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# Parent - Child Guide

October/November 2016 Vol. 22 - No. 4 Est.1995



**Teaching Children How to Manage Their Emotions**

**Reflexology- A Stress Reducer**

**Psycho-educational Assessments. What Are They and What Do You Need to Know About Them?**

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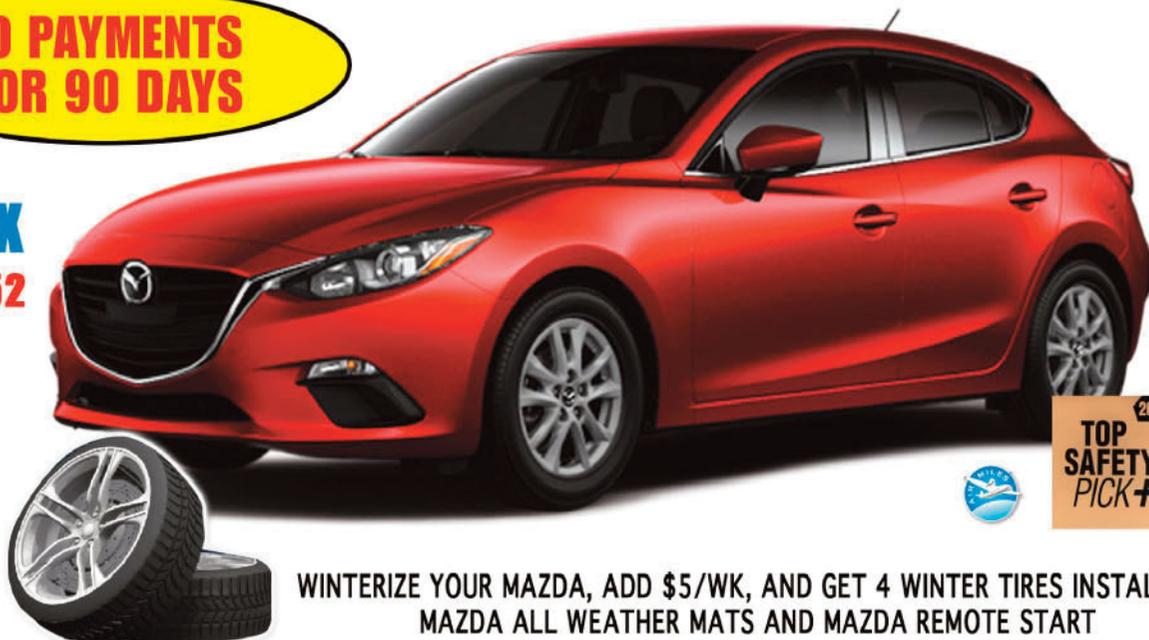
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# I N S I D E

- 4 **Psycho-educational Assessments. What Are They and What Do You Need to Know About Them?** By Rachel Panton of Erica Baker Psychological Services Ltd.
- 6 **Teaching Children How to Manage Their Emotions** By Anita Sablone, Registered Psychologist
- 7 **Reflexology-A Stress Reducer** By Debbie Hanson, ECE, RT, Early childhood educator and Reflexology Therapist
- 7 **Making Legal Services More Affordable For Families** By Stacey O'Neill, lawyer with the Family Law Team at Blois, Nickerson & Bryson LLP
- 8-13 **Health & Wellness**
- 8 **Are you Missing Something?** By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group
- 10 **Rebuilding Your Brain From The Bottom Up - Part 1** By Marcia-Lisa Dennis, OT Reg. (N.S.)
- 12-13 **Soles in Motion**
- 14-17 **Fun Places To Go**
- 18-19 **Education**
- 21 **Craft Corner Go Wild!!!** By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

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## Psycho-educational Assessments. What Are They and What Do You Need to Know About Them?

By Rachel Panton of Erica Baker Psychological Services Ltd.

### What Is This Type Of Assessment?

A psycho-educational assessment, also known as a learning or school assessment, is an individually administered, comprehensive assessment that is conducted by a psychologist. It identifies an individual's strengths and challenges regarding learning and behaviour in educational settings such as schools, colleges and universities. Psycho-educational assessment aims to understand and communicate information regarding an individual's thinking and learning profile. It is often recommended or sought after when an individual experiences difficulty processing information, learning and achieving academically, or is displaying behaviour that is incongruent with the expectations and needs of the environment or developmental level of the individual. Psycho-educational assessments involve collecting information regarding the individual's thinking and reasoning abilities (verbal and non-verbal reasoning skills, processing speed, working memory, general memory, phonological processing, pencil control, attention, executive functions) and academic achievement (reading, spelling, writing, mathematics, language skills) presently and historically. These assessments help families and educators understand how an individual processes information and learns which then helps to inform educational needs and the development of specific adaptations and accommodations, which allow for optimal demonstration of ability.

