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Helping your child cope with Traumatic Brain Injury

Submitted by Theresa Kersey
She provides yoga and aromatherapy at Enigma.

It's a beautiful sunny day. Your family is enjoying a day of sledding, and everyone has their helmets on. We are nice and snugly and safe, and we take off with excitement and speed but the unthinkable happens and our fun day has changed lives for ever. One of the older children's sled hits a tree. The child is unresponsive and is taken to hospital. Once your child is stabilized and starts to emerge from coma you are relieved there is joy that you will all make it, but the road to recovery with a TBI may seem like an endless road. Parents and family will play a key role in the rehabilitation process, providing insight into the unique personality of the child. If possible surround your child with familiar items from home: pictures of family, friends, the child, as well as familiar voices of family and friends. Even the smell of the child's blanket from home can stimulate the person in a coma. Memory is affected with a TBI, sometimes having familiar faces as well as voices that your child recognizes can be of great comfort. The TBI child may be faced with physical, cognitive or emotional challenges. Their appearance may have changed as they may have scars. Their hair may have had to be shaved, and perhaps they will have a shunt for awhile. All of which are very big issues for a teen.

Encouragement is the key to the small steps that have to be taken to reclaim their life, such as relearning how to walk, dress, and speak. To relearn social behaviors while starting back to school, and being at home again are tremendous challenges, as well as managing their emotions, which is greatly effected by TBI. Listen to your child's feeling, their frustrations and fears. Work

closely with friends, family, neighbors and peers to build a strong supportive and safe environment for your child, inside and outside of the home. Outside professionals can be helpful if your child is suffering from anger, depression, feelings of being overwhelmed, or isolation. Try to utilize the guidance counselors and social workers at your child's school, you may want to find a TBI support group as well as family counseling.

It is important to know that a brain injury effects everyone differently, and helmets do not prevent injury to the brain. They protect the head from fractures and so on. The Brain Injury N.S and the Acquired Brain Injury program at the N.S Rhab center offer some post concussion support. BIANs Halifax is the only organized voice for some 70,000 Nova Scotians and their families.

There are many alternative methods of healing that can greatly enhance the recovery process of a TBI (always check with the doctor before starting any alternative healings methods). Yoga, reiki, therapeutic touch, aromatherapy, and massage can be very useful and safe tools to use with very low rates of negative side effects. I have personally used all of the methods above to work with my brother whom is a survivor of a Traumatic Brain Injury. (you can find his story under sister says brother needs 24-hour care). Yoga has helped to his balance body so his mind felt safer in this new limited body, which help with his depression and improved his confidence that he could move his body with effort and hard work he could heal. The most simple and effective exercises can be simply breathing this creates a

massaged for the body from the inside out it keeps you connected within the self that is still in there somewhere even if you can't remember who they were (memory loss and short term memory loss is a major problem for survivors of brain injury. Reiki and Therapeutic touch both are wonderful ways to the calm and reline the nervous system, clearing ones aura of the subconscious effects of the trauma. It has been my experience that many people with a TBI become more intuitive.

The last but not most supple of the therapies I would recommend is aromatherapy. The sense of smell is our first and most primitive sense for survival, I would also caution that if you choose to use aromatherapy please find a certified practitioner. Certified aromatherapist have training in anatomy, chemistry, philosophy the emotional mental and physical bodies and how scents effect each of these areas, we know if we smell smoke we should investigate, if we smell a flower we are fairly safe this being said all smells affect us differently what may work for one may repulse another. There are many essential oils are effective in treating depression, anxiety, improving memory uplifting the soul and generally calming to the nerves.

Helmets and injury prevention info on appropriate helmet for different activities:

Parachute.org, Teenmentalhealth.org, [Brain injury association](http://Braininjuryassociation.com), [BIANS www.braininjuryns.com](http://BIANSwww.braininjuryns.com)

Theresa Kersey

With thanks to Leona Burkey from BIANs

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax.

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Parenting plans – what to consider and how to develop them:

By Michelle Axworthy, lawyer with the Family Law Team at Blois, Nickerson & Bryson LLP

Having a detailed parenting plan helps parents manage parenting between two households, and reduce conflict between parents. A parenting plan is a written document that clearly sets out parenting guidelines for each family. Each family has unique needs, and parenting plans should strive to meet them.

In developing a parenting plan, parents should consider important questions like:

• **Who will make decisions for the children, and how?** Will one or both parents make decisions about the children's health, education, and religion? Will one parent manage some aspects, while the other parent manages others?

• **What will the parenting schedule be?** When will the children be with each parent? Will there be a different schedule for summers, holidays, and birthdays? How will the children and their things be transported?

• **How will the parents communicate?** How will parents exchange information and make decisions? How will the parents communicate with the children, or in an emergency?

• **How will the parents manage the children's schedule?** Who will bring the children to medical and dental appointments, and how will information be shared?

• **Solving problems, or changing the parenting plan:** How will

the parents manage a parenting disagreement, or make changes to the parenting?

Various professionals help parents develop and maintain a parenting plan. For example:

• **Lawyers:** Help parents establish a parenting plan, and understand the legal effects, such as child support. Lawyers help parents draft a parenting plan into an agreement or order, and incorporate other elements such as support, and expense sharing.

• **Mediators:** Facilitate a discussion between parents and help them reach an agreement. It is often best for parents to also speak with a lawyer to understand the legal elements of an arrangement, and draft an agreement.

