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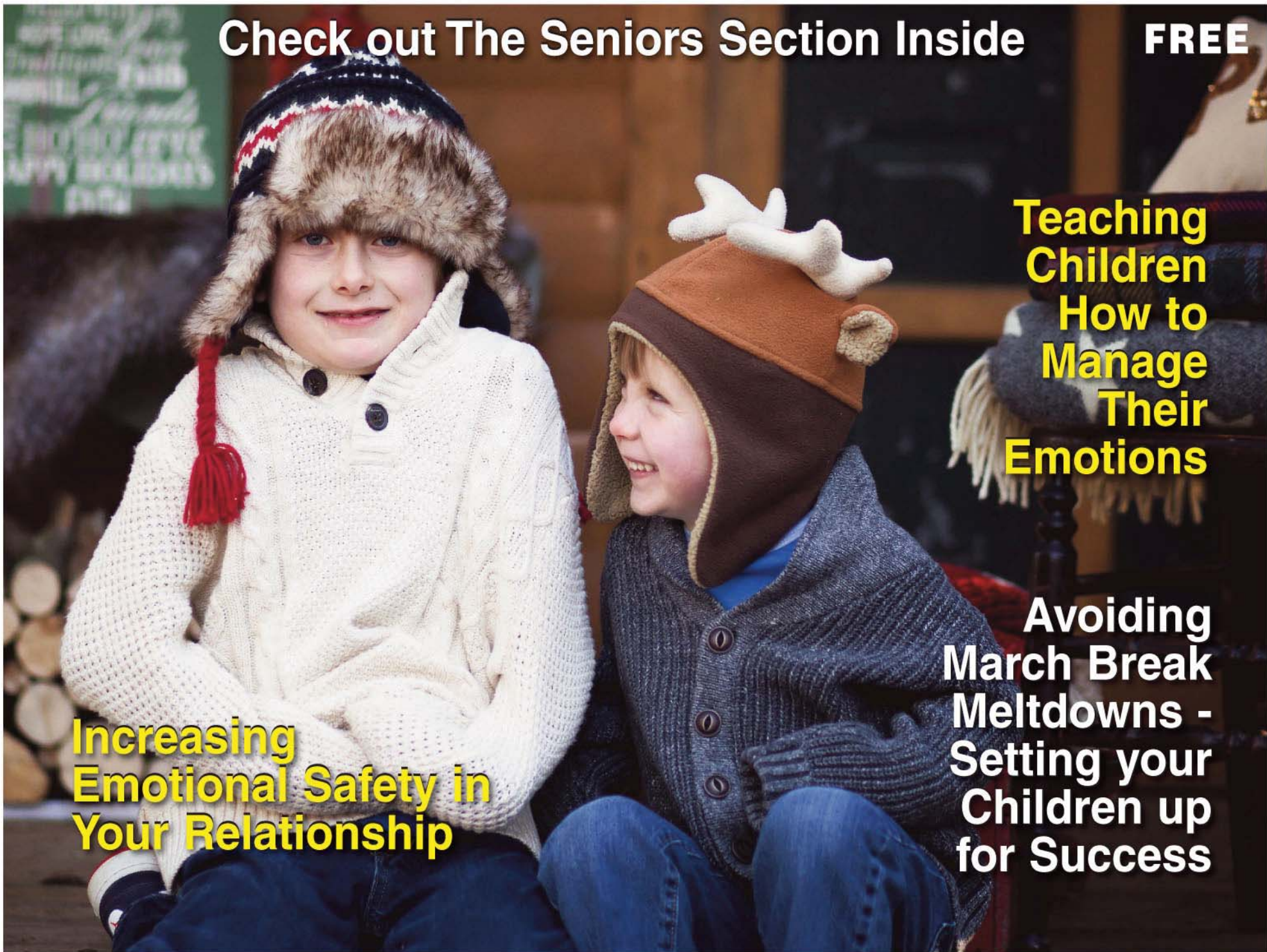


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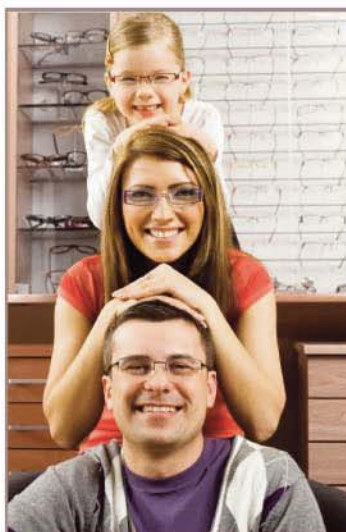
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Teaching Children How to Manage Their Emotions

By Anita Sablone, Registered Psychologist

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

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

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

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

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

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

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

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

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

4. Teach your child positive self-talk. As part of their natural developmental process, our children's self-talk becomes internalized and as parents, we don't hear what they are saying to themselves much at all anymore. When children feel emotional and are acting out, the aftermath of that is usually negative self-talk. As your child experiences small successes with their

emotional control, externalize it for them and talk like a coach. Even when they blow it, focus on their small successes. Over time, it is this positive talk and regrouping that will affect their own self-talk. After all, your child thinks about what you think about them a lot - be clear, positive and encouraging.

5. Celebrate together - 'almosts' and full-on 'WOW!' moments. Learning how to manage emotional outbursts is hard work for child and parent. Celebrate actively and with intent - your child needs to see that you feel and see growth happening. Especially in the initial stage, focus on small things - maybe there was a major blowout, but instead of a half an hour, it lasted 15 minutes. Grab onto that, and show your child that you can move forward and be proud of their small steps (e.g., "I really liked how you - even though you felt like it- didn't throw your toys but stood with your back to me and tried to use your words"). This is an approximation of where you want to get to and should be celebrated (e.g., where the child is able to share his feelings openly).

As a school psychologist, I see on a daily basis the key role emotional stressors play in a child's ability to cope

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

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

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



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Increasing Emotional Safety in Your Relationship

By Karin Kramer – Registered Psychologist, Roth Associates in Psychology



couples and families. Daytime, evening and week-end appointments are available, please contact (902) 454-6166.

When relationships struggle, it is because partners' attempts to connect with each other are failing. One reason is a lack of *emotional safety*. Emotional safety means you create a safe place for your partner to share feelings. When there is emotional safety, your partner is more likely to share vulnerable feelings, like sadness, fear, or loneliness. Without emotional safety, partners are more likely to share the less vulnerable feelings like anger and frustration. Which set of feelings will bring the two of you closer together? If you guessed vulnerable feelings, you're right.

So how do we create emotional safety in our relationships? We provide emotional safety to our partners in multiple ways but at its core is the following message we communicate to our partners through our actions and words: "You are not alone. I am beside you in your pain even if it is about me. You matter and your feelings matter." This is an important guiding principle in relationships. If you can consistently provide your partner with this message, you will have a successful and satisfying relationship.

What this looks like in real life is this: You see your partner is hurting, sad, scared, frustrated, lonely, etc. and you say "How are you feeling? Are you doing okay? I'm here for you." Or instead you

walk over and rub his or her back or give a hug. You show in your face, your body, and your tone of voice that you care and are standing beside your partner. Note that in that moment, you are not there to solve your partner's problem. Take that pressure off yourself. Your job is to let your partner know that s/he is not alone and you care.

We also need to provide emotional safety when our partners take risks and share their feelings directly. You provide safety when you respond with gentleness and validation. In the moment when your partner shares his or her feelings, you need to just listen, show that you are moved by your partner's feelings, s/he is not alone and you will be a source of comfort.

This can be hard to do, especially while you are still working on creating an emotionally safe relationship. Once the safety is there, it gets easier (but still takes effort). In the meantime, most of us find it really difficult to hear that our loved one is angry, hurt, disappointed, sad, scared, etc. Providing emotional safety takes effort and practice. It can help to remind yourself in the moment when your partner is sharing feelings that "this is my partner's moment, not mine." You can share your feelings afterward, at a different time, and then that will be your moment. I use this rule in my own marriage, reminding myself that "Whoever shows emotion first, that is their moment."

A few obstacles can interfere with your ability to provide emotional

safety. The first is your own *internal dialogue*. Often when you see your partner is distressed it brings up all sorts of feelings. You might feel frustrated, hurt, inadequate, guilty, ashamed, self-righteous, etc. You might have stories about your feelings that you get stuck in. Stories like "if s/he had done this or that then ..." Many of these stories have some validity but in the moment when your partner needs you, they just get in the

way. The time to talk about your own feelings is not now; it is later or in another conversation when your partner can be emotionally present for you. Right now, your partner needs you to be present.

