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School Refusal—a Geographic Problem

**FALL
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pages 19-22



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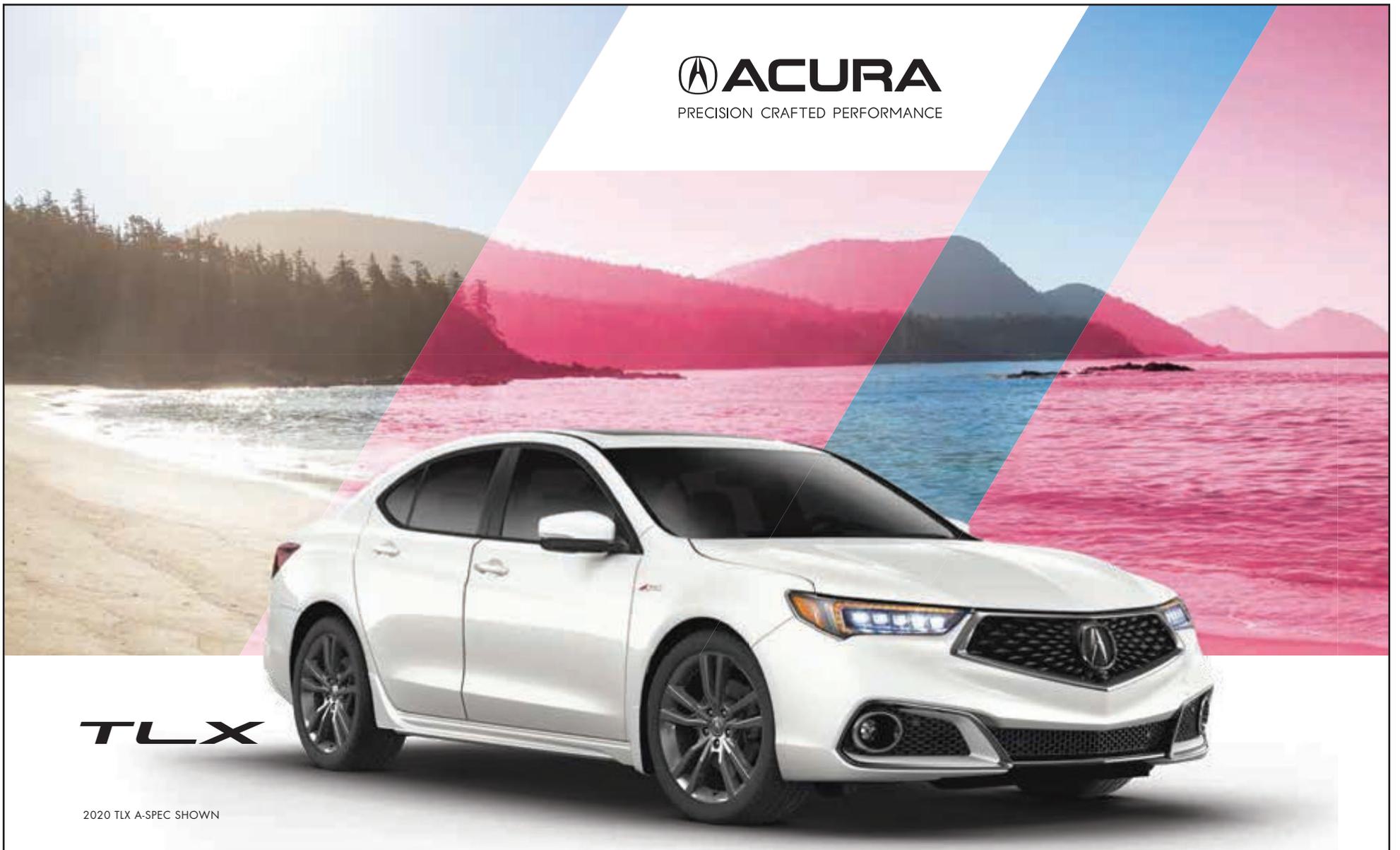
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Back to School—I hope!

School Refusal – a Geographic Problem

by Dr. Marc Blumberg, Clinical Psychologist at Enigma

(For this article the author is using the gender neutral "they" instead of he or she.)

When Summer days begin to cool and shorten, the spectre of our kids returning to school looms. For the families of school refusing children the approach of September signals the battle horn for parent-child conflict. How do we get our children to school without a fight every morning?

As many as one in four families struggle getting their children to go to school. If this a new problem for your family, there may be some simple fixes. If this is a continuation of a problem that started during the last school year, and especially if it is your teen who is skipping or refusing to attend school, you likely have a bigger problem on your hands. For long standing school attendance issues with an older child, you should seek the assistance of a child clinical psychologist for assessment and treatment. However, if you are worried that your elementary school child is starting to show signs of school refusal, this article is for you. Here we'll review the warning signs, causes, and suggestions to help you and your child get back on track.

Warning Signs

Every good parent knows that any significant change in a child's emotional or behavioral functioning warrants further investigation. Changes commonly identified in children who may be on the verge of refusing school include increasing difficulty getting your child up and off to school, vague

and unspecified physical complaints and illnesses, and your child's withdrawal from usual interests and social activities, whether or not school-related. You may also notice that any school-related discussion at home triggers a negative change in your child's mood.

It is extremely important to notice and follow up on these early warning signs when they first appear. Typically, serious school refusal problems start off incrementally—a day here, a day there. However, much like a simple cut that isn't treated quickly and properly, a difficult to treat education sepsis can develop if swift and consistent parental action is not taken. It is all too easy to get off the education train, and extremely difficult to get back on.

Causes

There are many possible causes of your child not wanting to go to school. The reasons generally fall into one of two main categories—1) avoidance of something unpleasant at school or 2) choosing to do something more pleasant than school. In the former your child may be refusing school because they associate school with something negative (uncomfortable social situations

such as bullies, class presentations, disliked teachers, poor academic performance, school bus problems). Basically, going to or being at school makes them feel sad or scared. Unfortunately, school avoidance works great if anxiety is the problem. Staying home results in them feeling immediately better. In the second category we can also find young children who may not be avoiding anything negative at school, but rather are preferring to be at home where they get the one-on-one attention of a parent. The latter group of school refusers also includes adolescents who are choosing something more enjoyable and rewarding than attending school.

Identifying the underlying cause of the refusal is quite important and will guide how a parent should respond. However, the consistent goal must also be a geographic solution—getting their bodies in school rather than somewhere else. The best treatment for school refusal always involves having them physically present at the school as much and as soon as possible.

Suggestions

As soon as you suspect there may be a problem at school, **cont. on page 7**

Parent-Child GUIDE

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Reading programs that reboot the brain

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

Tutoring a child with dyslexia or a reading disability can be like letting a track and field coach force your child to sprint on a sprained ankle. They will get a lot further if you let the ankle heal. For some children tutoring works well but if you find that they are not progressing any further it may be time to look at solutions that can work directly on strengthening brain connections (neuroplasticity). Here are some interventions that can help.

Visual Stress

Does your child complain of words or letters appearing to jump or move on a page, or complain of eyestrain from reading, computer work or fluorescent lighting? There is a very high possibility that visual stress is a part of the problem. Visual Stress is a neurological condition characterized by hyperactivity of the brain's visual cortex causing difficulty with processing visual information properly which interferes with reading, attention, and coordination. It is possible that coloured spectral filters can help. Spectral filters reduce sensitivity to triggers by neutralizing the wavelengths of light causing the overexcitement, resulting in a calming of the visual cortex. By working with your optometric team, filters are available as custom, precision tinted lenses which is a blend of coloured tints to obtain the optimal hue and saturation.