• **Counsellors or other professionals:** Psychologists, psychiatrists or counsellors can offer insight into child development and communication plans.

This article provides legal information and not legal advice. For more information on our family law team and legal services, including assistance with parenting plans, call us at (902) 425-6000 or visit www.bloisnickerson.com.

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Teens and Executive Function Skills: Does Parenting Style Affect Success?

By Anita Sablone, M.A., R. Psych.

Executive function (or EF) is a relatively new term to the educational and psychological field. Most parents scratch their heads at the term, as do some educators, but historically, we all have witnessed these skills in action – or not.

Executive functions are, simply put, the ability to plan, organize, execute and self-monitor during any task – including daily living skills, school, work, relationships. In some psychological circles, it has been nicknamed the “CEO of the brain”... and not having a brain CEO has far-reaching and lasting effects. In schools, educators are trying to focus on teaching EF skills early in elementary – knowing that soon, adolescence will bring about further challenges in a child’s capacity to take ownership of learning and their desire for a life pathway.

You are not alone! The majority of parents share the struggle of teaching their teen how to remain organized, plan for assignments, monitor their own progress at school and make a better plan after not meeting a deadline or benchmark. In fact – it almost seems a parenting rite of passage. And it is hard work, for both parties. It is the cause for many, many conflicts within the home and has potential to harm/alter a parent-teen relationship.

So - what factors may affect whether your teen learns and uses EF skills?

As with most skills you are trying to teach your child/teen, it is important to ‘check yourself’ first – and know your own strengths and challenges in EF skills. This will affect how you communicate and problem solve with your teen about EF challenges, and ultimately how much you are able to help them solidify and extend their budding EF skills. If you tend to have strong EF skills yourself, this can have an amazing impact on your teen – if the knowledge is imparted carefully. Some typical but non-beneficial methods of supporting EF skill challenges include:

“You’ve always needed a bit of help with this ...”

Well-meaning parents, who from earlier years have seen their child struggle with EF without significant improvement, will simply take on the EF part of their teen’s life. These are parents who, rather than see their child experience a major ‘crash and burn’ moment (e.g., failing a test, missing a major project deadline), will help too much.

You know who you are! You are the backpack organizer, the family calendar maker, late night editor of that major essay for English (while your teen sleeps on the table beside you). While supportive in its intent, this method is not teaching your teen EF skills through modeling – which is what you hope. Instead, your teen learns that success is in part dependent on how much Mom or Dad helps them pull through to a good finish.

“I do it this way...”

Rather than problem-solving with their teen, some parents may try to directly teach their own successful strategies. While these strategies may work well for the parent, the teen does not benefit from being part of the problem-solving process – they need to feel like the strategy is something they came up with that fits for them. Talking briefly with your teen about what is successful for you – but using this point to jump start your teen’s own thinking, rather than as a hidden directive, works best.

Mixed messages

Everyone has different levels of EF function. Many couples function where one parent has strong EF skills and the other relies heavily on their skills. As a result, two parents may feel quite differently about how the magnitude of an issue (e.g., missing two English deadlines in a row) and how it should be handled. In these cases, the parents may disagree in front of their teen, leading the teen to feel like the disagreement is the focus and not their EF issue. Ultimately, if a teen is looking to avoid the task, they may incite a disagreement – hoping to

escape under the cloud of heavy arguing. Bottom line, the teen does not end up getting the help s/he needs.

Being inconsistent in what you expect

Many parents will have good intentions and start out teaching their teen effectively, build in behavioral contingencies (e.g., earning the car on the weekend for passing in their major project) and check-ins. Sometimes, however, the best laid plans are forgotten – leading the teen to feel discouraged and relatively unsupported overall. In this case, many parents have not reflected on or planned for their own EF weaknesses. It is just as important for a parent to follow through as their teen – especially when the parent has EF skills to teach.

OK – so I might be part of the problem. What could work with my teen?

Adopting a democratic style of parenting is key. This parenting style is marked by engagement in an active problem-solving process with your teen, and is common across issues. Rather than dictating, directing or imposing strategies, a democratic (or authoritative) parenting style is marked by respectful attention and active listening, when a teen shares their ideas and feelings.

And, when the teen does not hold up their end of the plan or meet the goal, the democratic parent imposes agreed upon consequences (e.g., “You did not pass in the project to have a sleepover this weekend, which was our agreement. Let’s try again with your math project... how can we do this differently this time?”). This is always the hard part to any parenting situation. Consistency and follow-through is key to any learning, but especially at this age. **Bottom line - You are not alone in these struggles with your teen.** But remember – awareness is key. Knowing where you are in your own EF skill set and parenting style is imperative to charting an EF course of learning with your teen. Perhaps, you might even learn some new EF skills along the way....

Anita Sablone is an experienced, registered psychologist from Carleen Hall Psychological Services, Inc. She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation (e.g., working with a child’s teacher or school) services. For more information, please contact 902-406-7413.

Suggested Reading: Smart But Scattered Teens, by Richard Guare, Peg Dawson & Colin Guare. Guilford Press, 2013.