A range of issues may be identified and/or confirmed through a psycho-educational assessment such as:

- ADHD (Attention-Deficit/Hyperactivity Disorder)
- Learning Disabilities/Differences
- Giftedness
- Intellectual Disabilities

### How Long Do These Assessments Take?

Typically a comprehensive psycho-educational assessment should take between 6-10 hours of testing time. This can be broken into a series of shorter appointments or can be administered in a single testing session with appropriate breaks. Diagnostic interviews with clients, parents, and teachers may be completed as part of the process. Once the testing is complete and all relevant information has been gathered (e.g., interviews, questionnaires, report cards, other professional reports), the psychologist compiles the information, interprets the data and then completes a written report. The psychologist typically meets with the client or family, as well as the school, if requested, and reviews the findings and recommendations. The total process typically takes 3-5 weeks to complete.

### Who Typically Accesses This Service?

Psycho-educational assessments are often recommended for children and teens who have demonstrated difficulty mastering concepts, or meeting specific academic and behavioural outcomes at school or who present with a history of inattention, distractibility, or over-activity. In addition, post-secondary students and adults may also seek psycho-educational assessments in order to understand their

learning profile and needs and to inform work place and post-secondary school supports and accommodations. For university and college students, this type of assessment is typically mandatory for access to formalized supports and potential educational grants and funding.

### Why Is This Type Of Assessment Important?

It can be easy to identify individuals who are struggling academically, but it is not often easy to determine why those challenges exist. Does the individual have an attentional problem? Do they have difficulty processing specific types of information? Do they have a specific learning style that is not being supported? Do they have environmental stressors that are impacting their ability to demonstrate their potential and ability? Each of these, among other factors, can contribute to functioning within an educational or workplace setting, however, pinpointing the specific areas of difficulty and understanding how they impact learning and performance is necessary in order to best tailor supports to help the individual. For example, children can often present as inattentive in a

classroom for a wide range of reasons. While it might be easy to assume a child has a clinical attention problem like ADHD, it is only through comprehensive psycho-educational assessment that this can be properly ruled in or out as a potential cause of the child's inattention. In absence of this approach, the wrong supports could be recommended for a child (e.g., ADHD medication for a child with a Learning Disability rather than ADHD).

### How Do I Access These Services?

Psycho-educational assessments may be obtained, for free, through either the school or health systems, although there is typically a wait for service. Many families elect to seek out psycho-educational assessment from private psychology practices. Although costly, families with private medical insurance are often able to seek reimbursement for part or all of the assessment costs.

*Erica Baker Psychological Services offers a wide range of psychological services across the lifespan. For more information visit [www.ericabaker.ca](http://www.ericabaker.ca) or call 902-445-3851.*



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# Teaching Children How to Manage Their Emotions

by Anita Sablone, Registered Psychologist

In your house (and mine!), does your child ever:

- Get a wild case of the sillies
- Become easily distracted
- Act out aggressively
- Explode suddenly with a New Year's-like display of emotional fireworks?

**Growing up is an awesome task for children!** I am a mother of three small children, and every day I gain appreciation of a child's 'job' of growing up, and also the skills and energy of parents and teachers guiding it in healthy, positive ways. The above examples of children's behavior can be viewed at any time of day and any day of the week at my own house – and yours. These are all examples of

how children may act when they are *emotionally dysregulated*.

*Emotional regulation is being able to control your emotional responses in order to achieve a goal.* In other words, it is learning how to keep your lid on to get where you want to be or what you want. And this happens at different rates for different children. For example, a child who thinks and reasons at a slower rate than same-age peers, perhaps due to factors like learning difficulties or attentional challenges, will show a slower rate of emotional development. Part of the helping pathway, as a parent, is clearly seeing your child's unique challenges in recognizing their own emotional responses and effects.

*Emotional regulation is especially important at school – and not only for social reasons.* For children, thinking affects emotions, and emotions affect thinking. They have not yet learned to control the effect of one over the other (e.g., like adults, who may be able to have a fight with their spouse, go to work and have a productive day). For children, if they are emotionally dysregulated or upset, learning and performance is directly affected. And more and more, our children are called to self-regulate, despite increasingly challenging classroom and home environments.

