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# Parent-Child Guide

July 2020

Vol. 26 - No. 1

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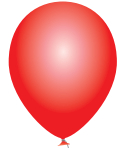




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## Parent-Child GUIDE

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### NEXT PARENT-CHILD GUIDE

Will Be Our **BACK-TO-SCHOOL EDITION** including Fun Places to Go, Health and Wellness, Seniors' Living Care, Education and More!

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[www.parentchildguide.ca](http://www.parentchildguide.ca)

We are proud and grateful to be celebrating our milestone 25<sup>th</sup> anniversary edition!



In this, our Special 25th Anniversary Edition, I want to thank all of our loyal advertisers, writers and readers for their support over the last 25 years.

We had to postpone our original April/May Special 25th Anniversary Edition due to COVID-19. Now that local Nova Scotia businesses are opening back up, we are finally able to publish our NEW Special 25th Anniversary Edition on JULY 9, 2020, with the great support of our advertisers and contributors.

We are so grateful to all who have advertised and contributed articles, and for all the kind words that readers and advertisers have expressed to the *Parent-Child Guide* for providing local, informative, contemporary, useful articles, along with our regular features in the newspaper for 25 years. Especially we would like to thank the many advertisers who have supported the *Parent-Child Guide* newspaper for the past 25 years.

Also, we were honoured and grateful to be presented with a Certificate of Recognition from the Premier and all of the MLAs of Nova Scotia on March 3, 2020. Mr.

Steve Craig, MLA for Sackville – Cobequid presented the certificate and congratulated the *Parent-Child Guide* newspaper for providing community service by publishing articles and informative information to HRM readers for 25 years.

Thank you again to everyone who has contributed to the success of the *Parent-Child Guide* newspaper for the past 25 years. We look forward to providing more helpful information and articles for our great readers and advertisers for many years to come.

We are now living a different lifestyle due to COVID-19. We hope everyone is doing well.

And we thank all Nova Scotians for protecting everyone in our beautiful province by following provincial health guidelines, especially as we get back to work.

And we would like to thank all essential workers out there to keep our communities going during this difficult time. **YOU** are all heroes!

Once again, thank you very much to all from Robert, Jennifer and the team at *Parent-Child Guide*. We wish everyone a safe and happy Summer!

**Robert Rockwell**  
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## "You got this"!

By Carol M. Shirley, Registered Psychologist,  
with ENIGMA

People on Earth are, for the first time, experiencing life with circumstances that effect her entire population at the same time. A time without History to look back to and without answers looking forward. A time focused in the Now (this moment, this day and planning for the immediate future). We are being called to trust in the unknown and embrace change. The two things that humans generally hate the most. We have become creatures of comfort often doing what we have always done.

I think that, in all of our hearts we, have all been searching for Freedom, Peace, and Harmony knowing at a core level how difficult it has become to cope and how wonderful a break from routine might feel. One of those "Be careful what you ask for moments"? Slow down: Breathe on purpose.

In these uncertain times I'd like to share with you a couple of the things I know for sure.

1. The only things I can control are what I think, what I say and what I do. Controlling these things is called being personally responsible. I might be responsible for others' but I cannot control what they say, think or do.
2. I also know that how I feel at any given moment is a reflection of what I am saying, thinking or doing.

I know if I want to feel good I must find a way of thinking, speaking and behaving that enhances my body's ability to produce the chemicals I need for wellbeing. I must think, do and act on things

that feel positive and my body will follow with mood enhancing chemistry. Likewise, if I chose to think, say and do things that do not enhance my mood my body's chemistry will also follow. Yes, we have a choice. We do get to decide how we feel.

What will you do with this time? Remember the things you said you'd do if you had time? Maybe Spring Cleaning, learn to meditate, start yoga, teach your children to cook, listen to music, dance or sing. It's a time to be collaborative and creative. Remember you are not alone; we are all on this amazing journey. Stay Well! Do what you can for yourself and others.

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# HRM MLAs and MPs Working Hard for YOU!

## Stronger Together—Hon. Lena Metlege Diab, MLA Halifax Armdale



I wish each and every Nova Scotian a happy and safe summer. This spring was a very challenging one for our province, our country and the world. I deeply appreciate the hard work all of us put in over the last few months to flatten the curve. The pandemic was difficult for everyone, and I'm happy to see that we are slowly, carefully, and safely returning to something resembling normal again.

