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April/May 2022

Vol. 28 - No. 1

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Reading with Your Young Child

By Claudette Bouman

Dear Parents,

You already know one of the most important gifts you can give to your child is reading. With early help, your child will learn to read and become good or even excel at it. But it requires much patience and children can be very different in their learning rates. Some young children even when they become readers may be reluctant to do so. In our province, the achievement gap is wide between white and African Nova Scotian children but this is not inevitable. I do believe closing the reading gap in schools closes the achievement gap.

As an experienced Black teacher, having taught elementary, junior high, and senior high schools, I have observed many things related to children's reading. There are children who struggle with basic reading skills and dislike reading because it's a daunting task. There are children who won't read even though they can read fairly well but would rather do something else like play with video games or

their friends. And there are choosy readers who are selective about what they read and often resist suggestions from adults, only attracted to topics they like. I recommend three things: start your children early, be their role model, and make reading a pleasure. I use she/her here for simplicity.

Stimulate your newborn with her first cloth book. Show her cardboard pop-ups and picture books without words. Borrow from the local library. Let her look and grab as you make up sounds, words, and stories to go with the images. Add regular bedtime reading. By the time she's in school she would have heard dozens if not hundreds of stories. She'll need and be able to use listening, creativity and literacy skills honed at home. Typically, a child's reading may peak and fall off in Junior high but by then love for the written word, abilities and competencies would have been solidified.

Be your daughter's best role model. Read for and with her. Newspaper subscriptions have fallen off among

adult readers but books seem to be a burgeoning trade. Select from and return your own books to the library at the same time that you encourage your child to do so. Reading can be encouraged by writing. When you write encourage your child to do the same. Preschool writing activities abound including drawings, letters, depictions and stories about daily activities like family visits, walks, shopping, gardening, play dates, favourite things, and new games.

Make reading enjoyable by engagement and advice. Never use reading as a punishment. Make it a special reward before or after a swimming class, an outing, a play date, or a movie. Seek out local librarians for ideas if you fall short. Magazines and graphic novels can spur on reluctant readers. Pick books that are in vogue so that your daughter can show her knowledge and prowess to friends. My children grew up with the *Chronicles of Narnia*, *Harry Potter*, and *Lord of the Rings* crazes, reading them all independently. Add biogra-



Photo by cottonbro from Pexels

phies and stories about local Nova Scotians, African Nova Scotians and local places, adding visits whenever possible.

Claudette Bouman retired after 30 years of teaching in Barbados, Saskatchewan and Nova Scotia, mostly at senior high school. Her last

thirteen years were spent at Cole Harbour District High School with a wonderful group of colleagues. There she taught chiefly English and Theory of Knowledge in the International Baccalaureate Program (IB). She enjoys writing and is in the process of writing

a Memoir title: "Saarland Dream." It's about a year she took off from teaching (2013-2014) to live in Germany with her husband and daughter. She has two adult children and lives in Dartmouth with her husband.

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Parent-Child GUIDE

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The *Parent-Child Guide* newspaper is published by Rockwell Publishing Incorporated, Halifax
94 Bayview Rd., Halifax, NS B3M 1N9

parentchild@ns.sympatico.ca | 902-209-4461

The *Parent-Child Guide* delivers to Halifax, Dartmouth, Bedford, Sackville, Cole Harbour, Tantallon, Fall River, and more. We are Metro's Oldest Free Family Newspaper, established in 1995.

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SUMMER EDITION with our SUMMER CAMP GUIDE

also including Fun Places to Go, Health & Wellness, Seniors' Living Care, Education, and More!
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ROBERT ROCKWELL, Owner/Publisher Cell 902-209-4461

Jennifer Park, General Manager 902-209-4461

Design & layout: TC Transcontinental Printing Halifax

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Happy New Year

By Carol M. Shirley, Registered Psychologist, with ENIGMA

In many ways it feels as though this winter has lasted for about two and a half years. It has been the longest, darkest, coldest, and most stressful ever. And yet, here we are, April 1st, at the beginning of a new Earth cycle ushered in by the light of the full moon. The birds are singing, buds are budding, and nature is embracing its nature and doing exactly what it's designed to do.

We are, proverbially, at a place in time where the cocoon we have been living is about to open and we are preparing to step out into a new perspective of the world in which we live. The cocoon, a place we stepped into unwittingly and unwillingly, has become familiar. It's dark, confusing, restrictive, but still, it feels safe or at least safer than the unknown. We knew the cocoon would be temporary and yet the transitioning to a new phase feels scary and full of uncertainty.

The fear of the unknown encourages us to stay in

the familiar even if we are suffering. What if its worse, how am I going to do it, what if other people judge me... so many questions so many fears. Even though there are eight billion people on the planet our journeys are individual. No two of us are the same. Our wants, needs and desires (outside basis survival) are ours and ours alone. We are so afraid to be our beautiful, unique selves and live without apology. Why? Perhaps our greater societal structure has taught us not to embrace differences and to fear it instead? I do not believe it's our nature (not born with) so perhaps it is our nurture (environment, something we were taught). The good news is if we were taught it we can unlearn it.

Embrace this New Year, this new Earth cycle and open yourselves to birthing that beautiful unique butterfly you were meant to be. It is a perfect time to welcome in the unknown

(what if its better than you can imagine?). Get out in nature, rediscover your nature, and ground yourself in the soil the flesh of the Earth herself. Explore and rediscover the beauty that is all around you and more importantly within you. Marvel and celebrate being a small part of something so much more. Happy New Year!

Enigma has moved...

In July 2020 we gave up the space we had called home. The first wave of the pandemic hit hard. With no end in sight, we were forced (felt like it) to make some tough decisions. We sold our primary home, closed our store front, and

moved to our cottage in Tatamagouche. A year and some months later we sold our cottage and moved to Bridgewater NS.

Having the office space studio was the fulfilling of a dream for me. The space was beautiful, welcoming, and safe. Having and being a part of a multi-discipline team of professionals offering alternative medicine was also a big part of that dream. Enigma was only three and a half years old and couldn't survive the blow. Rather than grieving the loss I decided to celebrate the time we had together, and the memories made with no regrets. I recognized that



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the bricks and mortar were just that bricks and mortar and the dream was realized. I also knew that the heart of the business still exists.

We have continued throughout the pandemic to support clients in both new and old ways. I love my new studio at 80 Gail Ave. Lower Branch and am

confident my clients, new and old, will too. Enigmas' contact information has remained constant as has my dream of helping people.

Blessings,

Carol

For more information go to www.carolshirley.ca or phone 902-495-3181.

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Creating Your Legacy —

Submitted by The Sutherland Wealth Management Group

Peace of mind and a happy family are common goals for estate planning. Estate planning is the ongoing process of managing, preserving and transferring wealth. You can eliminate uncertainties and ensure a smooth distribution of your estate by anticipating and planning for the transfer of your assets. With a properly structured estate plan, you can maximize the value of your estate by reducing taxes and other related costs as well as reducing the stress on your beneficiaries.