Another obstacle is *caring paralysis*. When you see your partner hurting, you might be afraid of communicating you care in the wrong way and making things worse. So you might just freeze and do nothing, inadvertently giving the message 'I don't care'.

Do you see yourself in any of these obstacles? The good news is that couples are able to overcome them. This doesn't mean you will be perfect at it all the time but if you can provide emotional safety most of the time, your partner will be able to forgive the other times when you miss the boat.

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Avoiding March Break Meltdowns - Setting your Children up for Success

By Dr. Crystal Lowe-Pearce, Registered Psychologist

March break is a week every child looks forward to. As soon as they return to school in the New Year, the countdown begins! When it finally arrives, some children spend the week in a March Break camp - time filled with fun activities and structured days that are different from school. Others go away on trips with their families - usually guided by an itinerary and plan for the week. Many, however, look forward to staying at home, and enjoying a week relaxing without the structured demands.

But unfortunately, this doesn't always turn out to be the happy, go-lucky week that

children (and their parents) might have dreamed of. It often doesn't take long until parents hear "I'm bored!", siblings start to pick at each other, and meltdowns begin. Parents start their own countdown waiting for the week to end.

While children look forward to leaving behind routines for a week and doing things at their own pace, in fact, what we know is that they usually do much better with some predictability and structure. These things provide security, and leave little room for boredom or the uneasiness that sometimes comes with a more open-ended schedule.

Stick to Routines

As much as possible, sticking with your regular routines can help. Keeping the same morning and bedtime routines can frame the day in a familiar way for your children. Having meals and snacks at similar times each day can also help your children to stay on a schedule, and make it easier for them to transition back to school at the end of the break.

Have a Schedule

Every moment of every day doesn't have to be planned out, but it can help to do up a calendar of what you and your children would like to do over the break. Include your children in this planning. It

can be fun to sit down as a family and talk about some activities that you would like to do, and to make a tentative plan for each day. Checking the activities off the calendar as you do them provides a sense of time as the days go by, and again, helps with the transition back to school at the end of the break.

Offer Choices for Free Time

It's a good thing to also build some free time into your plan, but sometimes, children find it difficult to decide what to do with this time. Come up with a list of choices, and include both indoor and outdoor (or active) options. Some indoor choices might include Lego, crafts, or board games;

outdoor choices might include building a snowman or going sledding. A "free-time menu" can list all these options, and when a parent hears "I'm bored!" they can direct their child to the "menu".

Praise Successes

As parents, it's difficult not to fall into the groove of feeling like we are always putting out fires and doing damage control. It's important to notice when things are going well, and to point it out with enthusiasm to our children. At the end of each day, talk with your children about their successes. Children love praise, and hearing what they did well that day makes it more likely they will repeat

the same positive behaviours the next day.

It's also important to notice your own successes as a caregiver. It's not always easy, but the extra work you put in to set your children up for success will reward itself in the end... hopefully replacing March Break meltdowns with positive March Break memories.

Dr. Crystal Lowe-Pearce & Associates provide evidence-based psychological assessment and intervention services to children, adolescents, and adults. For more information, visit www.crystallowepearce.ca or call 902-495-8197.

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Bill VanGorder, founder of Nordic Walking Nova Scotia. "Of course you should always consult your physiotherapist, doctor or other health professional before beginning a new fitness regime."

Bill VanGorder is the Founder and President of Nordic Walking Nova Scotia. Email: Bill@NordicWalkingNovaScotia.ca Website: www.NordicWalkingNovaScotia.ca

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The Berkeley, Celebrating 25 Years In Metro

The Berkeley has much to celebrate in 2015, and at the top of the list is their 25th anniversary. It is with great pride that they mark a quarter century in the retirement living business. A genuine commitment to providing gracious, independent retirement living to seniors has been the driving force behind this business.



Diane Campbell, president and CEO, suggests their continued success has much to do with their employees who she describes as 'dedicated and engaged', a sentiment affirmed by the company's second year in a row on the Top 50 Best Small and Medium Employers List - an online Employee Opinion Survey developed by Aon Hewitt and Queen's School of Business to measure employee engagement.

As an accredited member of

the Ontario Retirement Communities Association, The Berkeley has standards to maintain and regular training for employees allowing a better sense of autonomy for everyone.

'Our employees work well together and on their own,' says Campbell. Many employees have been with the company for close to 10 and 15 years, two have exceeded the twenty year mark, and two more are set to do so this year. Campbell believes, 'The solid base of long-term employees helps maintain consistency when new employees join the team.'

Having dedicated, engaged employees can only have a positive impact on those who matter most - the residents. Marion Crowell confirms, 'I am so very pleased with the staff who are caring, concerned, very attentive and accommodating,' and Sally Illsley is emphatic, 'The Berkeley is the closest thing to being at home!'

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Jessie Warren, an employee of more than six years would agree, 'The environment at The Berkeley is so supportive. I could go to anybody for anything and they would always help me. I come to work with a smile on my face every day.'

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Seniors Section



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Did you know Ferris Bueller's screen father was a Maritimer? Do you know which tectonic plate Nova Scotia sits on? Do you enjoy trivia games like Trivial Pursuit or Jeopardy?

If so, we invite you to participate in the 2nd Annual VON Trivia Challenge

The Westin Nova Scotian, Thursday, March 26th 2015, Doors open at 5pm, Trivia starts at 6pm

An evening of fun for everyone with a Silent Auction and live entertainment

For more information or to register your team: www.vontriviachallenge.com

Along with our quality and compassionate nursing care, VON Greater Halifax offers community support programs and services designed to help you remain independent in your own home.



To learn more about VON's programs and services, please phone: 455-6655

www.von.ca

CENTENNIAL ARENA

27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, **Call 430-8221**
- Parents & Tot's Skate Mondays 9 am to 10 am
- Senior Skating Tuesday to Friday 10 am to 12 noon
Monday 12 Noon to 1:30 pm
- Recreational Skating (16 Years and Over)
Sunday Nights, 9 pm to 10 pm

For Further Information, Please Call 490-4926

Book Ice Online centennialarena.ca

Are You Prepared To Live With The Consequences?

It seems that everybody these days is talking about walk-in bathtubs. If you are thinking of purchasing one, then you should be prepared to live with the consequences. Be prepared to partake of a soothing bath with or without air and/or water massage. If you are the impatient type, then be prepared because the tub will be filled or emptied in a surprisingly short time.

You should be prepared for easy transfer, both into and out of the walk-in because of the low step-over and the

strategically placed grab bars.

Be prepared, when others view your walk-in, for glowing looks of admiration. And admire they will, because of the beauty and functionality of your new personal spa. They will certainly recognize the wisdom of your decision to purchase your walk-in, and perhaps they may even envy you just a little bit. Naturally, they will have plenty of questions. Be prepared to be patient with them.

Everyone will be so happy for you, knowing that you are safe and secure and really delighting in the

satisfaction of independent living. Now that's a consequence you will be happy to prepare for.

Lastly - if there is a request for a test drive, kindly suggest that your friends and family invest in their own peace of mind as you have done, and encourage them to live with their own pleasurable consequences.

For more information contact Michael or Judy Korzyniowski, Owner(s) Easy Entry Bath and Shower Showroom 3227 Kempt Rd (corner Stairs St.) 902 431 4401, easyentrybathandshower.ca

Halifax Showroom



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\$0 DOWN OAC Prices are monthly for tub shown and include basic install. See Store For Details.

902-431-4401 | EASYENTRYBATHANDSHOWER.CA
3227 KEMPT RD, CORNER OF STAIRS STREET

FUN

Places To Go!

Golf in Halifax all Year Round! The most realistic golf simulators in HRM

Are you tired of the long cold winters, and the effect it has on your golf game? Worry no more!

Golfzon is an indoor golf facility and lounge located at 3200 Kempt Road, Halifax, Nova Scotia. Our licensed facility has 4 state of the art simulators that feature over 170 Golf Courses, as well as a Driving Range format with video swing analysis!

Frequently Asked Questions:

How long does it take?
Typically, it takes 1 hour per player for 18 holes.

How many people can you accommodate?

We have 4 simulators that can handle 6 people in each room. The facility can comfortably hold 40 people.

I don't golf, what else can I do?

Relax and take in the

game on one of our big screen televisions. Our simulators also have a "beginner format" which caters to non-golfers. It makes the experience easy and enjoyable.

