

Math.
Reading.
Confidence.

1-800-ABC-MATH
www.kumon.ca

KUMON

Parent - Child Guide

August/September 2014 Vol. 20 No. 3 Est.1995



FREE

**Amblyopia - Why
Eye Exams For
Children Are So
Important**

**What Do
You Value?**

**School Days,
School Days,
Oh Tell Me
The Ways**

**Psychoeducational
Assessments –
When Should You
Consider
Psychological
Testing?**

BACK TO SCHOOL EDITION WITH FALL REGISTRATION GUIDE

©Stockphoto.com



**FAMILY
VISION CLINIC**
DOCTORS OF OPTOMETRY

LOCALLY OWNED AND OPERATED
SINCE THE EARLY 1960'S

**Quality Eyecare
& Eyewear by Doctors
& Staff Who Care**

Dr. Miriam Debly, Dr. Michael Oulahan, Dr. Jody Killoran, Dr. Shaun MacInnis,
Dr. Stephanie Blackmore, Dr. Marni Denman, Dr. Rhett MacDonald & Associates

Nine Mile Circle
620 Nine Mile Dr.
Bedford
407-7174
NOW OPEN

Park West Centre
Clayton Park, 287
Lacewood Dr. Halifax
457-2224

Tacoma Plaza
50 Tacoma Dr.
Dartmouth
434-1231

Superstore Mall
650 Portland St.
Dartmouth
462-4600

Queen Square
45 Alderney Dr.
Dartmouth
469-8230

- Five Convenient Locations
- Day, Evening, & Weekend Appointments Available
- [New Patients Welcome](#)
- www.familyvisionclinic.ca

THE NEW BACK TO SCHOOL COOL

THE ALL NEW 2014 JEEP CHEROKEE

ONLY
\$178
BI-WEEKLY



Stk# 14KL2718



ENTER TO WIN AT

WWW.WINWITHDARTMOUTH.COM

GIVING AWAY \$1,000 FOR 52 WEEKS
COULD BE SERVICE, CASH OR MONEY TOWARDS A VEHICLE!

2014 Jeep Cherokee Sport FWD

- 2.4L 4Cyl MultiAir Engine
- 9 Speed Automatic Transmission
- Cloth Low Back Bucket Seats
- Bright Side Roof Rails

Starting From
\$24,995

- Sirius Sat. Radio
- Heated Drivers and Passenger Front Seats
- Heated Steering Wheel
- Rear Back up Camera

Contest open to age of majority legal residents of Nova Scotia, New Brunswick, and Prince Edward Island. No purchase necessary, skill-testing question required. Odds depend on number of eligible entries. Fifty-two prizes of \$1000 available to be won. *For full contest rules and regulations, see Dartmouth Dodge 61 Athorpe Drive, Dartmouth, NS. Contest closes May 30, 2015 at 11:59 p.m. PT.

THESE AMAZING DEALS ARE ONLY AVAILABLE AT DARTMOUTH DODGE!

DARTMOUTH
CHRYSLER JEEP DODGE RAM

61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 **ddodge.com**

Prices exclude freight, taxes and fees. Payments include freight, taxes and fees. OAC all rebates to dealer. Vehicles may not be exactly as shown.

I N S I D E

4	What Do You Value? By Tara Kennedy, M.A. Psychologist (Candidate Register)	10	Myths about Oral Care By Dr. Daniel D. Daniel, DDS
5	Psychoeducational Assessments - When Should You Consider Psychological Testing? Submitted by Roth Associates in Psychology	11	Amblyopia - Why Eye Exams For Children Are So Important By Rhetland MacDonald, OD, Family Vision Clinic
6	School Days, School Days, Oh tell me the ways, To start the Year Right With Cooperation rather than Fight! By Dr. Nina Woulff	11	New School Year + HRM Recreation = Good Exercise And Great Fun! By Karen Bagnell
7	Nova Scotia Museums	12-15	Fall Registration
8	Introducing Oral Health APP By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists	16	Back to School is a Lot Like Team Tryouts Submitted by Oxford Learning HRM
9	Invisible Braces, Accelerated Treatment & more: Why more adults are saying "yes" to Orthodontic treatment. By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group	17	Every Child is a Masterpiece in the Making By Pamela Streeter, Birch Hills Academy
		18-19	Fun Places To Go
		21	Laboratory Testing For Pets, Part 1 of 2 Courtesy of Carnegie Animal Hospital
		22	Craft Corner Back to Basics: Capturing Your Creativity By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts

**ARE YOU A RECENT GRAD?
OR ARE YOU A FIRST TIME BUYER?**

2014 MAZDA3 SEDAN

You do not have to have credit established to get a new car at City Mazda. You only need one day on the job.

2014 MAZDA3 SEDAN
ZOOM-ZOOM

www.citymazda.com

City Mazda 453-4115

2672 Robie Street, Halifax, NS B3K 4N8

Parent-Child GUIDE
94 Bayview Rd., Halifax, N.S. B3M 1N9 • Business Line: 209-4461
The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated, Halifax
We are Metro's only Oldest and Largest, Free Family Newspaper established in 1995.
parentchild@ns.sympatico.ca

NEXT PARENT-CHILD GUIDE
Will Be Our FALL EDITION!
Printing on October 10 • Advertising Deadline September 26

ROBERT ROCKWELL - Owner/Publisher Cell 209-4461
Jennifer Park, General Manager 209-4461 • Cynthia MacIver, Art Director
www.parentchildguide.ca

HAPPY BIRTHDAY!

HEY MOMS & DADS!
Host a Birthday Party
in our Community Room!

YOU PROVIDE THE KIDS WE PROVIDE THE FUN!

Each birthday party includes:

- A personalized Birthday cake
- Choose from two treat options:
 - ~ Make Your Own Pizza
 - or
 - ~ Build Your Own Ice Cream Sundae
- A treat bag for each child
- Balloons and decorations

ONLY \$15 PER CHILD

Sobeys

For more information, contact your Community Room Coordinator.

- Mumford Road 902.454.7277
- Queen Street 902.422.9884
- Penhorn Mall 902.469.8396
- Clayton Park 902.457.2102
- Lower Sackville 902.865.5057
- First Lake Drive 902.864.7268
- Cole Harbour 902.435.3909
- Elmsdale 902.883.8111
- Panavista # 7 Highway 902.433.0140
- North & Windsor 902.455.8508
- Russell Lake 902.435.4073
- Upper Tantallon 902.826.1046
- Herring Cove Road 902.477.2817
- Tacoma Drive 902.434.6696
- Peakview Way 902.832.0640
- Mill Cove 902.835.3335
- Fall River 902.860.2291
- Wyse Road 902.463.2910

What Do You Value?

By Tara Kennedy, M.A. Psychologist (Candidate Register)

Let me ask you this: When was the last time you sat down and got real with yourself about what you truly value in this life? If you're anything like most others, you get caught up in the day-to-day happenings in your life, and deem that you simply don't have the time for such reflection, or that there are too many barriers preventing this from happening. This is a common yet somewhat dangerous trap to fall into. Taking time for exploration of your values can represent the difference between merely existing, as opposed to truly living a joyful and meaningful life.

It can be such a nurturing experience to carve out 30 minutes to an hour of 'me time' once in a while. This time can put you back in

touch with who you really are, what you wish to stand for in your life, and where you are in relation to your values. Exploring and identifying your values can be done in various ways. I personally enjoy using Russ Harris' 'Bulls Eye' worksheet, wherein he has you identify your values within four areas of your life (work/education, relationships, personal growth, and leisure).

Some questions that can help you identify your values include:

How do I wish to be remembered?

What personal qualities do I wish to bring to the workplace?

What sort of relationships do I wish to build?

In what ways do I wish to explore my personal

growth? (i.e., through yoga, meditation, nature) Are there any skills I'd like to sharpen or develop?

How do I wish to spend my leisurely time?

What would you really like to learn more about?

After you've taken some time to explore the aforementioned areas, it is then helpful to reflect on where you currently stand in relation to your values. This can be a scary place for some of us, but know that it is an opportunity for you to recognize where you are, and make any necessary adjustments as you move forward. You may realize, for instance, that you're on several committees for causes that you're not sincerely passionate about. Perhaps you dread going to work, or recognize there is little

connection in some of your relationships. These are all common reflections among people, and this recognition has to happen before any positive change can take place. You can then seek out possible ways to move in your valued direction, while also identifying possible barriers that may arise. This exercise can be done as a quiet reflection for oneself, or can be used as a way to connect with loved ones. Regardless of whether you choose to explore your desires solo or with loved ones, you've taken a step in the right direction.

Tara Kennedy is a Psychologist (Candidate Register) with Jacqueline Milner-Clerk and Associates, which is a practice that employs male and female psychologists/therapists who provide psychological services to children, adolescents, adults, families and couples. She can be contacted at 461-8133.



Jacqueline Milner-Clerk
& Associates Inc.
Psychological Services
for Children, Adolescents and Adults



Confidential • Professional • Compassionate • Practical
Female and Male Registered Psychologists
Counselling & Assessment Services

Dartmouth Medical Center, 44-46 Portland Street, Suite 312, Dartmouth NS B2Y 1H4
(902) 461-8133 • www.jmcp psychology.ca

Nova Scotia Liberal Caucus

5151 George St., Suite 1402
P.O. Box 741, Halifax, NS B3J 2T3
t 902.424.8637 or 1.877.778.1917
f 902.424.0539
info@nsliberalcaucus.ca



M.P. HALIFAX WEST



geoff regan

Suite 222, 1496 Bedford Highway
Bedford, NS B4A 1E5
For information or assistance
Phone: 426-2217 Fax: 426-8339
Email: geoff@geoffregan.ca
www.geoffregan.ca

**HALIFAX - BLOWERS ST & KEMPT RD
COLE HARBOUR, SACKVILLE
& CHARLOTTETOWN, PEI**



WWW.BURRITOJAX.COM

Relax..... it's good for you™

A vehicle you can trust


carsRus

.ns.ca

CARS & TRUCKS R US



183 Sackville Drive, Lower Sackville

1-888-785-8543







Famous For Quality

- Kitchens and Vanities
- Refacing a Specialty
- Countertops
- Disappearing Wall Beds
- Sinks
- Broan Range Hoods
- Zodiac
- Elmira Stoves

Cabinetworks Ltd. Since 1983

75 Akerley Blvd., Dartmouth 468-8118
www.cabinetworks.ca

Psychoeducational Assessments – When Should You Consider Psychological Testing?

