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# Parent-Child Guide

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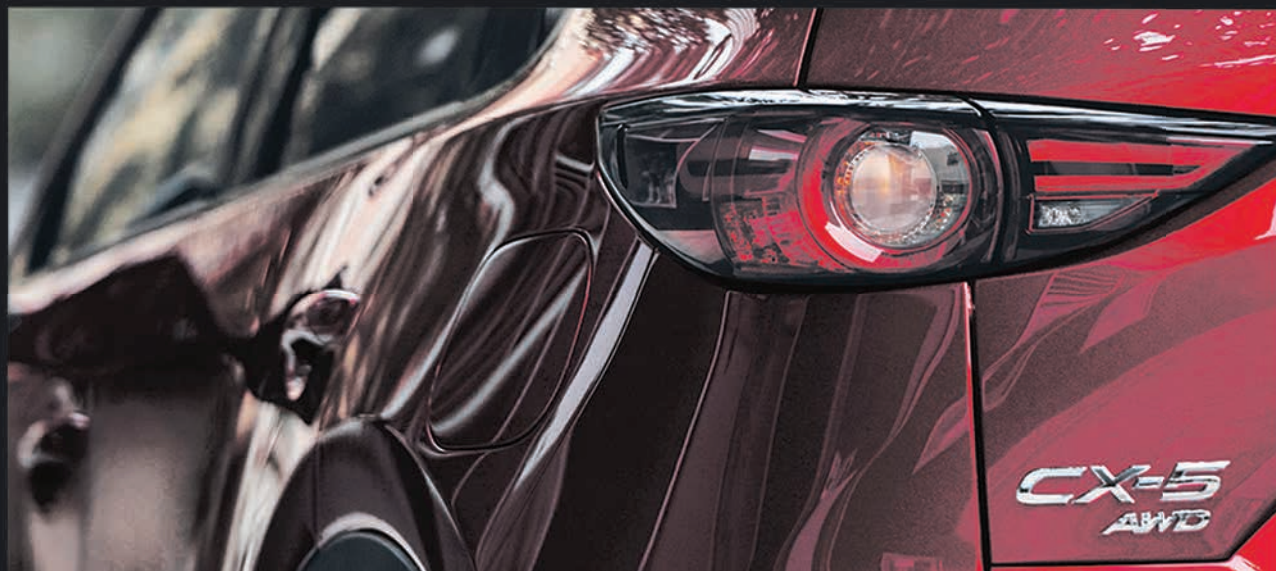
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## Parent-Child GUIDE

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# Grieving

By Carol M. Shirley, Registered Psychologist, with ENIGMA

Most often when we think of grieving, we associate it with the death of someone we loved. Grieving as defined by the Cambridge dictionary means "feeling very sad because someone has died". Wikipedia acknowledges grief 'as a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed...'

Certainly, loss through death is the most difficult to process. There are, however, many other forms of loss that lead to grieving. Some of you may have experienced grief when your child first started school or when they moved on to college or university. Many parents grieve when they realize that the friendships they made during the years of supporting their children and their friends, at the rink or soccer field, dissolve from their lives as their children move on to other things. People often feel a sense of loss in retirement or when our future plans or dreams are not actualized.

Grief feels a lot like depression in our bodies. It can show up with a broad range of complex emotions such as sadness, anger, disappointment, heartbreak, guilt, resentment, shame, and others. Grief affects us physically: upset stomach, headaches, body aches, numbness and generally makes it difficult to function at

our typical levels. Grief also affects us at a cognitive level; it can result in a temporary slowing of our thinking, and reacting. Memory, attention and concentration are impacted as are all functions of our Autonomic Nervous System to varying degrees.

There are many books and theories on the topic of grief. Perhaps due to the fact that we all process loss so differently. There is no right or wrong way to grieve, there is no time limit and there is no 'just getting over it'. What may appear minor to some may be very important to others.

It is important that we allow ourselves the time and space to feel our feelings: they teach us a lot. It is also very important to narrow our focus to self care and to practice self-compassion. Self soothing behaviors (healthy ones) need to be exercised. Unhealthy self-soothing includes things like drinking, smoking, drug use or overeating. Healthy self-soothing may include things like having a good cry, taking a bath, listening to music, talking with someone, napping, eating healthy and the like. Grief is a funny thing (not haha funny but funny).

