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Why Completing a Psychological-Educational Assessment over the Summer Months is a Great Idea.

By Sarah Brown, MASP Psychologist (Candidate Register) Roth Associates in Psychology

The countdown to summer vacation is on, however, it is never too early to set your child up for success for the upcoming school year. Has your child been struggling in school? Have you ever considered a psychological-educational assessment? A psychological-educational assessment will identify your son or daughter's strengths and challenges, determine the reasons why he/she may be struggling academically, and provide recommendations for support in the classroom and at home.

Generally, an assessment consists of a background interview (developmental, medical, and school history), a review of previous report cards and work samples, a teacher phone interview, one-on-one testing with the child (intellectual functioning, academic achievement, and supplemental areas if necessary, such as, attention, social-emotional, visual-motor integration, memory, and language), and a feedback meeting.

There are several reasons why completing this assessment over the summer months is a great idea. The first reason is that *your child can have a fresh start* to the new school year. How great would it be for your child's new teacher to understand how your child learns before even teaching them the first lesson of the year? By doing an assessment over the summer months, you will be able to share a report with

your child's new teacher on the first day of school which includes your son/daughters' learner profile and recommendations for support in the classroom. The Psychologist who completed the assessment can also arrange a feedback meeting with school staff to share the information gathered during the assessment and answer any questions they may have pertaining to the student's learning difficulties.

Another reason is that *adaptation review and Individual Program Plan (IPP) meetings often occur in the fall*. Accommodations or modifications to your child's school program are often initially developed at the beginning of the school year. For this reason, it is extremely beneficial for school staff to understand your child's strengths and challenges at the beginning of the school year, rather than waiting until the school year is already well underway before seeking out an assessment. It is important to not wait until the fall to seek out an assessment because the testing, scoring, interpretation, and report-writing can be quite a lengthy process. If you wait until the fall, you may not have the information you need during adaptation or IPP review time.

A final reason would be *not to let the academic gap widen over the summer months*. There are several great educational summer camps and tutoring programs offered over the summer months. If you have an understanding of your child's strengths and challenges at the beginning of the summer, you

can tailor their summer activities to their academic needs. Also, recommendations can be provided for support at home that you can be doing with your child over the summer months. Your child has worked so hard during the school year and deserves the break from school, but that doesn't mean that you can't take advantage of some great learning experiences over the summer!

Sarah Brown is a Psychologist (Candidate Register) who provides comprehensive psychological-educational assessments for children and adolescents at Roth Associates in Psychology. For more information, please visit www.rothassociates.ca or call 902-454-6166.



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Creating a Mindful Summer Experience with Your Child

By Anita Sablone, M.A., R.Psych.

I don't know a parent who does not approach the summer months with a large portion of anticipation but also a bit of dread. These days, parents are tasked with creating the 'awesome' summer experience for their children. And the competition is tough - school. Days chock full of novel, active and often hands-on learning, peer interaction and a veritable buffet of afterschool activities (what child doesn't love Art Club? Drama? Soccer?) And

all activities guided by educators or child care specialists that make our own attempts at backyard painting look like... well, you know what I am talking about. I myself am no Picasso.

Sigh.... And then the unavoidable comparison - our own childhood summer experiences. Often, nothing like our child's, marked by a much slower pace, less scheduled activities and more imaginative, 'just let it happen' play.

We long for our kids to slow down, to connect with them, but parents are constantly barraged by everyone's expectations of what constitutes an "awesome summer".

How do we create this connectedness, slow down our mental pace? The answer may lie in cultivating mindfulness in you and your child. *Mindfulness* is teaching your child to be in the moment, how to hyperfocus

their attention and experience everything that the particular moment has to offer - it is *paying attention on purpose*.

And - it that can be done anywhere! In your backyard, lying in the grass with your child or driving in the car to an activity. It is good for kids and adults alike, and we all have the capacity for it. It allow a person a way to improve attention, to calm down



when upset and to make good choices. *And you can teach them the basics, as you learn along with them.* Doing this 5-10 minutes a day is all it takes to get started in building your own skills, as well as your child's.

Here are some mindfulness exercises to try:

Belly Breathing *One of the basic skills in mindfulness practice.* Lie on your back with your child, each of you with a stuffie or another object on your stomach. Practice breathing in through your nose and putting all the air in your belly so that the stuffie or other object rises. Breathe out through your mouth slowly, so that the stuffie does not fall off. (5-10 times). You can also use this at bedtime, encouraging your child to calm down by putting their stuffie to sleep with their breathing.

'Spidey Senses' *To heighten focus on the outside environment without judgement, only awareness.* This is amazing to do outside, at a park or the beach. Pretend your child is Spiderman, and you are activating his/her superpowers of seeing, touching and smelling. Sit down criss-cross, facing each other. Begin with deep breathing, 3-5 times. Ask your child to then turn on his 'Spideysense' of seeing, and encourage them to tell you all of what they see, to describe the environment around them. Next, have your child close their eyes and describe what they smell and hear. At the end, remind them to use their Spideysenses as they play, to allow them to focus and notice the things around them, and to

use it to take a small break from play if they need to.

Take a 'Rainbow Walk'

One of my favorites - a do-anywhere, anytime practice - outside, in the mall, at the grocery store. It is simple - while walking or sitting, look for something in every color, and try to label how that item makes you and your child feel. For example, a lilac bush swaying in the wind may make your child feel relaxed or happy. You can even take pictures of the items and make a 'rainbow walk' book when you go home.

Mindfulness is a practice that quickly grows as it has immediate, amazing benefits. You may find yourself surfing the internet for more ideas - they are widely available.

Not only does mindfulness practice allow you to connect with your child, but it teaches you both how better to connect with the world around you in a thoughtful, present way. A great building block to everything - better relationships, increased relaxation and less anxiety, drinking in the world around you....

And, if we are being honest with ourselves - isn't that what we all want summer to be about? Have a wonderful, mindful summer.

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.

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Summer Transitions – Adjusting During Times of ‘Goodbyes’ and ‘Hellos’

By Dr. Crystal Lowe-Pearce, Registered Psychologist

Summer brings with it a mixed bag of feelings for many children. As school comes to an end, children may be feeling relief about the arrival of a break, while at the same time feeling sadness about saying goodbye to that special teacher or their classmates. As they enter summer camps, they may feel excited about meeting new friends, while at the same time feeling nervous about leaving their parents. As family vacations arrive, children may be thrilled to see cousins they haven't seen all year, while also feeling apprehensive about saying goodbye when that vacation ends. And we could go on with examples of the confusion children feel.

Why does this happen? Because transitions are hard! They are hard for everyone, but as we grow and mature, at least for most of us, we find ways to shift, adjust,

and regulate those mixed emotions. It comes naturally with the way our brain develops, allowing us to become more flexible and adaptable. But this isn't always so easy for kids, and they rely on us as parents to model and assist with ways to navigate transitions. The first thing we should keep in mind is not to make assumptions about how our kids are feeling. For example, we might be so focused on the excitement of school finishing that we don't notice that our child is sad she won't see some of her friends all summer. Then we are surprised when the last day of school is filled with tears, instead of celebratory chants about school being out for the summer. When preparing for transitions, it's important to ask our children, "How are you feeling?" If more than one emotion comes out, be sure to let kids know that it's ok, and normal to

feel that way. Assist them with balancing their thinking and emotions. Instead of focusing only on strong negative emotions like their worries, help them to also give weight to the positives of the upcoming transition. And after supporting their feelings, move on to problem solving. Brainstorm ways to make the transitions a little easier.

Transitions often run more smoothly if you talk about and plan for them ahead of time. For example, if your child is sad about losing a favourite teacher, help her to find a way to say goodbye in a meaningful and personal

way. She could make her teacher a card or take a picture with her teacher to frame and keep at home. If she is sad about saying goodbye to friends, help find ways for them to have connections through the summer months. Or if vacations, etc. won't allow for this, teach your child how to mark off the days on the calendar until she sees her friend again. If your child is nervous about summer camp, make the transition easier for him by finding out more about the daily camp activities and outings. If possible, find out the camp leaders' names ahead of time so you can

talk about what to expect. And on the first day or two, maybe tuck something personal into his lunch or let him take a special comfort item from home.