I know there is still some uncertainty among parents and families with regards to September. I want to share with you that the Department of Education and Early Childhood Development is actively developing plans for a number of different possibilities for the fall. As of this writing, no decisions have been made. Once they are, they will be based on our local epidemiology. I am happy to share with you that playgrounds and beaches have now officially re-opened across the province. Please use common sense, practice good hygiene, and stay safe as you enjoy them.

As always, I encourage you to check my Facebook page (@LenaMetlegeDiabNS) for regular updates. Take care of yourselves and have a happy summer!



I encourage all Nova Scotians to pay special attention to their own mental and physical health at this moment. In particular, to reconnect with your families, friends, and loved ones, and to spend time enjoying the outdoors and getting in touch with nature. Take time to exercise, read, relax, and plan and re-centre. It does a world of good

for our minds and bodies, and will help address some of the anxiety of the current moment. I encourage you to support local businesses this summer, and to think about taking a "staycation," taking in all that Nova Scotia's tourist destinations have to offer.



Thank you to all essential workers who continue to provide essential services during this difficult time with COVID-19.

## You are *all* our heroes!

From the staff of the *Parent-Child Guide* newspaper and all of our Advertisers

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

**2020** has proven to be a difficult year for all of us. COVID-19 has changed our routines and created a lot of anxiety for many people. Recognizing that additional financial support would be necessary to help families through these difficult times, our government introduced a one-time tax-free payment of up to \$300 per child in addition to the regular Canada Child Benefit payment. In some cases, this was used to help offset lost income due to unforeseen unemployment. In others, it was used to provide new outdoor activities for their children to help cope with the health restrictions that were put in place. Based on the feedback I received through phone calls and emails, the additional support was very much appreciated and helped shelter their children from the stress that we've all experienced lately.

Parenting during the pandemic has certainly been a challenge for those with school-age children. What started as a routine March Break turned out to be the end of the traditional classroom education we're used to. Parents were suddenly called upon to deliver lesson plans for their children and help them with their studies. As a former educator and husband of a

(recently retired) teacher, I applaud you for stepping up for your child's education amid the public health concerns. It wasn't easy, but you did it! Congratulations!

Now that summer has arrived, you can all take a break from daily studies; that goes for both parents and their 'students'. I hope you enjoy the well-deserved summer break with your families! It will be a bit different this year, but there's still plenty to do locally.

I would also like to congratulate all high school graduates. It must have been difficult to watch what you had envisioned for your final school year get drastically changed, but you persevered. You may not realize it now, but despite your sacrifices, the resilience you developed through this time was a valuable lesson that could not have been taught in a classroom. I wish you all the best in

your future endeavours.

Finally, I would also like to take this opportunity to congratulate Parent-Child Guide on their 25th anniversary. This independent paper is such a great resource of information for so many people. Here's to the next 25 years!

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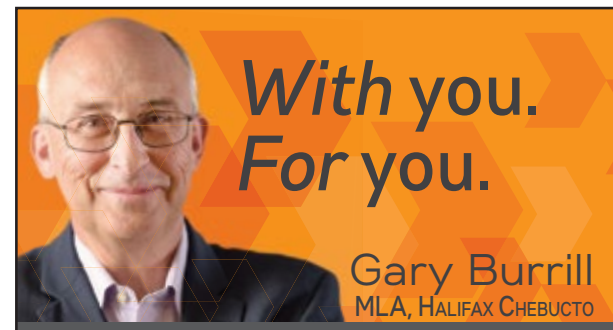
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# Health & Wellness

## Prevention of Sports-Related Dental Injuries



Dr. Negin Ghiabi

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

and their families are substantial because of potential for pain, psychological trauma and cost. The latter includes indirect cost such as hours lost from school (for children) and work (for parents).

The majority of sports-related dental and orofacial injuries affect the upper lip, upper jaw and upper teeth. Although some of these injuries are unavoidable, most can be prevented. Helmets, facemasks and mouthguards have been shown to reduce the

frequency and severity of dental/ orofacial trauma. Using these protective pieces should be mandatory during field or ice hockey, football, baseball and other such sports activities.

A mouthguard is an appliance placed in the mouth to reduce injuries to the teeth, jaws and the lips. It will protect the teeth and jaws from fracture and displacement and the lips from bruising and laceration. Custom-fabricated mouthguards made in the

dental office using a model of the patient's teeth provide maximum protection against injury. Over-the-counter mouthguards, on the other hand, provide less protection against injury to the teeth and may interfere with speech and breathing. These temporary devices could serve as short-term options during orthodontic treatment and during the period of transition from baby teeth to adult teeth.