**So, what can we do as parents?** It really does start at home, with our own behavior. It has to do with the ways in which we model emotional control and in our response to our child's emotional behavior:

1. **Provide as much emotional stability and consistency as possible.**

Try to keep your own emotions in check. Children learn through

having an opportunity to talk, but more often they learn through indirect modeling (e.g., watching your behavior when you are unaware). This may mean first starting with understanding your own emotional triggers and responses, and making a plan for yourself. It is important to show your child how to appropriately express *negative emotions*. You are your child's first teacher, but sometimes, we need to teach ourselves first.

2. **Accept feelings – yours and theirs – and talk about them.**

Increase the level of acceptance of 'emotional speak' and emotions in your household. Talk about your own feelings, and use emotional language. This normalizes emotional responses for your child, and encourages them to talk about their own experiences, particularly with the more frightening (and seemingly uncontrollable) emotions for children such as rage or anger.

3. **Help your child note their triggers and make a plan.**

In sitting down and talking about a situation with your child, after they are calm, brainstorm ideas about handling the trigger. In future, when entering or when presented with situations that have that trigger, you and your child can possibly preempt an emotional outburst by having a plan (e.g., giving a one-minute warning for the end of screen time; reward with verbal praise and an opportunity to choose

supper from fixed options).

4. **Teach your child positive self-talk.**

As part of their natural developmental process, our children's self-talk becomes internalized and as parents, we don't hear what they are saying to themselves much at all anymore. When children feel emotional and are acting out, the aftermath of that is usually negative self-talk. As your child experiences small successes with their emotional control, externalize it for them and talk like a coach. Even when they blow it, focus on their small successes. Over time, it is this positive talk and regrouping that will affect their own self-talk. After all, your child thinks about what you think about them a lot – be clear, positive and encouraging.

5. **Celebrate together - 'almosts' and full-on 'WOW!' moments.**

Learning how to manage emotional outbursts is hard work for child and parent. Celebrate actively and with intent – your child needs to see that you feel and see growth happening. Especially in the initial stage, focus on small things – maybe there was a major blowout, but instead of a half an hour, it lasted 15 minutes. Grab onto that, and show your child that you can move forward and be proud of their small steps (e.g., "I really liked how you – even though you felt like it – didn't throw your toys but stood

with your back to me and tried to use your words"). This is an approximation of where you want to get to and should be celebrated (e.g., where the child is able to sit down and face you, sharing his feelings openly).

As a school psychologist, I see on a daily basis the key role emotional stressors play in a child's ability to cope and flourish. In private practice, I help parents and their children learn how to create a positive and mutually interactive atmosphere where emotional responses are appropriately modeled and valued. Individual and/or small group counseling (2-3 children) can be used to help children to learn how to spot their triggers, recognize their own emotional cues and create success plans for problematic situations. Through parenting sessions, a child's parents can also learn home-based strategies and benefit from being able to ask about and investigate concerns they have for their child including concurrent academic struggles, possible attentional issues and other more challenging behaviors.

We love our children and seek to provide them with the means and skills for a healthy, happy life to come. Investing time in teaching them how to manage their emotions is central to reaching these goals. For parent and child alike, it is a valuable journey with many unexpected rewards.

Anita Sablone is an experienced, fully-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.

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## Reflexology-A Stress Reducer

By Debbie Hanson, ECE, RT , Early childhood educator and Reflexology Therapist.



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If you or a member of your family are experiencing any of the symptoms mentioned in this article consult with a Reflexologist. A Reflexologist will explain the benefits of Reflexology as it relates to your situation.

Debbie has trained and worked as an Early Childhood Educator, raised a family, cared for ageing parents, worked in the corporate world as a manager for 20 years and has trained with the Atlantic School of Reflexology in Foot Reflexology.

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prevalent mental health issue in childhood, and yet it frequently goes undetected and untreated. It can begin as early as age two but we see a significant rise when children enter the school system. Unless addressed, many will go on to suffer anxiety their whole lives.

There are many symptoms that can show your child is struggling with stress and anxiety such as mood swings, aggression, tantrums, sleep issues, digestive issues to name a few. These are not signs of bad children or bad parenting rather they are signs of a child's inability to cope.

*Some of the factors that contribute to the increased levels of stress in children are:*

1. Insufficient or poor sleep
2. Overstimulation, especially from screens
3. Overanxious and stressed parent
4. Overscheduled childhoods

Parents can also struggle with anxiety and stress. As in children, when anxiety impairs our wellbeing it needs to be addressed. Stress will also manifest itself in physical symptoms such as headaches, sleep issues, back /neck pain and digestive issues to name a few.