Neurofeedback

Neurofeedback (NFB) is a non-invasive type of biofeedback therapy that measures real-time electrical brain wave activity that can be used as feedback to teach self-regulation of brain function. Research shows neurofeedback may be a useful intervention for a range of brain-related conditions such as reading difficulties but also other issues including ADHD, PTSD, sensory processing disorder, learning disabilities, headaches/migraines, pain, aggression, anxiety, depression, addictions, OCD, insomnia, working memory deficit, and concussions Training programs run from 15-30 sessions for single symptom issues and 20-60 sessions or more for chronic or complex problems.

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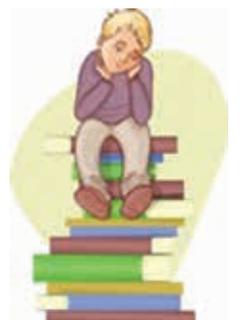
Straight from Australia, the Cellfield program is a brain based 12 week intervention reading disability program that helps rehabilitate and strengthen the auditory and the visual processing skills that cause difficulty for these readers. This program gets to the root cause by using visual exercises to stimulate visual attention, visual processing and working memory, as well as acoustically modified sound to assist auditory perception. In doing so, it develops stronger connections in parts of the brain which are involved in reading. Available in English and French.

Temporal processing training

The brain has an internal clock and it is responsible for focusing attention, reading comprehension, remembering information, processing speech and motor coordination. There exists a growing body of literature describing the brain timing deficits in Reading Disorders, ADHD (Shaffer et al, 2001), Autism, Auditory Processing Disorder, and other conditions.

By addressing timing in the brain with therapy interventions you are improving skill in comprehension, memory, coordination and processing that impact achievement and independence.

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cont. from page 4

arrange a face to face meeting with your child's teacher. The school guidance counselor can also be a valuable resource. You and the school staff need to work as a team identifying the source of the negative school experiences and coming up with a collaborative solution. Your child's teacher knows them very well. Remember that your teacher is also a genuine expert on the typical behavioral and emotional functioning of children at your son's or daughter's age. You know one 7 year old—they know

dozens. Your teacher will be an invaluable resource in identifying and addressing the problem.

As I said above, by "geographic problem," I am not implying school refusal is a bigger problem in Nova Scotia than in Manitoba. The geographic issue is the latitude and longitude of your child's bottom during school hours! It needs to be in their chair in their classroom in their school. Having your child go to school every day, even if for part of the day, and even if not in the class-

room, is part of, not just the end goal of treatment.

If anxiety is the main reason why your child is not attending school, the active ingredient in the problem you are dealing with is AVOIDANCE. Avoidance works great and better than any pill or therapist - that is, if your only goal is to not feel anxious. Even as adults we might be tempted to avoid anxiety producing social situations such as school, work, or Costco on any Saturday morning. By simply avoiding these anxiety producing situations, we

do feel less anxious in the moment, but we also might lose our job, fail our courses at school, and not get that 4 gallon bottle of Mayonnaise.

Helping your child learn to cope with powerful emotions, rather than be ruled by them is a critical life lesson. Avoiding anxiety producing activities can make you instantly feel better, but often at the sacrifice of participation in important life activities. Effective treatment approaches for anxiety do NOT eliminate all anxious feelings triggered by the anxiety pro-

ducing situations. The goal of this approach is to help your child cope with anxious feelings while choosing to do the thing that making them anxious.

Finally, if after working with your school and developing a daily return to school plan you feel as if these approaches are not enough, I strongly encourage you to get the assistance of a child clinical psychologist. School refusal problems can become quite serious and resistant to intervention if left unaddressed for too long. An excellent

resource on this topic is Christopher Kearney's book for parents, "Getting Your Child to Say "Yes" to School." Highly recommended.

Dr. Marc Blumberg is a Registered Clinical Psychologist with Enigma: Physical, Emotional & Mental Health Studio.

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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HRM MLAs and MPs Working Hard for YOU!

An Update from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

Tackling Tough Topics—Healthcare

The state of healthcare is a concern for many, both here at home and across Canada. Between 2006 and 2015, there had been little or no funding for emerging problems that we all saw coming, such as mental illness, developmental disorders (e.g. autism, dementia, etc.), skyrocketing prescription drugs prices, and our aging population.

By not addressing the *symptoms* of our ailing system, conditions only got worse. Here are some of the things our government has done to play catch-up for what should have been in place years earlier:

Mental Illness/Developmental Disorders:

- launched the **Canada Suicide Prevention Service**, using technology to link regional distress and crisis line services across Canada
- provided new targeted funding for **home care** and **mental health care**
- introduced Canada's first ever **National Dementia Strategy**

Cost of prescription drugs:

Many Canadians cannot afford medication they need, so we are creating the necessary first steps to implement **National Pharmacare**:

- **Canadian Drug Agency** to negotiate lower drug prices
- developing a national strategy for **high-cost drugs** and **rare diseases**

Seniors:

With our new **Department of Seniors**, we improved access to healthcare and are enabling seniors to stay in their homes longer with new EI benefits:

- **Family Caregiver Benefit** for Adults (up to 15 paid weeks off to care for an adult family member who is critically ill or injured)
- **Compassionate Care Benefit** (up to 26 weeks to care for a person of any age who requires end-of-life care)

* *Note: These are in addition to the Family caregiver benefit for children (up to 35 weeks to care for a critically ill or injured person under 18)*

"An ounce of prevention is worth a pound of cure"

In metric, that's "28 grams of prevention are worth 0.45 kg of cure", but whatever units you use, Benjamin Franklin's words still hold true. That's why we also focused on alleviating potential future burdens on our system.

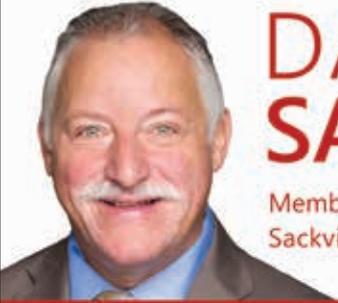
- updated the **Canada Food Guide**, replacing the outdated four food groups with three guidelines of what to eat regularly, what to avoid, and the importance of cooking /preparing meals at



home.

- launched our **UpLift Program** to address food literacy, which is critical in helping children develop healthy cooking skills. (currently offered in 360 schools across Nova Scotia)

So, while things may seem dire today, they would have been much worse if we had stayed on the same path. With a plan to address these "symptoms", these new initiatives are already having a positive effect on the lives of many Canadians, with more improvements on the horizon in the coming months and years.



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- Invested in affordable housing & measures to tackle poverty
- Invested in good, local infrastructure
- Taken strong action against climate change

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MLA Book Prize Congratulations

By Gary Burrill

There is no more defining institution in the constituency I serve as MLA than our area's schools. There are lots of them—from LeMarchant-St. Thomas on the southerly end of Halifax Chebucto, to Westmount Elementary, towards the peninsula's other end. So the end of June is a great time for me—when I get to attend

graduation and end-of-year ceremonies at the Halifax Chebucto schools.

Howard Epstein, MLA for Chebucto for 1998-2013, developed a tradition over the years, which I am proud to continue, of presenting an MLA Book Prize to recognize a student in each graduating class for excellence in civic and community engagement.

