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Parent-Child GUIDE

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NEXT PARENT-CHILD GUIDE Will Be Our SPRING EDITION, with **HRM's MARCH BREAK & SUMMER CAMP Guide** also including Fun Places to Go, Health and Wellness, Seniors' Living Care, and More!

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Winter and Chinese Medicine

By Scosha Diamond, Registered Acupuncturist and Indigenous Reiki Therapist, with ENIGMA

Winter is yin in nature, many animals, insects, reptiles, and plants hibernate during this season. Hibernation via nature's law is to take part in deep rest - when we lead from nature's example rest is a priority during this season. Rest allows for our immune system to live with vitality, overwork will simply allow for pathology to invade the body and/or possess the body. It is important to rest not only physically, but mentally, and emotionally.

Yin (cold, female, moon) characterises from Chinese Medicine standpoint is the opposition of Yang (hot, male, sun), together and when complimentary they are harmony and balance of wholism.

Good practice of habitual patterns in the winter season aside from rest is eating whole foods, that warming in nature. This nourishes basic goodness of body, mind, and emotional connection. Food such as soups and stews are particularly a healthy choice. Warm-

ing foods include beetroot, kale, potato, cherry, peach, mango, basil, parsley, sage, pecans, walnuts, black pepper mustard, ginger, beef, lamb, salmon, black beans, oats and brown rice.

Remember when making soups/stews, it is important not only to have only warming foods, as the goal is to nourish wholism. Although it is winter, the whole includes all seasons and the food listed above are warming foods. Please visit with a registered Acupuncturist/ Doctor of Traditional Chinese Medicine (TCM) for more advice on holistic nutrition, especially for food as medicine.

It is also important not to overeat, or over-indulge in too many foods and drinks at the night time festivities, or in the quiet night-time activities at home.

Proper dress is also essential, wearing layers, having the proper hats, mittens, scarves, also having good boots, and warm pants - these actions all protect a person and child from

cold invasions. Prevention is the main practice of indigenous therapy, and this starts with the education of good habits during our seasons and seasonal changes. We have gotten used to bare feet in the summer, but in winter it is important to keep the feet warm, by wearing wool slippers or socks while at home or the cottage - practising nightly foot baths (15 minutes soaks with hot water), and sleeping in a room that is warm rather than cold, or include a hot water bottle near your feet when sleeping.

Most important winter is a time to get closer with family and friends while enjoy-

ing hot cocoa, and family game nights, that is filled with lots of laughers, while making fond memories of joy and happiness.

Happy Winter and Holiday Season to You and Yours from all of us here at Enigma!

Scosha Diamond is a Registered Acupuncturist and Indigenous Reiki Therapist with Enigma.

Call to book.

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



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Merry Christmas & All the Best in 2020 to Everyone!



The holiday season is here again, and I am grateful and appreciative to all our advertisers whose continuous support has made our local publication possible for almost 25 years. Thank you very much!

Also, I would like to thank our writers whose professional and interesting articles keeps the newspaper informative and helpful for our readers of all ages throughout the HRM area.

And I am very pleased to thank all our wonderful readers for their kind words and interest in our newspaper for 25 years.

We are very proud and happy to be soon celebrating our 25th Year Special Anniversary Edition, printing this coming April 24, 2020. We look forward to continue publishing for many more years, providing helpful and informative information to our great readers.

Once again, I wish everyone a Merry Christmas and a Happy New Year.

Yours in gratitude,

Robert
Robert Rockwell
Owner/Publisher
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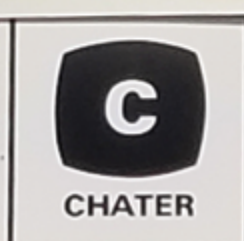
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To All Our Constituents & Friends

Seasons Greetings & Best Wishes For The New Year

Christmas Message from Darrell Samson,
the Member of Parliament for Sackville-Preston-Chezzetcook

2019 was a quite a year in our riding. We enjoyed many annual community events throughout the year; realized new programs that help many residents, such as the new Pension for Life for veterans; and saw construction begin on significant infrastructure projects, including the Sackville-Bedford-Burnside Connector, among many others.

The past year also had its challenges, and the last few months left our country somewhat divided. Whether it was the federal campaign that was uglier than it had to be, the election results that left some provinces feeling alienated, or even the recent Don Cherry controversy that revealed split opinions among friends, Canadians from coast to coast to coast were challenged with more divisiveness than we're used to. I am confident that we'll get through this, and the sooner the better.