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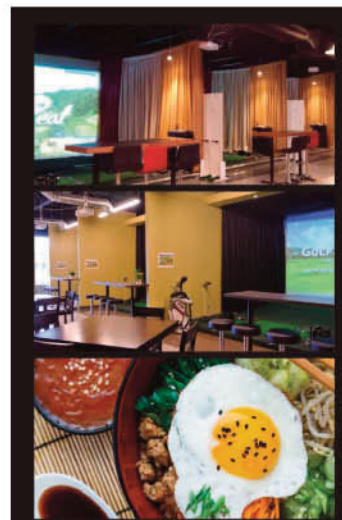
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Health & Wellness

Thumbs up for breaking a thumb habit!

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



thumb are some common oral habits. Digit sucking is possibly the earliest habit a parent will encounter and can start as early as in utero. Parents should know that digit sucking is a natural reflex and can be a normal part of early development. However, when this habit persists beyond the age of 5-6 years, the potential for undesirable tooth movement and malocclusions may develop. This is the time when permanent teeth start to erupt and changes may not resolve spontaneously when the habit stops.

The type of changes you may see are the top front teeth proclining or "sticking out," an open bite where the top and bottom teeth don't meet in the front and crossbites in the back where the top back teeth bite

inside the bottom teeth. These changes arise from both direct pressure on the teeth and changes in pressure on the teeth from lips, cheeks and tongue. When a habit continues and growth ceases, the changes can be severe enough that surgery may be required to correct the changes. Therefore, preventative steps to stop a habit before it has this type of permanent effect are critical.

The first step is gentle discouragement. Discussing the impact of the habit on the teeth and

bite may help an older child understand the importance of stopping the habit. Introducing aids to deter the habit may be useful. A bandaid over the thumb or finger, a bitter tasting nail application or a mitten or sock taped over the hand at night, may help as reminders to the child. Efforts to discourage the habit should be gentle and never appear as a punishment. The child must understand that interventions are meant to help them stop the habit. When these early interventions fail, a visit to your local Orthodontic specialist may be

indicated. An Orthodontist may recommend a habit-breaking appliance that serves as both a reminder and physical deterrent to the digit entering the mouth. Habit breakers are known to work with good success rates. Cooperation of the child is a key component to habit-breaking success.

A prolonged digit sucking habit can be stressful for both the parent and child. If you are concerned about your child's habit, contact your local Orthodontist for more information.

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) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.

We all have habits, both good and bad. Try as we might, bad habits can be hard to break. There are several types of habits that can have negative effects on your teeth and bite. Grinding or clenching your teeth, biting your fingernails, chewing on pens or pencils or sucking a digit such as a finger or



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211 - Expanding communication avenues making it easier for parents, youth and children to connect to programs and services

By Suzy Teubner, Director of Communications and Outreach

It's apparent everywhere today that the dynamics of communication have changed drastically. Gone are the days of writing a letter (using cursive writing no less!), mailing it in person at the post office and then waiting for the recipient to receive it. Now, it's type and with the click of a send button, the person receives your words instantaneously.

There are smartphones, smart-watches, MP3 players, eReaders, tablets, laptops, smart technology not to mention all of those acronyms (BTW - by the way, IDK - I don't know, LMK - let me know, LOL - laugh out loud). An entirely new language has

developed with changes in technology and in how we communicate. It is only logical that a non-profit organizations' approach to communicating with the people who use their service will shift as well.

On February 10th, with over 100,000 phone calls made to 211 since the service launched in 2013, 211 announced two new ways to connect - text and online chat.

The number to text to 211 is 21167. The digits "67" represent "NS" on a phone dial, making it an easy number to remember. To chat with a specialist online, it is just a matter of visiting the 211 website at ns.211.ca and clicking on the "Click for Live Chat" icon.

"In this digital age, we need to re-think how we communicate with Nova Scotians who are trying to access services", said 211 Executive Director Mike Myette. "Offering choice in how that communication takes place is paramount to ensuring everyone finds help when they need it whether someone wants to pick up a phone to call, search online, text or chat."

In 2016, 211 received over 35,000 calls and welcomed more than 171,000 visitors to their website. With the changing demographic of Nova Scotian families, 211 can help ALL members of your family by providing information on programs and services related to recreation and volunteering and well as support in the areas of mental health, senior services, newcomers food, housing and much much more.

To find resources to support your family, dial 211, email help@ns.211.ca, text 21167 or visit ns.211.ca. TTY service for the hearing impaired is available as well as interpretation services in over 100 languages.

Who said caring for children is easy?

When you need help, when questions need answers, when problems arise
—call 211.



Call 211 and speak directly with a kind, highly-trained resource specialist who knows the programs and services that are available to children, youth and their caregivers throughout Nova Scotia.



When you don't know where to turn.

Call 211, Visit ns.211.ca or Text 21167

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Our 8 Senses

By Marcia-Lisa Dennis, OT Reg. (N.S.)

Our wonderful brain never stops working at trying to take care of its responsibilities right from the moment we are born. Nerve cells are "wired" together and primitive (protective) reflexes mature to postural reflexes which help to develop muscle tone, balance, coordination and sensory motor development. Once reflexes are integrated and as the baby engages with the environment he will take information in through his 8 senses to figure out the world around him. This ability to take in sensory information through our senses, organize and interpret it, and make a meaningful response is called sensory processing.

Surely you are aware of our 5 senses: taste, hearing, smell, sight, and touch...but what about the other 3? They are our sense of balance (vestibular), body awareness in space (proprioception) and sensitivity to stimuli originating inside of the body such as a grumbling belly (interoception). Our senses are linked to receptors in our bodies that send information to the brain to tell it what is going on and to then relay information back to our bodies to perform an action. For example, if we put our hand on a burning stove, our touch receptors in our hand sends info to the pain center in the brain which tells the hand to take it off the stove. This happens instantaneously for most people. If the messages get mixed up then it is possible that the person has sensory processing disorder (SPD).