Submitted by Roth Associates in Psychology

When Should You Consider Psychological Testing?

You may decide that psychological testing is necessary because of a recommendation made by school personnel, medical professionals or human resources personnel. Occasionally, one's own feeling that 'something' needs to be identified in order to get to the root of a problem is what prompts a request for testing.

Usefulness of Testing

Psychological assessment is most useful when there is concern about how someone is behaving, learning or feeling. Having objective measures of these factors can often help with providing a clear direction for treatment or remediation.

Testing may also be helpful when there is ongoing discrepancy between parents and the school regarding the reasons for a child's difficulties and behaviour. Testing can provide a new understanding about why a child is experiencing difficulties in school.

Stages of Testing

The process of testing usually involves three stages: an information gathering stage, a one-on-one testing stage, and an information feedback stage including a written report.

Gathering information is very important in the first stage of an assessment in order to be clear about the questions an assessment is to address. Occasionally, information is also gathered from outside sources, such as other professionals or school

personnel. This information may be necessary in order to provide an objective answer to the assessment question.

In the testing stage, the individual comes to the agency to complete the assessment measures with the psychologist. Depending on the referral question, the types of possible assessments include: cognitive/intellectual evaluation, academic achievement levels, personality assessment, supplementary attention deficit disorder measures (along with physician's collaboration), receptive language skills, visual-motor skills or developmental concerns.

Once all the information is gathered and interpreted, a meeting is planned to discuss results and address concerns. After that a report is provided with detailed recommendations about how to best meet the person's individual needs.

TYPES OF TESTING

Intellectual Testing

There has been much confusion regarding intellectual testing. When we perform this kind of testing as part of a complete assessment, we are not concerned with knowing how "smart" an individual is, but rather the person's strengths and weaknesses in how they process information.

Academic/Achievement Testing

Many people, both adults and children, face challenges when it comes to learning. The difficulties may be specific to reading, spelling, writing, mathematical calculations, short-term memory, retrieving information from long-term memory, or fine motor skills.

Clinical Diagnostic Assessment

At times, people can experience emotional difficulties that are hard to discern. For example, symptoms of panic, anxiety, depression, post-traumatic stress and hyperactivity can be very similar, but treatments can differ greatly. An Assessment

with clinical interviews can help with understanding the dynamics of an individual's emotional difficulties.

Attention Deficits

We have all heard about attention deficit disorder in children. However, attention deficits can also be experienced by adults. What is important to

know is exactly how does the condition affect the individual. For some, impulsivity is the greatest problem while for others, difficulties with focus and attention makes learning and organization a challenge. This knowledge can be important for both school and work.

Please contact Roth Associates in Psychology should you have any questions about whether psychological testing is an option for you or someone in your family. Please contact (902) 454-6166 for more information.

ONE FAMILY MANY FACES



**ROTH ASSOCIATES
IN PSYCHOLOGY**

A COMPREHENSIVE COUNSELLING SERVICE

203 - 255 Lacewood Dr.
Halifax B3M 4G2
454-6166
www.rothassociates.ca
info@rothassociates.ca

Individual and Family Counselling • Child and Adolescent Counselling
Relationship Counselling • Stress Management • Addictions
Grief • Sexual Therapy • Anxiety • Depression
Phobic Cures • Vocational Counselling

WILSONS
HOME HEATING

Your Local Heating Experts
For Over 100 Years

429-4545

wilsons.ca



OREGAN'S
DRIVING HIGHER STANDARDS

www.oregans.com

Ask Away - Questions and Answers with Dr. Nina Woulff



School Days, School Days, Oh tell me the ways, To start the Year Right With Cooperation rather than Fight!

Question: I read every teacher notice that is sent home and look in my child's homework binder. Will that give me enough information about the teacher?

Answer: No! You need to have direct communication with your child's teacher. This starts with going to curriculum night - the meeting when you meet the teacher and hear about the learning goals and expectations of students. It is a good idea to ask lots of questions at that meeting. Following this meeting, if you have any questions about your child's social or academic performance you should communicate directly with the teacher.

As well, if you know your child has specific learning, social or attentional problems, you will want to meet directly with the teacher early in the school year to share this important information. Do not expect that your child's teacher will have expertise about your child's special needs. If you know which strategies work and which strategies don't work -- you should definitely share this knowledge with the teacher.

Question: I find it difficult to arrange a time to meet directly with my child's teacher. Scheduling is difficult and I can spend weeks playing phone tag....

Answer: It is very useful to get the teacher's email. Most schools have websites and you can find the teacher's email under the staff directory tab. Most teachers regularly check their email and you can set up a meeting time with emails. If a face-to-face meeting seems hard to arrange, schedule a phone meeting. As well you can regularly email the teacher to check on any outstanding homework or assignments.

Getting all this done in the first two months of school will take some time, but will be an investment that will produce dividends for you and your child.

Question: Then there is the issue of homework.....I know it is important for my child to have homework but I hate the hassles that seem to inevitably develop. Is this normal?

Answer: It is not uncommon that parents and children get struggles around homework. The good news is that there are several homework rules which are effective at preventing or at least minimizing this stress.

First, a regular time schedule for doing homework needs to be established. You can give your child a choice of determining whether homework will be done after school or after dinner but once the time is determined, it should be followed as closely as possible.

Second, some children need your help deciding the order of homework tasks and they end up spending a long time over this choice.

Third, do not sit right next to your child while they do their homework but rather remain available to assist when requested by your child.

Also it is not wise to have homework done while the TV, radio or computer is on.

Question: One more question - what if I try to do everything you suggest but still find that my child is having problems with school. What can I do then?

Answer: If your child is stressed or struggling in school and speaking with the teacher does not seem to alleviate the difficulties, then I suggest you contact a child psychologist early in the school year. It usually takes some time to get an appointment with an experienced child psychologist and

then it takes several sessions to do a thorough assessment. In my practice we are getting more calls from parents in the summer wanting to get assessments done in anticipation of the coming school year. This is a very good idea! A psychologist can be very helpful in identifying the nature of the difficulties and in developing strategies for improvement.



Dr. Nina Woulff has a private practice in Halifax which provides psychotherapy for children, teens, adults, parents and couples. For more information, phone 492-1271 or check her website at: www.DrNina.ca

For over 25 years, psychologist Dr. Nina Woulff has provided answers to questions posed by CBC radio listeners on the popular Maritime Noon live phone-in. In a series of columns for Parent-Child Guide she will share some of the most frequently asked questions she has encountered. In this column she discusses questions about starting off the school year.

Question: Each year I resolve that this school year will go more smoothly than the one before. However I still end up getting frustrated with my child and teacher as the year goes on. What can I do?

Answer: Having a smooth school year takes planning and information gathering. First of all you need a lot of information about your child and about his new teacher.

Question: What do you mean? What kind of information do I need?

Answer: First, you need to know about your child's strengths and weaknesses. Sometimes this is obvious. Sometimes you may need to seek out specialized assessments to identify possible learning, social or attentional problems. This will help you identify what kinds of learning and study strategies your child needs to use. Secondly - you need to know about the teacher's expectations.



Protect. Maintain. Save.


Canada's Leader in Rust Control

Krown Rust Control
Halifax, 2823 Robie St
Fax: 455-4444

455-7878

<p>Dartmouth @ Cheapy Tire 469-3253</p>	<p>Dartmouth @ Lakeland Plant World 431-7878</p>	
<p>Burnside Industrial Park Fleet - Commercial Vehicles - Industrial Equipment @ MacKay's Truck Centre 481-9040</p>	<p>Bedford House of Auto Details 404-1500</p>	
<p>Lower Sackville @ Chris Scott Automotive 865-2043</p>	<p>Windsor @ Jeff's Auto Service 798-2318</p>	<p>Hammonds Plains @ Hammonds Plains Service Ctr. 835-7691</p>
<p>Elmsdale @ McNeill's Shell 883-9191</p>	<p>Visit us at www.krown.com</p>	

Reach for
hope and change



DR. NINA Woulff, Psychologist & ASSOCIATES
Psychotherapy for children, teens, adults, couples & families

5991 Spring Garden Road, Suite 345
Halifax
492-1271
www.DrNina.ca

DOWNTOWN DARTMOUTH IS EXPECTING!

hazelnut & rose

NURSING AND MATERNITY


clothing essentials for moms & moms to be.

GRAND OPENING: SATURDAY, SEPTEMBER 13TH, 2014


WWW.HAZELNUTANDROSE.COM 46 QUEEN STREET, DARTMOUTH, NS (902) 466-0444


Nova Scotia Museums

Maritime Museum Hosts 1812 Exhibit with Original Companion Exhibit, "Prize & Prejudice: Nova Scotia's War of 1812"



ROSS FARM
A LIVING HERITAGE FARM
A PART OF THE NOVA SCOTIA MUSEUM



Open Year Round
Four Seasons of Family Fun & Adventure
4568 Highway 12 New Ross
1-877-689-2210 "Google Ross Farm Museum"
"Every Day Is Special" 

The Maritime Museum is proud to host 1812, a travelling exhibition developed by the Canadian War Museum in Ottawa, exploring the war through the perspectives of Canadians (including Canadian First Peoples), Americans, the British, and Native Americans.

For Canadians, the War of 1812 was a successful fight for survival against American invasions. For Americans, the war was a successful defense against the British Empire, one that forced Britain to respect American sovereignty and power. For the British, the conflict was a successful but almost irrelevant sideshow, scarcely remembered today, set against the far greater generation-long war against Revolutionary and Napoleonic France. For First Nation's Americans, the war was a desperate fight for freedom and independence as

they struggled to defend their homelands, and its conclusion was a catastrophic defeat.

The 1812 exhibition is supported by national presenting sponsor TD Bank Group and national supporting sponsor Ancestry.ca.