We are now in the last month of 2019 and getting ready to celebrate the holiday season. Whether it's Hanukkah (Dec 22 - Dec 30), Christmas on December 25th, or Kwanzaa (Dec 26 - Jan 1), we will collectively be focusing more on enjoying the company of family and friends.

We must also remember that for some members of our community, this season can be especially difficult. Those who find themselves alone due to circumstances beyond their control, or cannot afford to provide the holiday experience for their children that they wish for, this time of year can make them particularly vulnerable. Please take the time to check on your neighbours who might be struggling. If you find yourself in this situation and life is too overwhelming, please do not hesitate to reach out for help.

Mental Health Mobile Crisis Line: 902-429-8167 (or toll-free 1-888-429-8167)

I am looking forward to 2020 and all that it holds in store for residents across the riding of Sackville - Preston - Chezzetcook!

From my family to you and yours, we wish you Happy Kwanzaa! Happy Hanukkah! Merry Christmas! Joyeux Noël!

Darrell

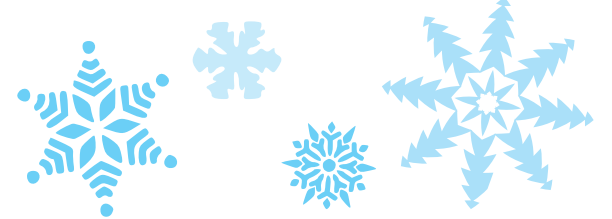
New Year...New Priorities

As we begin the new year, MPs from across Canada will be tasked with developing a list of priorities for their ridings, as well as new pro-



grams and services for all Canadians. As your Member of Parliament, the most effective way for me to ensure I represent your interests is for you to share them with me. Communication is the key!

We will be resuming our regular parliamentary newsletters in the new year, which usually include a brief survey. Please take the time to complete it and send it back to our office (no postage required), so your voice gets heard in Ottawa. Of course, you don't have to wait for a survey to have your say. You can call or email our office at any time with questions or concerns, ideas or suggestions, or to share your opinion on what your government's priorities should be.



A Message from Claudia Chender, MLA Dartmouth South



I have a picture-perfect Dartmouth memory from last winter: it's freezing cold, so cold that Lake Banook is frozen solid. It's already been brutally cold for days and people are restless from spending the days inside. So in the bright sunshine under a frosty-blue sky, Dartmouthians bundled up in hats, scarves, coats, and thick socks for a bit of fresh air on the lake.

Games of hockey, the swooping arcs of figure skaters, the awkward strides of new skaters, and kids everywhere. No screens, just nature and the sounds of laughter and talk against the backdrop of the quiet you only get from being out on a frozen lake, just distant enough from the hustle and bustle of town.

Some entrepreneurial kids got together and set up a hot chocolate table on the ice. We all were able to warm up and eat freshly baked cookies. Dartmouth's own special spin on the lemonade stand.

This memory is idyllic.

Often the cold of winter drives us to our various screens. But I keep coming back to it because it shows that our community is active, creative, and loving. Dartmouth's lakes, as important to the community as they are in the summer, are just as key to our local culture in the winter.

Lake Banook is where hockey was invented, according to local historian, David Jones. It's always been a place of inspiration and imagination. If it's going to be cold this winter, let it be cold enough that we can skate!



DARREN FISHER
Member of Parliament for Dartmouth-Cole Harbour

**We wish you a warm
and bright holiday season!**

82 Tacoma Dr, Suite 200 Tel: 902-462-6453
Dartmouth NS B2W3E5 Darren.Fisher@parl.gc.ca

To All Our Constituents & Friends Seasons Greetings & Best Wishes For The New Year

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

With the holidays inching closer, I want to wish all my constituents in the Clayton Park West area, and all Nova Scotians, a very Merry Christmas and Happy Holidays! I would like to take this time to mention a few events that my office will be hosting within the next month, and into the new year.

The first event I would like to share is my *MLA Open House*:

Date: Wednesday, December 11th
Time: 4 p.m. – 6 p.m.
Location: 397 Bedford Highway, Suite 201

Please drop by to celebrate with your MLA at the Bedford Basin Farmers Market, second floor, and enjoy some festive snacks, warm drinks and holiday cheer! There will also be a fun decorating activity for the children. This is one of my favourite times of the year, as I get to see some familiar faces, and I also get to meet new faces and newcomers. I hope to see you all there!

Looking to the new year, I

would like to mention that we will be joining the Friends of Clayton Park Society and the Canada Games Centre to host a very special event for *Heritage Day*:

Date: Monday, February 17th
Time: 1 p.m. to 3 p.m.
Location: Canada Games Centre

It is surely an event that you do not want to miss, as there will be something for the entire family—and it's free!

