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magazine

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Lisa McNamara, Publisher

# pub's note

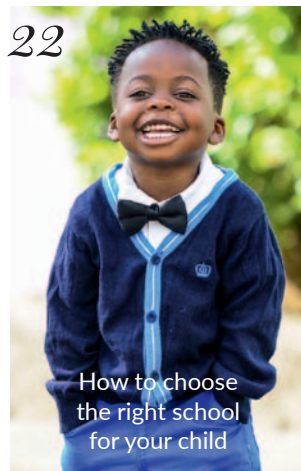
## Change begins at home

When my children were a little younger, we had a suppertime ritual. Every night I asked them two questions: "what was your act of kindness?" and "what did you do for the planet today?" Sometimes they were quite creative on the issue of kindness, but mostly it involved loving our local homeless man's dog, feeding his dog, dropping off a blanket ... for the dog. I had to stretch them even further on the issue of the planet, as often the answer was "oh, I recycled some paper/plastic/bottles". A few years ago, recycling seemed like a big deal, now sadly, it is literally the tip of the iceberg. Clearly, we all need prodding, and it seems that now our children are asking the questions and leading the way.

Greta Thunberg may only be 17 years old, but she has become famous all over the world for campaigning against climate change. In 2018, she began weekly protests at her school each Friday demanding action for climate change and founding the #FridaysForFuture Movement. What started with Greta sitting alone with a sign soon gained worldwide attention. Since then, millions of young people have joined her on protests, with many children walking out of school to take part. Our own Ayakha Melithafa, also 17, was one of the 16 teenagers who presented a grievance to the UN in New York to protest the lack of government action on climate change.

The change Greta and Ayakha are calling for may need government support, but ultimately it starts at home. My home and yours! Our children have spoken and we must listen.

Lisa



“ We deserve a safe future. And we demand a safe future. Is that really too much to ask? ”

Greta Thunberg, Global Climate Strike, New York, 20 September 2019

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# over to you

This is what you had to say ...

## queen bees and wannabees

My daughter is eight years old and has a friend who seems not to be a great friend at all. She bullies and bosses my daughter and I can see that she is having a negative influence on her. I am not sure how to handle the situation as I don't want my child to be rude to her, or to stop talking to me if I tell her to find someone else to play with. I want my child to be happy at school and not so easily influenced or manipulated.

**Anonymous**

## worried mom

My son is in Grade 1. He is a kind and caring boy. He has, however, made "best friends" with a little boy (for the past two years) who is rather nasty to him. He seems to go out of his way to hurt my son's feelings, yet my son insists on continuing the friendship. We just spent the weekend camping with his family and I saw how often he is mean to my child. I can't stand the idea of my son having him as his best friend for life. Is there anything I can do?

**Anonymous**

**Child Mag responds:** *The beginning of the school year often brings with it the issue of friendships ... For a parent, there is only one thing worse than a child with no friends, and that's a child with "bad" friends. Many parents deal with this issue, not an easy one we know. We have covered the topic in some detail, so we encourage you to read the following articles [childmag.co.za/content/what-do-about-your-childrens-bad-friends](http://childmag.co.za/content/what-do-about-your-childrens-bad-friends) and [childmag.co.za/content/girl-world](http://childmag.co.za/content/girl-world), which looks specifically at girls' friendships and the issue of queen bees.*

## cyberbullying, how do I protect my child?

The school year has just begun, and already my child is receiving nasty messages via WhatsApp and social media. She needs her phone to stay in contact with me as we use a lift club and I have to keep track of her after school. How do I manage this situation?

**Anonymous**

**Child mag responds:** *The victims of cyberbullying will suffer from many of the same effects as those who experience bullying on the playground:*

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To taste the rain  
To touch the wind  
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low self-esteem, frustration, anger, depression, loss of friends, and exclusion from social activities. It's important to stay up to date with current social media and to maintain an open relationship with your child. It is also vital that you investigate the bullying thoroughly. Find out the identity of the person, keep evidence by never deleting text, tell your child to stop responding and then, take action. [C]

Send your letters or comments to  [editor@childmag.co.za](mailto:editor@childmag.co.za)

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- The Security Association of South Africa or the Private Security Industry Regulatory Authority will provide a list of legitimate private investigators to track sources of bullying. Contact: 031 764 6681 or 012 337 5530
- Eblockwatch might also assist you. They have in the past traced and put a stop to cyberbullies through their extensive network. Visit: [eblockwatch.co.za](http://eblockwatch.co.za)
- SA Depression and Anxiety Group, contact: 011 262 6396, 0800 205 026 or visit [sadag.org](http://sadag.org)
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# sustainable parenting

Parenting is a full-time job and between keeping everyone dry, fed and entertained, there's often not much thought about the impact all of this will have on the environment.

ANÉL LEWIS looks at ways for families to be more eco-conscious.

**W**e recently started recycling at home and were horrified at how much waste we, as a family of four, throw away each day. So, I was interested to hear how a Cape Town blogger, known as "Se7en", has managed to get sustainable living right with eight children ranging in age from 7 to 20. "As a larger-than-your-average-sized family we are very aware that we could be placing a heavier carbon footprint on the earth, and over time we have made every effort to reduce that footprint."

Se7en says it was not a quick decision, but rather a "journey" that began with a love for the outdoors. "Once you have spent your days hiking or on the beach, you will naturally love it and want to protect it." The family makes a point of only driving once a week, opting to walk for the rest of the time. "It sounds crazy at first, but actually it is the healthier choice. And that is the point of green living – the choices that we make are not just better for the environment, they are better for us."

For Robyn Smith, founder of Faithful to Nature – SA's most loved eco-store, the shift towards sustainable parenting has also been driven by the realisation that many ingredients in commonly-used products contain toxins that are damaging, especially to the health of children.

With more people developing allergies, intolerances and auto-immune diseases, parents are looking for green products that won't harm their family, or the environment, she says. "Responsible purchasing requires some understanding of the ingredients being used in the products."

In response to the perception that green living costs more, Smith says: "High-quality products may cost more in terms of monetary value, but other products may cost us in terms of the environment or our health." The

gap between ethical and responsible products, and those that are produced more cheaply, is definitely narrowing. "Ultimately, it comes down to responsibility and priority. And of course, good health is the greatest saver of all," Se7en adds. "You don't need fancy products to live greener. You just need to be aware of the choices you make."

## pregnancy and baby

Small changes go a long way to ensuring a more conscious, sustainable approach to parenting. For example, Smith's recommended product during pregnancy is the Haakaa breast pump made from durable, toxin-free silicone that is safer for mom, the baby and the environment. There are also a variety of products, made from organic ingredients that have not been tested on animals, that can be used by a mother during pregnancy, and by her newborn.

When introducing your baby to solid food, consider homemade meals rather than the processed or packaged alternative. Another way of reducing waste is by using cloth instead of disposable nappies. Se7en says she made this switch for all her children and the cloth diapers were "just nicer".





# good (for the planet) reads

These books offer meaningful messages about nature, recycling, environmental activism and more.

## preschooler

A routine task such as brushing teeth can be given a green spin by switching to an organic, berry-flavoured toothpaste endorsed by the Vegan Society, says Smith. Instead of buying juice or snacks in plastic packaging, the Se7en family pack a flask of cold water and some fruit when going on outings. "It turns out the more processed your food is, the more packaging there is." Look for recipes to make homemade, nontoxic face paints and choose toys that are made of wood or recycled materials. Smith says it's possible to treat common coughs and sniffles, prevalent at this age, with natural remedies. The Pure Herbal Kiddies Recovery Bundle contains echinacea, ginger and aniseed, which have powerful antibiotic, decongestant and anti-inflammatory properties.

