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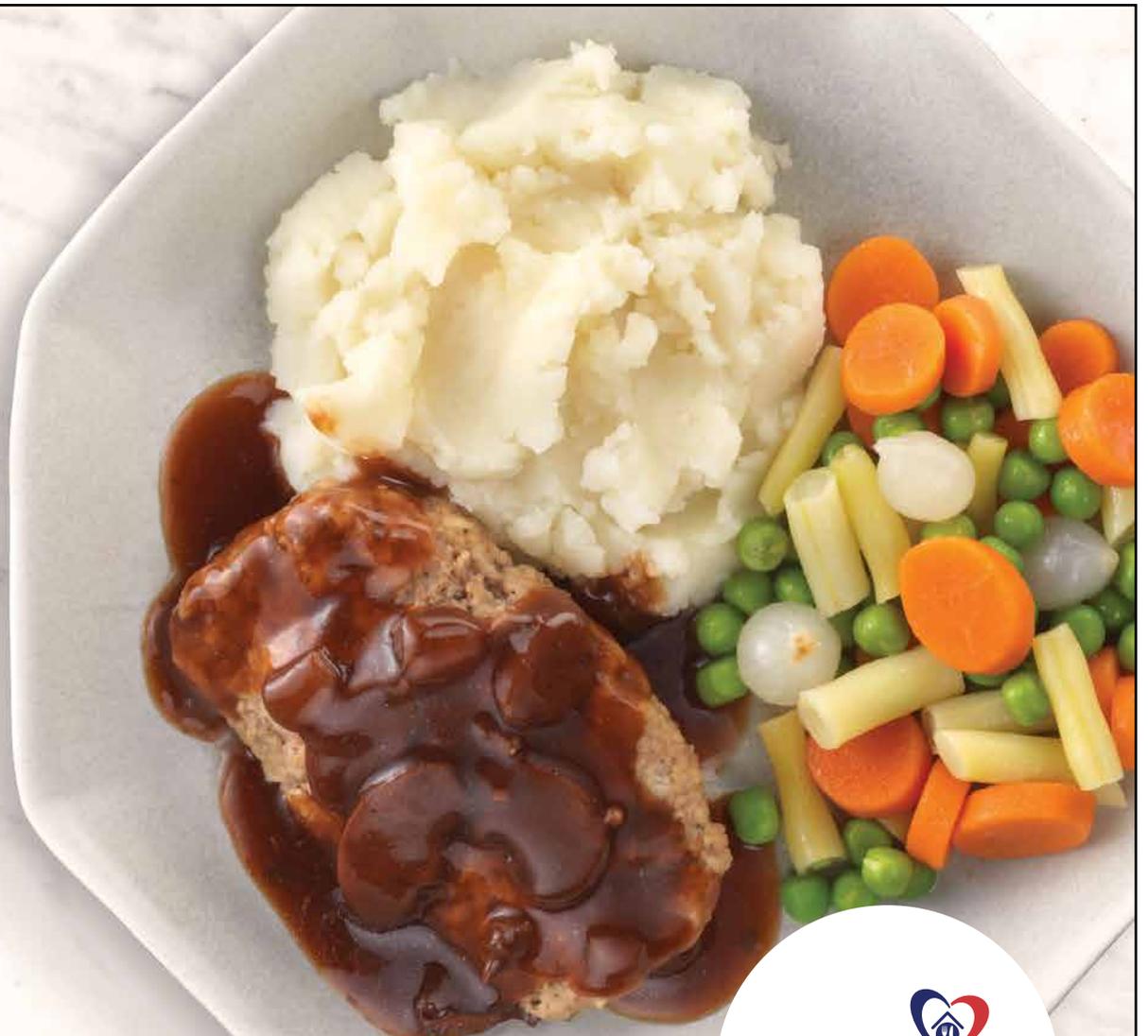
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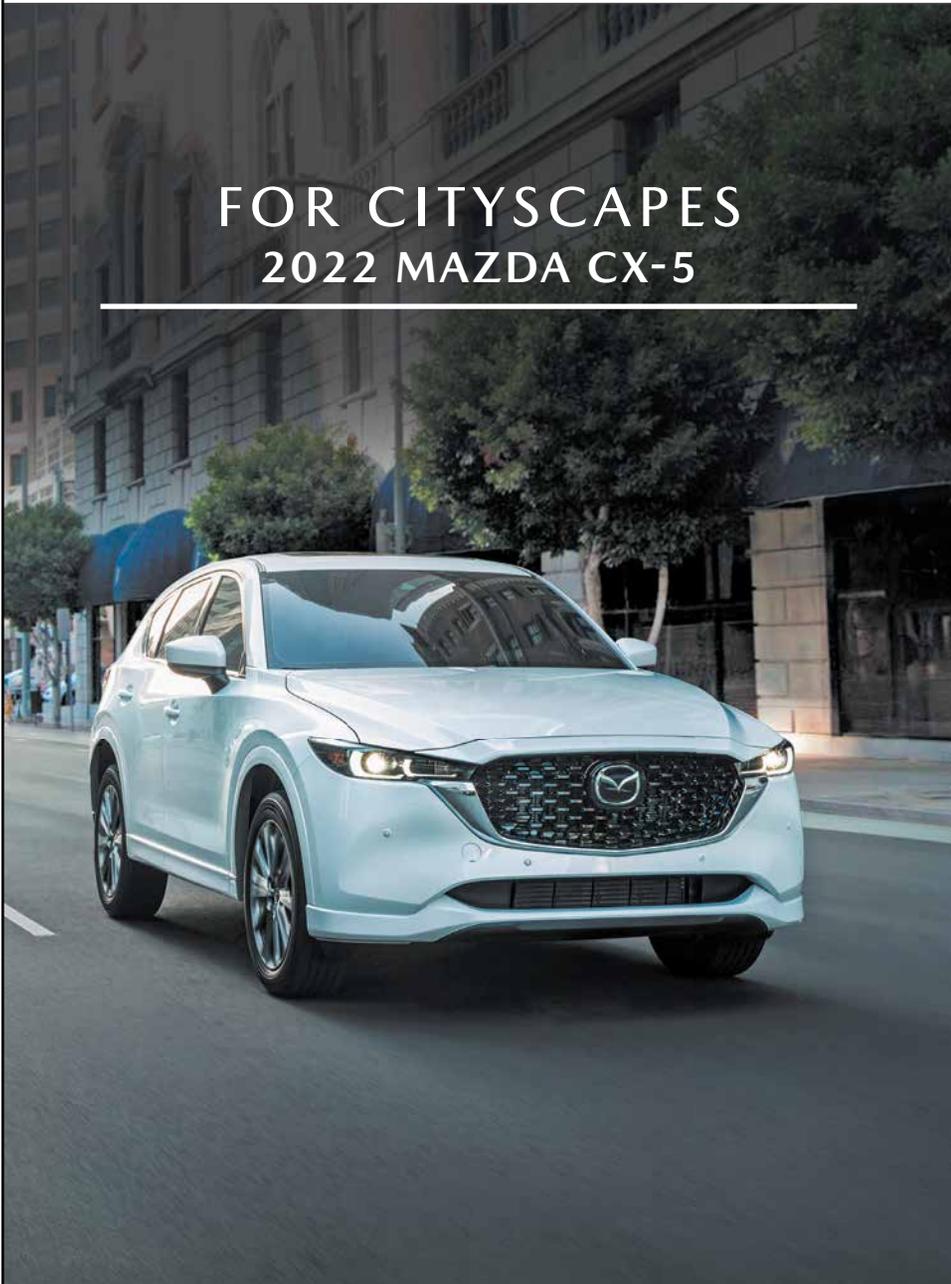
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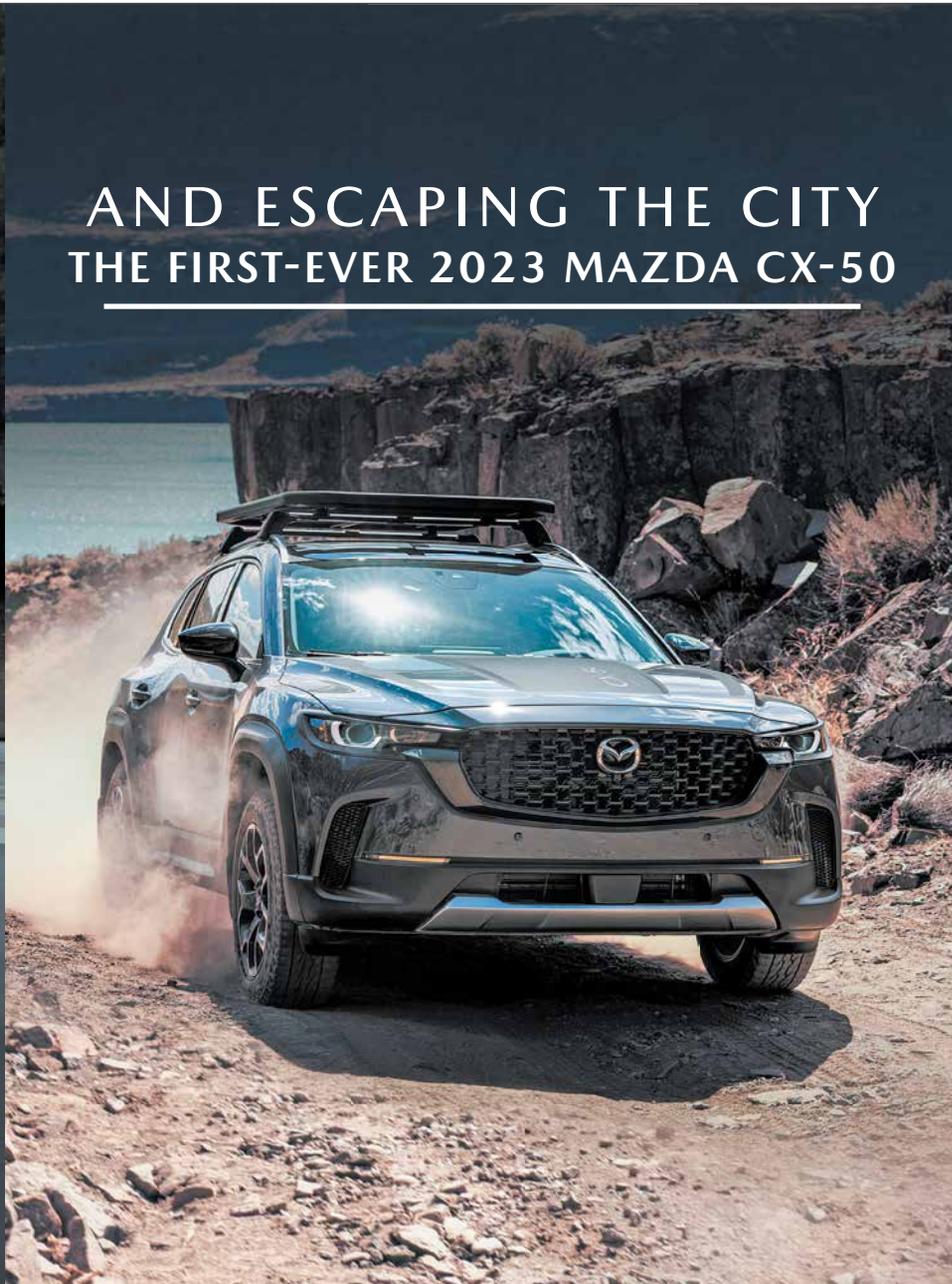
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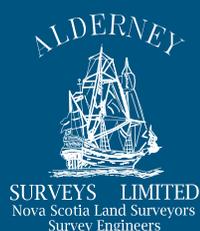
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The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated, Halifax
94 Bayview Rd., Halifax, NS B3M 1N9