Children need to learn the skills to deal with change, and to navigate transitions. It's a normal part of growing up. Some transitions can't be avoided, and even if they could be, allowing kids to avoid those times that make them feel mixed emotions only teaches them to run from things that make them feel uncomfortable (even if they are safe and maybe even fun!). On the other hand, successfully getting

through transitions will build kids' confidence. And keep in mind that change isn't always easy for adults either... so focus on how you deal with transitions as well. Prepare the best you can, and then model being flexible and balanced as you enjoy all the wonderful times of summer... and the many opportunities that it brings along with it.

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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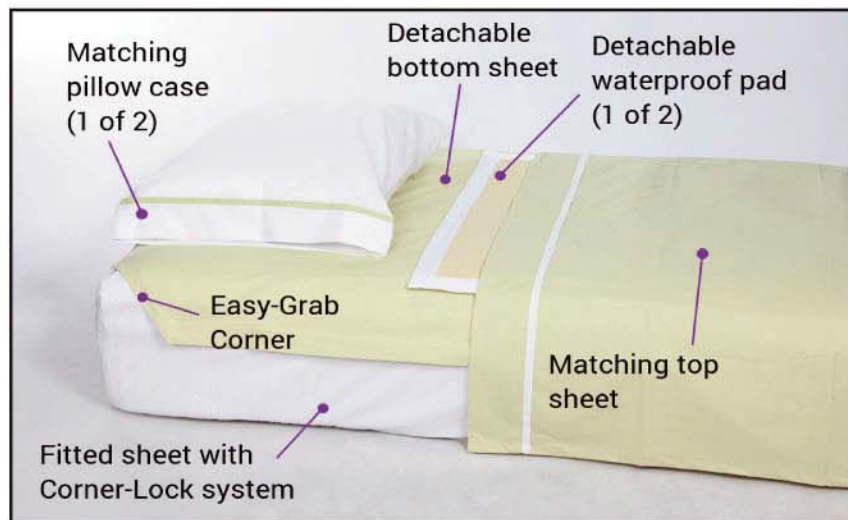
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playing bridge or enjoying an afternoon of musical entertainment. Even the normally solitary act of reading a book can become a social activity. The Berkeley has full-service dining rooms serving three meals a day, and this is another great way to connect with friends daily.

Having the option to partake in an organized group activity or sit in a common lounge to have an impromptu chat is one of the great advantages of living in a retirement residence. Time alone is always easy find if needed, but so too is finding someone with whom to enjoy an activity. Socializing with members of one's community

isn't just enjoyable, but a key element of healthy living and overall happiness, and it's fun! To see the various activities offered by The Berkeley, visit the recreation page www.the-berkeley.com. To get a sense of the community, call Gloria at 902.802.0346 and come for a tour!

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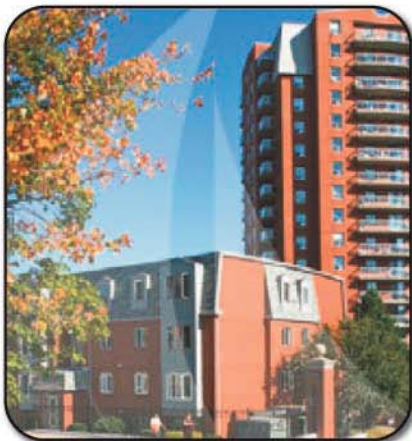
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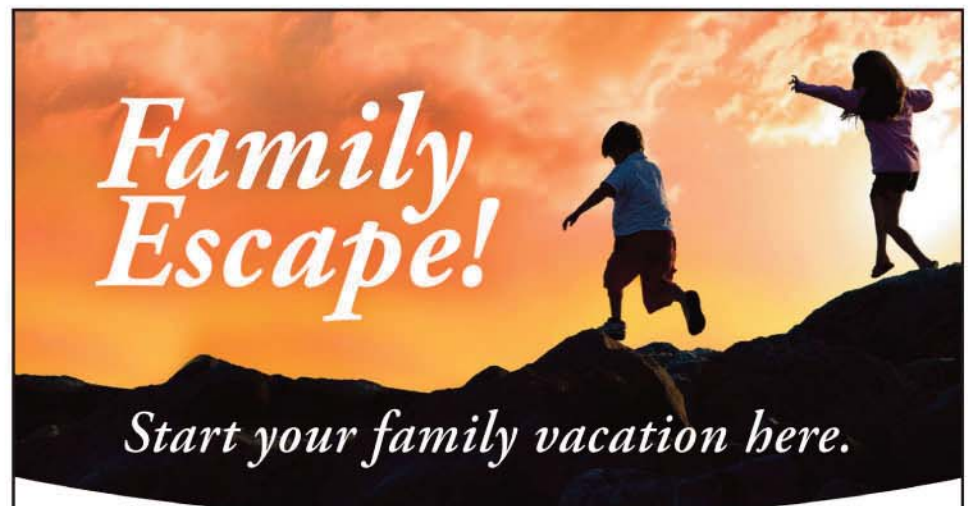
The place has changed a lot since the new owners arrived three years ago. In the last few years a new Jump Pad has been added, the Mini-golf has been completely upgraded, the washrooms are completely modernized, plus numerous other infrastructure and amenity upgrades. This year we

are excited to present our newly built Yogi Bear™ Swim Zone. Our Yogi Bear Swim Zone is a brand new 2500 square foot, zero depth walk-in pool which features air bubblers, water spouts and much more for the whole family to enjoy!

So come with your whole family and join Yogi Bear™, Cindy Bear™ and Boo Boo™ in all the fun. As in the past, each weekend has its own unique theme, plus many daily activities planned for kids and teens alike to enjoy. Also, if you are thinking about new birthday party ideas for your children,

there is a "dream-come-true" option in the Jellystone Park™ where they can celebrate their birthday with one of the Bears! Check out our new website at JellystoneNS.com for all the details.

So please call us at 1-888-225-7773 or check out our website at JellystoneNS.com to make a reservation for your awesome experience at Yogi Bear Jellystone Park™! We have 14 cabins and 150 sites available for your camping pleasure! The Bears will be very excited to see you all!



FROM **\$390** PER FAMILY OF FOUR

May 29, 2015 to October 18, 2015

- Two nights accommodation
- Family activity
- Breakfast daily
- Dinner one night

Don't forget all the complimentary recreation facilities like our indoor pool, outdoor games, kayaks, canoes bikes, tennis court, hiking trails and lots more.



LISCOMBE LODGE
Resort and Conference Centre

Liscomb Mills, Nova Scotia
1.800.665.6343 | www.liscombelodge.ca



*Subject to availability. Not available for groups or existing reservations. Some restrictions apply.

Chalet - Additional \$30.00 per night

Yogi Bear's Jellystone Park™

Kingston, Nova Scotia - Highway 101, Exit 17 E or W

- CABINS
- HEATED POOL
- SCHEDULED DAILY ACTIVITIES
- THEMED WEEKENDS
- 150 CAMPSITES
- REC/ARCADE HALL
- FREE WIFI
- CAMPING STORE
- 2 JUMPING PILLOWS

