

OCCUPATIONAL THERAPY

PSYCHOLOGY

SPEECH THERAPY

BASED AT

THERApeace

Author of *Raising happy kids*



'BLOOMING PARENTING'

A morning workshop with **LIZANNE DU PLESSIS**

3 September 2016, 09:00—13:00

R250pp

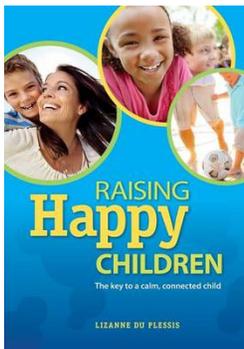
Book your place at info@therapeace.co.za

THERApeace

About Lizanne du Plessis

Wife, mother, author, occupational therapist, speaker

I'm the **wife of Marius and mom of two gorgeous girls, Lize and Cara.**



I am an occupational therapist. I write on my own parenting journey, which includes years of infertility treatment, having a premature baby and living in nine rental properties in three countries over thirteen years. I'm not afraid to share the hardships, the

challenges, the messiness and the delights of being a mum. My goal is to share my experiences as a mom, combine it with my profes-

sional knowledge and create inspirational and practical content filled with fun ideas and straightforward solutions for the challenges that you might face on your own parenting journey.

I've worked with thousands of kids and met hundreds of moms who have fired me up for my mission: **To encourage moms to parent with intent.** I'm going out to find 10 000 moms who are, like me, **intentionally pursuing being a joyful mom and raise happy kids.**



<http://www.lizanneduplessis.com/>

Fun recipe

For those fussy eaters!

Vegetable bread

Ingredients:

- 1/2 cup (optional) dried fruit
- 1/2 Tbsp baking powder
- 1/3 cup oil
- 1 Tbsp baking soda
- 1 cup shredded carrot
- 1 cup shredded zucchini
- 1 to 1½ cup of sugar
- 2 tsp cinnamon
- 2 cups vanilla yogurt
- 3 cups white flour
- 3 eggs
- 3 Tbsp apple sause
- 8 tsp what gluten (bran)



Directions:

Preheat oven to 190°C.

Beat eggs until foamy, then add sugar, oil, yogurt, apple sause, cinnamon, zucchini, carrot (and dried fruit optional). Mix well
In a separate bowl, sift together flour, salt, baking soda, wheat gluten (bran) and baking powder.

Add dry ingredients slowly to the yogurt mixture and mix until moist.

Pour into two greased and floured 23x12x33cm loaf pans. Bake for 50-55min. Loaves should be golden brown on top when coming out of oven

Great tips:

- Cut the bread in slices and freeze. Only take out the slices to be eaten/used
- Pour mix into a muffin pan and make 12 muffins instead
- Great for freezing

Meet our team

Therapeace is expanding...



CHRISTEL KOLVER

COUNSELING

PSYCHOLOGIST

Qualifications: MA Counseling Psychology (NMMU)

I grew up in the Kruger National Park but due to the nature of my father's work, we relocated frequently. The last few years I lived in the friendly city of Port Elizabeth where I completed my Masters Degree in Counseling Psychology. My thesis contributed to the revision of the Griffiths Mental Development Scales, an assessment that measures the development of infants and young children across six domains.

During the first six months of my internship I worked at the NMMU Student Counseling, Career and Development Centre where-after I worked at Cape Recife School as part of a multi-disciplinary team. After completing my studies, I joined the Assessment and Therapy Centre in Ballito. I moved to Johannesburg to pursue not only my career but my dream. Since I was a little girl my passion in life was to be a helping hand for the people around me. I love my job and enjoy the variety in my work.

Visit www.therapeace.co.za for more on our team

UPDATE on our First Aid course

Most therapists working at Therapeace are now First Aid Level 1 trained

Basic Life Support training reinforces healthcare professionals' understanding of the importance of early CPR and basic steps of performing CPR, relieving choking, and the role of each link in the Chain of Survival.

