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How Toyota Can Help You Raise Your Kids

"A journey of a thousand miles must begin with the first step." — Lao Tzu

Since you are reading this article, I am going to make two guesses about you. First, you are a good parent. You are committed to raising a well-behaved, emotionally well-adjusted child. After all, you are reading a parenting magazine. However, I also suspect that because you are reading a parenting magazine, things are not going as well as you (or perhaps your child's teacher) think they should. Despite your best intentions and, at times, heroic efforts, some parenting challenges continue to get the better of you. Meals are a such a nightly ordeal you are beginning to wonder if nutrition is really all that important. The bedtime ritual in your house rivals the preparations for half-time at the Super Bowl, and with more conflict than the game. And compared to your boys, Cain and Abel got along just fine.

You Already Know How to be a Good Parent

Over the last 20 years I have worked with hundreds of parents facing the challenges of raising children with the demands and pressures of modern life. It seems likely to me that you, like most of them, already understand quite well the basic principles of good parenting. You have read the parenting magazines, taken unsolicited advice from friends (ever notice how everyone is an expert on other people's children), gone to the parenting lectures, perhaps even visited a child clinical psychologist. Yet, each morning you keep waking to a different day, but to the same pointless struggle to get shoes put on to go to school.

If You Bite Off More than You Can Chew — You Just Choke

So, what is the problem? Blame our busy lives. According to Statistics Canada, in 1976 over half of families with children under 16 had stay-at-home moms and working fathers. Today in most households both parents have fulltime jobs outside the home. As a result, many parents feel exhausted and overwhelmed much of the time. And now the psychologist wants you to implement a complex behavior program with charts and stickers to get your anxious 6-year-old to fall asleep and stay in her own bed? So much easier at the end of a long day to just get into bed with her so she (and you) can finally get some rest.

Modern scientifically-based clinical psychology has developed a variety of effective approaches to help you address virtually all of the behavioral and emotional challenges you are going to face with your children. However, many of these approaches are labor intensive and result in less than satisfactory results if not implemented carefully and con-

sistently. While sound parenting advice from experts can result in positive change under optimum circumstances, parenting is certainly an area where one size definitely does not fit all. This is why you also need "Kaizen."

Kaizen — Lasting Change Through Small Steps

I would like to introduce you to a powerful technique to add to your parenting toolbox. In fact, I suspect that you will find a use for in it in many other aspects of your life where a change is needed. It is the philosophy of "Kaizen."

Kaizen refers to a Japanese business approach to bringing about lasting change. It originated in post World War II Japan, as the country was struggling back from the ravages of war. The automobile manufacturer Toyota considers Kaizen a key business principle, in fact, the "soul" of the company. Even though Kaizen was developed in a business setting, the basic principles are very relevant and helpful in any situation in which lasting change needs to occur.

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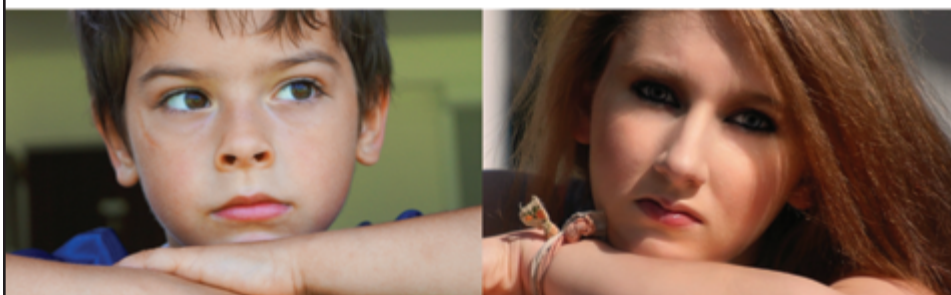
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By Debbie Adams, BA. Cert. Ad. Ed, PeopleCan Training



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Debbie Adams, BA. Cert. Ad. Ed is the owner of PeopleCan Training in Lr. Sackville. She is also the author of Money Mindset: How Changing My Mind About Money Helped Me to Become a Better Entrepreneur. In 2016 she won the Entrepreneur of the Year Award from Entrepreneurs with Disabilities Network and in 2017 she was a RBC Female Entrepreneur Award Nominee. Originally from Newfoundland, she now resides in Lr. Sackville with her daughter Alyssa.

