

GREAT EXPECTATIONS OCTOBER 2011

EP. 784

TX DATE: 3 October 2011

BLUE MUMMY, RED MUMMY, GREEN MUMMY, YELLOW MUMMY - This show is about emotions and self care, and how to get help. How to cope with frustration and disconnect from baby, dealing with jealousy or feeling inadequate, frightened or fearful.

EP. 785

TX DATE: 4 October 2011

How To Show- A regular show that gives mums quick tips on parenting and pregnancy,

- How to stand up and be counted
 - Halloween food
 - How to say no to your mother in law
 - How to make a bird seed feeder
 - How to choose the perfect pair of shoes for any occasion
-

EP. 786

TX DATE: 5 October 2011

DOCCIE- SUPERNANNY

EP. 787

TX DATE: 10 October 2011

World Mental Health Day- – We take a look at mums and dads who parent successfully despite mental health issues. With the right treatment and lifestyle management, there is no reason for a stigma around mental illness to exist.

EP. 788

TX DATE: 11 October 2011

Nutrition Week – A show on guiding mums on how to give your kids a head start nutritionally, with tips for mum on good health thrown in as well!

EP. 789

TX DATE: 12 October 2011

DOCCIE- SUPERNANNY

EP. 790

TX DATE: 17 October 2011

A Survival Guide To Last Trimester - The last three months of your pregnancy are really the home stretch. You are big, tired and preparing for one of the most important days of your life. This show will unpack all the important tips for getting through this period and being fully ready for labour day – how to sleep comfortably, what foods are best for this phase, dealing with physical aches and pains – from back ache to heartburn, choosing your birth option and finding the right birthing venue, choosing and preparing your birth partner, packing your bags for hospital, organising your baby's nursery, emotional preparation and giving yourself time to enjoy this special waiting period.

EP. 791

TX DATE: 18 October 2011

A Mummy's Guide To The Law- This looks at how mums can understand the law and their rights. We get lawyers in to help us understand and guide you through the steps.

EP. 792

TX DATE: 19 October 2011

DOCCIE- SUPERNANNY

EP. 793

TX DATE: 24 October 2011

Would You Donate Your Eggs?- Why would you do it, how it works, how much you get paid for it. The process for egg donation is quite involved. We get stories of people who have donated eggs and why, do you ever find out who your egg goes to? This show will intrigue mums and mums to be as well as women who are considering egg donation for various reasons.

EP. 794

TX DATE: 25 October 2011

Grandparents show- Celebrating the role grandparents play in our children's lives

EP. 795

TX DATE: 26 October 2011

DOCCIE- SUPERNANNY

EP. 796

TX Date: 31 October 2011

Stay At Home Mum's- We pay tribute to our stay at home mums and the sacrifices that many of them have made to be at home with their kids. We also get good ideas on ways to keep baby / toddler busy while running a busy household. How to take me time, Play group or crèche – and at what age.

EP. 797

TX DATE: 1 November 2011

CIRCUMCISION- This show takes a look at the cultural and religious practices of circumcision, Jewish, traditional African, Muslim. How modern African families are doing it? How it works and who does it? Rabbi, gynae does it hurt, can it go wrong.

EP. 798

TX DATE: 2 November 2011

DOCCIE- Supernanny

EP. 799

TX DATE: 7 November 2011

How To Show- A regular show that gives mums quick tips on parenting and pregnancy,

1. How to stay safe in a hijacking with kids in the car – nightmare stuff but important tips on exactly how to act to increase your chances of getting your and the kid safely out of the car
2. How to stay from strangers – teaching a child to hide from an intruder in the house, and to be wary of strangers who approach them generally
3. How to stay safe from fire (tips for fireproofing the home – fire alarms, escape routes, appliance and electricity checks etc)
4. How to stay safe from water (pool safety tips for the summer – fences, pool safety rules for kids, vigilance etc)
5. How to stay safe in the sun - we end on a less scary note with sunscreen tips for the Holidays

EP. 800

TX DATE: 8 November 2011

Ask The Doctor- A general Q & A from childbirth care to pregnancy.

EP.801

TX DATE: 9 November 2011

Doccie- Supernanny

EP. 802

TX DATE: 14 November 2011

ACTIVE BIRTH - A show helping mums to seize their power around birth. Yes you can walk during your labour, you don't have to lie down throughout! What are the options available - you can also have an 'ambulatory' epidural. We also explore other natural birth options such as hypnobirthing.

EP. 803

TX DATE: 15 November 2011

UNIVERSAL CHILDREN'S DAY – We take a look at the state of children around the world, focusing on trouble spots such as hunger affected Somalia. Then a focus on children in our region and our country in particular with good news stories.

EP. 804

TX DATE: 16 November 2011

DOCCIE- SUPERNANNY

EP.805

TX DATE: 21 November 2011

How To Show- A regular show that gives mums quick tips on parenting and pregnancy

EP. 806

TX DATE: 22 November 2011

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN - We talk to mums who have been physically abused. How they got help, how they protected their children. Their survival stories with messages of hope and places of safety for those in distress.

EP. 807

TX DATE: 23 November 2011

DOCCIE- SUPERNANNY

EP. 808

TX DATE: 28 November 2011

AIDS SHOW - We address the high maternal and infant mortality rate in our country surrounding Aids. Why is it so high? We look at countries that have managed to drop their rate and ask what are we doing to improve our numbers of success. What's new research on the epidemic – We address educating our kids about AIDS. When and how?

EP. 809

TX Date: 29 November 2011

INTERNATIONAL DISABILITIES DAY–This show focuses on people with disabilities and international disabilities day on the 3rd of December.

EP. 810

TX DATE: 30 November 2011

DOCCIE- SUPERNANNY
