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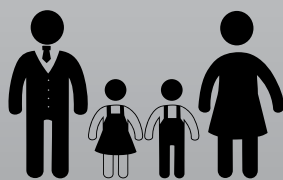
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Your Fussy Foodie: Tips for feeding your picky toddler or preschooler

By Sarah Henri, Registered Dietitian at Enigma

Making sure your children get enough fruits and vegetables and growing healthy eaters is a big responsibility. For starters, take a deep breath and remember you're doing a good job, and most families go through this exact struggle.

A valuable tool you might find useful on the topic of picky eating is Ellyn Satter Institute's division of responsibility in feeding. In infants, parents are responsible for what will be fed (i.e.) breastmilk or formula, and baby is responsible for how much, how fast, and how frequently. As children get older and solid foods are introduced, the division of responsibility changes. Parents are then responsible for what, when, and where children are fed, and children are responsible for how much and whether or not they eat. However, when all your child wants to eat

is potato chips and white bread, this can be easier said than done. It is normal to feel frustrated and discouraged when your child avoids eating anything green. I've outlined some tips for tackling picky eating, which reflect the division of responsibility:

1. Support an eating environment with structure and routine. For example, aim for a routine of breakfast, mid-morning snack, lunch, afternoon snack, supper, bedtime snack. When children eat at set times, they are more likely to come to

the table hungry and willing to try new foods.

2. Try to have sit-down family meals as much as possible. Studies show that children and adolescents who have family meals have better outcomes in self-esteem and performance in school. This can be hard with extra-curricular activities, sports practice, or meetings that run late, however, start by scheduling 1-2 family meals per week and work up from there. Limit distractions like TV, phones, or iPads.

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Parent-Child GUIDE

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ads at mealtimes.

3. Don't force your child to stay at the table until his meal is finished. Instead, encourage him to listen to his hunger and fullness cues, stopping when he is full. He will ask for more if he is still hungry. Keep mealtimes pleasant and relaxed, not stressful and filled with pressure to eat.
4. Avoid allowing your child to fill up on juice or milk before meals, as this fills their bellies

and takes away hunger for food. Aim to keep all food and drink at the designated meal times, and offer water in between meals.

5. Avoid being a short order cook. If they don't like what's on the menu, they can try again at the next meal or snack. For example, if they don't like what's for lunch, they can start fresh at afternoon snack. Your child will not be encouraged to try a variety of foods if you only serve what

she likes. However, you can include one food you know she likes, or offer a choice between 2 options.

6. Introduce "new" foods alongside "favorite foods". For instance, trial broccoli with Kraft dinner, or spinach with grilled cheese.
7. Serve vegetables in an unexpected way—carrots can be cut into heart shapes, grated into muffins, or served as sticks in a colorful mug. This may peak

your child's interest more than traditional preparation methods.

8. Be patient. Most children need to be introduced to a new food 8 to 10 times before they are willing to try it.
9. Children learn by example—they are more likely to eat a variety of foods if they see their parents eat a variety of foods. Unfamiliar foods can be scary to children, but it helps them feel safe if they see mom and dad eating it.

10. Involve your kids as much as possible in meal preparation, and delegate age appropriate tasks. For example, ask children to help with planning recipes, gardening, grocery shopping, chopping veggies, setting the table, clearing table, washing dishes, taking out the garbage. To tag onto this, have "make it yourself" dinners, like pizzas, burritos, or a salad bar where family members build their own dinner plate. Children are more likely to try new foods if they've participated in some way.

she is likely doing fine. In growth spurts, children eat more, and when growing slower, they eat less. Picky eating is extremely common and most kids outgrow it with time. Remember that not every meal has to be perfectly "healthy", and changes don't happen overnight!

If you're interested in learning more, EllynSatter-institute.org, Dietitians of Canada, and Unlockfood.ca are great resources. If you are worried that your child is losing weight or refusing foods from an entire food group, talk to your doctor or book a 1-1 appointment with a Registered Dietitian.

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax

For references to this article please contact Enigma.