By creating an estate plan, usually with the assistance of an advisor, you can prevent complications in transferring assets due to unforeseen circumstances such as court costs, litigation between family members or unintended tax consequences. An advisor can assist you with fulfilling your financial and personal goals through a careful review of your needs and priorities. Incapacity planning is an important step to prepare for the reality that many Canadians may suffer from some form of disability or diminished capacity at some point in their lives. Plan for these events and provide guidance to your family members by legally appointing someone to make financial and personal and health care decisions on your behalf. Clear direction reduces the guilt and worry of your loved ones over decision making as you will have left them with a road map to follow.

1. Gather Your Information

Prepare a summary of your estate by making a list of your assets and liabilities, including a description of the type of ownership and the approximate value of each asset. Assets may include real estate, private company shares, bank accounts, investments, registered plans, personal property, pensions and insurance policies. Also include information regarding any designated beneficiaries as well as agreements made during your lifetime such as shareholders or partnership agreements, spousal, cohabitation, prenuptial, common-law relationship, separation or divorce agreements. You should also gather your existing will, power of attorney for property, power of attorney for personal and health care, and trust deed, if applicable.

2. Set Your Goals

Important considerations include your choice of executors and trustees, as well as your choice of beneficiaries and alternate beneficiaries, taking into account their life circumstances, their capacity to manage your gifts and the potential timing of those gifts. Also reflect on the appointment of guardians to care for the well-being of your minor children. As minors may not be legally entitled to own or manage the assets

you wish to give to them until they attain the age of majority, consider setting up trusts for such minors in your will and reflect on your choice of trustees to manage the assets on behalf of the minors.

3. Plan How to Achieve Your Goals

There are many ways to transfer your assets to your intended beneficiaries. Suitable options depend on your personal, financial and tax situation. Strategies may include executing wills, creating testamentary and inter vivos trusts; charitable gifts; debt forgiveness; joint tenancy; gifting during your lifetime; and designating beneficiaries for registered vehicles such as pension plans, RRSPs, RRIFs, TFSA's and for insurance products. We recommend that you consult with qualified advisors prior to implementing any of these strategies, as some strategies may result in reduced control over your assets and may have unexpected consequences for your estate.

4. Plan for Your Personal Well-Being in the Event of Incapacity

An individual may suffer from temporary or permanent incapacity for a variety of reasons. Without the proper planning, if you are no longer able to manage your property and/or make personal and health care decisions, your loved ones may need court approval to act on your behalf, which is expensive, time consuming and stressful. Legislation in all Canadian provinces provide solutions which make it possible to effectively plan ahead for these events with the use of certain legal documents.

5. Implement Your Plan

Consult the Professionals An experienced professional can advise you on legal pitfalls, help to simplify your estate plan and create the most appropriate structure to achieve your goals. Your legal advisor may discuss ways to save on probate fees and taxes, and protect your estate from potential family disagreements and challenges to your will. A smooth implementation of your plan requires drafting the documents according to your instructions and explaining to your chosen attorneys, executors and trustees their obligations and responsibilities.

6. Review Your Plan Regularly

Your estate plan should be reviewed regularly. You should also review your estate plan in the following circumstances: the birth or death of a loved one, serious illness, coming of age of beneficiaries, concerns about a beneficiary's ability to manage large sums of money, changes in your or a beneficiary's marital status, including entering into a marriage or common-law relationship, separation or divorce, material changes in your financial situation, including the purchase or sale of property, and the purchase, sale or reorganization of your business, a change in your province or country of residence, and any significant amendments to tax, family property and estate laws.

Questions? Reach out to us at anytime at terry.sutherland@nbc.ca



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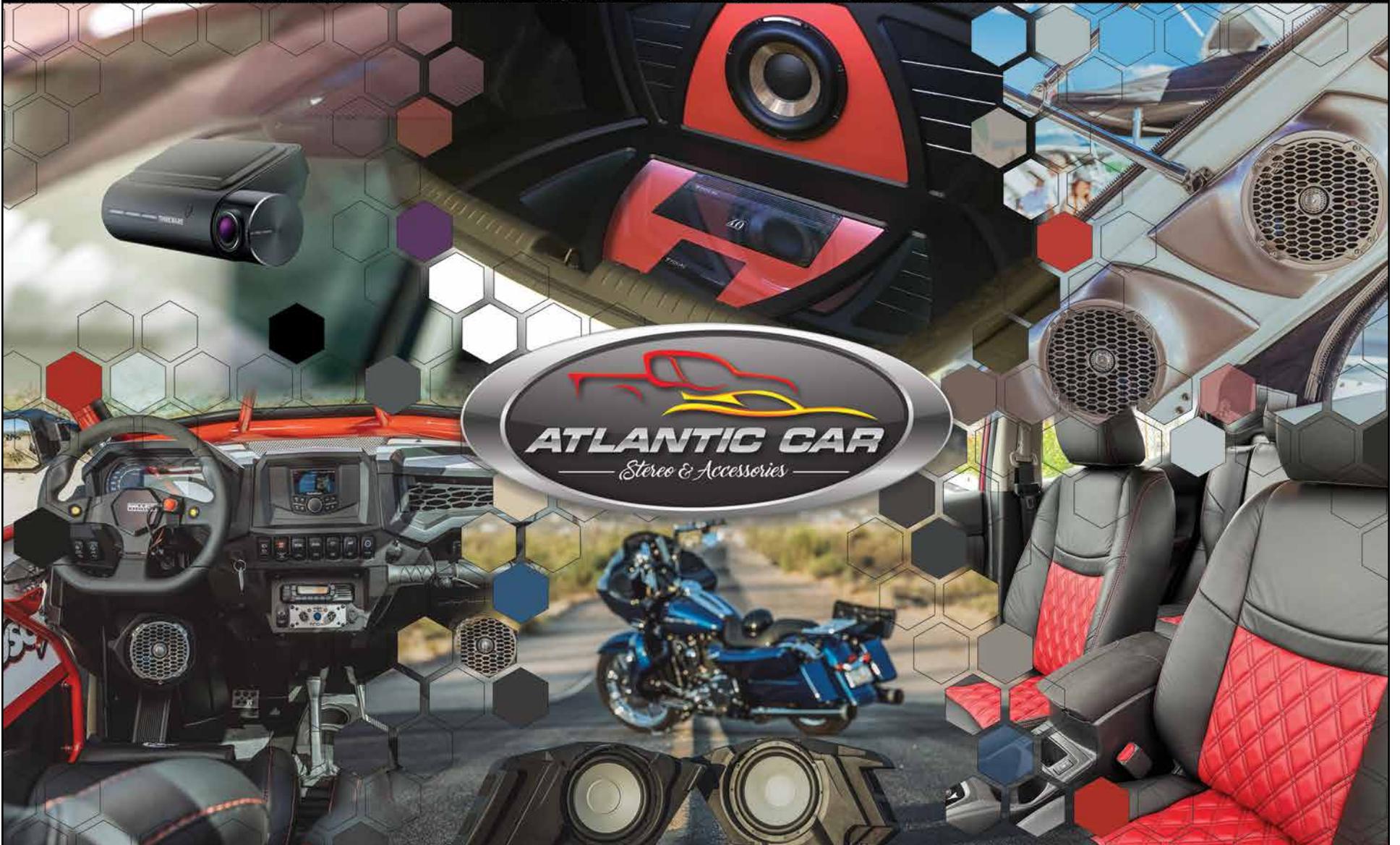
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HRM MLAs and MPs Working Hard for YOU!

