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Children and Lying

By Carol Shirley, MASP – Registered Psychologist
Roth Associates in Psychology



How can we help children learn the difference and still inspire dreams and imagination?

Research shows that people over the age of four lie. The types of lies studied typically fall into two categories: anti-social and pro-social. Anti-social lies would be considered in terms of not telling the truth about one's own behavior (e.g., "did you push your sister"; No). Anti-social lies are shown to be related to the child's level of moral development (ability to understand how the behavior is viewed by or affects others and a willingness to be seen by others in a positive light). Lies are said to be used when the child is afraid of the consequences of telling the truth; when the lie enhances the perception of self and often when the child has low self-esteem.

Pro-social lies are told frequently in our society. We respond to the question "How are you"

with "well" or 'good' even when we are not. We express gratitude and pretend to like gifts we don't like or we ask our child/spouse to tell the person on the phone we are not at home when we actually are. Children do not instinctively know the difference between anti-social and pro-social lies and often hear/see the parent lie and conclude it must be okay to do so. As parents and teachers of children we can help them understand the difference between anti-social and pro-social lies and help them to understand how their behavior affects others. We can also teach them the difference between pretending, things we create with our imagination, and straight up lying.

Sometimes our children need to feel bad (without shame; shame can be inherent in labeling [telling the child he/she is a liar; or in the tone we use]) if they are to truly understand how lying affects others. If you see/hear a child do something they are not permitted to do (e.g., kick the dog; throw a toy at her brother) tell them you

know they did it and give appropriate consequences don't ask the child if they did something you know they did. If you don't know then ask and remind them that you value truth and will when possible investigate their stories. Help children understand how lying erodes our trust and our respect of and for individuals. Help them understand that we understand the desire to not tell the truth, and that sometimes having to own what we did feels bad. Help them see that it is human to feel as though telling the truth can feel scary and that there are things we might be afraid of if we do tell the truth. Moreover, help them to know that the truth, in the long run, always makes us feel better about ourselves and model truth in your own life.

Roth Associates in Psychology Inc. is a full-service counselling firm whose Registered Psychologists and other professionals offer assistance to children, adolescents, adults, couples and families. Daytime, evening and week-end appointments are available, please contact (902) 454-6166.

We encourage children to have an imagination and are impressed when they dream about possibilities. We love it when we watch them playing and pretending they are someone or something they are not (e.g., look at me I am spider man). If you spend any time watching children's television programs you would see advertisements for toys that are shown to do things the toy cannot do. They want the magic wand that will turn them into princesses and super heroes. We do not think of these examples as lies and yet they are untruths.



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Stages Of Separation And Divorce and the Role of Psychologists

By Jacqueline Milner-Clerk, M.Sc. – Registered Clinical Psychologist

There are many stages involved in the overall separation/divorce process, each with its own set of unique emotions and dynamics. Quite often families in the midst of separation and divorce experience increases in stress and emotional distress as they often have to adjust to many changes. Sometimes both adults and children feel judged, ashamed and/or a "failure", creating reluctance to reach out to others for support and help. The following are some of the most common stages a person/family goes through during separation and divorce and how counselling provided by a relevant psychologist or other mental health practitioner may potentially help.

Before Separation Occurs

Before actual separation of a couple occurs, there is much time spent on either trying to figure out what is going wrong in the relationship and how to make it right, or entertaining the possibility of separation and divorce. The latter is often wrought with deciding whether to proceed with it and hence, what would be involved emotionally, financially, socially as well as the impact on the children.

A psychologist or other mental health practitioner can offer relationship/marital counselling for those couples who are trying to see what, if anything can be done to salvage their marriage. Working with a psychologist can help individuals understand what may have gone wrong and why, as well as teach new skills and provide new insights for either the current marriage or future relationship. These aspects and questions may also be explored and addressed if only one person from the marriage is willing or wanting to seek counselling.

Psychological counselling could also educate couples on what to typically expect mentally and emotionally during separation and divorce as well as educate and prepare those couples with children about how best to proceed to minimize as much as possible distress and adjustment difficulties experienced by their children. Information about other resources can also be provided. This counselling

could also be provided individually should it be relevant or needed.

Because separation and divorce is such a significant life event to most that impacts so much of one's own and their family's life, it is a very difficult decision to reach and follow through on. Counselling may help an individual sort through their many emotions, fears, questions and confusions in order to help them reach an informed decision as to whether to end their marriage or not.

During Separation and Divorce

On an individual basis, a psychologist or other mental health practitioner could offer support and help a person cope with the many emotions (e.g., grief, rejection, fear, confusion, shame, betrayal, anger and guilt), changes and problems occurring during the separation. They can assist with problem solving, decision making and parenting concerns as well as offer information about resources available to them.

Children of separation and divorce are especially vulnerable to experiencing increased distress as it is often experienced as an uncertain, fearful and/or painful time. Counselling could support and help children whose parents are in the midst of separation and divorce if needed by providing them with a safe, neutral atmosphere to express and work through their possible fears, distressing feelings and confusion.