Routine dental visits can be an opportunity to initi-

Sports activities have an inherent risk of orofacial injuries due to falls, collisions, contact with hard surfaces and equipment. Children between the ages 7-11 years old are most susceptible to sports-related oral injuries. Consequences of orofacial injuries for children



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## What Does Orthodontic Treatment look like in a Post-Covid World?

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

It is a very tumultuous time in the world and much of what we know is changing. Many of the changes are unwanted but these times can be ones of renewal and can be healthy. They

force us to investigate new ways of doing things that we have done the same way out of habit or lack of need to change.

We are using Covid-19 as a chance to redefine Orthodontic care right here in our community. We are in constant contact with colleagues from all over the world, most of whom have faced the pandemic before us and this gives us an advantage as we move forward.

Safety first is our motto. From our virtual waiting room in the parking lot, thorough Covid-19 symptom screenings, convenient sanitization centers, plexiglass dividers and a socially-distanced friendly, one-way traffic flow, we are committed to ensuring that your visit to our office is a safe one. We all know that proper PPE is key, and you will see our masks, shields and gowns, but we are taking things one step farther with Surgically clean air purifiers to provide the best quality air for our patients and our staff. These world-class, medical-grade air purifiers were designed for the SARS outbreak and they remove chemicals, toxins, germs, odours, and most importantly kill airborne viruses, such as Covid-19. Think of it as Pural for the air.

But Covid-19 is not just about physical changes to our space. It is about rethinking the way we see patients. Virtual consultations are an exciting new concept that will allow you to get answers about your teeth and bite, or the bite of your children, without leaving the comfort of your home. Using proprietary technology and the aid of photos and real-time video, we can do initial assessments and track progress for certain appointment types. This means fewer people in the clinic and more convenience for you as the parent or patient.

Digital Technology is also bringing big changes to our retainer program! Our goal is to eliminate all moulds made with goopy impression material! Instead, we will

use 3-D (non-radiation) scanning and 3-D printing to create replicas of your teeth which we can then use to make retainers and other appliances. This is wonderful news for our patients, and their feedback on these scans is that they are "so quick and easy!" It is especially exciting for those patients who struggle with gagging!

We are also excited to launch some new wire technology. Wires that straighten teeth are not all made equally and we have invested in some long-acting wires which provide gentle forces over time which results in more efficient and comfortable tooth movement and fewer appointments to the office!

With all of these changes being implemented, there has

never been a more exciting time to consider orthodontic treatment. It's all about options, technology and safety, the option for some of the visits from home, and the option to come in to see us in the safest possible environment. It is orthodontic care tailored to the changing landscape and your changing needs. As always, no referrals are necessary and a free screening or consultation is a simple click away!

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

## Eliminate The Fears of Falling

by James Galbraith, submitted by Harding Medical and reprinted with kind permission from HealthCraft Products



As we age, the risk of falling increases, and with that, a fear of what seems like the inevitable.

A fall.

This fear could be developed through a previous personal experience, witnessing an accident or an overall sense of physical weakness.

Regardless, this fear is completely rational and common, because yes, falls do happen. In fact, Oxford University found that the fear of falling impacts up to 85% of elderly individuals.

However, the fear is not necessarily the fall itself,

but rather from simply not knowing when it will happen.

This can make the situation worsen.

### The Implications

If we worry about falling and it becomes an everyday anxiety, the typical reaction is to move around less.

A study done by BMC Geriatrics found that physical deficiencies were lower in individuals who feared falling than ones that actually fell.

Low mobility causes the process of muscle deterioration and stiff joints to speed up, which creates even more issues. The weaker we be-

come, the more likely a fall will occur, and the less active we are, the more susceptible we are to mental illnesses.

Having this crippling fear of falling can have a very negative impact on our well being and overall enjoyment of life.

Although it is a rational and a common fear to have, what's irrational is the unwillingness to actively protect ourselves from falling.

### Fall Prevention & Fear Prevention

The best way to manage this fear is by equipping ourselves with the right equipment, the right mindset and the right lifestyle.

### Equipment

There are two categories of products and equipment that we can use towards fall prevention.

The categories are *Out of Home Support* and *At Home Support*.

### Out of Home Support

We consider out of home support to be any product

or tool that can be used to improve mobility and safety during outings.

These products may include wheelchairs, rollators, canes and any other equipment that may be used on the go.

Although we may not like the idea of using these tools in public at first, we must realize something.

Using these products could help eliminate the fear of falling, but more importantly improve balance and confidence when in motion.

