



Sinterklaas and his helpers are almost back in the country!

For many people, this means coziness, putting out shoes, ginger nuts, carrots for the horse and presents.

Some children get extra stressed or sleep badly because of it. For parents, December is also a special time, in which many questions can arise: what do I tell my child and what not, which toys are suitable, how often can my child put out his shoe, how do I deal with his behavior? Do you recognize this? Do you want to talk about this? Then feel free to contact me.

Of course, you can also contact me for other (parenting) questions.

Kind regards,

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