As I have explained in making these presentations, one of the most important lessons a person learns in their school years is that life is not about just observing, or spectating, or standing back, but rather about participating, engaging, and being one of those who carries their part of the load. Nothing is any more important than this to the development

of citizenship that democracy depends on.

Recently, we have seen this attitude much on display with all the students in the Halifax area who continue to go on strike to focus politicians' attention on the climate emergency we're facing.

It was my privilege to have presented the MLA Book Prize this year to: Alexis Camp-



bell at Westmount Elementary, Reese MacDonald at Oxford School, Kenneth Gwynne-Timothy at Halifax Central Junior High, Vincent MacDonald at St. Agnes Junior High, and Kathleen Dolan and Locke

Williams at Citadel. Congratulations, all! Gary Burrill is the MLA for Halifax Chebucto and the Leader of the Nova Scotia NDP.

Get Connected

By Claudia Chender, MLA Dartmouth South

Back to school means an end to the long, lazy days of summer. While getting back into a routine can be a relief, fall commitments can also mean less free time. When you need help or are looking for a service, endless scrolling and online searching can be a real barrier. Here are a few contacts to keep you in the loop this fall!

811: If you're not sure whether you can, or should, face the emergency room, but still want to talk to someone, call 8-1-1 to speak to a registered nurse. 811 offers advice about everything from general health to abdominal pain.

211: Call 2-1-1 to get connected to thousands of Nova Scotian programs and services offered by local community groups, non-profits and government departments.

Non-emergency police: If you require a police officer for a noise complaint, to report suspicious behaviour, or any other non-emergency situation, call 902-490-5020 24/7.

IWK Poison Centre: This 24/7 service is for all ages and all manner of potential poisonings. If you suspect you or a loved one has ingested a

poison, call 902-428-8161.

The MacPhee Centre for Creative Learning: If your child is between the ages of 12 and 19 years-old and is disengaged from school, check out the MacPhee Centre. Their programming empowers youth through visual and performing arts, creative writing, and technology.

My office: My office is always happy to help you find access to services and programs in the community. Call 902-406-2301 or email claudiachendermla@gmail.com.

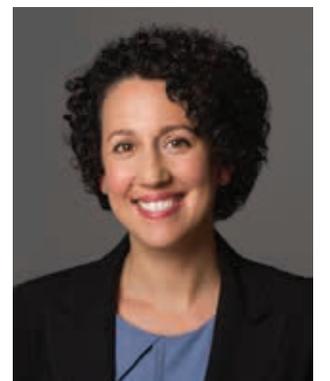


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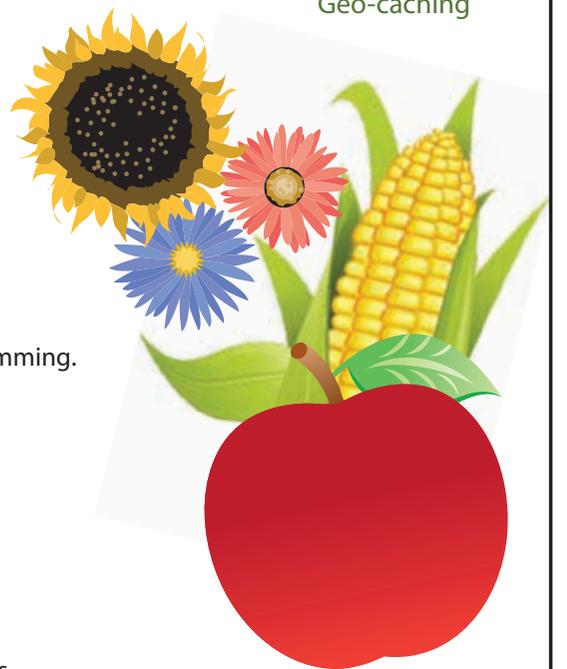
Interactive Corn Maze:
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MacPhee Centre for Creative Learning

Your Teen Can Earn A High School Credit While Pursuing the Arts!

Starting in September, youth will be able to earn a Nova Scotia High School Professional Development Credit when they take part in the MacPhee Centre for Creative Learning's creative and supportive programs. This is a significant development for youth who we may succeed in their creative pursuits but may struggle to engage in school.

Youth program participants are excited their creative venture and discovery will now be accepted as part of their school success. Tegan, a grade 11 Prince Andrew High student, said, "As a student who often struggles in traditional learning environments, this program is an incredible opportunity for me, and youth all over the city like me. I often feel like although I am not good at traditional school work such as math or science, I am good at things like art and music- which is what the MacPhee Centre has taught me. However, that is not always recognized in schools." The MacPhee Centre is now recognized by the Department of Education and Early Childhood Development as a true learning and teaching partner for students and their learning journey.



The MacPhee Centre for Creative Learning empowers youth between the ages of 12-19 by connecting passion with purpose through the arts. Located in downtown Dartmouth, this community hub inspires creativity and confidence by offering free unique programs in visual and performing arts, creative writing, and technology in a safe and inspiring space.

Want to get connected? Contact us TODAY!

Location: 50 Queen Street, Dartmouth

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Parent-Child Guide

BOOK NOW!

DON'T MISS OUT!
Our next edition is our **FALL EDITION**, featuring Fun Places To Go, Health & Wellness, Seniors' Living Care, Education and More!

Printing on October 18, 2019, running to December 12, 2019;
Advertising Deadline October 4, 2019

For More Information Please Contact:
Robert Rockwell 902-209-4461
parentchild@ns.sympatico.ca

This heartwarming exhibition will get you talking about family



Creativity is always encouraged. Visitors are invited to leave their mark on the evolving exhibition in a few different ways. Send a message to your future self via a leaf on the generational tree, say hello to another family with a fridge-magnet message, or make a drawing of who really represents family to you. *Family Bonds & Belonging* prompts talking and sharing, all while connecting you to the traditions of many different types of families.

What is family? Have you ever talked about this seemingly simple concept with your child? Uncovering the answers is central to *Family Bonds & Belonging*, a heartwarming exhibition on at the Canadian Museum of Immigration at Pier 21 until November 3.

While children play and learn parents and grandparents are transported down memory lane. Home movies screening in a retro rec-room, photo albums, beautiful artifacts and stories depict the many different ideas of family, those of biology, choice, association and place. Inside the giant blanket fort, next to the life-size shadow puppet theatre is a special section about the important family role played by children. Climb inside! It's big enough for the young and the young-at-heart to explore together.



Family Bonds & Belonging was originally produced by the Royal BC Museum and has been adapted by the Canadian Museum of Immigration at Pier 21. This exhibition is presented by Scotiabank.

FUN

Places To Go!

Parent-Child Guide

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Printing on October 18, 2019, running to December 12, 2019

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Canadian Museum of Immigration at Pier 21



Musée canadien de l'immigration du Quai 21

Family
BONDS & BELONGING

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de famille *et*
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Science Activities to do with Children

By Aileen Sullivan, Assistant Director and Inclusion Coordinator

As we all know, children are very curious. There are so many ways to engage with children and their curiosity. Science activities and experiments are perfect for children to explore. With science activities, there are so many questions you can ask a child to help them explore new things, build their vocabulary, and just have fun. Here are a few science experiments you can do with your child that are cost efficient and fun.

Rain Clouds

You will need: a glass jar, unscented shaving cream (foam, not gel), a dropper and food coloring.