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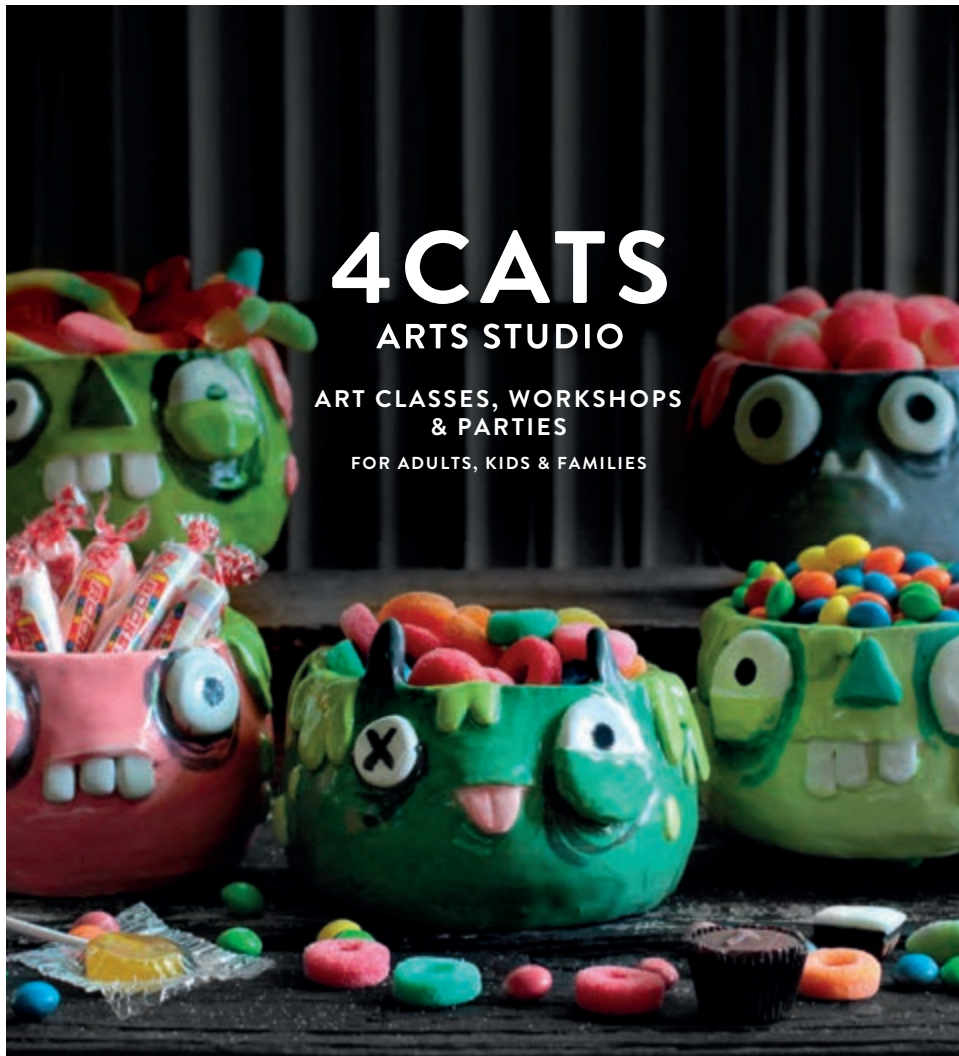
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Health & Wellness

Why choose personal training?

By Tara MacDonald

Fall / Winter 2017

Tara MacDonald Fit Club Group Fitness & Wellness

~ Tuesday, October 10 – Saturday, November 18 ~

MON	TUE	WED	THU	FRI	SAT
11 - 12 FUNCTIONAL FITNESS 55+ Victoria	11 - 12 CHAIR YOGA Pat	11 - 12 FUNCTIONAL FITNESS 55+ Victoria	11 - 12 HATHA YOGA Pat	11 - 11:45 MIX & MASH Rayanne	11-11:45 FITNESS KICKBOXING Mat
				12:15 - 1 FITNESS KICKBOXING Rayanne & Siobhan	12 - 1 NIA Amy
	3:30 - 4:15 Let's Talk Nutrition Tara C		3:30 - 4:15 Reiki Treatment Tara C <small>(Call ahead to reserve this spot! Additional fee applies.)</small>	<ul style="list-style-type: none"> ✓ <i>Monthly Unlimited Classes \$49.95 (tax in). Drop In \$11.50 (tax in).</i> ✓ <i>Studio closed and classes cancelled Saturday, November 11th.</i> ✓ <i>All group fitness classes included with a Personal Training membership.</i> ✓ <i>Only 10 spaces in TRX classes. Call ahead to reserve your spot!</i> ✓ <i>ParQ and waiver to be filled in before class if you are new to the studio.</i> 	
	6 - 6:45 PUMP & PULL Rayanne		6 - 6:45 TRX Rayanne	<p>Class Descriptions are available on our website www.taramacdonaldfitclub.com</p>	
7 - 7:45 DIY Circuit FREE	7 - 7:45 FITNESS KICKBOXING Tom <small>(Starts Oct 31st)</small>	7 - 7:45 ZUMBA Amanda	7-7:45 CARDIO KICKBOXING Amanda		