The most important tip would be to not be hard on yourself as a parent. Avoid comparing your child's eating habits or growth to other children, as they are all unique and progress at different speeds. If your child is growing well, and seems happy and healthy,

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

Parliament's fall session is under way, so I will be in Ottawa most of the time until mid-December. My constituency office staff are available to help with any matters, and give me daily updates on important matters. It's been busy lately, and there's a lot of information to share.

The Canada Child Benefit continues to be a great success. In Sackville-Preston-Chezzetcook, there were 10,380 recipients last year (for 17,570 children) with an average payment of \$5,720. That's \$59,313,000 for families in the riding!

Canadians are proud of our publicly-funded, universal health care system, but one in four still cannot afford their prescriptions. Our government believes that Canadians should have affordable access to prescription drugs they require. In June, we announced appointments to the Advisory Council on the Implementation of National Pharmacare. Their mandate to study, evaluate, and ultimately recommend the most feasible options, will provide a framework to making Pharmacare a reality that will benefit all Canadians.

Our Prime Minister recently created the Ministry of Seniors, which will be headed by the Honourable Filomena Tassi. This department focuses on meeting the unique needs and challenges of seniors

and finding the best possible solutions. I've already met with the Minister to discuss the importance of this portfolio to Nova Scotia, and will continue to advocate for the needs of our riding's seniors in Parliament.

On November 11th, we honour our veterans at cenotaphs across the riding and beyond. My quarterly newsletter (delivered to households in the riding) contains valuable information and announcements for veterans. As always, should you know of any veteran in Sackville-Preston-Chezzetcook in need of assistance, please have them reach out to our office at 902-861-2311.

For monthly updates on what your MP is doing in Sackville-Preston-Chezzetcook, sign up for my monthly e-newsletter by emailing Darrell.Samson.C1B@parl.gc.ca with the subject "Add me"

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DARRELL SAMSON
 Member of Parliament
 Sackville-Preston-Chezzetcook

Constituency Office: 2900 Highway 2, Suite 201, Fall River, NS, B2T 1W4
 Phone: 902-861-2311

Ottawa Office: Room 667, Wellington Building, Ottawa, Ontario, K1A 0A6
 Phone: 613-995-5822

Darrell.Samson@parl.gc.ca dsamson.liberal.ca



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BEN JESSOME
 MLA for Hammonds Plains-Lucasville

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From our family to yours:
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Gregg Keating grew up in North Dartmouth and became dedicated to boxing and the City of Lakes Boxing Club in the mid 70's.

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thing that gave and taught him so much about self-discipline, confidence, and respect. Consequently, he took over sponsorship of the City of Lakes Boxing

Club in Woodside, Dartmouth, which is now referred to as Keating's Fite Club.