We can support others in their grief, not by trying to take away their pain but by witnessing it, by being present, showing compassion or cooking meals or doing dishes (the day to day things



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that seem so overwhelming at the time).

Understand most importantly that grieving is part of what makes us human. It is not bias: all of us have or will experience it in one form or another.

For more information go to [www.carolshirley.ca](http://www.carolshirley.ca) or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax.

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# HRM MLAs and MPs Working Hard for YOU!

## A Message from Rafah Di Costanzo, MLA for Clayton Park West...

Autumn is just around the corner, and the past few months have been quite productive.

First and foremost, I would like to say congratulations to all the pre-primary students at Grosvenor-Wentworth Park Elementary and École Rockingham School on their first year of education! It is an exciting time of making new friends and learning through play-based activities.

Speaking of education, our government recently added 173 more inclusive support positions in Nova Scotia schools. From increased autism teacher specialists and school psychologists, to speech language pathologists and resource teachers, and so many more; We're re-

working our classrooms into a tolerant, enlightened environment to help our youth reach their highest potential. Coupled with the 191 supports we added last year, this brings a total of 364 new inclusive education supports to our schools.

As an MLA, the greatest part of my job is being able to connect with the community. That is why I am excited to share with you my *Litter Prevention Challenge*; I hope that we can all work together to reach my goal of making Clayton Park West the cleanest riding in Nova Scotia. My office has also established a Litter Prevention Committee, and page, where you can give your input, and become a member to participate in our future clean-ups.

I hope to see you at our meetings. If you are interested in taking part in this initiative, please email my constituency office at: [rafah@rafahdicostanzo.com](mailto:rafah@rafahdicostanzo.com) or call: 902-443-8318.

I would also like to take this time to say a big thank you to all the wonderful volunteers who helped with this year's annual community barbecue, hosted by my office and the *Friends of Clayton Park Society*. The success of the event would not have been possible without all your effort and dedication. Veteran's Corner was spotless afterwards because of our phenomenal litter patrol and conscientious constituents! I cannot wait for next year!

As a final note, I would like to share that I host a *Coffee & Conversation* at the Basin Café and Bistro (next to my office) during the first Monday of every month.

**Note: If the first Monday is a holiday, I hold it on the following Monday.**

If I don't see you then, I will surely see you at the door! I always look forward to hearing from all my constituents.

*As you know, my door is always open!*


*Rafah*



**Rafah Di Costanzo**  
MLA - CLAYTON PARK WEST

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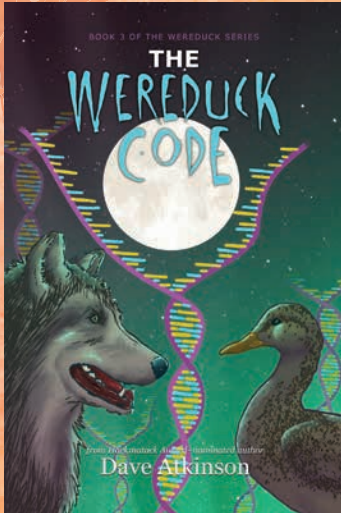
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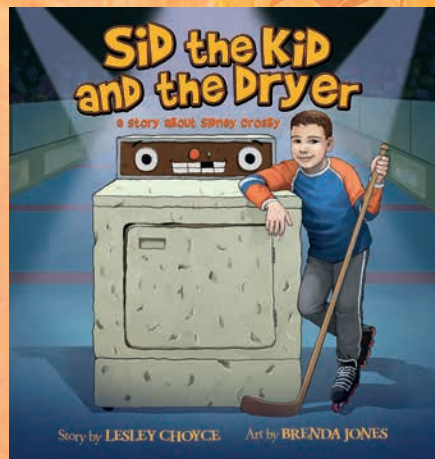
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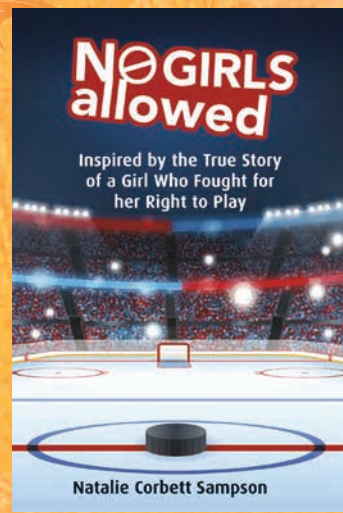
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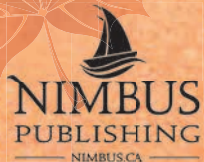
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A compassionate team of staff and volunteers coordinate Ocean View's Adult