At my club, we believe in fitness and health for all bodies. All sizes. All shapes. Anyone who wants to make a choice for their improved health is welcome to sign up for a free consult/movement assessment and one free personal training session before they put any financial investment in. We do have a 24 hour cancellation policy as well as a refund policy that is explained in the consult. No hidden fees or surprises.

133 Baker Drive is a great location with the Health & Wellness Centre in Dartmouth, N.S. offering various treatments and services for anyone. CBI Baker Drive, The Medicine Shoppe, Soles in Motion, Medicine in Motion and MacDonald & Woods Personal Training (a division of Tara MacDonald Fit Club) provide a one stop centre for health.

Personal training does one thing really well, in my opinion, that you can't find at a larger fitness club. We help with accountability. We care about your progress and provide excellent service one-to-one at reasonable prices. All personal trainers at my club have trained me and are vetted by me no matter what their background is. I have a plus sized body that has different issues that I work on and these trainers know how to work with me. This means they are well qualified and able to work with you.

Recently, we had Louise Green, Author Big Fit Girl, speak at an event in Dartmouth, N.S. about body positivity and her experience in Canada. In our first year we held different events and offered gift certificates at various charitable events to share our perspective with the public. We opened up a personal training clinic that operates only for those recovering from illness and injury. We are a proud sponsor of the Cole Harbour Colts. We know that our local community can create a ripple of change and we encourage all genders to try us out!



Personal Trainer Tara Cook



Personal Trainer Rayanne Hunter



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Health & Wellness



Is your Child's smile making you frown?

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

Both as an Orthodontist and mother, I am always meeting parents who are very concerned about their children's teeth or bite. The truth is, normal development can look a little

scary, especially as children transition from the primary to permanent dentition. As recommended by the Canadian and American Orthodontic Associations, age 7-8 is the ideal time for an early

screening exam where an Orthodontist can explain what is happening with your child's bite and recommend any early treatment, if it is even necessary.

Although the adult teeth may be

just starting to erupt, this check-up provides valuable information to your orthodontist and dentist about your child's growth patterns and jaw relationship. It also provides you, as the parent, a better understanding of the development of your child's bite. If a potential problem is identified, your Orthodontist will recommend monitoring your child at a regular interval (often yearly) until a time that treatment is indicated. Usually orthodontic treatment is recommended around age 11-12 when the main growth spurt happens and many of the permanent teeth are present, but in some cases early treatment is necessary. Early, interceptive treatment may prevent a problem from becoming more serious (possibly requiring surgery) or may achieve results that would otherwise be unattainable if treatment is delayed.

So do you know what to look for? A developing smile can be a bit intimidating from a parent's perspective but here are some "bad bites" (or malocclusions) to watch for.

An underbite (bottom teeth bite over top teeth); a crossbite (top teeth bite inside bottom teeth on one or both sides); a deep bite (top teeth completely cover bottom teeth); an open bite (teeth don't come together in front); protrusion ("buck teeth"), excessive spacing or crowding; or any of the following: Early or late loss of baby teeth; difficulty chewing or biting; mouth breathing; a thumb or finger sucking habit; jaws that shift or make sounds;

grinding or clenching of teeth; biting the cheek or the roof of the mouth; speech difficulties or facial imbalance.

Don't be alarmed if you see one or more of these features in your child's bite. Many changes occur as a child grows and some problems are temporary. However, mentioning your finding at your child's next regular dental visit is a good idea. Your Dentist is an excellent resource and will likely refer you to an Orthodontist as they see fit. A referral from your Dentist is recommended, as your Orthodontist will want to work with your Dentist to ensure the best overall care and results for you or your child.

Now that you've looked closely at your child's teeth, what about your own? Look for information about Orthodontics for Adults in an upcoming issue of Parent-Child Guide.

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.

Senior Living Care

Enjoy the Season, Don't Dread the Chores

Submitted by The Berkeley

Every season brings its joys and challenges. As the weather begins to change, we cannot help but think of the chores associated with the season even though we might look forward to many aspects of what is to come.