AWARD WINNING

FAMILY CAMPGROUND

FOR

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AND

CUSTOMER SERVICE

Mommy, Mommy!
Yogi Bear™
Is Real

1 888 225 7773

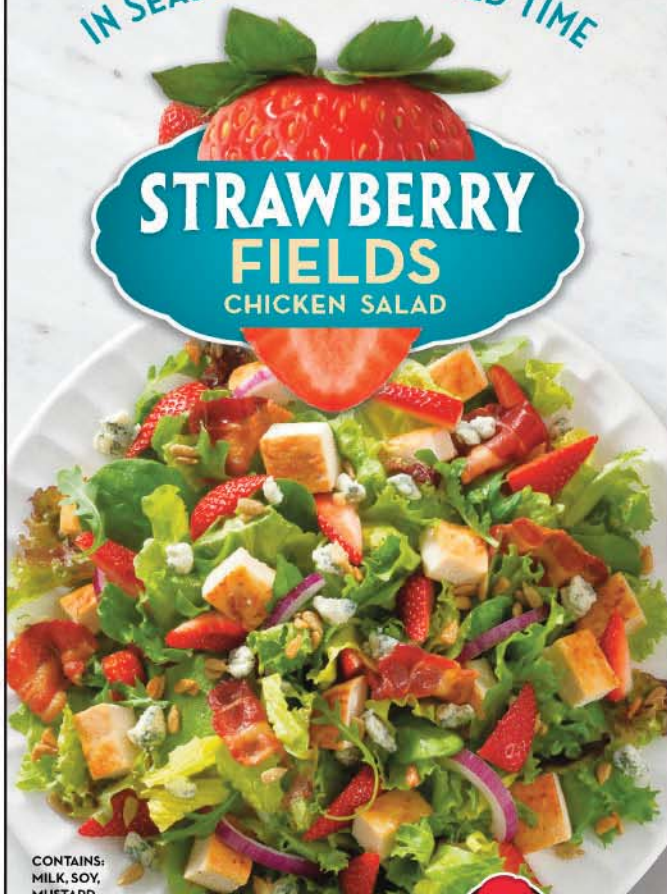
JellystoneNS.com

YOGI BEAR and all related characters and elements are trademarks of and © Hanna-Barbera (s15)

FUN


Places To Go!

IN SEASON FOR A LIMITED TIME



STRAWBERRY FIELDS
CHICKEN SALAD

CONTAINS: MILK, SOY, MUSTARD



Halifax:
• 3580 Kempt Road
• 6169 Quinpool Road
• Bayers Lake Industrial Park

Dartmouth:
• 583 Portland Street
• 138 Wyse Road

Burnside:
• 106 Ilsey Avenue

Cole Harbour:
• 4 Forest Hills Drive

Sackville:
• 720 Sackville Drive

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Come out and enjoy a round on our Family Par 3, 9 hole golf course. All ages and levels of play welcome! Great course for beginners through to experienced players.

9 holes **\$15** 18 holes **\$20**
 Junior **\$10** Junior **\$15**

27 holes or more **\$25**
 Junior = 12 - 16 years of age Junior **\$20**

Age 11 and under are free must be supervised and play with one green fee paying adult

Pull Cart Rental **\$2** per round
 Club Rental **\$5** per round

We are located off of Highway 14 (Chester Road) near Martock in Windsor, NS at 136 Redden Road.



Rosevale Par 3 Family Golf Course
 136 Redden Rd, Martock, NS
 (902) 880-8048



Look for us on facebook or at www.nslocal.ca/rosevalegolf
 Email us at rosevalegolf@gmail.com or call us at 902-880-8048

Nova Scotia's Largest Indoor Playground



Join us for birthday & private parties, group bookings and summer camps!

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 INDOOR PLAY SPACE
 where kids come to play!



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 902.406.4406 / hopskipjump.ca

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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

FUN

Places To Go!

The Play Box

Party place, café and playground

If you are looking for a hassle free and fun place to have your child's party, look no further. The Play Box is what you need.

Located on Portland Street, Dartmouth, the owners have put together a unique party package which allows you to enjoy your child's party, rather than feel hassled and stressed. They offer two party packages that include food for all the guests; invitations; a return pass for the birthday child and a dedicated party room.

As one of the owners, Stewart Adams, states; 'we wanted to make the party as easy as possible for those who have to organize it. The idea is that they bring the cake and the kids and we take care of everything else.'

Private parties are also available after normal opening hours. Anyone who is considering holding a party at The Play Box is more than welcome to go for a look around and chat to the owners.

With two bright party rooms, a fantastic play structure and a café offering a range of snacks, meals and espresso based drinks, there is something for everybody.

The Play Box also offers great rates for HST registered organizations. Day cares and Summer Camps can bring their children along and enjoy the facility.

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.

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

Goji's Frozen Yogurt

Goji's Frozen Yogurt is a great place to take the family and kids of all ages out for a healthy treat where you can make your own soft serve frozen yogurt just the way you like it. Kids of all ages are thrilled with all the choices available to "top" their yogurt. If you are looking for healthy options the success story just keeps getting better and healthier.

We have very high live and active cultures counts in all our yogurt and have many alternative options including choices such as Gluten Free, Vegan, Kosher, Non-dairy, Almond milk, Coconut Milk, and NSA Stevia to name a few. At goji's we believe in keeping it real and it starts with clean ingredients so you can enjoy your delicious treat guilt free. There are

two convenient goji's frozen yogurt locations; in Bedford (top of the Larry Uteck circles) at 620 Nine Mile Dr. Bedford, NS B4A 4H4 ph: (902) 832-7444 and Downtown 5486 Spring Garden Rd, Halifax, NS B3J 3T2 ph: (902) 429-9897.

WE ARE A GREAT AFFORDABLE PLACE FOR KIDS BIRTHDAYS!!!

Now Open Go Fresh Kitchen in Goji's Larry Uteck Location

Dear Parents our Bedford location also has healthy grab and go lunch and catering menus as well as our delicious frozen yogurt. Go Fresh Kitchen grab and go is a lifestyle concept that

promotes non GMO, all natural, and hormone free ingredients to bring you the best in quality and flavour. If it's a light snack on the go, a daily juice to jump start your day, an after work out meal, or a catered

event at the office, Go Fresh Kitchen is here to give you a quick and healthy option to fit your busy lifestyle. Don't settle for fast food, we're here to make sure you "experience bliss" in a healthy way!



THE PLAY BOX
BIRTHDAY PARTIES

Indoor play centre and café.

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

Why not have your child's party in one of our party rooms?

You can find us at:
104-105 Evergreen Place
530 Portland Street, Dartmouth, B2Y 4V6

Phone: (902) 463-0034
E-mail: theplaybox@outlook.com
www.funattheplaybox.ca
Facebook: theplayboxltd
Twitter: @theplaybox1

We look forward to seeing you.



goji's

Goji's Frozen Yogurt

HRM's best tasting froyo, sorbets and gelatos with over 75 different flavors and toppings including our most popular DAIRY FREE/ VEGAN frozen yogurts, almond milk and coconut milk.

Halifax Location 5486 Spring Garden Rd. Open Sun-Thurs 10am-11pm Fri & Sat 10am-Midnight 902-429-9897
Larry Uteck Location 620 Nine Mile Dr. Open 11:30am-10pm Every Day! 902-832-7444

Go Fresh Kitchen

Chef prepared soups, salads and sandwiches using only the freshest local ingredients with GLUTEN FREE, VEGETARIAN AND VEGAN options available. Convenient Grab & Go, or eat in with daily lunch combos for under \$13. Ask the chef about catering!

Go Fresh Kitchen
Eat clean, live healthy, enjoy life.

Go Fresh Kitchen is only available at the Larry Uteck Location.

FUN

Places To Go!



SPEND YOUR SUMMER WITH US
Family Time Refined at The Village Shops!

JOIN US AT PONDSIDE AMPHITHEATRE:

- SAT, JUNE 27TH** 8:00_{PM} - 10:00_{PM}
10:00_{PM} **KICK OFF CANADA DAY!**
LIVE MUSIC & FREE CAKE**
FIREWORKS*
- FRI, JULY 10TH** 9:30_{PM} **FREE MOVIE NIGHT:**
"X MEN, DAYS OF FUTURE PAST"
& FREE POPCORN*
- SAT, JULY 18TH** 2:00_{PM} - 4:00_{PM} **FREE COUNTRY ROCK CONCERT:**
NOVA SCOTIA'S OWN,
JASON PRICE COUNTRY
- SAT, AUGUST 15TH** 8:50_{PM} **FREE MOVIE NIGHT:**
"THE INCREDIBLES" & FREE POPCORN**

UNTIL SEPTEMBER 10TH - VISIT THE VILLAGE SHOPS AND ENTER TO WIN A \$5,000 SHOPPING SPREE!

BALLOTS AT PARTICIPATING VILLAGE RETAILERS.

No purchase necessary. Visit dartmouthcrossing.com for full details.
*weather permitting **while quantities last



PLAYGROUND

FREE FOR ALL!