## primary school

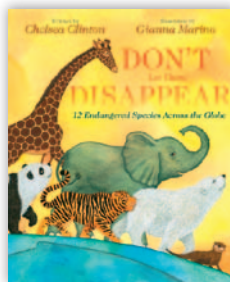
Once Se7en's children were a bit older, the family embarked on a mission to generate as little garbage as possible for landfill. They have made it a fun family challenge to see how little garbage they can produce, and have managed to reduce their waste to just one small bag a week. "As long as green living is not a chore, your children will be totally on board," she promises.

Just a few simple changes can make a world of difference when it comes to sustainable living as a family. Suggestions include buying your weekly produce at the local organic market, using fabric or recyclable sandwich bags for lunch boxes and discarding single-use plastic bottles. As Se7en says: "You don't have to change the world all on your own, every small change you make adds up to a big difference on a global scale." ☑

### Don't Let Them Disappear

(Penguin Random House)

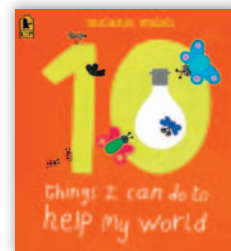
The book details 12 species of endangered animals around the world and shares ways to help prevent their extinction.



### 10 Things I Can Do to Help My World

(Candlewick)

A book for small children with things they can do to help care for the planet. From turning off the TV to walking to school, it's all about conserving energy.



### The Water Princess

(G.P. Putnam's Sons Books for Young Readers)

Based on model Georgie Badiel's childhood, the story follows a young girl who wants to bring potable drinking water to her West African community.



### Compost Stew

(Tricycle Press)

With lively rhymes and delightful illustrations, this alphabet book helps children think about all the things we can put in the compost and help the earth.



### Bee and Me

(Candlewick)

Young readers learn about the importance of bees in our ecosystem in *Bee & Me*.



### The Adventures of a Plastic Bottle

(Simon & Schuster)

This glimpse into the life of a plastic bottle offers a valuable lesson about recycling.



For 25 books that teach children to care about the environment go to [huffpost.com/entry/childrens-books-environment](http://huffpost.com/entry/childrens-books-environment)



“Many ingredients in commonly-used products contain toxins that are damaging, especially to the health of children.”



# how to boost your immune system

The holidays often bring the beginning of tummy bugs, unexpected colds, migraines and other nasties that can spoil the holiday fun.

ALISHA MACKINTOSH

During the holidays we travel more, eat out, shop and socialise more. We stay up late and are perhaps a little more relaxed about hygiene, which can weaken our immune system and make us more susceptible to viruses and bacteria.

Understanding why we get sick, will help us to avoid the common triggers over the holidays. Things to beware of:

### eating too much sugar

Who doesn't love an Easter egg hunt or the smell of fresh hot cross buns? But sadly, Easter brings with it the temptation of too much sugar. This weakens white blood cells. If you're consuming sweet things throughout the day it means that your immune system may continuously be operating at a distinct disadvantage.

### drinking too much alcohol

The holidays are synonymous with parties and often alcohol, but too much booze can inhibit the body's ability to fight infection, so rather drink in moderation.

### staying up late

Socialising or catching up on Netflix till the wee hours, plus getting up later in the

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mornings can trigger migraines. Sticking to healthy sleep habits and getting eight hours of sleep can reduce the frequency of headaches by 29% and the intensity by 40%.

### holiday shopping

We tend to shop more during the holidays, which means we're handling and drawing cash far more than usual. Money carries about 3 000 different types of bacteria that can lead to all sorts of illnesses. Always wipe shopping trolleys and surfaces with sanitising wipes before touching and wash your hands afterwards.

### travelling by plane

Studies have found that flying heightens our risk of catching a cold by 80%. Sitting in close quarters might be partially to blame, but we typically push ourselves to meet all the last-minute deadlines before going on holiday, which puts a strain on our immune system. Boost

your immunity by getting enough rest, eating healthily and managing stress. An immune-boosting supplement is recommended. Look for supplements containing vitamin C, zinc and echinacea to keep the common cold at bay.

### dirty air conditioners

If you are travelling in the car or holidaying somewhere warm, you'll be making use of air conditioning units to cool down. If the units haven't been cleaned regularly, they could be harbouring harmful bacteria that can affect those with compromised immune systems. It's recommended that air conditioning systems get debugged at least every two years.

### crowds

Holidays mean crowds no matter where you go and airborne germs thrive in crowded environments, which heightens your risk of getting sick. ☒

Common illnesses that holiday-makers often pick up include fever, diarrhoea, respiratory infections, giardiasis (infection of the small intestine), skin or soft tissue infections. Proper hygiene practices are so important and never consume food or water from places where the risk of contamination is high.

Apart from plasters and Burnshield, your holiday first-aid kit should always include sunscreen, mosquito repellent, antibacterial cream, antihistamines, eye drops, pain medication and medicine to help with cramps and nausea.

*Alisha Mackintosh is the Allergy and Immunity Portfolio Manager at Pharma Dynamics.*

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# what living Danishly taught me about happiness

Given the opportunity of a new life in rural Jutland, a journalist discovers a startling statistic: the happiest place on earth isn't Disneyland, it's Denmark. What is the secret to this nation's success?

HELEN RUSSELL

I used to be one of those wild-eyed, sleep-deprived, over-caFFEinated people who look like they need a nap in a darkened room. (Don't know anyone like that? It could be you ...) Working long hours in a big, shiny job and living in London for 12 years had taken its toll and I felt shattered. I had a supportive husband and great friends, but never seemed to have time to see much of them.

As well as climbing the career ladder and keeping up a hectic social life, we'd also been trying for a baby for as long as either of us could remember, eventually resorting to fertility treatment. But after two years of hospital visits, my thighs were black and blue from injecting hormones daily and my spirit was broken. Something had to give.

So when my husband came home one wet Wednesday and told me he'd been offered his dream job working for Lego in Denmark, this "other life" possibility was dangled in front of us. It was a chance to swap everything we knew for the unknown – in the country that had consistently been voted "happiest in the world" in polls going back to the 1970s.

Lego Man, as he shall henceforth be known, begged me to move, and somehow I found myself agreeing. I quit my job to go freelance and decided I would give it a year, investigating Danish happiness firsthand – looking at a different area of living each month to find out what Danes did differently. I set out to interview psychologists, politicians, sociologists, economists, historians, geneticists, and as many Danes as I could find, to help me understand the Danish mentality. From food to

family life, and design to Danish pastries, each month I resolved to throw myself into living "Danishly" to see if it made me any happier – and if I could change the way I lived as a result.

Intention set, challenge outlined, we packed all our worldly possessions into boxes and moved from central London to Denmark's rural Jutland, where Lego HQ is based.

## happiness at work

My new home in Stickville-on-Sea consisted of a bakery, a few boats, and an honesty box for locally-grown potatoes. There were no bars, no Starbucks, nor, as it turned out, any people under the age of 60. And then my husband left to go to work and I was all on my own.

I started to worry that I'd made the biggest mistake of my life. So I fired off a few emails, scooped several pastries, and was just wondering what next? when Lego Man was home again at 4pm. I took this to be a first-day exception, easing the new boy in gently. But then the same thing happened the next day. And the one after that. And the one after that. And then Friday rolled around, and he came home at 2:30pm. Was

he sick? Had he lost his job? Had Lego melted? (My motto: why think rationally when you can add a little drama?) But no, he told me: "People just leave even earlier on Friday."

Fascinated, I spoke to sociologists and economists to find out more about work-life balance, Danish-style. I learned that while the official working week is 37 hours, official figures show that the average Dane only works 33 hours. Naturally, at first I presumed that this made Danes slackers. But then I discovered that workers are 12% more productive when they're in a positive state of mind (so says research from the University of Warwick), that Denmark has the happiest workforce in the world (according to a Eurobarometer survey), and, as a result, Denmark has the second-best economy in Europe.

### the reason for pram parking

This emphasis on togetherness and spreading the love has another welcome side-effect: trust. Researchers who study these things say that 79% of Danes trust most people – a statistic I found extraordinary. (I don't trust 79% of my immediate family.) In Denmark, kids are taught that the world is an essentially good place and most people are not out to get them.