For many, it starts out a welcome opportunity to get out in the fresh air for exercise, to work on a project or to enjoy a satisfying hobby like gardening. However, the

shine wears off that penny quickly in a season like autumn as leaves drop in incessant numbers daily for weeks on end. Let us not even broach the subject of winter, and snow shovelling, because that goes on and on for months, most often including the element of surprise! Rarely done at a leisurely pace on a lazy Sunday afternoon, but in a panic to get out of the driveway and to work or an appointment on time.



For some, and particularly as people age, these chores can be too strenuous and can cause back

strain, falls, broken bones and heart events. At this point, one must consider outsourcing

these chores, creating an added household expense or an imposition on family and

friends who already have their own properties to maintain.

A perfect solution for seniors is to move to a retirement residence, like The Berkeley, so they may enjoy the seasonal changes without

the hassle and burden of the work involved in property maintenance. This solution takes care of seasonal chores as well as indoor house-

hold maintenance, and it does not place a burden on family, friends and neighbours. In fact, it readily allows seniors to enjoy many festivities

and activities that occur throughout the year which are always geared to the season, holiday or occasion. It is a win-win situation, and family

and friends are always welcome to join in the fun!

For more information and to book a tour, please visit theberkeley.com or call (902) 802-0346.

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Education

Homework Help for Great Grades the Whole School Year

By Lorelei Burgess, Oxford Learning HRM

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

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

Top 10 Tips to Handle Homework:

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

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

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

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

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

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

questions to ask the teacher.

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

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

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

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

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established homework routine, it doesn't have to be the worst part.

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 Lorelei Burgess at

423-4484 or halifax@oxfordlearning.com. Visit us at www.oxfordlearning.com

Education

Choosing a school for your child

by Paul R.J. Lenarczyk and Derek MacDonald, King's View Academy

Many parents do not consider this a choice, but the truth is that much like with any other services, school selection does provide options. The task of choosing a school can be a daunting one, but it is necessary and deserving of complete consideration of two separate but equally important factors: a full investigation into what is available in the geographical area, and what type of school the parents desire for the education of their children.

The significance of this decision cannot be overstated. Your child's future is very much determined by his or her gifts and talents, and how they are discovered, nurtured, and developed daily throughout the course of their schooling. The success of this process is very much in the hands of the school you choose.

What is available?

The first criterion is a simpler one, because although there is some choice, it can often be perceived as somewhat limited.

The obvious choice for education for most Canadians is public school. Over 90% of children in the country attend these schools, funded by the taxpayers. Even in provinces with parallel educational systems (French and English, Catholic/lay, etc.) the funding for these schools is almost entirely through taxation. Practically every neighbourhood, town, village, or county has one or several within walking or busing distance, thus children usual-

ly attend the same public school as their neighbourhood friends. In public school, students' time and location is taken care of. They only have to change classes/subjects in response to the bell, and teachers direct them where to go. Essentially, all they have to do is the learning part, and the system takes care of the rest.

Another option for parents is an independent school. The parents of about 1 of every 15 Canadian students make this choice for their children. These schools, of which there are nearly 2000 in Canada, are varied in their nature, scope, and the type of education they provide, but generally they have good reputations for providing high quality educational experiences to their students. Most private schools, however, share the educational model of public schools: teacher centred classes (although at far lower ratios than in public school), complete scheduling of students' time, and mapping of their movements throughout the day. Some private schools have different educational approaches, including moral education, devoted time for high level athletics, and emphasis on creativity and hands-on experiences.

Finally, parents in Canada can choose to home-school their children. Home-schooling is capable of providing exactly the education that parents' want for their children, without the costs of private school, but require a parent to remain at home and be the teacher. Furthermore, that parent

has to be competent, if not expert, at all the subject areas of the prescribed curriculum, which is a rarity. Often home-schoolers assemble into a more or less organized home schooling cooperative, where multiple families share expertise to optimize the educational experiences of the students. This provides a uniquely catered learning experience for the children, but also shelters them and limits their participation in peer-group social activities that other schooling options provide.

What you desire for the education of your child?

Common considerations when choosing a school are: costs, approach to education (moral, hands-on, experiential, democratic, religious, self-directed, sports based, arts-based, providing enrichment or support for learning disabilities, topic-specific, etc.), and the social needs of the children, whether they are real, or perceived by parents (i.e. do you want your child to be isolated, or attending a crowded school?).

Additionally, in some cases, children have bad experiences that are detrimental to their education. Bullying and social anxiety are just two increasingly common considerations in this category. Often parents will respond to negative experiences by removing their child from that particular school environment, but sometimes it can be difficult to figure out how to replace the negative learning environment

with a positive one. Helping their children develop social skills and social capital can be a near impossible task for a parent to assume.