EVERYTHING YOU WANT - EVERY OCCASION

dartmouthcrossing.com



THE VILLAGE SHOPS

AT DARTMOUTH CROSSING

Eat, Shop & PLAY!

A shopping and family destination unlike any other.



Village Shops at Dartmouth Crossing until September 10th, 2015 and enter to win a \$5,000 shopping spree! Ballots are available at participating Village Shops retailers, and ballots can be dropped off at one of two ballot stations within The Village Shops at Dartmouth Crossing... what would you buy?!

Dartmouth Crossing brings together the best elements of any shopping experience, offering something for everyone ~

Located via Burnside / Highway 118 (Exit 12), off Highway 111, this prime location offers consumers value and convenience in an exciting and unique environment. Dartmouth Crossing offers Big Box shopping, a large selection of quick-service and dine in restaurants to satisfy any food craving, and has a great mix of retailers for every generation. As you explore The Village Shops at Dartmouth Crossing, you will experience a shopping and family destination unlike any other. Stroll the cobblestone sidewalks, enjoy the flowers, fresh air, music, the great shopping... and now, a playground? ... Yes it's true, an outside playground for the kiddies!

Scotia's own, Jason Price and The Legacy who has just returned from Nashville recording his first album! Visit dartmouthcrossing.com for full event details and rain dates. *while quantities last.

The Village Shops at Dartmouth Crossing's hours are Monday to Friday 10:00am-9:00pm, Saturdays 9:30am-9:00pm, and Sundays 12 Noon - 5:00pm. Visit The

Visit dartmouthcrossing.com and join DC e-Style to become a VIP (Very Important Shopper), and get hot store specials and the latest news on contests, events and more. Via social media: FACEBOOK.com/dartmouthcrossing TWITTER.com/dartmouthcrossing INSTAGRAM.com/dartmouthcrossing



GoWild! Playground is located in the heart of The Village Shops. After a day of shopping or as one parent shops, this custom-designed fenced area offers children (and parents) a place to unwind, play, and have lots of fun! Children ages 3-12 will enjoy Atlantic Canada's first raft swing, a tree house themed play structure with slides and lots to climb on, and take a ride on a bouncy bumble-bee. Be on the look out at GoWild! Playground for the fun photo opportunities.... there is lots to see and do. The playground is open seasonally, free to use, open to the public during shopping centre hours and offers some accessible play elements, with fun for all.

This summer, the Village Shops at Dartmouth Crossing offers a great line up of fun, complementary events at Pondsides Amphitheatre next to the bridge (by Tommy Hilfiger). All are invited on Saturday, June 27th, 8:00pm-10:00pm, to kick off Canada Day with live music, free cake*, and fireworks at 10:00pm. On Saturday evenings, July 10th & August 15th bring your blanket and lawn chairs to enjoy movie night and free popcorn*, and on Saturday, July 18th, 2:00pm-4:00pm, Free Country Rock Concert with Nova

Oaklawn Farm ZOO

A SAFARI FOR ALL AGES
The Most Exciting Display of Animals in Nova Scotia



See the Big Cats and watch the Monkeys at play

Take exit 16 off Hwy 101, Aylesford. Follow zoo signs. (902) 847-9790 Open daily 10am - dusk, till Mid-Nov. Just a little over an hour from Halifax
www.oaklawnfarmzoo.ca

COUPON OFFER
1 FREE CHILD'S PASS
When accompanied by an Adult at Regular Adult Price
Expires Mid-November, 2015

Summer Camp Guide

Better Coaches, Better Kids

What makes Sportball sports instruction programs stand out?



Whether it's teaching kids how to handle winning and losing or how to dribble a ball, everything we do, in every class, is for a reason. For instance, all classes follow the same structured format, beginning with warm-ups, progressing to skill development, then finishing up with games - because we know that kids perform better when they know what to expect.

Multi-Sport classes are the heart of Sportball program-

ming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Because we want kids to get in the game and stay in the game, we focus on the fundamentals, like proper form, continually assessing individual "baseline skills" and using simple instructions, keywords and clear visual instructions to break down movements according to developmental capability. "Refine, rehearse,

repeat" is our mantra because it works. It's not long before "big kicks" and "goalie kicks" become "trap-roll-kick" and "goalie scoops & rolls."

What's more, we know that while basic sports skills don't change, kids do. That's why our equipment, like our expectations, is kid-sized, and it's why our curriculum is designed around established child developmental models. It's also why we're creative when it comes to keeping kids engaged: we know that what's fun for a toddler is different than what's fun for a ten-year-old AND we know that having fun is the key to keeping kids in the game.

Please contact our office for assistance 902.478.1115
 novascotia@sportball.ca
 www.sportball.ca/nova-scotia

Summer Social Skills Day Camp!



Turning Tides
 Community Outreach

Dates: July 7th - Aug 28th Each week has a theme. Come for the full 8 weeks or each individual week.

Hours: Tuesdays, Wednesdays and Thursdays : 9am-12pm

Cost: \$145/ week or \$998 for 8 weeks

Day Camp Schedule

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

Turning Tides Community Outreach is a division of Bridgeway Academy. For more information or to enrol in the Summer Day Camp, please call 902-293-4801 or email angela@turningtides.ca

www.turningtides.ca

More Sports

Learn a different sport every week in our renowned outdoor multi-sport programs or bend it like Beckham in our outdoor soccer classes!



Programs for 16m to 12y

More Skills

Our expertly coached, skill-based programs are designed to promote physical literacy and build self-confidence.



More Fun

Please contact our office to ask about a free trial class or to book a birthday party!



Visit Sportball.ca for schedules and registration

Please contact our office for assistance
 902.478.1115 | novascotia@sportball.ca
www.sportball.ca/nova-scotia



KIDS FINE ART CAMPS

Alderney Landing, Dartmouth Waterfront



ART GOES VIRAL!
 JULY 20 - 24, 2015

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

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: alderneylanding.com or call: (902) 461-8401

WEEKLY CAMP FEES: MONDAY TO FRIDAY AGES 6 TO 12
 \$200 per child, per camp 8:30am - 4:30pm
 Fees incl.: supplies, daily snack & lunch on Fridays



Summer Camp Guide

Come Play On Our Farm - Horse Riding Camps-



Are you looking for a Great Summer Camp to send the kids to this summer? Hatfield Farm has summer riding camps! The summer riding camp is

ideal for riders ages 8-14 years. All levels of experience are welcome at camp whether a complete beginner or advanced rider. Hatfield Farm provides one trail guide/camp counsellor for every

six riders. Every rider is assigned their own horse for the week, activities include 2 daily lessons, trial rides through our woodland trails, lessons on grooming, tacking, feeding, cleaning saddles, horse anatomy and farm safety, by the end of the week the rider will have much more confidence and experience around horses. Riders will also play in the indoor Rubber Rodeo games room, mini golf, zip line and on rainy days will watch movies and do arts and crafts, cowboy style. An optional sleepover adventure is available on Thursday night of the riding camp; riders can even invite family or friends

to spend the night with them. Dinner will be served at Fort Clayton then play time in the Rubber Rodeo, songs by the campfire and a hearty farmers breakfast before the next day of camp begins. Riding Camp schedules are Monday to Friday 9:00am to 5:00pm each day, drop of in the

morning at 8:00-8:30am/pick up by 5:30. Located mere minutes from the city, but with the feeling of being miles away

from it all, visit us at www.hatfieldfarm.com or contact us directly at (902) 835-5676 or info@hatfieldfarm.com

Book your summer camp today!

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

OXFORD LEARNING IS... A SMARTER SUMMER

DON'T WASTE ANOTHER SUMMER! Payment Plans Available

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

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Bedford & Hammonds Plains 902.405.4116 540 Southgate Drive Suite 203 Bedford, NS B4A 0C9 bedford@oxfordlearning.com

LAUGH. PLAY. SWIM. LEARN. SMILE.

- Over 40 summer camps to choose from with options for ages 5-18!
- Daily swim & lunches included for most camps
- Convenient & free early drop-off/late pick-up available

REGISTRATION IS NOW OPEN - CALL OR VISIT US ONLINE TODAY!