There's a famous story of a Danish woman in New York who left her baby outside a restaurant in their pram (or stroller, as Americans would call it) and was arrested for neglect. But in Denmark, babies are routinely left outside in their prams to sleep and get fresh air. There's a trust that no one is going to steal them. As several Danish friends independently assured me, "no one steals babies in Denmark."

Which is lucky, as it turned out. Because six months into our year of living Danishly, I discovered I was, finally, pregnant.

### families living Danishly

At the start of 2014, I gave birth to a baby boy, and it was this experience that really won me around to the advantages of "living Danishly." Our neighbours left a wooden stork outside our house, as is the custom in Denmark, to warn the mail delivery person to tread lightly for a while – and I came to learn that Denmark is a great place to have kids. Children grow up free in Denmark. Preschoolers play outside, come sleet or snow, and are encouraged to run, jump, fight, and fall (often, if my own is anything to go by) without anyone rushing in to arbitrate. The idea of the "terrible twos" and "threenagers" are alien to Danes, who class toddlerhood as *trodsalder*, or "the boundary age", when it's accepted that pushing the limits is normal rather than naughty. This makes meltdowns in the mall or that awkward moment when your three year old defecates in a friend's playhouse (just for example ...) far more bearable – and no one gets judged.

### living Danishly ... anywhere

So, at the end of our first year, we decided to stay – and now we're in our fifth year. We're happier. We're more relaxed; we have our priorities straight; and we trust more. Oh, and I'm expecting twins next week.

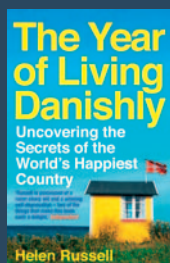
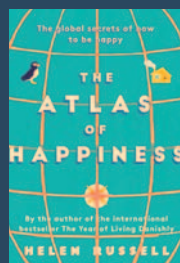
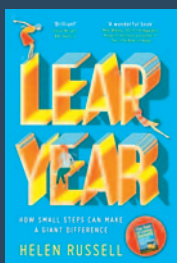
But you don't need to emigrate to get a slice of the happy Dane action. Everyone can live a little more Danishly by prioritising leisure, pleasure, and family. So leave work on time. Eat that pastry. Block out time for a hobby. Play with your kids, let them get muddy and even fall occasionally. Remember the simple things that make you happy – seeing friends or family, lighting a candle, brewing a fresh cup of coffee, or just having a bacon sandwich.

See? You're feeling better already. ☑



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*Helen Russell is a British journalist, bestselling author and speaker. Formerly the editor of Marie Claire UK, Helen has worked as a correspondent for The Guardian, as well as writing a long-standing column for The Telegraph. She now writes for magazines and newspapers around the world. The Year of Living Danishly – Uncovering the Secrets of the World's Happiest Country (Icon) is Helen's first book.*



### other reads by Helen Russell

*Leap Year* (Two Roads) and *The Atlas of Happiness* (Two Roads) – nonfiction.  
*Gone Viking*, a debut novel (Ebury Press).  
Purchase online from [helenrussell.co.uk](http://helenrussell.co.uk)

# how to (successfully) manage your family's screentime

With the holidays on the horizon you'll need help keeping the children entertained.

## CHILD MAGAZINE

School break-up day for the Easter holiday is less than a month away, and while that's great news for your children, for those of us who work it can be excruciating. How do we keep them entertained? And, when we're not around to supervise, who knows how many hours they'll spend in front of the television watching series, movies and playing games?



## 5 tips to help you manage your family's screentime

**1 Establish cut-off or set times:** rather than prescribing an amount of "screentime", give kids precise quantities and clear cut-off points. Tell them, "you can play two FIFA matches" or "you can watch two episodes of your favourite show on Netflix." This prevents them from entering the "state of insufficiency" where they never feel "done" or "complete" when they're in front of the screen.

**2 Appropriate apps:** help your child make good app choices. There are so many fun educational apps that your child won't even know they're learning.

**3 Go outside, even if it's raining:** if you're not leaving the city for the holidays, why not arrange some outdoor family fun days in your own hometown? Take them somewhere new or even somewhere they love going. By distracting them and placing them in a new environment, they won't even think about wanting to use devices or turn on the TV.

**4 Face-to-face conversation:** stress the importance of talking it out in real life. Engage your kids in fun and productive conversations to remind them that family time can still be fun. Making a habit of

eating dinner as a family around the table is an easy way to schedule face-to-face conversation, instead of huddling behind Netflix. Read [www.childmag.co.za/content/table-talk](http://www.childmag.co.za/content/table-talk).

**5 Set a good example:** if you're constantly plugged in, the message you're sending your kids is, unfortunately, not a healthy one. By finding more ways to press the pause button, it shows children the importance of connecting face-to-face and spending time doing activities away from screens. Never doubt the importance of a good old digital detox. ☑

PHOTOGRAPH: PEXELS.COM

### Primary Immunodeficiency Disease (PID)

*occurs in people born with an immune system that is either absent or hampered in its ability to function*

Whilst not contagious, *these diseases are caused by hereditary or genetic defects and can affect anyone.*

PID causes children and adults to have **infections that come back frequently or are unusually hard to cure.**

The consequences of not considering the diagnosis can be severe.

People with a Primary Immunodeficiency Disease (PID) live their entire lives being more susceptible to infections, enduring recurrent health problems and often developing serious and debilitating illnesses. Fortunately, with proper medical care,

*many patients live full and independent lives.*

*If you or your child is affected by illnesses that are Severe, Persistent, Unusual or Recurrent, speak to your doctor about the possible presence of a Primary Immunodeficiency.*

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**persistent**  
**unusual**  
**recurrent**

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REMEMBER THE WARNING SIGNS



Go outside, even if it's raining. By distracting your children, they won't even think about TV or screentime.

## *encourage learning at home during the holidays*

Here are some of the ways technology can be a positive force in a child's life.

### mobile phones

Children need to learn certain skills from a young age to make them employable in the future. Coding is a valuable skill, allowing one to create the behind-the-scenes text codes that make videos, webpages, applications and technology work.

Children from as young as five can learn coding skills through playing games such as Hopscotch, Tynker and ScratchJr. These games can be accessed via mobile phones.

### gaming consoles

Although disguised as pure fun, gaming consoles have become essential for home learning. The Xbox, for example, includes free games and apps for both adults and children such as the Rosetta Stone, which teaches languages like English, Spanish and French. In the app you travel to a variety of locations around the world while in the comfort of your lounge and engage in conversation with locals, practising the language as you visit each location.

Insects, another game available free via the Xbox app store, teaches scientific facts about the tiny creatures around us. Families with HD-enabled televisions can make use of the

enhanced graphics, showing players a realistic view of what life looks like from the insect's point of view and revealing the colours that insects see in.

The Nintendo Wii console has a variety of interactive games available such as the Nickelodeon Fit, which combines exercise, fun, achievement tracking and collaboration between parent and child.

Games like this and Wii Sports are specifically designed to hone in on the hand-eye co-ordination, memory and body movement skills children need to develop at an early age.

### gaming laptops

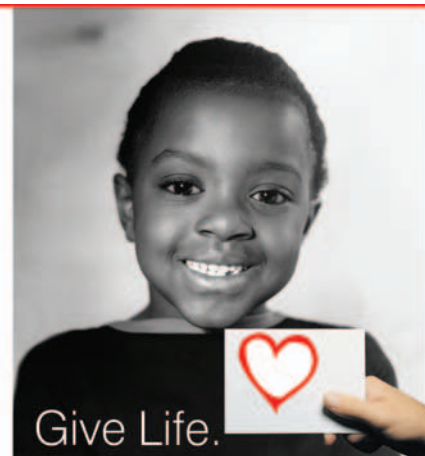
Gaming laptops give children a head start through gaining an understanding of the basic elements of using a PC, providing exposure to how to turn a computer on, and the basics of email, typing and email search.