Conclusion

Choosing the proper school for your child is not an easy task, but it is one that must be undertaken

with the greatest of care. The consequences of this decision are central to our responsibilities as parents. No part of being a parent is easy: there are no instructions – parents have to figure it out for ourselves. Our children are fortunate because nobody knows them as well as we do, and nobody advocates as much for their well-being and success as

we do. This is the guarantee that they will not experience anything that we do not approve of, and this is where we as parents should start when choosing a school for our child.

For more information, please contact 902-429-5434 or www.kingsviewacademy.com



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Creative Kids Education Centre is an innovative, progressive, preschool and before and after school program licensed with the Department of Education and Early Learning.

CREATIVE KIDS Education Centre
Engaging the Whole Child

Choosing the Right STEAM/STEM Program

by Pamela Streeter, Executive Director – Creative Kids Education Centre

ENGAGING activities that are a lot of fun can appeal to families and children but may not lead to the development of STEAM skills. The following are characteristics that you will want to consider prior to enrolment.

OPEN ENDED – are activities presented with explicit explanations of how to complete them? If this is the case your child is learning how to follow instructions but not necessarily actual STEAM skills. Materials and instructions should support the participant but also leave room for independent thought. Activities should meet each child where they are at their skill level and move them

forward to further their skill development. For example a construction investigation using a common building material allows for flexibility in the shapes and sizes that each child chooses but supports the child in meeting the outcome.

DIVERSE PROJECTS – when children are challenged at their level each project will look different, reflecting the stages of development of each child and the creativity and critical thinking that they have brought to the project.

REAL WORLD APPLICATIONS and EXTENSIONS – facilitators don't simply end

cont. on page 17

Education

What is the CSAP ?



The Conseil scolaire acadien provincial (CSAP) is Nova Scotia's French language school board created in 1996 at the reorganization of the province's school boards. CSAP had at that time 4 157 Francophone students of entitled parents.

Today, CSAP manages 22 schools across the province with 4 851 students. It also offers a francization program for 4 year old children preparing for education in French.

CSAP schools are committed to excellence in education. The dedicated staff employs innovative

teaching techniques that help students to gain an appreciation of the French language and the Acadian culture while studying such subject areas as languages, mathematics, science, and history. In general, English classes offered at CSAP schools follow the same curriculum as used by the English regional school boards. CSAP's mandate is to provide a French first-language education that is recognized for its excellence. French and English language universities are satisfied with the skill-set and knowledge demonstrated by students graduating from CSAP schools.

Mission : The Conseil scolaire acadien provincial offers the best quality French education while

respecting its cultural mandate, in order to contribute to the student's global development and to the identity building in the Acadian and Francophone context in Nova Scotia.

Vision : The Conseil scolaire acadien provincial works with its partners to ensure the academic and social development of each of its students, in order to develop proud and engaged citizens towards the French language, their culture and their community, with a sense of responsibility, competent in both official languages of the country and open to the world.

For information
www.csap.ca or 1-888-533-2727

Qu'est-ce que le CSAP ?

Le Conseil scolaire acadien provincial (CSAP) est le conseil scolaire de langue française en Nouvelle-Écosse créé en 1996 lors de la réorganisation des conseils scolaires de la province. Le CSAP avait à l'époque 4 157 élèves.

Aujourd'hui, le CSAP gère 22 écoles partout dans la province avec 4 851 élèves. Il offre aussi un programme de francisation pour les enfants âgés de 4 ans en vue de préparer les enfants pour l'éducation en français.

Les écoles du CSAP visent l'excellence en éducation. Le personnel prend son travail à cœur et utilise des techniques novatrices afin d'aider les élèves à apprécier la langue

française et la culture acadienne tout en apprenant les matières de base telles que les langues, les mathématiques, les sciences et l'histoire. En ce qui concerne les cours d'anglais, les écoles du CSAP respectent le même programme d'enseignement que les écoles des conseils scolaires anglophones.

Le mandat du CSAP est d'offrir une éducation en français langue première reconnue pour son excellence. Les universités francophones et anglophones reconnaissent le niveau de connaissances et de compétence des élèves qui sortent des écoles du CSAP.

La mission : Le CSAP offre une éducation en français de première

qualité, en tenant compte de son mandat culturel, afin de contribuer au développement global et à la construction de l'identité des élèves dans le contexte acadien et francophone de la Nouvelle-Écosse.

La vision : Le CSAP travaille avec ses partenaires pour assurer le développement académique et social de chacun de ses élèves afin de former des citoyennes et citoyens fiers et engagés envers la langue française, leur culture et leur communauté, ayant le sens des responsabilités, compétents dans les deux langues officielles du pays et ouverts sur le monde.