902-494-3372 | DAL.CA/CAMPS

Summer Camp Guide

Onelight Theatre's Summer School is Back at Alderney Landing!

summer
theatre
school

the right place to
be dramatic.



Company-in-residence Onelight Theatre will once again offer a summer theatre school to children aged 8-12 years at Alderney Landing on the beautiful Dartmouth waterfront!

Begin Acting

JULY 13-17 9 A.M.-4 P.M.

Introduces students to basic performance techniques.

Performance & Production

JULY 27-31 9 A.M.-4 P.M.

Develops core acting skills & technical theatre knowledge.

ONE SESSION \$185
REGISTER ONLINE WHILE SPACE IS AVAILABLE!
BOTH SESSIONS \$350
ticketpro.ca

For more info please contact us at 902-425-6812 or onelighttheatre.com



Back by popular demand, Onelight Theatre is once again offering two sessions of Summer Theatre School for kids ages 8-12 years! Located at Alderney Landing on the Dartmouth waterfront, sessions will be taught by qualified theatre professionals recommended by Theatre Nova Scotia and will also feature guest experts.

The BEGIN ACTING session runs from July 13-17 and will introduce new theatre students to basic performance techniques as well as develop the students' knowledge of what the acting profession encompasses. Together, the group will explore the principles of stage acting through voice, movement, ensemble, and scene study. The course includes a physical theatre component, which will develop the body's potential as an expressive storyteller, and game based improvisation, where story is created by applying imagination to a basic structure. The students will build basic acting, cre-

ation and performance skills and, through their work with the group, will understand the importance of commitment, communication, and concentration.

The second session, PERFORMANCE & PRODUCTION, runs from July 27-31 and will develop students' acting and performance skills while introducing them to technical aspects of theatre - such as set & lighting design, stagecraft and props, costume, make-up, and stage management. Through course activities, students will build on core acting skills and learn, through guest lectures, about the "behind-the-scenes" contributions of technical theatre professionals to the world of theatre.

For more information about our Summer Theatre School or to register your child, please visit onelighttheatre.com or call 902-425-6812.



Building healthy communities

902-469-9622

www.ymcahrm.ns.ca

Summer Day Camps

Extended drop off & pick up times: 7:30-5:30

July 6 to August 28

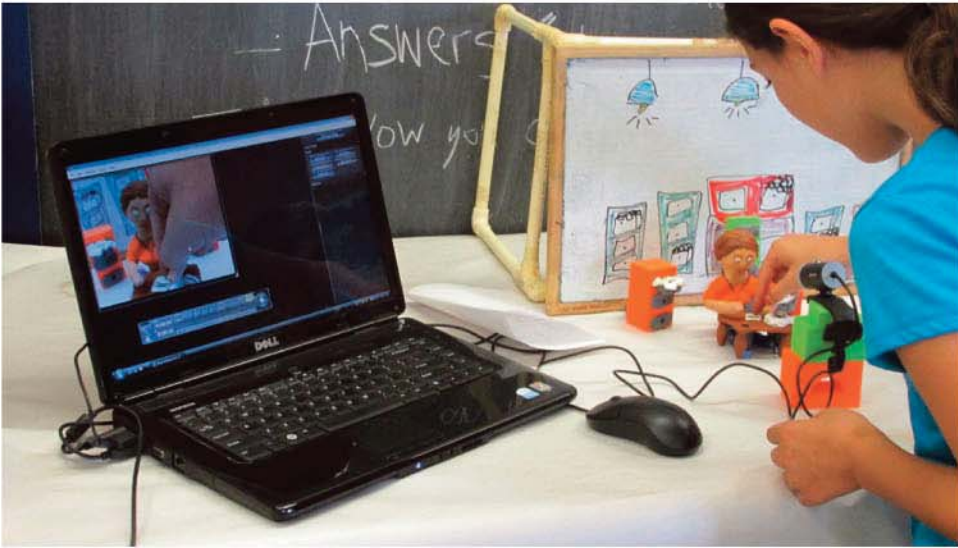
Registration Begins - March 30th



Camp Location
5303 Tobin Street

Summer Camp Guide

Mining into the Makings of Minecraft - Discover - Craft - Create!



Monique filming her production of "Busy at the Office"

This summer campers can create their own Minecraft worlds as they learn to program and create their own video games! This is just one of the many exciting camp programs coming up at Artech Camps. Camp programs are offered at different levels for kids and youth ranging from 7-17 years old.

"When young people understand how games are made, they play differently," says Artech Camps' director Ronnie Scullion. "They plan and strategize and are constantly figuring out ways they could incorporate cool features when creating their own games. They

are problem solving on many different levels."

Artech Camps are all about *getting creative with technology!* All programs tap into campers' creativity and incorporate the use of new technologies. It's this blend of creativity and technology that makes Artech Camps so unique.

In the film and animation camps, campers get to direct and produce productions both individually and in small groups. They learn the process step-by-step from story boarding and planning through casting, filming and editing. In "Girls Go Digital" - an all-girls camp being

held the first week of the summer girls ages 9 through 14 will get to try Robotics, Game Design and Animation. "We would like to see more girls in our programs," says Scullion. "Creative minds, a high degree of technical proficiency and the ability to problem solve are all traits that will allow both boys and girls to succeed. Nurturing these abilities is just plain fun! And easy!"

Camps are filling fast! Registration can be completed online at www.artechcamps.com. And for those that may want more information - the phone line is open 902-579-3317.



SpellRead is a game changer, and with lots of physical activity included, this day camp is a winner!

Join Halifax Learning's SpellRead and recreation summer camps this July and August. Full days from 8:30-4:30.

Limited space available. Please call Eryn at 453-4113 for a full camp itinerary or email: information@halifaxlearning.com

Halifax Learning SpellRead

453-4113 • www.halifaxlearning.com • Multiple Locations

WWW.ARTECHCAMPS.COM

Film, Animation, Video Game Design, Computer Programming, Robotics . . .

FOR CREATIVE KIDS FROM 6-17 YEARS

YEAR ROUND 1-902-579-3317

TELLMEMORE@ARTECHCAMPS.COM

arTech

Summer Camp Guide

EMINFLOW MUSIC STUDIO presents: Music Together®



Minecraft Waterworks Trackdown Stuffies & Me Spy Kids Fort Mania
Coding/Minecraft Splash into Atlantis Ready Set Dough Movie Mixup
Lego Movie Maker Rainbow Loom Crafts Frozen Frenzy One in a Minion

WHAT is Music Together? Music Together is children and their grownups joyfully sharing songs, rhymes, movement, and instrument play, both in music class and in their daily lives. Music Together offers classes for children from birth through kindergarten, in which parents and caregivers actively participate.

Zone on www.musictogether.com where you can download MP3s, watch fun videos, and more!

WHERE?

Halifax: First Baptist Church, 1300 Oxford St.
 Dartmouth: Regal Road Baptist Church, 6 Regal Road
 Lawrencetown: Good Shepherd Church, 3621 Lawrencetown RD

WHEN?

Come try a class for FREE anytime! Just call Eminflow Music Studio 902-497-6177 or email eminflow@gmail.com. The next demonstration class is on Wednesday, June 24, 10 AM at Regal Road Baptist.

- Fully trained, registered Music Together teachers lead groups of six to twelve children and their parents or caregivers (nannies, babysitters, grandparents, or relatives) in forty-five minutes of music and movement experiences.

- Each weekly class offers a dozen songs and rhythmic rhymes, including fingerplays, small- and large-movement activities, and instrument play.

- The relaxed, playful, non-performance-oriented classroom setting respects and supports the unique learning styles, developmental levels and temperaments of all participants.

- Families receive a new CD each semester—one for home and one for on-the-go—along with an illustrated songbook and access to the Family Fun

Our 6-week Summer session begins July 7 in Halifax, July 8 in Lawrencetown and July 9 in Dartmouth.

CONTACT: Emily Bolhuis, Owner/ Instructor, Eminflow Music Studio
 Phone: 902-497-6177
 Email: eminflow@gmail.com
 Website: www.eminflow.com
 Facebook page: 'Eminflow Music Studio'

Eminflow Music Studio...from ebb and flow all things grow!

Summer with us 2015!