Day Program, planning activities to help seniors build friendships and maintain life skills. Thanks to the welcoming environment they create, participants are developing a renewed sense of community.

The Program also offers time for caregivers to recharge and return feeling better prepared to care for their loved ones. Joan Evong's sister is a participant of the Adult Day Program, and she is continually impressed with its benefits for herself

and her sister.

"It was like a whole new social life for her," says Joan, "You can feel they're going to be okay here,... they're going to have things to do,...you are not going to have a worry in the world."

To-date, this program has been available exclusively in Eastern Passage, but Ocean View is thrilled to announce a second location is opening soon on Dartmouth's Baker Drive. The team is excited to be able to support twice as many seniors in liv-

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learning more about Ocean View's Adult Day Program are welcome to call Petrea today at 902-465-6020 ext. 2175.

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For more information on Parkland at the Lakes in Dartmouth contact Lifestyle Consultants:

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- Tim & Sara, United Way Halifax donors

## PLANNED GIVING

### The time to talk is now

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United Way has a long history in Halifax, rooted in the community rebuilding and creation of a community chest following the Halifax Explosion in 1917. As the needs of our community have changed over the years, so have we.

Today, United Way Halifax is a donor-funded, community building organization and your local leader in poverty solutions. We create opportunities for people in need to benefit from an act of local love that is powered by you. You can learn about, connect with, support and help solve local issues you care about by giving to United Way. We believe everyone in Halifax has a right to belong, have a home and live a good life.

If the mission of creating a better Halifax for everyone—now and for

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We offer flexible giving options and can work with you and your tax, financial and/or legal advisors to ensure the plan supports your financial and estate planning goals.

Please contact us any time or visit [unitedwayhalifax.ca](http://unitedwayhalifax.ca) for more information.

Liz Struijf-Mandishora, Director of Development & Engagement  
(902) 461-3067  
[lmandishora@unitedwayhalifax.ca](mailto:lmandishora@unitedwayhalifax.ca)



**United Way**  
Halifax

## 211 is here to help you give help, or get help, this holiday season.

By Suzy Teubner, Director of Communications and Outreach,  
211 Nova Scotia

With the smell of pumpkin spice still lingering in the air, some people may think it odd to be planning for the holiday season already. But for organizations involved in providing holiday help to Nova Scotians, many of them older adults, preparations have already begun for what is one of their busiest times of the year.

Preparation is key for a stress-free holiday season, leaving time to do the things you love most. The holiday season is also a time when people are inspired to practice kindness by reaching out to those in need, whether a family member, friend, neighbour or a person or family they have never met.

There are many ways to make a difference in someone else's life during the holiday season. 211 is here to help you when you want to give help but don't know where to start. Our community resource navigators can connect you with organizations in your community that assist with meals and gifts during the

holidays. Donating food to a shelter or providing a food hamper to a person or family in need is a great way to give back during the holidays. Or you may consider volunteering your time or donating blankets, mitts, hats and coats to a shelter.

211 is also here to help you find a program in your community if you need assistance this holiday season. Whether it is a food hamper, gift card, holiday meal or something else, 211 has information about availability, eligibility and how to register for a holiday program in your community.

Whether you need help or want to help brighten someone else's holiday season, help starts here at 211.

To give or get help or ask about holiday programs in your community, simply dial 2-1-1, visit [ns.211.ca](http://ns.211.ca) or text 211. 211 is free, confidential and offers over the phone translation services in over 100 languages.

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# PLANNED GIVING

## An Enduring Natural Legacy

Submitted by Nova Scotia Nature Trust



St. Mary's River. © Jeff Amos.