SPD is a complex disorder of the brain where sensory signals of any of the 8 senses are not automatically felt, not well regulated, or not interpreted correctly. The sensory signals don't get organized into appropriate responses and causes a neurological "traffic jam". The individual reacts in an extreme way to normal things that he or she experiences: hypersensitive (over-responsive to stimuli), or hyposensitive (under-

responsive). A light touch on their shoulder could feel like a punch. Other examples include sensitivities to sounds or lights, clumsiness or being fidgety. SPD is common in people with ADHD, Autism, PTSD, and concussions to name a few.

The good news is that the brain is resilient and has the ability to change itself. Treatment goals using a bottom-up approach and Sensory Integration Therapy by a trained Occupational Therapist to work on each of the senses will improve function. (Taken from Bundy, A.C., Lane, S.J., and Murray, E.A. (2002). Sensory Integration Theory and Practice, second edition. Philadelphia, PA: F. A. Davis Company.)

Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just focus on the symptoms?

Cutting edge programs.
Improve brain function by forming new pathways (neuroplasticity).
Treating ADHD/ADD, FASD, Concussions, PTSD, Dyslexia, Autism, Auditory processing disorder, sensory issues, learning disabilities, etc.
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March Break Getaways & Resorts



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Package starts at

\$155 *per night per family of 4*

2 adults, 2 children.
Additional child is \$15

Do your next March Break getaway Seaside Different.
Call (800) 565-5075 for details

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KIDS UNDER 5 EAT FREE!

March Break at the beach is looking extra gooey good!

Friday, March 10th to Sunday, March 19th!



- Night Hike with Dark Sky Interpreter, Paul LaLonde
- Mi'kmaw Heritage Day • Gone Fishing
- Chocolate Creations • Canada 150 Parks Day
- Wild Axe Lumberjack Show & Try it!
- Flip it! Challenge • Karaoke Dance Parties
- Bonfires & S'mores • Tied in Knots!
- Beneath the Sea & For the Love of Plovers
- Happy Canada 150: Puppet & Magic Show with Fairytale Puppets • Big Screen Movie Nights
- Nightly Live entertainment in the Lounge too!

Kick it old school with a stress-free, line-up free, jet-lag free March Break at the beach! Romp around 'til the street lights come on (and by street lights we mean the moon and starry sky!). Feed bunnies, swim in the heated pool, and plan to take in as many of our fun events as possible – like axe throwing and karaoke. Celebrate Canada's 150th birthday with our signature peanut butter s'mores at the beachside bonfire. (Moms can retreat to the spa while you fill up on gooey goodness.) Of course grandparents can join the fun, and the family dog is always welcome... we don't want anyone feeling left out! After 89 years, we know a thing or two about throwing a great March Break: Lots to do. Lots to eat. Lots to learn. And lots to love about family time at Nova Scotia's favourite beachfront resort!

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CRAFT CORNER

Symbols and New Beginnings

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts



I have a spring tradition of dying and decorating eggs-this fun activity reminds me that the cold weather is almost over and the refreshing palate of spring is just around the corner. Decorating eggs can be easy yet for the more experienced crafter there is potential to create something intricate and ornate. Personally, I like experimenting using different mediums and colouring techniques.

In order to keep the decorated eggs on display you should blow out the yolk and white first. To empty a raw egg, begin by using the tip of a sharp utility knife or drill to pierce both ends of the egg; making one hole slightly bigger than the other. Then poke a straightened paper clip through the larger hole to pierce and break up the yolk. Hold the egg larger hole down and over a bowl, then blow out the contents. Place a small piece of tape or wax over the holes to avoid liquid re-entering the egg shell during the dying process. (And don't forget to use up the egg for a yummy omelet or batch of chocolate chip cookies).

Try playing with colors you might already have in the kitchen like beets, onion skins or ground turmeric. Boil one head of chopped red cabbage in about 2 quarts of water for half an hour, let cool then strain liquid into a jar. Mix the strained water bath with 4 tablespoons of white vinegar and 4 tablespoons of salt. Gently lower the eggs into the jar of dye and leave them in the refrigerator overnight. Turmeric dye doesn't require any cooking, simply mix the spice with water, vinegar and salt.

For a little less mess you can achieve a wonderful color pallet with food coloring. Use 1 cup of boiling water, 1 tablespoon of vinegar, and a few drops food coloring. The more food coloring you use, the brighter the eggs will be.

Here are a few more egg-decorating ideas to get you inspired over the next few weeks.

-The golden egg. All you need is a styrofoam egg, straight pins and a pack of gold sequins.

-Wax Resist, (a.k.a Ukrainian egg decorating or Pysanky) is a technique that involves drawing on eggs with hot beeswax wax before you dip them in dye; the dye will adhere everywhere except the wax, revealing your design at the end of the process.

Tip: use white crayon or clear nail polish as an easy alternative to Pysanky

-Masked Designs is when common supplies such as tape, stickers, or even little leaves get adhered to eggs; when you dye the eggs and remove the "masks," the designs stand out.

Tip: tie a piece of string or lace tightly around the egg before putting it in the dye for an elegant look.

-Marbleizing is a technique that leaves multi-colored swirls on the surface of your eggs.