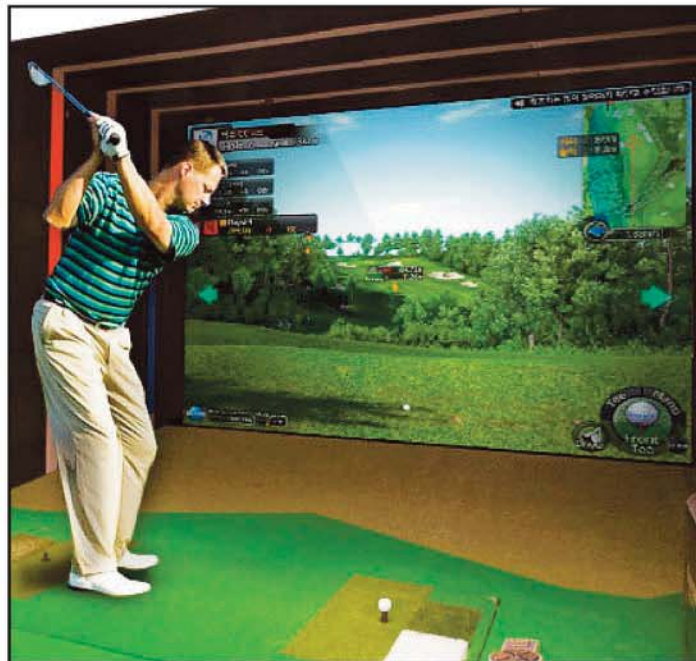
Are Kids Allowed to Play?

Absolutely, golf is a family a sport! As long as they are accompanied by an adult, all are welcome!

What food and drink options do you have?

At Golfzon we have a fully stocked fridge with all major domestic beers as well as some import (Heineken, Corona), along with Smirnoff Coolers. We also have all major non-alcoholic drinks from Gatorade, juice, and Coke/Pepsi products. Our food menu is simple: Chicken wings, chicken fingers, onion rings, French fries and chips/chocolate bars. Our french fries have been dubbed "the best in Halifax!"

Halifax Golfzon
3200 Kempt Road, Halifax NS
P: (902) 455-0044
E: Halifax.golfzon@gmail.com
www.halifaxgolfzon.ca
facebook @ Golfzonhalifax
Twitter @golfzonhalifax



GOLFZON
Play Different
World No.1 Simulator



T. 902-455-0044
3200 Kempt Road
Halifax B3K 4X1

T. 902-869-3031
512 Sackville Dr.
Lower Sackville

- * World Top 130 Golf Courses
- * Driving Range with Swing Analysis Feature
- * Open Til Midnight All Year Round
- * Book a Tee Time (T.902-455-0044) or (T. 902-869-3031)

GOLFZON
Play Different
World No.1 Simulator

Improve your golf game

Nova Scotia's Largest Indoor Playground



hop! skip! jump!
INDOOR PLAY SPACE

where kids come to play!

We're open 7 days a week!

SUNDAY - THURSDAY:

9:30 a.m. to 6 p.m.

FRIDAY & SATURDAY:

9:30 a.m. to 7 p.m.

Offering a three level multi-coloured 3,500 square foot play structure

Three Birthday Party rooms

Lounge area and Cafe

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902.406.4406 / www.hopskipjump.ca



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- Gather the order information in your office.
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- Pick up your food *
- Place the order (Fax, Email, Website)
- Yours is FREE *

*Some restrictions apply

WWW.BURRITOJAX.COM

FUN

Places To Go!

The Play Box

Where kids play, adults relax and everyone enjoys.

Located at Evergreen Place on Portland Street, The Play Box is a vibrant indoor playground and café. It has become a regular meeting place for anyone who has children to entertain and burn off energy. Parties are also a real

hit, as the owners have taken great care to ensure that all the hassle of hosting is taken away.

Open 7 days a week, The Play Box has a great range of espresso based drinks, which is roasted locally by Nova Coffee. The café has a great

menu, including homemade chilli and children's food boxes, which are a great hit. There is also free Wi-Fi to ensure parents get a chance to catch up on their internet surfing. 'We designed the play structure with children and parents in mind,' says owner, Lisa Baker. 'There are lots of activities to keep the younger guests amused, but line of sight means that adults can see their children if they don't want to go in the structure with them. It gives them the opportunity to enjoy a coffee and relax, knowing their child is safe.'

In addition to offering admission discounts to military, fire and police, The Play Box also operates a loyalty card system. Punch cards for multiple visits and

individual play passes are also available and ideal for presents.

You can find them at 104-105 Evergreen Place (opposite Penhorn Mall/Sears) 530 Portland Street, Dartmouth. Catering for 0-12 years of age; opening hours are Mon-Sat 9.30 - 5.30, Sunday 10.00-4.00. Come and visit and gives yourselves and your children a treat.

For more information The Play Box can be contacted on (902) 463 0034; e-mail: theplaybox@outlook.com; facebook: [theplaybox1td](https://www.facebook.com/theplaybox1td); website: www.funattheplaybox.ca; twitter: [@theplaybox1](https://twitter.com/theplaybox1)



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BIRTHDAY PARTIES

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Open 7 days a week, we have the most **AWESOME** play structure. Enjoy a coffee and free wi-fi.

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530 Portland Street, Dartmouth, B2Y 4V6

Phone: (902) 463-0034
E-mail: theplaybox@outlook.com
www.funattheplaybox.ca
Facebook: [theplaybox1td](https://www.facebook.com/theplaybox1td)
Twitter: [@theplaybox1](https://twitter.com/theplaybox1)

We look forward to seeing you.

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puttingedge.com

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8 4 10

\$20 OFF YOUR NEXT BIRTHDAY PARTY
Valid on Funtaastic and Ultimate birthday party packages only. No cash value. Cannot be combined with any other offer. Must present at time of booking. Expires: September 30, 2015. Coupon Code: HABDCP

BUY ONE, GET ONE FREE!
Free admission with the purchase of any admission at regular price. Second admission must be of equal or lesser value. No cash value. Cannot be combined with any other offer. One coupon per customer per visit. Plus applicable taxes. Expires: September 30, 2015. Coupon Code: HABGCP

HALIFAX 182 Chain Lake Dr. B3S 1C5 (Beside Jack Astors) puttingedge.com

March Break & Summer Camp Guide

Hatfield Farm... Come Play On Our farm!

Located mere minutes from the city, but with the feeling of being miles away from it all, Hatfield Farm has something for everyone! We offer horseback riding, summer riding camps and wagon & sleigh rides. You can also join us for a family adventure on the weekends or during school holidays! If you are looking for something truly unique we can host any type of group whether it is just a friends gathering or a corporate event. For something more formal we are the perfect venue for your unforgettable

wedding day, including a horse drawn carriage!

Fort Clayton boasts a 5000 ft. sq. foot lodge/restaurant offering a selection of mouth-watering menus to choose from. Fort Clayton is also the home of our indoor games centre The Rubber Rodeo, mini golf, kids outdoor zip line, campfire pits. For a longer stay we can accommodate overnight guests in our cozy cabins and bunkhouses!

Hatfield Farm always has something for the kids -including

pony rides, petting zoo and playgrounds. They make our farm the perfect setting for your child's next birthday party, or just a fun-filled family outing.

So please feel free to explore our website at www.hatfieldfarm.com to learn more or contact us directly at (902) 835-5676 or info@hatfieldfarm.com.

We look forward to meeting you and making your adventure at Hatfield Farm an unforgettable one.



HATFIELD FARM

Cowboy Adventures!



Zipline!



MARCH BREAK SPECIALS!
MARCH 16TH - 22ND
HEAD TO THE FARM FOR SOME OUTDOOR WINTER FUN! COWBOY STYLE!



Rubber Rodeo!

3 Departures Daily: 11AM - 12 NOON - 1PM | ONLY \$13.99 +HST (2 and under FREE!)
No reservations needed. Large groups please call in advance.
Covered chuck wagons for rainy days.

902-835-5676 - WWW.HATFIELDFARM.COM

ASK ABOUT OUR COWPOKE BIRTHDAY PARTIES! 

Pre-Prim to Grade 12 Reading Writing Math Grammar Study Skills Homework French SAT/ACT Prep

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Whether your child needs to catch up or get ahead this summer, **Oxford Learning** can help!

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Join the conversation!  



LAUGH. PLAY. SWIM. JUMP. SMILE.

There's an exhausting amount to do at Dalplex!

Hurry! There's still time to register for our March Break climbing or Dal Tigers basketball camps! And mark your calendars – registration for summer camps opens on March 1!

DAL.CA/CAMPS • 902-494-3372






DALPLEX 

March Break & Summer Camp Guide

4Cats ~ The best, most fun art studio ever!