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**Scotia Nature Trust's mission is to protect the province's ecologically significant lands.** In the face of declining global biodiversity, the protection of these habitats is a good news story that provides hope for nature and for people too.

With over 70% of Nova Scotia held in private ownership, some of our most ecologically im-

portant areas are at risk of development. Over the past 25 years, the Nature Trust has protected one hundred and fourteen (114) **Conservation Sites covering over 14,500 acres of Nova Scotia.** They use a strategic, science-driven approach to identify and protect the most threatened, unique and significant natural areas.

**And saving land is**



**With the Nova Scotia Nature Trust you can create a natural legacy that will live forever.**

NOVA SCOTIA  
**Nature Trust**  
www.nsnt.ca

**just the beginning.** When land is entrusted to the Nova Scotia Nature Trust, they commit to caring for it, forever. To meet this commitment, they maintain an active stewardship program to ensure that the outstanding conservation values of the area are maintained.

Thoughtful gift planning will ensure this work continues. **Your gift, whether large or small, will protect places in Nova Sco-**

**tia that you love.** Your legacy gift will have an enduring impact, echoing throughout the years and resonating with generations to come.

Contact Barbara Haley at 902-425-5263 or 1-877-434-5263 for more information.



Forest on the St. Mary's River. © Scott Leslie.

## Giving While You Can: *The Veinots*

**T**he Veinot family's roots run deep, spanning the entire South Shore. Gladys started a family on the outskirts of Bridgewater with her husband and son Malcolm, who served as a long-time employee of the Municipality of the District of Lunenburg. The family has had many dealings with local healthcare over the years, from childhood illnesses to losing the man they called father and husband.

"He spent his 85<sup>th</sup> birthday in South Shore Regional Hospital," Gladys recalls. "They even let us have a room to celebrate his birthday in, away from his bed. They allowed us to spend a lot of family time together when we needed it. Having access to healthcare, basically in our backyard, has been very important to us. The staff really take care of you to the fullest of their abilities."

Malcolm & Gladys Veinot believe everyone needs to consider what is important to them and how they can help make it better, both in the present and when planning for the future. Malcolm says he gives because he can see the need for additional health services here in Bridgewater. "Whether it's our monthly donation or a donation to the Gift From The Heart Radiothon—we want to give back. Leaving a final donation in our wills for the Health Services Foundation is just a great way to say one last thanks."

Making the decision to update their wills was just facing reality for the Veinots. "We are all going to have a last day on earth, you may as well make it easy for those left to fulfill your wishes. An estate without a will can be a nightmare! In this day and age," Malcolm says, "healthcare should be one of everyone's top priorities. We need more doctors, they need up to date facilities; you need up to date facilities too, even if you don't know it yet!"



**Contact us to talk about a donation in your will.**

**Healthservicesfoundation.ca | 902-543-8065**



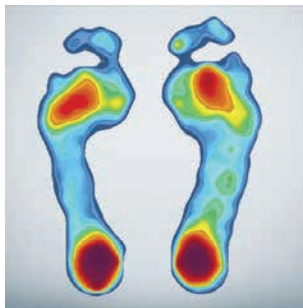
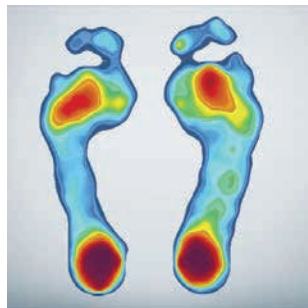
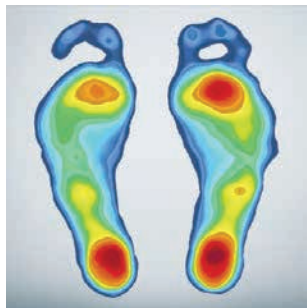
Together a healthy future is in our hands.



# Health & Wellness

## Let Us Talk to Your Feet!

Submitted by Jen Estabrooks, General Manager  
Soles in Motion, 133 Baker Drive, Dartmouth



Your feet have a lot to say if you listen. They will tell you what they like, what they don't, what hurts and what makes them feel great. They'll tell you what keeps them up at night and what stresses them out. The good news is that the right footwear and foot orthotics can help you achieve proper body alignment, reduce pain, prevent injuries and maintain a healthy and active lifestyle.