An original companion exhibit produced by the Maritime Museum, *Prize & Prejudice: Nova Scotia's War of 1812*, explores the cultural effects and legacies of the War of 1812 on the colony of Nova Scotia, which was then part of British North America. A key legacy are the African Nova Scotia communities founded by Black Refugees escaping to freedom following the conflict.

From Jane Austen to the maritime causes of the War surrounding American claims for "Free Trade and



Sailors' Rights", from the economic and cultural legacies of the Royal Navy blockade of the American coast, including privateering and prize courts, to the invasion of Maine, the conflict left long-lasting imprints on Nova Scotian identity and memory.

This was particularly the case for the African Nova Scotian community, with the arrival of more than 2,000 Black Refugees, fleeing slavery in the Chesapeake Bay region with the assistance of the Royal Navy, in Nova Scotia from 1814 onwards.

Showcasing never before displayed original letters from Black Refugees in Nova Scotia writing back to their former slave masters, on loan from the United States National Archives, along with recent archaeology from "Refugee Hill" in Beechville, NS, *Prize & Prejudice* provides new insights into Black Refugee


communities in Nova Scotia and their cultural identity. The 1812 exhibit runs until October 13 and the Nova Scotia companion exhibit will be displayed at least until the end of October.

When you visit us this summer, send your museum "selfie" to win a family Nova Scotia Museum pass for a year! Enter your pic at #nsmselfie @ns_mma. Entries from our museum, Museum of Industry and Natural History Museum will be picked to win a passes in August and September!

Maritime Museum of the Atlantic, 1675 Lower Water Street, Halifax, www.maritimemuseum.novascotia.ca, 902-424-7491



ROBERTO DUTESCO **THE WILD HORSES OF SABLE ISLAND**
JUNE 6 – OCT 13



"LOVE"
THE WILD HORSES OF SABLE ISLAND GALLERY
© ROBERTO DUTESCO
1994






MUSEUM OF NATURAL HISTORY
A PART OF THE NOVA SCOTIA MUSEUM

1747 SUMMER STREET, HALIFAX
naturalhistory.novascotia.ca

1812
ONE WAR FOUR PERSPECTIVES
An exhibition developed by the Canadian War Museum.


PRIZE & PREJUDICE
NOVA SCOTIA'S WAR OF 1812
Special companion exhibit developed by Maritime Museum of the Atlantic.

July 22 – October 13, 2014

MARITIME MUSEUM of the ATLANTIC
A PART OF THE NOVA SCOTIA MUSEUM

1675 Lower Water Street, Halifax, NS
maritimemuseum.novascotia.ca



Health & Wellness



Dr. Negin Ghiabi

Mobile technology plays a major role in influencing young people behavior.

The kids' healthy mouths campaign uses the technology to promote health, education and well-being. The kids' healthy mouths campaign website, www.2min2x.org, offer a collection of free 2 minutes videos

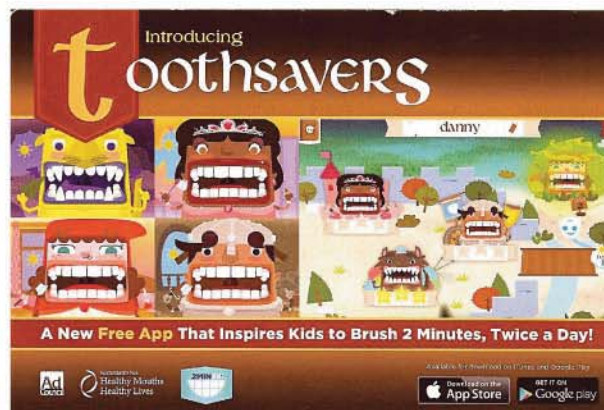
Introducing Oral Health APP

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

featuring characters from children's shows. The survey showed it had a positive effect in children regular brushing habits. This game is geared toward children 3-6 years old. Tooth savers is a terrific way to get kids thinking about their teeth from early age. The APP inspires kids to brush their teeth for 2 minutes, twice per day. Featuring a fun and colorful design The App acts as both teaching tool and a way to monitor their daily tooth brushing routines. Tooth savers is available free in App store or in www.2min2x.org/play/toothsavers.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and

adolescents. We welcome new patients as young as 1 year old. No referral is needed. For more information please call 902-407-7377





Specialized Dentistry for Infants, Children and Adolescents

NEW PATIENTS WELCOME

Low Dose Digital X-ray, Sedation, Laughing Gas, Modern Facilities, White Fillings

255 Lacewood Drive, Suite 307, Halifax
407-7377
www.pdsns.ca

Did you know the first dental visit for a child begins at age 1?

Fredericks Insurance Ltd.

For All Your Insurance Needs

- Home & Auto
- Condo
- Tenants
- Commercial
- Marine
- Life & Disability

Office Hours
Weekdays 8:30 -4:30pm
1356 Bedford Highway
835-3321
Fax: 835-7998
www.fredericksinsurance.ca

CENTENNIAL ARENA

27 Vimy Ave., Halifax

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

For Further Information, Please Call 490-4926
Book Ice Online centennialarena.ca



Invacare Colibri Scooter



Invacare Aquatec Bath Lift Chair

Harding Medical & Invacare Canada

Providing Nova Scotians with the best in Home Medical Equipment



harding medical
Delivering Independence
A Division of IMP Group Ltd.

3447 Kempt Road
Halifax, NS, B3K 5T7
453-6900 • 1-800-565-1680

www.hardingmedical.com

Parent-Child Guide

BOOK NOW!

DON'T MISS OUT
Book your ad for the October - November Guide Today!!

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



Health & Wellness

Invisible Braces, Accelerated Treatment & more: Why more adults are saying "yes" to Orthodontic treatment.

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



More often than not, when people hear "braces", they think of their kids. But today, more and more adults are seeking options to improve their own smiles. You might be surprised to know, that in some practices, nearly half of all orthodontic patients are now adults.

So what is motivating this wave of adult orthodontics? There is now increasing awareness of the importance of oral health to our overall health. A healthy smile involves a functional bite where the teeth are well-supported and therefore prevent unusual wear. The bonus is that a healthy

smile is also a beautiful smile and by putting your teeth in the proper position you are also giving yourself the smile you dream of!

Despite all of the benefits of having your teeth properly aligned, some adults remain hesitant to go through orthodontics. The stigma that braces are for "younger patients" may make them feel uncomfortable or they can't imagine wearing metal braces. In some cases they had treatment as teenagers and are reluctant to go through braces twice. Whatever the reason, adults that are seeking consultation with an Orthodontist are pleasantly surprised with what they learn. Not only are orthodontic offices very accustomed to adult patients, but with new advances in technology, the smile of your dreams may be easier to attain than you might imagine!

Conventional braces have improved significantly and there

are now fantastic clear options. Braces are now smaller, smoother and lower profile than ever before, which makes them more comfortable to wear. Conventional braces remain an excellent way to straighten your teeth. For the more esthetically conscious patient, clear aligners are an exciting alternative to conventional braces. Invisalign is a popular clear aligner product that offers patients a nearly invisible solution for correcting their smile. Orthodontists can seek advanced training to treat even highly complex cases. Many patients who have been previously told they are "not an Invisalign case" are finding they now are. Treatment can begin as simply as having a digital scan from which your custom-made aligners are made. Another exciting development in Orthodontics, and a great adjunct to Invisalign, is accelerated treatment. Accelerent is one device that can significantly shorten treatment time. It requires only

20 minutes of daily wear during which it delivers micropulses to the teeth and surrounding bone. Accelerent is an excellent option for adults who desire speed.

The most advanced techniques in Orthodontics are offered right here in our community. Ask your local Orthodontist today about the options that are available for you and you just might leave smiling! Look for more information on Invisalign in the next issue of Parent-Child Guide.

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

Kids upset about getting a needle? It doesn't have to be this way!

Dr. Christine Chambers at the Centre for Pediatric Pain Research, IWK Health Centre, is a child clinical psychologist, professor, and pain researcher with over 20 years experience studying and helping children in pain.

to learn more. And the best news? These tips are all backed by science!

Looking for a fun learning activity? We need parent(s) and their 6- to 12-year-old children to participate in projects at the IWK Health Centre to help us learn more about how young people feel and think about pain. Your visit will take 45-75 minutes and to thank you, you will receive \$45 or \$50 (depending on the project). Call us at 902-470-6906 to find out more information (convenient, flexible appointments available).

No parent likes taking their child for needles. We know that what parents say and do can have a big impact on how much pain children feel. There are simple ways parents can help, like using topical anesthetic creams (available at the pharmacy), distracting them with a song, story, or game, and using relaxation techniques (e.g., breathing deeply). Parents can also avoid using reassuring phrases (e.g., it'll be okay), as it can signal that they are nervous or worried. Watch our short, fun video, **"It Doesn't Have To Hurt"** (<http://pediatric-pain.ca/it-doesnt-have-to-hurt>)

Please contact us!
Phone: (902) 470-6906
Email: CPPRWest@iwk.nshealth.ca
Web: <http://pediatric-pain.ca/faculty/chambers/current-research/>
Follow us!
[facebook.com/CentreforPediatricPainResearch](https://www.facebook.com/CentreforPediatricPainResearch)



#livelovesmile



thebracespace
ORTHODONTIC SPECIALIST GROUP

455-7222

620 Nine Mile Drive, Suite 201
Bedford (Larry Uteck), B4B 0H7
www.thebracespace.com



orthodontists
DR. DAN STUART & DR. SARAH DAVIDSON

435-3723

599 Portland Street
Dartmouth, B2W 2M5
www.stuardavidson.com




* Patients of The Halifax Orthodontic Specialists Group

A fun video for parents with simple ways to help children with needles

www.pediatric-pain.ca/it-doesnt-have-to-hurt



Participate in Research!

We need 6-12 years old children and a parent to participate in fun research projects!

Contact us at (902) 470-6906 or CPPRWest@iwk.nshealth.ca

Compensation available.

All studies approved by the IWK Health Centre's Research ethics board.

Centre for Pediatric Pain Research

SCIENCE HELPING CHILDREN

KIDS UPSET ABOUT NEEDLES?