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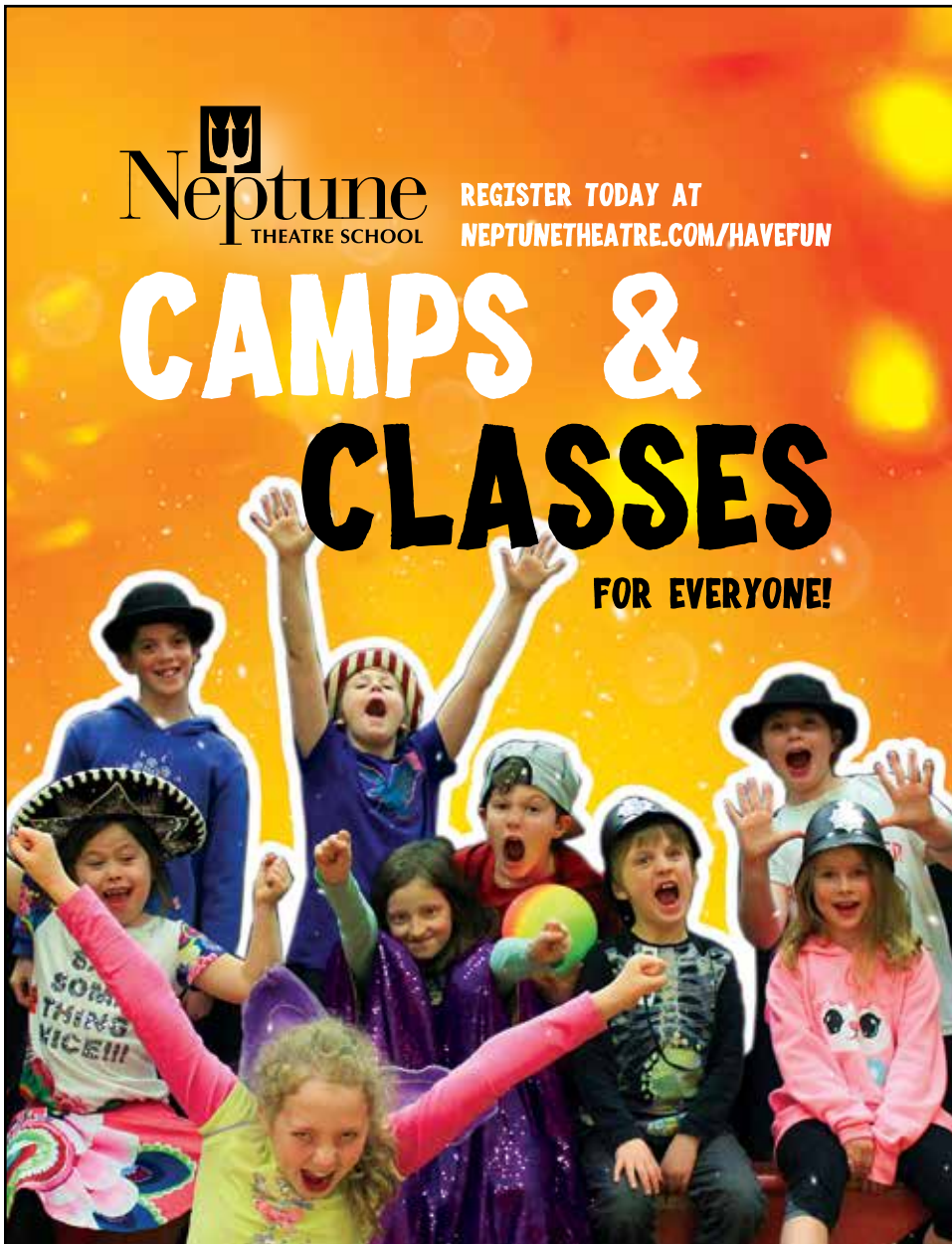
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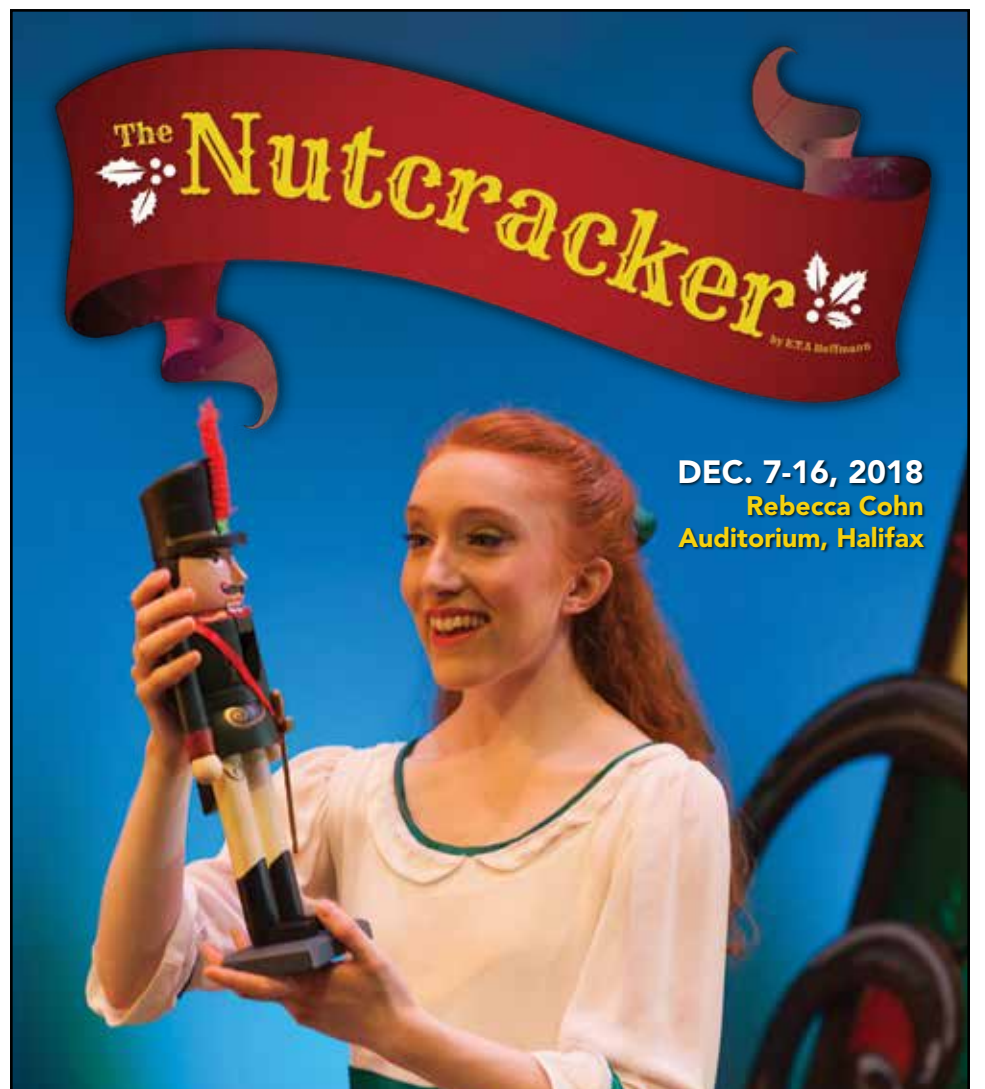
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Submitted by The Berkeley