Here's a little information just for you. If you have low arches or flat feet you probably have very flexible feet with an arch that sits low to the ground. Very little arch definition. This means you may over-pronate, have or are susceptible to plantar fasciitis, post-tibial tendonitis, heel spurs, medial knee problems and bunions. Orthotics should incorporate medial rear foot posting and arch support to keep the foot aligned and help control over-pronation. Don't sweat it! Approximately 20% of the population has low arches so you're in good company!

Medium arches means your feet are biomechanically efficient, moderately flexible and has a defined arch.

People with medium arches may be susceptible to common foot problems such as heel pain and metatarsalgia from repetitive stress and improper fitting footwear. Orthotics should have arch support, cushioning and shock absorbing materials for comfort and foot pain prevention. Approximately 60% of the population has medium arches so you have lots of company!

Those of your with high arches tend to have very rigid feet with an arch that sits higher from the ground. This puts excessive pressure to rear foot and forefoot and can cause plantar fasciitis, heel pain syndrome, arch strain, metatarsalgia, calluses, claw toes. Orthotics should have proper arch support, metatarsal pads for forefoot relief, and strong cushioning properties. Approximately 20% of the population has high arches so don't feel you're all alone! High arches are usually classified as supinated and are more rigid than other feet. When we walk or run, our feet absorb most of the impact and shock. With high arches you have less surface area for absorbing impact and you place excessive pressure on your rear

foot and forefoot areas. The good news is that the right orthotics can help fill in your arch cavity to disperse the shock, and provide the cushioning and alignment needed for you to prevent injuries and maintain a healthy and active lifestyle.

Let our professional staff at Soles in Motion be your Foot Whisperers!

Soles in Motion is located at 133 Baker Drive in Dartmouth, Call us at 902-468-7911 or visit us online: [www.solesinmotion.ca](http://www.solesinmotion.ca)



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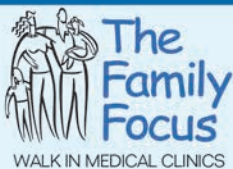
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## Why more adults are saying "yes" to Orthodontic treatment.

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 prevents 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 or-

thodontics. 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.

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!

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.


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## Reading programs that reboot the brain

By Marcia-Lisa Dennis, Doctoral candidate, OT Reg. (N.S.)

Tutoring a child with dyslexia or a reading disability can be like letting a track and field coach force your child to sprint on a sprained ankle. They will get a lot further if you let the ankle heal. For some children tutoring works well but if you find that they are not progressing any further it may be time to look at solutions that can work directly on strengthening brain connections (neuroplasticity). Here are some interventions that can help.

### Visual Stress

Does your child complain of words or letters appearing to jump or move on a page, or complain of eyestrain from reading, computer work or fluorescent lighting? There is a very high possibility that visual stress is a part of the problem. Visual Stress is a neurological condition characterized by hyperactivity of the brain's visual cortex causing difficulty with processing visual information properly which interferes with reading, attention, and coordination. It is possible that coloured spectral filters can help. Spectral filters reduce sensitivity to triggers by neutralizing the wavelengths of light causing the overexcitement, resulting in a calming of the visual cortex. By working with your optometric team, filters are available as custom, precision tinted lenses which is a blend of coloured tints to obtain the optimal hue and saturation.

### Neurofeedback

Neurofeedback (NFB) is a non-invasive type of biofeedback therapy that measures real-time electrical brain wave activity that can be used as feedback to teach self-regulation of brain function. Research shows neurofeedback may be a useful intervention for a range of brain-related conditions such as reading difficulties but also other issues including ADHD, PTSD, sensory processing disorder, learning disabilities, headaches/migraines, pain, aggression, anxiety, depression, addictions, OCD, insomnia, working memory deficit, and concussions Training programs run from 15-30 sessions for single symptom issues and 20-60 sessions or more for chronic or complex problems.