A Message from Darrell Samson the Member of Parliament for Sackville-Preston-Chezzetcook

Exciting News for NS Families!

April marks a significant month for Nova Scotian families as our monumental childcare agreement lowers the cost of childcare by an average of 25%. This is a meaningful step towards our commitment of lowering costs by 50% in Nova Scotia by the end of this year, achieving our goal of \$10 per day childcare by end of March 2026.

This historic investment does not only play a role in the financial wellbeing of families by leaving thousands of dollars directly in families pockets each year, but this investment also breaks down a barrier predominantly impacting women, which is entering the workforce.

Women have commonly assumed the role of primary caregiver in our society, and with the extraordinary costs associated with childcare, this forced many women to make the difficult decision to stop building their career and instead stay home to care for their children. This

meant years out of the workforce, years not creating connections, and years not strengthening skills and a resume, leaving many women under-experienced while simultaneously providing them less opportunities than their colleagues once they re-entered the workforce.

This milestone is important for children, families, and our economy as we continue our progress on making life more affordable for Canadians, while ensuring children receive affordable, high-quality early learning and childcare.



Photo by Markus Spiske from Pexels



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HRM MLAs and MPs Working Hard for YOU!

A Message from Susan LeBlanc, MLA Dartmouth North

After over four years on the corner of Russell Street and Wyse Road, my constituency office moved on May 1st! Not to worry though; we are only just down the street at 192 Wyse Road Unit 1A.

If you are busing from the Highfield Park terminal (or anywhere in North End Dartmouth) it is only two stops past my old office. If you are busing from the other direction, it will be two stops closer! We are right across the parking lot from the Sobeys.

If you haven't been in or reached out, my constituency office is here to help Dartmouth North residents navigate provincial government programs and services and advocate for you within them. We also make referrals to other government departments and community agencies. I can bring your concerns and ideas to the provincial legislature and fight for what's important to you. With

COVID-19 still in Nova Scotia, we encourage you to call or email first to set up an appointment and wear a mask if you are able.

This year my office has been able to offer two new services; free rapid COVID-19 tests and a free radon detector rental.

Part of Nova Scotia Health's Community Access program the COVID-19 rapid tests come in a pack of five and are available just inside our new lobby. The free radon detector program is in partnership with the Lung Association of Nova Scotia. Radon is released by the breakdown of uranium in soil, rock, water and some building materials and linked to an increased risk of lung cancer. Contact my office for more information.

We look forward to seeing—and hearing from you—in our new space!



A Message from Suzy Hansen, MLA Halifax Needham

These past few months have been such a whirlwind, from phased openings, to learning to adjust to life with COVID-19, to getting back to some kind of normal lifestyle for some, if not most of us.

As a working Mom with a busy household, choosing things to do with my kids can often be a bit challenging—from finding something that we all like to do, or breaking up into small groups.

Luckily, I have a

range of ages with like minds that enjoy sharing time with each other, most times...

In Halifax Needham we have something for everyone:

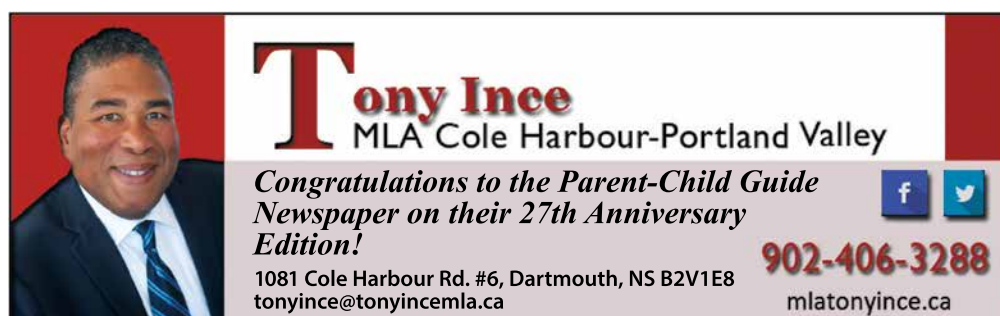
For the readers and comic book heads – Halifax North public library, Monster comic Lounge on Gottingen St. and Agricola street books to name a few;

For the artistic and creative minds – Wonder'neath, The Blue Building, Radstorm, Hope Blooms, and local artist showcases and workshops;

For the athletic and active bodies – Community YMCA, Needham Rec Centre, Seven Bays Bouldering, outdoor courts at the George Dixon Field and Highland Park Basketball/Tennis court, Merv Sullivan Park (the PIT), Isleville Playground, and many other outdoor spaces for young, old and in between.

I would like to encourage all of us to get out and get active, ride a bike, take a long walk, even a bit of hiking would be nice. We have been through a lot in a few years, taking deep breaths and making time for ourselves is really important.

Take care and stay safe.



Congratulations Parent Child Guide on your 27th Anniversary!



Honourable
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MLA, Fairview-Clayton Park

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HRM MLAs and MPs Working Hard for YOU!

Spring Greetings from MLA Rafah DiCostanzo

The snow has finally melted and spring has officially sprung in Clayton Park West. I would like to wish all of my constituents a very Happy Spring and hope you are able to find the time to enjoy the nicer weather. Whether it be hiking at Blue Mountain – Birch Cove Lakes, or spending time at the many trails our riding has to offer— I encourage you all to stay active this spring, as you are able.

Walking to School: A New Initiative for Clayton Park West

As your MLA, I have heard from many of you at the doors during my campaign regarding the traffic and parking issues at our three schools: Ecole Rockingham Elementary, PP-9 Park West School, and Halifax West High School.

I am reaching out to parents and community members—we are looking to establish a volunteer group to help lead this community initiative and would love to have you involved in making this a safe and successful initiative. We know that this initiative will greatly help to improve the health of our kids.

How can you help?

Volunteer as a parent, or senior student to chaperone walking groups once a week;

- Help us with the strategy and planning of this initiative; and/or

- Have your business support this initiative by donating rewards for student participation.
- If you are interested in volunteering, please reach out to our office!

Litter Prevention Committee (LPC)

The Litter Prevention Committee (LPC) will be hosting their first clean-up of the year on April 23rd (weather permitting), in celebration of Earth Day! We are always looking for volunteers to help and would encourage anyone interested to reach out to our office. LPC will be hosting monthly clean-ups between April-October, so be sure to check out our social media for details as they are announced.

Rapid Covid Test Kits

Our office has rapid test kits available. Please email or call our office to arrange to pick one up!

Once again, I would like to wish you a Happy Spring! Our office is here to serve the people of Clayton Park West, so please be sure to reach out if there is anything we can assist you with.

Rafah Di Costanzo, MLA

Clayton Park West



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Anniversary Congratulations Message to the Parent-Child Guide Newspaper from Hon. Tim Halman, MLA Dartmouth East

I am always grateful to share a small article in the *Parent-Child Guide*, but this time it is with absolute pleasure that I get to thank and celebrate Robert and his family for the 27th anniversary of the *Parent-Child Guide*.

As I'm sure readers are fully aware, this paper has been HRM Metro's oldest and largest free family newspaper since 1995 and has had an estimated 7 million readers.