Tip: add olive oil to egg dye to create beautiful swirly patterns.

A drying rack made with pins and foam board can be useful for keeping things neat. Also consider dying brown eggs to alter the range of colors you can produce. Let your imagination be free, there is no cap on your creative abilities.

Stop by Maritime Hobbies & Crafts to see our selection of model paints, egg decorating supplies and more, 1521 Grafton Street, Halifax, 423-8870



Parent-Child GUIDE

**The Parent-Child Guide Newspaper will be celebrating its
22nd Year Special Anniversary Edition/
WITH HRM'S LARGEST SUMMER CAMP GUIDE**

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Including our regular features; Health & Wellness, Seniors, Education, Museum News, Fun Places to Go, and Summer Getaways & Resorts



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If you would like to advertise in our next edition, please contact:
Robert Rockwell/Owner 902-209-4461 or email parentchild@ns.sympatico.ca

Engineers Make a World of Difference

Some might think it's a bit early to be looking forward to March, but our committee has been hard at work since the beginning of October pulling together plans for National Engineering Month 2017. We are hoping this year will be the best and most exciting National Engineering Month yet! We are already filling the calendar with some new events, and a few old favorites. There will be new formats, new partnerships, and new opportunities to get involved! We hope to reach out to new demographics and host events at new and exciting venues.

There will be competitions for students of all ages, professional development opportunities for members, networking and workshops to participate in. Here's a bit of a sneak peak of what to expect on our calendar:

Events for members:

- 2nd Annual Curling Showdown
- Professional Development Sessions
- Hockey Night in Halifax

Share your experiences with others

- Student-Professional Social
- Spotlight on Innovation
- Public Engineering Display at the Halifax Library

Meet our future engineers

- Junior and Senior High School Design Competition and Community Outreach
- Creative and Structural Popsicle Stick Bridge Competition
- Egg Drop Competitions
- Elementary School Poster Competition

Dream up your team name for you and your co-workers for the Curling Showdown, prepare a poster about a fascinating project you worked on for the public display, or volunteer to help run an Egg Drop competition. See you in March 2017! Visit www.engineersnovascotia.ca for more details For volunteer opportunities, please contact Adam Donaldson, adam.donaldson@dal.ca

2017 Sponsors (to date) for National Engineering Month





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The Canadian Atlantic Section of the Institute of Electrical and Electronics Engineers

Engineers Make a World of Difference

March Break & Summer Camp Guide



CREATIVE KIDS Education Centre
Engaging the Whole Child



March 13 to 17

Register online at:
www.creativekids.info

Centre Hours: 7:00am - 6:00pm
902-832-5437

MARCH BREAK 2017!!

Young Campers
Designed to meet the developmental needs of the 4 - 6 year old.

Our 7,000 square foot, licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4-12 years of age. Camp hours are from 8:45-3:45 with before and after care available at no extra charge from 7:00am-6:00pm.

Campers will explore our 5 acre wooded setting with natural play spaces.

March Break Day Camps At Creative Kids Education Centre

- ARTastic
- Digital Puppeteering Camp
- Jungle Fever-Young Campers
- Pokemon/Minecraft



Register online NOW!
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Come for a week or two, a whole month, or the entire summer!

WEEK-LONG CAMPS RUN JULY 3RD TO SEPTEMBER 1ST FROM 8:15AM TO 5PM.






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- AGES 5-12 (MUST HAVE COMPLETED PRIMARY)
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REGISTRATION BEGINS LATE MARCH/EARLY APRIL AT CANADAGAMESCENTRE.CA



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Register today! Camps start March 13

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March Break & Summer Camp Guide

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May 6-14 Power Skating (Marie Bowness)
May 14-24 Puck Handling/Shooting

July 24-28 Defenceman School Halifax
- Goaltending School Halifax
- Bantam/Midget High Performance School (Halifax)

August 7-11 Power Skating (Marie Bowness)Halifax
August 28-September 1 Hockey School (Bedford)
September 2-4 Pre Season School Halifax

**For complete information on our schools visit
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**Join us this summer for fun adventures in
SCIENCE, ENGINEERING, & COMPUTER SCIENCE
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SuperNOVA's *hands-on, minds-on* programs are for ALL youth, ages 5-18.

Featuring:

- Science, Engineering and Computer Science Camps
- All-Girls Camps
- High School Science Skills Program
- ... and more!

Register Soon!
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Register online at www.SuperNOVA.dal.ca or by calling **902.210.6220**

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March Break & Summer Camp Guide

It's Game On at Artech Camps!



"Inquiring young minds don't take a (March) break!"

Can you think of a better way to spend your March Break? Create animations and original video games with characters that can jump, dig, mine and collect coins

and weapons to battle scary monsters!

Learning how to build a game uses science, math, visual arts and also teaches logic. It's one thing to play a game and another to go behind the scenes and take control.

"Kids gain confidence in their own abilities," says Artech Director, Ronnie Scullion. "At first, they just want to make things work, but as their confidence grows in their own abilities, they start to add more inventive and advanced features. It's wonderful to watch their progress and listen to their animated exchanges. We have campers that return year after year - many going on to further pursue their interests in computer programming, 3D arts, animation and other fields."

For March break we are offering three Game Design camp programs:

- Dig, Mine, Build & Battle! For 7-10 year olds at the Shambhala School on Russell Street
- Game On! Take it to the Next Level! For 11-14 year olds at the Shambhala School
- And Mario Minecraft Remix! For 8-14 year olds at the Maritime Muslim Academy on Chebucto Road

Summers camps include the full range of our programs, from mobile movie making through computer and stop motion animation through 3D Minecraft World Design!