For the couple going through separation/divorce a psychologist may educate and help the couple resolve conflict, problem solve and communicate more effectively as they navigate through the process. Information about parenting and how to increase their children's adjustment to the overall change could also be a focus of counselling.

Counselling may also provide an opportunity to educate a couple on the options available to them for reaching a legally binding agreement (e.g., referral to different legal agency's for Collaborative Family Process, Mediation, "Do-It-Yourself kits", etc.).

After Separation /Divorce

The time after a separation and/or divorce is often a time of recovering, healing and rebuilding. A psychologist or other mental health practitioner could help individuals(both adults and children) cope and adjust to the many changes that have occurred after separation and/or divorce such as being single, parenting, dating and possibly, adjusting to a blended family.

Specialized Psychological Services

In some cases there are concerns about a child's well-being regarding parenting and custody issues. Some psychologist and other mental health practitioners offer Parent Capacity and/or Custody assessments to assist with determining objectively what would be in the best interest of the children involved and how best to proceed.

HOW TO FIND A PSYCHOLOGIST OR ALTERNATIVE SUPPORT

- Through your Family Doctor or Lawyer
- In the Yellow Pages
- On the Internet: www.apns.ca www.nsbep.org
- Through HRM Community Mental Health - (902) 454-1400 or 454-1440
- Through a friend's referral

Jacqueline Milner-Clerk is a Registered Clinical Psychologist and principal of Jacqueline Milner-Clerk and Associates, which is a practice provides psychological services to children, adolescents, adults, families and couples. She can be contacted at 461-8133.

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Play; the Central Business of Childhood

By Angela .E. Rudderham

We cannot deny that our children today are playing less than in previous generations. With the exception of video games and adult led structured classes or afterschool programs, our kids seem to have forgotten how to just play. Well is this a natural step in the evolution of our society? Is it a good thing or a bad thing? Well let's look at the importance of play and then you can be the judge.

Play is important for healthy social development. It is where we first learn and practice countless social skills. Without parent supervision you had to learn to adjust or correct your own behavior based on the reactions of your friends. You learned how to listen wither it was during truth or dare or the directions of a new game. You learned how to instruct and lead when it was your turn to make up the rules. You learn to negotiate. When you wanted to use the Barbie who didn't have her hair cut off, or the dinky with the cool flames, you had to offer up something equally appealing or strike a deal so your friend wouldn't storm off. You learned how to apologize, read nonverbal cues and awareness about yourself, as kids seem to have less of a filter and will tell a child when they

are being too bossy or lying. You learned how to takes turns in conversation and board games. You practiced patience and self-control while waiting for your turn to bat or holding back during rough housing. You learned how to problem solve and connect your actions to consequences; maybe the bike ramp wasn't the safest idea.

Play also was the first chance to create and use our imaginations. Playing house or making mud pies allowed for self-expression. Though play we learned and tested basics psychics, what goes up must come down. Children develop their sense of time, communication skills, organizing and planning and many of our executive functioning skills all by accident while playing.

Aside from the mental stimulation and respite from stressors, play is also essential to physical fitness. Children today spend an average of 6 hours each day in front of the computer and TV but less than 4 minutes a day in unstructured outdoor play. As a result our children's health suffers. Issues like obesity and type 2 diabetes are at an all-time high. Studies have shown that people deprived of contact with

nature were at greater risk of depression and anxiety. They also never develop a relationship with the natural environment and they are unable to use it to cope with stress. (C&NN: Derbyshire, David)

While adults have their jobs and hobbies to provide a sense of purpose and self-exploration, play is the central business of childhood and when that is missing there is no better substitute for the practice of these important skills.

What can we do to encourage more child directed free play? Here are some tips below;

- Limit screen time to 2 hours a day. This includes T.V, computers, video games, phones ect.
- Provide simple toys where children have to engage their imagination. Dress up clothes, blocks, art supplies and such.
- Give children left over boxes, boards, blankets, the recycling bin contents and encourage them to build a clubhouse or fort.
- Talk to other busy parents in the neighborhood and make a plan

together for encouraging more unstructured play.

- Limit the extra-curricular activities
- Don't give in to the "I'm bored" scare by rushing in to solve the problem. When bored enough a child will resort to their imagination

Remember what is best for the children isn't always the easiest for the parents, so resist the urge to give up and place them back in front of the screens to keep them quiet. It takes a while to develop a new habit so have patience, the payoff is huge. Allowing your child enough unstructured independent play will provide the foundation for a healthy, social and independent lifelong learner. What could be more worth the effort?

Angela Rudderham is the Director of Turning Tides Community Outreach. We offer programs that provide academic, social, behavioural and organizational skills students need to succeed. For more information, please call 902-404-TIDE (8433) or visit www.turningtides.ca.

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CHILD Safety LINK .ca

What is a Poison?