I have had the opportunity to advertise with the *Parent-Child Guide* since the 2017 Fall Edition, and Robert has been nothing short of kind, gracious and patient since then. With every article, Robert has either followed up in a personal email

or phone call to thank my office for its support.

Whenever it was been a busy week in my office, and we submitted an article on the submission deadline date at the end of the day, Robert has always been patient, understanding and accommodating.

His kindness and patience have not gone unnoticed by my office, and I wish to share this with his readers.

Congratulations to the *Parent-Child Guide* for the success it has achieved. I look forward to its future achievements as well.

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Summer Camp Guide

New This Summer: Camp Mathnasium!

Experience a week of fun and enrichment!

We're so excited to introduce the new Camp Mathnasium for Summer 2022, where your child can have a blast with math!

While Mathnasium's traditional summer programs will continue throughout the school break, Camp Mathnasium offers a weeklong, multi-hour experience. Campers will learn face-to-face with our highly trained instructors, play new, innovative games developed by our education experts and explore STEM-related projects.

Super cool and educational, your child will love Camp Mathnasium. It adds up to great fun that keeps math skills sharp for next school year and opens their mind to new possibilities!

Dates: Week 1 - July 11-15
Week 2 - July 18-22
Week 3 - Aug. 8-12
Week 4 - Aug. 15-19

Time: 1 p.m. - 4 p.m.

Grades: 2-8

Space is limited! Contact us to enroll or to learn more, or just stop by our learning centre!

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AGENTS

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registration opens April 22

SUMMER ART CAMPS



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- Wind, Water & Art
- Wet & Wild!
- Nature Unleashed
- Say Yes to the Mess!
- Summer Mash-Up

Grades 2 & Up!

- Ooey Goey Backyard Fun!
- Roblox / Minecraft: Challenge Camp
- Roblox / Minecraft: Strategy Edition
- Water Challenge
- Wet & Wild!
- Wet & Wild Art Camp!
- Spy School
- Fort Building
- Lazy Summer Daze!
- One Week Challenge
- Summer Mash-Up



Register Online at: www.creativekids.info
902-832-5437 Centre Hours : 7:00am – 6:00pm



**109 White Hills Run
Hammonds Plains**



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SUMMER ART CAMPS



THIS JULY!

AGES 7-13

Camp # 1 - Fantastical Forms

For anyone interested in fantasy, the imagination, and interpreting human features! Learn new ways of making fantasy creatures using the human body and a range of materials!

Camp # 2 - Art World

Art is everywhere and it is waiting just outside your doorstep! This fine art camp focuses on creating art based on observing and interpreting the nature, oceanscapes, and urban spaces all around us.

*Camps are 5 days in duration (Mon to Fri)



FOR MORE INFORMATION

WWW.ALDERNEYLANDING.COM

Practice Like a Champion

During March Break, young figure skaters from around the province came to the St Margaret's Centre for the opportunity to participate in a week long camp full of excitement and skill-enhancing activities! Skaters worked with special guest coach Valerie Saurette, a three-time Canadian medalist and world competitor, for a variety of on ice classes focusing on expressing their creativity and exploration of movement on the ice! Skaters pushed themselves outside of their comfort zone with fun Theatre On Ice classes! The camp was very successful with on ice sessions complimented by wonderful dance classes led by instructors of East Coast Dance Academy. The skaters took classes in Hip-Hop, Jazz and Musical Theatre and had a great time exploring movement off and on the ice! Skaters participated in off ice conditioning,



led by St Margaret's Centre personal trainer D'Arcy Warnica, and jump technique classes led by St Margaret's Bay Skating Club coaches to round out a great week focused on all aspects of skating. Lots of fun was had by all! All skaters left the rink with big smiles after a week of hard work and fun!

We can't wait to welcome everyone back for more figure skating camps this summer at St Margaret's Centre! For information on registration for summer camps please email: cameron@stmargaretscentre.ca



- ✓ Camps run from 8:30-4:30pm
- ✓ Hands-on science discovery
- ✓ Designed for kids ages 5-12
- ✓ Outdoor games and physical activity



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CAMP WESTWOOD

SUMMER 2022

Our Summer 2022 Camp Brochure is now available.

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- Moovin & Groovin
- Cupcake Kids
- Nova Scotia Fun

Registration begins April 4th.

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Summer Camp Guide



LUTHERAN CAMP MUSH-A-MUSH has been a place for kids and families to come since 1948. Located in Middle Cornwall, Nova

Scotia, Camp Mush offers many children's camps during the summer, and also rents out its facilities from May until October.

PROGRAM	AGES	DATE	REGISTRATION COST
CAMP DAY	5-12	JUNE 18 (8am - 6pm)	\$10
BEGINNER	5-8	JULY 3-6	\$95 + TAX
YOUNG CAMPER	5-8	JULY 3-8	\$190 + TAX
JUNIOR 1	9-11	JULY 10-15	\$190 + TAX
MULTI-AGE 1	7-14	JULY 17-22	\$190 + TAX
DAY CAMP 1	5-12	JULY 18-22	\$130 + TAX or \$30 + TAX/DAY
FAMILY	ALL AGES	JULY 24-29	\$350 + TAX (FAMILY OF 4) \$75 + TAX PER ADDITIONAL PERSON
INTERMEDIATE	12-15	JULY 31-AUGUST 5	\$190 + TAX
MULTI AGE 2	7-14	AUGUST 7-12	\$190 + TAX
DAY CAMP 2	5-12	AUGUST 8-12	\$130 + TAX or \$30 + TAX/DAY

Lutheran Camp Mush-A-Mush SUMMER CAMP 2022

COVID-19 is still making things difficult to plan long term, however, it is our intention to hold overnight camps this summer. Please register early as we expect regular camp spaces may be limited.

We ask that you **hold your child's registration deposit** until you have been contacted by our staff.

It is important to pre-register early to avoid disappointment since we will only be able to accept a certain number of children per session.

We look forward to seeing you at camp this summer!

Register online at www.campmush.ca

Office email: office@campmush.ca

Camp Office (902) 624-9649

The Benefits of Soccer Camp for Kids

Submitted by Royal City Soccer Club

The benefits of soccer camp for kids might seem obvious—healthy, physical activity. But soccer camp is so much more. Children will learn life skills at soccer camp which extend far beyond the one or two weeks of their camp session. They'll learn leadership and team skills while gaining self-confidence that doesn't come easily in some environments. You don't have to be a great soccer player and often, you don't need any soccer experience at all to attend a soccer camp. Whether your son or daughter wants to improve his/her skills or simply want to try soccer in a non-competitive, fun environment, soccer camp is the right choice for you. While, yes, soccer is the focus for most soccer camps...it is hardly the most important thing that is taught. The most important things taught at a soccer camp are personal development and life skills all while

having the fun. After all, if your child is not having fun doing it...what is the point.

The Royal City Soccer Club is to host our popular summer soccer day camps to the Halifax area this summer. Hosting over 300,000 children for the past 3 decades, we're the #1 grassroots soccer day camps in Canada. Our program is available for full day or morning sessions in Halifax and Dartmouth locations. We encourage all children between the ages of 5 and 13 to register. We offer full day or morning sessions where each camper receives a camp soccer ball, tshirt, camp medal, great supervision ratios and much more. We also offer supervised extended care drop off and pickup times. Our camps operate during the months of July and August.