Fall is a transition time for many families. Summer vacations are over and children have started back to school. Participation in sports and social groups have started up again. Parents are registering children for activities, planning childcare and are juggling everyday responsibilities. With the high number of demands, stress is inevitable for both parents and children.

Studies have shown that children are experiencing stress earlier and earlier.

"Increasingly, scientists are linking stress in infancy and childhood to the soaring numbers of people suffering from anxiety and depressive disorders from adolescence onward." — Margot Sunderland, The Science of Parenting (2007).

More and more children are being diagnosed with depression and behavioural disorders such as ADHD and ADD. Research shows that the symptoms associated with these disorders are often an indicator that a child is suffering from stress. This stress is often manifesting as anxiety.

Anxiety is normal and can be healthy however it becomes a problem when it impairs wellbeing. Anxiety is the most

## Making Legal Services More Affordable For Families

By Stacey O'Neill, lawyer with the Family Law Team at Blois, Nickerson & Bryson LLP

The area of family law covers a range of issues including, custody and decision-making about children, parenting time, child/spousal support, asset and debt division, adoption, and agreements, to name a few. These issues can involve heightened emotions and often strained finances.

In consideration of the high financial costs of legal fees in family matters, some lawyers are now offering an alternative to the traditional legal retainer - called unbundled legal services. It is similar to an a-la-carte or do-it-yourself approach to legal services.

**How can unbundled services work?** The client decides to represent themselves but chooses to hire a lawyer to help them with part, but not all of their legal matter. This do-it-yourself approach can provide clients the opportunity to get help and advice from a lawyer when they need it. As part of this arrangement, the lawyer and the client will sign a written agreement confirming the services the lawyer will and will not provide.

**What kind of specific tasks will a lawyer do?** Every situation will be different, but some examples are: coaching or providing guidance on strategy, procedure or settlement; reviewing, editing, or ghostwriting documents for negotiations or court; coaching or representation for a specific court appearance or procedure; generating child/spousal support calculations; or evaluating the client's self-diagnosis of the matter.

**How much will it cost?** The cost depends on (i) the specific tasks the client wants the lawyer to do and (ii) the lawyer's specific fee structure. A lawyer may charge their hourly rate for the specific tasks or may be able to offer a flat fee. Each situation is unique with different facts and issues involved.

**How is this different from a traditional legal retainer?** In a traditional retainer, the client hires a lawyer to represent them for an entire legal matter. Although the client makes the final decisions, the lawyer will provide advice, answer questions, and be their voice throughout, communicating with the other side and the court on their behalf. The client is often asked to pay a retainer fee upfront which will be held in trust and applied to their legal fees as they are incurred. These fees are generally based on the lawyer's hourly rate and time spent working on the matter. Unbundled services, however, can give the client access to legal services within their budget where the cost is based on the specific services the client engages the lawyer to perform.

**Are there limits on unbundled services?** Yes. Not all situations or tasks will be appropriate for a lawyer to offer unbundled services. Since unbundled services are relatively new, some lawyers may not yet offer this service so the client should ask upfront.

For more information on our firm, family law team, and legal services call us at (902) 425-6000 or visit us at [www.bloisnickerson.com](http://www.bloisnickerson.com).

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# Health & Wellness



## Are you Missing Something?

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

It's a big day when your child first notices a wiggly tooth. That they can finally free that little stub of a baby tooth from the mouth, place it carefully under their pillow and await the ever-exciting arrival of the tooth fairy is a bit of a rite of passage. But it doesn't happen that way for everyone.

The primary dentition (or baby teeth) is made up of twenty teeth that are very important in guiding the future permanent (or adult) teeth into the right spot. Those primary teeth are placeholders. All twenty teeth are expected to loosen and exfoliate to make way for the permanent teeth. However sometimes a primary tooth will not become loose as expected. In 5-6% of the population, one or more permanent teeth may be congenitally missing (or not present from birth.) This

condition is called hypodontia. Hypodontia is associated with both genetic and environmental factors. Often a person with a missing tooth will know of someone in their family with the same experience. Missing teeth can occur in both the primary and permanent dentitions. When a tooth is missing in the primary dentition, there is a high probability that it will also be missing in the permanent dentition. More surprisingly, when all of the primary teeth are present, it can be shocking for parents to learn that there is no permanent tooth to replace it's predecessor.