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.

NEXT PARENT-CHILD GUIDE will be our FALL EDITION

also including Fun Places to Go, Health & Wellness, Seniors' Living Care, Education, and More!
Printing on October 20, running to December 15, 2022. Advertising Deadline October 3, 2022

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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Our Victoria Park Field Trip

By Claudette Bouman

Dear Parents,

Which child doesn't anticipate with excitement a bus ride ending at a park? One sunny Saturday in late June, thirty children and adults stepped off a bus into a park alive with activity. On this beautiful day, children and chaperones were on a field trip primed to learn about and experience an encounter with trees. An old hemlock ravine, Victoria Park is only a few minutes from downtown Truro. The Dartmouth East Education Committee, a parent volunteer group, had planned this outing.

The Committee wished to reward students for participating in the Black Educators Association's (BEA) afterschool Cultural and Academic Enrichment Program (CAEP). The CAEP operates from October through May.

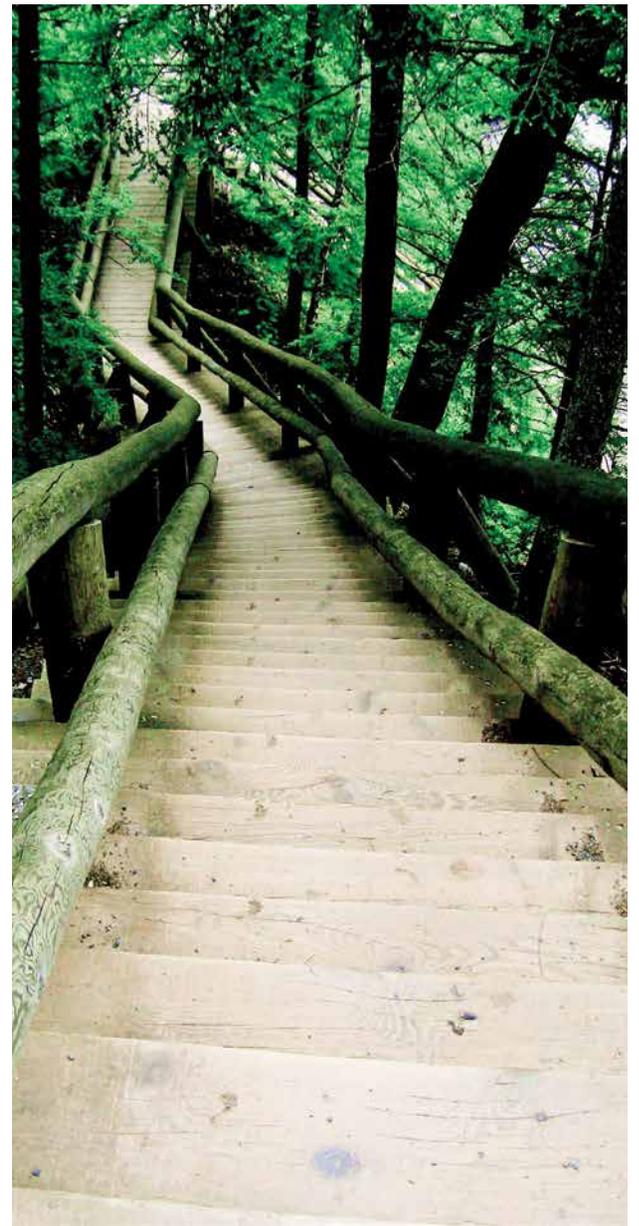
Our excursion was led by forest scientist Thomas Bouman. A member of the Committee, Thomas wanted to impress upon his young audience the unique nature of an old forest and the benefits of trees. Gathered in a semi-circle, he asked a volunteer to read two sentences from a Bristol board: "Trees live longer than humans" and "Forests are much older than humanity." A lively discussion of these statements led us to an important reminder: individual trees can live for thousands of years. No one among us knew or had heard of any human who'd lived more than 120 years.

Thomas wanted to engage the children in several activities: how to determine a tree's height, measure a tree's diameter, and estimate the amount of water falling on a square meter of ground. He could not complete all of these activities for when children arrive in a playground park, they want most to run, jump, and test rides, swings, and climbing frames. The chaperons made sure to give the kids sufficient time for snacks and bathroom visits.

The main activities were yet to come. Scaling "Jacobs Ladder" and walking the gorge were not activities for hesitant people. The kid erupted in everyone when Thomas challenged us to climb the park's most famous feature, its 175-step stairway, without stopping. On reaching the top, some kids wanted to turn, run down, and do it all over again! The adults thought it was better to keep moving. We descended to the Joe Howe Falls and then climbed up among the venerable hemlocks to gaze way down into the rugged ravine. Among the tallest trees, we stopped to admire the forest canopy and experience the serenity of its shelter. Halfway through when Thomas suggested we hug trees, the children joined in the fun of doing just that. With the help of a parent, he measured one of the thickest hemlocks. It had a circumference of two meters (6.5 ft), a height of about 25 meters (82 ft), and an estimated age of more than 200 years.

I witnessed happy, motivated children climbing Jacob's ladder, tramping over tangled tree roots, viewing waterfalls, and hugging trees. The physical nature of the exercise and presence of the mature hemlocks seemed to cast a charming spell. What a memorable day it was for us all and I can't wait to do it all over again.

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 Baccalaearate 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.



Victoria Park, Truro, NS. Image by Simon D'Arcy from Pixabay.

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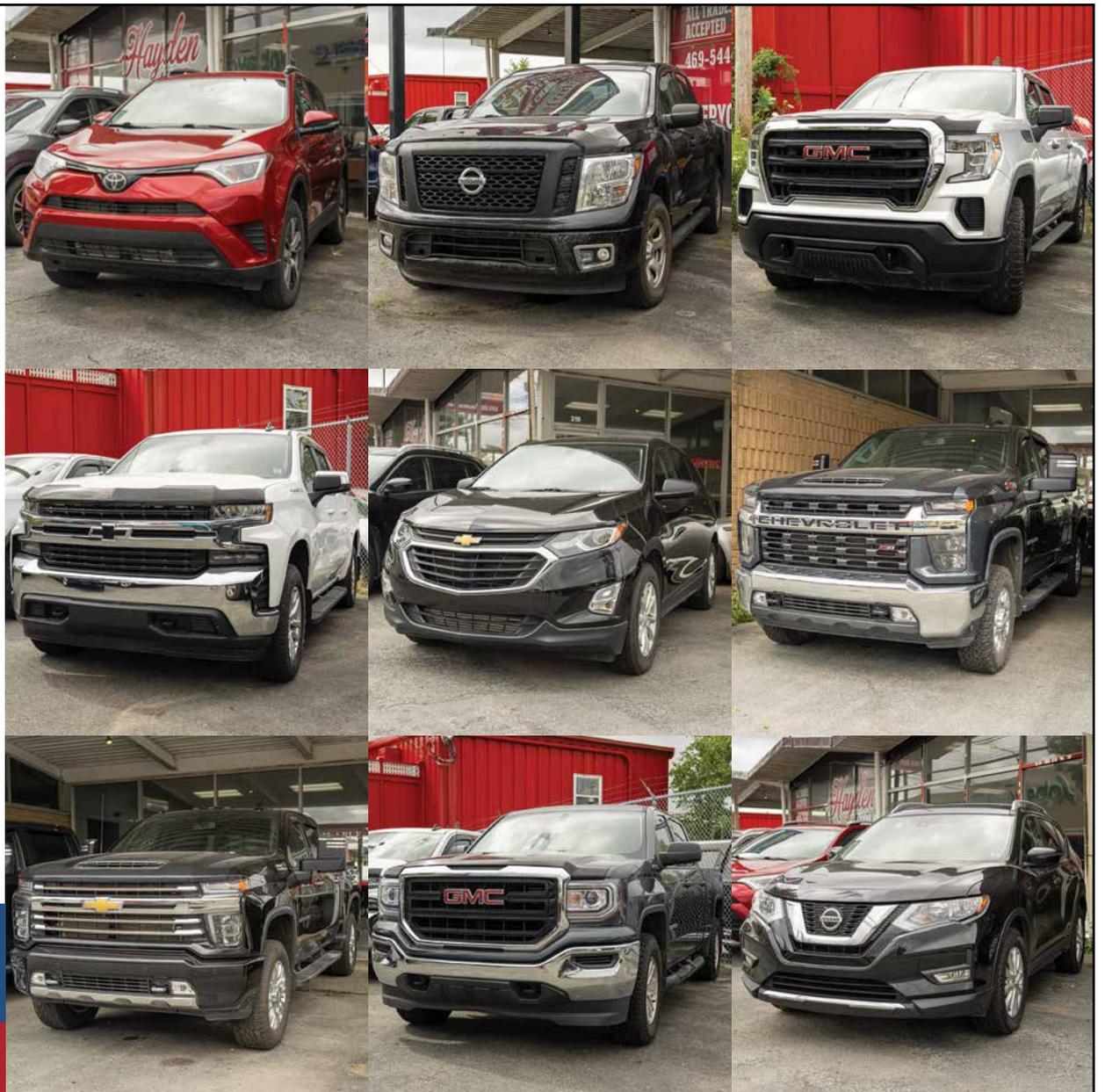
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A message from Darrell Samson, MP
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For more information, visit:
<https://www.canada.ca/.../canada-child-benefit-overview.html>

Confronting Hate Toolkit

The Canadian Anti-Hate Network has launched its new toolkit: **Confronting and Preventing Hate** in Canadian Schools.