Fill the glass jar 2/3 full with water. Next you will add a puffy layer of shaving cream to the top of the water. Mix some food coloring with water. With the dropper, put a few drops of the water and food coloring on top of the shaving cream. Watch as the colored water makes its way down through the cloud and into the glass jar making it look like rain.

Blowing up balloons with baking soda

You will need: Balloons, vinegar, baking soda, a funnel and a plastic water bottle.

Use the funnel to add baking soda to the balloons. Next you will add 2 teaspoons of vinegar to the plastic water bottle. Then, tightly secure the balloon to the top of the water bottle, being careful the baking soda does not spill into the bottle. Hold on tight around the edge of the balloon. Tip up the balloon and shake the baking soda into the bottle. Then watch as the balloon starts to fill with air.

I hope you enjoy these science activities as much as my children have. Remember to make sure you have a tablecloth underneath your work area.

Aileen is currently the Assistant Director at The Growing Place (Pleasant Street location). She also serves as Resource Coordinator where she specializes 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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Seniors' Living Care

5W's of Retirement Living—Who? What? Where? When and Why? As well as How?

Submitted by The Berkeley



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Who? Typically, retirement living is meant for people in their senior years who want to live a social, active life in a community with others of a similar generation. At The Berkeley, residents move in at different ages and stages of their lives, and for a variety of reasons. Most of our residents 'age in place', meaning they stay in the same apartment, not having to move to another floor or another building, even if their needs change. We have residents who are aged 70-102 with an average age of 85-87. It is the perfect fit for people who are living alone and want a more social life in a community

with included amenities to simplify their lives. It is ideal for couples, particularly if one person has taken on the role of caregiver, but also if one is more social than the other or both people would like to have easier access to friends and social activities. Of course, in all cases, family near and far are offered great peace of mind knowing their loved ones are safe and secure, eating well and enjoying life with friends while participating in daily activities.

What? The included benefits of retirement living take the stress, worry and chores away. Our residents live in apartments of different sizes, decorated with their own furniture and personal affects. Included in the rent are two nutritious meals per day in our dining room with the option to add a third. Weekly housekeeping, daily activities and an on-site health care professional are also included. Without the worry of household chores, they can truly enjoy their days as they choose. Most importantly, because life in a retirement residence is inherently social, active and stress-free, it helps to maintain one's overall health—physical, mental and emotional.

Where? The Berkeley has four locations—two in Halifax and one in each Bedford and Dartmouth. For more information, visit www.theberkeley.com/locations. Choosing the one closest to your current community or family members is most typical, but personal preference might have you interested in a certain location for its unique qualities. Our four locations are all within walk-



ing proximity to amenities for convenience and to help maintain independence. Many of our residents enjoy going out for walks for both exercise and to run personal errands.

When and Why? Ideally, you want to move into a retirement residence while you are still in good health simply so that you are better able to enjoy the opportunities that retirement living provides. Having said that, it is time to move when you become lonely in your current space. Loneliness can have a very negative impact on people mentally, emotionally and physically. Some do move in as a result of a fall or a decline in their health, and almost always their overall health and wellness improves because they are eating regular, nutritious

meals and are able to engage in and enjoy their community and activities.

How? To start the process, call us any time (902) 802.0346 or go online to www.theberkeley.com to get more information and set up a tour. Coming in to see what we offer is important no matter what your timeline. Our buildings do speak for themselves and our employees will make you feel very welcome! Coming in for a tour allows you the opportunity to see what services we offer while also getting a feel for the community and surrounding neighbourhoods and amenities.

For more information, and to book a tour, visit theberkeley.com or call Jenn at 902.802.0346.



Back to school isn't just for kids anymore

By Suzy Teubner, Director of Communications and Outreach, 211 Nova Scotia

Many of us associate September with new back-to-school outfits, backpacks, school supplies and regular schedules as grade school and post-secondary students head back to class. Education isn't limited to children and young adults though. Older adults can also experience the back-to-school vibe by taking part in learning opportunities that are of interest to them.

If you are a dedicated lifelong learner 211 can help navigate you, or someone you know, to courses that will pique everyone's interest. While community college or university courses may be an option, there are also classes offered through local community centres, learning networks, seniors' clubs, parks and recreation departments, and libraries.

Cooking classes, courses to improve your computer skills, and lectures on a multitude of topics are just a few of the options offered throughout the province, including online learning opportunities.

The Seniors' College Association of Nova Scotia offers non-credit academic courses for older adults in the arts, sciences and social sciences. Courses are offered in various locations and change each trimester. They also offer free monthly lectures on a variety of topics. Visit www.thescans.org for more information or call 211.

Spencer House Seniors' Centre offers one-on-one computer literacy training along with workshops and presentations on a variety of topics including health and wellness, legal and financial

topics and arts and culture. Your local library is also a great source of programming including technology classes and a musical instrument lending library for budding musicians.

If you'd prefer to teach a skill that you've already mastered rather than learn, 211 can help connect you to organizations in your local community who need instructors. Maybe you can tutor a teenager in math or reading. In return, they may be able to teach you a few things about social media. In no time, you'll learn something new to and become an Instagram superstar!

If you want to learn more about the 211 service or to find the resources you need, simply dial 2-1-1, visit ns.211.ca or text 211.

This Continuing Care Month we celebrate the difference our team makes in the lives of local seniors, wherever they call home.



Looking for a fulfilling career in continuing care? Visit www.oceanv.ca today to join our team in helping seniors:

Belong

Live Well

Get Out Into Their Community

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Participate



Open Houses at The Berkeley every Thursday from 1:30–3:30pm

Come see the benefits of retirement living! Residents of The Berkeley enjoy their socially active community where simplicity, choice and convenience rule the day! Get a feel for our warm, welcoming atmosphere, meet our amazing employees, and see why our residents Love Where They Live!

If our Thursday Open Houses are not convenient, we welcome you for a visit any time!
Please call or visit our website for more information or to book a tour.