Register online at www.creativekids.info

40 camps to choose from



CREATIVE KIDS Education Centre
 Engaging the Whole Child

if you did THIS stuff
 in a RESTAURANT,
 THEY'D ASK YOU TO LEAVE.

We're silly and proud of it. We're also a whole lot of fun. So don't miss this chance to be in a class full of galloping grownups and trotting tots. Join us for 45-minute classes of moving, singing, playing instruments, and laughing. Come raise your S.Q.*

*Silly Quotient

MUSIC TOGETHER
 BRINGING HARMONY HOME!

(902) 497-6177 • www.Eminflow.com

Locations in:
 Halifax • Dartmouth • Lawrencetown

Parent-Child Guide

DON'T MISS OUT!!!!
NEXT EDITION: BACK TO SCHOOL GUIDE - WITH EDUCATION, FALL REGISTRATION, SENIORS, FUN PLACES TO GO & MORE!!

Printing on August 14

Deadline for ads July 30

BOOK NOW!



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

Summer Camp Guide



CAMP DE JOUR 2015

YOUR CHILD WILL HAVE MUCH FUN LEARNING WHILE PLAYING! IN A FRANCOPHONE ENVIRONMENT!



8 WEEKS FULL OF ACTIVITIES, DISCOVERIES AND SPORTS, ALL IN FRENCH!

Registrations are now open



REGISTER YOUR CHILD IN OUR DAY CAMP OR IN OUR CAMP IN ACTION (PRE-TEENAGERS)

FOR REGISTRATION OR INFORMATION :
WEBSITE: WWW.CCGH.CA
OR BY PHONE (902) 435-3244

Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de Jour et au Camp en Action du Conseil communautaire du Grand-Havre! Les camps ont lieu à l'École du Carrefour à Dartmouth et à l'École secondaire du Sommet à Halifax/Bedford. Les camps se dérouleront du 29 juin au 21 août 2015. Le programme du Camp de Jour est destiné aux enfants de 4 à 9 ans et le

Camp en Action est offert aux jeunes de 10 à 13 ans. Au Camp de Jour les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités dynamiques! Les jeunes inscrits au Camp en Action participeront à des activités plus avancées et adaptées à leur groupe d'âge, entre autres le rafting et le kayak.

A French summer in Halifax!

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place at the École du Carrefour in Dartmouth and at the École secondaire le Sommet in Halifax/Bedford. The camps will be offered starting on June 29, 2015 and finishing on August 21, 2015. The Camp de Jour is intended

for children between the ages of 4 and 9 and the Camp en Action is intended for the young pre-teenagers aged from 10 to 13 years old. At the Camp de Jour, children will have the chance to go on outings, make crafts and participate in dynamic activities. Youth enrolled in the Camp en Action will participate in activities adapted for their age group, such as kayaking and river rafting.

Pour information ou inscription / For information or registration : accueil@ccgh.ca ou/ou téléphonez/ phone (902) 435-3244.

L'été, c'est magique! French Summer Camp!

Erin MacDonald, Camp Coordinator Canadian Parents for French, Nova Scotia

During my past two years of working with Canadian Parents for French, Nova Scotia, I have been lucky enough to assist in the organization and planning of our French summer camps. These camps offer children of every age, from grades primary through to grade twelve, the opportunity to live and experience a week in

French. At the office, we get a lot of phone calls from parents wondering what French opportunities exist for their child, I always inform them of our camps and how they are an affordable way to help your child become more proficient in French as a second language while having fun.

Last year I chaperoned the Nautical and Sea Kayaking groups to the Magdalen Islands in Québec. The predominant language spoken by residents and tourists on the island is French. The "Maggies" boast numerous cafes, restaurants and shops that invite you to explore the rich cultural history of the island. The campers were able to kayak, wind surf, canoe and bike while staying at the Centre Nautique de l'Istorlet. The camp staff of Istorlet was full of energy. They ensured that all campers left having had a memorable and enriching experience "en Français".

There is also the opportunity for campers to visit the Franco-Forum on the island of Saint Pierre, France. The FrancoForum is an international camp that takes place on the French island of St. Pierre. This unique opportunity allows campers to experience European culture while staying close to home. Activities take place at the Franco-Forum, a cultural centre owned by Memorial University. Campers stay in homestays with families for the week.

This summer, we are proud to offer a full month of day camps for children ages 5-8. Camp Chocolat will take place by the Hydrostone in Halifax's North End. Every year,

the day camps offer daily themed activities, swimming at Needham Pool, and playing in the nearby park. Younger children will benefit from attending this camp as it will help enhance their French communication skills. I've attended several activities during Camp Chocolat, and was happy to see the young campers engaging with each other discovering new ways to communicate in their second language. There is also Camp du Soleil offered which takes place at the Dartmouth Sportsplex from July 13-24.

The month of August starts off with Camp Frantastique. This is a smaller overnight camp located close to Digby. This camp has lots to offer. The arts and crafts program will be sponsored by the Orb Factory, a Nova Scotian toy company who will provide materials and kits for campers to enjoy.

New, this year will be our final and largest camp of the season, Camp de la Baie. The camp will be held at the Bayside Camp in Sambro Head. Camp de la Baie is sure to be a hit with campers as they have great sports facilities such as basketball, soccer field and a gaga ball pit. Campers sleep in heated cabins and access to up-to-date sports and waterfront facilities.

Our French camps are an authentic way of incorporating French language activities into children's lives. It is also a great refresher before school or a confidence booster for students going into the late immersion program.

L'ÉTÉ, C'EST MAGIQUE!

Join us this summer for a week to remember!

CPF Nova Scotia French Camps

FRANCO FORUM

St. Pierre, France,
Ages 14-18 yrs, July 3-8

NAUTICAL CAMP

Magdalen Islands, Québec,
Ages 12-16 yrs, July 12-18

SEA KAYAK ADVENTURE CAMP

Magdalen Islands, Québec,
Ages 15-17 yrs, July 12-18

CAMP FRANTASTIQUE

Barton, Digby County,
Ages 10-14 years, August 3-7

CAMP DE LA BAIE

Sambro Head, HRM,
Ages 10-15 yrs, August 24-29



8 Flamingo Drive
Halifax, NS | B3M 4N8

Daycamps are held in Halifax and Dartmouth in July (grs P-4)
For more information, call Erin, Camp Coordinator
at 902-453-2048, toll free 1-877-CPF-5233.

CRAFT CORNER

Indigo Adventures

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



For almost five millennia, Indigo is the only natural blue dye used by many cultures in unrelated places on every continent. It has been one of the world's most valued pigments and is among the oldest dyes to be used for textile dyeing and printing. Each culture, each village, each dyer, has a unique way of making the magic of indigo work.

The history of Indigo is influential and well respected. Once referred to as 'blue gold' by slave traders, spiritual leaders, royalty and rag traders alike, no color has been prized so highly or for so long, or been at the center of turbulent human encounters. Independence in India was fought for and won in part because of the commercial-ization of indigo.

Indigo is a vat dye that requires no mordanting and can dye all natural fibers. It is a challenging material to work with because it is not soluble in water and requires a specialized dye process. To be dissolved, the dye bath must be alkaline and the water reduced of oxygen. Only under these two conditions will indigo dissolve making it possible to achieve color. The color achieved depends on the type of vat, the level of indigo, and

the number of dips. There are many types of indigo vats that have been developed throughout the ages, each has advantages and disadvantages and every dyer develops a preference.

Indigo dyeing is more elusive than any other natural dye process, it does require proper instruction, commitment, and comprehension of what is going on in the indigo vat and also very rewarding if you are up for a creative challenge. I do find that indigo produces the best results in the summer because of the heat. My project this year will be dyeing cotton and linen yarn in preparation for some winter weaving and perhaps a few tie dye & shibori pieces too.

Please drop in to Maritime Hobbies & Crafts to see our craft corner, 1521 Grafton Street, Halifax, 423-8870, www.MaritimeHobbies.com



One of my favorite summer projects is dyeing with natural dyes. I have been working off and on with indigo for a bunch of years now and find it to be such a magical process. Working with indigo is a craft I enjoy revisiting, easy and fun to teach and there is always more to learn.