With regulated screentime, technology can be immensely beneficial to the growth and development of a child's mind. However, since technology tools can be expensive, some adults may balk at the cost. But, one should consider buying second-hand from Gumtree or OLX, or going the Rent-to-Own route through Teljoy.

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# sometimes growing up is sore to do

We explore the mystery of growing pains and aching legs.

MARC DE CHAZAL

If your child is younger than 13 and has woken up crying in the middle of the night because of pain in both their legs, they might be suffering from a phenomenon called “growing pains”. Doctors don’t know exactly what causes these pains or how to cure them. Thankfully, they’re not life-threatening and they generally disappear when children become teenagers.

“It’s really a misnomer,” explains Dr Lyall Ashberg, a paediatric orthopaedic surgeon in Cape Town. “There is no medical evidence to suggest that growth causes pain, but we call them ‘growing pains’ because it commonly affects young children. The best we can do is rule out more serious problems and then help parents to manage their children’s pain.”

## aching legs

The general consensus is that growing pains usually occur from ages of 2 to 12 and are slightly more common in girls. However, Ashberg’s practice sees mostly boys between the ages of five and seven with this complaint.

“There are a few theories about what causes growing pains, but the most credible one seems to be the overuse of developing muscles during the day,” he says. “Children of this age are very active, and this is likely the reason why they may experience pain in their legs, especially in the late afternoon and at night. But I would hesitate to say that growing pains are a normal part of growing up. Far fewer children suffer from them than you would think.”

Growing pains are different from leg cramps, which tend to be related to a muscle spasm. Growing pains are often described by children as an ache or throb in their legs, although children don’t always describe pain accurately. Some children may also complain of headaches and abdominal pain. If there is persistent pain that just won’t let up, your child may have something more serious than growing pains. You should be concerned if the pain is accompanied by other symptoms, such



as swelling or redness, or if it’s located in the joints or associated with an injury.

Poor posture may also cause pain. “Standing, sitting or walking awkwardly puts greater-than-usual strain on the supporting muscles of the body,” explains Brandon Maggen, a Cape Town-based podiatrist. “Sometimes, children whose feet pronate may have more trouble with pain than other children.”

Growing pains do not affect how a child walks and runs and they do not make a child

sick. “If your child is limping, is complaining of pain during the day, is unwell, or if their leg is sore to touch, you need to get your child checked by a doctor or podiatrist,” advises Maggen. Your healthcare practitioner may then suggest blood tests and X-rays to get to the bottom of it.

Unfortunately, there is no specific treatment for growing pains, but gentle massage of a child’s sore legs reportedly helps, as do heating pads. Maggen adds that plenty of hugs and copious amounts of assurance by parents are really important. Pain relief medication such as ibuprofen may be prescribed, but Ashberg cautions against aspirin, which has been known to result in serious childhood diseases such as Reye’s syndrome.

## rapid growth

Growth spurts can be described as periods of rapid growth, often attributed to middle adolescence when the body produces a large amount of growth hormones. A child’s growth is not always steady and even, but tends to occur in spurts. Ashberg points out that the biggest growth spurt occurs in utero. After a child is born, we then see significant growth spurts taking place until the age of two. A child’s growth tends to plateau between the ages of two and five. “We see children between ages five and ten maintaining a fairly even growth chart, and then the next big spurt occurs around the 10- and 11-year-old mark,” he says.

In between these spurts, growth continues, but less visibly. “During the prepubescent years, the extremities of the body grow faster than the torso, giving children a long-legged appearance,” explains Maggen. “As their bones grow, they pull the tendons and muscles along, and the ligaments to which the bones are attached become stretched.”


The emphasis to push children of early primary school age into organised sports from a younger age is of more concern to Ashberg. “We



are seeing an increase in sports-related injuries in this age group, which should be more of a worry to us than growing pains," he says.

If you are taking your child for regular medical check-ups, you should only be concerned if your child falls off their growth chart drastically. Ashberg points out that

there may be various neurological reasons for a child's delayed growth milestones. There may also be hormonal imbalances resulting in a child being smaller than usual. In these instances, you will be referred to a paediatric endocrinologist if your doctor suspects this to be the problem. However, sometimes the

slower growth of your child may be quite normal. "The key thing here is obvious, dramatic change. Your child can't choose his parents; so if your family is generally on the shorter side, this may well be the reason for your child's seemingly slower growth," says Ashberg. 

## nature's healers

### magnesium

Too many children don't follow a magnesium-rich meal plan, which makes them more vulnerable to growing pains. It is a core mineral contributing to the structural formation of bones. It also boosts bone mass in a child's early years, and assists in the maintenance of joint cartilage. Magnesium further helps transport calcium and potassium across cell membranes, and supports the general health of nutrient-converting cells. In fact, cells will die if there's a lack of magnesium. It also has a calming effect on moods and helps combat anxiety and irritability. Such neurological benefits can help take the edge off growing pains. The more active your child, the more magnesium the body uses.

### vitamin K2

This miracle nutrient found in fermented soy, cheese, egg yolks, dark chicken meat, and butter is crucial to the body's process of repairing bones and joints under stress. Everybody knows just

how important calcium is for healthy bones, but calcium needs vitamin K2 (and vitamin D3) to help with absorption and reaching bone mass. Various studies have identified children as the group most deficient in vitamin K2. It's also a very difficult nutrient to get enough of from your diet, which means one has to actively pursue it.

### methylsulfonylmethane (MSM)

MSM is a naturally occurring substance found in fruits, vegetables, nuts and seeds, and dairy products high in full-fat milk. For the growing child, MSM is another magic nutrient and because it's made up of 34% sulphur – the fourth most abundant mineral in the body. For the growing child, sulphur deficiency can cause a poor immune response, slow growth, weak joints and fatigue. Studies have also confirmed that MSM supplementation helps inflammation, joint and muscle pain, oxidative stress, and antioxidant capacity.



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## *healthy start to the day*

Some say breakfast is the most important meal of the day. We say these recipes are so good, your kids will want to eat them no matter the time of day. The good news is they are as healthy as they are delicious and super easy to prepare.

CHILD MAGAZINE

### *sweet potato breakfast rösti (v)*

Swap a traditional slice of toast for a sweet potato rösti and you have a low-GI breakfast or weekend brunch option!

Serves 2

- 6 tomatoes on the vine
- 3 tbsp olive oil
- salt and pepper
- 2 orange sweet potatoes, grated
- ¼ tsp garlic
- 1 avocado
- 1 tbsp vinegar
- 2 eggs
- pinch of dried chilli flakes

Place the tomatoes in an ovenproof dish. Drizzle with 1 tablespoon of olive oil, season with salt and pepper and roast at 180°C for 15–20 minutes.

Press the grated sweet potato onto paper towel to remove any excess moisture. In a bowl, mix the sweet potato with salt, pepper and garlic. Heat a pan, add the rest of the oil and cook 2 röstis on each side until golden.

Halve the avocado and slice very thinly. Then fan out the slices a little and curl towards the centre to form a rose. Bring some water to the boil and then allow to simmer. Add a couple of drops of vinegar to

the water. Crack an egg into a bowl or saucer – this makes it easier to slide into the water.

Switch off the heat and stir the water to create a gentle whirlpool. Slowly tip the egg into the centre of the whirlpool. Poach for 3–4 minutes to achieve a soft yolk.

Lift the egg out with a slotted spoon and drain on kitchen towel. Repeat the process with each egg.

Place each rösti on a plate and top with an avocado rose. Place a poached egg in the centre of each avocado rose. Finish with some chilli flakes and salt, and serve with roasted tomatoes.

## super healthy smoothie pops

All the goodness of a smoothie in pop form – so clever!