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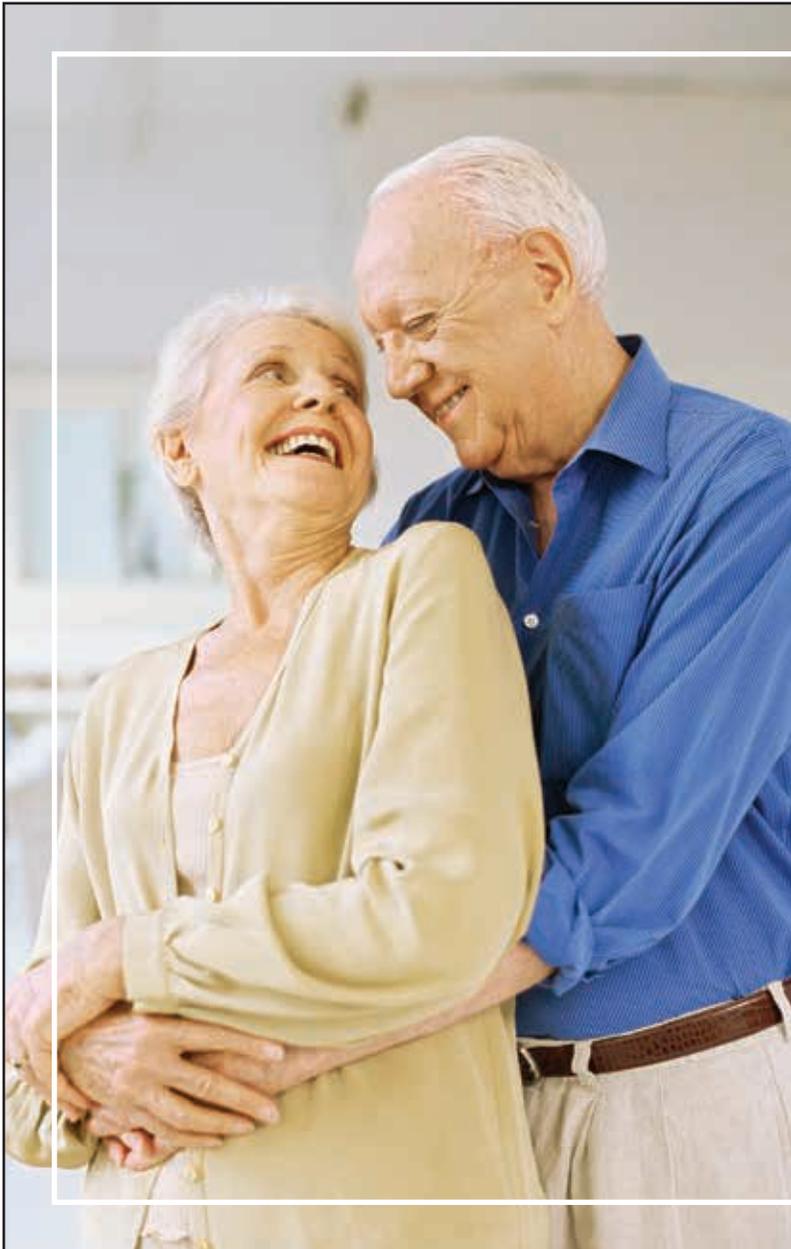
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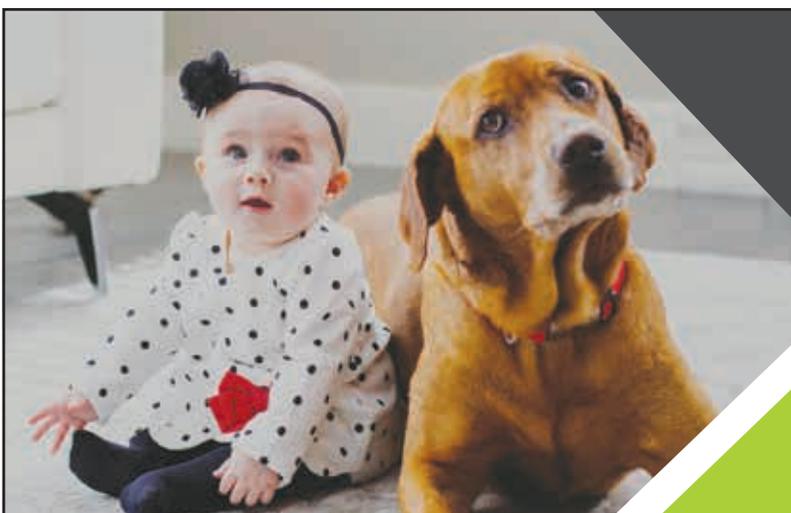
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Dr. Negin Ghiabi

Health & Wellness

Stress and Oral Health

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists

We are living in a fast-paced and high-pressure world with Stress is a common concern. Stress is the feeling of emotional or physical tension which trigger by different situations. Excessive stress causes mental & physical health & oral health problems.

In time of excessive stress:

- dental care can be neglected and that that individual for-

- got to brush and floss.
- Some medication for managing the stress level have dry mouth side effect. Dry mouth increases the risk of dental decay, gum disease and infection.
- People with high level of stress usually clench and grind their teeth. Which can cause joint and muscle pain, teeth fracture, gum recession.

- Stress can lower the body immunity response. Which it causes oral sores such as canker sore.
- In stressful situation some people consume more alcohol and sugary food & drink with increase the decay and gum disease.

To manage the effect of stress in oral health:

- Have regular dental check up
- Brush and floss 2

- times/day
- Chew sugar-free gum.
- Drink more water.
- Have Night guard to protect your teeth against your grinding & clenching.

To manage the effect of stress to body:

- Stay active
- Sleep enough
- Practice mindfulness, meditation
- Eat healthy diet with low level of sugar, alcohol, caffeine



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Did you know the first dental visit for a child begins at age 1?

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as one year old. No referral is needed. For more information please call 902-407-7377.



Does your child need to see an Orthodontist?

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

My brother and his wife recently welcomed their son into the world. Watching these first time parents navigate through uncharted waters, I was reminded of how overwhelming all of those

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

lessons. But long before my nephew might need braces, he needs to be seen by an Orthodontist. So when is the right time?

My own children are young, however I watch and plan as their little jaws grow two have developing underbites.) I want to be sure they are given the absolute best treatment to ensure they have a healthy and functioning bite and a beautiful smile. I know

that starts with early monitoring and proper timing of treatment. As an Orthodontist, it's perhaps not surprising I appreciate how important all of these things are. But what about you? Whether it is for your young child, teenager or yourself, do you understand the importance of Orthodontics for your own or your loved one's health and well-being?

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

The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child's healthcare as early detection of some problems can be treated to avoid surgery later on. Your Orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead. As we all know, a forecast is not always perfectly accurate, but it does help us plan for big storms so that we aren't caught off-guard. Although the bites of my own kids aren't perfect, I've got a plan in place that offers them the best end result. Regardless of being an orthodontist, as a parent, I find that comforting and I think you will too.

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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Location: Millstone Public House, 250 Baker Drive, Dartmouth NS

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Looking for the Right Fit? Put your Soles in *Our* Hands!

Submitted by Jen Estabrooks, Co-owner, General Manager,
Soles in Motion



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Here are some interesting facts:

- The size of your feet changes as you grow older so always have your feet measured before buying shoes.
- Don't select shoes by the size marked inside the shoe but by how the shoe fits your foot.

- When we fit your shoes, we make sure there is enough space for your longest toe at the end of each shoe when you are standing up.
- Don't buy shoes that feel too tight and expect them to stretch to fit.

There are many type of shoes, let Soles in Motion educate you on what is best for you. We also offer a wide selection of running shoes and run clinics with the emphasis on education and preventing injuries.

Soles in Motion has two Canadian Certified Pedorthists on staff to explain the benefits of custom orthotics and assess your lower limb function. We also have three bracing specialists that can guide you through the benefits of proper braces and supports for any medical condition or injury. Drop in and meet our knowledgeable staff and let the experience begin!

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To register, contact Canadian Parents for French Nova Scotia

Phone: 902-453-2048 | E-mail: cpf@cpf.ca

Classes are capped to 14 students, register early to avoid disappointment.



Fall Registration Guide

The Mount Fitness Centre is here for you!

The Mount Fitness Centre is here for you. We are conveniently located on the Mount Saint Vincent University campus and have been providing quality fitness, wellness and recreation programming to both Mount students and the surrounding community for over 30 years. So if you are looking to have fun, be social and improve your overall health & wellbeing, we can help with that. We also have great program offerings for young children:

- **Shotokai Karate** is a fun way for children to be active and stay fit. Shotokai is a non-competitive martial art that empowers children to improve themselves through practicing Karate-do.
- **Bully Proof** is assertiveness training for children 5-13 years of age. The structure of the workshop is to teach youth and children how to walk, talk, act, avoid being a target and prepare a plan for dealing with bullies. Bully Proof places emphasis

on how reporting incidents to parents/teachers is a strength. Parents/guardians are encouraged to attend free with their registered child.

