to the neonatal intensive care unit (NICU) with my husband as I recovered. Later, a nurse came to take me to the NICU where Rachel was in a covered incubator to maintain her body temperature. She was tiny, yet beautiful. She was diagnosed with respiratory distress syndrome, so she had



a nasal cannula giving her oxygen. It was terrifying to see her that way, knowing she should still be safely in my womb.

The NICU sister looking after Rachel was brilliant. After a few days, I was finally allowed to hold her for the first time. I did kangaroo care, which was an amazing bonding experience. Rachel spent four weeks in the NICU and I cried when we finally stepped out the hospital and put her in the car to take her home.

The first month at home was stressful, and feeding a tiny baby was not easy. After being tube-fed for four weeks, she wouldn't latch and I worried that

she was not getting enough milk. After the first week at home, and lots of crying, we visited our clinic sister. Rachel hadn't put on enough weight so I had to increase her feeds.

The second month was even harder, as the crying that had improved thanks to the extra milk became cries of pain after every feed. It was awful seeing her upset and I was desperate to stop it. We suspected reflux and our paediatrician started her on medication that made our third month at home a much happier one.

Rachel is now a typical baby and is growing well. **I&L**

## WIN WITH VITAL BABY

This month's winner will receive a Vital Baby hamper worth R2 500.

With more than a decade of experience and many babies between them, the Vital Baby team have spent years learning about, and developing, innovative products for babies and toddlers. From soft-tip spoons to freezer pots and super-strong suction bowls, Vital Baby caters for your baby's every feeding need.



SHARE  
YOUR  
STORY  
AND  
WIN

Email your story to [livingandloving@caxton.co.za](mailto:livingandloving@caxton.co.za) with 'Real Life' in the subject line. \*See standard Terms & Conditions on pg. 1.



# Fabulous giveaways



## ORGANIC CHOICE

Pure Beginnings is proud to be offering South African consumers a product that is not only affordable and effective, but also certified organic by Ecocert. With greenwashing and false natural and organic claims on many products, certification by a recognised organisation gives parents peace of mind that they are making the safest choice for their family. Pure Beginnings is available at Baby City, Dis-Chem, Wellness Warehouse, selected Toys R Us, [faithful-to-nature.co.za](http://faithful-to-nature.co.za) and [purebeginnings.co.za](http://purebeginnings.co.za).

**Pure Beginnings is giving away 10 hampers worth R330 each. Each hamper contains Organic Soothing Baby Massage Oil, Probiotic Baby Sensitive Body Cream and Probiotic Baby Sensitive Cream Wash.**

**KEYWORD: ORGANICMAR**

## GOING NUTS

Almond Breeze Almond Milk is a healthy dairy alternative. Made from almonds, Almond Breeze is available in Original and Unsweetened varieties, which can be enjoyed in a glass, poured over cereal, added to a smoothie, and used for baking and cooking. Almond Breeze is packed with calcium as well as vitamin A, D and E to support strong bones and healthy skin. For more information, visit [almondbreeze.co.za](http://almondbreeze.co.za).

**Almond Breeze is giving away a year's supply of Almond Breeze, Original or Unsweetened, to two readers.**

*\*The 12 months' supply of Almond Breeze is based on an average consumption of one litre per week (four weeks per month).*

**KEYWORD: BREEZEMAR**



## TELL A STORY

Popsiebelle aims to inspire children to develop their imaginations and improve their communication and language skills by using unique characters as a platform to tell stories. Each Popsiebelle item is set in an imaginary world, which is full of detail to encourage concentration and focus, and give little minds plenty to talk about – especially during everyday routines, like bedtime and mealtimes. The products are made of high-quality materials and are printed and sewn with care to provide practicality for parents. The range includes plush toys, pillows, notebooks, bibs, play mats, stationery, placemats and bags. For more information, visit [popsiebelle.com](http://popsiebelle.com). Popsiebelle products are now available at [takealot.com](http://takealot.com).

**Popsiebelle is giving away eight hampers worth R585 each. Each hamper includes a bib, plush book, tooth-fairy pillow and lost-tooth card set.**

**KEYWORD: BELLEMAR**



**POPSIEBELLE.COM™**  
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## HOW TO ENTER

SMS the keyword as well as your name, postal address, email address and ID number to 48407. (Each SMS costs R1.50, incorrect keywords sent will be billed. Free SMSs do not apply). Entries close 31 March 2017. See pg. 1 for Terms and Conditions that apply. Prize detail correct at time of print.

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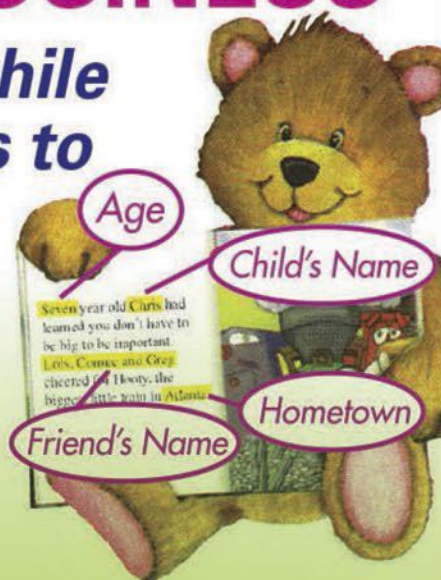


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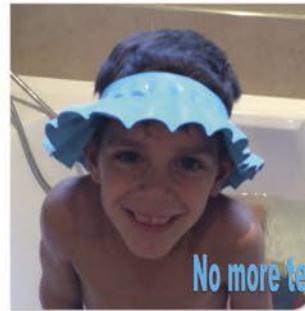
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# #BabyBuzz



Guess who we're following online this month...