By Brittney Gavin, Health Promotion Specialist,
Child Safety Link

A poison can be a medication or harmful chemicals that can cause your child to become sick after swallowing or coming in contact with it. A poison can also be an object that can cause an injury. For example, if your child were to choke on an object while trying to swallow it, that would be considered a poisoning. Therefore, a poison is anything that can cause illness or injury after ingesting it or coming in contact with it.

So why are poisonings so common in children between the ages of 1 and 4 years? Young children are at particular risk for poisoning because they often explore their environment by putting things in their mouths. Also, their motor skills are changing quickly at this age, they start climbing. This changes what objects they can reach for and how quickly they reach for them.

Young children's hand-to-mouth habits and increasing mobility makes them more at risk for being poisoned. Child Safety Link would like to share the following tips to help prevent your young child from being poisoned:

- Follow age recommendations when buying toys for your child. Keep in mind that age recommendations are about safety and not the ability of your child.
- If a toy can fit in a toilet paper roll, it is too small for children under the age of three.
- Jewelry can be a choking hazard, avoid putting jewelry on small children.
- Make sure batteries are secured and in good condition in toys. If swallowed, batteries

can leak and cause a poisoning. Keep in mind that some greeting cards might contain small button batteries, particularly those that sing when you open them.

- Toys with small magnets can be dangerous if the magnets fall out. If your child swallows more than one magnet, they can attract to one another inside the stomach and cause serious damage and in some cases, death.
- Keep all medications in their original containers and far out of reach from children.

- Always supervise young children.

If your child may have come in contact with something poisonous, call the IWK Regional Poison Centre right away at 911 or 1-800-565-8161. It is best to call if you even think your child could be poisoned. For more information on poisoning prevention, contact the IWK Regional Poison Centre at 1-800-565-5161, or visit www.childsafetylink.ca.

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Ask Away - Questions and Answers with Dr. Nina Woulff



Does Feeling Good = Being Good? Does good self-esteem make good children?

Answer: A number of psychologists have noted that in the last 30 years North American children have grown up in a culture which has placed huge importance on high self-esteem. Many parents are reluctant to set expectations for their children that might be rather difficult to achieve. As well, many parents are reluctant to criticize their children and express any disappointment.

As well, with family sizes being smaller and with two working parents (now the norm) most parents have more disposable income and tend to indulge their children much more than previous generations.

As a culture, we seem to be focused on feeling good and avoiding any frustration.

All of these factors probably play a part in creating children who feeling entitled to feel happy all the time and who expect that rewards will come easily to them.

Question: Is too late to try to instill values of a strong

work ethic and greater consideration for others?

Answer: It's not too late but it probably will not be easy. It will require quite a shift in attitude for a parent who has always been made their child's happiness their number one priority. It means the parent would have to start thinking that "being good" is more important than always "feeling good."

Question: Should I just start focusing on what they are doing and stop worrying about whether they are happy?

Answer: If we wish to make changes in any of our relationships it usually doesn't work if we go from one extreme to the other.

I don't think it is wise to ignore how our children are feeling. A child who is often sad and anxious is a troubled child who may need professional help. However, a child

does not have to feel happy all the time. For example, they may find some aspects of schoolwork difficult or boring - or just not as exciting as other activities they prefer. It's important that we encourage and even insist that they "hang in there" and get the job done, rather than opt out.

Also children who do well (in school, sport, artistic endeavor, work etc) are children who usually feel good and proud of themselves.

Question: Are there some general strategies for getting my children to be more socially conscious and responsible?

Answer: One of the most effective means of instilling moral behavior is - talking.

You can talk to your children about how you see the world and your values.

You can engage children in discussions about underlying assumptions of rules at home, school and society and encourage them to work through moral quandaries.

Another effective strategy is to have children engage in community service activities and other activities - be they sports, music, theater or any other that give them a sense of purpose and connection with a group.

Question: Are there any books or people that can help me with this?

Answer: A book that is helpful is: Raising Good Children: from Birth through the Teenage Years by

Thomas Lickona. As well, an experienced family therapist could provide specific strategies that are useful and tailored to each unique family.

Dr. Nina Woulff has a private practice in Halifax which provides individual, couple and family therapy for children and adults. 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 issue she will deal with questions about what promotes the development of good children.

Question: I have two young teens. I have always thought that keeping them happy was the most important thing. However, lately I wonder if all my efforts to keep them "feeling good" has promoted selfishness and laziness (which unfortunately I do notice in them).

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Health & Wellness

How to Prepare Your Child for Their First Dental Visit

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



Dr. Negin Ghiabi

Maintaining good dental care for your children is an important part of keeping them healthy. AAPD and CAPD recommend to take your child to the dentist around his or her first birthday, or as soon as the first tooth comes in. Do not wait too long to take your child to a dentist.

Prepare your child for their first dental visit by helping them understand what to expect, and explaining why it is so important to their teeth.

1. The best way to prepare a baby for a dental appointment is to keep their mouths clean. Run a washcloth over the gums, and use a small infant toothbrush with a spot of infant-safe toothpaste to clean any emerging teeth.