- **Sports Camps** include boys basketball, girls basketball and girls volleyball camps, all run by the Mount Mystics Varsity Coaches and Athletes.
- **Summer Day Camps and PD Camps** are structured recreational theme-based camps that allow campers to be kids, enhance their imagination, learn through movement/play and be physically active.

For more information about any of our programs, please visit our website www.msvu.ca/fit or contact us:

In person. MSVU Rosaria Student Centre Main Floor, 166 Bedford Highway

By Phone: 902-457-6420

By Email: camps@msvu.ca or mount.fitness@msvu.ca



MOUNT
Fitness Centre

Children's Programs at the Mount Fitness Centre

Bully Proof Program

Shotokai Karate

Sport Camps: Basketball & Volleyball

Day Camps: PD Day Camps & Summer Camps



902.457.6420 | msvu.ca/fit | MSVU Rosaria Student Centre - 166 Bedford Hwy



Fall 2019 Program Guide available online.

REGISTRATION DATES: **Members:** Online, August 6th
In-person, August 8th
Non-members: Online, August 13th
In-person, August 20th
(beginning at 8:00am)

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ECDA 

EAST COAST DANCE ACADEMY

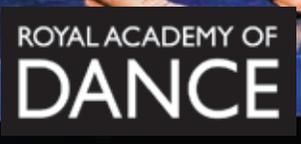
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Fall Registration Guide

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Our programming aims to improve focus, self-confidence, boost metabolism, and enhance coordination. We encourage youth and teens to express their creativity through rhythmic dance movements, while focusing on musicality and social skills.

Parent-Child Guide



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Education

Back to Class 2019/20

Back to School is a Lot Like Team Tryouts

by Oxford Learning

Starting a new grade is like trying out for a sports team. That's because in order to be really ready to perform at their best, students need to prepare beforehand.

To make the team, kids know that they need to put in the time to practice their skills, to train their muscles to get into top shape, and to work with somebody else—a parent, a coach, or a friend—who will give them feedback and encouragement. Without these, the chances of making the team decrease.

Heading back to school is no different than trying out for a team. Just like hamstrings, biceps, and abs, the brain is a muscle. It needs practice and fine-tuning in order to function at the top of its game. And, just like hamstrings, biceps, and abs, the brain can get out of shape after a period of neglect. The brain needs a good workout before

school starts so it can get back into shape and be ready for the year ahead. It needs to run the drills, take a few practice shots, and feel confident that it's up for the challenge.

So before heading back to class for a new school year, warm up the brain!

Here's how:

Start a few weeks beforehand and set aside time every day for kids to...

- Review last year's schoolwork.
- Try a few math problems.
- Re-read an old essay or book report.
- Write a paragraph.
- Watch a science video on the Internet.

You can also get their brains back into academic habits by re-establishing school-year routines such as bedtimes and wake-up times.

To kick the school year off right...

1. Review last year's final report card. This will give your family an aca-

ademic refresher and a little reminder of the highs and lows of last year.

2. Set some academic goals. Now that you've reviewed the outcomes of last year, start considering what academic achievements could be reached THIS year. Both parents and children can identify changes that they'd like to make this school year.

3. Overhaul your routine. A new school year is an opportunity to deal with any and all bad habits that can get in the way of learning. These include morning and evening routines, eating habits, after-school routines, and homework and study habits. Fine-tune your family's routine from the first day of class and settle into a school year with better habits.

4. Use an agenda for more than just school. Agendas are more than just a place to write down homework, they are great for

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keeping track of to-do lists, questions to ask teachers, chores. Students can also use agendas to prioritize workflow, keep track of work hours, extra-curricular activities, and countdown until tests and exams.

5. Consider getting extra support right off the bat. School may not even be in session yet, (or it may have just begun) but it's not too soon to enlist in some extra support. Why wait to find out what will happen with grades this year? Get on top of any potential issues BEFORE they become a problem. Take the bull by the horns. Show this grade who's boss!

Of course, the best

athletes know that there is no such thing as an off-season. Anyone who really wants to stay at the top of his/her game never stops training.

Oxford Learning offers programs for children from 3 years old through university. We teach students the skills they need to be successful in school and in life. Oxford Learning has locations in Halifax and

Bedford. For more information about our programs and services or to learn how to make this back-to-school season a success, contact Oxford Learning Halifax at 902-701-9254 or halifax@oxfordlearning.com or Bedford at 902-700-6489 or bedford@oxfordlearning.com



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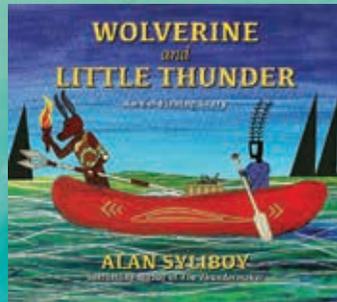
Education

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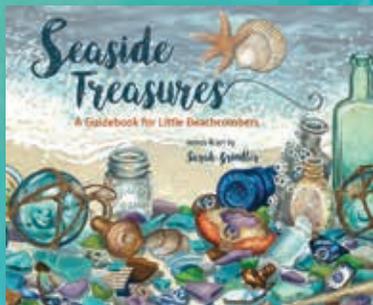
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Education

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In addition to clinical psychology, True North offers assessment based psychology services. Clients might be referred or self refer for an in-depth assessment of attention (ADHD assessment), learning (psycho-educational assessment), or workplace skills (vocational assessment). Assessments may include an interview in which the psychologist asks questions about different areas of your life to learn about your strengths, weaknesses, needs, and concerns. The assessment may also include a series of standardized psychological tests to help gain similar information with greater detail. Such tests often involve tasks that you have some familiarity with, such as answering true/false questions, completing rating scales, or performing certain tasks with your hands.

Sarah Williams, a psychologist who offers psychoeducational and ADHD assessments at True North, says the assessment process enables practitioners to gain a clear picture of why an individual is struggling. For someone struggling with learning, for example, the issue could be related to how they pay attention to information, understanding

language, remember information, or demonstrate their knowledge.

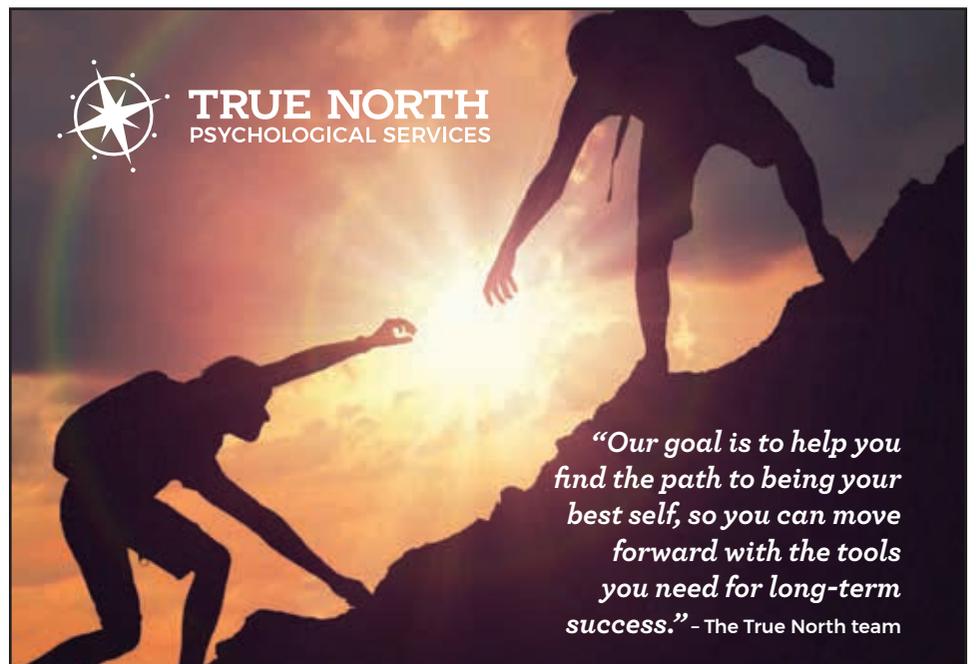
The assessment answers a lot of questions, enabling us to give recommendations to make learning easier.

