



Shine On

There is a special glow to this edition. We share the wonders of the five senses, their role in learning and the huge effort made by a brave little boy. There are details for our upcoming START course – a must for anyone who wants to assess a child's development – and a chance to bring sunshine into many lives.

So keep on shining!



TRAINING COURSES

Do you need to assess your child's development?
Do you work with children from 0-7 years?
Do you run a day care, crèche or stimulation centre for children?
Are you a professional working with children?
If you answered yes to any of these questions

THIS PRACTICAL COURSE IS FOR YOU
Read more...



SUCCESS STORIES

We are delighted to share the story of seven-year old Anele who attends Intermediate 2 class. When he started in class, Anele was wearing nappies, was unable to feed himself, could not communicate, and could...**Read more**



MARVELLOUS MILESTONES

Sensory Stimulation refers to activities that challenge or make use of t..**Read more**

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MARVELLOUS MILESTONES



Sensory Stimulation refers to activities that challenge or make use of the five body senses of taste, smell, touch, sound and sight – it directly affects the emotional and social growth of a child. Sensory development is the key to learning (since sight triggers reaching, sound triggers looking). Co-ordinated motor activity enables a baby to explore the environment and attend to more stimuli.



Taste: The taste buds are structurally mature long before birth and neonates use them to discriminate the four basic tastes of sweet, sour, bitter and salty. (Sweet stimulation results in facial relaxation, sour stimulation in pursing of lips, bitter stimulation in an arch-like mouth opening).



Smell: Is well-developed at birth with olfactory recognition of the mother if the baby is breastfed.



Touch: Very important for early emotional development.



Hearing: Infants are more responsive to some sounds than others. Hearing improves considerably over the first few days of life and continues to do so throughout the first year. Responsiveness to sound provides support for the infant's visual exploration of the environment. The ability to selectively attend to one sound while suppressing interfering auditory stimulation does not emerge until about 5 months of age.



Vision: Less developed at birth than any of the other senses. The visual receptors are not mature or densely packed, the visual acuity is severely restricted and the ability to adjust focus to varying distances is weak.





a SPLENDID SUCCESS STORY



We are delighted to share the story of seven-year old Anele who attends Intermediate 2 class. When he started in class, Anele was wearing nappies, was unable to feed himself, could not communicate, and could neither understand nor follow instructions. His patient and persevering teacher, Dorris, worked closely with his mother (providing notes and instructions for her to carry out at home), with the result that Anele is now toilet trained. In fact, he is so proud of himself that he even ushers the other children to the toilet at toilet time. He is also able to feed himself and has a hearty appetite.

Anele has come a long way on his learning journey and now understands his teacher's instructions, follows them through and always finishes the tasks assigned to him. His communication skills, particularly his expressive language, are improving. He will only verbalise when he is very comfortable, but when he does verbalise, the words and rhymes are clear and sound. He loves to sing songs and enjoys saying his name (especially when he wants something from his teacher). His favourite imaginative play is the telephone, where he "calls" his mom and communicates with her.

A new world has opened up to Anele and he is able to identify colours and supply the correct colour to his teacher when she requests it. He knows his shapes, can count to ten, and is also doing well at identifying the numbers. Anele has fun building blocks, building puzzles, cutting out shapes (with assistance), tearing paper and using play dough. He really enjoys tactile activities and is not afraid to touch new items when presented with them.

With his gross motor activities, Anele is also doing very well. He enjoys the challenge of the obstacle course, loves climbing the jungle gyms and swings and participates in all activities during Special Olympics. He confidently walks up and down the stairs and his balance is excellent. His other favourite pastime is jumping on the trampoline.

Anele's main functional goal is his speech, especially expressive language. He is determined and pleased with the praise he receives when he speaks, so it can only get better from here on. His mother is proud and excited by his progress and is thrilled to see him riding his bicycle at home, something he never used to do. Anele's mother is a keen participant in his development, communicating with his teacher on a daily basis and is always eager to do and learn more. His improvements are so noticeable that the driver who transports Anele has commented on his amazing progress.