Camps are suitable for new and returning campers. Each year in addition to adding new programs, we update our existing ones to meet the constant changes and growth in technology and digital arts. Our instructors will help campers - take their skills to the next level!

More information and registration is available on the Artech Website at www.artechcamps.com or give us a call at 902-579-3317 - always happy to answer any questions you may have!



Big Cove YMCA Camp



Summer Camp for girls and boys aged 6-17

Outdoor Centre school trips for classes of grades 5-12

The Experience that lasts a LifeTime!

www.bigcove.org



Inquiring young minds don't take a break!



**Game Design
Film, Animation
Character Design
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& more**



ARTech Camps

REGISTER EARLY & SAVE

902-579-3317

for all ages 7-17 years



ARTECHCAMP.COM

March Break & Summer Camp Guide

Brighten up your March Break by joining the fun with NSCAD Extended Studies!

We offer art-based camps for ages 5-18. Explore wild depths in the *Mighty Jungle* or doodle up your day in our *Cartoons, Comics & Doodles* camp for the little ones! Our older age groups will add some gritty to their city in the *Urban Art* camp, or craft up a contingent of toys in our *Toy Making* camp. For the 15-18 year olds we offer an Art 101 camp which explores

a different discipline every day providing a behind the scenes look in to NSCAD's studios: Ceramics, Jewellery, 3D Printing and more!

Camps run from 9am to 4 pm with early drop-off and late pick-up available and included in the cost. Each day at lunch, we'll make an arty mess and have a blast with button making, screenprinting, tie-dye and

more! Just don't forget your free camp-supplied t-shirt (to cut down on that ever-present laundry load).

Registration is available online (www.nscad.ca) or by calling our office at 902-494-8185. Camps cost \$295, \$325 for Art 101 and all materials are included. Spots are already filling up so contact us soon!

Winter 2017

NSCAD

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mARTch Break at NSCAD

Register now: 902.494.8185 | www.nscad.ca

NSCAD UNIVERSITY

School of Extended Studies

Grow A Lotus Yoga March Break & Summer Yoga Camp



A typical day involves a yoga class, led through story where students take the form of the poses based on the theme of the animals and characters. The day continues with at least two opportunities to

play in parks and local playgrounds, emphasizing collaboration with each other and appreciation of nature's elements. The afternoon provides a grounding presence of art and activities to help bring a sense of peace and focus to the mind while allowing space for their creativity to unfold.

We emphasize practices of self-awareness, compassion and connection to oneself and each other through practices of movement, creative play, artistic expression, empathic communication and reflective contemplation.

Grow A Lotus Yoga is the only Certified Children's Yoga School in Atlantic Canada. We are renowned for our innovative camps that put the development of the whole child first.

For more information or to register please contact Leanne, 902-403-9630 or leanne@growalotus.com, or check out our website www.growalotus.com

Our camps are a unique fusion of yoga, outdoor adventures and art to spark children's creativity and foster their imagination. We believe children thrive through time spent in nature and our camps are designed to inspire children through movement and mindfulness with an abundance of time spent outside.

GROW A LOTUS

March Break & Summer Camps @ Grow A Lotus Yoga

A unique camp with a fusion of yoga & art along with an abundance of outdoor adventures! An opportunity for children to spend time in Nature to explore their innate creativity, playfulness with movement & mindfulness.

Ages: Elementary school age
Dates: March 13th - 16th + Summer Camps in July & August
Location: Grow A Lotus Yoga
www.growalotus.com • leanne@growalotus.com
 902 403 9630

March Break Social Skills Day Camp!



Dates: March 13 to 17, 2017
Class Times: Monday to Friday
Hours: 9:00am to 12:00pm

Capacity: 5-10 students per age group.
Cost: \$225 per week

Bridgeway Academy is offering a School Break Social Skills Program focused on helping children develop the skills necessary for initiating, building and maintaining friendships. This program will be offered at both our Dartmouth, Truro and Yarmouth locations.

This condensed program mirrors the day program at Bridgeway Academy and has the same overall goal of developing appropriate social interaction skills. We are aware of how important social skills are to living a satisfying and fulfilling life. We are also aware that learning disabilities and ADHD may hinder a child's ability to learn and develop proper social skills.

Every child learns differently, and we cater to their learning strengths and needs. The lessons will consist of visual, auditory, kinesthetic and practical teaching styles combined with fun activities to help illustrate and practice new skills. We also provide home practice suggestions to help generalize lessons to different life settings.

1. First impressions, including appearances, introductions and small talk.
2. Evaluating possible friendships and existing ones.
3. Being a good friend
4. Extending invitations, awareness of others and how to communicate - assertive vs. passive and aggressive.
5. Communication - Non- verbal, assertive, passive and aggressive
6. Problem solving.
7. Avoiding fights.
8. Setting personal boundaries

To register please call 293-4801

www.bridgeway-academy.com

March Break & Summer Camp Guide

Sackville Sports Stadium, March Break Camps

Sackville Sports Stadium's March Break Camp offers a variety of activities to choose from for campers of every age. Each day at camp will vary from the last with favorite activities such as swimming, skating, art and activity games serving as camp staples. While Younger children spend the week getting a great introduction to the camp experience, older children have additional activity choices such as learning how to make quick and easy

healthy snacks, dance, and outdoor activities such as snowshoeing (weather permitting).