Pour renseignements :
www.csap.ca or
1-888-533-2727

Choosing the Right STEAM/STEM Program cont. from page 16

an investigation with a "good job" but support the child in understanding how the concepts are used in real life. Good questions at key points will extend the child's thinking and support them in realizing that the end of one investigation may be the beginning of another.

SHARE, SHARE, SHARE – Scientists, technology coders, engineers, artists and mathematicians all share and discuss their findings with their team and others in their field to

work together to find solutions to real world problems. When children in a STEAM program are encouraged to discuss their investigations and work in a team they solidify their own learning. The skills of collaboration and communication will serve them well in their future careers.

This fall Creative Kids Education Centre is introducing STEAM (science, technology, engineering, arts, and math) programs to our after school line up. Children will be

able to apply their knowledge in ways beyond memorization for deeper learning while having fun at the same time.

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Nova Scotia's French language public School Board

Did you know that there are six French schools in the Metro region?

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École Bois-Joli (grade primary to grade 6)
211 Portage Avenue, Dartmouth, NS, B2X 3T4 • 902-433-7070 <http://bois-joli.ednet.ns.ca>

École du Carrefour (grade 7 to grade 12)
201A Portage Avenue, Dartmouth, NS, B2X 3T4 • 902-433-7000 <http://carrefour.ednet.ns.ca>

École secondaire du Sommet (grade 6 to grade 12)
500 Larry Uteck Blvd., Halifax, NS, B3M 0E6 • 902-832-4302 <http://sommet.ednet.ns.ca>

École des Beaux-Marais (grade primary to grade 4)
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École du Grand-Portage (grade primary to grade 6)
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Visit our Web site at: www.csap.ca

New Home for Newbridge Academy

Newbridge Academy is committed to the evolution of all dedicated students through the integration of enriched academics and high level athletics.

We are very excited to now be operating in our new state of the art facility, located at 361 John Savage Avenue, Dartmouth. Newbridge Academy provides a learning environment where all students, Junior Primary to grade 12, feel safe, supported and encouraged in their classroom.

Students at Newbridge Academy benefit from a dynamic and enhanced curriculum derived from the Nova Scotia Department of Education. Our teaching staff set high expectations for our student body, and deliver engaging lessons which encompass a wide range of academic topics. Various methods and strategies are used within our classrooms, including student-centred learning, interactive learning, and E-Learning.

Newbridge Academy is designed to provide a challenging, interactive environment for students in the 21st century. We cultivate an environment where students strive for academic excellence, while providing them with the tools to succeed in their future endeavours. Newbridge Academy realizes the importance that athletics plays in the development of key personal qualities such as leadership, work ethic and fortitude; it is for this reason we promote our students to become elite athletes and provide every opportunity for them to succeed in this avenue.

Along with our enriched academics, we offer high level athletic and academic programs including Baseball, Soccer, Golf, Hockey, Dance, and an Academic Enhancement Program. These programs are incorporated into the student's daily schedule and students can combine up to two programs.

For more information about Newbridge Academy, or to book a tour of our new facility, please contact us at 902-252-3339 or info@newbridgeacademy.ca.

Education



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For more information please contact amanda.peters@newbridgeacademy.ca



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How Toyota Can Help You Raise Your Kids cont. from page 4

In his book "One Small Step Can Change Your Life: the Kaizen Way," clinical psychologist Robert Maurer defines Kaizen as the art of making great and lasting change through small, steady steps. I urge anyone wishing to implement the Kaizen approach to read Maurer's excellent and comprehensive discussion of using Kaizen in one's life to make positive, lasting change. However, here I will review briefly the basic concepts as presented by Maurer and offer a few of my own suggestions on how this philosophy can help today's parent.

The Power of Small Steps to Bring About Big Change

The basic principle of Kaizen is to take small, steady steps to achieve big realistic goals. Maurer points out that by taking this approach, we are able to sidestep many of the landmines that keep us from succeeding at making meaningful change. Why are most New Years Resolutions and all crash diets doomed to fail? It is the difference between wanting to improve your health by planning to workout an hour every day, or by simply making it a point to stand up from your desk at least once an hour (research shows the latter has significant health benefits). If you actually followed through with the daily hour workout, that would be great. But do you? If you just decide the only way to get up the hill is to race up, you are just going to end up exhausted at the bottom.