### At Home Support

At home support refers to support and safety equipment for the home such as the products HealthCraft provides.

The key difference in this category is that most at home support is stationary where as out of home is mobile.

At home support can assist in transferring from one area to another while improving balance, confidence and simply peace of mind.

A great example of this is HealthCraft's SuperBar. It will install in any room of the home and provide confidence in the user.

The best fall prevention strategy is to equip your home with support and safety products as well as out of home support.

### Mindset & Lifestyle

In order to have the right mindset to eliminate the fear of falling, we must first be willing to use fall prevention tactics.

Fall prevention tactics include utilising at and out of home support and leading an active and healthy lifestyle. By surrounding ourselves with support while improving or maintaining mobility, we can drastically decrease the chances of a fall.

Implementing these fall prevention tactics in our lives will then provide a confident and independent mindset. Knowing we are safe from falls where ever we are, naturally, the fear of falling will start to diminish.

The more we become used to fall prevention tactics, the less we will worry.

It's time to enjoy our lives as we should and eliminate the fear of falling.



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# Summer Camp Guide

## Math Skills Drop the Most in the Summer, But They Don't Have To

Submitted by Oxford Learning

Math is considered to be one of the most challenging subjects in school. More than a quarter of all students aged 13-17 say math is the toughest class, ranking it higher than any other school subject.

So, what is it about math that makes it challenging for so many students?

The problem with math for students has almost nothing to do with intelligence. For many students, understanding math concepts may not come intuitively or automatically. But, the problem with math is not that students don't have the ability to understand it, they simply don't have the time they need to understand it fully.

Understanding math is mostly a matter of staying power, not brainpower. When it comes to learning math in school, time isn't on students' side. Classes are short and instruction timelines move along quickly. Often, students run out of the time they need to fully grasp a math concept before the teacher moves on to the next topic.

Whether it's running a 5k or drawing, we all have things that we are naturally good at, and other things that we are not. It doesn't mean that we can't do them, it just means that we have to find the time and the energy to put into practising the skill. Students are often fond of simply saying that they are bad at doing math. Consider if you simply replaced the words "doing math" with another verb, such as flying a kite. Rather than thinking, "I'm bad at flying a kite" think instead, "I haven't practised enough."

Math is also a cumulative subject. Like building blocks or a Jenga tower, every math unit taught relies on a strong understanding of the one before. If a math concept isn't fully understood, it makes understanding the next one less stable. Compounding this issue is the summer break. Because building strong math skills

takes time and practice, when students take two months off in the summer, the math skills they were building don't stay at the level where they left off, they actually start to drop. Summer learning studies show that students who take the same math test before summer break and after it have lost about the equivalent of 2.6 month's worth of learning.

One of the reasons that math skills are the hardest hit in summer is because there is often a disconnect between learning math in school and understanding how math affects daily life. When children learn to see math skills at work every day and put in the time to practice these skills daily, they are able to keep math skills sharp all summer long and beat the summer skills slide.

Making math fun and making

math easy are two sides of the same coin. The key is to replace the idea of being "bad at math" with the idea of practising math daily using real-life applications.

For support building stronger math skills this summer, contact Oxford Learning today. Now offering online & in-centre options.

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](mailto:halifax@oxfordlearning.com) or Bedford at 902-700-6489 or [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com)

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## Artech Camps— We've gone Virtual!

It's not unusual to hear a nine or ten-year-old talking about becoming a game developer or filmmaker! Just as we nurture our children's interests in sports or music, we can support their aspirations in digital media.

Creating animations and coding games is empowering at any age. For young people it can give them new ways to share ideas and stories!

Empowering children is especially important during these difficult days brought on by the pandemic! Many young people are experiencing isolation and anxiety.

While opportunities are opening up to gather in small groups, anxiety remains in many households. "Is it safe?" "When will things get back to normal?"

How can we help young people regain their con-

fidence and engage with their peers? Social distancing does not require social isolation. In fact, there are many opportunities made possible via the Internet. Video conferencing by way of FaceTime, Google Chat and platforms like Zoom can bring people face-to-face!

Why not consider a virtual camp? A well-run and engaging camp can give your child a dynamic, social experience with peers.

What should parents look for when choosing a camp? Let your child choose the topic: Game design? Animation? Roblox or Minecraft? The best camps are (1) led by live instructors; (2) offer peer interaction; (3) and an engaging topic!

Is the camp endorsed by parents and campers?