4Cats Halifax is a professional arts studio for artists ages 2 - 15. At 4Cats, kids create imaginative pieces inspired by the work of famous artists. Children use professional, high-quality art materials including acrylic paint on canvas, silkscreens and pottery wheels.

At 4Cats, kids learn about the weird and wonderful lives of famous artists. Professionally trained curators share stories and encourage art conversations as children create amazing art projects.

4Cats Halifax offers classes, workshops, camps, field trips, birthday parties and more. In addition, we offer adult classes, parties and team-building events.

We offer a variety of classes, including Mixed Media, where children use many different mediums to create awesome art; Drawing & Watercolour; Graffiti; Print Making; Manga; Clay & Sculpture; and Kittens classes, where the young ones get to create, learn and play!

Register now for spring-break camps at [www.4cats.com/Halifax!](http://www.4cats.com/Halifax)

Follow us on Facebook and Twitter and sign-up for our newsletter for workshop and program updates.

4Cats Arts Studio Halifax | halifax@4cats.com | 902-431-9960 | www.4cats.com/halifax

March Break Social Skills Day Camp!



Dates: March 16 - 20, 2015
Class Times: Monday to Friday
Hours: 9:00am to 12:00pm
Capacity: 5-10 students per age group.
Cost: \$240 per week

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

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

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

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

To register please call 293-4801

www.turningtides.ca

THE BEST, MOST FUN ART STUDIO EVER!

Weekly Classes
 CAMPS
 WORKSHOPS

WE ARE A PROFESSIONAL ART STUDIO FOR ARTISTS AGES 2 TO 15.

Parties
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4CATS

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4Cats.com/halifax • halifax@4Cats.com

4CATS
 -4CATS.COM-

SCHOOL'S OUT. SUPERNOVA'S IN!

Join us this summer for fun adventures in SCIENCE, ENGINEERING, & COMPUTER SCIENCE at Dalhousie University!

SuperNOVA's hands-on, minds-on programs are for ALL youth, ages 5-18.

Featuring:

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

Register Soon!
 Bookings opening early March! Sign up for our newsletter to keep updated!

Follow us!
 We're on Facebook and Twitter. [/SuperNOVAatDal](https://www.facebook.com/SuperNOVAatDal)

Register online at www.SuperNOVA.dal.ca or by calling 902.494.6220.

SUPERNOVA
 at Dalhousie University

A member organization of **actua**
 Learning for Change - Découvrir pour demain.

March Break & Summer Camp Guide

Dazzling Discoveries & Cosmic Creativity at Artech Camps!

Get ready for an electrifying experience at Artech Camps' March Break 2015! We are celebrating the International Year of Light and Light-Based Technologies!

6-10 year olds will have a

chance to create and produce sparkling Animations, design their own spectacular Video Games and build amazing mechanical contraptions! This will be a week of state-of-the-art fun and dazzling discoveries! There will be projects to chal-

lenge both new and returning campers alike!

For 9-14 years olds it will be a week of high-tech, cosmic creativity! They will get to explore creative forms of expression through Animation, Digital Design, Robotics and Video

Game Creation!

You can register campers online at WWW.ARTECHCAMPS.COM. While you are there check out our summer line-up of programs that include "Mining into the Making of Minecraft" - game design camp

or the "Ultimate Stop Motion Animation Camp" - animation camp and "Manga Quest" drawing and game design. Summer camps feature programs for kids from 6 through teen years!

Inquiries tellmemo-re@artechcamps.com or call 1-510- 470-7080 (year round) or reach us locally after March 1st at 902-579-3317.

Big Cove YMCA Camp



Summer Camp
for girls and boys
aged 6-17

Outdoor Centre
school trips
for classes of
grades 5-12

The Experience that
lasts a LifeTime!

www.bigcove.org



JJ and Max showing off robots they built and programmed!



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Film, Animation, Video Game Design,
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FOR CREATIVE KIDS FROM 7-17 YEARS

YEAR ROUND OFFICE 1-510-470-7080

HALIFAX CAMP LINE 902-579-3317
MARCH-AUGUST



arTech

www.madscience.org/maritime

MAD SCIENCE
Sparking imaginative learning

Summer Camps
After-School Programs
Birthday Parties



(902)454-0863 turner@msmaritimes.ca

March Break & Summer Camp Guide

A Love Game

Visit any tennis facility across the country and you'll witness all ages and abilities, often on the same court. It is a truly family-friendly past time and one that you can still enjoy late into your twilight years. And with the exception of elite private clubs, tennis is surprisingly affordable. All you really need are shoes, balls, a racket and a court.

Canadian Tennis is in the midst of a healthy resurgence. The sharp ascendance of Milos Raonic and Eugenie Bouchard, Canada's bright young stars, has seen with it an increase in interest and participation across the country. Tennis Canada reported in September 2014 that 6.5 million Canadians played at least once in the previous year.

Canada's recent Davis Cup victory over Colombia gave Halifax

a taste of what Toronto and Montreal experience annually, and allowed our youngsters to see their idols play first-hand. The skill and composure on display was impressive. Our Canadians were announcing themselves on the world stage, suggesting that this career path is certainly attainable for our budding young talent.

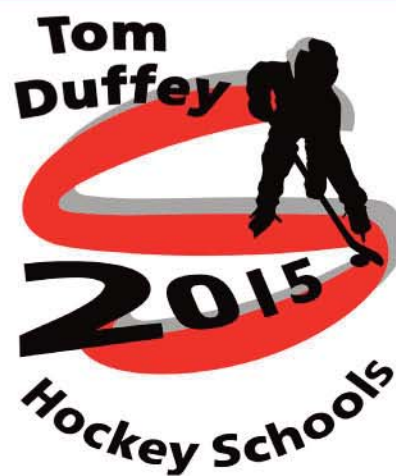
As an individual sport, Tennis teaches players how to be intensely independent. No one is going to come to your rescue if things don't go your way. You cannot rely on your star player to come on with two minutes left and drive home the game-winner. Kids need to *learn how to lose* as much as they need to learn to win gracefully.

For any parents concerned about their kids getting hurt playing Hockey or Football,

Tennis is certainly a very safe alternative. As we continue to grow the sport in Nova Scotia, children's safety is a huge priority here at the Daniel Nestor Tennis Centre. Our Tennis Canada certified instructors use depressurized balls for junior lessons and smaller courts to introduce players to the sport. This allows them to see success immediately and progress at their own pace. There is a clear pathway from a beginner being introduced to the sport, to a competitive player training to contend internationally.

You can be sure that your kid is never going to spend half the game on the bench. If you or your children have ever considered Tennis, now is the time to come along and give it a shot.

For more information, please contact 902-423-3682, or visit www.dntc.ca



**SPRING
AND
SUMMER**

DYNAMIC

Now in our twentieth year, we have a reputation for dynamic growth and vigorous response to the needs of minor hockey players.

HIGH QUALITY AND ENJOYABLE

The principle objective of all our camps is to provide high quality instruction in a positive, supportive and fun environment.

We have worked with in excess of 80 players who have moved on to Major Junior, University or Professional hockey and we have also worked with players who have taken their first steps on the ice. Our foremost commitment continues to be the development of every individual player at our schools.

**For complete information on our schools visit
www.tomduffeyhockey.com**

or Phone 443-3414 Fax 443-9230 to request a brochure

TENNIS CAMPS FOR KIDS

MARCH BREAK

March 16-20

Daily 9am - 4pm

Half-day camps available

5 yrs old and up

SUMMER

Weekly camps start June 15 and run all summer.

Full & Half Days

**ADULTS
TRY TENNIS!
\$15
+ (HST)**

SEE WEBSITE FOR DETAILS

- Racquets supplied
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- Call front desk to register at 902-423-3682

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Learn • Train • Play • Compete



KIDS FINE ART CAMPS

Alderney Landing, Dartmouth Waterfront



THIS HIGH ENERGY WEEK OF ART EXPLORATION, YOUNG ARTISTS WILL VISIT THE WORLD OF POP ART AND HOW THE MODERN MOVEMENT DIRECTLY INFLUENCED THE VIDED GAMES, COMIC BOOKS AND ENTERTAINMENT INDUSTRY OF TODAY! WARHOL, AND LICHTENSTEIN WOULD BE PROUD!



ART GOES VIRAL!

JULY 20 - 24, 2015

Through this week the young artists will explore public art in our neighbourhood! Through walks in the downtown core, we will visit commissioned sculptures and Urban Art of all kinds and create our own public artwork to exist onsite throughout The Bluenose Ghosts Festival in October!