For more information visit royalsoccer.com or call 1-800-427-0536.

Summer Camps 2022!

All are welcome ages 5 – 12!
Snacks and meals are included!
Weekly guests and themes!
\$175/week, childcare subsidy accepted!



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A wonderful refresher during the summer months.

The perfect introduction for students entering late immersion.

A great way to make new and lasting friendships.

L'ÉTÉ, C'EST MAGIQUE!

CAMP FRANTASTIQUE > Barton, Digby County | August 1-5 | Ages 10-14

CAMP BRETON > Mira River, CB | W1 August 8-13, W2 August 14-19 | Ages 10-14

CAMP DE LA BAIE > Sambro Head, HRM | August 22-27 | Ages 10-14

DAY CAMPS > Halifax, Dartmouth and Truro | Ages 6- 10

*All programming is subject to Public Health guidelines.



POP UP FRENCH ACTIVITIES

Join our Halifax au Soleil team for amazing activities in French this summer. Each week, Baluchons will be a fun, in-person, outdoor activity around town for families to enjoy together "en Français". L'Odyssee are exciting activities organized for youth aged 14 and up. L'Odyssee activities will include enjoying a mini putt session, bowling, climbing at OnTree, and a beach party. Sign up at ns.cpf.ca for weekly updates on our summer Pop Up activities.

Mes amis et moi en ligne!

CPF Nova Scotia is offering virtual French activities. During the summer, there will be weekly book/conversation club. We are also partnering up with Kids Code Jeunesse to offer weekly coding workshops. Coding teaches kids to connect, learn and share "en Français".

Information and registration form for camps and summer activities can be found at ns.cpf.ca/en/youth/french-camps



 cpf.ns
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Enroll today for our Summer Social Skills Program 2022

Dates: August 15-19, theme: Emotional Awareness
August 22-26, theme: Friendship Skills Week
Come for one week or both.

Hours: 9am-3pm

Cost: \$445/week



Bridgeway Academy has been a day school for students with Learning Disabilities and ADHD for over 30 years. We have learned that when there is an interruption in the learning process such as ADHD or LD it's not just academics that can be impacted. Socializing is also a learned process. These skills need to be taught in a evidenced-based way. Our social skills program has been taught to our students over the last 15 years with great success.

To enroll, download the registration form from our website:

bridgeway-academy.com/outreach

and email the completed form to:

angela.rudderham@bridgeway-academy.com



To register: bridgeway-academy.com/outreach

FUN Places To Go!

FUN Places To Go!

FUN Places To Go!

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SUMMER 2022

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FUN Places To Go!

Spring again at Ross Farm!

By Pete Cullen, Executive Director, Ross Farm Museum

Spring again! Although the snow can fly at any time in April, we are spending more time outdoors! This can only be good! Whether the weather is sunny or not, getting outdoors and running in the fields, parks and playgrounds, jumping in puddles, exploring streams and woodlands brings so many benefits!

First, get your blood moving! The best thing about walking, running, jumping, skipping, playing outdoors is it gets your circulation going and helps keep you healthy! The outdoors is a free gym! You'll feel better, have more energy and actually live longer by spending more time enjoying the outdoors. A study in northern Japan found that health care costs dropped between 6-8% over the course of a lifetime when people regularly spent time in nature! That's a cost savings and a health benefit!

Second, it is fun! Don't get me wrong—video games are also fun. Exploring the outdoors requires no expensive technology, however. It can be free. Free fun! Much of the fun can come from paying attention to the outdoor world. Watching bugs floating sticks in a stream, watching how the trees and plants come to life in the springtime—all of this fun can be had for *zero* dollars. With only a little bit of money you can travel to a woodland, trail, beach, park, museum or other outdoor location where you can engage more specifically with the outdoor world. Often trail systems and many parks are free. Museums often only have a minimal entry fee. For free or cheap you can occupy your



Photo: Ross Farm Museum

body and your mind!

Thirdly, you learn! Things change outdoors! There are birds to watch! Frogs to find! Flowers and trees blooming! Bees buzzing! Clouds roaring by or floating wistfully overhead. It's hot. It's cold. It's just right. Why? What is going on? *Everywhere* has an outdoors! It is nothing less than the world we live in! Learning about it allows us to learn more about ourselves and our world, have more fun and stay healthier! Who wouldn't want that?! Don't wait! Get outdoors!

Summer is just around the corner and so is the Royal Nova Scotia International Tattoo!

The Tattoo runs June 25th to July 2nd at the Scotiabank Centre in downtown Halifax and kids 18 and under are free with the purchase of an adult/senior ticket! If you need additional kids tickets outside a 1:1 ratio, they're only \$30.

This summer, meet our mascot, Drummie the Black Bear!

We first met our pal Drummie the Black Bear in 2020, when he wandered into the Tattoo Production Office during the first lockdown and told us he wanted to be our Drum Major. The Drum Major controls tempo and marching pace for the Tattoo's marching bands.

His audition didn't go so great, but he said he was willing to work with us and learn the ropes, and we couldn't turn down that offer! (Don't tell Drummie, but bears can't be Drum Majors...)

Drummie is a big kid at heart. He loves to play and laugh and listen to the pipes and drums. "Come and meet me at the show!" he says. Will he make it into the show and perform? Buy your tickets to find out!

The Royal Nova Scotia International Tattoo is Nova Scotia's premier summer spectacle and will feature performances by The Flying Grandpas, Heeresmusikkorps (German Army Music Corp) Neubrandenburg, and the German Bicycle Team (all from Germany); the IMPS Motorcycle Display Team from the United Kingdom; and the Vancouver Police Pipe Band from Canada. New performing groups will be announced up until showtime!

Visit www.nstatattoo.ca to buy your tickets!

The Royal Nova Scotia International Tattoo will follow all health and safety guidelines in place at show time. If public health requires that the show is cancelled, you will receive a full refund.



60 Acres
to Explore!

UPCOMING EVENTS

WOOLLY WEEKEND

Sat & Sun - May 21st & 22nd

Spring is here and the sheep at Ross Farm Museum are ready for their annual shearing. There will be demonstrations in sheep shearing, natural dyeing & spinning wool. Learn about the importance of sheep to early settlers and about the work involved to produce yarn and how woolen yarn was used to make material for the clothing necessary for the cold winter days.

THE VILLAGE BLACKSMITH

Sat & Sun - June 25th & 26th

In the spring of 1817 Daniel McKay, became the first blacksmith in Sherbrooke (New Ross). The blacksmith shop, with its collection of tools played an important role in this settlement. This weekend come to Ross Farm Museum and learn why the blacksmith was such an important part of the community and why they remained so well into the 20th century.

WOOD CHIP HATS

Sat & Sun - July 2nd & 3rd

Staff will demonstrate hat making using strips of wood known as "sheens" stripped from freshly gathered yellow-birch logs.

HERITAGE BREEDS

Wed - July 6th

Come see the animals that are part of our agricultural history and heritage. If it weren't for these animals our forefathers probably could not have survived and we would not be here today. Now is your chance to pay tribute to these animals and see what an important role they played on the farm. Staff will be on hand to answer any questions you may have.