By providing comprehensive anti-racism education to educators, parents, and communities, schools can take steps to address discriminatory barriers towards racial and religious minorities.

For more information, visit
<https://www.antihate.school/>

Saving for Homes

The new **Tax-Free First Home Savings Account** will allow any first-time home buyers to save up to \$40,000 tax free! Contributions and withdrawals to purchase a first home, including investment income, will be non-taxable. We are also doubling the **First-Time Home Buyers' Tax Credit** amount to \$10,000, providing up to \$1,500 in direct support to home buyers.

Affordability

Our government continues to work hard on affordability. We are spending \$8.9 billion in new supports this year that are designed to help allocate money back to Canadians, and here are some examples.

Our Affordability Plan:

- Cuts child care fees in half across the country **by the end of the year**, saving the average family in Canada between **\$2,610 and \$6,000**.

- Increases Old Age Security **by 10%** for seniors aged 75 years and older—up to an extra **\$766 this year**.

- Provides **dental care** for those **earning less than \$90,000**, starting with children under 12 years of age this year.

- Offers a **one-time payment of \$500** to renters in the greatest need this year.

- Builds more homes.

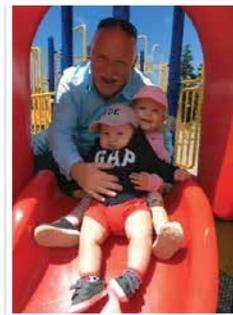
- Tackles **housing speculation**.

It is Back to School Time!

After a nice summer break, students will be back to school next month. It is tough to begin daylong classes after a vacation topped with fun activities. Make the most of this school year and surround yourself with wisdom and move ahead with determination. It's going to be a great year!

Increasing the Canada Child Benefit

As we mark the sixth anniversary of the **Canada Child Benefit**, we're continuing to put more money in the pockets of those who need it the most. To help with the rising cost of living, the amount families get from the **Canada Child Benefit is going up as of July 20th**.



This year eligible families can receive up to:

- \$5,903 per child aged 6 through 17; and
- \$6,997 per child under the age of 6.



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It's time to get ready to learn. Wishing all the parents, kids, teachers, and support staff a great school year!



Darrell

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HRM MLAs and MPs Working Hard for YOU!

A Message from Claudia Chender, MLA Dartmouth South

For many families in Nova Scotia, back-to-school can feel like back to normal with routines and activities. This year, with COVID-19 still active in our community and all restrictions lifted, I'm hearing from many of you who are also finding this time of year to be a source of concern.

The good news is that you can help protect your child and family. COVID-19 vaccines are now available for children as young as 6 months with special protocol for immunocompromised kids in various age cohorts as well. You can call 1-833-797-7772 (Monday to Friday, 7am to 7pm and Saturday to Sunday, 10am to 6pm) to book or book online at novascotia.ca/coronavirus.

For kiddos who are afraid of needles, Dr. Christine Chambers' website itdoesnthavetohurt.ca

contains some excellent resources to support kids and parents through those fears and some information about reducing pain.

Additionally, anyone who tests positive should fill out the NSH Report & Support screening form at c19hc.nshealth.ca/self-report to find out whether they are eligible for and may benefit from COVID-19 medications and treatments.

It's been a challenging few years. Although in many ways things are getting back to normal, there are many immunocompromised and high-risk folks in the community who are unable to return to everyday activities because of the risk of contracting COVID-19. The responsibility is now on each of us to protect our kids and community. Happy fall!



Halifax West MP Report

By Hon. Lena Metlege Diab, Member of Parliament for Halifax West

As families in Halifax West get ready for back-to-school, I want to wish everyone a safe, happy, and fun return to the classroom. I hope you all enjoyed a summer full of reconnection with your loved ones, and that you're looking forward to the fall. I also want to share a warm welcome to all the international students arriving in our province to begin their studies!

As your Member of Parliament, I'd like to use this back-to-school edition to highlight some of the measures our federal government has taken to better support families, educators, students, and young people. Here's some of what we've done recently to make life easier for you:

- In July, we once again increased the Canada Child Benefit to help with your family budget. The CCB now provides families with up to \$5,903 per child age 6-17 and up to \$6,997 per child five and under. This benefit, introduced in 2016, has helped lift nearly 435,000 Canadian children out of poverty.
- We are currently working on a new dental care program to provide care to families with annual incomes under \$90,000. This program will cover children under 12 years old starting this year.
- Earlier this year, we brought in an expanded Eligible Educator School Supply Tax Credit to provide more support for teachers that purchase supplies for their classrooms. We also delivered an additional \$2.67 million through the Safe Return to Class Fund to make sure our classrooms have proper ventilation.

- For post-secondary students, we doubled Canada Student Grants so that, if you're a full-time student, you could get up to \$6,000 until July 23, 2023. For students with disabilities, that amount goes up to \$10,000. We've also waived interest on federal student loans until March 31, 2023, and provided borrowers with more flexibility with repayment.
- We have extended disability supports under the Canada Student Financial Assistance Program to include those with a persistent or prolonged disability.
- Finally, in Halifax West, we continue to invest in important projects and programs. Recent examples include the \$56,000 contribution we made for the basketball court between Fairview Heights Elementary and Fairview Junior High, and the almost \$1.4 million in Canada Summer Jobs funding we provided this year to support over 450 jobs for young people in our riding.

After a wonderful summer celebrating many community festivals—from Bedford and Beechville Days to Lucasville Heritage Day and the Fairview Community Association BBQ—and being able to announce plenty of federal support for our riding, I'm looking forward to returning to Parliament in the fall. Thank you all for your continued support!

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HRM MLAs and MPs Working Hard for YOU!

Fall Greetings from MLA Rafah DiCostanzo

It has been a terrific summer to be out and about in our beautiful riding of Clayton Park West. I enjoyed meeting many of you at all the great events over the summer. I would like to wish all the students and parents of our community a safe and happy back to school.

Litter Prevention Committee (LPC)

The Litter Prevention Committee (LPC) are hoping that two dates will be scheduled for the fall. Everyone is welcome to participate! We're always looking for volunteers to help and would encourage anyone interested to reach out to our office. Be sure to check out our social media for details as they are announced.

NEW Safe Walking to School: A New Initiative for Clayton Park West

Our office will be working with community members on the NEW Safe Walking to School initiative. 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.

We are working hard 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.

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.

We are always here to help constituents, so please reach out at any time—we would love to hear from you.



Rafah Di Costanzo
MLA - CLAYTON PARK WEST

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A Message from Hon. Tim Halman, MLA Dartmouth East

It's that time of year again when summer draws to an end. I've always thought that for many parents, guardians and grandparents, the back-to-school season is the real New Years; Routines are re-established, and the pattern of life we have all taken a short respite from returns.

The summer has brought many exciting international and national events to our own backyard in Dartmouth, like Canoe '22 and the U22 National Baseball Tournament. More local events, like the Great East Dartmouth BBQ, resumed for the first time since the pandemic and it was such a joy to see so many smiling faces again.