It Doesn't Have To Hurt

Health & Wellness

Myths about Oral Care

By: Dr. Daniel D. Daniel, DDS

Most people know that taking care of your teeth is a daily process of brushing, flossing and a healthy diet. But what exactly is proper oral hygiene? When you walk down the hygiene aisle as your local grocery store you see 20 kinds of tooth paste and 30 different toothbrushes all with various features and benefits. We are in an era of choices! These choices sometimes provoke misconceptions about oral care that don't actually help and might even hurt. Take a look at these oral care myths below and remember, flossing and brushing your teeth every day is not a myth, but a fact to keeping your teeth clean, sparkly and healthy.

Myth 1: Brush Teeth Right After Eating

Nope, not true. In fact, you should wait for a minimum of 30 minutes before brushing. Why? Your mouth needs time for the saliva to mix

with, dilute and neutralize any acidity from the foods you've eaten. Otherwise, brushing will coat your teeth with active acid and weaken your teeth enamel. Instead, if you feel you want to get rid of that onion or garlic breath, try using Listerine (non-alcohol). I find that has the best results when I need a quick fix!

Myth 2: Using Hard Toothbrush and Brushing With Force for a Long Time

False! It's not how hard the bristles are or extended brushing times, it's the technique you use. In fact, a soft bristle brush is better for your teeth. The softer the better, we always recommend extra or ultra soft. The softest you can find. If the bristles on your brush look flattened, you are applying way too much pressure and may damage your gum line. Rule of thumb: brush for 30 seconds in each

quadrant of your mouth moving the brush in a circular motion.

Myth 3: A Little Gum Bleeding Is OK

Not true. In fact, bleeding gums indicate that you have active infection in your gums. That is not healthy. For instance, is a little bleeding from your ear ok..? Gums are no different - healthy gums never bleed spontaneously, or regularly from brushing and flossing. If your gums are bleeding, see your dentist.

Daniel Daniel Dentistry has recently opened a new facility at 6417 Lady Hammond Road with a team of experienced family dentists and hygienists. Do you have further questions about you or your child's hygiene? Give us a call to set up an appointment 902-704-CARE (2273)

Parent-Child Guide

**DON'T MISS OUT
On Our Fall Edition!!!
is Printing on October 10**

Advertising Deadline September 26

**BOOK
NOW!**




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



daniel daniel
DENTISTRY



 **902-704-CARE (2273)**

 Open 7AM to 7PM
Monday - Saturday

 We are located 15 minutes from
anywhere in Dartmouth, Bedford
and Halifax.

 Lots of Free Parking

 Earn Air Miles on Every Visit

 Standard Dental Fees

NOW OPEN

6417 Lady Hammond Road
(By the Windsor Street Exchange)

Expanded Services that now include Family and General Dentistry

© TM Trademarks of AIR MILES® International Trading
B.V. Used under license by LoyaltyOne, Inc. and Daniel Daniel Dentist

Health & Wellness

Amblyopia - Why Eye Exams For Children Are So Important

By Rhetland MacDonald, OD, Family Vision Clinic

Amblyopia is the eye condition that results when the nerve pathway from the eye to the brain does not develop properly. It is more commonly known as "lazy eye", but it can exist without a visible eye turn, and in fact some forms of amblyopia are very difficult for a child or parent to detect. For the eye, poor neurological development means that blurry vision becomes 'normal' to the brain, and therefore can't be improved with glasses. Because vision development is considered complete by the teenage years, there is a limited timeframe in which to address the issue. Thankfully, the earlier that treatment for amblyopia begins, the more likely it is that clear,

normal vision will be the result. Determining whether or not your child is at risk for amblyopia is therefore one of the most important reasons to start regular eye examinations at a young age.

There are two basic causes of amblyopia: a consistently blurry image reaching the retina, or poor alignment of the eyes. The most common cause of a blurry image is a large amount of refractive error (usually hyperopia, aka farsightedness, or astigmatism), although rarer things like childhood cataracts can be at fault. If both eyes have a similarly large refractive error, they can both develop amblyopia, but more

commonly only one eye will be blurred and the other relatively clear. In the first case, a parent may notice squinting that could lead them to get their child's eyes examined, but in the second case it is virtually impossible for the child or parent to detect the problem.

Poor alignment of the eyes is called strabismus, or an eye turn, and results from either a physical imbalance of the eye muscles, or from focusing fatigue due to high hyperopia. Parents may notice an alignment difference between the eyes, and should obtain an eye exam for their child if they do. However, in some cases the eye turn occurs only during certain tasks, like reading, or is

quite small, so even alignment issues are sometimes missed without proper examination.

The treatment of amblyopia often begins with full-time use of glasses. If the optometrist suspects amblyopia, eyedrops will be used to temporarily relax the focusing power of the child's eyes so that the full amount of refractive error can be measured. These drops can make the vision even blurrier, especially close up, and will cause an increase in light sensitivity. The effects will last for an average of about one day, but the eyedrops are usually only needed on the initial visit. If vision doesn't improve enough with use of glasses alone, patching of the better eye

is done to force the weaker eye to develop clear vision. If there is still an eye turn after these steps are taken, or in cases where an eye turn exists without significant refractive error, then a referral is made to a pediatric eye surgeon.

Amblyopia is a form of vision loss that is highly preventable, but it needs to be detected early. Doctors of Optometry Canada recommends that infants have their first eye exam between six and nine months of age. Children should have at least one eye examination between the ages of two and five, and then yearly once they enter school. Vision is a precious thing, and every child deserves to have it develop properly. Following these

guidelines is the best way to ensure that your child has their best vision for life.

For further information or to have an eye examination, you can see Dr. Rhetland MacDonald or any of his colleagues at the following Family Vision Clinic locations. Halifax Location: Park West Centre: 287 Lacewood Drive 457-2224, Bedford Location: Nine Mile Circle: 620 Nine Mile Drive, 407-7174, Dartmouth Locations: Queen Square: 45 Alderney Drive 469-8230, Tacoma Plaza: 50 Tacoma Drive 434-1231, Superstore Mall: 650 Portland Street 462-4600.

New School Year + HRM Recreation = Good Exercise And Great Fun!

By Karen Bagnell



A new school year is approaching and it's time to consider extra-curricular activities to keep your kids - and yourself active in the fall and into the winter. Luckily HRM Recreation offers many choices:

Swimming lessons

Our progressive lessons are designed to build and reinforce skills through repetition and the introduction of new strokes. We offer group, semiprivate or private lessons year round for toddlers, children, youth, adults and seniors. New this year we will be offering some lessons at Needham Pool and the Wave Pool in French!

Leadership Courses

HRM Recreation offers many youth leadership courses and programs some of which include WSI (Water Safety Instructor), Bronze Medallion, Bronze Cross and National Lifeguard. Other programs we offer include Wave Runners and Junior Guards where 11-15 year olds learn water safety survival skills in a fun environment.

Water exercise

Water exercise benefits those suffering from arthritis, diabetes, osteoporosis, circulatory problems, joint inflexibility or replacement, obesity, respiratory disorders and more.

Skating at the Oval

This December, The Emera Oval will be re-opening and offering tons of family activities. Including free ice skating, special events and learn to skate lessons. We also have a great School Skating Program for those teachers looking for classroom outing ideas. Skating will be available 7 days a week for people of all ages. But don't forget to check our hotline 490.2347 or website www.skatehrm.ca before coming down as weather can change quickly and affect ice conditions.

To find out more about these activities and more visit www.halifax.ca/rec today.

Climb our corporate ladder ...become an HRM Lifeguard

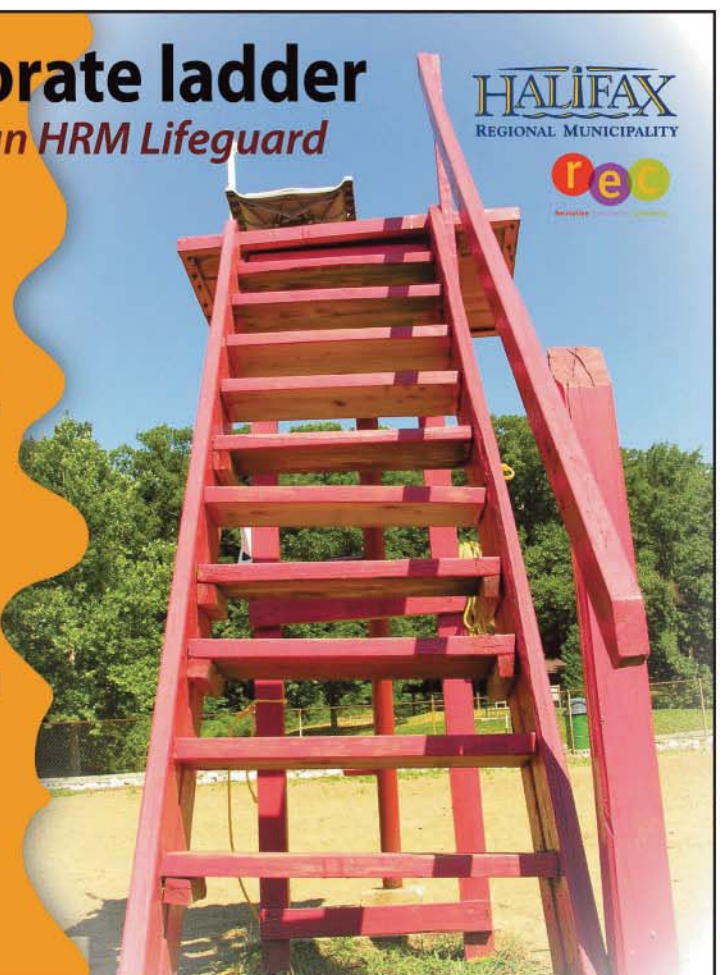
This is the job you've been looking for.

HRM lifeguards are responsible, learn leadership skills and contribute to the communities where they live. With flexible hours, competitive wages and safety as a number one priority, lifeguarding could be just the job you've been looking for.