Serves 12

- 2 large bananas, sliced and frozen
- 2 tbsp oats
- 2 cups plain or Greek yoghurt
- 2 tbsp Robertsons pure berry boost powder
- 2 cups granola
- 2 tbsp melted nut butter of choice
- 2 tsp honey
- 2 handfuls of mixed berries, to garnish
- 12 wooden ice-cream sticks
- 12 paper cupcake cases

Place banana, oats, yoghurt and the berry boost powder in a blender and blitz until smooth. Mix granola with nut butter and honey and set aside. Line a 12-hole muffin pan with paper cupcake cases. Place a tablespoon of the granola mixture into each cupcake case, pressing down to secure the base.

Top with the creamy smoothie mixture (roughly 2 large tablespoons per cup). Sprinkle mixed berries on top of each cup, pressing them gently into the mixture. Pop a wooden ice cream stick into the centre of each cup. Freeze for 3–4 hours. Peel away the cupcake cases before serving.



## un(bean)lievable breakfast cups

All-in-one, grab-and-go egg cups conveniently prepped in a muffin pan!

Makes 6

- 6 slices white bread
- 1 can KOO baked beans in chilli sauce
- 6 rashers of bacon, cooked
- 2 cups of cheese, grated
- 6 eggs
- chives, to garnish

Cut the crusts off the bread and flatten slightly with a rolling pin. Place 1 slice of bread into each cup of a greased 6-hole muffin pan, pressing the bread into the sides of the cup.

Line each slice of bread with a spoonful of baked beans, a rasher of bacon and cheese. Then crack an egg on top. Bake at 180°C for 15 minutes or until the egg is cooked through. Serve the breakfast cups topped with chopped chives.



*about the book* Foodies Top 100 is a selection of 100 of Foodies of SA's best-loved and most-shared recipes of 2018/2019! The recipes featured in this book have been watched millions of times across Facebook, Instagram and YouTube, have been shared hundreds of thousands of times and have ended up on countless dinner tables across the country. And now they have been conveniently packaged into the pages of one awesome cookbook for you to enjoy. Published by Quivertree and available at all good bookstores and online for R390.

# 5 top trends in education

Here are the five top trends in education for the next three to five years.

LISA ILLINGWORTH

## 1 education as a business

Over the past few years we've seen a rise in independent school groups, like Spark Schools and Nova Pioneer, and this number is predicted to continue growing for the foreseeable future. The core focus of these schools is on creating citizens that are holistically equipped for challenges that lie outside of academia.

These are also coupled with business models that make independent, private schooling accessible to lower-income groups of the population. Spark Schools and Generations Group are only two of the examples of a blend between good business practice and a citizenry approach to education.

"In simple terms, the current curriculum being taught in South African schools creates little value for the world, hence the emergence of groups like Generations aimed at solving this problem," states Jevron Epstein, CEO of Generations Schools.

## 2 educational "niching"

The current national sentiment, that traditional schooling is both broken and irrelevant for the world of work that children are entering into, will continue to gain support over the next five years, resulting in increased "niching" into smaller specific educational segments. Niching will not only include skills and knowledge

segments, but will also focus on the emotional wellbeing of the child. Leadership and stewardship will take centre stage followed closely by coding, entrepreneurship and design. The market appetite will grow towards a blended offering of all of these, and smaller institutions that offer these programmes will see an upswing in interest, either separately to South African schools or included in their offering to parents for differentiation.

## 3 school "coaching"

Parents are beginning to admit their inability to keep up with the challenges that teenagers face and are seeking out professionals to equip

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them and their teens with a broader toolbox of skills and coping mechanisms – “coaching”. Schools and parents are also investing and will increase this investment in additional support in the form of coaching and mentoring from formal professionals, particularly in the high school phase of education where parents feel under-equipped to cope with the volatility of their teenagers.

## 4 self-directed learning

When classrooms were centred around the learning and knowledge that was directed by a teacher, the structuring of classes, lessons and activities had to have a single point of focus. This meant that teachers needed to command the learners’ attention to be solely on the teacher. The pace of teaching was set by the amount of knowledge the teacher could distribute. Learning was at a

pace set at the discretion of the curriculum and the teacher.

With the diverse and deep accumulation of information on the internet, teachers can and must change to teaching students how to learn and assimilate knowledge. Teachers have the chance to no longer be information practitioners but rather shapers of healthy, engaged and responsible citizens. Teachers now have the freedom to develop skills and behaviour as the source of knowledge, which, when there is access, is now digital.

By being taught self-awareness and self-management, students can identify the gaps in their learning, choose the channel through which to acquire that knowledge and, with the help of an educator, sift through that knowledge to create their own learning pathways.

## five including mindfulness

Is your child stressed? Anxious? You’re not alone. It seems that everyone is experiencing “burn-out” these days and children are very sensitive to what is going on around them. As a result, an increasing number of children are experiencing behavioural and emotional issues both at home and in the classroom.

In response, some schools have introduced mindfulness into the curriculum, and we predict that more and more South African schools will catch on in the coming years. Mindfulness is a type of meditation proven to increase calm, combat anxiety and encourage focused and participatory learning. Mindfulness can be introduced as a five-minute daily meditation or a relaxation technique during a class – providing a short break from the hectic pace of life that has an overwhelmingly positive impact. ☐



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# finding the right school

There are many factors to consider when choosing a school. Help is at hand to assist you make the right decision for your child.

CHILD MAGAZINE

## preschool

Get your child's academic career off to a good start by establishing a strong foundation, beginning with choosing the right preschool.

- **Staff** Take into account the qualifications of the principal, teachers and any other staff, as well as their experience and training. For preschool, this should include some form of first-aid training. Equally important is how the staff interact with the children one-on-one and in groups.
- **Facilities** Preschool should provide lots of varied opportunities for play, learning and development. Look for (safe) play equipment that will help improve gross motor skills.
- **Times** Ask about closing and opening times to ensure that these fit in with your schedule. Check the school's calendar so you know when school holidays are, if you have older children, juggling different holiday schedules could be challenging. Find out if the school offers aftercare and holiday care.
- **Routine** Ask about nap time, meal times (and whether meals are provided) and the school schedule. If your child still needs to be potty trained or is in training, ask how the school accommodates this.
- **Numbers** Find out how many children are in a class and the number of teachers and assistants in charge of each class. Some children will excel in a smaller setup while others will thrive in bigger schools.
- **Location** Where the school is situated will play a big part in your decision. You may want it to be close to home, work, or nearby your other children's school.



- **Type of school** Keep in mind your child's personality and interests when deciding on their school. If you don't want to go the traditional route, look into a Montessori or Waldorf setup. But

always ensure the school's values, work ethic and views are in line with your own. If you have your heart set on a particular primary school, you may want to investigate good feeder schools to boost your chances of acceptance.

- **Communication** Consider how the school keeps the lines of communication open. There may be days where you don't have time to talk to the teacher; how will you hear about your child's day or find out about extramural activities and events?
- **Discipline** Find out how the preschool disciplines children and make sure you're comfortable with their policy.
- **Reputation** Trust word of mouth. Ask other parents about their experience with the school and if their children enjoyed it.

## primary school

As your child enters the next phase of their schooling, your expectations (and their needs) may change.

- **Private or public** Decide what kind of education and attention your child needs and what you can afford. A private school will cost more, but may offer smaller classes and provide access to better resources, whereas the standards of public schools vary widely. Some are among the top-performing schools in the country and offer great facilities, while others are overcrowded and lacking in resources.
- **Proximity** Government schools operate on a zoning system and preference is given to those living in the feeder zone. Private



schools do not use the same zoning system, but have their own admission requirements. Choosing a local primary school will mean that your child might already know a few of the children from preschool. It will also mean that when you need to drive your child back and forth to playdates, they will be in your neighbourhood. Alternatively, enrol in a primary school that is a feeder school for your preferred high school.