For a full list of events visit:

ROSSFARM.NOVASCOTIA.CA

[f](https://www.facebook.com/RossFarmMuseum) [i](https://www.instagram.com/RossFarmMuseum) [y](https://www.youtube.com/RossFarmMuseum) @RossFarmMuseum

FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go!



ROYAL NOVA SCOTIA INTERNATIONAL tattoo

June 25-July 2, 2022

nstatattoo.ca



Scan for tickets and more info!



KIDS ARE FREE!

Get one kid ticket FREE with the purchase of one adult/senior ticket.

Conditions apply.



Canada

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HALIFAX

FUN Places To Go!

Campers LOVE Yogi Bear's Jellystone Park Campground!

By Kaylee Rawding

Yogi Bear Jellystone Park Campground, Kingston, NS, located in the beautiful Annapolis Valley is ready for guests to spend another 'beary' fun filled season with Yogi Bear, Cindy Bear and Boo Boo. Here is what a camper had to say...

"Once I found Yogi bear's campground...."

I have been taking kids ever since. There is so much pure joy & happiness & fun that kids have going there. They have games, crafts, activities for all ages. Wonderful place, it will be your next family adventure go to spot!" – Christina, Camper Buzz from a guest in 2021

Every weekend is unique, from Circus and Mad Science themed weekends to Christmas and Halloween. There are jam packed recreation schedules, and activities for all ages. Yogi Bear Campground hosts events, such as live music and entertainment and movies under the stars. Kids can meet with our friendly bears each day OR book a bear visit for a more personal experience.

Yogi Bear Campground has lots to offer, and we are adding new things all the time. This past year, we added a 25' high inflatable water slide, hay wagon rides and Café.

We are ready to provide a WOW experience during your stay at Jellystone Park.

"The staff go over and above to make you feel wanted and are so nice. The campsite is very clean and well looked after." – Aleeta, Camper Buzz from a guest in 2021

Join our staff for a water fight, a sing-off, sit by a fire or make a craft. We are here to help make memories.

"This is honestly the best campground my family has ever been to, so thank you! We had an amazing weekend; my kids didn't want to leave. We will definitely be returning again next year." – Candace, Camper Buzz from a camper in 2021

Come stay and play at Yogi Bear Jellystone Park Campground, build memories, and find out for yourself what all the Camper Buzz is about. See you this summer!

Visit us online www.jellystonens.com or call 1-888-225-7773 to make your 2022 reservation.



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Seniors' Living Care

Re-imagine Age and Stage—Love Where You Are Right Now

Submitted by The Berkeley



Photo: The Berkeley

Retirement is a stage of life spanning several decades and it is characterized by ongoing changes in lifestyle and personal needs. From a current quality-of-life and future preparation perspective, retirement living is an ideal solution for making the very best of your age and stage. Moving to a retirement community is a forward-thinking strategy that allows you to live well now while preparing for future changes. It's a time to welcome the freedom of retirement and recognize, with gratitude, the opportunity to spend time focusing on yourself and doing what brings you personal happiness.

Shifting from one stage to another signifies the end of something familiar and the beginning of something new. As life changes, it is beneficial to concentrate on the positive aspects and possibilities of that stage. We have all moved to a new home to better suit our stage of life and this later stage is no different. It is a time to downsize and free yourself from household responsibilities in exchange for a living arrangement that can improve the quality of your life.

Belonging to a retirement community provides seniors the camaraderie of like-minded people in a similar stage of life and that can have a powerful and positive effect on overall health and wellness. Residents of The Berkeley have embraced the simplicity of this later stage of life by choosing to live without the worries of household maintenance, grocery shopping, cooking and cleaning. A retirement living community—apartment living with included benefits—is the perfect way to get everything you need in one place.

If you or someone you know is ready to be part of a vibrant, supportive seniors' community where the perfect balance of choice, convenience, independence, and support can be found, please visit www.theberkeley.com. It's time to love this stage of life!

For more information and to book a tour, please visit theberkeley.com or call Jenn at (902) 802-0346.

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atlanticdartmouthfh@arbormemorial.com

Love this stage of life!



I'm Catherine Campbell from The Berkeley Retirement Residences. You've probably heard me say, love where you live, and our residents do love where they live, but it's about so much more than that! Moving to The Berkeley is a strategic decision involving planning for your future while enjoying the present. It's a lifestyle choice to downsize and simplify so you can age comfortably among your contemporaries in a vibrant, supportive community. It's really more appropriate to say: **Love this stage of life!** For more information and to book a tour, please call **Jenn Walker** at (902) 802.0346 or visit theberkeley.com.



/TheBerkeleyNS
theberkeley.com
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Personal, customized comfort and the freedom to live well in retirement.
That's The Berkeley.

Halifax | Dartmouth | Bedford | Gladstone


The Berkeley
RETIREMENT LIVING

Endless Opportunities for Chloe, Thanks to War Amps!

What began as an Association to assist war amputee veterans returning from the First World War has expanded its programs over the years to support all amputees, including Chloe Dunbar, 12, of Newport, Nova Scotia.

Chloe was born a right arm amputee and, as a member of The War Amps Child Amputee (CHAMP) Program, is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support.



Photo: Chloe at a CHAMP seminar in 2011 (left), and today (right).

“I have been fitted with different artificial arms that allow me to be independent and participate in activities like cheerleading,” says Chloe. “Thank you to everyone who has donated to the Key Tag Service.”

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs. The service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number

on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.

“We’d like to thank the public for helping to make this service a success,” says spokesperson Rob Larman, himself a Graduate of the CHAMP Program. “Your support funds essential programs for all amputees across Canada, including children and veterans.”

For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.

Key Tags Help Kids!

Key tags protect your keys and support child amputees, providing them with artificial limbs and much more.



Nikan

Order yours online – free.



The War Amps

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Health & Wellness

Age 7 is the Perfect Age

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C),
Halifax Orthodontic Specialist Group

We want to congratulate *Parent-Child Guide* on the 27th anniversary of their publication! They have shared a wealth of knowledge and information that has helped guide parents and their families over the past 27 years! We have been honoured to be part of this educational and supportive journey by providing current information about Orthodontics in our regular column. It is a privilege to have worked with this wonderful team and we wish them many more years of success!

And that takes us to the article for this issue. It is a most important one, so please take the time to read about the importance for early orthodontic consultations for your children.

New parents often face challenges when trying to make sure all of the appropriate steps are taken to ensure their child's health. Eye tests, ear tests and dental examinations abound. Most parents won't think about the development of the jaw and bite and whether all of the teeth are forming properly. "Braces" are a far-off burden to be contended with like school tuition or driving lessons.

As parents, we watch their little jaws grow. We want to be sure they are given the absolute best treatment to ensure they are confident and have a healthy and functioning bite and a beautiful smile. It all starts with early monitoring and proper timing of treatment. Whether it is for your young child, teenager or yourself, do you understand the importance of Orthodontics for your own or your loved one's health and well-being?