Campers will be matched with experienced leaders trained in High Five and the Principles of Healthy Child Development who will inspire creativity, friendship and play. A pre-ordered/pre-paid lunch option from the Subway Café is also available. Camp fees include an early drop off/late pick up option.

Registration is now open. For more information, please contact the Sackville Sports Stadium at 902-869-4141.

Dates: March 13th-March 17th 2017
Costs: \$149.00 member/\$174.00 non-member

Camp Hours: 9:00am-4:00pm
Early Drop off: 7:30am-9:00am
Late Pick up: 4:00pm-5:30pm



MUSEUM of INDUSTRY
Made in Nova Scotia

March Break at the Museum of Industry
Stellarton, Nova Scotia

Shiver me timbers!
Pirate fun for kids!
All hands on deck
March 11 to 19!

Real Pirates!
Real Parrots!
Real Treasure!

Check our website for details
museumofindustry.novascotia.ca

Pirates Parrots & Plunder

902-755-5425

NOVA SCOTIA



STADIUM FUN!

There's so much to do at the Sackville Sports Stadium and with the new expansion of programs there's even more!!

MARCH BREAK CAMP
For grades Primary to Six. Kids will be entertained and active all week with sports and leisure activities, both indoor and outdoor. Daily swims, skates (most days), as well as games, crafts, movies, and more!
Dates: March 13th - 17th
Camp Hours: 9:00am - 4:00pm
Drop Off: Begins @ 7:30am
Pick Up: Ends @ 5:30pm
Cost: Member: \$149.00 Member / \$174 Non Member

Spring Registration Starts Monday, March 20th at 7:00am! Walk in and phone In registration will be available.

Swimming Lessons, Wave Runners, Dance, Gymnastics, Martial Arts, Summer Camps, Messy Play, Busy Bodies, Kids in the Kitchen & MORE!

For a complete listing of programs, please visit our website or phone us at 902.869.4141!

 thestadium.ca

HALIFAX



Spring 2017

Spring programs begin March 20, 2017
Registration now on!

DARTMOUTH SPORTSPLEX

Check out March Break Day Camps : March 13 – 17.
Register at DartmouthSportsplex.com

902 464 2600 ext. 0

**Swimming * Dance * Skating * Gymnastics * Yoga * Handball * Fitness * ...and much more!*

March Break & Summer Camp Guide

Alderney Landing Summer Art and Theatre Camps

"Broadening Your Horizons - Alderney Summer Camps Offer New Tween Series!"

The Summer of 2017 proves to be jam packed at Alderney Landing with the offering of 3 new Art and Theatre Camps designed specifically to challenge the creative Tween types!

From July 3-7 we start off with a FRIGHT in our exciting Horror Movie Camp! Students this week will work on writing, directing and acting in a Horror Movie Short. These will be featured on our Media wall in October during the Bluenose Ghosts Festival Haunted House!

Something for the writers out there! July 10-14 is our Scriptwriting week, students will work intensively with a local Director learning the skills to create and workshop a full theatre script which will later be performed in our Theatre Camp.

We round out July 17-28 with Haunted Sculptures, a two week Camp of designing and building extra large hauntingly scary sculptures to be featured on the Dartmouth Waterfront through the Bluenose Ghosts Festival in October. Throughout this week, students will explore how public art is made, how to create sculptures to last, and they'll have loads of fun exercising those

creative muscles to the max!

And don't forget, we'll also continue to have our amazing Art and Theatre Camps for the 6-10 year old crowd, Circus Camp with Willy Badger exploring circus and performing arts. Superhero Versus! Theatre Camp building on superpowers and battles in the skies. A Whale of A Time! Art Camp exploring the monstrous looks of deep sea creatures and Pet Portraits Art Camp! Where our projects will explore our family pets!

For more information please contact 902-461-8401, www.alderneylanding.com

Education

Ready, Set Read!

By Jo-Anne Bayers – Director, The Growing Place

By now the novelty of new Christmas toys has begun to wear off, and the weather outside is often less than inviting leaving children restless, and bored making this an ideal time of year to curl up with your favorite little person, and a good book. After all, as my mother used to say, "you can never be bored if you have a good book!"

As an avid reader, and an early childhood teacher I know first hand the power of reading aloud to children, by reading with enthusiasm, and varying your voice you can capture the attention of even the youngest of children taking you both on countless adventures without ever leaving the comfort of your chair.

Reading aloud to your child can be far more than just an entertaining way to pass a stormy day, it's also a substantial yet cost effective investment in your child's educational future. Reading aloud to children of all ages, but particularly pre-schoolers can drastically increase their learning potential by helping them to develop good listening, and communication skills as well as enhancing their concentration, all of which are necessary for higher levels of education.

When choosing books to read

aloud to your child I recommend choosing books on a variety of topics that both interest, and challenge them. Books while both entertaining, and educational can just as importantly support your child's emotional development by providing a window into new experiences such as starting school or learning how to cope with their fear of the dark. Young children often like to hear the same book repeatedly which although might leave you inwardly groaning, "not again!" it's all part of their learning process, and how they will eventually learn to "read" the pictures as they mimic the words that you have ever so patiently read, and re-read.