## MEET THE BLOGGER

**Cindy Alfino of 3 Kids,  
2 Dogs and 1 Old House  
(3kids2dogsand1oldhouse.co.za)**

**M**y husband, Seth, and I married when I was only 20. Now, 10 years later, we have three beautiful children, Kyla (7), Riya (6) and Knox (4), two dogs and a little old house that we enjoy renovating. We live in Cape Town and love to venture out into our city to see what it has on offer – which is a lot!

**My blog is...** a little bit of everything. You'll find a heavy dose of parenting, fun things to do in Cape Town, places to travel in South Africa (and hopefully, Europe this year), renovations we've done to our home and just general life stuff. The main focus of my blog is to cut the fluff and keep it real in a way that's relatable, but entertaining. I share stories about the good times, but also the inevitable trying times that go with parenting – it wouldn't be real without them.

**When I had my first daughter...** in 2009, I felt really alone. We were the first in our close group of friends to have a baby, and I had no idea what I was doing. Then, when we welcomed our second daughter into our lives only a year and two weeks later, I thought it would be a great idea to start a blog with all the free time I had! Jokes aside, the real need for my blog is to record all the things that we do in a scrapbook of sorts, to leave something cool for my kids to look back on and to be

a place for other moms who have felt alone to find solace.

**There are daily challenges in being a parent...** from juggling the tantrums to figuring out why your kids need to eat all the freaking time. If you really look at the facets of your life, there is a lot to share that will resonate with others. The problem is sharing too much. This is a battle for me – trying to share enough without compromising on my kids' safety and future social life.

**A perfect date night would be...** a surprise. I love surprises. Seth would arrive home with a box containing

a dress he chose just for me. I'd dress up and we'd head to the coast for drinks and pre-dinner sushi. We may stop to play a round of putt-putt before heading to a fancy restaurant for dinner with lots of wine, steak and mountains of cheesy and chocolatey things. After that, we'd either watch a movie or head home for um, well, you know.

**The key tip that has gotten us through every trial in our marriage...** is to chat it out. We talk about everything, from the ups and downs of the day to our kids, our parents, the weather, the news, our bowel movements – whatever. It keeps you connected.

**Our favourite Cape Town spots for kids include...** Forries in Newlands, which has a lovely play area and good food options; any beach – they're all awesome; Bugz Play Park for a family day out; and Kirstenbosch, which has loads of space to run and play.

## YOU'VE GOT TO KNOW ABOUT...

**bundlebox.co.za**

A trip to the baby store can be overwhelming. But you can be saved from an indecisive shopping expedition with BundleBox, a subscription service that delivers a box of carefully selected goodies to you once a month. The contents are suited to your child's age, with brands including Oh-Lief, Medela and Tiny Love. It costs R329 per month, with deliveries supplied by BabyGroup.



## DIGITAL SUPERSTARS

 **On Pinterest...**

**MerMag**

Creative play is the motto of Mer Mag, founded by a mom who is a children's artist, kids' craft blogger and lover of all things little. Her boards are bound to inspire.

 **On Instagram...**

**@cynicalparent**

This funny feed posts memes and photos that highlight the "joys" of parenthood, from sleeping and feeding to dealing with unwanted advice.

 **On Twitter...**

**@XplodingUnicorn**

A dad of four girls under six, James Breakwell replays the various conversations in his female-dominated household.



**APP OF THE MONTH**

**Fertility Friend**

**Free on iTunes and Android**

When trying to conceive, tracking when you are most fertile can be invaluable. This app does all the calculations for you, using your observations about your body to provide an accurate interpretation of your fertility signs and predict the best time for baby-making. **I&I**



PREGNANCY | BABIES | TOTS  
**Living AND Loving**

# NEXT MONTH...

## CREATIVE PLAY

Fun ideas to boost  
baby development

## NEVER TOO OLD FOR A BABY

Real-life moms  
over 40 share  
their stories

## THE NANNY DIARIES

Choosing the  
right caregiver

## SCREEN-TIME SAFETY

The dangers of  
digital distraction

## EATING FOR TWO

A-Z of  
prenatal  
foods

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Free State 051 430 2522/05  
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Limpopo  
Polokwane 015 296 0710/2/4

#### Gauteng

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Heathway 011 476 9797  
Craighall 011 442 2920/30  
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Northgate 011 794 8560  
East Rand 011 823 2356

West Rand 011 475 0751/2  
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Pretoria  
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Zambezi 012 548 5065/2689  
Mpumalanga  
Nelspruit 013 752 4360/1/2  
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