So what happens if you suspect a missing tooth? Often parents may not even realize that there has been a disruption in the eruption pattern of the permanent teeth. Just like everyone gets their teeth at a different infant stage, so do young children lose their teeth at a range of ages. That said, there are still some general patterns for tooth loss and although the various teeth may be lost at different ages among peers, the pattern is quite

consistent. Your family dentist will monitor your child's tooth loss pattern but often the first sign of a missing tooth is in a screening radiograph (xray) that may be taken at your early orthodontic screening appointment. One of the reasons for an early orthodontic screening at age 7-8 is that by that age, all of the permanent teeth should be visible and accounted for on the radiograph. With this early diagnosis, there are more options with how to deal with a potential missing tooth or teeth.

Unfortunately at this time there is no way to regenerate a missing tooth. The closest thing we have is a dental implant, which can replace a single missing tooth without impacting the teeth on either side. Other options include bridges which "suspend" a tooth in the empty spot, or partial dentures. Orthodontics is an important part of treatment for missing teeth. An orthodontist can assess a primary tooth to evaluate the root to help determine how long a retained primary tooth may last. Some primary teeth can be maintained for many, many years without replacement. Another

option with orthodontics is closing space for a congenitally missing tooth. This can be made easier with early diagnosis as careful planning is important in these cases.

Although hypodontia is rare, it does exist in our population and can be a stressful finding for unsuspecting parents. Early diagnosis is the key to having the greatest treatment options available.

*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.*

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# Health & Wellness

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Our personal training studio works diligently with clients to make sure we are the "right fit" for you. This means we have an interview process where you find out more about us as we get to know you. Our group fitness program is a great way to try us out before committing to personal training. We also have certified

Nordixx Nordic Pole Walking Instructors to show you how to burn more calories in your walking.

However, our studio wouldn't be complete without mentioning our three great studio sponsors. Soles in Motion is an athletic footwear and bracing retail store moving to 133 Baker Drive in November

2016. Tara has partnered with Jen Estabrooks since 2011 when she ran NS FIT 4 U out of 360 Fit gym (a local high intensity gym). Together, they're opening up a new location with retail, personal training and rehabilitation focused on health and wellness at 133 Baker Drive.

Going into a grocery store can be a

tricky situation if you're trying to lose weight and avoid the junk food aisle. Why not use GroPro.ca for your grocery delivery? You avoid line ups and can select a variety of foods through their website. Also, they do extra stops to vendors for example, at the Seaport market and the Vegetorium to get you the fresh from the farm food without the

hassle of driving around the Halifax-Fall River area. Convenient and professional this delivery team shines in customer service.

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# Health & Wellness

## Safety At Home

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The easiest way to reduce your risk of injuries is to "fall-proof" your home as much as possible. A cluttered, poorly lit home is an accident waiting to happen.

Review these simple steps for making your home safer. To be most effective, tour your home room by room, as well as outside in the garden and garage, to help identify any areas of potential falling risk.

#### Inside Your Home General Safety Tips

- Remove loose rugs or secure them with slip-resistant tape.
- Increase the lighting in your home to help compensate for vision impairment. This can be done, either with brighter bulbs (75 watt bulbs are recommended) or with more standing lamps and night lights.
- Consider installing lighted light switches to avoid fumbling in the dark.
- Get into the habit of always closing all cabinet and drawers to avoid trips and falls.
- When possible, avoid, low, short furniture such as small ottomans.
- Have an upholsterer re-stuff an old, deflated sofa and attach furniture risers under it for height. Higher chairs and sofas, with solid armrests are easier to get in and out of, and are better for your back.
- Keep floors clear of telephone, computer and electrical cords.

#### Steps and Stairs

- Many people get in the habit of leaving objects on the stairs, to take upstairs later. This becomes a tripping hazard. Keep your stairs clutter-free.
- Make sure carpets and runners are

securely fastened. Avoid placing loose rugs at tops or bottom of stairs.

- Install an additional handrail so that you have a handrail on both sides of the stairs. Keep at least one hand on a rail at all times.
- Get light switches installed at the top and bottom of the stairway.
- Mark the edges of wooden steps clearly with bright non-skid tape or treads.
- Ladies, if you wear high heels, do not wear them around the house, or when going up or down stairs. Consider taking high-heel shoes in a bag with you to occasions where you need them, so you're wearing safer flat shoes for your actual transportation.

#### Bathroom Safety

- Use rubber mats or adhesive non-skid strips in the bathtub and/or shower floor.
- Replace loose rugs with slip-resistant ones in front of the bathtub or toilet to prevent slipping when exiting or entering the tub, or getting on and off the toilet.
- Check for loose floor tiles which can be a tripping hazard at night.
- Install grab bars inside the shower and above the bathtub to help you enter and exit safely while bathing.
- If you prefer showers to baths, consider using a bath seat with a handheld shower for more comfort and decreased risk of falls.
- If you're concerned about your balance, use an elevated and adjustable toilet seat with handle.
- Consider mounting secure grab bars on the wall around the toilet to make both sitting and rising easier and safer.
- Make sure electrical cords from hair dryers or shavers are safely stored and off the floor.