Indigo which will create the bluest of blues, is a dye obtained from the leaves of the plant genus Indigofera. Extraction of indigo from the plant requires several steps because the dye itself does not actually exist in nature. The ancient process to extract the color from plant leaves and convert to indigo has remained unchanged for thousands of years.

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Health & Wellness

The magical retainer: the Unicorn of Orthodontics?

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



One of the biggest misconceptions in Orthodontics is the power of the "retainer." I am often asked by prospective patients, or their parents, if their malocclusion is correctable with a retainer. Somehow, the lowly retainer has been placed on a pedestal for an all-encompassing appliance that can fix virtually any orthodontic issue. It is the Unicorn of Orthodontics. To what does the retainer owe its misconstrued reputation?

By definition, a retainer retains. In Orthodontics a retainer does just that; it retains, or holds, teeth in a current position. Most commonly, retainers are used following Orthodontic treatment

when teeth have been guided to a final, desirable position. Retainers are worn to ensure the result is maintained.

Another type of retainer you may encounter is in young patients, before any Orthodontic treatment occurs. This type of retainer also "retains" but instead of retaining a beautiful smile, it retains space. Often called a space maintainer, this retainer holds space where a primary tooth is lost early and a permanent tooth is yet to erupt. Proper use of a space maintainer may eliminate the need for full orthodontic treatment at a later date.

With both of the previous retainers described, they are passive appliances, meaning they do not create any forces on teeth and therefore should not cause tooth movement. These retainers play an important role, however it is not particularly exciting.

As with every rule, there is an exception to the retainer's role and it is this category that can be a bit confusing and likely is responsible for giving more

credit to the retainer than is due. Occasionally, a retainer-style appliance is made to perform a very limited movement, such as the movement of a single tooth. This type of treatment is usually short in duration and corrects a problem that needs to be addressed, often when primary teeth are still present and therefore full orthodontic treatment is not yet indicated. The appliance looks much like a "retainer" however it is modified, often with a spring, to be able to apply force to a tooth or teeth. Problems that can be corrected with this type of appliance are very minor issues. These appliances may prevent the need for orthodontics but are not a substitute when full treatment is indicated.

So that's it. The truth is, there is no unicorn, at least not in Orthodontics. There is no magical retainer that will solve all problems. However, there are many great treatment options available that can achieve the smile you dream of. If you are considering treatment for you or a loved one, see your local Orthodontic specialist about your treatment options - you



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might even end up with a retainer!

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.

Resilience And Mindfulness

Dr. Maria J. Patriquin Ivanov MD CCFP,
Owner of Living Well Integrative Health Center

I wonder whether human resilience is anything like the resilience of the kale that overwintered and is now thriving in my parents' garden.

Is resilience a trait, a genetic disposition, something you either have or don't have? In fact, it is not. Resilience is a process. You can actually learn to train your brain to choose who you want to be in the face of stress and adversity. This in turn affects the quality of your being and your life when things are calm. Learning lies in first recognizing and allowing ourselves to be present to our experiences. Resilience is then about what we do to respond to our pain and our circumstances.

When we lack resilience we tend to dwell on past problems and feel stuck. We buy into our thoughts and fearful feelings as if they are truths. Reminding ourselves that on grey days the sun has not disappeared forever is challenging. We may feel

victimized or sorry for ourselves. This mindset is unhealthy, depleting, and contributes to our not being able to cope with stress and adversity to the best of our ability. Being present in the face of stress and adversity and knowing how to respond does require some intentional past reflection (which differs from ruminating or getting stuck in the past). The who, what, where, when, and how of having overcome prior obstacles (and we all have) can now help us think about our present circumstances with courage, positivity and confidence in our ability to overcome. We can't change the past. We can't alter that things have changed and are always changing. In an attempt to feel less vulnerable in the face of change we often try to control things as if this moderates the stress that accompanies change. This is something akin to using a match to put out a fire. We may even seek refuge in unhealthy ways to escape and cope (akin to using gasoline). Our society

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* Patients of The Brace Space Doctors

Continued on page 27.

Health & Wellness

REC Van - Recreation Engaging Communities



The REC Van (Recreation Engaging Communities) is a summer mobile vehicle, delivering recreation programs to neighborhoods throughout the municipality that have barriers to recreational opportunities.

Scheduled to begin in early July 2015, the REC Van will deliver a wide variety of programs and activities to various age groups in many municipal parks, beaches, spray pads, and other community recreation centres.

During the summer months, the REC Van will offer popular physical, youth-focused programs, while incorporating new

activities, games, sports, and educational elements. Team games like flag football, capture the flag, and dodge ball, and many more will be highlighted.

Artistic skills will be encouraged through such activities as drawing with sidewalk chalk, coloring, and painting. Other activities include washer toss, lawn bowling, skipping, soccer, baseball, and archery.

Come check us out this summer and pick up some great swag! Visit halifax.ca/rec for event locations and times and follow us on Twitter @hfxrec.



Recreation is coming to you this summer!

Look for us in your neighbourhood.

Find out where we will be, visit halifax.ca/rec and follow us @hfxrec



HALIFAX

Introducing: Dynamic Balance Centre for Occupational Therapy and Counselling!

Dynamic Balance Centre for Occupational Therapy and Counselling, located in Lunenburg County on the South Shore of Nova Scotia about an hour from Halifax, is the realized dream of Occupational Therapist Kathie Brown and Psychotherapist Jan Cressman. The centre's offerings bridge the gaps that both Kathie and Jan have encountered over many years of providing services to children and families.

A bright and spacious setting with a fully equipped sensory integration play therapy area sets the stage for children to discover stronger foundations of movement, relationship, and sensory processing. The counselling and common areas are comfortable and inviting.

The first years of life are key for developing foundations of

movement, relationship, and sensory processing. These foundations will support later development of more sophisticated motor skills, academic skills, and social skills.

Occupational Therapy supports the development of clear pathways of movement, healthy patterns of taking in information through the senses, and satisfying rhythms of communication. Skills for play, school performance, and daily activities are the focus of treatment. Counselling supports the larger family dynamic, providing deeper insights into behaviour as well as the keys to developing fulfilling patterns of communication and relationship.

Dynamic Balance serves babies just discovering the joy of movement, toddlers and young children at risk for developmental issues of any

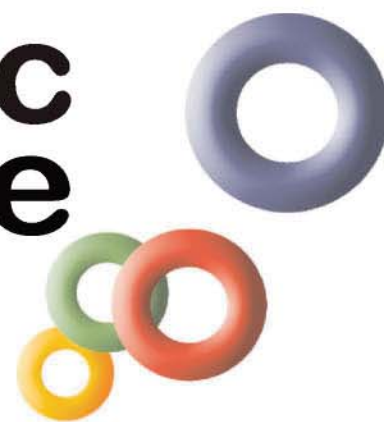
kind, and children and adolescents who are having difficulties at home or at school. This includes children who are diagnosed with or at risk for learning disabilities, Autistic Spectrum Disorder, ADD/ADHD, Cerebral Palsy, genetic disorders, or any other physical or psychological diagnoses.

Find the support, connection, and flexibility you need to enjoy a state of dynamic balance in life! An initial consultation by phone or by appointment is always free of charge.

Dynamic Balance Centre for Occupational Therapy and Counselling
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902-624-0806
info@dynamic-balance.org
dynamic-balance.org

Dynamic Balance

Centre for Occupational Therapy and Counselling



We serve babies, toddlers, and young children experiencing developmental issues, and children and adolescents who are having difficulties at home or at school.



Tel: (902) 624-6404

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Education

How Well Will Your Kid's Brain Be Working By The End Of Summer?

Submitted by Oxford Learning

For students of all ages, summer can't get here fast enough! While kids may be ready for a vacation—a change of pace—the opposite is true for their brain. The brain never gets tired of doing the one thing that it was designed to do: learn.

So, what happens in the summer when kids are not in school, and not providing their brains with the active intake of information that it needs to stay sharp? Well, like any muscle, it weakens, and it begins to forget.

When students are not actively engaging their brains, neurological connections can begin to deteriorate, making it increasingly difficult to recall the information that was learned throughout the school year.