It was certainly a treat to be able to get out in the community and join in on the celebration and fun of these events with the community. As summer wraps up though,

the excitement of the summer turns into anticipation for the fall and everything that the next season brings us. Personally, for me, that means an expected fall Legislature sitting and sharing my time between the Department of Environment and Climate Change and the Dartmouth East constituency riding.

My household is also getting into the back-to-school routine, with my four kids heading back to the classroom. I have often told my children the following phrase: "school is the most important job you will ever have".

As we all head back to the routines of our jobs, I wish everyone a happy back-to-school season and I encourage students across the province to study hard and have fun.



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School and Citizen Science!

By Pete Cullen, Executive Director, Ross Farm Museum

From 1891 to 1926 Alexandre MacKay served Nova Scotia as Superintendent of Schools. Every year some can't wait to get back into the classroom and some are a little sad that summer is over. Some kids start their first year and some graduate and move on. The years go by, the world changes.

The genius of Alexandre MacKay was to recognize these changes and involve the entire school system in documenting them. Mr. MacKay organized a long-term study based on information collected by each young student in each school around the province, whether big or small, and compiled the information for public record. Students recorded the first apple blossom, the return of the bees, the first potato planted etc., the facts of their rural worlds. Over thirty years these volumes showed that everything was happening a little earlier by the end of the period than at the beginning of the period! A little study in ecology and climate change, if you will.

The foundation of this study was the participation of the children. Children walked to school back then, which meant they had the time and skills to observe the world around them. These things were important! When the bees came



Photo: Ross Farm Museum



Get out and learn something this fall!

FUN Places To Go!

back the fruit trees got pollinated and the apples grew. When the potatoes went in the ground you counted on getting enough back out to last the winter. Children knew the importance of the countryside and the farm for their existence.

I'm sure that some couldn't wait to collect more information for their teachers and Superintendent MacKay when they got back to school. I'm sure that some couldn't have cared less. I am also sure that they learned a whole lot by getting outdoors and into the world around them. They had to! Their experience teaches us a whole lot too.

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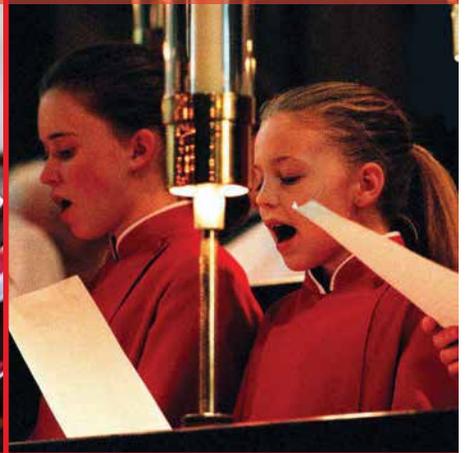
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Information and Tickets: talentstudiohalifax.com



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

Every parent wonders this from time to time; the only real way of knowing? Book an early screening exam by a certified Orthodontist. The Canadian and American Orthodontic Associations, age 7-8 is the ideal time for this early exam but even if your child is older they will benefit from the check up.

Although the adult teeth may be just starting to erupt, this check-up provides valuable information to your orthodontist and dentist about your child's growth patterns and jaw relationship. It also provides you, as the parent, a better understanding of the development of your child's bite. If a potential problem is identified, your Orthodontist will recommend monitoring your child at a regular interval (often yearly) until a time that treatment is indicated. Usually orthodontic treatment is recommended around age 11-12 when the main growth spurt happens and many of the permanent teeth are present, but in some cases early treatment is necessary. Early, interceptive treatment may prevent a problem from becoming more serious (possibly requiring surgery) or may achieve results that would otherwise be unattainable if treatment is delayed.

So do you know what

to look for? A developing smile can be a bit intimidating from a parent's perspective but here are some "bad bites" (or malocclusions) to watch for.

- An underbite (bottom teeth bite over top teeth)
- Crossbite (s) (top teeth bite inside bottom teeth on one or both sides)
- A deep bite (top teeth completely cover bottom teeth)
- An open bite (teeth don't come together in front)
- Protrusion ("buck teeth"),
- Excessive spacing or crowding
- Any of the following: Early or late loss of baby teeth; difficulty chewing or biting; mouth breathing; a thumb or finger sucking habit; jaws that

shift or make sounds; grinding or clenching of teeth; biting the cheek or the roof of the mouth; speech difficulties or facial imbalance.

Don't be alarmed if you see one or more of these features in your child's bite. Many changes occur as a child grows and some problems are temporary. However, mentioning your finding at your child's next regular dental visit or calling your local Orthodontist for a screening exam is a good idea.

Now that you've looked closely at your child's teeth, what about your own? Consultations are free at our clinic, so don't hesitate to ask about what is possible!

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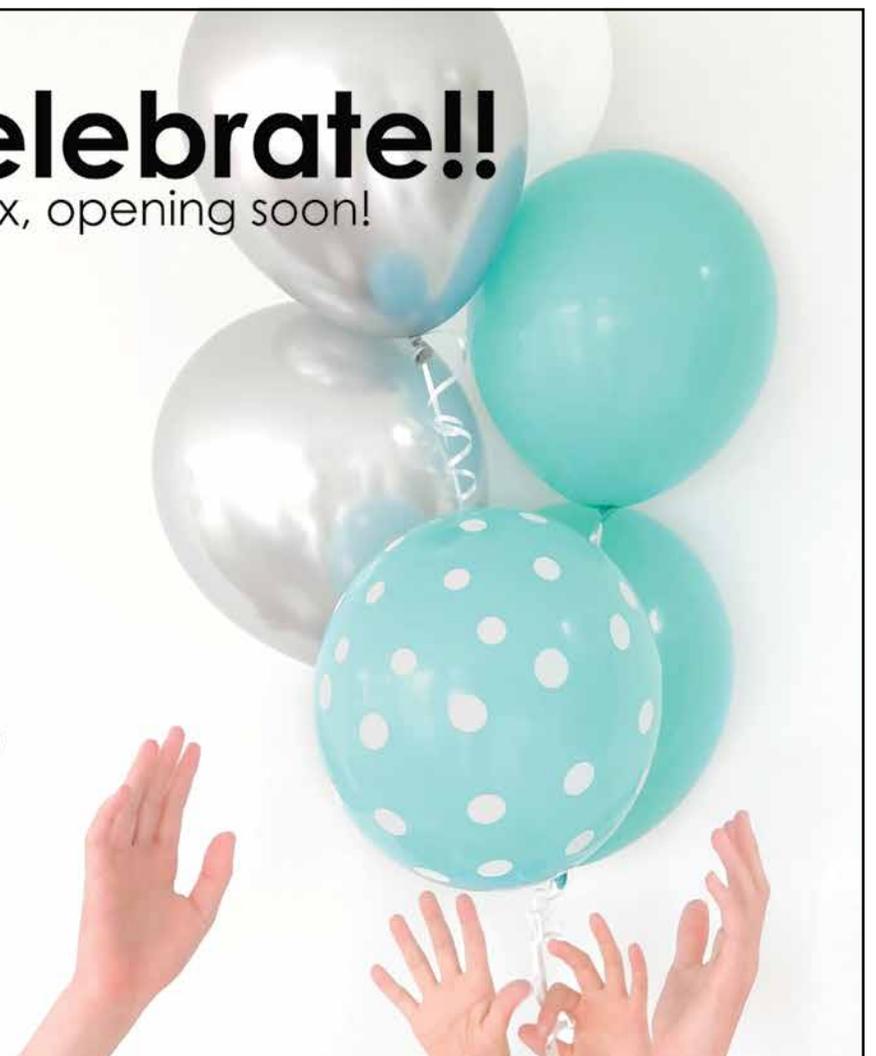
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Fall Registration Guide