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With a house, there are many chores, both inside and out, and you either do them yourself, pay someone or you neglect them. In each scenario, there is more negative than positive for a senior. It is costly, you can hurt or tire yourself unnecessarily or you can be left with a house no one wants to buy because it has fallen to a state of disrepair. If you are finding that house

maintenance is getting to be too much, it is probably time to look at a move and retirement living might just be the perfect fit, especially if you are living alone, but for couples it is also a wonderful opportunity to socialize with a wider group of people.

The task of dealing with material possessions is overwhelming, but once finished, it is a welcome

relief! At The Berkeley, there are different apartment sizes to choose from all with a decent amount of storage. The unknown of leaving a place of comfort and moving to a new environment can be stressful, but it can also be a welcome change and a source of rejuvenation. Retirement living is all about convenience, social interaction and community engagement. At The Berkeley we want our residents to be active and engaged with a sense of belonging to a community where they have access to a variety of activities and events.

It is our goal to meet the needs of our residents, and we are all ears when it comes to new ideas for activities! Recently, we added a program called 'Dining In with Gloria' in response to residents who mentioned missing the fun of preparing a meal for a group. It has

been a hit! Once a month, eight people sign up, help to prepare the meal and then sit down to enjoy it together. It is a true celebration of community and the saying 'many hands make light work'.

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Ask for a copy of our monthly social calendar which is full of activities designed to keep our residents active and engaged. Of course, enjoying quiet pursuits in their own apartments is always an option. Come for a visit any time or to our Thursday Open Houses for an opportunity to see how retirement living could enhance your life!

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Second World War Veteran Reflects on War Amps 100 Years of "Amputees Helping Amputees"



Charlie Jefferson, a Second World War amputee veteran.

Charlie Jefferson was serving in the Second World War when he was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee. When he returned to Canada, he was greeted by a war amputee veteran who reassured him that living with an amputation would not be a barrier to a successful life and that The War Amps would be there to support him.

The War Amps was started in 1918 by amputee veter-

ans returning from the First World War to help each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War, like Jefferson, sharing all that they had learned, as well as starting the Key Tag Service to allow these new members to gain meaningful employment and provide a service to the public.

Jefferson says that he gained practical advice from fellow amputee veterans, like how to protect the skin on

his stump from blisters. He adds that the moral support he received was just as important because it made

him feel like he was not alone. "It became easier to accept your amputation and helped make the most of

what you've got left," says Jefferson.