Call 420-SWIM or visit www.halifax.ca/rec/employment.html



Aquatic Services



Fall Registration

KIDSING PERFORMANCE SCHOOL



Perform
**Act
SING
DANCE**

Creative. Confident. Kids.

REGISTER NOW!

WWW.KIDSING.CA

1-877-530-SING (7464)

Fall Programs



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

www.thestadium.ca

Junior Lifeguard

Swimming Lessons

Karate / Dance

Indoor Soccer

Gymnastics

Inservice Day Camps

Birthday Parties

& MORE!

REGISTER TODAY!

Learn • Train • Play • Compete

JUNIOR TENNIS PROGRAMMING STARTS FALL SEPTEMBER 15, 2014 DAILY PROGRAMMING OPPORTUNITIES

- PARENT & CHILD / 3-5 YRS OLD
- LE PETIT / 4-5 YRS OLD
- RED BALL / 5-7 YRS OLD
- ORANGE BALL / 7-9 YRS OLD
- GREEN DOT BALL / 9-11 YRS OLD
- TEEN DEVELOPMENT / 12+

INDOOR FACILITY

ADULTS TRY TENNIS!
14 lessons
\$140^{+HST}

SEE WEBSITE FOR DETAILS


Daniel Nestor
Tennis Centre



Bedford, NS • 902-423-3682 • www.dntc.ca

Our teaching strategy is established by Tennis Canada and other international methods to create a fun active way of learning. Juniors start by using smaller racquets, softer tennis balls and smaller courts. As they progress with their skill levels the equipment and size of court changes to meet their development.



Serious Fun at The Little Gym

Fall Registration

For living room leapers, hallway hoppers and front yard frolickers, The Little Gym offers the perfect program to harness all that hip-hopping energy. The Little Gym of North Halifax Hip Hop program introduces children to a variety of hip-hop techniques, while allowing them to express themselves through creative movement. Our Hip Hoppers (4-6) and Hip Hop Steppers (6-12) spend a good part of class time refining their techniques in the studio space. Adding a unique twist to the program, dancers also spend part of each class working on complementary gymnastics skills in the gym in order to emphasize poise and balance!

We offer three Hip Hop classes for children beginning September 2nd:
 Hip Hoppers (4-6 years): Mondays at 5:45pm or Wednesdays at 1:00pm
 Hip Hop Steppers (6-12 years): Tuesdays at 6:55pm

"Don't forget to also check out our non-competitive Gymnastics, Karate and Sports Skills classes, as well as our monthly evening Camps!"

Join us for a Free Introductory Class!!



127 CHAIN LAKE DRIVE, BAYERS LAKE
431-KIDS (5437)
 "LIKE" US ON FACEBOOK : THE LITTLE GYM OF NORTH HALIFAX
tlgnorthhalifaxns.com



HIP-HOP



GET OUT & GET ACTIVE
THIS SUMMER



Recreation wants to help you play, move, learn, and stay active this summer. Enjoy a yoga class, spin a pottery wheel, or visit a playground.

There is something for everyone, so get out and get active.

For more information, visit www.halifax.ca/rec, follow us on Twitter @hfxrec, call 902.490.6666, or visit your local recreation community centre.

HALIFAX

Fall Registration

SWIM. RUN. STRETCH. PLAY. CLIMB. SWEAT.

Birthday parties, the Fun Zone, climbing and swim lessons for the kids...fitness classes, weight rooms, the Cardio Plus Centre and daily lane swims for the grown-ups - we have it ALL!!

Dalplex family memberships - fun for the whole family!
Fall program registration opens August 11

WWW.DALPLEX.CA • 494-3372



FALL 2014

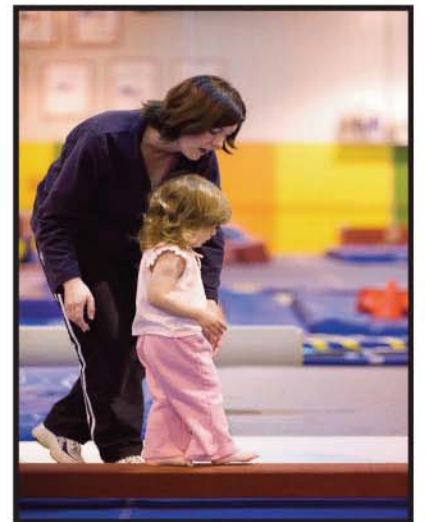
Fall Programs begin Sept. 26, 2014

Registration begins September 2

www.DartmouthSportsplex.com
464-2600, ext. 0



Helping your family live a healthy life for over 30 years!



Swimming Dance* Skating* Gymnastics* Karate* Racquetball* Fitness* ...and much more.!



Experience Dance and Music At The Conservatory



Music

Private lessons, ensembles, scholarships and bursaries.

Dance

Programs for young children and aspiring professionals.

Call us about our Fall and Winter classes.
Visit us online: www.MaritimeConservatory.com



Register now for fall classes in Dance, Music and Kindermusik at the Maritime Conservatory of Performing Arts. Whether your goals are recreational or professional, there is a class to meet your needs. From the babies of Kindermusik to the retired seniors who finally have time for themselves, all ages and levels are welcome.

rapidly expanding Suzuki String Program, Orchestras for all levels including adult, the Brass Ensemble or the Clarineo Group - yes, Clarineo - for those young fingers that aren't ready for the clarinet. As well as ensembles, private lessons are available in all areas.

The Conservatory offers an exciting learning environment where over 1200 students take part in a wide variety of private lessons, group classes, recitals and performances. Tap shoes, trumpets and toddlers share the hallways. Explore the Professional Ballet Program, Creative Movement for tots, the

Housed in the former Chebucto Road School, MCPA collaborates with Kingsview Academy, a private school for grades 7 - 12 with a strong academic and arts focus.

View our programs online at www.maritimeconservatory.com, call our office 423-6995 or visit us in person at 6199 Chebucto Road.



Phone: 423-6995
www.maritimeconservatory.com
6199 Chebucto Road, Halifax

Fall Registration



Rhythm in Motion Dance Studio

All classes taught at St. Margaret's Centre
 Recreation Director Charleen Cameron
 Artistic Director Melissa Connick

CLASSES

- Preschool Ballet/Tap and Jazz
- Returning Ballet/Tap and Jazz
- Beginner Ballet /Tap and Jazz
- Primary and Preliminary Ballet/Tap and Jazz
- Hip Hop (All Levels)
- Acro (All Levels)
- Contemporary (All Levels)
- Level 1-5 (Pre Competitive and Competitive) Ballet/Jazz/Tap/Hip Hop/Acro and Contemporary
- Competitive Team (audition only)

Email today!
 RIMSMB@gmail.com

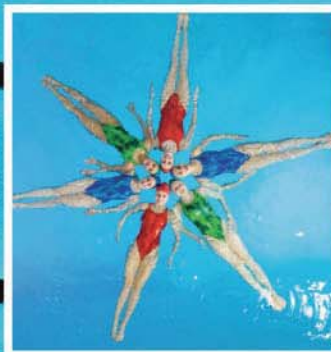
Quality programs for an affordable price!

Full schedule posted on website www.stmargaretscentre.ca
 St. Margaret's Centre 12 Westwood Blvd
 Upper Tantallon B3Z 1H3 902-826-2100 ext 27

Want more information on any of our programs email Charleen at cameron@stmargaretscentre.ca



We help bring the athlete out in you!



- Exercise
- Lane Swims



We offer a Variety of Lifesaving Society Courses

1970 Gottingen Street, Halifax • Info or to Register 490-7219

St. Margaret's Bay Skating Club

All programs taught by certified Skate Canada Coaches

Is now accepting registration for:

- CANSKATE (Learn to skate ages 3 and up)
- Adult lessons (from Beginner to Advanced including Adult Synchro)
- Development and Jr. Advancement figure skating programs
- Junior, Intermediate and Senior Figure Skating Programs

Registration Sept 9th & 16th 6-8pm

For more information on programs or registration email smbskating@gmail.com or skatecoach@gmail.com



www.smbskating.com

St. Margaret's Centre
 12 Westwood Blvd, Upper Tantallon
 902-826-2100



Education

Back to School is a Lot Like Team Tryouts

Submitted by Oxford Learning HRM

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

Act Before You 'C' Poor Grades

Hot summer weather doesn't melt away school issues. In fact, problems could be worse after two months off.

So Why Wait Until The First Report Card?

Whether your child had school issues or not, starting the school year with Oxford Learning is transformational. Imagine turning homework hassles into homework happiness, study stress into study success, and poor grades into straight A's.

Make this year the best yet with **Oxford Learning**.

All Ages. All Grades. All Subjects.

Enrol Today!



oxfordlearning.com

Join in the conversation!  

 **Halifax**
halifax@oxfordlearning.com

423.4484

 **Bedford & Hammonds Plains**
bedford@oxfordlearning.com

405.4116

Sandy Lake Academy

Educating the Whole Person to the Glory of God

Primary – Grade 12

We Offer:

- Quality Christian Education
- Strong Academic Standards
- Excellent Music Program
- A Safe Learning Environment
- Small Class Sizes
- Competitive Tuition Rates
- A Convenient Location in a Park-like Setting



(902) 835-8548

www.sandylakeacademy.ca

principal@sandylakeacademy.ca

435 Hammonds Plains Road, Bedford, NS B4B 1Y2

Inspiring a lifetime commitment to learning, leadership, service activities and physical fitness.

Starting a new grade is like trying out for a sports team. That's because in order to be really ready to perform at their best, students need to prepare beforehand.

To make the team, kids know that they need to put in the time to practice their skills, to train their muscles to get into top shape, and to work with somebody else – a parent, a coach, or a friend – who will give them feedback and encouragement. Without these, the chances of making the team decrease.

Heading back to school is no different than trying out for a team. Just like hamstrings, biceps, and abs, the brain is a muscle. It needs practice and fine-tuning in order to function at the top of its game. And, just like hamstrings, biceps, and abs, the brain can get out of shape after a period of neglect. The brain needs a good workout before school starts so it can get back into shape and be ready for the year ahead. It needs to run the drills, take a few practice shots, and feel confident that it's up for the challenge.