REGISTRATION:
www.alderneylanding.com
Call: (902) 461-8401

WEEKLY CAMP FEES:
\$200 per child, per camp
Fees incl.: supplies, daily snack & lunch on Fridays



Canadian Heritage

Patrimoine canadien



Imperial Oil

Port of Halifax

Spring Programs



For a complete description of programs, please visit our website or phone us at 902-869-4141!

March Break Camp
Swimming, Skating, Games, Crafts, & More!
March 16th - 20th

Birthday Parties
Pool & Mad Science

Karate, Dance, Gymnastics, & Swimming Lessons

Public Swimming and Skating!

Family Memberships
FUN for the Whole Family!!!

REGISTER & MORE! TODAY!

www.thestadium.ca

Build-it ACTIVITY CAMP

The Summer Camp runs Aug. 16 - 21, 2015 for boys and girls ages 9-12. The camp takes place at Bayside Camp. We rent cabins and have a completely separate program.

Activities Include:

- Building eV3 robots - learn computer programming to get the robots to do amazing things!
- Create stop-motion animation films.
- Lego® scavenger hunts
- Building Lego® Machines
- My Own Creations
- Kit Builds
- Team Relay Builds
- Geocaching for Lego® kits
- Zip lining
- Canoeing
- Swimming at the Aqua Park
- Archery
- Climbing Wall
- Night games
- Giant Slip and Slide

A taste of this fun can be had at **Buildit's March Break Camp at the Canada Games Centre.**



Website: builditcamp.ca
Email: info@builditcamp.ca

Register today to get the Early Bird pricing!
Space is limited - this is our only summer camp!

START →

You'll find it all here.

- FUN MARCH BREAK
- BADMINTON
- HOT TUB
- TABLE TENNIS
- SWIMMING MEMBERSHIP
- BASKETBALL
- YOGA
- RUNNING
- FAMILY SAUNA
- VOLLEYBALL
- AQUAFIT
- POOL NOODLES
- SPINNING
- ZUMBA
- DIVING
- GIFT CARDS
- BIRTHDAY PARTIES
- FRIENDS PICKLEBALL



902.490.2400
canadagamescentre.ca

It happens here.

March Break & Summer Camp Guide

The Centre for Art Tapes celebrates 35 years and launches a Video Academy for Youth



The Centre for Art Tapes is located in the thriving artistic community of north-end Halifax. A not-for-profit artist-run organization, it supports artists of all levels working with video, audio and electronic technologies like 3-D printing and circuit bending. 35 years old, The Centre offers a creative and collaborative environment for all ages to pursue their artistic dreams. The Centre provides a range of video and audio equipment and editing facilities. It also offers training and mentoring through programs such as the Media Arts Scholarship and the Local Artist-in-Residence.

This year, the Centre is launching a March Break Video Academy for youth aged 12 to 16 taught by professionals. During the week long camp youth will work together in the production of a short film. They will learn the art of filmmaking, and be able to take skills home and to school for do-it-yourself (DIY) filmmaking. Working in teams, they will:

- write the film's script
- record video and audio
- create stop-motion animations
- make live-action green screen special effects

The camp will end with family and friends invited to see their finished work on screen.

Want more information or to register?

Call (902) 422-6822

Email info@cfat.ca

Search Facebook for March Break Video Academy

Tweet us @Centre4ArtTapes, or call (902) 422-6822.

We offer full and partial financial support upon request.



MARCH 16-20

This hands-on, creative approach will allow youth to tap into DIY concepts and will be geared towards their specific interests, including animation, documentary and green-screen live-action.

This five-day camp will generate a short film that will be screened to family and friends on the final day.

centre
for
art
tapes

VIDEO ACADEMY
a creative march break camp for youth
ages 12-16

REGISTRATION

\$250 by March 3, 2015
(bursaries available)

info@cfat.ca

902-422-6822

www.cfat.ca



Y 5303
Tobin Street
Mon-Fri
7:30am to 5:30pm

469-9622

Building healthy
communities

**MARCH
BREAK
DAY
CAMPS**

www.ymcahrm.ns.ca



Check out the Dartmouth Sportsplex this March Break.
Fun for the children and the whole family.

Week long day camp with sports, swimming every day and lots of fun games.



Ride Pirate's Cove... swims every day!

Lots of skating too!



www.DartmouthSportsplex.com
902.464.2600 ext. 0

March Break & Summer Camp Guide

We Learn, We Build, We Play with...LEGO® Bricks



Build an Awesome Experience at Bricks 4 Kidz Camps!

Build your Birthday Party with us

Bricks 4 Kidz camps are high-energy, fast paced settings where kids explore the world of engineering, architecture and mechanics using LEGO® bricks.

We've got a great line up of March Break and Summer Camps available at various locations around HRM!

CAMP THEMES:

-  Mining & Crafting 2
-  Clash of Bricks
-  Pocket Monsters
-  Teenage Bricks Turtles
-  Stop Motion Movie Making
-  Jr. Robotics

bricks 4 kidz.com

We Learn, We Build, We Play with...
LEGO® Bricks

Find us on Facebook!

For camp descriptions, schedules and to register online, please visit: www.bricks4kidz.com/halifax or contact: Nicole Hebb - Director at (902) 240-2457 or nhebb@bricks4kidz.com

 **CREATIVE KIDS Education Centre**
Engaging the Whole Child

March 16 to 20

Register online at: www.creativekids.info

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

MARCH BREAK 2015!!

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

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

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

March Break Day Camps At Creative Kids Education Centre

Minecraft, Frozen Fun, Magical Fun (Young Wizards Required)



Register online NOW!
www.creativekids.info

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March Break Getaways & Resorts

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Printing on April 10, 2015



If you would like to advertise in our 20th Year Anniversary Edition, please contact:

Robert Rockwell/Owner
902-209-4461

or email parentchild@ns.sympatico.ca



KIDS UNDER 6 EAT FREE!

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Swimming, bunnies and s'mores. We're kicking off the breakiest break with a fun, family CAA Winterfest Weekend, March 13 to 15th – and we'll keep things rolling all week long. Supervised activities, like magic shows and touch tanks, keep kids happy so Mommy can escape to the spa. Buffets make mealtime a delicious adventure and kids under 6 eat free! We're all about family fun, so bring the dog and settle in. It won't be long before board games

bunnies and billiards replace Nintendo DS.



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MARCH BREAK UNPLUGGED MARCH 13-22, 2015

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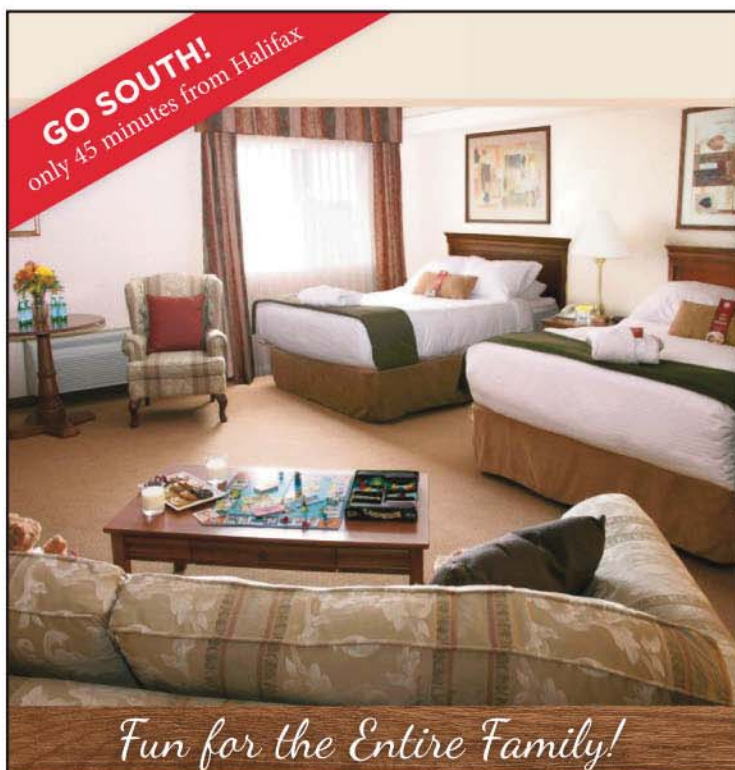
- Go for the walk in the great outdoors
- Challenge your parents to a board game by the fire
- Enjoy a family dinner in La Vista Restaurant (where kids under 12 eat free*)
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Health & Wellness

Thumbs up for breaking a thumb habit!