*"It [Artech Camps] was fantastic! My daughter loves the project ideas, had fun, and learned lots. We've already signed up for another week. She's been having Zoom calls with friends and teaching them to use Scratch! Thanks for these great camps to keep kids learning and engaged."*  
—Robyn, a camper parent

Artech Camps has been offering quality technology camps for more than 15 years! Their virtual camps meet all the best criteria. Artech's full summer catalog is online at [www.artechcamps.com](http://www.artechcamps.com).



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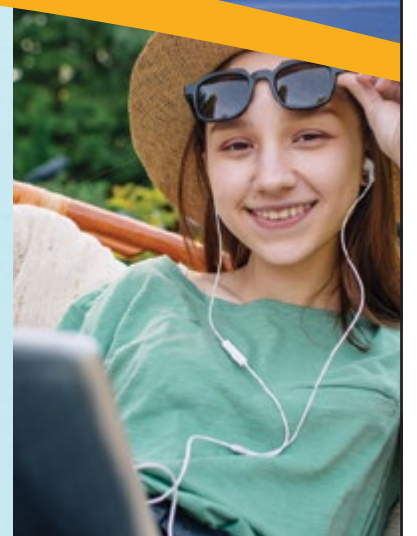
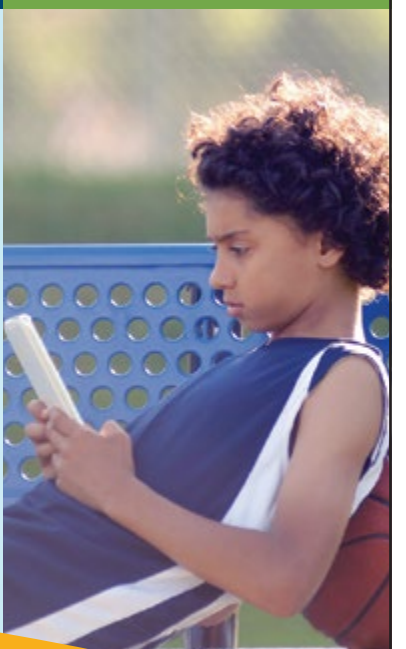
Session 5: August 3-7

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Session 8: August 24-27

\*Includes a camp bag with instructions, summer fun fact sheets, and more.



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## Support Local Farmers!

By Pete Cullen, Executive Director, Ross Farm Museum



Italy is famous for its food. Visitors go crazy, locals even more so. Its food is one of Italy's great prides—and well deserved. There are rules, however.

Rule 1 is to eat local. Local food equals local culture. Each locality has its specialties—often made from the most basic ingredients. By paying attention to local production, Italians preserve optimize the ingredients that go into their food. The right way to do things is the local way.

Rule 2 is to eat seasonally. If you want the best your region can produce, why use ingredients out of season and deprived of nutrients and flavour? Rule 3 is do not exaggerate. If the food is genuine and not overly processed, it will sustain you.

Nova Scotia reminds me of Italy. We have distinct regions and a variety of distinct agricultural capabilities. I wouldn't expect to get the same apple in Cape Breton as I can in the Valley—why try? What can I eat from the

Margaree, instead? What can I drink that belongs on the South Shore? How will I know what I am eating without understanding where it comes from? Where it belongs? How will I understand the food culture of my area unless I understand the farming culture? More than recipes from far away, we can learn a lot more about engaging with our food. Ask a farmer. Join a CSA. Go to a farmer's market. Doing so will build a high quality food culture here, too.



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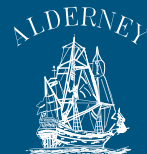
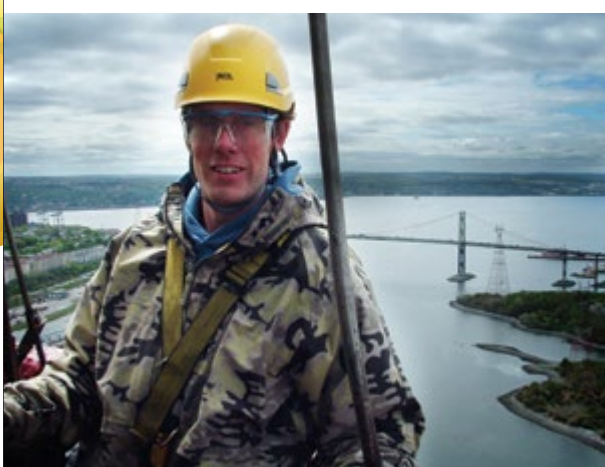
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# HOME *Decor*

**Kitchens—Dated to Dazzling**  
By Holly Gouthro, Interior Consultant,  
DWD Interiors

**K**itchens are the hub of the home, especially during these times where more and more people are eating and cooking at home. Having an updated kitchen is great but we don't always have the means to completely redo a kitchen from scratch, but there are plenty of things that can be done to update a kitchen that functions but is just outdated. If your cabinets are in good shape but the countertop feels like your in the 90's there are plenty of different types of countertops for all different price ranges that you can replace your current countertops with. Quartz has become the most popular choice for kitchens when it comes to solid surfaces, it is easy to maintain and does not need to be sealed like marble and granite.