So before heading back to class for a new school year, warm up the brain! Here's how:

Start a few weeks beforehand and set aside time every day for kids to...

- Review last year's schoolwork.
- Try a few math problems.
- Re-read an old essay or book report.
- Write a paragraph.
- Watch a science video on the Internet.

You can also get their brains back into academic habits by re-establishing school-year routines such as bedtimes and wake-up times.

To kick the school year off right...

1. **Review last year's final report card.** This will give your family an academic refresher and a little reminder of the highs and lows of last year.

2. **Set some academic goals.** Now that you've reviewed the outcomes of last year, start considering what academic achievements could be reached THIS year. Both parents and children can identify changes that they'd like to make this school year.

3. **Overhaul your routine.** A new school year is an opportunity to deal with any and all bad habits that can get in the way of learning. These include morning and evening routines, eating habits, after-school routines, and homework and study habits. Fine-tune your family's routine from the first day of class and settle into a school year with better habits.

4. **Use an agenda for more than just school.** Agendas are more than just a place to write down homework, they are great for keeping track of to-do lists, questions to ask teachers, chores. Students can also use agendas to prioritize workflow, keep track of work hours, extracurricular activities, and countdown until tests and exams.

5. **Consider getting extra support right off the bat.** School may not even be in session yet, (or it may have just begun) but it's not too soon to enlist in some extra support. Why wait to find out what will happen with grades this year? Get on top of any potential issues BEFORE they become a problem. Take the bull by the horns. Show this grade who's boss!

Of course, the best athletes know that there is no such thing as an off-season. Anyone who really wants to stay at the top of his/her game never stops training.

Oxford Learning offers programs for children from 3 years old through university. We teach students the skills they need to be successful in school and in life. Oxford Learning has locations in Halifax, Hammonds Plains and Bedford. For more information about our programs and services or to learn how to make this back-to-school season a success contact Lorelei Burgess at 423-4484 or halifax@oxfordlearning.com Visit us at www.oxfordlearning.com

"A child care centre specializing in maximizing children's abilities"



5217 Young Street, Halifax
Tel: 455-1081
Fax: 455-1081

weecare@ns.aliantzinc.ca

Every Child is a Masterpiece in the Making

By Pamela Streeter, Birch Hills Academy

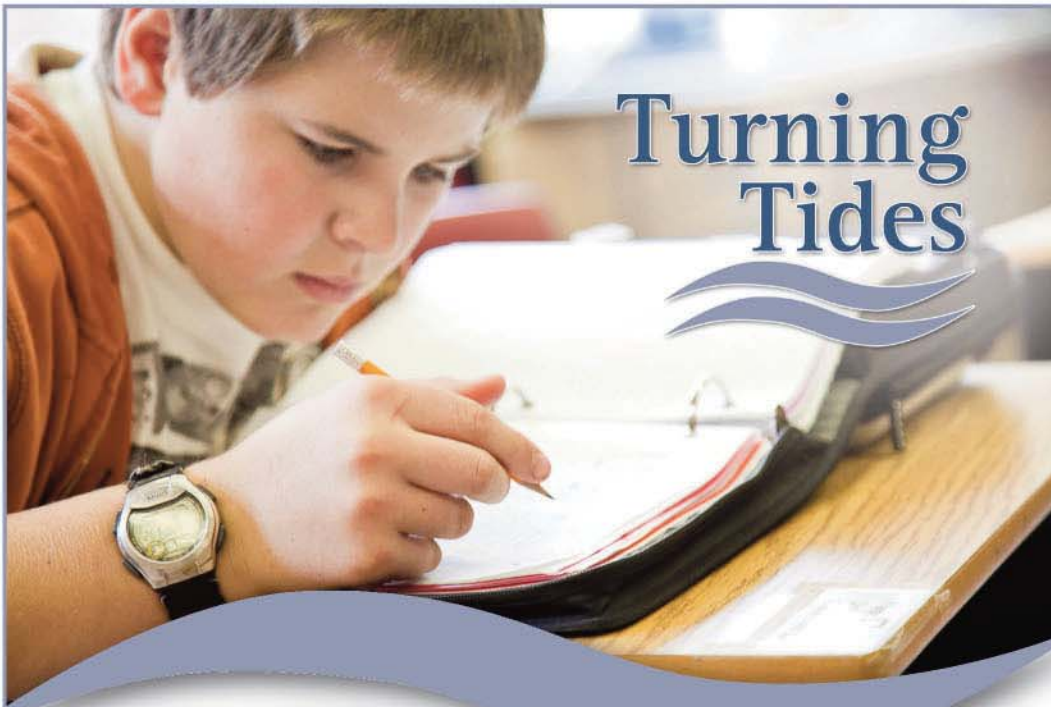
Children are naturally talented and naturally curious. At Birch Hills Academy our preschool programs put your child's talent and curiosity together with skilled teachers who will help them to be all that they can be.

We understand that every child is unique - a masterpiece with their own way of exploring and learning. Supporting children according to their individual strengths and interests makes all the difference, to you and your child. There is nothing more fulfilling

than seeing a child's face light up when they learn something new and exciting. The look in their eyes, the smile on their face, this is why our preschool programs exist.

Children are never too young to have their curiosity nurtured by

teachers who understand the science of how they learn best - at their own pace, according to their own interests. They want to explore their world with real people and real objects, engaging in meaningful work and play. Especially, children learn best through play.



Turning Tides

Fostering a life-long love of learning your child will be captivated by creative movement, visual arts, music and French. Math, science along with pre-reading and language development are integrated into play and interactive activities. Every aspect of your child will be engaged and energized - intellectually, physically, socially, and emotionally.

Birch Hills Academy preschool programs support children in developing a love of learning that will last their entire lives. Choose from our Full Week Junior Primary preschool, Part Week Preprimary preschool, or Creative Kids part time mornings programs.

For more information to see how Birch Hills Academy unlocks your child's potential call Pam Streeter at 832-6700. Visit our website at birchhillsacademy.com

Turning Tides Community Outreach

Programs provide academic, social, behavioural or organizational skills students need to succeed.

Child/Youth Support

- Tutoring
- Social skills groups
- Homework and organizational support

Parent Support

- Workshops
- Parenting classes
- Consultation

Professional Support

- Professional development workshops
- Customized training

For more information, please call 902-404-TIDE (8433) or visit www.turningtides.ca.

SpellRead Can be a Game Changer for Your Child this School Year!

SpellRead is a gold-standard reading program that focuses on phonological automaticity and reading fluency for struggling readers. Backed by independent research, SpellRead combines intensive phonemic and phonetic activities with a language arts program to build students' reading comprehension, fluency, decoding, spelling and writing strategies!

The end goal is to close the gap and move skills to a point where they are at or even above grade level within a year and to ensure these skills are sustainable!!!

The SpellRead program doesn't just promise results, it delivers. SpellRead is purposefully designed for

the most struggling readers and is for all students including those multi years behind in reading, special education students and ESL learners, university students and adults. SpellRead is a game changer and will enable literacy success!

We offer free, in-depth reading skills assessments and math assessments. This assessment is a great tool in understanding where your child's skills are and it is free of charge. Please call Eryn today at 225-1861 for more information on the program, results, research and to set up a free assessment.

SpellRead can be a game changer for your child this school year!

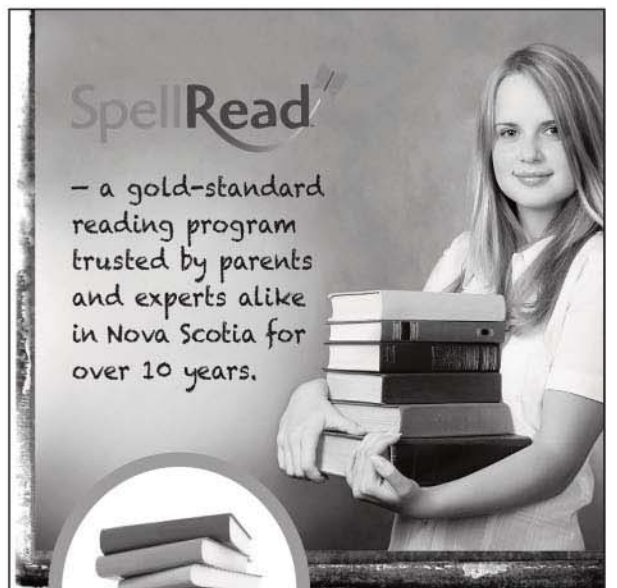
Every Child is a Masterpiece in the Making.

Preschool that celebrates and nurtures individuality.

We understand that every child is unique with their own way of exploring and learning. We have been helping children unlock their potential for more than 25 years. We teach children according to their individual strengths and interests. And that is what creates true masterpieces.

For more information, please call our Founder, Pam Streeter at 832-6700. Visit our website at birchhillsacademy.com

Birch Hills Academy is an innovative, private day school that emphasizes individualized teaching, from preschool to Grade 8.



SpellRead

- a gold-standard reading program trusted by parents and experts alike in Nova Scotia for over 10 years.



Call today for your child's free in-depth reading assessment.

Halifax Learning

453-4113 • www.halifaxlearning.com

NOW Delivering at the former Miller Lake Learning Location.

Locations in Halifax • Sackville • Dartmouth • Tantallon • Fall River • Bridgewater • Truro • New Glasgow

FUN

Places To Go!

www.madscience.org/maritimes

Mad SCIENCE
Sparkling imaginative learning

Summer Camps
After-School Programs
Birthday Parties

(902)454-0863 rturner@msmaritimes.ca

Brain CANDY Toys

Educational Toys & Learning Resources

AWARD WINNING QUALITY TOYS BY
Playmobil • Melissa & Doug
Learning Resources • John Deere
and much more!

A WONDERFUL ARRAY OF PUZZLES BY
Ravensburger • Canadian Geographic
Clementoni

GAMES FOR AGES 1-99
Including and the best selection of Catan titles in HRM!

936 Bedford Highway
(902) 431-8697 (TOYS)
www.braincandytoys.ca

ALDERNEY LANDING'S BLUENOSE GHOSTS FESTIVAL

Oct. 3 - 5, 9 - 12 & Oct. 16 - Nov. 1
6:30PM - 9:30PM

FUN FOR THE WHOLE FAMILY

FAMILY PIRATE HAUNT

\$10

INTERACTIVE FUN
& A WEE BIT SPOOKY!