## Rebuilding Your Brain From The Bottom Up - Part 1

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

The brain is probably the most complex organ of the body. It is responsible for our actions, emotions, thoughts, language, movement, and internal systems of the body. A brain that is not working to its full potential can show up as learning disabilities, developmental delays, mental illness, motor incoordination and so much more. In order to help the brain get back on track, we must first understand what makes it work.

When a baby enters the world, in most cases all of the parts of the brain are established and ready to grow. For the brain to function efficiently, the nerve cells must be "wired" together. Primitive reflexes are the first to develop in the brain and serves to protect the baby or to help the baby survive (finding food, startle at a noise). It also controls the rhythmic movements that babies do automatically when they are on their backs, stomachs, or sides. It is important that a baby must be given the chance to move freely (under supervision) in order for the primitive reflexes to mature to postural reflexes which help to develop muscle tone, balance, coordination and sensory motor development.

Primitive reflexes may not mature due to prematurity, C-section, brain injury during delivery, hereditary factors, lack of stimulation at birth, disease, exposure to alcohol or drugs in utero, or baby is forced to spend time in baby walkers or car seats instead of moving on the floor. This may mean that milestones are not met which can lead to developmental delays, problems with attention or sensory processing, and learning disabilities. Trauma or brain injury/concussions in adults may also be taxing on the nervous system and cause these reflexes to become unintegrated.

The good news is that research has shown that the brain is resilient and has the ability to change itself - this is called neuroplasticity. With proper treatment by a trained Occupational Therapist in cognitive rehabilitation, the brain can be rehabilitated (depends on diagnosis) to make new connections and form new pathways even into adulthood.

(Taken from Blomberg, H., & Dempsey, M. (2011) Movements that heal: rhythmic movement training and primitive reflex integration. Sunnybank Hills, Qld: BookPal.



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# Health & Wellness

- If you or a loved one, need caregiver assistance while bathing, remove glass sliding shower doors and replace them with easier to access shower curtains.

### Bedroom Safety

- Keep a telephone, lamp and flashlight beside your bed to ensure you're never left fumbling in the dark.
- Install some self-adhesive battery-powered wall lights or night lights to light your path from the bedroom to the bathroom.
- If you feel unsteady, place a stable chair or bedside handrail beside your bed so you can easily get in and out.
- If you use a cane or walker, make sure it is within easy reach before you go to bed.

### Kitchen Safety

- Remove throw rugs or secure them with slip-resistant tape.
- Get loose tiles fixed.
- Keep dishes, pantry foods, and utensils for cooking within easy reach in waist-high cabinets that are easily accessible.
- Do NOT climb chairs to reach upper cabinets and shelves. Instead, use a step stool, ideally one with an attached handrail for extra support.

## 211 - Connecting parents, youth and children to the programs and services they need in their community

By Suzy Teubner, Director of Communications and Outreach

Let's face it. Parenting can be difficult at times. Today's kids can be complicated and may have difficulty communicating their thoughts and concerns. Even simple questions parents may have such as "is there a program for..." or "who do I contact...?" is a challenge when you don't know where to turn.

While family issues can be demanding and tough at times, finding programs and services that can help you and your family shouldn't be. When you don't

know where to turn, 211 is here to help you find programs and services available in your community offered by local community groups, non-profits and government departments. The service is free and confidential and information about thousands of services province-wide is available 24/7 by simply dialing 2-1-1 or searching the online database at [www.ns.211.ca](http://www.ns.211.ca).

"211 can serve as the first step to helping parents and professionals navigate and access the services children need," says Executive Director Mike Myette. "From child and adolescent mental health services,

substance abuse prevention and treatment programs to funding for recreational activities, after school programs and day camps, sports and fitness opportunities, leadership programs and much much more, our information specialists are trained and certified to connect people with the help they need."

When you reach 211, you don't just reach someone who will give you a website address or a phone number, you reach a listening ear. And you may just leave with more information than you expected to find.

"If someone calls to find out about licensed daycares, we

will provide them with that information and also ask them if they know about the Child Care Subsidy program offered through the Department of Education," says Myette. "That conversation may lead to multiple referrals for other programs that may be helpful. Having a broader conversation is important. It can open the door to programs and services the caller didn't even know existed."

