

SPEAKERS' CORNER



PROGRAMME AND TOPICS OF DISCUSSION

11:30



Help your baby communicate by Clea Witte – Baby Hands SA

- What is baby signing?
- The benefits
- Dispelling the Myth
- A quick signing lesson
- The ABCD's of BABY signing
- Songs to sign to
- Short demonstration on reading to your baby with the aid of baby sign language
- Questions & Answers

Clea is a graphic designer by trade and spent many years in the corporate world. She came across sign language for hearing babies and loved the idea. Having signed to her own baby she was amazed by the process and the many benefits, most important how well she could communicate with her baby with the aid of gestures. Clea now works full time facilitating workshops and classes for parents, nannies and daycare centers. Come find out more about the revolutionary idea of baby sign language.

12:00



Managing sibling relationships by Angela Hutchison – The Parent Centre. Angela has been working for The Parent Centre, an NGO based in Wynberg for 6 years. She facilitates parent training and also runs their Parenting and Leadership course which trains up community leaders in parenting and facilitation skills. She also runs her own private business as a parenting skills coach, which has been going for 3 years. She runs parenting workshops with parents, nannies and au pairs. She also conducts one-on-one consultations with individuals or couples and gives many talks at schools and other parent-based functions. She has 3 children of her own, Caitlin is 9, Emma is 7 and Jack is 5.

12:30



Infant Massage by Sandra Byrne- Positive Health Academy. Sandra Byrne is a practising Aromatherapist and Swedish Massage Practitioner, Infant Massage Instructor, Tutor of massage and Pregnancy Masseur. She trained in London and Bristol, UK. Her first massage diploma (ITEC) was gained in 1995, then in 1997 Swedish Massage and 1998 Aromatherapy Diplomas (Association of Physical and Natural Therapists) were added. Sandra has been practising privately since then. Her latest study of massage was for postgraduate diplomas, again in the UK – In Ireland - Massage in Pregnancy (APNT) and – in Newcastle upon Tyne - Infant Massage Instructor (IAIM – the International Association of Infant Massage). After gaining a B.Sc. degree in Zoology and a Secondary Teacher's Diploma at UCT, Sandra taught Biology and Science in Zimbabwean and South African high schools. Sandra tutored in Holistic Massage and Anatomy and Physiology at a school of massage and aromatherapy in London, UK, where she became Course Director. To keep up her CPD (Continuing Professional Development) in the UK, Sandra attended many workshops and seminars in Complementary Health and continues to do this in South Africa, some of the techniques of which she has incorporated into her massage work. She is training to be an NLP Practitioner (Neuro-Linguistic Programming) – a life coach, the techniques of which she applies in her tutoring. Her passion is to incorporate the massage learning and experience she has gained over the years with teaching, which she loves, and 'spread the massage' wherever she can. Sandra is the Director and Senior Tutor at the Positive Health Academy www.positivehealth.co.za.

14:00



Nurturing an open and happy relationship with your childminder (Effective communication) by Jacquie Ramage and Melody du Plessis- Educare. At Educare, we cover all your childcare needs from finding you a nanny, housekeeper or au pair as well as training them to be the best for your child that they can be! We offer a full range of childcare courses for moms, grannies, nannies, dads, nursery schools & au pairs. The courses are fun, interactive & practical & a certificate is presented upon completion. The courses include: Basic Childcare; Developmental Stimulation; Housekeeping & Cooking for Family & Kids. We also operate a professional, personal & efficient placement service of nannies, au pairs, housekeepers & chars. Our candidates are reference checked & pre-screened personally by us to ensure that only quality & experienced candidates are presented to you!

14:30



Responsible "Green" Parenting by Peter Lochner-Woolworths. Peter Lochner is the World of Difference Operational Manager at Woolworths which includes the Littleworld baby club. He is a parent and grandparent and is passionate about the environment and would like to share how you can help your children make a difference to the environment.

15:30



Teaching Children to be stress free by Michelle Schoon- Stress Free Kids. Michelle Schoon is 39 and a mother of 3 boys. She is a Graphic Designer by profession and has worked in both the publishing and advertising industry for the last 19 years. When she had her first child in 2010, she started her own design business, called Lighthouse Design. STRESS is one of the greatest threats to all life on earth. We may not be able to change the stressful situations in life but we can change how we cope with them. We can change our thoughts. The courses we run at SFK teaches children how to cope. It is a practical course that teaches them to learn about themselves and how amazing they are. Stress Free Kids will introduce you and your children to the proven techniques of deep breathing, progressive muscular relaxation, visualizations, and affirmations. Our Courses also cover the difficult issue of bullying and how to deal with it; affirmations for others and correct food choices. The first to introduce research-based, stress management techniques in this unique storytelling format, we have been embraced by psychologists, teachers, counsellors, parents, and most importantly, children.

15:30



Easy Discipline by Ann Cawood. School counselor Anne Cawood also runs a private practice focusing on parenting and related issues. Qualified to run Systematic Training for Effective Parenting (STEP) she has developed and presented a host of workshops and is a popular speaker at schools, on radio and TV shows. She places a strong emphasis on problem-solving and life-skills training, and is passionate about positive parenting. She has written five books, including: Children need boundaries.