It's important to note that books don't have to be a huge financial investment, if your local thrift store is anything like mine children's books are priced to sell, and are often in just as good a shape as brand new ones, and of course there's always the local library where books are free, and children are

always welcome.

Books can be so much more than entertaining or educational, they can also support your child's emotional development

by providing a window into new experiences such as starting school or learning how to cope with their fear of the dark.

Jo-Anne is currently the Director

at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as

offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

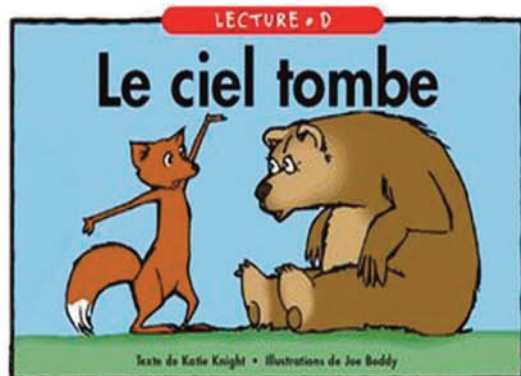
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Good Grades are Part of a Healthy Lifestyle

Submitted by Oxford Learning

It's no secret that the work students do at home has a positive impact on their studies. Homework develops learning-related routines and reinforces concepts learned at school through practice and application. However, homework isn't the only way to boost grades and see classroom success. Our culture is becoming increasingly health conscious, and there is a growing body of research that shows that for students, a healthy lifestyle at home is just as important to academic performance as hitting the books.

A healthy lifestyle balancing fitness, nutrition, and sleep creates a healthy brain, one that is receptive to new ideas, alert in the classroom, and retains information longer.

Many studies show that students' cognitive and academic functioning is related to their health, and students with poor health from lack of activity, poor nutrition, and inadequate sleep, are at a greater risk of absenteeism, reduced motivation, and poor academic performance.

Boosting kids' activity levels doesn't necessarily mean training for marathons. Even brief

amounts of physical can increase metabolism in all the body's systems; in the brain this means improved cognitive functions and stronger neural connections. For students hitting the books, physical activity improves memory and recall of the information that students are trying to remember for a test. Translating fitness to the classroom could be as simple as going for a quick walk or a bike ride during a study break.

Exercise goes hand in hand with nutrition. While some foods negatively impact the body, other foods positively impact the brain. Nuts, seeds, fish, fruits, and vegetables and whole grains all contain nutrients that boost cognitive functioning, giving students a boost in not only memory, but in their ability to focus, as well as their mood and attitude. Breakfast is shown to be the most important meal of the day, as it's the first meal eaten after hours of sleep—student's brains are as hungry as their stomachs, making when students eat just as important as what they eat. Some studies show that students who don't eat breakfast have decreased alertness and attention in class, as well as a reduced ability to problem-solve.

Sleep also plays a critical role in health and learning. A sleep-deprived brain doesn't function as well as a rested one. When it comes to studying, the research shows that pulling all-nighters is less beneficial than a good night's sleep. While students are asleep, the brain moves information learned throughout the day from short-term storage into long-term storage, and strengthens neural connections to make information retrieval easier.

Taking in notes in class, doing homework, studying hard, going to class are all important to good grades, but equally important is maintaining a healthy lifestyle, including being fit, eating right, and getting a good night's sleep. If parents are looking to boost their child's grades outside of an academic environment, health and lifestyle changes can bring surprising results. There are plenty of simple changes parents and students alike can implement at home to get an added classroom—and lifestyle—boost.

For more information about Oxford Learning's programs, contact Halifax at 902-423-4484 halifax@oxfordlearning.com or Bedford at 902-405-4116 bedford@oxfordlearning.com

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Exotic Pets

Courtesy of Carnegie Animal Hospital

Many owners of birds and exotic pets have never taken their pet to a veterinarian. Annual wellness exams do matter, here are a few reasons:

Environment: Most exotic pets have specific requirements regarding heat, light, temperature, as well as cage type, size and bedding. With so many products on the market, it can be confusing. A veterinarian educated in exotic care can well be your best choice for advice.

Nutrition: Again, birds and exotics have very specific nutritional requirements, and proper nutrition is key to preventing illness.

Vaccinations: A few exotics, like potbellied pigs and ferrets, may need specific vaccines annually. Your veterinarian can guide you with this.

Behavior: Unlike domestic cats and dogs, whose behavior remains constant throughout the year, the behavior of many birds and exotics can change due to variations in the daylight cycle and temperature. Your veterinarian can help you understand normal vs abnormal behavior so you will know when to be concerned.

Preventative Care: Preventing disease is always the best course of action, and

your veterinarian can teach you about diseases or conditions commonly seen in your chosen species so you will know when to be concerned.

Parasites: Certain birds and exotic pets can carry intestinal parasites. A fecal sample checked by your veterinary team can ensure you maintain a healthy pet and you can eliminate parasites that could be staling valuable nutrients from your pet's diet, and reduce the potential of spreading infection to you or your family members.

Nail trims: The veterinarian is trained and comfortable trimming nails which is a better alternative than ignoring the nails which can overgrow. Avoid being scratched yourself, and avoid discomfort for your pet.

Having considered that an annual wellness visit may be beneficial for your bird or exotic pet, then your next step is to find a veterinary clinic who has veterinary staff with knowledge and experience with birds and exotic pets. In addition, the hospital will be familiar and comfortable with the safest sedation, anesthesia and analgesia protocols and have appropriate resources for working with these animals.

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