With the enthusiasm of his teacher, the willingness of his mother and Anele's own determination, we look forward to him achieving his goals, the further development of his language, and more delighted smiles lighting up the face of this wonderful little boy. Well done Anele!



GET READY TO TRANSFORM SOMEONE'S Life

- Do you need to assess your child's development?
- Do you work with children from 0-7 years?
- Do you run a day care, crèche or stimulation centre for children?
- Are you a professional working with children?

If you answered YES to any of these questions

THIS PRACTICAL COURSE IS EXACTLY WHAT YOU NEED!



TRAINING DATES IN 2014

Sunshine Centre's START Course is well-recognised and endorsed by experts. Knowing how essential early intervention is, the Sunshine Association created START for parents, caregivers and professionals. This practical training programme assists attendees to:

- Clearly understand development areas
- Determine areas of developmental difficulty and delay
- Know how to stimulate children to reach their full potential
- Structure an intervention programme with home care activities
- Deal with family reaction to disabilities

Our START course is endorsed by experts from the Universities of the Witwatersrand, Johannesburg and North West.

To book call 011 642 2005 or email training@sunshine.org.za
(Group Discounts are available for more than 5 delegates)

1 DAY START WORKSHOP

26 July
4 October

3 DAY START TRAINING

28 - 30 July
22 - 24 September

5 DAY START TRAINING

11 - 15 August

training



A ray of Sunshine for **YOUR BIRTHDAY**

Instead of receiving birthday gifts that will end up being exchanged or hidden in the corners of dark cupboards (only to be brought out when the person visits), **why not celebrate your birthday with us by making a difference in a child's life?**

Ask your friends and family to celebrate your birthday by **donating money, sponsoring a child or even buying items on our website wish-list on your behalf!** This will ensure your number of unused and unwanted presents is decreased AND you'll make a needy child a lot more fortunate.

what is the **SUNSHINE association?**

The Sunshine Association is a dynamic, progressive and innovative non-profit organisation that is committed to the development of children with disabilities and intellectual, developmental or physical delays.

Sunshine works in partnership with families, communities and professionals to offer these children, their families and communities the vital services and support they require.

**ask them to give a gift
That Really counts...**

Donate

Donate R10 by SMSing 'SHINE' to 38844.

For larger donations, use our banking details:

Sunshine Centre Association
Nedbank | 1972028464 | Hyde Park

To view our wish-list items, please [click here](#).



OUR WISHLIST

Due to the problems experienced at the Soweto venue our project catering for children from Soweto and Eldorado Park had to relocate to Eldorado Park. The urgent need right now is to restore the building so that it can be safe for the development of children with disabilities:

- Generators
- Laptop
- Sofas and carpets
- Transport allowance for volunteers
- Uniforms for the gardener and nutritionist
- Car seats
- 6 standing frames
- 20 wheelchairs
- 6 walkers
- 6 medium and 2 large keystone splints
- Jungle gym, slides and swings
- Tearoom and fridge for staff
- Stove for Eldorado Park
- New pots and cutlery
- Leaking roof to be repaired at Elsburg
- New office for social workers
- Small vehicle
- DVD players, television and radios
- Laminator
- Four indoor ceilings & one outdoor ceiling to be repaired
- New flooring for 3 classrooms
- Lawnmower, weed eater and other gardening tools
- Tool kit for building maintenance

Share the
Power
of a Wish.



Donations tax

Once a donation or service is provided we will supply you with an 18a receipt which qualifies you to claim back donations tax from SARS.

You can make a meaningful contribution towards the sustainability of our organisation by:

- Volunteering
- Making cash contributions
- Registering and nominating us as a beneficiary for rewards every time you use your **MySchool card**

give a LITTLE

When you take action you create a chain reaction that echoes forever.

We invite you to act today and change a disabled child's life and future in the best possible way.

Donate R10 by SMSing 'SHINE' to 38844 OR sign a debit order for just R100 a month – it's going to make a massive difference.

For larger donations, use our banking details:

Sunshine Centre Association
Nedbank | 1972028464 | Hyde Park

Remember we are:

An NPO (009-281)

Registered PBO

BBBEE compliant

And the truth is we are in need of your help to continue with our services this year.