2. Take turns with your child pretending to be the dentist and the patient. If your child has dolls or stuffed animals, pretend to take them to the dentist. This will allow him or her to take on many roles, including that of the dentist, the parent, and even the patient. Use props such as toothbrushes, dental floss, flashlights, and small cups to practice rinsing and spitting.

3. Share as much knowledge as you can with your child, so he or she understands the importance of keeping their teeth healthy. Point out the work they do in helping to chew food, and have them practice smiling into mirrors so

they can see and appreciate their teeth.

4. Children learn from what you do, not what you say. Invite them into the bathroom with you when you brush and floss. Open up your mouth and let them count your teeth. Making oral care a part of your daily routine so they are comfortable caring for their own teeth.

5. Allow your child to talk about anything that scares him or her about the dentist. Help your child feel secure by assuring him or her that you will be present during the appointment. Let them choose a favorite toy, stuffed animal, or blanket to take for extra security. Explain words they may hear at the appointment such as fluoride, cavity, gums, and x-ray.

6. Many dentists will accommodate their new patients,

especially the young ones. Stop in and let your child meet the dental staff and check out the waiting room. This way, it will feel a little more familiar when it is time for the appointment.

7. Try to have fun. Let your child pick out his or her own toothbrush and toothpaste. Read books about the dentist, such as *The Berenstain Bears Visit the Dentist*. Your local bookstore or library may have other suggestions.

8. Remember not to let your own fears of the dentist get in the way. You may have a painful dental history of your own, but you do not want to frighten your child with your own stories. Remain positive and upbeat, and remember to encourage good dental hygiene at home in order to limit any scary experiences for your child.

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. For more information please call 902-407-7377.



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

Stay Active Over March Break



March Break is upon us! Didn't it seem like just yesterday we sat at the window excited to see the first snow fall of the year? Ok. Maybe that's just me.

At any rate, parents, kids and teens wondering what they can do with their March Break time that's fun and keeps them moving can turn to HRM Leisure and Aquatic Services for some great ideas:

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

NLS is a 45 hour lifeguarding course developed by the Lifesaving Society of Canada, and is recognized as the standard measurement of lifeguarding performance in Canada. The NLS course consists of a core content with lifeguarding principles and techniques, together with environment-specific items leading to certification in NLS Pool option

NLS course takes place the week of March Break from 9-5 each day - please call 477-7665 to register

Wave Pool March Break swim schedule:

Monday	2-2:45 Camp Swim	3-3:45 Wave Swim
Tuesday	2-2:45 Camp Swim	3-3:45 Wave Swim
Wednesday	2-2:45 Camp Swim	3-3:45 Wave Swim
Thursday	1-1:45 Camp Swim	3-3:45 Wave Swim
Friday		2:30-3:30 Wave Swim

At Needham
(3372 Devonshire Avenue
490-4633):
Assistant Water Safety Instructor/Water Safety Instructor course (AWSI/WSI):

Become a Red Cross Water Safety Instructor in just one week by taking the crash course that teaches you the fundamentals of Water Safety and Swimming Instruction. This course will take place the week of March Break from 9-5 each day - please call 490-4633 to register.

Continue on page 9.

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Is Your Child the Right Age to Wear Contact Lenses?

By: Dr. Marni Denman, Family Vision Clinic



Dr. Marni Denman

Parents frequently ask eye care professionals if contact lenses are safe and appropriate for their children. They want to know if their child is old enough to start wearing contact lenses. More important than age

is the child's maturity and ability to handle the responsibilities involved with wearing contact lenses. This involves proper storing, cleaning, and replacing of the lenses as instructed as well as learning insertion and removal techniques. Parents should ask themselves if their child has the maturity to take on these responsibilities. They should ask themselves how their child handles other responsibilities given to them, such as, keeping their room tidy, staying on top of assigned chores, and following good hygiene practices. If they can handle everyday duties well then they might make good contact lens candidates.

Children's eyes are physically able to tolerate contact lenses at a very young age and in some instances infants are fit with contact lenses for congenital reasons. As a general rule of thumb, 12 years old is a good age for most children to be fit with contact lenses, however, your child's candidacy for contact lens use will be up to your Optometrist. Parents thinking contact lenses might be a good option for their child should speak to their Optometrist about whether their child would be a good candidate for contact lens use and which type of contact lenses would best suit them. Advances in contact lens technology have made them more comfortable than ever and they correct a wide range of vision problems including nearsightedness, farsightedness, and astigmatism. Daily disposable contact lenses have become increasingly popular

because they require very little maintenance. They are replaced after each use so your child would always be putting in a fresh pair of lenses. Contact lenses are also great for children active in sports. Sport eyeglasses are available but can still fog up on occasion and can be cumbersome. Contact lenses move with your eye and give you unobstructed peripheral vision during competition. This can give faster reaction time during play. If fit properly, your child's vision remains stable and accurate. Wearing contact lenses can also increase a child's self-esteem. Many children don't like the way they look in glasses. Switching from glasses to contact lenses could change the way your child views their self-image which will boost their self-esteem. When children feel good about themselves, including their appearance, this affects their performance in all aspects of their lives.