### Cellfield

Straight from Australia, the Cellfield program is a brain based 12 week intervention reading disability program that helps rehabilitate and strengthen the auditory and the visual processing skills that cause difficulty for these readers. This program gets to the root cause by using visual exercises to stimulate visual attention, visual processing and working memory, as well as acoustically modified sound to assist auditory perception. In doing so, it develops stronger connections in parts of the brain which are involved in reading. Available in English and French.

### Temporal processing training

The brain has an internal clock and it is responsible for focusing attention, reading comprehension, remembering information, processing speech and motor coordination. There exists a growing body of literature describing the brain timing deficits in Reading Disorders, ADHD (Shaffer et al, 2001), Autism, Auditory Processing Disorder, and other conditions.

By addressing timing in the brain with therapy interventions you are improving skill in comprehension, memory, coordination and processing that impact achievement and independence.

Lisa's Holistic Rehab offers all of these interventions and many other. Call today to find out which one is right for you or your child.



Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just the focus on the symptoms?

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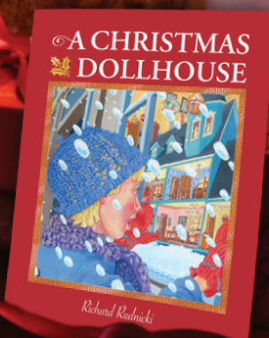
**FUN** Places To Go!

# A CHRISTMAS DOLLHOUSE

## *A Family Musical*

*A Christmas Dollhouse* is a musical for all ages written by Vladimir Sitnikov and Cheryl Edgett, based on the novel of same name by Halifax writer Richard Rudnicki. It is based on a true story that took place in Halifax during 1930s. The story is a reflection of friendship, forgiveness, kindness, celebration and community at Christmas in Nova Scotia.

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**FUN**

Places To Go!

**FUN**

Places To Go!

**FUN**

Places To Go!

**"Eating is an agricultural act."\***

By Pete Cullen, Ross Farm Museum

**H**ave you ever thought about where your food comes from? Is the answer a shop, city, a town, a province or a country? Or is the answer more about a process? Wendell Berry's point that eating is an agricultural act emphasises that our choices in the food we eat tie us directly to some form of agricultural system. What do you know about the processes that make our food?

Of course, not all food is produced in the agricultural system. Natural resource harvesting is an important industry as well, but for most of our diets, we depend on farms for production. There is a great deal of debate around fast food, slow food, organic food, industrially produced food, CAFOs, etc., and news media provides a wealth of information

on those topics. When was the last time you talked to a farmer? In 1931, almost half of Canadians lived in rural areas, and about one-third lived on farms. Today, only 20% live in rural areas and only about 2% work on farms.

We are increasingly distant from our food-system and increasingly, we see food as product and not process.

The process, however, is the fun and interesting part! It is culture! It is science! It is history! It is exercise and potentially well-being. We are all fundamental participants in this process. Next time you get a chance, visit a farm.



Ask a farmer. Find out about what wonderful act you perform every single time you take a bite!

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\*Cit. Wendell Berry, *What Are People For?* Counterpoint Press, Berkeley, 1990. P. 145.

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# Education

## How to Be a More Productive Student

Submitted by Oxford Learning

**D**istractions that sap productivity are a challenge for every student. With new assignments, social activities, after school clubs, and sports taking up your child's time each day, getting everything done can be difficult.

When it comes to being a more productive student, there are several things that can help your child make the most efficient use of their time.

From obvious distractions such as social media to not taking proper study breaks, students can struggle with productivity in a number of ways.

Let's review some productivity killers students face:

**Letting Homework / Assignments Pile Up**  
Feeling overwhelmed can lead to procrastination and halt all productivity. If your child is overwhelmed by homework, they may not know

where to start—and ultimately end up never getting started at all.

Teach your child how to prioritize tasks so they know what they should be working on. Work with your child to use a day planner, whether it's a physical planner or a digital one. Having a to-do list and scheduling time for each task can help ease your child's stress and boost his or her productivity.

### Not Taking Proper Study Breaks

Trying to tackle all work in one sitting rather than breaking it up with proper study breaks can actually lead to increased frustration and reduced efficiency.