WITCH'S TRICK OR TREAT HOUSE

\$3

FILL A TREAT BAG
WITH CANDY,
LEARN A TRICK!

MORE HAUNTED ATTRACTIONS

**DEPARTURES
GEARY STREET
CEMETERY TOUR**

**BURIED ALIVE
THE RIDE**

**HAUNTED HOUSE
FEAR THE DARKNESS**

**DARKSIDE
ART
EXHIBIT**

**THE GHOST
IN MY
CAMERA**

**101.3 MEDIA
THE BOUNCE WALL**

DARTMOUTH WATERFRONT - BLUENOSEGHOSTSFESTIVAL.COM

FALL IN LOVE WITH PRETZEL

ALL OVER AGAIN

PRETZEL BACON
CHEESEBURGER

PRETZEL
PUB CHICKEN

Wendy's

LIMITED TIME ONLY

VISIT US AT ONE OF THESE WENDY'S LOCATIONS:

<p>Halifax:</p> <ul style="list-style-type: none"> • 3580 Kempt Road • 6169 Quinpool Road • Bayers Lake Industrial Park <p>Dartmouth:</p> <ul style="list-style-type: none"> • 583 Portland Street • 138 Wyse Road 	<p>Burnside:</p> <ul style="list-style-type: none"> • 106 Ilsley Avenue <p>Cole Harbour:</p> <ul style="list-style-type: none"> • 4 Forest Hills Drive <p>Sackville:</p> <ul style="list-style-type: none"> • 720 Sackville Drive
---	---

\$2.00 OFF

A PRETZEL BACON
CHEESEBURGER
OR PRETZEL PUB
CHICKEN COMBO

Wendy's

Please present coupon before ordering. One coupon per person, per visit. Not valid with any other discount or promotion. No cash value and no substitutions. Void if altered, copied, sold, exchanged, transferred, or presented in digital format. VALID UNTIL OCTOBER 31, 2014 AT ANY HALIFAX AREA, BRIDGEWATER AND YARMOUTH WENDY'S LOCATION.

©2014 Wendy's International, LLC.

The **ChronicleHerald** Canadian Heritage / Patrimoine canadien

FUN

Places To Go!




**★ Every Child Deserves a ★
Birthday at Hatfield Farm!**

Your Cowpoke Birthday Adventure will include a wagon ride to & from Fort Clayton, playtime in our Rubber Rodeo, Kids' Zipline, Mini Golf, Petting Pen & all-you-can-eat Hotdogs or Pizza!

Weekend Family Round-Up!
Every Saturday & Sunday at 11:00 am - No reservations necessary! Includes time in our petting pen, wagon ride, Rubber Rodeo, Mini Golf, & all-you-can-eat hotdogs!

For more information call us today!
902-835-5676 or toll free at 1-877-835-5676
Or visit us online at www.hatfieldfarm.com



**Kids *PLAY*
Adults *relax*
Both *enjoy!***

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](https://www.facebook.com/theplayboxltd)
Twitter: [@theplaybox1](https://twitter.com/theplaybox1)

We look forward to seeing you.




- A 9 hole par 30 executive golf course
- Family and Individual memberships available
- Walk on course. No tee times needed 7 days a week!
- Yardages of holes from 100 yards to 280 yards
- Only 20 minutes from downtown and quick rounds



1655 Hammonds Plains Rd, Hammonds Plains, NS
902-835-2307 website www.pinhigolfcourse.com



YOUR ADVENTURE AWAITS!

Putting Edge Glow-in-the-Dark Mini Golf & Arcades puttingedge.com

BUY ONE GET ONE FREE

FREE play with purchase of any Mini Golf admission at regular price. Admission fee must be equal or lesser value. No cash value. Cannot be combined with any other offer. One coupon per customer per visit.
Expires: September 30th, 2014. Coupon Code: HABGPG.

Halifax Putting Edge 182 Chain Lake Dr. B3S 1C5
(Beside Jack Astors)
902-450-0029

Putting Edge Glow-in-the-Dark Mini Golf & Arcades puttingedge.com

Make-A-Wish® Atlantic Provinces | Kids for Wish Kids® Bringing the Life-Changing Magic of a Wish into the Classroom

Make-A-Wish® Atlantic Provinces grants the wishes of children with life-threatening medical conditions. The largest wish-granting organization in the world with a presence in 48 countries, every 23 minutes somewhere in the world a wish is granted to a sick child providing a respite from doctors, treatment and illness and giving the gift of hope, strength and joy.

This is only made possible as a result of an incredibly powerful network of volunteers, donors and partners all of whom come together to lend their creativity, efforts and support to a child in need. Among this group are a growing number of students and youth pooling their efforts to give back through the **Kids for Wish Kids®** program.

Through the *Kids for Wish Kids®*, students raise funds through coordinating initiatives such as a class or school dance, car wash, movie night, or creating a spirit chain - a paper chain in school colours with links sold for \$2 each; at the end all chains are linked together to show the importance of community and working together. Teachers and

parents often serve as advisors, but ownership of the project belongs solely to kids involved. As a result, kids becoming personally and actively involved helping a wish child in their community.

Kids For Wish Kids® is a popular program because it is managed by kids. The program allows them make a tangible impact in the life of another child.

Students may exchange letters and cards with the wish child or honour them at school assemblies. Participation in the Kids for Wish Kids® program provides students with the opportunity to help share the power of a wish while fostering the value of community service and how working together in small ways can make a big difference in the life of another.

Share in the wish experience. Bring the *Kids for Wish Kids* program to your school or youth group. For more information about Make-A-Wish® or Kids for Wish Kids®, call us toll free at 1.877.466.9474 or visit us online at www.makeawish-atl.ca

MAKE-A-WISH.
Atlantic Provinces Canada

With your help, we can make it happen.



Zac, 4, Neuroblastoma, wish to meet Mickey Mouse makeawish-atl.ca

Learn French and earn your college diploma



Bilingual Government Office Clerk

Let's Talk!

Daniel Lamy
Halifax Campus
902-424-2630
Daniel.Lamy@usainteanne.ca

Université
Sainte Anne
University and College Studies

ALWAYS SO GOOD FOR SO LITTLE®



SWISS
CHALET
ROTISSERIE & GRILL

1-866-439-0439
swisschalet.com

358 Lacewood Dr. Halifax (902) 443-5198

3434 Kempt Rd., Halifax (902) 454-4226

Bedford Place Mall, Bedford (902) 835-7974

16 Foulis Row, Dartmouth Crossing (902) 468-0125

100 Main St., Dartmouth (902) 462-0906



1 CHOOSE YOUR ENTRÉE
ALL ENTRÉES COME WITH YOUR CHOICE OF SIDE, DRINK AND DESSERT.

 CHEESY PIZZA 6.99	 MINI BURGERS (2) 5.99	 CHICKEN STRIPS (3) 6.99
 KID'S QUARTER CHICKEN 6.99* *WHITE MEAT ADD 1.20	 MINI CHICKEN SANDWICHES (2) 6.99	

2 CHOOSE YOUR SIDE

 FRESH CUT FRIES	 CREAMY COLESLAW	 GARDEN SALAD
 SEASONED RICE	 BAKED POTATO	 FRESH VEGETABLES

3 CHOOSE YOUR DRINK

 SOFT DRINK	 SHIRLEY TEMPLE	 JUICE	 MILK
---	---	--	---

4 CHOOSE YOUR DESSERT

 Ice Cream Sundae
 Fruit Cup
 MSM's or Skittles

TD Canada Trust

TD Canada Trust
Clayton Park Shopping Centre
278 Lacewood Drive
Halifax, Nova Scotia B3M 3N8
T: 902 420 8500 F: 902 457 0175

BEELER SECURITY SERVICE

We Provide a Complete Line of:

- Locksmith Services
- Lock Sales and Repairs
- Safe and Vault Repairs

Come visit our bright, new showroom featuring many new products.

Beeler Security Service
A Division of S&P Enterprises Ltd. Phone: 422-1996
7037 Mumford Rd., Suite 2, Fax: 422-1965
Halifax, B3L 2J1

Laugh and Play CHILD CARE CENTRE

6 MONTHS - 5 YEARS
HOURS: 7:30 - 5:45

- Licensed Facility
- Qualified Early Childhood Educators
- Developmentally/Age Appropriate Programs
- Music Part of Daily Programming
- School Readiness Preschool Program
- Balanced Nutritional Snacks & Lunches
- Yoga 3 to 5 years

SPOTS AVAILABLE TODDLER AND PRESCHOOL

3514 Joseph Howe Drive (Behind CAA)
Please leave message 444-3460
www.laughandplay.ca

Laboratory Testings For Pets

PART 1 OF 2

Courtesy of Carnegy Animal Hospital
Member of the American Animal Health Association

During your pet's routine wellness exam or if it is suspected that something is wrong, your veterinarian may wish to run laboratory tests using a sample of your pet's blood, urine, skin, hair or feces. These tests are important to help your veterinarian understand your pet's health status.

When your pet is healthy, your veterinarian may run laboratory tests, such as a complete blood count (CBC), chemistry panel and urinalysis, to establish your pet's "baseline" values. Then, if your pet ever gets sick, your veterinarian will compare your pet's current laboratory results to his previous baseline value to determine if the current values are abnormal.

When your pet is sick, laboratory test results will help your veterinarian confirm the presence of certain illnesses and rule out other diseases. Your veterinarian may also run laboratory tests during treatment to track the path of the disease and see how your pet responds to treatment.

If your pet is scheduled for surgery, your veterinarian may run pre-surgical screening tests in order to determine if your pet is at risk of complications while under general anesthesia. These screening tests may be recommended for pets of all ages, including young, healthy pets.

How quickly will I learn the results of my pet's lab tests?

If your veterinarian has laboratory testing equipment at his practice, your pet's results may be available that same day or even within a few minutes. Many veterinary hospitals

have the equipment necessary to perform some tests in-house, but send other tests to a large, commercial laboratory, in which case the results are most often available within 24 hours.