In 2015, the non-profit 211 service, which launched in February of 2013, received almost 30,000 calls and over 80,000 visits to their website. With the changing demographic of Nova

Scotian families, 211 can provide information on programs and services for ALL members of your family, including senior support services, homecare, volunteer opportunities, newcomer support, food banks and housing support. The 211 service is funded by the Province of Nova Scotia and United Ways throughout the province.

*If you seek resources to support your family, dial 211, email [help@ns.211.ca](mailto:help@ns.211.ca) or visit [ns.211.ca](http://ns.211.ca). TTY service for the hearing impaired is available as well as interpretation service for over 100 languages.*

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





Whether they're tiny, a toddler, a tyke or a teen, for programs, services and support, just call 211.




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






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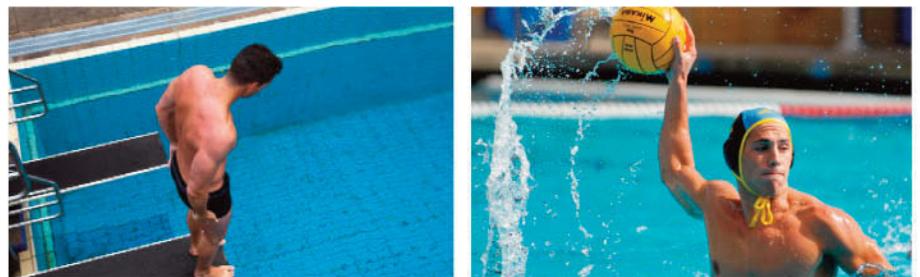


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# Education

## Homework Help for Great Grades the Whole School Year

by Lorelei Burgess, Oxford Learning HRM

When it comes to homework time, a little organization and strategic planning help to make homework time structured, so that kids know what to do, where to do it, and how to complete their homework on time.

With solid homework habits established, good grades are sure to follow... Not just for the next test, but for the entire school year.

### Top 10 Tips to Handle Homework:

**1. Set Up a Study Area**—from the first day of class, even if there is no homework, designate one area of the house the homework zone. This is an area with no distractions that is dedicated to working on projects and assignments.

**2. Make Materials Available** to the Homework Zone—what tools does your child need to get the homework done? Use a container or box to keep all supplies handy. Anything that your child may need access to during homework should be easily accessible so that he won't have to rummage around for it.

**3. Remove the Distractions**—if the homework zone is the dining room table, and a TV is nearby, make sure that the TV is off. Or if the area is next to a window, and the falling leaves are just too distracting, switch places, or consider a change of location. But don't be too stringent; some people work best with a little background noise, like a radio playing quietly in the background.

**4. Set a Time Frame**—choose a time that is best suited to your family's needs to work on homework. Whether it is right after school, or after dinner, sticking to a set schedule helps the work to get done.

**5. Offer Guidance**—but don't do the homework for your child. Be close by, maybe sit at the table too, or in the next room, and read the newspaper, or read a book, so if your child needs to ask a question she won't have to go looking for you.

**6. Use An Agenda**—it's the key organizational tool for homework. An agenda reminds students of tasks to be completed, and is also a great place to write down questions to ask the teacher.

**7. Stay Informed**—regularly talking to your child's teacher is a great routine to establish. Ask about upcoming projects that may require extra help. How does your child fit into the class average? — it's good to be informed.

**8. Be a Role Model!** "Do your homework!" is a refrain heard in many households. Set a good example by practicing what you preach. Set a good example by your actions; read a book, do some research, or bring something home from work to complete.

**9. Offer Praise**—be specific, and be sure to praise their efforts, and hard work, not their intelligence. Kids will appreciate that their efforts are not going unrecognized, and you'll help bolster their confidence.

**10. Watch Frustration Levels**—if your child is feeling stressed by homework, or just can't master the concepts, then it's time to seek help. Getting homework done is a routine part of school, just like eating lunch—but with a well-established homework routine, it doesn't have to be the worst part.

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## Michel Collette nouveau coordinateur des services éducatifs et Marc Deveau nouveau consultant en évaluation

Michel Comeau, directeur général du Conseil scolaire acadien provincial (CSAP), est heureux d'annoncer la nomination de Michel Collette au poste de coordinateur des services éducatifs et de Marc Deveau au poste de consultant en évaluation. Ils entreront en fonction le 26 septembre 2016.

Ancien directeur adjoint et enseignant de l'École du Carrefour, monsieur Collette est diplômé en éducation de l'Université de Moncton. Il a obtenu deux maîtrises en éducation, une en administration scolaire de l'Université de Moncton et l'autre en

technologie de l'information et de la communication de l'université Memorial. De plus, il commencera une troisième maîtrise en éducation en 2017 avec une concentration en études des programmes éducatifs de l'université du Nouveau-Brunswick.