The way to discover these small steps, Maurer suggests, is to ask yourself what small, easily achievable change could I make to address a problem? For example, if mornings are a daily hectic headache, what small change could be made in the morning routine either by you or by your children that would make things a just little easier for everyone? The key is that if the small change is easily achievable, you are more likely to follow through.

Slow & Steady Wins the Race

We do not have to resort to Eastern Wisdom to under-

stand the concept that if we persevere with small, consistent actions in furtherance of a bigger goal, we will eventually win. It was explained to us as children in the fable of the Tortoise and the Hare. Slow and steady wins the race. Time and perseverance can bring about enormous change. The Grand Canyon was not created by a sudden cataclysm, but by a steady flow of water over millennia. Diamonds are just carbon under pressure for a long time. And the lowly tough brisket, becomes a dinner table star after several hours at low heat. What is the moral of the tortoise, the canyon, the diamond, and the brisket? Be patient, be consistent. If you are doing the right thing with your parenting choices, even if with small steps, you will eventually accomplish great things. Child rearing is a marathon, not a sprint.

Small Changes Can Become Big Habits

Maurer tells the story of walking up to the speaker who in his lecture had extolled the virtues of meditation for only 1 minute a day. Maurer questioned how this could be of any benefit? The speaker pointed out that we have all known about meditation for hundreds of years, yet most people reject trying it. However, anyone is probably willing to try it for 60 seconds. There is the chance that they might like it. Anything we do consistently, has a good chance of becoming wired into our brain as a habit. As Maurer quotes the speaker, "Better to meditate for one minute, than to not meditate for 30!"

One of the consistent concerns I have with the families I treat is the way in which I hear even young children talking to their parents. As I tell all these moms and dads, good behavior starts with the mouth. Unfortunately, oppositional, disrespectful, and well-established habitual language patterns can be difficult to modify. If only we could keep children from finding out about the word "No" (and french fries). So, the Kaizen philosophy warns of the challenges of intending to implement a comprehensive reward and punishment behavioral approach to address this problem

(although it would work if you actually did it). Rather, the Kaizen question we could ask is, "What small change in my child's communication with me would begin to establish the habit of politeness?" By simply adding one word to their vocabulary, the word "please", you could start down the path to the habit of polite speech. For example, you might try insisting on hearing "please" before responding to any request you intend grant (e.g., 10 more minutes of X-box before bedtime).

The Kaizen Way

In this brief introduction to Kaizen, I have not tried to provide an exhaustive cookie cutter list of ways in which you might use the Kaizen approach in your family and in your life. Rather, I recommend you start discovering what small steps towards positive and lasting change you can make by asking small questions such as these. How could we get the children ready for school a couple of minutes faster? What is one easily doable thing we can change about dinner time to reduce conflict, even if just a little? What small change might we make to the bedtime ritual to get the children to bed a couple of minutes earlier? Then build on these easily achievable successes. Remember, slow and steady wins the race.

Dr. Marc Blumberg is a registered clinical psychologist in private practice. Previously he was the attending psychologist for the IWK Pediatric Oncology Service and prior to that the supervising psychologist for the Behavioral Pediatrics Clinic, Jackson Hospital, Miami, Florida. He helps families in Clayton Park at the Enigma Health Centre and in Tantallon at his Head of St. Margaret's Bay office. To request an appointment at either location, please call 902-576-3360. For more information see www.marcblumberg.ca.

CRAFT CORNER

Seasonal Circles

By Jenny Joan Larisey
Craft Consultant for Maritime Hobbies Crafts

One thing I love to do each season is make a wreath for the front door. From a classic pinecone or evergreen wreath to something more modern made with vines, you can make a wreath without spending a lot and by collecting most of your supplies from the forest.

The first step is to create the wreath ring base, I happen to have a lot of wisteria vines growing nearby that work great but you can use just about any material you find as long as it's flexible. 2-3 lengths will be enough to give the circle some depth. A metal ring will work for a base if you cannot find something flexible to work with.



Next you will gather together a collection of foliage. Be sure to include contrasting pieces, berries and unusual textures while trying to use greenery that dries well. With your found foliage make up a number of little hand held bundles. Placing the more basic evergreens on the back side and the more contrasting and unusual bits in the front and secure it together with floral wire.

Once you have a collection of bundles put together you're ready to assemble the wreath. You may want to fill in the whole circle or perhaps keep it looking asymmetrical filling up the bottom half of the circle skewed to the left or right.



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Place a bundle onto the circle base and attach it with floral wire where the stems meet the frame. Do not cut the wire until after you've secured the very last bundle. Place the next bundle on top of the stems of the first bundle making sure to keep your bundles flowing in the same direction. Continue to wrap with the wire all the way to the stems until the desired amount of the base has been covered.