Over the years, he "paid it forward" by visiting new amputees in hospitals and at their homes to provide the same guidance that he had been given. "I would tell them what success I had and what was working for me, so there was a comradery and information transfer," he says.

This peer support was then passed on to a new generation. In 1975, war amputee veterans recognized that their knowledge and experience could help others so they started The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs and regional seminars to young amputees.

Rob Larman, Director of The War Amps PLAYSAFE/DRIVESAFE Program, lost his right leg in a train accident at the age of 14 and grew up with the CHAMP Program. "It's amazing to think of the incredible legacy these First and Second

World War 'amps', like Mr. Jefferson, have created for all amputees in this country," says Larman. "I'm proud to, in turn, help the younger amputees who have come after me."

When war amputee veterans started The War Amps, they could not have predicted that their founding principle of "amputees helping amputees" would still be going strong 100 years later. Thanks to the public's continuing support of the Key Tag Service, The War Amps vital programs for amputees across Canada will carry on long into its second century.

Donors may also choose to leave a gift or charitable bequest in their wills.

For more information, or to order key tags, call toll-free 1 800 250-3030 or visit waramps.ca.



Charlie Jefferson passes down the advice he learned from fellow amputee veterans to members of The War Amps Child Amputee (CHAMP) Program.

Health & Wellness

The New Age of Orthodontics: Any Age

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

Think you are too old or too young to think about Orthodontics? Well think again.

Orthodontics is specialized area of dentistry that focuses on growth and development of the jaws and alignment and movement mechanics of the teeth. Healthy teeth and jaws are an important part of overall health. We rely on the mechanics of this complex system to function properly in order for us to eat, chew, swallow and speak properly. In other words, Orthodontics involves a lot more than just straightening teeth.

It is a common misconception that Orthodontics is "braces for teenagers." While the teenage years coincide with the eruption of permanent teeth and a growth spurt that makes treatment at this age ideal, teen treatment is only one part of an Orthodontic practice.

Young children can also benefit from a trip to the Orthodontist as early diagnosis and preventative measures may mean they never require braces. The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child's healthcare as early detection of some problems can indicate early treatment to avoid braces or surgery later on. Your orthodontist can also give you a bit of a prediction, much like a weather forecast,

of what may lie ahead so that you can plan for any future treatment needs. Often Orthodontists like to see patients at a regular recall interval to track growth over time.

Adults, of all ages, can also benefit from treatment to ideally align teeth and jaws and more then ever adults are choosing to embark upon their own orthodontic adventure. The effects of aging, combined with a poorly functioning bite, often causes wear of the teeth and surrounding structures. Adult patients may be seeking a treatment plan to fully restore their teeth to proper function or they may simply wish to improve esthetics to achieve the smile they have always dreamed of. Often times they are pleasantly surprised to find that esthetics and function go hand in hand so they will find their final result is both a functioning bite and beautiful smile.

Although some dentists perform limited orthodontic work, an Orthodontist is a certified specialist who is a dentist first, who then completes a 3 year residency in Orthodontics following their dental training. The easiest



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way to verify if a dentist is an orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

Whatever your age or motivation, there are new advancements in Orthodontics that allow you to reach your goals more efficiently and esthetically. Ask your local Orthodontist what Orthodontics can do for you and your family.

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 902-455-7222.

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Education

Strategies for Success

By Pamela Streeter,
Director of Birch Hills Academy

Students succeed when we all come together as partners in education. Working together to provide a stimulating and supportive environment assists students in reaching their full potential. Older students and community members can engage in shared reading activities with younger students. Parents, professionals and community members enhance school based activities through visits, assisting on field trips, and providing workshops to students. Teachers provide an enriched learning environment and spend time in the early days of the school year learning the students preferred learning styles and intelligences (Gardner's Multiple Intelligences), and teaching the routines and expectations of the classroom.

At Birch Hills Academy we encourage parents and

guardians to communicate regularly with their child's teacher(s). A note, quick phone call, or brief visit early in the first weeks of school are all ways to provide the classroom teacher with a brief overview of your child and assist in the getting to know you process.