Dans sa nouvelle fonction, monsieur Collette sera responsable de la coordination des activités du secteur, responsable de diriger le processus de développement des programmes d'études et responsable de superviser la mise en oeuvre de multiples initiatives au niveau du secteur.

Marc Deveau, directeur adjoint de l'École secondaire de Clare depuis 2015, est diplômé en éducation de l'Université Sainte-Anne. Dans sa nouvelle fonction, il sera responsable de développer une culture d'évaluation axée sur les résultats d'apprentissage, d'appuyer les écoles dans la mise en oeuvre de la Procédure d'évaluation du CSAP, d'offrir de la formation au personnel enseignant et d'agir en tant que leader dans la promotion des pratiques gagnantes en littératie et en évaluation.

Tout le personnel du CSAP souhaite à M. Collette et M. Deveau beaucoup de succès dans leurs nouvelles fonctions.

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## The Four P's of Potty Training

By Jo-Anne Bayers – Director, The Growing Place

**P**atience, Persistence, and Practice are all part of the Process of what I like to call the four P's of potty training. Much like learning to talk using the toilet is a process that takes time. If your child attends an early childhood program, then ideally potty training should be done in partnership with your child's teachers. Early childhood educators are knowledgeable in the developmental milestones of young children enabling them to offer support to guide you through this process.

Although there are certainly no shortage of books about potty training it will ultimately be your child's individual biological, and emotional readiness that determines their success. Attempting to potty train a child before they are developmentally ready is likely to leave you feeling like you are the one being potty trained as you will constantly be asking/taking them to the potty rather than relying on their own awareness of their biological needs. To help your child potty like a pro here are my three top tips:

1) Dump the diaper; children need to feel when they are soiled, wearing thick training pants will help contain body fluids saving your furniture yet allowing your child to feel the discomfort of soiled clothing. I recommend using diapers or pull-ups only when going outside of home for extended periods of time to avoid

confusing your child about when it's okay to potty in their pants. Nighttime dryness will take longer to achieve, but with the help of soaker pads you will eventually be able to put them to bed without a diaper.

2) Be consistent; by making potty training part of your child's everyday routine; before meals; taking a bath; dressing; going to bed, and leaving the house. The more opportunities your child has to use the potty the more opportunities they will have to be successful. If you're using the family toilet rather than a potty chair adding a seat insert which is available at most dollar stores, and a stool will provide stability as many children fear falling in.

3) Finally it's important to note that set backs are a natural part of the process, and it can take up to a year before your child achieves complete success.

*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](http://www.thegrowingplace.ca)*

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# CRAFT CORNER

## Go Wild!!!

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

Fall is calling for a wilderness adventure and I'm ready! I love to get bundled up in my favorite sweater and head out to the forest. I start collecting items for crafting and decorating at the first sight of a pine cone dropping.

Pine cones are one of the most useful items for dozens of Christmas crafts and winter decorations. Whether you display them in a glass bowl with twinkling lights or make tree ornaments and wreaths.

If you are gathering your own pine cones to use for indoor decorating, the most important step is to prepare them so they'll be clean, fully dried, de-sapped and de-bugged.

To start you'll need to clean the cones. Soak them in one part water, one part vinegar for about 30 minutes. Avoid leaving them in for a super long time so they do not totally close up.

Rinse the pine cones and let them hang out in a strainer for a few minutes. Next

you want the pine cones to dry and open up to their fill decorative shape.

Preheat oven to 200 degrees. Line a cookie sheet with aluminum foil and spread pine cones across it in a single layer. Put the pine cones in the oven for 30 minutes to an hour, keeping an eye on them until the cones are fully opened and any sap has melted off. Do not leave the oven unsupervised during this time and be alert for smoke or fire. This drying process will kill any bugs and melt the sap due to the heat.

Another option is to bleach the pine cones using a 50/50 mix of water and chlorine bleach. Soak the pine cones in the bleach solution for 8 to 9 hours. Remove the pinecones from the bleach, rinse off in fresh water then lay them out in a single layer to dry.



After the pine cones have been fully dried, de-bugged and opened, you can spray them with a clear acrylic spray, polyurethane or spray varnish. It doesn't have to be a heavy coat, but try to ensure the pine cone is fully and evenly covered.

The pine cone is a symbol of growth. All the parts are there to create a new life but since it has not yet taken root, it is still purely potential.

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