Taking a 10-minute break every hour helps the brain better process and retain information. It also refreshes the mind and allows new ideas to form, increasing your child's productivity and reducing any frustra-

tion your child may be feeling. Even a 5-minute break is great for refreshing the mind and get the blood flowing to help your child feel more alert (and productive).

### Procrastinating On Large Assignments

If all your child's energy is spent getting all the small, easy tasks completed, there isn't much energy left for larger, more difficult tasks. This leads to last-minute stress, frustration, and assignments not done to their full potential.

Get things started by creating a plan of attack for larger assignments early. Have your child work on larger, more complex tasks first so they are completed (or at least started!) while they have the most energy. After those assignments are out of the way, the rest of their tasks feel like a breeze.

Tackling (or breaking

*cont. on page 20*

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

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# CRAFT CORNER

## Needle Felting

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts



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

Needle felting is a craft that I have fallen in love with over the years, it is one of my go to crafts when I don't want to make a big mess. With

just a few supplies and imagination you can take this craft to great lengths. With techniques that are easy to master and a single barbed needle you can shape wool to create all kinds of 3D characters, decorations and embellishments.

Because felting needles are sharp and fragile, it is very important to have some type of firm, yet resilient work pad that will hold up to all of the stabbing. Using an open weave cotton cloth and doubling up the layers I made a 6 inch square bag filled with rice. If your surface isn't resilient enough you will find yourself breaking needles. We all break nee-

dles, but there are ways to prevent it from happening too often. If you see the tip of your needle bow or bend as you are poking into your project, this is an indicator that you are applying sideways pressure to your needle. You can poke in and out at any angle as long as the tip of the needle stays straight.

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

to complete your project. The layers of fibers will become permanently bonded so try to be certain of your design as you work. When you're happy with the look and feel

of your project, it's finished. Your felted piece will be durable and long lasting but feel free to add more details at any time.

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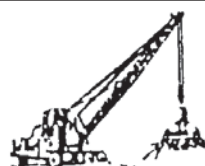
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cont. from page 18

down) larger assignments first also helps keep your child organized and motivated. This can help to boost their grades and improve confidence in tackling these types of tasks in the future.

#### Texting And Social Media

Digital devices are an essential part of our daily lives and are very helpful for students. But they're also major distractions. Every time your child checks social media or answers a text, their focus is lost, taking more time to refocus on the task at hand.

To make sure your child is being as productive as possible during homework time, limit access to their smartphone or laptop.

If it's necessary for your child to use a laptop for research, taking online quizzes, or typing up assignments, productivity apps are a good option. These apps allow you and your child to block certain websites or applications for a set amount of time so he or she can't access them while working.

#### (Poorly Time-Managed) Extracurricular Activities

If your child is overbooked with too many extracurricular activities, they can start to cut into dedicated homework time. Hobbies are great and essential for a child's development but they can be a productivity-killer if time isn't managed properly.

Encourage your child to choose 1-2 favourite hobbies

or extracurricular activities to participate in outside of school. Create a schedule together for these fun activities outside school and homework to ensure they have time for everything.


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# Why is Inclusion in Childcare Important?

By Angie White

What is inclusion in childcare? Inclusion in childcare allows all children no matter their race, economic status, gender, language, religion, family or disability to be included in all classrooms. Inclusion in childcare is important because with the ever-changing communities it makes sure that everyone has equal access to everything that is available. It allows children to really have a sense of belonging and be better prepared for life in the community as they get older.

Childcare providers strive daily to make sure all children feel welcomed in their classrooms and will make sure they have materials and resources available to make their transitions easier. Providers will often ask community members and families for ideas and resources to include in their classrooms, whether it be books, music, posters, etc. All our classrooms have a family tree on their walls. Families are encouraged to bring in family photos to put up or other materials that will help staff and children learn about them to help ease a new child's transition to the class.

Having your child(ren) in an inclusive classroom is a life lesson that will live with them forever. It teaches them respect, trust, responsibility, acceptance, community involvement, and much more. It allows children to be curious about their surroundings and learn about it first-hand. It is something that many childcare providers believe in and will do whatever they can to help a child feel like they are welcomed and loved by their community as

well as teaching the other children about something new.

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

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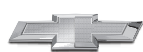


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