Sleep is essential to good health and learning as the study by Dr. Robert Scott-Jupp of the Royal College of Paediatrics and Child Health confirms. The findings suggest that children with erratic or late bedtimes had lower scores in reading, math and spatial awareness through disrupted natural body rhythms. A well rested child is more alert, less accident prone and more cheerful. Overtired children can appear "wired" and chronically tired children can be impulsive with mood swings. An established bedtime

routine is the key.

Access to good nutrition at home and at school promotes alertness and attention with low glycemic foods! Examples of foods that won't spike the blood sugar level are oatmeal, whole grains, most vegeta-

bles, flax, cherries, plums, peaches, apples, dried apricots, yogurt, legumes, and brown rice. Research shows that children who eat sugary breakfast foods tend to eat more at lunch which can lead to overeating.

The family is the centre of learning for children and parents should demonstrate respect and value for education. An environment that promotes respect, tolerance and accountability where consistent, fair discipline is implemented,

helps children to be ready to learn and succeed in the school environment.

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Education

Tips for Better Grades in French from Oxford Learning

Every Canadian student takes French at some point. Whether it's introductory classes, immersion, or French First Language, French can be beneficial to learning, but it can also create difficulties for students, leaving many frustrated or disinterested.

"The benefits of learning a second language are obvious," says Lorelei Burgess, Centre Director of Oxford Learning Halifax and Bedford. "Studies show that students learning additional languages score higher on standardized tests, perform better in reading, and have higher cognitive functioning, not to mention that it is a boost to their resume when applying for jobs later in life."

Oxford Learning's after-school French support helps students who struggle with French connect the dots and make impressive strides in their French skills. "We are the only supplemental educator with academic testing in French, which helps us create a French program that meets the child's needs exactly so that every child can see French success."

Aside from tutoring, there are some fun activities that can

help students build their vocabulary and comprehension, and help them get ahead both in and out of the classroom:

Watch favourite shows and movies—in French! Listening to French helps students acquire better pronunciation and improves the ability to distinguish words, sentences, etc.

Listen to French music. Whether it's pop, jazz, rock, or hip-hop, listening to French music familiarizes listeners with the natural intonation of the language, which in turn improves pronunciation.

Stay connected—en français! Change the default language of email accounts, Facebook, Twitter, and Instagram profiles—even the computer—to French.

Use Vocabulary Flash Cards. Choose 10 new French words per week. Write each word on a flash card, with the translation on the other side. Perform self-tests a couple of times each day and watch how quickly new words are acquired. Use the vocabulary flash cards and give rhyming or opposite words for each card.

Check out some French books! Popular books such as

Harry Potter, *Diary of a Wimpy Kid*, and *The Hunger Games*, are all available in French! Even if they have already been read in English, re-reading them develops vocabulary.

Pen (or email, or Skype) pals! Teachers can connect students with others who are French First Language speakers to get some one-on-one practice with a native speaker!

Keep a French journal or diary. It doesn't have to be long, or complex. Just write down a few short sentences every day, and skills will improve! After a couple of months, progress will be definitely noticeable!

For nearly 35 years Oxford Learning has been helping students reach their academic potential with uniquely developed programs that make a real difference in the way that children approach learning. Oxford Learning's proprietary French programs help students of all ages, all grades, and all abilities get better French grades. For information on Oxford Learning's French (or other) programs, contact Oxford Learning Halifax at 902-701-9254 or halifax@oxfordlearning.com or Bedford at 902-700-6489 or bedford@oxfordlearning.com

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Every Child Is A Heart-Ist

By Angela White, The Growing Place

A child's art comes from their heart. It is a process they go through to create something that they are proud to show off, give as a gift or just hang on the refrigerator. They have created their own, one of a kind masterpiece. A child's craft is a product to show skill levels.

Doing art is also great for learning new and fine-tuning skills. Manipulating paintbrushes, glue sticks, pencils, shakers, clay and other tools help develop a child's fine motor skills. Asking open ended questions and talking to the child about what they are doing, the colors they are using, why they did something a certain way, will open more doors for literacy and learning new vocabulary. Art will touch on every domain of a child's learning.

When a child comes to you with their masterpiece and you instantly think "what is it?", then you know that this is their own process art. But never ask a child "what is it?", they assume that you already know what it is because they created it. Better questions to ask would be "can you tell me about your creation?" or "what is your favorite part of your creation?". This opens a conversation for them to fill you in on their process of creating their art.