Recommendations could range from specific strategies to further develop skills based on the individuals unique learning profile, strategies to minimize the impact of learning challenges at school, as well as recommendations for additional consultation with various professionals such as occupational therapists and physicians.

True North focuses on providing clients with a comfortable and confidential space and recommends anyone seeking help to reach out. Staff are always available to provide guidance on insurance and help you connect with the right practitioner for you.

True North is currently expanding its assessment division and welcomes new referrals. Contact us by phone or email to book an appointment today.

For more information please visit www.truenorthpsychological.com or phone 902-406-6734.



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CRAFT CORNER

Model Building

By Jenny Joan Larisey,
Craft Consultant for Maritime Hobbies Crafts

Models ... of course!!! Maritime Hobbies And Crafts is known for their expansive array of models and mastery of the artform.

Model trains, ships, boats, rockets and cars. When you have a vision of something you want to build you can count on Maritime Hobbies to have the right stuff. From 1:160 N scale train to a 1:35 scale of a military vehicle, the shop is filled with all the supplies to build miniature models. You want to build your own doll house furniture? They have supplies for that too!

Consider scale before you choose a model. Your choice of scale depends on how it is displayed. The model scale is most often expressed as a simple fraction. The "scale" of a model is its size relative to the

size of the "real" version. So compared to a 1:35 scale model, the real version is 35 times larger in size or 1:1.

With model building comes the diorama, a three-dimensional scene using scale models and landscaping to create historical or fictional displays to creatively showcase your model.

Building a diorama is a good way to protect your model and bring it life.

The word "diorama" originated in 1823 as a type of picture viewing device invented by Louis Daguerre and Charles Marie Bouton, the word literally means "through that which is seen". Creating a diorama is the time in which you are encouraged to think inside the box.

Do some research on your topic before you

get started. This will guide you into making the scene as lifelike as possible.

There are so many tools and techniques to help create your diorama: terrain supplies, casting materials, paints and glue. It is important to choose the right glue depending on the materials you are using. You may need a few different types. There's always someone in the shop at Maritime Hobbies and Crafts to answer questions or show you just the right trick to get the effect you're looking to achieve.

Model building also builds community. There are different groups of model builders that like to share tips

and tricks and to enjoy their common love for the hobby. The model community recently lost a master builder

and a great friend. Robert Dibbon, you will be missed.

Drop in to Maritime Hobbies & Crafts to see

our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 902-423-8870

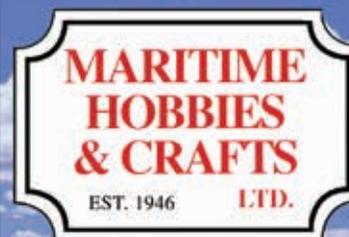
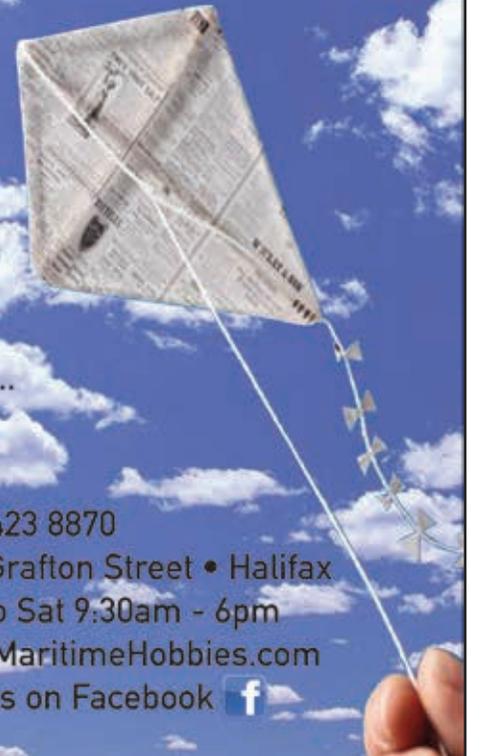


This is a scene from the 1st Jurassic Park built by Robert Dibbon over 30 years ago on display at Maritime Hobbies & Crafts. You can see other works by Robert at the Halifax Citadel National Historic Site and the Halifax International Airport.

Tired of old news? Read the Parent-Child Guide ...

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FOR THE LOVE OF PETS



Pet Care Tips: Pet First Aid

Courtesy of Carnegie Animal Hospital

When your pet has an emergency, being prepared is very important. Before an emergency strikes, be sure you know how your veterinarian handles emergencies or where you should go if you have one. For example, some veterinarians always have someone on call, while others use special emergency hospitals for things that arise after hours. You can also stay prepared for emergencies by putting together a pet first-aid kit.

Remember, in an emergency, first aid is not a substitute for veterinary treatment. However, before you are able to get your pet to a veterinarian, knowing some basic first aid can help. Always seek veterinary care following first-aid attempts.

Bite Wounds

Treatment/Action
Approach the pet carefully to avoid getting bitten. Muzzle the animal. Check the wound for contamination or debris. If significant debris is present, then clean the wound with large amounts of saline or balanced electrolyte solution. If these are not available, then regular water may be used.

Wrap large open wounds to keep them clean. Apply pressure to profusely bleeding wounds. Do not use a tourniquet. Wear gloves when possible.

Bite wounds often become infected and need professional care. Call your veterinarian.

Apply firm, direct pressure over the bleeding area until the bleeding stops. Hold the pressure for at least 10 straight minutes (continually releasing the pressure to check the wound will hamper the clotting). Avoid bandages that cut off circulation.

Call your veterinarian immediately.

Breathing Stops

Treatment/Action
Check to see if the animal is choking on a foreign object (see **Choking**). If an animal is not breathing, place it on a firm surface with its left side up. Check for a heartbeat by listening at the area where the elbow touches the chest. If you hear a heartbeat but not breathing, close the animal's mouth and breathe directly into its nose—not the mouth—until the chest expands. Repeat 12 to 15 times

per minute. If there is no pulse, apply heart massage at the same time. The heart is located in the lower half of the chest, behind the elbow of the front left leg. Place one hand below the heart to support the chest. Place other hand over the heart and compress gently. To massage the hearts of cats and other tiny pets, compress the chest with the thumb and forefingers of one hand. Apply heart massage 80-120 times per minute for larger animals and 100-150 per minute for smaller ones. Alternate heart massage with breathing.

Please note: Even in the hands of well-trained veterinary health professionals, the success of resuscitation is very low overall. Success may be slightly higher in the cases of drowning or electrical shock.

Call your veterinarian immediately.