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



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

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

The type of changes you may see are the top front teeth proclining or "sticking out," an open bite where the top and bottom teeth don't meet in the front and crossbites in the back where the top back teeth bite inside the bottom teeth. These changes arise from both direct pressure on the teeth and changes in pressure on the teeth from lips, cheeks and tongue. When a habit continues and growth ceases, the changes can be severe enough that surgery may be required to correct the changes. Therefore, preventative steps to stop a habit before it has this type of permanent effect are critical.

The first step is gentle discouragement. Discussing the impact of the habit on the teeth and bite may help an older child understand the importance of stopping the habit. Introducing aids to deter the habit may be useful. A bandaid over the thumb or finger, a bitter tasting nail application or a mitten or sock taped over the hand at night, may help as reminders to the child. Efforts to discourage the habit should be gentle and never appear as a punishment. The child must understand that interventions

are meant to help them stop the habit. When these early interventions fail, a visit to your local Orthodontic specialist may be indicated. An Orthodontist may recommend a habit-breaking appliance that serves as both a reminder and physical deterrent to the digit entering the mouth. Habit breakers are known to work with good success rates. Cooperation of the child is a key component to habit-breaking success.

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

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.

Walk-In Bathtubs Are No Longer Just For Seniors

The health benefits of hydro-therapy have been known around the world for centuries. We are now easily able to take pleasure in a spa like experience in the privacy of our own home. Massaging sore muscles and easing work-a-day tensions are no longer something to just dream about.

Today's walk-in bathtubs add beauty and elegance to any décor, not to mention that the right walk-in bathtub will add substantial value and functionality to any bathroom. You don't need to be a "certain age" to treat yourself to a daily spa experience. Also you don't have to be a "certain size" because some models have a 30 inch wide seat and can accommodate up to 225kg (500 lbs)

The key, of course is to carefully choose a local provider for your needs. Ideally, when you shop, you would be able to test the tub (actually sit in it), consult about the model with the option(s) that meets your needs, arrange for delivery and installation, and obtain financing.

For more information contact Michael or Judy Korzyniowski, Owner(s) Easy Entry Bath and Shower Showroom 3227 Kempt Rd (corner Stairs St.) 902 431 4401 easyentrybathandshower.ca

Stay active over March break



March Break is upon us and Spring is almost here. Parents, kids and youth wondering what they can do with their March Break time that's fun and keeps them moving can turn to HRM Leisure and Aquatic Services for some great ideas:

**At the Wave Pool (16 Sussex Street 902-477-7665):
National Lifeguard Safety Course (NLS)**

9-5 each day
NLS is a 45 hour lifeguarding course developed by the Lifesaving Society of Canada, and is recognized as the standard measurement of lifeguarding performance in Canada.

Wave Pool March Break Wave Swim schedule:

Monday 3-4
Tuesday 2-4, 7-8:30pm Family Swim
Wednesday 3-4
Thursday 3-4
Friday 2-4pm, 7-8pm

**At Needham (3372 Devonshire Avenue
902-490-4633):**

Assistant Water Safety Instructor/Water Safety Instructor course:

Become a Red Cross Water Safety Instructor in just one week by taking the crash course that teaches you the fundamentals of Water Safety and Swimming Instruction. This course will take place the week of March Break from 9-5 each day.

Needham March Break Open Swim schedule

Monday 2:00-3:30 pm, 7-8:00pm
Tuesday 2:00-3:30 pm, 7:30-8:30pm
Wednesday 2:00-3:30 pm, 7-8:00pm Family Swim
Thursday 2:00-3:30 pm, 5:00-6:00pm FREE SWIM
Friday 2:00-3:30 pm, 5:00-6:00pm Pizza Swim, 7:00-8:00pm Open Swim

**At Sackville Sports Stadium
(409 Glendale Drive, 902-869-4141):**

Bronze Medallion / Bronze Cross (Mon-Wed)

The Lifesaving Society's Bronze Medallion Award and Cross awards teach an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill, and fitness
Pre-requisite - Swimming ability and 13 years old or Bronze Star.

Sackville Sports Stadium March Break Open Swims:

Monday-Friday 2:15-4:00pm
Mon, Wed 7:30-8:45pm
Friday 7:00-8:20pm

And don't forget - weather permitting the Emera Oval will be open and running public skates throughout the week - check out the schedule and any special events at www.skatehrm.ca

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Nova Scotia Museums

A March Break at Sea Adventure at the Maritime Museum!



Maritimes," says Marketing and Events Officer, Jenny Nodelman from the Maritime Museum of the Atlantic.

There's something for all ages. For the smaller ones who need a break from the fun, the museum will have a rest area, popular with parents last year, where families can gather and partake in self-guided activities and have a rest before continuing their "underwater" experience.

Crafts are always a hit and visitors will have the chance to build a boat, ocean creature or sea monster! There will also be board games to play and cool telegraph demonstrations as if you were at sea on a boat! And don't forget your favorite Rainbow Macaw Merlin who awaits to talk with you during your ocean adventure with us!

Check out maritimemuseum.novascotia.ca for more details on this year's March Break at Sea! You can also follow us on Facebook (Maritime Museum) or Twitter (@ns_mma). The Maritime Museum of the Atlantic is located at 1675 Lower Water Street in Halifax. See you soon!

This year, the Maritime Museum is not just inviting you to come as a pirate, but also as mermaids, sailors, fishermen, even seaweed as we explore and "make, sea and do" for March break activities from March 14 to the 22!

Enjoy drop-in programming where every day is a different sea adventure. Some of the featured attractions are: Raina the Mermaid, who'll be appearing almost every day "on land" at the museum with her exciting story-telling, dynamic, interactive fun from puppet shows to do-it-yourself sail-making and the chance to learn about the marine trades using rope and wood with your own hands!

"We invite families and children to create, participate and celebrate in all things that are of the sea, as that's a part of who we are living near the ocean and being in the

MAKE, SEA AND DO

- Lots of drop-in activities, everyday!
- Life around and under the sea
- Stories, songs and seaweed!
- Raina the Mermaid
- Ocean crafts and puppets

MARCH BREAK AT SEA!
March 14-22

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The discovery of one fossilized bone can be the start of an amazing story about a creature from long ago. This experience presents a number of fossils and animatronic dinosaurs to highlight how discoveries and meticulous research continue to enlighten us about prehistoric species. Showcasing a range of dinosaurs from the Jurassic and Cretaceous Periods, this exhibition delivers a larger-than-life, memorable and interactive experience.

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naturalhistory.novascotia.ca
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Education

Studying in the Early Years

Submitted by Oxford Learning HRM

Though there's not much need for studying during the early years of education, but these are the years that habits and learning behaviors are formed. That's why it's important that positive attitudes about learning are developed at a young age; a good attitude toward studying will stay with a student for the years to come.

Perseverance is a key skill in this age group—the ability to stick with a task, be it sounding out letters or learning how to perform simple addition despite frustration or difficulty, will teach the child the important lesson that sticking with it brings good results.

Early study skills that young children can learn:

- Sitting down and maintaining focus on a single thing for a period of time such as a book
- Having thoughtful discussions about an event or a book you've just read together develops active thinking
- Working on puzzles and figuring out the solutions develops problem-solving abilities
- A set time to read or work on a puzzle everyday helps create good homework habits

Middle years—Grades Three to Eight

During these years students are introduced to the world of test-taking and study skills. These are also the years that students develop study habits (in addition to their attitude toward studying) that will stick with them for the rest of their academic career.

Because students are still learning and growing in so much of their academic life, the lessons that they learn during this critical development stage leave lasting impressions. Almost more important than developing study habits, students are continuing to develop attitudes about how

Continued on page 24.

THR!VE Education: Give your child the experience of a lifetime!

THR!VE is a brand new, entirely unique 10-week after school program for boys and girls in grades 4, 5, 6 and 7. Created and led by a licensed school teacher, the THR!VE experience will motivate, inspire, and reignite the joy and wonder in your child that comes with authentic, lifelong learning.

Regardless of their current success in school, THR!VE is for children who are well-behaved, polite, and eager ... but craving a challenge. With its focus on 'raising the bar', it's for kids who are ready for more: more inspiration, more interests, more goals, more dreams, more opportunities. Twice a week, THR!VERS receive personalized mentorship and 'whole child' enrichment: first, in our magical Dartmouth classroom, and second, on an inspiring field trip!