To make your finished piece stand out hide any gaps with pinecones, berries or any other bits of unused foliage. This wreath is now ready for show!!!

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3 Mindful Habits to Create Presence and Patience for Parents

By Christina Fletcher



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Life as a parent can feel full of clutter, tantrums, upsets and spilt food. When someone advises us to practice "mindfulness" or "self-care", it can fill us with panic.

Yet another item on the ever growing to-do list, right?

But, mindfulness doesn't have to take time out of your day. Rather, when we establish a few simple habits in mindfulness, we can start to step back from the stress and chose a positive and aware perspective which makes us better and present parents.

Also, by practicing mindfulness we show up authentically for our kids rather than just react to their behaviour and regurgitate demands we feel we should give. We are so much more than the roles we put on. This means our children feel safer, they feel listened to and they grow secure in who they are themselves.

So, what sort of mindful habits am I suggesting?

1) Consciously Waking Up.

How often do we all stumble out of bed, slowly becoming conscious by the second cup of coffee? When we wake up, and remind ourselves we're alive, and the day is full of new opportunities to live, we jump into the moment and position to be present.

We can practice this in a few ways; one way is stretching, either a yoga pose, or just a few deep breaths while touching our toes, helps us

become awake in our bodies. Or we can look out the window and appreciate the world, inviting the day in and connecting to our spirits. (Children appreciate us "waking up", especially when they learn it means we aren't as stressed or distracted as we used to be.)

2) The Power of an Affirmation.

We all have so many thoughts streaming through our heads all day long. Focusing on what to make for dinner, and a friend's Facebook drama, and what is happening in the world, can make us feel scattered and drained. An affirmation is simply a short sentence designed to help us focus our thoughts positively and reminds us to be mindful. Once you have a short phrase that feels good to focus on, you can then give attention to that whenever you feel your thoughts wander. Suggestions can be "I am enough." "All is well." Or "I am a loving and present parent." Try them out. If they don't resonate, simply focus on an intention which gives you relief and repeat it as if it is already occurring.

3) Focus on What Went Well Each Day.



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One of my favourite habits to pass on to my clients is to write down 5 positive aspects from the day before each night before bed. From the sweet hugs of your child, to the fact you have food in the fridge there is always something you can find to appreciate; and when we appreciate before we sleep, we usually wake up with a similar focus. Appreciation is the quickest route to being present and mindful within the day, so use it whenever and as often as you can.

A child lives in the moment

and when we become present, and live mindfully, life flows in a calmer more joyful way.

Forming mindful habits is a simple way to embrace the moment and be the parent you were meant to be.

Christina Fletcher is a mindfulness and life coach for parents. She has recently returned to Halifax with her husband and 3 children. For more information on her programs and offerings please visit her website: www.spirituallyawareparenting.com/local.html



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Apples, Pumpkins, and Pies Oh My!

By Jo-Anne Bayers
– Director, *The Growing Place*

Fall is in the air, and Halloween is just around the corner making this the ideal time to take your little one on a trip to the local farmers market to not only pick the perfect pumpkin for carving, but to roast it's seeds as well. Young children are naturally curious about everything including food, and even the pickiest of eaters will be more likely to try something new if they've had a hand in picking, and preparing it. So be sure to bring home a few other freshly harvested items to try too.

Cooking with young children as an early childhood teacher has always been one of my favorite activities. We've made everything from dinosaur shaped cakes, to soup in a crock pot right in our classroom. Cooking with young children if you'll pardon the pun, isn't always going to be a piece of cake, it's going to be messy, and at times make cooking more labor intensive, but I assure you it will be so worthwhile!

Learning to cook provides children with opportunities to practice many of the developmental skills necessary for higher levels of education as they will use basic math skills to add, and measure ingredients, explore the scientific concepts of cause and effect as they observe reactions between ingredients as well as learning to follow directions.

On a practical note, young children will be limited in what they can safely do in the kitchen, but with a little preparation and bravery on your part, even the tiniest of toddlers can safely wash produce, mash potatoes or rip lettuce. Preschoolers can use safety scissors to cut items like green onions or mushrooms, as well as use small spatulas to spread butter onto bread.

Encouraging your child to cook teaches them a practical life skill that will not only give them the ability to make healthy food choices into adulthood, but also builds memories of time spent with you. Food, and the memory of it can bring us back to places and times long past or to recall people who are no longer with us, (think Granny's applesauce or Mom's famous meatloaf), and who knows, your little one may just become the next celebrity chef!

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues.

For more information please visit our website at www.thegrowingplace.ca

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