- **Sports, arts and cultural offerings** If your child has an interest in sports, languages or the arts, you might want to choose a primary school that has the facilities and extramural or specialist programmes to develop their skills. For athletically gifted children, a school with excellent sports facilities, coaches and opportunities is a good option. Schools such as these can be great for boosting children’s self-esteem as they can focus on an area in which they excel, while still getting a traditional education. These schools may be more expensive, but often they offer scholarships or bursaries.
- **School’s ethos and values** What is the culture of the school and does it provide a stimulating environment for your child? Would you prefer to send your child to a school that is secular, nondenominational or aligned with a particular faith and offering some degree of religious education? It is important to note that a school with a religious affiliation will still welcome other religions. Additionally, look at the traditions and values that the school upholds and ask if they are aligned with your own. Also consider the relationships between the teachers and learners and how they treat each other.
- **Changing schools** Should your child remain in the same school for the duration of their education (preschool through to matric) or change for each phase? There are pros and cons to both. In changing schools your child may learn to better accept and adapt to change, while staying with the same school may give them a stronger sense of stability.

- **Special needs** Depending on your child’s needs you must decide if they should attend a mainstream or a special needs school. There are mainstream schools that offer inclusive education where remedial or bridging classes are offered in addition to mainstream classes. Consult an expert to determine what the best fit will be for your child.
- **Co-ed vs single sex** The choice depends entirely on your child’s personality. Every child is unique and deserves an education that uses teaching approaches, which meet their particular needs. It is believed, for example, that introverted children will do better in a single-sex environment. The top matric achievers in the last few years also happen to be from single-sex schools. But not enough research has been done locally to prove one system superior to the other.
- **To board or not** Boarding is one of the best ways to encourage independence. Children are also in a learning environment 24/7, even outside the classroom. Plus, they have the opportunity to take part in extramurals in one inclusive environment and be part of a “built-in” social life. If you can’t stand being apart from your child during term time, consider weekly boarding. Just be sure you’re sending your child for the right reasons - not because you have fond memories of your school days.

### beyond matric

Tertiary education in South Africa has never been more volatile, so you might consider sending your child to a university abroad. If so, it may be worth enrolling them in an international school. Not only will your child be exposed to cultural diversity, but they’ll also get an internationally recognised qualification. International schools are generally quite expensive and may follow the traditional August to June school year of the country their curriculum is designed for. That said, these schools are well known for their academic excellence, which puts any other possible obstacles on the back burner. ☐

“ Every child is unique and deserves an education that uses teaching approaches that meet their particular needs. It is believed, for example, that introverted children will do better in a single-sex environment. ”

# surviving *the party circuit*

It's a new year and that bring birthdays galore ...

SAMANTHA PAGE

It's a given that from the moment your child starts spending time with other children, whether at a playgroup, school, social or sports club, your weekends will begin to fill up with parties. "I definitely feel the pressure to accept all the invitations I receive because, today, parents put in a great deal of effort and some spend a fortune, too," says Leila Petersen-Gallant, from Cape Town, mom to a two year old. Our supersize consumer culture has funnelled through to children's birthday parties making them bigger, splashier and more expensive, which leaves many parents guilt-ridden about declining an invitation.

## how do you decide whether to accept or decline?

"As a same-gender family, we think carefully about who our daughter Rebecca, 3, is exposed to, and, in deciding which parties to attend, we try to ensure that our value system aligns to that of the playmate's parents," say Marlow and Douglas Newman-Valentine. "We always involve Rebecca in the discussion, and give preference to invites from girls she mentions often – the ones with whom she has a real connection."

**pro tip:** Try not to allow your guilt over all your late nights at the office, or your own competitiveness, trick you into accepting every invite. Let your child guide your decision. They instinctively know where they feel accepted and comfortable.

## how do you RSVP without causing offence?

"I always RSVP, considering the time and expense involved, but never by text or email. I call because I think parents appreciate the show of respect. Sometimes, I think I detect a note of relief when I decline because, for the hostess, it's one less child and one less parent to entertain," says Taweni Xaba, a Durban mom of three.

**pro tip:** Roughly translated, RSVP means "request for response", so sit some parties out, but let parents know so they can plan their event accordingly.

## how do you explain this to your child?

"Occasionally my girls have to miss a party, but they know that family engagements, such as visits to Gogo, come first. I keep a schedule on the fridge and the first booked gets preference. We also have a rule that we are open to parties, not sleepovers, as my three girls are all under the age of ten," adds Xaba.

**pro tip:** Declining an invitation for whatever reason is the perfect opportunity to teach your child an important life lesson: you won't always be friends with everyone, but you should always be respectful and kind to others.

## and what about giving a gift if you've declined?

If it's a very close friend or family member who would've received a gift anyway, it wouldn't be out of place to send something small or even a card, but there's no obligation if your child is not attending. ☐



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For more help planning your child's party, visit [childmag.co.za/resources/birthday-parties](http://childmag.co.za/resources/birthday-parties)



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## let's party

My standout party memory is the year my mother baked a farm-themed birthday cake, complete with a plastic wooden fence and fat rubber cows that I played with for weeks afterwards. A boy named Bradley also stuck my brand-new doll in the oven (which was thankfully switched off) and we ate fizzers and NikNaks until the chip dust made it seem as if our fingers could glow in the dark.

A lot has changed since then – party themes have become far more sophisticated, the food has certainly become healthier, and there's a greater chance of pinning the tail on the proverbial donkey than being handed an actual paper invite. Pinterest has upped the ante – and picture-perfect party ideas are just a phone-swipe away.

Nowadays, the first inkling of a party invite is the ping on your phone as you're added to a new WhatsApp group. While there is the risk of this notification getting lost in the myriad of school-related WhatsApp groups that somehow seem to proliferate like mushrooms in the forest, I quite like the fact that it eliminates the need to hand out invites at school in full view of those who have not made the guest list.

Speaking of invites, it's just good manners to RSVP – whether the invite has come via WhatsApp or as a folded piece of paper in your child's school bag. This is even more important if the party involves an expensive activity or experience. Also, don't assume that you can bring siblings along as well.

With younger children, the norm seems to be to invite the whole class, which is actually counterintuitive because at this age they mostly tandem-play, and actually don't really care whose party they are at. As long as there's gummy worms and cake – which never gets eaten – they're happy. The "child's age plus one" rule is, therefore, helpful when deciding on guest numbers. This means that a four year old would have five children at the party – infinitely more manageable than a class of 30. By the time a child is in Grade 2 and 3, their friendship circles are well-established and it's possible to whittle that guest list down considerably.



## Is it even a party if there's no pinata?

So we know balloons and plastic straws are out,  
but what's in for 2020?

ANÉL LEWIS

“Opt for experiences,  
rather than activities that  
use paper and plastic”

my daughter, who has just turned nine. She is all about the decor and the entertainment. From cats and unicorns, and most recently to llamas, we have pretty much covered most of the animal kingdom – real and imagined – over the years. But now it seems that experiences are more important than a set theme. Acrobranch was a hit, and creative parties such as Clay Cafe or Art Jamming are always popular. While some themes tend to favour girls (such as a pamper party) or boys (rugby or Nerf

guns), there's no reason why they can't enjoy the same event.

Gone are the days when a few fizzers and a cold hot dog would cut it as party food. Now it's quite common to see crudites, fruit platters and even sushi on the table. With more families opting for plant-based eating, party food also includes meat- and dairy-free treats. Be mindful of allergies when hosting a party – find out if anyone is allergic to nuts, honey or other ingredients in your snacks.

The move towards eco-conscious parties has seen the focus shift from disposable to recyclable party decor. Think of all the plastic – be it the balloons, gimmicky party favours or even wrapping paper – that is discarded after a party. Fabric bunting, recycled paper chains or upcycled

Older children tend to want more elaborate themes involving activities, so cost definitely becomes a factor.

There will be those who spare no expense to create the ultimate party experience, complete with three-dimensional pinatas that sing a tune and a waterslide that puts Gauteng's Happy Island water park to shame. And there's those who stick to the basics with a few rounds of pass-the-parcel, some snacks and a homemade cake. Either way, as long as the children are content and no one's doll ends up in the oven (I speak from experience), you're on the right track.