Product art is also useful when trying to teach a child to listen and follow instructions or work on a skill they need help with. We, as educators, learn to pay attention to what a child is doing and see where they may need more help. We can offer a set up craft so that we know they are working on a skill they may need. Product art has its benefits when properly used.

Every child has their own imagination, their own creativity, their own way of doing things. They are Masters of the Moment. This is what makes each child unique and special. They are Heart-Ists!

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

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CRAFT CORNER

Needle Felting

By Jenny Joan Larisey, wCraft Consultant for Maritime Hobbies Crafts



For thousands of years man has practiced methods of turning the fleece of sheep into warm clothing, blankets, carpets and also as a means of shelter such as yurts. It wasn't until the 1980's that using a single needle became a common way to sculpt wool. Unlike traditional felting which requires the use of soap, hot water and agitation, needle felting is a dry process of manipulating fibers using a short stabbing motion into wool.

Needle felting is a craft that I have fallen in love with over the years, it is one of my go to crafts when I don't want to make a big mess. With just a few supplies and imagination you can take this craft to great lengths. With techniques that are easy to master and a single barbed needle you can shape wool to create all kinds of 3D characters, decorations and embellishments.

Because felting needles are sharp and fragile, it

is very important to have some type of firm, yet resilient work pad that will hold up to all of the stabbing. Using an open weave cotton cloth and doubling up the layers I made a 6 inch square bag filled with rice. If your surface isn't resilient enough you will find yourself breaking needles. We all break needles, but there are ways to prevent it from happening too often. If you see the tip of your needle bow or bend as you are poking into your project, this is an indicator that you are applying sideways pressure to your needle. You can poke in and out at any angle as long as the tip of the needle stays straight.

It's a good idea to have extra needles starting out, as it can be frustrating to break your only one and be stuck waiting to complete your project.



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Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 902-423-8870

Getting your home fall ready from the outside in

Submitted by Matt Conrad, Allstate Insurance, Dartmouth Crossing

The arrival of fall can often leave us feeling bittersweet. The summer has come to an end, but the trees change to beautiful shades of red, orange and yellow, and we slowly start to get ourselves back into a routine. To some, fall can feel like the start of a new year, a time to get both yourself and your home organized, making it the perfect occasion to ensure your home is safe, secure and ready for cooler temperatures. The Allstate Insurance, Dartmouth Crossing Agency has these tips to help get you going.

1. Get your mind on the gutter – as pretty as they are when they change colour, leaves are not home or lawn friendly. Clogged eavestroughs and downspouts can cause a number of problems when water isn't able to drain properly away from your home. Make sure to clean them out before the seasons change or a hire a professional to help. Leaves can also damage your grass and plants if left on the ground too long. Make sure to rake and bag them up sooner rather than later to keep your greenery looking healthy.

2. Keep the outside air out and the inside air in – fall, as great as it is, also means that winter is that much closer, bringing colder temperatures and (gasp!) snow along with it. Now is the time to make sure your home is properly insulated. To stop drafts and that chill from coming inside seal around windows and doors with spray foam, caulking or weather stripping.

3. Give your furnace a physical – with the arrival of colder temperatures you want to make sure your furnace is running efficiently. Have a professional come in to inspect it and change the filter before turning it on each year. It's also important to check all heating vents to make sure they aren't blocked by furniture and then dust the vents and clean the filters.

4. Keep fires burning brightly – fireplaces are a great addition to any home and there's nothing quite like curling up in front of one with a good book and cup of tea, but it's important to do annual maintenance on your chimney, wood burning stove and/or fireplace to avoid a deadly situation. Also make sure to keep a glass or metal screen in front of your fireplace or wood stove to prevent sparks from flying.

5. Cuddle season – as amazing as summer is, there's something comforting about fall. It's a cozy season and your home should reflect that. Comfy pillows, throws, and candles with scents like vanilla, apple pie or kitchen spice are the perfect way to get you in the fall mentality—just remember never to leave candles unattended!

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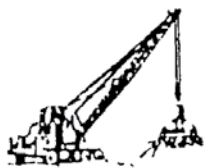
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