For further information or to have an eye examination, you can see Dr. Marni Denman or any of her 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.



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Stay Active Over March Break *Continued from page 8.*

Needham March Break swim schedule

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

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

Nova Scotia Museums

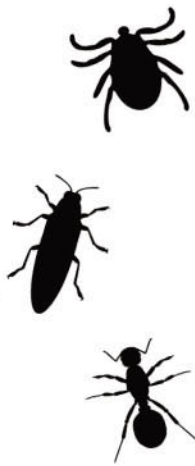
The Museum of Natural History presents BUGS

A long-arm beetle more than ten feet tall, a giant butterfly with a five foot wingspan, and heavily-armored stag beetles with jaws as big as your leg await you in this fascinating look at the insect world.

The Museum of Natural History presents: BUGS: Outside the Box. This selection of greatly enlarged insect sculptures, each showcasing the beauty hidden within the (mini)beasts of the natural world. Intricate details not visible to the naked eye are showcased alongside educational topics, including an exciting look at museum collections and taxonomy, and an exploration of the power of magnification.

Outhouse Exhibit Services has teamed up with Italian sculptor and naturalist Lorenzo Possenti of Ecofauna to create this traveling exhibition, which is the premiere of his work in North America. Lorenzo's exceptional and detailed works of art showcase the marriage of art and science.

BUGS:
Outside the Box visits the Museum of Natural History February 8 through May 19.



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Communities, Culture and Heritage



March Break

at Museum of Industry
Stellarton, NS
March 8-16, 2014



147 North Foord Street, Stellarton, NS
TEL (902) 755-5425
museumofindustry.novascotia.ca

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FEB 8 TO MAY 19

BUGS

OUTSIDE THE BOX

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(902) 424-7353
naturalhistory.novascotia.ca

A PART OF THE NOVA SCOTIA MUSEUM

Photo: USGS Bee Inventory and Monitoring

Nova Scotia Museums

Get Hooked on the Pirate Life! Maritime Museum's March Break *Pirates of Nova Scotia: Legends & Lies!*



Did pirates really bury their treasure? What are holy stones? What did pirates eat at sea and did they have parrots as pets? This March Break, come join the Maritime Museum of Atlantic's crew on an adventure for *Pirates of Nova Scotia: Legends & Lies!*

We invite everyone to come dressed as a pirate, if they wish, to explore, and learn about the pirates that have sailed around this coast -- do as pirates did during the Days of Sail!

Parents will learn about the myth and realities of some famous pirates and discover Nova Scotia connections with the many pirate-related stories weaved into our interpretive activities. Oak Island, Black Rock Beach, mutiny on the Saladin and the famous Edward Jordan will soon be part of your

pirate history lingo and experience when you visit with us this March Break.

Don't forget your camera to capture some great shots while your crew tries out the pirate life. "Navigate" to various Nova Scotia destinations with your pirate map: get sworn in, hoist your treasure, run out your cannon and experience various pirate and ship traditions as you travel to various ports.

Of course, waiting for your visit is Merlin, our rainbow macaw, who'll want to take a picture with you along your journey! To join our crew or see our adventures for March Break, follow us at #mmapirates on twitter.com/ns_mma, facebook.com/maritimemuseum, call us at 902-424-7491 or visit maritimemuseum.novascotia.ca

Sea Creatures

March Break at the Museum of Industry, Stellarton

Swim beneath the waves this March Break with "Sea Creatures" at the Museum of Industry. We are partnering with the Northumberland Fisheries Museum to offer activities that are all about life under the sea. Our activities will be offered from 9:00 - 5:00, Saturday March 8th to Sunday March 16th.

Each day kids can imagine they are spending a day at the beach while playing at our sand and water tables. A touch-tank lets

visitors get up close and personal with some of the common sea animals of Nova Scotia's shores. What are the colour of a scallop's eyes? This is your chance to find out! Bones, teeth and shells of real sea creatures also will be on display. Kids can let their creativity flow as they make sea-themed crafts to take home. Paint a scene on a shell, or learn to fold an origami fish. Different crafts will be featured throughout the week.

We also will have a Seaside Fashion Show at 11:00 and 1:30 each day.

Dress as your favorite pirate, mermaid, sponge or sea monster for a chance to win a prize. Our popular plasma cars will be back too, so kids can take a drive through an undersea world. A Lego Table lets kids design their own sailing ship or underwater scene. Finally, if you're brave enough, have your picture taken in the tentacles of a giant sea monster, the Kraken!

Museum of Industry
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Stellarton, NS,
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museumofindustry.novascotia.ca

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NOVA SCOTIA

March Break & Summer Camp Guide

March Break 2014

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TWISTED TEA PARTY

JULY 7TH - 11TH

In this mash-up of *Through the Looking Glass* and *The Secret Garden*, participants can explore the wacky world of their own imaginations!