5 reasons why everyone should get CPR training

1. CPR saves lives. More than 300,000 people have cardiac arrests in every year. The chance of surviving a sudden cardiac arrest increases significantly,



by more than double, when CPR is started early.

2. CPR is not performed enough. When people are asked why they would not give CPR, a very common answer is that they never received training.

3. You don't have to do mouth-to-mouth

resuscitation. We advocate performing chest compressions even without breathing assistance. Hands-only CPR has been shown to be just as effective for many adults who experience sudden cardiac arrest.

4. Hands-only CPR is easy to learn. To perform hands-only CPR, place the heel of your hand on the center of the victim's chest. Take your other hand and place it on top of the first, interlacing your fingers. Press down on the chest about 4cm and re-

lease. You want to repeat this quickly, at least 100 times a minute. And don't stop doing CPR until emergency services arrives at the scene

5. Most cardiac arrests occur in the home. More than 85 percent of cardiac arrests take place at home.



Challenge at home...

Providing your child with Sensory Rich Experiences

Part one of two by Millicent Roux

As your child needs food during the day, his sensory experiences also need to be met. Our sensory system which include our visual, auditory, movement, touch and proprioceptive systems, lay the foundation for learning and development. Providing these experiences can support your child's emotional,

physical and cognitive growth.

Here are some tips to create a sensory diet at home:

Proprioception

Proprioceptive input (sensations from joints, muscles and connective tissues that underlie body awareness) can be obtained by lifting, pushing, and pulling heavy objects, in-

cluding one's own weight. A child can also stimulate the proprioceptive sense by engaging in activities that push joints together like pushing something heavy or pull joints apart like hanging from monkey bars. The proprioceptive system is a key foundation to developing self-regulation and endurance.

Toddlers and Preschoolers:

- Make a "burrito" or "sandwich." Firmly press on your child's arms legs and back with pillows or make a "burrito" by rolling her up in a blanket.
- Push and pull. She can push her own stroller, and a stronger child can push a stroller or



cart filled with weighted objects such as groceries. Play with "Carry that weight." Your child can wear a backpack or fanny pack filled with toys (not too heavy!).

- Crab walking and bear waling and leap frog jumping. Make it fun by imitating different animals.

School-age Kids:

- Jump! Have your child jump on a mini-trampoline or rebounder or play hopscotch. Jump from higher surfaces into pillows. Remember safety first!
- Push and pull. Have him sweep the floor, carry books from one room to another, help wash windows or a ta-

bletop, and transfer wet laundry from the washing machine to the dryer. Play tug-of-war with a rope.

- Wheel barrow walking

The proprioceptive system can also be accessed through deep massage the body and is very effective in calming the sensory systems after a stressful or over-eventful day.

Vestibular

Vestibular input (the sense of movement, centered in the inner ear). Any type of movement will stimulate the vestibular receptors, but spinning, swinging, and hanging upside down provide the most intense, longest lasting input. The vestibular system lays the foundation for concentration.



Toddlers and Preschoolers:

- Swing. Encourage your child to swing on playground swings, trying various types of swings and movements, such as front to back and side to side.
- Spin. Roll down a hill or spin on the beat of music. Dance! Encourage summersaults and upside down head movements. Let



your child run in circles, and ride a carousel. Hold your child's arm and spin in a circle as he lifts off the ground, or play airplane by holding one of his arms and the leg on the same side of his body as you spin in place (only if he does not have low muscle tone).



School-age kids:

- Get upside down. Have him hang upside down from playground equipment, do somersaults, or ride a loop-de-loop rollercoaster.
- Swing and roll. Encourage her to use playground swings and roll down a grassy hill (which encourages good proprioceptive input as well).
- Spin. Encourage her to go on amusement park rides that spin,

Move that body! Do cartwheels, swim (doing flip turns and somersaults in the water), do jumping jacks, and dance.

Look in our next newsletter for ideas on tactile, auditory and visual input