Over just 10 weeks, kids get 8 incredible life experiences that teach them "what learning - and living - should feel like". Distinct and diverse, trips include destinations such as Blue Beach in Hantsport to collect fossils, Neptune Theatre to experience the performing arts, Government House to meet and interact with the Lieutenant Governor, Mount Saint Vincent University to begin

exploring the term 'post-secondary education', the Burke-Gaffney Observatory to see the moon and planets with their very own eyes, and so much more. The program also includes the opportunity to experience new cuisines and cultures at gourmet restaurants, meet and interact with high profile guest speakers and receive effective, non-intimidating public speaking and performance training. A dazzling closing ceremony at a local concert hall is followed by the offer of ongoing seasonal reunion events that reinforce the relationships and inspiration felt during the program ... all included.

Testimonials from current and former THR!VE parents and children include:

"You are truly a Godsend." - THR!VE parent

"This program is absolutely amazing. My daughter is so

excited for days that she has THR!VE ... she beams with excitement!" - THR!VE parent

"I am more confident in myself and no longer scared to speak in front of a million people. Thank you for everything!" - THR!VE child

THR!VE would offer your child what no other program, club or event can: it would absolutely ensure that your child truly believes they have special interests and talents they are admired for and can turn into success, that there is an amazing and exciting world out there to experience, and that they - as individuals - can thrive in life and in learning. To learn more and to register your child in the Spring program to run from April 13 through June 19, visit www.thriveeducation.ca or contact Wendy at 902-223-9023.



Give your child the joy of lifelong learning!

THR!VE Education is a 10-week after school program for kids in grades 4, 5, 6 and 7 whose parents want them to...

- Crave experiences outside traditional activities
- Master leadership skills for real-world application
- Adopt values of education, independence and creativity
- Create memories, make friends and have fun

Get your kids outside their comfort zones and off the couch!

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Education

Keep Your Kids Ahead In School

By Max Gordon

Staying ahead in school can be difficult for kids, especially in families with multiple siblings trying to juggle extracurricular activities. But catching up can be much more challenging.

The burden of stress, often a new experience, can make kids temperamental and depressed. Whatever the root of your son or daughter's struggles, there are steps you can take to address and overcome the problem.

1. Positive Reinforcement/Motivation - You may think the promise of an 'A' in math class is motivation enough to work hard, but your child may not feel the same way. The pressure to succeed might be making them feel like failures. They also might not appreciate how not learning math will impact their lives in ten years. Most kids haven't had the chance to develop long-term perspective. A better approach is to facilitate solid study habits and good

work ethic. Praising effort has been shown to have a greater impact on performance than praising intelligence.

2. Tons of Communication - Speak with your child's teacher about his/her work. They interact daily with your child both individually and as part of a group-learning environment. They are likely to have insight about your child's strengths, challenges, and social interactions that could inform how you support his/her learning at home.

3. It Takes a Village - ask other parents about their experiences. How long do their kids take to do assignments? Are there particular expectations/practices at school that you're unaware of? It may take a village to raise a child, but it also takes a village to create supportive, informed and connected parents. Learning about the successes and challenges other parents face will give you more perspective and broader set

of tools for supporting your own children.

4. External Support - If you decide your child would benefit from tutoring, do your research. There may be subsidized programs at your child's school. Maybe all your child needs is a bit of help; honour roll students at your local high school might be an inexpensive and effective option. Check out the learning centres in your neighbourhood that specialize in the area in which your child is struggling. They usually have programs with price options to fit every family's budget.

5. Technological Incentives - a few hours a day plugged into a computer or tablet is more than enough for a child. Replace some of that time with passive learning - interesting and explorative activities that broaden the soft skills necessary to become effective learners. For example, playing musical instruments has been shown² to improve learning outcomes. Attach an incentive (one hour of piano

practice = one hour of Minecraft) and count the hours of productive learning. 30 minutes every school day is about 100 hours per year. Imagine what you could learn with 100 extra hours! Passive learning comes in many forms. Board games can be quite educational.³


6. Think outside the box - There may be a non-academic reason your child has fallen behind. Some learning disabilities don't have obvious symptoms. Perhaps there's a bully at school who has been threatening your child. Maybe your child is worried about something at home, like a divorce or sickness in the family. As adults, we constantly tell children to trust us because we have so many more years of experience. A child is unlikely to be able to self diagnose an issue like this, so use your intuition and see.

7. Demonstrate, Don't Lecture - I don't know many children who value good grades in order to go to university. They usually don't see things in those terms. However, the majority of kids I know look up to their parents and other adults in their lives. So be the change you want to see. Start speaking more positively

about your work obligations; implement a schedule to stay on top of your own projects and errands; celebrate your own hard work with well-earned weekend activities and trips. Your attitude and behaviour will

do much more than your words to support your kids becoming independent and self-motivated learners.

² <https://www.youtube.com/watch?v=ROJKCYZ8hg>
³ <http://homeschoolinginnovascotia.com/educational-board-games-homeschool/>



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Care & Fun Childcare

When we started Care & Fun Childcare centers we knew we wanted to build something special, we wanted to provide the parents from our community the peace of mind knowing their kids are in the hands of passionate professionals working with an innovative program that helps children reach their full potential.

We believe that you should nurture each child's unique qualities, that's why we follow an Emergent curriculum designed to help children learn through their interests and encourage them to try new things every day.

Our team is a huge part of what makes Care & Fun so special; our professional talented employees are graduates of Early Childhood Education and through their

creativity and passion have proven to be the very best in their field. We put a lot of effort in connecting with the kids and their parents, from being able to instantly connect with our educators to receiving instant updates on your child's daily adventures. Nutrition is important but so is the taste, in Care & Fun we have our own certified cooks freshly creating healthy, nutritious, and delicious meals every day for your kids with special vegetarian, gluten free, or Halal meals always available for your choice. Our commitment to providing the highest quality child care and early education drove us to achieving praise and support from the community.

Care & Fun Childcare fully licensed Centers has developed

into a brand that inspires confidence and reliance from the community. With our new 199 Bedford Highway branch we deliver the highest quality child care service with the convenience of being on the central easily connected Bedford highway location that will offer an easy route to and from work for the parents.

Enrollment is now open for the Care & Fun 199 Bedford Highway branch, come in for a tour and joins the Care & Fun family!

For more information, please visit us www.carefun.ca, phone 902-445-0881, email; info@carefun.ca

Education

Need Quality Childcare? The Growing Place Maybe Just What You're Looking For.

The Growing Place Daycare has just opened their newest location at 230 Pleasant Street in the North Woodside Community Centre. Just two minutes from the Woodside Ferry. The Growing Place has been providing childcare to Dartmouth families and surrounding communities for 25 years. The owners, Jennifer and Sheldon say, because of the wonderful support from parents and the need for high quality childcare in Dartmouth, they felt it was the right time to expand and offer their unique brand of childcare to the Woodside neighbourhood. "Parents realize the importance of Early Childhood Education," says Jennifer. "Parents want to know their children are being well cared for, but they also want a program designed to challenge their children and help them develop to the best of their abilities. Because I have two young children in the Centre, I see things from a parent's perspective. This is why we are constantly improving. It's about creating an ideal environment for all children, including my own, to learn and thrive."

In keeping with the theme of continuous improvement, the Centre

has introduced tablet PCs into the classroom to send daily updates to parents. Parents receive these updates through an app on their phones. "We always encourage parents to talk with the teacher, but it's great to have a daily report sent to you," says Jennifer. The app tells parents about daily activities, how much their child ate, how long they napped, potty training updates, it can even remind parents to bring in supplies such as diapers, extra clothes, or medication. It also sends pictures. "It's been a huge hit with the parents," says Jennifer, "especially when they get a picture of their child enjoying a new activity." What's next for improvements? "Infant care at our Pleasant Street location," says Jennifer. "There is a definite shortage of quality infant care in the city and we want to help. Our infant room will open in May or June. And if parents are interested, they should contact us soon. Some spaces are already booked."

For more information on The Growing Place check out their website at www.thegrowingplace.ca
The Growing Place: 114 Woodlawn Road, 230 Pleasant Street, 34 Belle Vista Drive

Studying in the Early Years *Continued from page 22.*

they approach learning—and these attitudes are very critical to motivation and their enthusiasm (or lack of it) for school.

It's important that students' efforts are rewarded rather than their accomplishments. Students should be praised for their hard work and for trying, as much as for getting good grades. Students don't have to be top of the class, but they do have to put in a reasonable effort—if students are trying their best, then they are already winners.

Recognizing the effort helps to teach the lesson that hard work is always worth the effort. That's a lesson that builds a positive attitude about learning. It's also a lesson that builds great study habits.

Teen Years—Grade 9-12

The high school years (and beyond) are when students put the study habits that they have been building since they began school to the test (pun intended).