Grand Opening of the New Centre for Music Therapy at the Maritime Conservatory of Performing Arts

The Maritime Conservatory is pleased to announce the grand opening of its Centre for Music Therapy on September 25, 2022. At the Conservatory we believe in the healing power of music and our certified music therapists help Nova Scotians access this healing power as well as the joy of music. Our department head, Anna Plaskett, and her team of music therapists (formerly of Heartsparks Music Therapy) are ready to welcome you to our campus at 6199 Chebucto Road. The Centre is offering private sessions and group classes, including:

Rock N Talk – a group for children with social, speech, and/or language delays. Sessions are theme-based and use instruments, visuals, songs, and movement to provide children the opportunity to practice social and communication skills in a structured group setting.

Movie Music on the Spectrum – an online group for autistic teens who love the mu-

sic from popular movies. Movie songs and storylines express a range of emotions and explore many themes, such as the value of being different and inspiration to strive for your goals.

At the Conservatory we provide a universe of music and dance under one roof with highly qualified and dedicated faculty, accreditation programs, and a legacy of excellence. We'll inspire, encourage, and instruct a lifelong love of musical expression by providing a world of music and dance—and access to the world stage—for every age.

Our Kindermusik program was named 2022 Top Kindermusik Program and #5 in Canada and starts at age zero. Our Early Childhood Movement Program starts at age 3 and our instrumental lessons start as early as age 4! Please check out our website to learn more about the programs we offer this fall—there's something for everyone!

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FALL 2022
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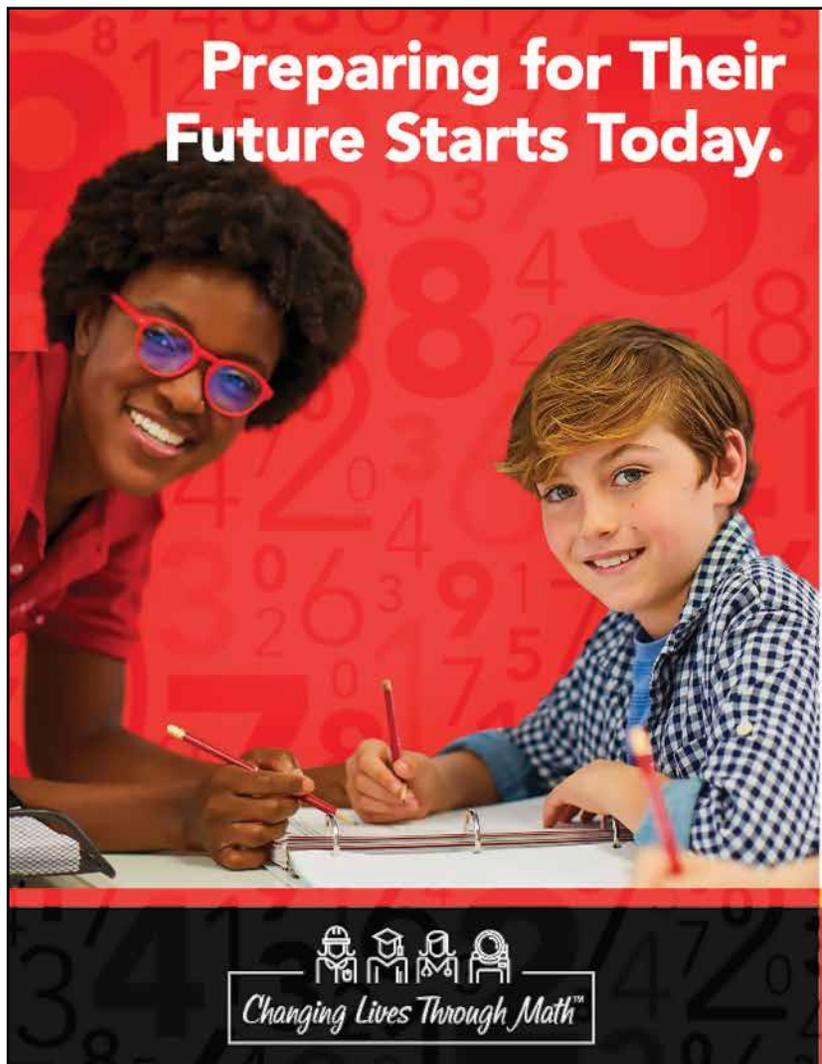
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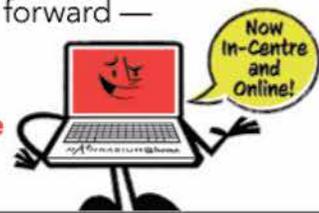


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Education

Rediscover Routines for a Back-to-School Confidence Boost

Submitted by Oxford Learning

The start of a new grade can be a tricky time for students. This is especially true after two-plus years of learning during a pandemic. Heading back to school this year can make even the strongest students uncertain: what will this year bring?

Changing from summer to school routines can be challenging, but it doesn't have to be.

Returning to school year routines may be the last thing that students want, but research consistently shows that students of all ages tend to perform better both mentally and academically when they have a consistent and reliable routine to depend on.

After two years of disrupted learning and unreliable routines, having a routine in place—even before school begins—can build students' confidence to face the year ahead. Whether your child is a young elementary student or a senior high

school student, routines create a sense of control over their daily tasks and activities. Feeling like they're in charge of their day helps children feel secure and boost their confidence!

Whether your child is in elementary school or a senior in high school, make your back-to-school transition stress-free with these tips.

1. Begin talking about returning to school. Preparation can help make the transition back to class much less stressful and difficult for students. Discussing the upcoming school year can help kids manage expectations, set goals, and adjust to increasing workloads and school expectations.