We've done our fair share of themes: aeroplanes, trains (twice), racing cars, firemen and Minecraft. But the highlight was definitely a rugby party that had 15 boys running around a field for an hour and a half. Things are a bit different with

pompoms will add a guilt-free green touch to any party, while bamboo plates, cups and straws are appealing alternatives to the conventional plastic utensils. Instead of handing out goodie bags filled with plastic, give a seedling that can be replanted. Use material gift bags as an alternative to wrapping paper.

Opt for experiences, rather than activities that use paper and plastic. One option is to incorporate green games into the party. I saw on Facebook recently how a representative of Waste-Ed, a company that works with schools and communities to develop zero-waste management systems, encouraged children at a 10-year-old's birthday party to make stools out of ecobricks (plastic bottles crammed with plastic). Or, opt for service providers that are environmentally friendly. Sparkle Mobile Pamper Parties, in collaboration with Peaches and Mint, for example, offers "organic beauty parties" using only natural products.

## party theme trends...

**Fiver parties:** based on a US-concept, where parents give the birthday child \$5 dollars towards something they really want. South African parents are already suggesting a small cash contribution, instead of a present. Gift vouchers are also popular, especially with older children.

**Retro parties:** pin-the-tail-on-the-donkey, pass-the-parcel, musical statues and the chocolate game are back in fashion. Or, maybe these classics never lost their appeal?

**No-gift parties:** instead of gifts, guests are asked to donate something to a good cause. It could

be pet food or stationery for a needy school.

**The cake is the hero** of any party and according to Pinterest, number cakes are making a comeback. This is music to my ears. I tried to make llama biscuits recently for my daughter's class birthday ring. Let's just say that of the 10 biscuits that were edible, only 2 still had their ears. The rest resembled withered cacti. We ended up sending a tray of shop-bought cupcakes to school. I'm eagerly awaiting Erin's 11th birthday, as I am sure I will nail that number cake – I mean, what could go wrong with two cake logs, decorated as "ones"?

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## *party time treat*

Who doesn't love a beautiful birthday cake? This recipe from the book *Foodies Top 100*, published by Quivertree, caught our eye. So much fun for you and your children to make.

CHILD MAGAZINE

### *shweshwe cake*

A deliciously decadent CHOCOLATE CAKE decorated with a shweshwe-inspired Allsorts pattern!

Serves 8-12

#### for the chocolate cakes:

- 1½ cups soft butter
- 1¾ cups caster sugar
- 6 large eggs
- ½ cup milk
- 2½ cups self-raising flour, sifted
- ¾ cup cocoa, sifted
- 2 tsp baking powder
- 2 tsp vanilla extract

#### for the vanilla icing:

- 6 cups icing sugar
- ¾ cup butter, softened
- 3 tsp vanilla essence
- 4 tbsp milk

#### topping:

- Beacon Allsorts original, mini and Liq-O-Dots

Preheat oven to 180°C. Lightly grease 2 round cake tins with a little extra butter and cut 2 pieces of baking paper to fit the base of the tins.

Place all of the ingredients in a large mixing bowl and beat with a wooden spoon or a hand-held mixer for 1 minute, or until just combined. It's important to not beat the batter too much – just long enough to make it smooth.

Pour the mixture into the tins, smooth the tops and bake on the middle shelf of the oven for 45-50 minutes. The cake is cooked when it looks well risen and golden; the top should spring back when lightly touched with a fingertip. Remove from the oven and let the cake sit in the tins for 5 minutes, then gently run a knife around the edges and turn the cakes out onto a wire rack to cool.

Mix icing sugar and butter with a spoon or electric mixer on low speed. Stir in vanilla and 1 tablespoon of the milk. Gradually beat in just enough remaining milk to make the icing smooth and spreadable. If it is too thick, beat in more milk, a few drops at a time.

Allow the icing to stand for 15 minutes so it firms up a little, then spread over the top of the cooled cake. Using Allsorts sweets, decorate the cake in a shweshwe pattern.

# what's on this autumn

For more events go to [childmag.co.za/whats-on](http://childmag.co.za/whats-on) or submit an event for our winter issue before 8 May to [pretoria@childmag.co.za](mailto:pretoria@childmag.co.za)

## 27 February–8 March

### *The Hen that Lost Hawk's Needle*

Hen and Hawk used to be best friends. Their friendship changed the day Hawk lent Hen his magical needle and Hen lost it. Hawk promised Hen that if she did not find the needle he would eat her chicks. Until this day, chickens scratch the ground looking for Hawk's needle.

Venue: Rendezvous at SA State Theatre, 320 Pretorius Street, Pretoria  
Time: 11–11:50 am  
Cost: R100 from [webtickets.co.za](http://webtickets.co.za)  
Contact: 011 234 3650, [statetheatre.co.za](http://statetheatre.co.za)

## 8 March

### Suzuki Like2Bike Kids Event #2

MTB and duathlon events for kids of all ages, offering energetic fun for the whole family. Mom and Dad can participate free when entering their child in the 2km, 5km or 10km MTB fun or duathlon categories. In the race and 25km categories for ages 13+, children go it alone on the incredible trails.

Venue: Wolwespruit MTB Park, Jochemus Street, Erasmuskloof  
Time: Various  
Cost: R150–R230  
Contact: Entry Ninja, 087 012 5044, [like2bike.co.za](http://like2bike.co.za)

## 13–15 March

### Superhero Family Festival

Dress up in your favourite superhero costumes. There'll be amusement rides, robot costumes, food stalls, markets, crafts, kids' clothing and more. There are three adventure sessions of four hours each. Admission ticket is valid for one session only.

Venue: Heartfelt Arena, 1000 Voortrekker Road, Thaba-Tshwane  
Time: 10am–2pm, 2pm–6pm, 6pm–10pm  
Cost: R65 (children), R75 (adults), R250 (family of four – two children and two adults), R480 (group of 8 – children or adults), R950 (group of 16 – children or adults)



## 29 February

### Advance Screenings of Disney Pixar's *Onward*

On leap day, the all-new film hits cinemas nationwide for one day only in special advance screenings. In the movie, teenage elf brothers Ian and Barley (voices of Tom Holland and Chris Pratt) get a magical opportunity to spend 24 hours with their late father. In honour of 2020's extra 24 hours on leap day, Disney and Pixar are inviting moviegoers to get a first look at the new movie before its official opening.

Tickets for advance screenings are now open at the usual outlets. *Onward* opens nationwide in cinemas from 6 March.

Contact: 071 717 1255, [info@superherofamilyfestival.com](mailto:info@superherofamilyfestival.com) or [superherofamilyfestival.com](http://superherofamilyfestival.com)

## 16 March

### *Peter and the Wolf*

*Peter and the Wolf* and other popular classics feature in this children's concert performed by the Gauteng Philharmonic Orchestra.

Venue: Brooklyn Theatre, Greenlyn, Shop 21, Thomas Edison St, Menlo Park  
Time: Various  
Cost: R150–R310  
Contact: 012 460 6033, [jpverster@brooklyntheatre.co.za](mailto:jpverster@brooklyntheatre.co.za) or [brooklyntheatre.co.za](http://brooklyntheatre.co.za)

## 21 March, 18 April, 16 May

### Fun Zoo Walk

Join a fun walk inside the Pretoria Zoo on a Saturday. The distance is about 5km and suitable for all ages. Medals will be issued until 9am and you are welcome to enjoy the rest of the day at the zoo.

Venue: National Zoo, 232 Boom Street  
Time: 6am–9am  
Cost: R50 adults, R40 children (0–18 years)  
Contact: Lettie Appelgrein, 084 740 6386, [info@fotz.co.za](mailto:info@fotz.co.za), [fotz.co.za](http://fotz.co.za)

## 23–28 March

### *Jack and the Beanstalk*

Pretoria Youth Theatre presents its adaptation of this classic story in a fantastic, funny and exciting interactive show full of singing and dancing. Together with stunning scenery, eye-catching costumes, original songs plus up-to-date chart songs and loads of audience participation, this show makes for a thoroughly entertaining family day out.

