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FIRST TERM NEWSLETTER

2009

Dear MOMS and TOTS



A very happy year 2009 to you all! I do hope it will be a fun-filled and fulfilling year. A special welcome to all our new moms and their tots and hello again to our familiar faces. I am looking forward to getting to know you and your tots!

I do hope that you all had a lovely and relaxing Christmas break, and are feeling refreshed and ready to start the New Year. We so enjoyed our 2 week break at the coast!! We were able to enjoy some good weather and it was such a blessing spending some quality time with family!!

I am really looking forward to this year - I know it is going to be exciting and lots of fun. My mind is churning away with lots of ideas, new activities and fun outings. This term we have something very special to look forward to - a visit from the Easter bunny at the end of the term - more about that later.

We will be visiting the zoo this term as a FUN outing. The tots love the experience that the zoo offers and we will be going on a group tour. The tour is an hour and a half long and involves a Ferry (tractor) ride. This is a wonderful experience for the whole family, so encourage dads and siblings to be involved.

Dads remember to diarise our "Dads and Tots" workshop. Your tot will really love showing you what they do each week with mom. As this is such a popular event, please book early.

There is also a chance for grannies to come and explore Moms and Tots with their grandchild. Encourage your child to invite their granny to "Grannies and Tots". Grandparents' love being with their grandchildren and sharing in their explorations and new discoveries. I have noticed how important our tots feel when they have to explain everything to their granny. It makes them feel so good (both the granny and the tot)!!

Please read all about our special activities and outings in the "WHAT'S HIP 'N HAPPENING" column and diarise all the upcoming events so that you don't miss out on the fun!

Last year we had our annual Christmas party at "Kinglets and Queenies". It was such a success and we all enjoyed the outing (even in the blistering heat!). My hat goes off to our cheerful Father Christmas who enured the heat to put a smile on many tots little faces.

⇒ And now two special requests from me:

⇒ Please can you tell me in good time if you know you are going to miss a session. This will enable me to allow other mothers to make up sessions. Unfortunately only one session per term can be made up owing to limited vacancies. Your co-operation will be greatly appreciated with regards to this matter.

☺ **Please, make sure that you park correctly so that as many cars as possible can fit in the driveway and on our verge. Our next-door neighbour (no. 19) has kindly offered his verge as overflow parking. Please only use this if the driveway and paving parking is full. Also, please don't park on his grass, but, rather on at a slight angle on the road and his verge.**

And a reminder!

☺ We would like to keep our wall looking happy with all the faces of our birthday tots, so please remember to bring a photograph for our Birthday balloons.

I want to thank all of you for your support in my workshop and hope we have a great term!

Lots of Love, Germaine



Moms & Tots Workshop

Term Dates 2009

FIRST TERM

19 January – 27 March

SECOND TERM

20 April – 26 June

THIRD TERM

20 July – 18 September

FOURTH TERM

05 October – 04 December

BANKING DETAILS:

Account name : Randburg Moms & Tots
Bank : Standard Bank
Branch : Northgate
Branch Code : 00110600
Current Account : 003314782

WORKSHOP DETAILS

Workshop Teachers:

Germaine Young, Belinda Filo

Sam van Thiel and Nicola Machoski.

(germaine@momsandtotsrandburg.co.za)

Physical Address:

18 Morganite Street, Sundowner, Randburg
Phone: 011 794 6926 / 084 550 8808



WHAT'S HIPI N HAPPENIN'?

Dads and Tots

Saturday
21 February 2009

VENUE: Moms and Tots Workshop
TIME: 9 -11 am
COST: R80.00



Grandparents and Tots

Saturday
28 February 2009

VENUE: Moms and Tots Workshop
TIME: 9 - 11 am
COST: R80



Zoo Outing

Saturday
14 March

TIME : 2pm (Tour begins, arrive 25 minutes prior)
COST :R50 (for adults and children over 3 years)
R20 (for children under 3 years)
VENUE : Johannesburg Zoo



Easter Bunny Week

23 - 27 March
2009

VENUE: Moms and Tots Workshop
TIME : The Easter Bunny will be hopping in during teatime to meet the tots
COST: A big hug for Easter Bunny!

Cooked Play Dough Recipe

2 Cups Flour
1 Cup salt
4 tsp creme of tartar (preservative)

2 Cups water
2 tbs oil
food colouring



- ◆ Mix ingredients in a saucepan
- ◆ Add colouring
- ◆ Add 1 packet of jelly or 2 koolaid packets to give a scented playdough (optional)
- ◆ Cook on a medium heat for 3-5 minutes stirring constantly until it becomes stiff and able to roll into a ball.

HINT

- 1) Mix the food colouring into the water before you add it to the ingredients.
- 2) Use a drop or two of essential oils such as lavender, it smells great and has a calming effect on the tots.
- 3) The older tots love playdough with glitter added to the playdough .

The Importance of Sensory play

Promotes explorative play which encourages learning as avoidance decreases learning opportunities

- ◆ Improves body awareness which enhances movement skills because children can't move efficiently if they don't have a good body perception
- ◆ Better sensory awareness of hands and fingers in particular, promotes better fine motor co-ordination and hand-writing skills
- ◆ Messy play is absorbing for children and thus improves focus and concentration
- ◆ Messy play evokes creative experimentation and allows for creative ideas
- ◆ Discourages fussiness

If I had another chance

If I had to raise my child over again,
I'd finger-paint more and point my finger less.
I'd do less correcting and more connecting.
I'd take my eyes off my watch and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious and seriously play.

I'd run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I would be less firm and affirm more.
I'd build self-esteem first and the house later.
I'd teach less about the love of power,
And more about the power of love.

Author unknown.