2. Reintroduce evening and morning structure. Virtual learning led to a virtual collapse of regular schedules for students. It also disrupted screen time limits and impacted sleep routines. Poor sleeping habits can impact student performance, so resetting a sleep routine before

...continued on page 17

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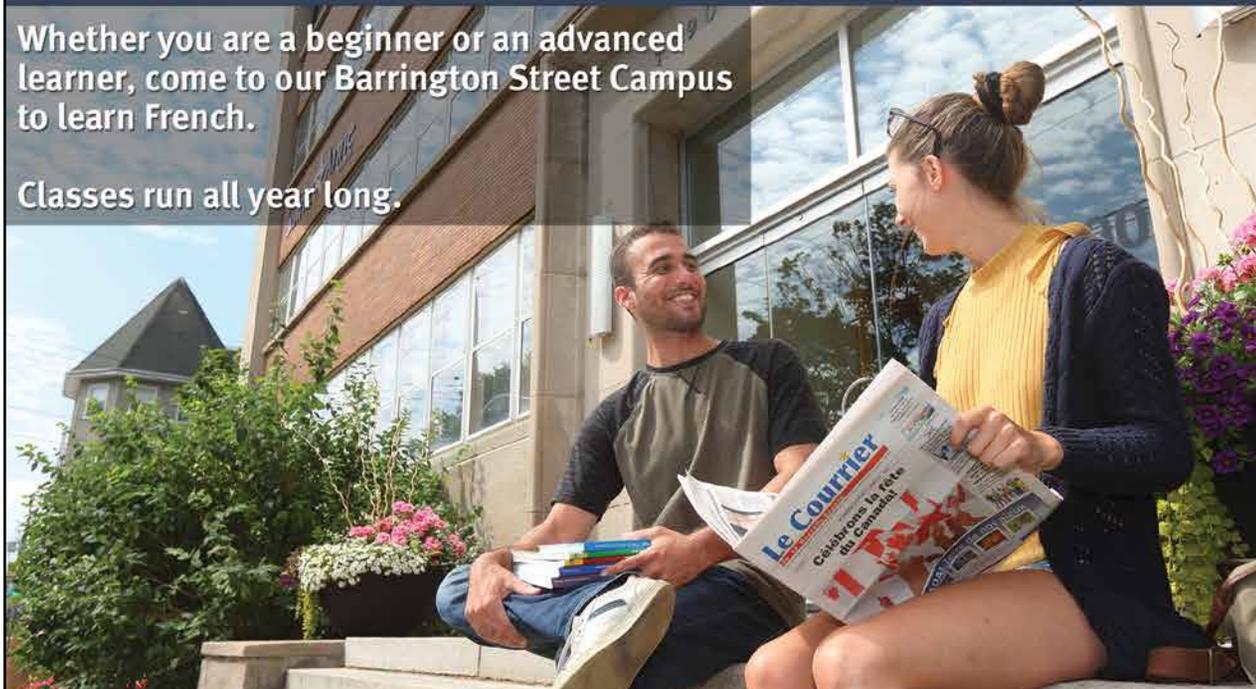
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continued from page 16...

school begins is key. Starting the school year will be easier for you and your child and help avoid morning—and evening—rushes.

3. Make sure your child is reading daily. Reading (and writing) help get children’s minds working and help keep their brains sharp. Getting back into the habit of reading and writing a bit each day will help maintain school skills like writing and vocabulary so your child can start the school year strong.

4. Review last year’s highs and lows. What caused concern or struggles last year? What were the memorable moments worth celebrating? Discuss the previous school year as a primer to help kids transition into an academic mindset. Getting students thinking and talking about last year can help get them excited about the year ahead.

5. Set a goal for the upcoming year. Whether it’s bringing up a math grade or curbing bad habits such as sleeping in, setting a goal for the school year is a great way to get kids thinking about how their intentions and actions work together to help them achieve their goals. When talking about the upcoming

year, ask students what one thing they would like to achieve this year.

It’s never too early to start thinking about getting back into the school-year routine—getting started now will help make the back-to-school transition easier for you and your child. It’s easy to have a successful school year. It begins with the proper preparation, a positive attitude, and confidence from a strong routine.

Oxford Learning can help students of all ages and grades feel confident about the school year ahead. After two years of pandemic learning. Our customized learning program allows students to review critical concepts, fill in school gaps, and build stronger thinking and learning skills—and confidence—for the year ahead.

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Submitted by DWD Interiors

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Fireplaces have a huge effect on how we feel.

It's a vision we have when the fall months begin and here we are!

To cozy up to the fire is a vision easily conjured in our minds.

In design, the fireplace is an area that gives us a huge opportunity.

It is generally the focal point of a room so you need to give it all the design attention you can.

Stone, wood, glass, granite—the choices of products are endless as are the designs.

Fireplaces themselves can be as narrow or as wide as your space allows giving you the chance to embellish this focal point with style...making it typically traditional or contemporary with a clean smack look.

There is nothing nicer in the world than to have a pair of chairs flanking a fireplace for good conversation, a glass of good red wine or simply a good book to curl up with and a cup of tea.

The overall design of your room should dictate the approach you take with your pair of chairs.

Is your room traditional? If so, you can elevate that feeling with a beautiful, classic printed fabric.

If the fabric is a chintz it heightens the feeling in the room and introduces an elegance but at the same time gives a feeling of warmth.

If your room is contemporary, be wild if you want and go with an animal skin design fabric and include a faux fur rug on the floor to complete the look.

Otherwise, two large straight lined, or gently curved chairs upholstered in a neutral will always create a classic contemporary and refined look.

The thing to always remember is if you are lucky enough to have a fireplace in your home treat it with the attention it deserves.

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Enjoy Playing Outdoors, Whatever the Weather

By Angie White, The Growing Place

Everyone knows that playing outdoors is great for children. But many people do not enjoy heading out if it is raining. Why? Because most are not prepared for it. Plan ahead and go enjoy the new sights, sounds and smells that rainy weather brings. Children really don't mind!

In childcare, we go out at least twice a day and usually for an hour at a time, longer if we can. We always tell parents to bring in boots and a splash suit/ muddy buddy. The children do enjoy splashing in the puddles, making mud pies, playing with the toy boats and other toys, etc. Singing and dancing in the rain and trying to catch rain drops on your tongue are easy but loved activities. Go for a nature walk and see how the rain fills the dips in trails or how the drops roll off leaves. Keep an eye out for snails and worms, count how many you see but don't step on them. Take a moment to watch the rain. Notice the sights, sounds, smells, feel and taste. This will provoke your child's use of sensory play.

Playing outside is a benefit no matter the weather. Experts say that playing outside in every type of weather will help stimulate a child's immune system, provoking the senses with new sights, smells, textures and sounds which stimulate brain development and encourage creative thinking and gross motor movement skills.

Playing outside in the rain is not only fun for all ages, but it is an important part of developing a child's growth, well-being and senses. They just need to be given the freedom and permission to experience outdoor play during the cold and rainy weather. Children can use resources in their environment to create play experiences with very little help from adults.

Angie is currently our Assistant Director at The Growing Place (Pleasant Street location). She also serves as Inclusion co-ordinator where she specializes in supporting children with special needs in our classrooms, as well as offering support to families. Angie is also our Arts and Crafts expert and is an endless creative resource for our classrooms.

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Grooming your Cat

Courtesy of Carnegie Animal Hospital

Pets, like humans, are more likely to remain healthy when they are clean and well groomed. Grooming your cat means you are taking good care of their health by keeping a watchful eye on their hygiene. Contrary to popular belief, cats are not wild animals; they require regular grooming attention to keep them healthy in their domestic environments. One of the major benefits of a regular grooming regimen is that you will become familiar with your pet's body. This allows you to quickly recognize problems with his health, so you can bring them to your veterinarian's attention sooner. Remember that you should seek help from your veterinarian if you think that your pet will be difficult to groom alone.