What kinds of laboratory tests are available?

Your veterinarian will take into account your pet's symptoms, breed, age and sex when recommending laboratory tests. The following are the most common laboratory tests in veterinary practice.

Complete Blood Count (CBC)

A CBC measures the number of red blood cells, white blood cells and platelets in a sample of blood. The numbers of each type of cell give your veterinarian information to help him diagnose anemia, infections and leukemia. If your pet is undergoing treatment for a condition, a complete blood count can help your veterinarian monitor how your pet is responding to the treatment.

Urinalysis (UA)

Laboratory testing of your pet's urine will help your veterinarian detect the presence of specific substances that normally do not appear in urine, including protein, sugar, white blood cells or blood. Measuring the dilution or concentration of urine can also help your veterinarian diagnose illness. Urinalysis can be helpful in diagnosing urinary-tract infections, diabetes, dehydration, kidney problems and other conditions.

Part 2 of this article will be in the October 10th 2014, Fall Edition of the Parent-Child Guide Newspaper.

Distinctive Gifts For Animal Enthusiasts!



WE HAVE A GREAT SELECTION OF GIFT ITEMS FOR YOUR FRIENDS, YOUR ANIMAL FRIENDS OR YOURSELF
Enter Through the Veterinary Hospital

www.fourfeetontheground.com

CARNEGY ANIMAL HOSPITAL

Dr. Eric Carnegy (Halifax Veterinarian Since 1977)
Dr. Shannon Lindsay, Dr. Kyla Wuhr, Dr. Bonnie Harrison
Dr. Tamara Hollinger



- Excellence in Quality of Care and Service
 - Experienced, Friendly Staff
 - Full Service Veterinary Facility
 - Laser Surgery and Laser Therapy
 - Digital Radiology, Baer Testing
 - Pennhip Certification • K-9 Orthotics & Prosthetics
- SPECIALITY EQUIPMENT AND SERVICES INCLUDES:**

Royal Canin Veterinary and Retail Diets

BY APPOINTMENT. NEW CLIENTS WELCOME

"The Groom Room"
Michelle McDonald
Anne Marie Rasmussen
By Appointment

SHOW GROOMING SUPPLIES!
Lines Include
ISLE OF DOG, CINDRA,
Chris Christensen,
#1A Systems and More

www.carnegyanimalhospital.com
email: info@carnegyanimalhospital.com

7 Langbrae Drive, Suite 5, Halifax Tel: 457-1575, Fax: 445-1202



Your other family doctor!

Halifax Veterinary Hospital
6485 Quinpool Rd • 422-8595

Fairview Animal Hospital

The Village at Bayer's Rd
7071 Bayer's Rd • 443-9385

Spryfield Animal Hospital

320 Herring Cove Rd • 477-4040



visit our website

www.HalifaxVeterinaryHospitalinc.com



Complete Care and Well Being for the Life of your Pet!

HRM BUSINESS DIRECTORY

A H AUTO REPAIR
Body & Mechanical Vehicle Repairs, Welding and Safety Inspections. 5516 Bilby Street, Halifax, NS Tel: 455-1722

ALLSWELL PUMPS DIRECT
Specializing in Water Pump Repair & Water Treatment. Serving Halifax Regional Municipality
21 Old Cobequid Road
Tel: 864-7700 or 860-2202
Fax: 860-0869
prverge@eastlink.ca

APPLE AUTO GLASS
Windshield Repair & Replacement, Window Tinting, Plate Glass & Mirrors, Auto Upholstery & Truck Bedliners.
Open Saturday Till Noon.
3200 Kempt Road, Halifax, NS
Tel: 455-0494

BURNSIDE WINDOWS & DOORS LTD.
Retail & Contractors. Sales of Windows, Doors, Skylights & Patio Doors.
75 Akerley Blvd., Unit G, Dartmouth
Tel: 468-7114 Fax: 468-7108

DARTMOUTH DISTRICT MASONIC COMMUNITY CENTRE (BINGO)
Bingo Five Nights A Week. Doors Open 6:30 p.m. Games Start at 7 p.m. Also 3 afternoons Thurs, Fri & Sat starting at 1 p.m. Lic. AGA 11876006
24 Mount Hope Ave., Woodside Industrial Park, Behind Dartmouth General, Dartmouth Tel: 466-0312

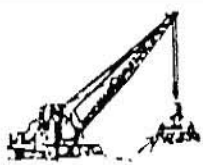
HALLMARK CARPET ONE
Quality Flooring at Affordable Prices.
The Atrium, 60 Highfield Park Dr., Dartmouth
Tel: 468-1588

HOLIDAY INN EXPRESS
Stay Smart®
Express Start Breakfast Bar
Featuring Hot Items
Complimentary Parking
Complimentary Local Calls
Complimentary High-Speed Wireless Internet
133 Kearney Lake Road, Hfx.
Tel: 445-1100, Fax: 445-1101,
Meetings: 445-MEET (6338)
Toll Free: 1-800-565-3086

LAURIE'S COMPLETE AUTOMOTIVE
Where Service & Honesty Come First. We Use "WAGNER" Brake Products.
219 Wyse Rd, Dartmouth
Tel: 466-1444

JENTRONICS LIMITED
Electronic Components & Industrial Controls.
15 Weston Court, Dartmouth
Tel: 468-7987 Fax: 468-3430
E-mail: info@jentronics.ca
www.jentronics.ca

NETWORK PATHWAYS INC.
Providing International Data Quality Solutions Since 1995.
1600 Bedford Highway, Suite 100-401, Bedford, B4A 1E8
Tel: 835-8860
www.netpathinc.com



DARTMOUTH METALS & BOTTLE LIMITED

Dealers in Ferrous & Non Ferrous Metals

PETER GIBERSON 14 DAWN DRIVE
Bus: (902) 468-1995 (Across from Coast Tires)
Fax: (902) 468-2242 Windmill Road
Cellular: (902) 456-1994 Dartmouth, N.S.



ATLANTIC FUNERAL HOMES

771 Main St., Dartmouth
462-1434

6552 Bayers Rd., Halifax
453-1434

125 Sackville Dr., Lr. Sackville,
864-1434

atlanticdartmouthfh@arbormemorial.com

CRAFT CORNER

Back to Basics: Capturing Your Creativity



From the Big Apple, Jenny Joan Larisey,
Craft Consultant for Maritime Hobbies & Crafts

What is inspiring to you? What triggers your creativity? Books, music, or colour? Maybe textures from the oceans and forest? I like to surround myself with inspiration from the time I get up and drink tea from my favorite cup until I go to sleep covered in my favorite textiles.

On daily travels I see so many things that inspire me like the way the light reflects on buildings and plants, the sunset or a sculpture in a park. I find inspiration in the world around me all day long, people, places and things.

It is so easy these days to have a device handy that will take pictures, capturing the time and space that brings joy to our day. You can choose a photo and post those moments of inspiration to

your social media site. I love Instagram for instance, allowing me to manipulate photos, add colour and change tones. In a way I feel it builds a good community of people that like to share their ideas and inspirations.

There are so many photography apps to get for your device, ways to make your picture just how you want it. But what I find myself asking is, do I really know the basics of photography?

Over the next few weeks I am going to focus on the camera and it's abilities to be a tool. The idea isn't going to be about taking pictures and posting them, but rather learning the art of photography. My sweetheart is lending me his Power Shot G11 Cannon. I am going to hit the books and teach myself the basics of how to use a camera.

Of course I will be taking pictures of things I love and what inspires me but what I want is to be better at taking pictures, not just to capture moments but to express creativity through a lens rather than my app settings. We are living in a time where technology has become part of the creative process for many of us and when used to our advantage we can get great results.

Learning a new skill will benefit my creative process and getting to the basics of photography will help me to achieve the ability to take quality photos of my future projects.

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

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

THEN COME SEE WHAT'S NEW AT MARITIME HOBBIES & CRAFTS!

- Kites
- Rockets
- Radio Control
- Macrame
- Models and more...



**MARITIME
HOBBIES
& CRAFTS**

EST. 1946 LTD.

(902) 423 8870
1521 Grafton Street • Halifax
Mon to Sat 9:30am - 6pm
www.MaritimeHobbies.com
Like us on Facebook



EXPRESSLANE
FAST OIL CHANGES & MORE

METRO'S ONLY MOPAR EXPRESS LANE!

Monday-Thursday 7:30am-8pm
Friday 7:30am-6pm
Saturday 8am-4pm

NO APPOINTMENT NECESSARY!

FREE WHEEL ALIGNMENT CHECK

**GET READY FOR SCHOOL
PEACE-OF-MIND MAINTENANCE SERVICE**

SERVICE INCLUDES:

- Up to 5 litres of Genuine Mopar Motor Oil
- Mopar Oil Filter
- Rotation of 4 tires
- **PEACE-OF-MIND INSPECTION** of cooling system, all fluid levels, electronic battery test, front and rear brake systems, exhaust system and suspension system
- Provide written report
- Manufacturer's Check

\$89.95*

\$99.95*
HEMI

Synthetic/semi synthetic oil available at additional cost.

*Up to 7 litres of Genuine Mopar Motor Oil with Hemi Service. Environmental handling charge may apply. Additional charges may be applied based on vehicle configuration and options, and fluid disposal. See your dealer for details.



WWW.DDODGE.COM 469-9050

61 Athorpe Drive, Dartmouth



Hatchbackpack.

Get that new backpack smell.
The 7th generation 2015 Golf.

Hillcrest Volkswagen.
Family Driven Since 1979.





MacPhee
FORD

Atlantic Canada's Largest Inventory

for the all

NEW!

2014 C-MAX HYBRID



MACPHEE

Ask
About
Our
Family
Plan
Pricing!

ONLY!
\$34400 PER MONTH
See dealer for details.



COME SEE
WHY WE ARE
THE
MARITIMES
LARGEST VOLUME
FORD/SVT DEALER!



67 **0%**
MPG Lease
Financing

Come in and Drive one Today!



MacPhee
FORD

902.434.7700
580 Portland Street Dartmouth