On the other end if you have dated cabinetry colour but they're still in good shape you could have them painted. Painted cabinetry is great because there can be such a variety of colours to choose from. You can also add interest with having a two toned kitchen, either going really bold with high contrasting col-

ours like black and white or keeping it more subtle with two different shades of grey/taupe.

One of the easiest ways to update a kitchen without spending too much is updating your kitchen cabinetry hardware. Switching outdated knobs for elongated modern pulls

can give the kitchen a whole new feeling and if you really wanted to spruce it up, add or change your backsplash as well. Backsplashes can really set the tone of a kitchen, this can be a place where you can add personality like a fun colour or shape, it can really take a kitchen from boring to interesting pretty easily. These two items can change a dated or simple kitchen into something updated and polished.

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# CRAFT CORNER

## An Art of Expression

By Jenny Joan Larisey  
Craft Consultant for Maritime Hobbies Crafts

As long as human beings have existed we've been expressing feelings through art. For centuries embroidery has been used by cultures around the world as an expression of personality. Embroidery is one of the oldest and most popular forms of surface ornamentation of fabrics, garments and accessories.

If you've ever done cross stitching, needle point or other embroidery based projects, you already know how great a medium embroidery floss is to work with. The colour options are endless and is available at a very low cost. It is also a very portable hobby that doesn't take up a lot of space.

Besides using embroidery floss for the obvious craft of embroidery there are so many ways to explore with this medium that doesn't require a lot of tools; embroidery floss, a pair of scissors and a needle are all you need for most projects.

My first project is to cover my earbud cords. They will look amazing and additionally this treatment will help to keep them from getting tangled.

If you're familiar at all with making friendship bracelets, you probably already know this knot. It's called a spiral knot, and it is really just a plain old single knot that forms a spiral as it winds down the cord. I learned this macramé knot from my dad when I was younger and really into making friendship bracelets. You can find lots of tutorials on the inter-web that show you how to do this.

Brighten up other accessories like sunglasses and flip flops, add a few stitches to your sneakers or a pair of jeans. For a bigger project make a "String



Image by May973 from Pixabay

and Nail" sign or try making a loom out of sticks and weaving in all the wildflowers you can find. I see embroidery floss tassels ending up on my throw pillows by the end of this summer.

Weave, braid, loop, knot and wrap your way to something creative this summer!

Visit Maritime Hobbies and Crafts at 1521 Grafton Street in Halifax for the full range of DMC floss, a little splash of colour goes a long way.

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

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## How To Nurture Your Child's Curiosity

By Angie White, The Growing Place

Children are naturally curious about their surroundings and the environment they live in. They will explore everything around them with all their senses. This can cause anxiety for some parents because they are unsure what may be right or wrong for their children and of course we want to do everything we can to encourage them.

There are several ways we can nurture a child's curiosity. Start by creating an interesting environment that is safe for them. Model your child's natural interest and follow their lead in what they are exploring. Ask them open ended questions, for example, how do you think 'that' works? Or How does that may you feel? Questions that can be answered with 'yes' or 'no' do not allow a child to really think about a process, how things work or allow them to express their feelings. Make sure the questions you ask as well as answers you give to questions they ask, are simple and appropriate for their developmental stage.

Open ended activities are a great way to allow

a child to express themselves and create something from their own imaginations. This will also open up a lot of time to ask those open-ended questions. Empty boxes, blocks, water, sand, and any art materials are great open-ended activities. There is no end product except for whatever your child wants to create. It is all about the process for children.

A children's curiosity needs to be nurtured, they need to be able to explore and create and let their imaginations run wild. Children will naturally do this, but we can always help encourage it.

Angie currently teaches the school age program at The Growing Place (Pleasant Street location), as well as assisting with our Inclusion Programming. She is our Arts and Crafts expert, and an endless resource for new ideas to try in the classroom. For more information please visit our website at [www.thegrowingplace.ca](http://www.thegrowingplace.ca)

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