Basic brushing

Brushing your furred friend removes dead hair and skin, spreads out natural oils in their coat, and helps keep them from developing an odor. It is one of the simplest things you can do for your cat, but it is also one of the most necessary. A variety of brushes and combs are available—make sure that you use one appropriate for your pet's coat. How often you brush them depends on whether they have long or short hair. For animals with short hair, a weekly brushing may be enough to keep their coat in good order. Longer coats require more frequent sessions with the brush.

Cats are well known for their exemplary grooming habits, but even they need a weekly brushing. In fact, brushing your kitty is great for his health because it helps prevent hairballs, keeping his digestive track healthy. During shedding seasons, increase your brushing frequency as needed to remove the excess dead hair.

Exceptional ears

Ears are a prime place for infection—keeping your cat's ears clean is a great way to prevent illness. Regularly inspect his earflaps and examine the inside. Make sure that they are a healthy pink color.

If you notice any symptoms (sensitivity to touch; brown, black, or yellow discharge; foul odour; shaking or continuously tilting head; or circling in one direction) take your pet to the veterinarian to have his ears examined. Another option for cleaning the ears is to use a liquid ear cleanser. But never use an ear cleanser on your pet if you have noticed what could be a problem. The cleansers could cause severe damage if your pet has an inner ear infection or if something has damaged his eardrum.

Tip-top teeth

Routine dental care is essential to your pet's overall good health. Approximately 80 percent of all three-year-old cats and dogs show some sign of periodontal disease, characterized by a build-up of plaque and tartar on their teeth above and below the gum line. This disease can lead to gum infection and tooth loss. Your pet's poor dental hygiene is much more serious than his embarrassingly bad breath—infected gums and dirty teeth have been linked to kidney and secondary heart disease in pets. For information on cleaning your pet's teeth, consult your veterinarian. In addition to your home care, your veterinarian should perform yearly dental check-ups on your cat; she will let you know when you need to have your pet's teeth professionally cleaned.

Fantastic Feet

Many of our four-legged friends prefer not to have their paws handled, making nail trimming especially traumatic for them. Like it or not, it still must be done. Try touching his ears or paws when you praise him, and before you know it, your little buddy will love to be handled in those sensitive spots. Indoor cats should have their nails trimmed occasionally whether they use a scratching post or not. Be careful not to trim your cat's nails too far down; you could cut into the quick (the part of their nail which contains the blood). If you should cut their nails too close, apply pressure or use clotting powder to stop the bleeding. Make sure you

FOR THE LOVE OF PETS



use nail clippers designed especially for animals. Cats, for example, have brittle nails that can shatter easily, so it is best to use tools that are designed for them. Here's an excellent strategy for those who hate the clippers: only cut a nail or two in one sitting. Who said you have to do it all at once? Spread it out over a few days and you'll lower the stress level immensely. If you are unsure about clipping nails, ask your veterinarian to show you how.

Extraordinary eyes

Examine your pet's eyes often to make sure that everything looks good. You want to ensure that any abnormal conditions are noticed as soon as possible so that your veterinarian can begin treatment immediately. Be extremely careful with your pet's eyes during all parts of the grooming process. You might consider applying protection, like sterile ophthalmic ointment or drops, to the eyes before bathing. Dogs and cats have very sensitive eyes, and soap—even "tearless" soap—can damage their corneas.

Serious suds

The ever-popular "B" word—few animals feel that bath time is something to celebrate. In fact, the majority of our pets probably dread a bath more than anything else. Nevertheless, sometimes it is a necessary evil. On the bright side, the more often you brush your friend, the less often you will have to subject him to the dreaded bath-time experience. Here are some basics to cover before putting your pet in the water. First, always brush your critter thoroughly before bathing him. Any mats and tangles that your pet may have will only get worse during the bathing process, so take care of those problems in the beginning. Second, protect your pal's ears by placing cotton inside them. This will avoid getting soap in his ears which could be painful to him. Make

sure you have everything you need where you can reach it. After your pal is wet and unhappy, it will be much more difficult to leave him to retrieve the shampoo. And finally, close off all escape routes. This will help you avoid chasing a wet pet around the couch. You may consider putting a towel or screen on the bottom of the tub or sink—if your furred friend has a secured footing he will not be so upset.

Now you're ready to let the fun begin! Always use shampoo designed especially for your animal. Human shampoo is not made for dogs and cats; it can be harmful to their skin, drying it out and destroying their natural oils. Lather him thoroughly, leaving his face until the end. After you have washed him well, make sure that you rinse him just as well, as leaving soap in his fur can irritate his skin. Towel your little buddy off and rub him down. If he'll accept it, you can blow-dry him. And then finish him off with a good brushing.

Many cats are not as tolerant as their canine counterparts to let you bath them so you may want to consider using the services of a qualified groomer. If the groomer is associated with a veterinary hospital, it may be possible to arrange for a bath and/or groom of your pet under sedation.

Though it might sometimes be a struggle to keep your furry pal in clean condition, it's well worth it. Not only are you improving his health, you're bonding with him in the process. He'll appreciate the attention he's getting, and you'll appreciate the lack of fur stuck in your ice cube trays. Good grooming habits are a must for any happy household!

Reference: AAHA Healthy Pet Articles, Carnegie Animal Hospital a proud member of AAHA since 1997.

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CRAFT CORNER

CRAFT CORNER

Back to Books

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

I love the Autumn season. That cozy time of year that many of us use to re-set. Looking at the beginning of each season as an opportunity to sit down and collect my thoughts, I'll take a fresh look at my lists and goals. We all need systems to organize our lives.

Younger me spent a lot of time writing in one single journal but older me finds that unsuitable. Instead, I make lists in several notepads stashed around the house: recipes, ideas, songs and quotes... I let my thoughts form naturally and the results get entered into my master book every few weeks. I've adopted a style known as "Junk Journaling".

This style of journaling can be as complex or as simple as you like, there are no rules. You can make and bind a bunch of little books together or just start with a plain ole' notebook!

I like this style because of the no rules and to be honest, it suites the way I have been jotting down ideas and random thoughts over the years. I like to collect business cards and postcards of places I've visited and tape them into my book. I make side notes of people I was with or perhaps a dessert I really liked. My various journals are filled with recipes, reminders, memos and plenty of memorabilia.

I also have other journals with specific topics such as gardening which keeps notes about specific growing seasons. For instance, I keep track of what beetles eat certain crops yearly. I'll store empty seed packages in the journal for reference and draw maps of what got planted in each garden bed. Access to this information really helps me make informed decisions for my garden which ultimately adds up to delicious salads!

Loving the process is half the fun. I really want to go through all of my journals and gather up recipes I've collected over the years to once and for all put them all in the same book. Some of these recipes are from family and friends that mean a great deal to me. Truly, a special thing to create, use and pass on.

Keeping a journal is a great way to recap the goings on in life. I like to custom make little books and notepads for special occasions and for gifts to encourage my friends and family to take notes, it's a way of looking back and also a way to look forward. Journaling can be a great aid for everyday life. It's definitely helped me. Write on!

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