In high school, tests become of greater importance with each passing year. So it makes sense that the earlier that students learn to apply the study skills that they have been learning since Primary—skills such as perseverance and effort—the less difficulties they will have in dealing with the increasing frequency and difficulty of tests.

It's not always easy to transform the knowledge that teens have been accumulating over the years into practical skills that they can use while studying. Practical study skills are unfortunately, not always taught in school. It's little wonder then that many students find the

process of studying for, and writing, tests very stressful. Without some extra help, many students may find it challenging to translate the innate study skills that they have learned over the years into practical skills that they can apply while studying.

When students are taught practical study skills such as note taking, time management, and active reading, they can combine them with other

important skills such as perseverance and effort to develop top-notch study skills that can transform study time from stressful to stress-free!

For more information about Oxford Learning's programs, contact Oxford Learning in Halifax, Bedford and Hammonds Plains at 902-405-4116 or lburgess@oxfordlearning.com

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Wee Care Centre Annual On-Line Auction, April 20 to May 4, 2015

Wee Care will be hosting our annual online auction at www.weecareauction.ca from April 20th to May 4th. Join us in celebrating the 21st year of the auction and assist us in

making this year's event spectacular.

You can be a part of this exciting event by sending in donations in the form of gift certificates, vouchers, monetary donations, tangible items, services etc. With the proceeds raised at the auction you will be assisting us in the purchase of specialized equipment and implementation of daily programming at the facility.

If you have any questions regarding the Wee Care facility, our services or the auction please contact Dawn or Flo at (902) 455-1081, by email at weecare@ns.aliantzinc.ca, or visit us on the web at www.weecareforkids.ca, www.facebook.com/WeeCareForKidsHalifax

Find Your Super Hero This Year - Make Change Happen



Make a resolution for positive change for yourself and your community this year. Challenge yourself and inspire others to make a difference in a child's life. Consider participating in Rope for Hope, a personal challenge event offered from Make-A-Wish Atlantic Provinces.

You can go the distance and become a superhero on behalf of a child with a life-threatening illness. Participants commit to raising a minimum of \$1500 each in exchange for a once-in-a-lifetime experience to go over the edge of a high profile building.

Last year, wish child Brenda decided to pay her wish forward, becoming a superhero, raising over \$2000 and

rappelling down the 22-storey Loyala Building at Saint Mary's University. Won't you find your inner super hero and enlist a friend, form a team and rope, rally and rappel for Make-A-Wish.

Join us for the 2015 **Rope for Hope on Saturday, June 13th at the Westin Nova Scotian**. All monies raised support our core mission of granting magical once-in-a-lifetime wishes to children with life-threatening medical conditions. Your support can make magic happen and be a gift of joy they will treasure for a lifetime.

For more information visit ropeforhope.ca or call 977.466.9474.

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Program March 14th to 22nd

NOVA SCOTIA

Parent-Child Guide

The Parent-Child Guide Newspaper will be celebrating its

20th Year Special Anniversary Edition/
along with HRM'S Largest Summer Camp Guide,

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

Our advertisement deadline for this special edition is March 25th.

Printing on April 10, 2015

If you would like to advertise in our 20th Year Anniversary Edition,

BOOK NOW!

Please Contact:

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Metro Animal Emergency Clinic is Celebrating its 18th Year!

The Metro Animal Emergency Clinic is entering into its 18th year of operation in 2015. The clinic was started as a joint venture by several Metro veterinarians that felt there was a need for a dedicated facility with staff ready and able to treat your pet emergencies when your regular veterinarian is closed. We started with 16 shareholders and now have 25 with a few other clinics that subscribe to our service. Overall we cover about 35 veterinary hospitals in HRM and its outskirts. As well we work closely with Hope for Wildlife and many animal rescue organizations.

The clinic opened its doors in November 1997 in small but well-designed 3000 sq. ft. facility. The staff was small with 6 full time staff and a hand full of part time staff to work the weekends. The space could house about 16 patients. In the early days it was rough. Sometimes we would be so busy that we would need to call staff in from regular veterinary hospitals to help with the caseload and other nights, not one patient and the phone didn't even ring. It was very difficult to staff never knowing how many patients you may see or not see in the run of a day.

For a decade the MAEC operated out of its tiny space, slowly growing and adding staff, getting busier as more and more clients knew that we were there. In 2007 it became clear we had far outgrown our space and a new space was designed and built. Construction started in May and we moved in the end of August 2007. Our new facility is 6155 sq. ft., with enough housing for about 50 patients. The staff has grown to 20 full time staff and an additional 30 part time staff. We went from having 3 staff per night to 6 and from 5 on the weekends to 12. Often we have many cases in hospital with even more that are seen as an outpatient.

We have grown from two exam rooms to 6, one surgery suite to two, from film x-ray to digital, added a ventilator in our surgery suite and

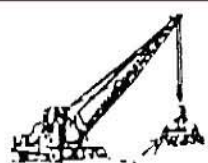
began the only blood bank in Nova Scotia shipping blood products to other patients in need across the province.

The clinic has seen a lot of change over the years but one thing remains the same-pets have emergencies. We also get clients very concerned about non-emergent issues things that are not life-threatening but certainly uncomfortable for the patient. We welcome everyone and do our best to see them as quickly as possible. Saturdays, Sundays and holidays are our busiest days, so it can be difficult sometimes to see patients as quickly as we'd like as we have to deal with the urgent cases first and see the non-urgent cases as time permits in between.

One thing we have noticed over the years is that more and more clients are getting pet insurance which is very helpful in the event you have an emergency. Emergencies can be expensive and involve days or more of treatment. We often hear people comment that MAEC is more expensive than their regular veterinarian. The only part that is more expensive is our exam fee. It's not so much that the prices are more (as the rest of our prices are on par with the regular veterinarians) as it is that you were not expecting an emergency. It's like any unexpected cost whether it's with your home or your car- if you're not prepared for it can be very overwhelming.

We have a website at www.maec.ca. We are also just launching a Facebook page-so like us on Facebook

Our clinic is open Monday to Thursday from 8pm-8am and Friday from 8pm to Monday 8am. We are there for emergencies and questions (902-468-0674). Please, before you give your pet any home treatment or medications, check with a veterinarian. Many medications that we take are not appropriate for your pet and in some cases can be lethal.



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CRAFT CORNER

Scraping Stories

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

Another year upon us and as I wait for the cold winter months to pass I started thinking "what kind of hobby mess I can get into!?" While I look for something to create I find myself reflecting on the year gone by. I have to say I had a wonderful 2014!!! Buno Anno!!!

With all the photos I had taken over the last bunch of years, I realized none of them are displayed around the house. What can I do with these photos besides keeping them stored on my computer, camera and phone? (Yes, I have been lazy and have not backed up my photos to one place for quite some time). I decided to let this be my winter hobby, a project to motivate me to get organize!!! First I will back up all of my photos into one place, then I will print them and create scrapbooks of different moments. Some I will keep around the house and some will make great gifts.

If you are lacking in the photo department there are still ways to create a book of memories. Pick a theme or event in your life. Valentines Day, graduation, a day in in the life of your family pet, or take your favorite song and make a mini lyric book using magazine cutouts, decals, markers, glitter, glue

and good old fashion hand writing.

Here are 5 good reasons to create a scrapbook/art journal;

1. Scrapbooking is really really fun. If you've never tried it, it might be hard to believe. My advice is to just try it! Don't worry about whether or not you are going to scrapbook your whole entire life... just make one album.
2. You can scrapbook with your own style, in your own taste. Scrapbooks can be cheesy, but it's your scrapbook, you can make it look however you want! I've seen beautiful scrapbooks that were incredibly minimal with just photos and a little hand writing and others that are super artsy and decorative. Be encouraged that no matter what your style is, you can make a book that feels like you!
3. Making scrapbooks will help you feel thankful and reflect. Living with a thankful heart is really important to me. Most of us have a pretty fast-paced life and it's easy to look back on the years and be like, "WHOA! That went by fast!"

But when I look at all the photos throughout those years, it reminds me how full and wonderful those years have been.

4. Scrapbooking will make you a better photographer/storyteller. It's a great way to tell stories of events and put your creative ideas on paper. Scrapbooking will motivate you to take more photos or tell a story of the important stuff (like your family!) and the little things (like your everyday routines).
5. Scrapbook to record stories as a gift to your family. I love looking at old family albums, that was how we use to show off a vacation or birthday celebration. If you love and appreciate the albums in your family, use them as an inspiration to get motivated. Scrapbooking is a way to mark years, seasons, and milestones. I am SO thankful when I see dozens of wonderful memories that would have been forgotten.

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