Burns (chemical, electrical, or heat—including from a heating pad)

Symptoms: singed hair, blistering, swelling, redness of skin

Treatment/Action
Flush the burn immediately with large amounts of cool, running water. Apply an ice pack for 15-20 minutes. Do not place an ice pack directly on the skin. Wrap the pack in a light towel or other cover. If the animal has large quantities of dry chemicals on its skin, brush them off. Water may activate some dry chemicals.

Call your veterinarian immediately.

Choking

Symptoms: difficulty breathing, excessive pawing at the mouth, blue lips and tongue

Treatment/Action
Be sure to protect yourself as well as the animal, as the pet will likely be frantic and may be more likely to bite. If the pet can still partially breathe, it's best to keep the animal calm and get to a veterinarian as quickly as possible. Look into the mouth to see if foreign object in throat is visible. If you can, clear the airway

by removing the object with pliers or tweezers, being careful not to push it farther down the throat. If it is lodged too deep or if the pet collapses, then place your hands on both sides of the animal's rib cage and apply firm, quick pressure. Or place the animal on its side and strike the side of the rib cage firmly with the palm of your hand three or four times. Repeat this procedure until the object is dislodged or you arrive at the veterinarian's office.

Call your veterinarian immediately (see **Breathing**).

Diarrhea

Treatment/Action
Withhold food for 12-24 hours, but not water. Sometimes pets that appear to be straining are sore from diarrhea rather than from constipation. Your veterinarian can help you decide which it is and what will help. Trying at-home treatments without knowing the real cause can just make things worse.

Call your veterinarian.

Fractures

Symptoms: Pain, inability to use a limb, or limb at odd angle

Treatment/Action
Muzzle the pet and look for bleeding. If you can control bleeding without causing more injury, then do so. Watch for signs of shock. **DO NOT try to set the fracture** by pulling or tugging on the limb. Transport the pet to the veterinarian immediately, supporting the injured part as best you can.

Heatstroke

Symptoms: Rapid or labored breathing, vomiting, high body temperature, collapse

Treatment/Action
Place the animal in a tub of cool water. Or, gently soak the animal with a garden hose or wrap it in a cool, wet towel. Do not overcool the animal. Stop cooling when rectal temperature reaches 103 degrees Fahrenheit.

Call veterinarian immediately.

cont. on page 30

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HOME *Decor*

Lighting, Bring On the Bling!

By Holly Gouthro, Interior Consultant, DWD Interiors

Ilike to think that light fixtures are the jewelry of a room. It's a place where you can be a little adventurous, mixing finishes and style and get away with it. There are a few key points to remember when it comes to lighting that you will want to stick to the majority of the time.

When it comes to statement fixtures going big is a great way to add impact to any room. The placement of fixtures, especially height is a very important factor, not just for aesthetics but also function. Key heights to remember when placing fixtures:

- 30"-36" above a dining table or counter
 - 62"-67" above floor for wall sconces
 - Minimum of 80" from floor for a ceiling fixture without something underneath it
- Dimmer switches are essential for areas where you need different amounts of lighting for different tasks. The light you need for a dinner party is way different than the light you need for working on a project at the dining table.
- When it comes to finishes it's okay to have multiple finishes for your light fixtures throughout the house even within one room, but when it comes to a single room/area you want to keep it to two different finishes.

Mixing styles with lighting is a great way to add some interest to a room. Having a more traditional room but a modern light fixture will give a room an updated feel without having to lose all your classic pieces of furniture.

holly@dwdinteriors.com
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Photo: Valeria Boltneva, Pexels.com

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"Pet Care Tips" cont. from page 29

Poisoning

Symptoms: vomiting, convulsions, diarrhea, salivation, weakness, depression, pain

Treatment/Action

Record what the pet ingested and how much. Immediately call your veterinarian or poison control center. Do not induce vomiting. In case of toxins or chemicals on the skin from oils, paints, insecticides and other contact irritants, request directions on if and how to wash the toxin off.

Seizures

Symptoms: salivation, loss of control of urine or stool, violent muscle twitching, loss of consciousness

Treatment/Action

Move the pet away from any objects that could be harmful during the seizure. Use a blanket for padding and protection. Do not put yourself at risk by restraining the pet during the seizure. Time the seizure. They usually last only 2 to 3 minutes. Afterwards, keep the animal calm and quiet.

Call your veterinarian immediately.

Shock

Symptoms: irregular breathing, dilated pupils

Treatment/Action

Shock may occur as a result of a serious injury or fright. Keep the animal gently restrained, quiet, and warm, with the lower body elevated.

Call your veterinarian immediately.

Vomiting*Treatment/Action*

Withhold food for 12-24 hours. Give the pet ice cubes for two hours after vomiting stops, then slowly increase the amount of water and foods given over a 24-hour period.

Call your veterinarian.

If you need to muzzle your pet

Use a strip of soft cloth, rope, necktie, or nylon stocking. Wrap around the nose, under the chin and tie behind the ears. Care must be taken when handling weak or injured pets. Even normally docile pets will bite when in pain. Allow the pet to pant after handling by loosening or removing the muzzle. Do not use a muzzle in a case of

vomiting. Cats and small pets may be difficult to muzzle. A towel placed around the head will help control small pets.

If your pet can't walk

A door, board, blanket, or floor mat can be used as a stretcher to transport injured or weak animals.

If your pet's emergency is not covered here, please call your veterinarian immediately.

Suggested Items for your pet's First Aid Kit:

- Cold Pack
- Vinyl Gloves
- Splint Material
- 2" x 2" Gauze
- 4" x 4" Gauze
- Stretch Gauze Roll
- Triple Antibiotic Ointment
- Hydrocortisone Cream
- Tweezers
- Scissors
- Antiseptic Wipes
- Cotton Balls
- Styptic Pencil
- 2" Elastic Bandage
- 1/2" Adhesive Tape
- 3" Cotton Swabs
- Sticker for Emergency Numbers
- Pet Alert Door Card

The Joy of Value Village at Halloween

Did you know that Value Village in Halifax, Dartmouth, Bedford Commons pay Big Brothers Big Sisters of Greater Halifax, and Diabetes Canada for every donation received at their stores. Thanks to you and your donations of gently used clothing and household items, these great non-profits are able to provide mentorship to youth in our community, and help those with Diabetes live healthy lives.

Value Village also partners with many other non-profits in the community, donating items to those in need, and through fundraising programs designed to be as easy as possible—allowing organizations to raise funds without asking their members for cash donations.

Halloween is an exciting time of year at Value Village. Instead of walking into a normal looking thrift store, it is transformed into something completely different in order to be able to include thousands of new costumes, accessories, and Halloween home décor. In every direction you look, you will see something different for your Halloween festivities. Was that a pirate that just walked by. Probably. Their staff loves to dress up for the season!

The joy of Value Village at Halloween. Everyone can get a costume within their budget. Unlike traditional Halloween shopping, where you are limited to brand new costumes at top dollar, at Value Village not only will you find those, but also a large selection

of gently used costumes that may better suit your budget. Are you looking for something different and creative. Their costume consultants are here to help.

You really can't go wrong with Value Village at Halloween—from the amazing new and exclusive costumes available every year, to the great value in their used costumes, and the fun to be had in a DIY costume, why would you shop anywhere else?

Watch for the opening of our new location at 85 Damascus Road, Bedford Commons soon!

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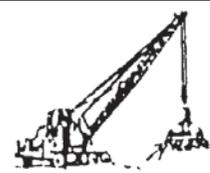
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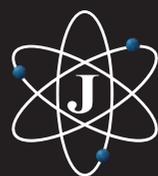
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