Orthodontics is a specialized area of dentistry that focuses on growth and development of the jaws and alignment and movement mechanics of the teeth. Although some dentists perform limited orthodontic work, an Orthodontist is a Board-certified Specialist who is a dentist first, and then goes on to complete a 3-year residency following their dental training. They are a specialists that do Orthodontics, all day every day. The easiest way to verify if a Dentist is an Orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by

age 7. That age comes faster than you can imagine. An early exam is an important step in your child's healthcare, as early detection of some problems can be treated to avoid surgery later on. Your Orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead. As we all know, a forecast is not always perfectly accurate, but it does help us plan for big storms so that we aren't caught off-guard. So, if your child is 7, book a visit with an Orthodontist. In our clinic it is free. Free to have a specialist look at your child's bite, free to have your questions answered, free to have your child monitored as they grow and finally free to put your mind at ease. All you have to do is show up! Now that is something to smile about!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck), The Brace Space (Sackville) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces Lifestar and Invisalign for children, teens and adults. For more information, contact (902) 455-7222 or (902) 252 7222.



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Education

Warmer Temperatures Can Have a Negative Impact on Grades

Submitted by Oxford Learning

Days are getting warmer, and the countdown to the end of the year has started for some. But for students, the arrival of spring brings a tendency to lose motivation and drift.

After a long winter, the warm temperatures and sunny days can be major distractions for students, making it challenging to stay focused on schoolwork.

Even though it's beautiful outside, and the school year is winding down, it's very important that students not slack off. Students who have worked hard all year may see a backward grades slide if they don't maintain their motivation.

There is still time to get better grades. In the time left, students have the opportunity to make improvements before the final report card. There are still end-of-year projects, assignments, homework, and final exams that can help students to bring up their grades, but students need to remain focused on school in order to do this.

Here are some tips to help students of all ages stay focused on school:

1. Dust Off That Agenda. Agendas have kept students organized throughout the school year and now is not the time to leave them at the bottom of a school bag. Need to renew the drive to succeed? Flip through the agenda for a reminder of everything that has been achieved so far this year.

2. Work Towards a Goal. It's easy to coast for the rest of the year, but rather than slack-

ing, set a goal and work towards it. Whether it is by fine-tuning study skills or pulling up a math grade, having a goal to work towards makes staying on task easy.

3. Take On Extra Credit Projects. Students that need a leg up (whether to pull up grades or to secure a university admission) can really benefit from extra credit projects. Talk to teachers about bonus projects or assignments. Teachers may be able help students who make an effort, and this is especially important when it comes to creating final report cards.

4. Make Better Grades Your Mantra. To get better grades you have to do the work. To do the work, you have to be motivated, which is challenging this time of year. Create daily reminders of what the goal is—write "I want better grades" in your agenda, put it on post its by your bed, and repeat it to yourself while walking the dog. The more you say it, the more you'll believe it!

5. Get Extra Help. End-of-year projects and exams can stress even the most organized students. If your student is struggling to manage current workload or stay motivated, call us today and learn how we can help make the remainder of the year easier.

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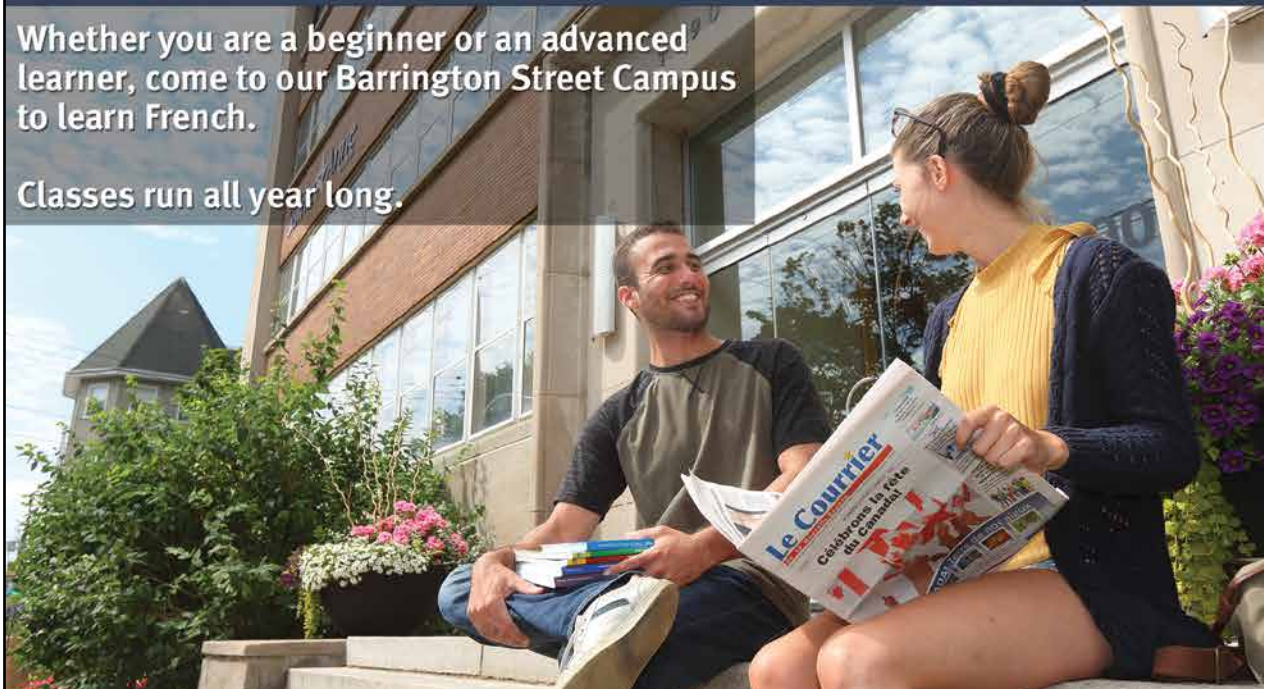
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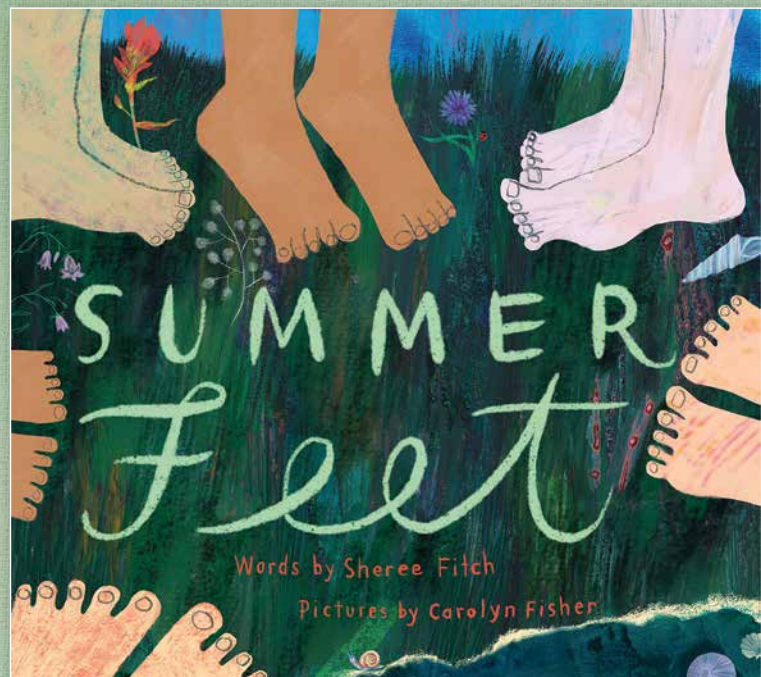


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Spring has Sprung and so has Mud!