Surrealists Salvador Dali and Frida Khalo, day trips to Art Galleries and Public Gardens will inspire their own stories, sculpture and art creations all of which will be made into a Twisted Tea party at the end of week in costume which parents will attend.



ROBOTS VS. SEA MONSTERS

JULY 21ST - 25TH

In this fantastic camp mash-up participants will explore Sea monsters, machines and the culture of Steampunk. The classics *Moby Dick* and *20,000 leagues under the sea*, Robotics, Ocean myths and Steampunk will inspire a large scale creature sculpture to be unveiled at week's end!



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We know that keeping the brain learning and the body moving on breaks from school is important, so why not take advantage of this great pairing and give your child a school advantage this March Break?

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March Break & Summer Camp Guide

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Playtime and Exercise Go Hand In Hand

Our lives are busy. Parents work longer hours, we often have a lengthy daily commute and kids often have several hours of weekly homework and scheduled activities. However, it's important to make time for active playtime.

Active play is an important part of healthy childhood development. Kids should be encouraged to try new things, test boundaries and use their imaginations. In addition to the physical benefits, play is essential to cognitive, emotional and social development throughout early childhood.

Motivating kids can be hard sometimes, especially when the lure of electronics and television is so strong, but it's important to limit screen time and keep your kids healthy and strong. The Canadian Society for Exercise Physiology, CSEP, recommends that children get 60 minutes of moderate to vigorous intensity physical activity daily.

There are many great reasons to make sure your child(ren) maintain an active lifestyle. According to the CSEP being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Here are some great tips to help set aside some time each week and find time for active playtime.

1. Ask your child to pitch in and help with chores. Kids can help with

small chores such as setting the table, gathering dirty laundry and taking it to the laundry area, picking up toys and putting them away or emptying the dishwasher. Let your kids know that the reward for helping out is some extra playtime with you or an active outing or adventure.

2. Plan a weekly menu of meals on Sunday. Spend a few hours preparing casseroles or pasta that can be frozen and then popped into the oven for a quick and easy weekday dinner. This can free up an extra hour for playtime before supper.

3. Cut back on scheduled activities. Many kids today have almost every hour of the day scheduled out for them. Give your kids a chance to just play.

According to evolutionary psychologist Peter Gray, "Play is a powerful way to impart social skills". Prof. Gray believes children's lives have become much to regiment and recommends unstructured play in order for children to learn how to manage intense negative emotions, such as fear and anger, and to test themselves by taking manageable risks.

Prof. Gray believes play is crucial for a child's development. "In play, children make their own decisions and solve their own problems. In adult-directed settings, children are weak and vulnerable. In play, they are strong and powerful. The play world is the child's practice world for being an adult."

For more information on active play visit csep.ca/guidelines or participation.com.



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& Cafe

**Why do these girls
look so happy?**

These girls are really happy because they've had a great day at Rebel Space Indoor Playground. Studies have shown that being active for at least **60 minutes** daily can help children improve their confidence and feel happier. Being active can also help your child do better in school, learn new skills, maintain a healthy weight and sleep longer.

Rebel Space Indoor Playground is just one way your child can get 60 minutes of active play! Visit us at rebelspace.ca.

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March Break & Summer Camp Guide

Happy Birthday Artech Join the celebration!

In 2014 Artech Camps will celebrate its 10th birthday!!! We will be celebrating in "10's". What does this mean???

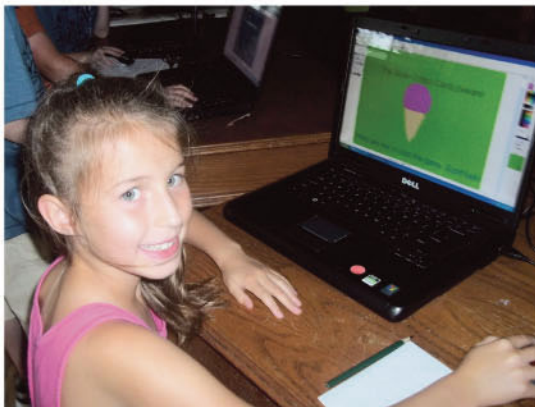
- 10 Awesome weeks of Camp
- 10 Camp Scholarships to give out
- 10 Exciting Media Projects to explore during March Break - create animations, build robots and design your own video game!

The summer line-up is just as awesome: **Animation &**

Film Camps - bring your ideas to life on the big screen!
Video Game Design - make the next Minecraft or Angry Bird game!
Robotics - design intelligent machines that you control!
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March Break & Summer Camp Guide

mARTch break at NSCAD University

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Call or visit NSCAD Extended studies online for more information: 902.494.8151 | nscad.ca/extendedstudies/youth

Want to have a great March Break? Come and join in the fun at NSCAD Extended Studies Art Camps! We have something for all age groups, including our new Art101 camp for high school students. In Art 101 you'll get to sample a variety of art practices, from jewelry making to stop motion animation and more! Our 5-8-year-olds will get to blast off into space or explore the deep sea through mixed media! Our 9-11-year-olds will explore the land of monsters or learn to

We offer supervised early drop off (8:30am), late pickup (5:00pm) and lunch. Celebrate all the fantastic things you learned and made at the end of the week with the ARTrageous exhibition of student work at the NSCAD Port Loggia Gallery! Plus you'll get a really cool t-shirt, and you'll need it because things are going to get messy! So come join us for a fun filled week of art exploration and discover what you can make!