Ask your child today how to convert a fraction into a percent and he'll tell you to divide the top number by the bottom and multiply by 100. But ask him again in July or at the end of August and you'll likely get a blank stare.

Research shows that students can lose up to 30 per cent of their academic skills over the summer break. This means that in the fall, students are actually further behind than when they left school at the beginning of summer.

Maintaining academic momentum over the summer prevents this backward learning slide, helps students remember the material they spent the school year learning, and keeps their brains in active learning mode so that they are ready to

learn from the first day of school.

A few hours a week of academic work maintains important school skills. Here are a few tips to keep kids of all ages mentally engaged over the summer:

READ! Encourage kids to **keep reading** every day this summer. Frequent reading improves comprehension skills and develops vocabulary. Give that library card a workout!

WRITE! Give children a journal or scrapbook and encourage them to **write** every day. Stumped about what to write? Keep lists of new words, start a short story, or just summarize the day.

TALK! Make discussing your day part of your family's regular routine. Chat about what you did, saw, or wondered about. This builds memory skills, and keeps the mind active and engaged.

PLAY! Games such as Sudoku, crossword puzzles, board games, or any game with strategy and planning keep the cognitive wheels working. Discuss strategy, alternative moves, and different outcomes.

THINK! Keep the mind active by asking questions about anything and everything! Parents can model questions for kids. Don't worry if there aren't answers. An alert mind is always questioning and thinking.

JOIN! Enroll your child in a **class** at Oxford Learning. Flexible schedules and plenty of camp options mean that there's a great way to keep learning this summer for everyone!

For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Bedford at 902-405-4116 or bedford@oxfordlearning.com or Halifax at 902-423-4484 or halifax@oxfordlearning.com

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Nova Scotia Museums

Fisheries Museum of the Atlantic

Learn how the fishery has shaped our lives at the Fisheries Museum of the Atlantic – only one hour from Metro, in the UNESCO Town of Lunenburg. While at the Museum, you will experience life in a fishing community and explore, up-close, life at sea. Learn about Rum Running and August Gales. Have a yarn with old salts and get to know the lobsters. Discover the history of BLUENOSE and BLUENOSE II through programs, films and the world's largest collection of BLUENOSE artifacts. Walk the docks and refresh in the salt air as you immerse yourself in one of the best maritime moments in the world. Explore the aquarium and wharf-side vessels and don't miss the Tidal Touch Tank. Make your way to the Ice House Theatre where films are shown daily. While at the Museum, dine at the Old Fish Factory Restaurant and be sure to check out the Salt Store Gift Shop. Browse at your leisure or take a Guided Tour. School Groups are welcomed throughout the year. All of this, right here, in your backyard! Come rain or shine, relax and enjoy... there's fun for everyone!

Nova Scotia Museums

THE LION'S MANE
Science in the Serengeti
Exhibit on View Until September 27th



MUSEUM OF NATURAL HISTORY
naturalhistory.novascotia.ca

POUNCE
CATS FROM THE COLLECTION
Exhibit on View Until September 27th



MUSEUM OF NATURAL HISTORY
naturalhistory.novascotia.ca

Fundy Geological Museum this Summer

Parrsboro- Visitors here at the Fundy Geological Museum this summer will get to experience what it is actually like to pan for gold.

A "Prospectors Camp" will be open this summer at the museum, as we commemorate the 50th Anniversary of the Nova Scotia Gem and Mineral show.

As part of the camp, visitors can pay a small fee to make a claim and try first hand at what it like to pan for gold. "If they are lucky, they may also actually get a small sample," Pat Welton, Coordinator of Public Program said. Visitors can also have their pictures taken at the

photo booth that will also be part of the experience. Opening also this month is the new exhibit, exhibiting the 200 million year old tooth of a mammal-like reptile that was discovered on the shores of the Bay of Fundy, near here and a paper describing the important find was published last month in the Canadian Journal of Earth Science will be available to view when you visit the museum.


"The tiny tooth is from an animal called Oligokyphus, an ancient ancestor of mammals," said Tim Fedak, museum director and curator. "It is the first time a fossil like this has been discovered in Nova Scotia, although similar finds have been made in

Jurassic-aged rocks in Arizona, China, and the United Kingdom."

A new Dino-Dig exhibit is now on open in the museum gallery, providing children (of all ages) to brush away the sand to expose the bones of a meat eating dinosaur preserved in the rock. The Coelophysis dinosaur skeleton is a high quality cast/reproduction of an important museum specimen that could be found here in Nova Scotia. The Dino-Dig is very popular with the kids!

The museum is open daily from 9:30 am - 5:30 pm. For further information connect to our website at <http://fundygeological.novascotia.ca/>

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GOLD
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Child Care Centres

Lessons from a Ball of Dough

By Jo-Anne Bayers – Director, The Growing Place

Over the course of my career I have made countless batches of playdough never ceasing to be surprised at the complex learning that takes place as the children manipulate this simple dough. I was however surprised recently to learn that playdough was first invented as a wallpaper cleaner in the 1930's.

Playdough's seemingly simplistic appearance fails to reveal its true potential as a learning tool for young children by providing hands on opportunities to expose children to early learning concepts related to science, math, language, and social skills, all of which are necessary for higher levels of education.

Playing with playdough allows children to express themselves creatively while building upon the cognitive skills necessary for language development as they learn to cooperate with peers, share tools, and exchange ideas. Manipulating the dough helps develop hand muscles, and dexterity which in turn aids in the development of a child's

pincer grip necessary for pre-writing skills. I encourage you to add additional items to your child's playdough capitalizing on their other interests such as safety scissors, plastic animals, or even Mr. Potato head accessories which will expand the learning possibilities even further.

Making homemade playdough exposes children to the scientific concepts of measuring, pouring, and mixing together ingredients. There are a variety of recipes for playdough online that are cooked or uncooked, edible, and even scented. All offering opportunities to learn about scientific interactions between the ingredients. Not to mention the benefits of the personal interactions between parent and child, while making it. The lessons and interactions don't need to stop at the making of the playdough, just by sitting alongside your child you can support their play through role modeling language, and turn taking.

As an early childhood educator playdough is one of my favorite tools for monitoring, and enhancing the developing skills of young children. Over the years in the course of providing and supporting these learning opportunities, I too have learnt and grown as an early childhood educator proving that you're never too old to learn a lesson or two from a ball of dough.

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

The Growing Place

Early Education Centre

thegrowingplace.ca

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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

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Continued from page 22.

Resilience And Mindfulness

Unfortunately reinforces these ways. This limits our ability to creatively and thoughtfully respond. We tend to worry about the future, which doesn't allow us to predict it nor to affect it intelligently. What we choose to turn toward and how we respond does allow us to be in the now where we already are, which is all we can ever do. In turn, the present experience does affect our future.

Mindfulness is paying attention to the present moment on purpose without trying to alter, change, or judge our experience of our thoughts, feelings, or sensations. Mindfulness is a way of being. Similar to resilience, mindfulness is not a trait, it can be learned. Mindfulness can help us learn to be more present, to reflect on our pasts, or consider the future without getting stuck. It teaches us how to judge less and be more. We learn to be more accepting of ourselves, circumstances, and other people. We learn how to respond rather than react. It helps us recognize our true nature, our strengths, our vulnerabilities, and to see how we can turn toward ourselves rather than avoid, in an attempt to live consciously, authentically, with more joy and less stress.

Mindfulness helps us to accept and adapt to change, which is at the core of resilience. Mindfulness lets us be ourselves. In a sense it is like giving ourselves permission to be just who we are, to befriend ourselves. We learn how to listen to what we already know, what is best for us. Deep within us is all of this. Time, experience, conditioning, and habits can alter our ability to access our knowing, confidence, and resilience. We once fell a thousand times but still got up and tried to walk. We succeed because we fail. Each and every one of us has within us a deep-seated understanding of what it takes to make ourselves happy and healthy. Sometimes we just need to relearn how to trust ourselves.

Learn how our collaborative team can help in your process: www.livingwellihc.ca.

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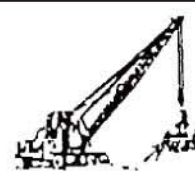
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