By Nicole Lenihan, The Growing Place

With the arrival of Spring, also comes the arrival of MUD. I know, mud is messy and gets everywhere and can be a pain to clean up, but mud can be fun to play in. Myself growing up I would go outside on a warm spring day, I would always go for the mud and my mother did not mind or at least she didn't show that she minded it. She would give me old muffin tins, pie plates, and cake pans to play with. When finished, I would return the mud to the earth, and my mother would have a basin with water in to clean up so I wouldn't bring too much in the house.

A great idea for some great muddy play would be a mud kitchen. When people are doing renovations to their homes this would be a great time to see what materials they may be throwing out. A kitchen sink or even a plastic laundry sink, a drain stopper, the grates out of an oven, old wood with any nails removed, old cooking, and baking pans. All of these could be found on side of the road if you like the "free" things. They can also be found cheap at discount stores. If you live in an apartment muddy play can still be done, you could have a few items in a bag like a muffin pan,

some old spoons, tinfoil pie plate, and a bottle of water. Take a walk to your nearest playground or beach and have fun.

Muddy play can benefit children with new learning opportunities as well as what is stated on *kidminds.org*, "Not only does playing in mud stimulate our immune system, provide valuable minerals, and improve our health, but it actually makes us happier and more emotionally balanced. Hard to believe? Scientists have discovered that bacteria *Mycobacterium vaccae* found in mud protects against stress, reduces anxiety, and makes you calmer." (*Kid Minds*, 2020, <https://kidminds.org/mud-play-benefits-and-activities/>).

And once you are done playing in the mud, be sure to wash your hands. 😊

Nicole currently teaches in the school age program at The Growing Place (Pleasant Street Location), as well as assisting in the office and with Inclusion Programming. For more information, please visit our website at www.thegrowingplace.ca.

HOME Décor

Spring is in Bloom

By Holly Gouthro, Interior Consultant, DWD Interiors

Spring is upon us and with that comes a blast of bright colours, changing from the dark and dreary of winter. Spring is a perfect time to give your house a refresh, it is when "spring cleaning" comes to mind and clutter is tackled. What better way to reward your hard work than to give your space an extra boost of spring through new decor.

Switching out your decor for the season might not be for everyone, but a few small changes in the spring and the fall can make your space feel lighter and brighter or warmer and cozier depending on the time of year. Keeping your larger items a neutral tone is a great way to be able to freshen up your space. Switch out toss cushions, throws, centrepieces and other

smaller items to rejuvenate your space in the spring by incorporating brighter colours, lighter fabrics and fresh flowers.

Painting is one of the easiest ways to update a room or even a piece of furniture, and spring is a perfect time to do this, open the windows and get to work. Your space will feel fresher and brighter in no time.

Outdoor living has become more and more popular in recent years and spring is a great time to start planning your outdoor oasis. Outdoor furniture and decor is the place to add bright and vibrant colours. Do this by adding colourful rugs, cushions, umbrellas and flowers. When sticking to a smaller budget even a fun new entry mat can make a world of difference.

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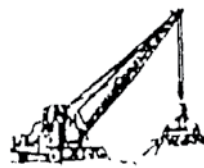
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We want to again thank all the essential workers out there who continue to keep our community going during this challenging time. You are all Heroes! Words alone could never express our gratitude.

Once again, from me, Jennifer, and the team at the *Parent-Child Guide*, thank you from the bottom of our hearts.

Robert Rockwell

Owner/Publisher

Welcome to our Special 27th Anniversary Edition! We are humbled by the support we've received from you, our loyal readers, advertisers, and contributors for the last 27 years.

We are so very grateful to all who have advertised,

contributed articles, and read our newspaper. And we're overwhelmed from all the kind words that readers and advertisers have sent to the *Parent-Child Guide*.

We especially wish to thank our many loyal advertisers who have supported our newspaper for

the past 27 years. Without your support, we would not be able to provide our readers with local, informative, contemporary content they have come to expect.

We owe our success to you, our dear readers, and we promise to continue to provide the quality content you've come to expect from the *Parent-Child Guide* for many years to come.

Little did we know over 2 years ago how much of our daily lives would be affected by COVID-19. We hope everyone is doing well. We continue to be amazed by the huge hearts and selfless service seen in our community. It makes us so proud to call

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CRAFT CORNER

Spring into Action

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Spring is often seen as a new beginning; time for a fresh start as you peel away the winter layers and watch Mother Nature open her doors to colour, textures and fresh smells. A little splash here and there and before you know it spring is in the air.

This year I have a space on the property where I want to add more colour and attract bees and butterflies but don't want to disrupt the soil and dig up a whole new garden bed.

Seed bombing is an easy way to help a struggling ecosystem by way of introducing new vegetation to an area. If you were to just scatter seeds they could often get eaten by insects, birds or rodents and even washed away by the rain. With clay-based seed bombs the seeds are protected inside the ball; when it rains the clay in the ball holds the water and helps the seeds germinate. When they germinate the compost will encourage the seedlings to grow.

Before seed bombing assess your grow area and choose accordingly, there may be a small amount of digging or mowing to be done to prepare the area. Be sure to choose flower seeds that match the area you're bombing. If you're choosing a spot in full sun, make sure to plant flower seeds that will thrive in full sun. Plants that are native to your area are much more likely to grow and less likely to endanger the bird/insect populations as well as the environment. Not everything will sprout so make sure each seed bomb has variety.

The instructions are actually very simple, a bit like making chocolate truffles.



Ingredients:

- A mixture of seeds
- Potter's clay powder
- Peat-free compost
- Water
- Bowl
- Tray

Instructions:

Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls of clay, five handfuls of compost and one handful of seed. Add water slowly and gradually (you don't want it too gloopy), mixing it all together until you get a consistency that you can form into the size of a golf ball. Lay them out to dry on a sunny windowsill for at least three hours.

Now you're ready to take action and bomb the world with beauty!

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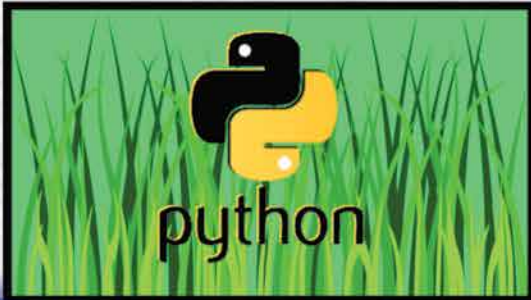
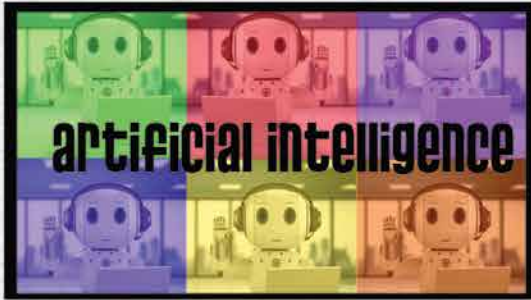
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