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for ages 5-18

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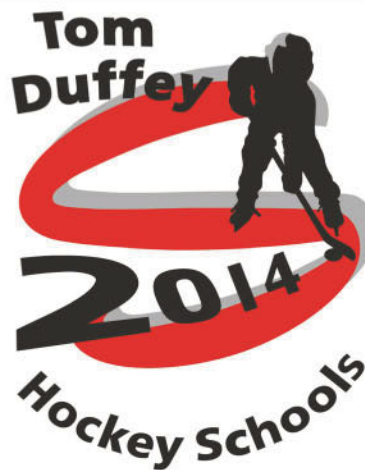
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or Phone 443-3414 Fax 443-9230 to request a brochure

March Break Social Skills Day Camp!



Dates: March 10 to 14, 2013

Class Times: Monday to Friday

Hours: 9:00am to 12:00pm

Capacity: 5-10 students per age group.

Cost: \$225 per week

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

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

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

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

To register please call 293-4801

www.turningtides.ca

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

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

Early study skills that young children can learn:

- Sitting down and maintaining focus on a single thing for a period of time such as a book
- Having thoughtful discussions about an event or a book you've just read together develops active thinking
- Working on puzzles and figuring out the solutions develops problem-solving abilities

- A set time to read or work on a puzzle everyday helps create good homework habits

Middle years—Grades Three to Eight

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

Because students are still learning and growing in so much of their academic life, the lessons that they learn during this critical development stage leave lasting impressions. Almost more important than developing study habits, students are continuing to develop attitudes about how they approach learning—and these attitudes are very critical to motivation and their enthusiasm (or lack of it) for school.

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

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

Teen Years—Grade 9-12

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

In high school, tests become of greater

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

It's not always easy to transform the knowledge that teens have been accumulating over the years into practical skills that they can use while studying. Practical study skills are unfortunately, not always taught in school. It's little wonder then that many students find the process of studying for, and writing, tests very stressful. Without some extra help, many students may find it challenging to translate the innate study skills that they have learned over the years into practical skills that they can apply while studying.

When students are taught practical study skills such as note taking, time management, and active reading, they can combine them with other important skills such as perseverance and effort to develop top-notch study skills that can transform study time from stressful to stress-free!

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

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

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CRAFT CORNER

Symbols and New Beginnings

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

BOOK NOW!

For me a new year is all I need to find a bit of motivation. I ask myself, what kind of year will 2014 be? This is the year of the horse and we can expect this to be a very energetic year, filled with optimism. Happy New Year and Kung Hei Fat Choy!!!

An annual spring tradition for my family is dying and decorating eggs. This fun activity reminds me that the cold weather is almost over, the beauty of new buds on the trees and the refreshing palate of spring colours from flowers blooming is just around the corner. Dying eggs can be fun and easy for kids and for the more experienced crafter there is the potential to create something more intricate and ornate. I start brainstorming weeks ahead allowing me enough time to experiment with colour and technique. It will be a delight to see a hint of what's to come in the spring when you open up your egg carton.

With a simple dye recipe and some fun kid-friendly techniques, your eggs will go from bland to beautiful! Try playing with colors you might already have in the kitchen, things like beets, onion skins or ground turmeric. One time I tried red cabbage and the eggs turned out blue!!! Boil one head of chopped red

cabbage in about two quarts of water for half an hour. Mix the strained water bath with four tablespoons of white vinegar and four tablespoons of salt. Gently lower the eggs into the jars of dye and leave them in the refrigerator overnight. Turmeric dye didn't require any cooking, I simply mixed the spice with water, vinegar and salt. It is lovely to work with color on a grey early spring day.

I will often hard boil the eggs first, but if you'd like to keep the eggs on display you could blow out the yolk and white first. To empty a raw egg, begin by using the tip of a sharp utility knife to pierce both ends of the egg; turn the knife in one of the holes to widen it slightly. Then, poke a straightened paper clip through the larger hole to pierce and "stir" the yolk. Hold the egg, larger hole down, over a bowl, and then blow the contents. You can do this with your own natural wind power or you can pick up an egg blowing syringe at local craft shops for around \$10 (don't forget to use up the egg for a yummy omelet or batch of chocolate chip cookies).

Decorating eggs perfectly isn't hard, if you do not want to get messy with all sorts of kitchen ingredients you can achieve a wonderful color pallet with food coloring. Use 1 cup of boiling water, 1 tablespoon of vinegar, and a few drops food coloring. The more food coloring you use, the brighter

the eggs will be. Once you've learned the basics for coloring, try some of the following egg-decorating ideas to get you inspired over the next few weeks.