Venue: Irene Village Theatre, 1 Pioneer Road, Irene, Centurion  
Time: 10:30am and 2pm  
Cost: R90–R120  
Contact: 082 423 0603/084 804 0490, [tshwaneyouththeatre@gmail.com](mailto:tshwaneyouththeatre@gmail.com) or [pytheatre.co.za](http://pytheatre.co.za)

## 5 April

### Pretoria Zoo Kids Carnival

Vocal groups, DJs and dancers will entertain and create a buzz, while the kids get their faces painted and enjoy funfair rides, magicians, and plenty of games. The whole family can enjoy the charming carnival atmosphere. There will be loads of food trailers, fashion stands, a fully-fledged amusement park, and great prizes.

Venue: Pretoria Zoo, 228 Bloed Street  
Time: 10am–6pm  
Cost: Early bird tickets (until 30 Mar) R120 children (2–12 years), R150 adults. Normal ▶



PAW Patrol Live! The Great Pirate Adventure!, 7–8 April

### 7–8 April PAW Patrol Live! The Great Pirate Adventure!

Its Pirate Day in Adventure Bay and Mayor Goodway is getting ready for a big celebration! But first, Ryder and his team of pirate pups must rescue Cap'n Turbot from a mysterious cavern. When they do, they also discover a secret pirate treasure map. The PAW Patrol set out over land and sea to find the treasure for Mayor Goodway's celebration before Mayor Humdinger finds it first. The pups will need all paws on deck for this pirate adventure, including some help from the newest pup, Tracker!

Venue: Sun Arena at Time Square Casino, 209 Aramist Avenue, Menlyn  
Time: Various  
Cost: R250–R590  
Contact: pawpatrollive.co.za

price (after 30 Mar) R140 children (2–12 years), R160 adults  
Contact: 078 182 1679 or namelafunrides.co.za

### 13 April Peter Rabbit

Naughty Peter Rabbit once again ventures into the forbidden vegetable patch of Mr McGregor and finds himself in serious trouble? But what is to be done? Join us for a hopping good time with this beautiful modern adaptation of a classic favourite

Venue: Irene Village Theatre, 1 Pioneer Road, Irene, Centurion  
Time: 9am, 11am, 1pm and 3pm  
Cost: R75  
Contact: 084 804 0490, tshwaneyouththeatre@gmail.com or pytheatre.co.za

### 27 April Braai and Family Picnic

Celebrate Freedom Day with the family with a braai and picnic. Jam-packed with high-energy music and performances featuring a selection of SA's best tribute acts and interspersed with the very best local musical talent. The children's playground has many activities such as go-kart racing, giant water slides, colouring, jumping castles, face painting and much more.

Venue: Hartbeespoort Holiday Resort, Old

Rustenburg Road R513, Brits, North West  
Time: 9am–6pm  
Cost: Early bird tickets (until 16 Apr) R150 adults, R130 children (2–12 years). Standard tickets R170 adults, R150 children (2–12 years). Purchase tickets from Shoprite, Checkers or Computicket  
Contact: Picnic Braai, facebook.com/picnicbraai

### 30 April–5 May KIES Tierlantynkies Festive Design & Food Fair

A celebration of creativity for all. Apart from the more than 86 exhibitors selling a variety of goods, jewellery, clothing, gifts, toys and decor items, there are food and deli stalls. Patrons can enjoy a meal and a glass of wine while being entertained by local musicians.

Venue: 3Ci, 56 Saal Street, Zwavelpoort, Pretoria East  
Time: 9am–6pm (Thurs, Fri, Sat, Mon), 10am–4pm (Sun), 9am–4pm (Tues)  
Cost: Ticket prices online.  
Contact: tierlantynkies.co.za

### 1 May Brooklyn Square SPCA Antique Fair

The SPCA is collecting books, art, furniture, Persian carpets, bric-a-brac, silver-plated items, porcelain, tea sets, even pre-loved

designer clothing, bags or shoes. These items will then be sold at the fair and the funds raised will be used to cover the operational cost of animals in the care of the SPCA.

Venue: Cnr Veal and Middel streets, Brooklyn, Pretoria (Tshwane)  
Time: 10am–3pm  
Cost: R30 per person  
Contact: Riaan, 082 570 9079

### 30 May Family Fun Day

Reddford House The Hills will be hosting its annual family fun day. Enjoy over 25 inflatables and games, face painting, clowns, fairies, balloon-sculpting and crafting.

Venue: Reddford House The Hills, corner of Garsfontein and Impala roads, next to The Hills Estate.  
Time: 9am–2pm  
Cost: Free entry, games from R150.  
Contact: Tanya de Jonge, tanyadejonge@thehills.reddford.co.za

### open day

#### Hatfield Montessori Preschool

Parents are invited to join the open day on 14 March to view the school's facilities. The school aims to provide quality education according to Montessori principles. These include recognising the child's individual, natural and holistic development, respect for oneself and others, and supporting self-directed learning.

Venue: 1307 South Street, Hatfield  
Time: 10am–12pm  
Cost: Free  
Contact: 012 362 0269, info@hatfieldmontessori.co.za or hatfieldmontessori.co.za

#### St Mary's DSG

Tours of a typical school day will be available for all prospective parents and girls on 13 March. The school caters for girls in Grades 000–12.

Venue: St Mary's DSG, 186 Duxbury Rd, Hillcrest  
Time: 8am–4pm  
Cost: Free  
Contact: 012 366 0500, dsg@stmarys.pta.school.za or stmarys.pta.school.za

# becoming your own superhero

When our columnist's young daughter chose to have her ears pierced, it signalled her developing identity and independence.

ANÉL LEWIS

The Ancient Egyptians may have pierced their children's ears, but my husband was still not prepared for Erin's sudden desire to shoot holes through hers. You see, for the first few years of her life, my daughter would only wear Superman-branded clothing. She was obsessed with the comic book superhero, and viewed the sparkly princess dresses I bought for her with utter disdain. Fast forward a few years and Erin, now nine, is all about the sparkles and glitter. She loves pink and anything that shimmers. And, while she is still not a fan of dresses, she is experimenting with hairstyles and showing interest in my make-up. Recently, she asked if she could have her ears pierced. I had mine done when I was six – but only because my mother wanted hers pierced and she was too scared to go alone.

Erin, however, made the decision for herself. She rallied her bestie for moral support and we headed to the jewellery shop. Conor, her brother, was quite sceptical about the whole business. He simply could not fathom how Erin



Anél, Craig, Erin and Conor

would end up with holes in her ears, or why she would want them in the first place. But he was game for anything that involved some kind of shooting action. We trooped into the store and Erin took her seat as the gun (which resembled a small stapler) was loaded. Quick as a flash,

the studs were in and Conor was on hand to wipe off a few tears from his sister's cheek. For someone who had little interest in the whole process, he wasted no time in telling everyone in the store that he has the bravest sister in the world. And he insisted on carrying the packet of spare earrings for her.

While Conor's brotherly affection and pride surprised me, I was caught completely off-guard by the rush of emotion I felt at seeing my daughter proudly wearing her earrings. I really did not expect it to be a such a rite of passage – but it was. I suppose it made us realise that Erin is getting older and beginning to make her own decisions. Erin may no longer be dressing up as Superman, but she is developing into her very own superhero, slowly expressing her independence. So while we are fervently hoping for no more piercings ever – or certainly not in the next decade or two – we are mindful that our little girl is growing up, and that change is an inevitable part of this process. [C]

“Erin may no longer be dressing up as Superman, but she is developing into her very own superhero.”

*Anél Lewis has drawn the line at any more piercings after Conor showed interest when he spotted a cricket player on TV sporting earrings. She's managed to convince him that scrum cap and studs are not a winning combination.*

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