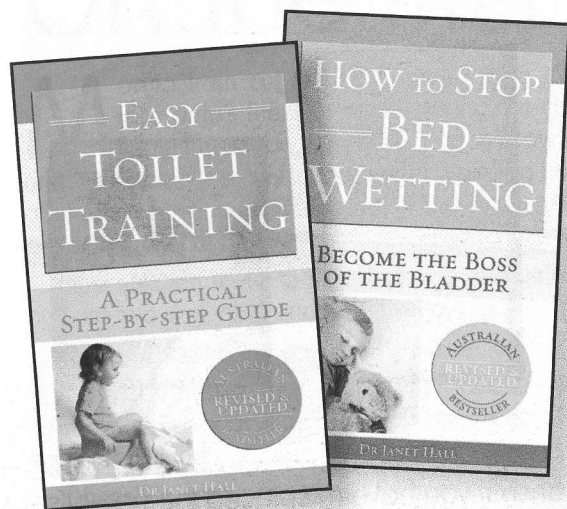


Early Childhood

Helpful books for parents



Each child's responsiveness to toilet training is unique. Some are tefrrific, some are tough and some are torturous to train. In addition, many children go on wetting the bed long after they are dry during the day. By age four, one in

three children are still not dry during the night.

These easy-to-read books show the child and parent how the child can regain their self-esteem and control the trigger points to stop wetting. Dr Janet Hall is the founder of The Boss of the Bladder Program in Melbourne, Victoria, which has, for over twenty years, treated hundreds of children and adolescents who have experienced problems with staying dry – day and night!

As a clinical psychologist in private practice, and mother of two children, Janet realised the need for an informative book for parents on toddlers who are ready for toilet training.

These books cover step by step procedures for effective toilet training with maximum ease and fun.

We have some copies of both books to give away. Send your name, address and phone number to TP/Easy Training, P.O. Box 1254, Launceston Tas. 7250. Entries to arrive by 25th August, 2009.

Want an *intelligent* approach to weight loss?

A local company has developed a program to help people get off the dieting treadmill, change their habits and finally achieve long-term, sustainable results.

Sara Redman, a Director of RedHen Enterprises says, "Almost all of us have been on a diet at least once in our lives, yet a whopping 95% of fad diets fail!"

Sara, together with her business partner Susan Henshaw, have written a self-paced coaching program called LightenUp which is designed to help you feel better about your body and achieve those body-related goals that may continue to be elusive to many people.

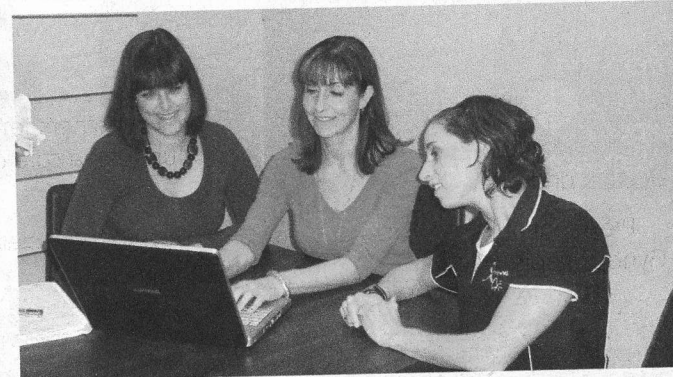
LightenUp, a subsidiary of RedHen Enterprises, focuses on helping people change the way they think about themselves and their bodies.

In this day and age when society is so obsessed with body image and the body beautiful, it's important for people to understand that this is not a healthy attitude to have – there is an alternative.

"Working in the fitness industry, I often work with people in a very physical environment and it's sometime difficult to delve into the mental/emotional issues that are preventing them from best practice in terms of their fitness, health and wellbeing.

LightenUp is a program that my clients can use in the privacy of their own home, they can do it online, it's self-paced and it allows them to look at those barriers that might be stopping them from reaching their goals.

I can't be with my clients 24/7 so it doesn't matter how hard I work them in a physical setting, if they have mental/emotional barriers that stop them from reaching their full potential, LightenUp



Susan Henshaw & Sara Redman – Directors of LightenUp, and Meg Richardson, Fitness Professional from Fit 'N Kicking.

gives them the tools to address those issues and then complements what I do with them," said Megs Richardson, Owner, Fit 'N Kicking.

Are you ready for major change or are you happy maintaining the status quo? Do you want to finally get off the diet treadmill or are you content with doing what you've always done?

If you are ready to make a change, then visit

It's not about the diet; it's about what goes on in our heads.

the website now to do a free self-assessment and also download a section of the program.

Contact Sara Redman on 0439 397 023 (days) or (03) 6343 2848 (evenings) Launceston. Email: sara@lightenupnow.com.au or visit the website: www.lightenupnow.com.au