-Wax-resist, (a.k.a Ukrainian egg decorating or Pysanky) is a technique that involves drawing on eggs with wax before you dip them in dye; the dye will adhere everywhere except the wax, revealing your design. Use white crayon or clear nail polish as an easy alternative to Pysanky.

-Masked Designs is when you adhere common supplies such as tape, stickers, or even little leaves to eggs; when you dye the eggs and remove the "masks," the designs stand out. Tip: tie a piece of lace tightly around the egg before putting it in the dye for an elegant look.

-Marbleizing is a technique that involves adding olive oil to egg dye to create beautiful, multi-colored swirls on the surface of your eggs.

A drying rack made with pins and foam board can be useful for keeping things neat. Also consider dying brown eggs to alter the range of colors you can produce. Let your imaginations be free, there is no cap on your creative abilities.

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Lyme Disease and Your Dog

Carnegy Animal Hospital

Assess your dog's risk factors

Assessing the risk for your dog's exposure to canine Lyme disease is a combination of where you live, your dog's lifestyle and his overall health. While many dogs are at risk in their own backyards because of where they live, others may have hunting or travel lifestyles to put them at risk.

The breed of your dog is not an important risk factor. Whenever and wherever dogs come in close contact with wildlife areas where mice and deer live, there are ticks AND the risk of exposure to Lyme disease is great.

Know the facts:

- Nearly 75 percent of unvaccinated dogs in endemic areas will

eventually test positive, and each year some will develop Lyme disease. Many dogs will show no visible symptoms.

- Lyme disease has been documented in all Canadian provinces. Nova Scotia is now identified as endemic in most areas, with an expansion factor in the rest of the province. Endemic is defined as an area where infected ticks are well established, posing a threat to most dogs. An expansion designated area means that infected ticks are increasing, thereby increasing the risk to dogs based on activity and geographic areas visited.

- The threat of Lyme disease is greater in dogs than in humans.

- Three-quarters of human cases in endemic areas are

contracted during activities around the home³.

- Canine Lyme disease is largely preventable by using tick control, tick checks and through vaccination. Talk to your veterinarian about your dog's risk factors and ask for a recommendation about vaccinating with a Lyme vaccine.
- If you find a tick on your dog, call your veterinarian. Canine Lyme disease is treatable with antibiotics, particularly if caught early. Your veterinarian will determine the best course of care.

How do dogs get Lyme disease?

- From the bite of an infected Ixodes tick called "the deer tick" or "blacklegged tick"

- The tick must be infected with a specific bacteria called

Borrelia burgdorferi for your dog to get canine Lyme disease

- This bacteria is what actually causes canine Lyme disease - the tick is just the transmitter or "vector" for the bacteria

- Dogs don't get Lyme disease from other dogs or people

- Dogs can get Lyme disease anywhere there are infected ticks, such as wildlife areas or their own backyards

- Your dog is at higher risk for getting Lyme disease if he lives in an area with a high incidence of human Lyme disease.

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If there's a kid destined to shine, it's Elizabeth. At 7 years old, she is overflowing with energy and talent. Full of expression and personality, Elizabeth loves to make believe and be artistic — especially drawing and painting. Diagnosed with a very rare liver disease shortly after she was born, she has received over 90 blood transfusions and had 13 surgeries. At just 8 months old on New Year's Eve, Elizabeth received her gift of life, a new liver. There have been some

setbacks along the way, including a period of rejection but nothing has stopped Elizabeth from growing into the happy girl she is. She continues to let her imagination shine, live her life to the fullest and is determined to become a hockey player.

On March 29th, 2014, Atlantic Tiltload will host "A Night of 3 Wishes" in support of Make-A-Wish® Atlantic Provinces and children like Elizabeth. Often facing an uncertain future with many health struggles, a wish come true is a brief reprieve from all

the doctors, treatments and stress of their illness. More than just an experience for a few days or a week, it is a deeply cherished lifetime memory for the whole family when the road ahead grows challenging.

Atlantic Tiltload's "A Night of 3 Wishes" brings together the generosity of the entire community so that Elizabeth and children like her will know the magic of their wish come true. Be part of the magic. Tickets are \$100 each. To purchase or for more information call 902.468.0908.



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

Two Little Monkeys Spring Family Expo

Just in time for Easter on April 5th 8:30-3:00 at Soccer NS, 210 Thomas Raddall Dr, Two Little Monkeys will be hosting their first ever Family Expo supporting Make-A-Wish.

Each Two Little Monkeys Family Expo will consist of two main parts. The first is a **charity sale** supporting **Make-A-Wish**. Parents are encouraged to donate like new baby to teen items such as clothing, books and toys, which will be sold with proceeds supporting Make-A-Wish. The second part is a **family expo** where entrepreneurs can rent exhibit space to gain great exposure. Exhibit space is so affordable, that parents with great like new children's items can bring their own items to sell - an upscale indoor yard sale.

Two Little Monkeys is managed by a local Entrepreneur- we want to showcase and support **Entrepreneurs** at our Spring Family Expo just in time for Easter.

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