Activities will include: Face-painting, snacks, games, sport obstacles, free play, prizes and so much more!

Lastly, I would like to extend my hopes to you and yours for a safe and happy holiday season. It is truly an honour to serve all of you in Clayton Park West. This riding has all the amenities anyone could wish for, from an incredible recreation centre, an outstanding library, the stunning Rockingham Heritage site, great schools, a soccer stadium, shopping, beautiful trails and the wonderful Blue Mountain Birch Cove wilderness area

that is a hidden gem!

I am so proud to live here, and my office staff and I have worked very hard to keep it clean with our Litter Prevention Committee. We are the most dense and diverse riding; Let's also strive to be the cleanest! Make a clean community your New Year's resolution! If you wish to join our Litter Prevention Committee, please visit our Litter Prevention page on Facebook for updates on our meetings and scheduled clean-ups. Simply type: **Clayton Park West Litter Prevention Committee** in the search bar, and click *follow* and *like*!

Thank you for the honour to serve you— Here is to 2020 being even more exceptional!

Take this time to spend with your loved ones and enjoy everything the holiday season brings.

Happy Holidays and Happy New Year!


Sincerely,
Rafah



Seasons Greetings and Happy New Year

Rafah Di Costanzo
MLA - CLAYTON PARK WEST

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Happy Holidays!


Andy Fillmore
MP, Halifax
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Tim Halman
Member of the Legislative Assembly | Dartmouth East

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March Break/ Summer Camp Guide

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Building Extravaganza

Whatever the weather we will use the various materials available to build, design and create structures. From real tools to Minecraft creations this camp will encompass the design and creation of unique child directed building. Leaders will assist with direction of design needs and tool use so that children can have an authentic building experience.

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Join us for a fun-filled week of Roblox challenges. Climb to the top of the CKEC leaderboard by competing in a multitude of challenges ranging from jailbreak to bubblegum simulator and many more! Bring the competition off of the computer by playing Roblox based games outside and in the gym.

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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.

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By Holly Gouthro, Interior Consultant, DWD Interiors



photo: Victoria Borodina, pexels.com

With the winter months just around the corner you may be looking for a way to keep your space feeling warm and cozy. One way that really makes a space inviting is to have draperies, not only can they be functional but they are a key element in a room when it comes to decorating. Draperies can add personality to a room, make a room feel more welcoming and cozy, be a starting point when decorating or add a finishing touch to a room that is just missing that one element. There are a few aspects to remember when choosing draperies.

The weight of a drapery fabric can really give a room a certain style. Light weight drapery fabrics such as sheers or prints give a more casual feel while heavier plusher fabrics such as velvets and woven fabric gives a room a more elegant, heavy feel.

When choosing a drapery fabric a pattern can be a great way to go. Adding patterned drapery is a great way to start a room, giving you a jumping off point for colours and style. Just be careful not to have clashing patterns on other elements in the room. You would not go with a large floral on the drapery and a chair with a different large floral in front of them.

Something that is sometimes overlooked is the drapery hardware. Decorative drapery hardware can be beautiful and add an elegant touch to your drapery. If you want to use decorative hardware, choose something that goes with your drapery fabric but that also works with other elements in your room.

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Wondering about Retirement Living? Give it a Whirl in one of our Trial Stay Suites

Submitted by The Berkeley



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At The Berkeley we offer the option to try retirement living for 1-3 months in one of our fully furnished well-equipped suites. It is a wonderful opportunity to experience retirement living and all its benefits without making a long-term commitment. It is a difficult decision to move and it can be relatively overwhelming. For anyone who is unsure, a trial stay is ideal. It allows you to get your feet wet before you take the plunge, so to speak.

Joining a community where there are ample opportunities to socialize can be a game changer. Whether you consider yourself social or not, most people want to have people around. It is a relatively basic human need after all. There is always comfort in knowing we are not alone. Having a sense of belonging has a positive affect on us mentally, emotionally and physically. It is an essential component of maintaining overall health and wellness. Loneliness and anxiety have the opposite affect and can lead to a decline in one's health. We have seen it many times. Seniors resisting the move only to find out it is just what they needed to improve their overall health and happiness.

If the social aspect is not quite enough, additional benefits include two meals a day in our full-service dining room and weekly housekeeping as well. After years of hard work and an abundance of chores, it is a welcome relief to have most of them done for you! Beyond that though, and perhaps even more important from a planning perspective, is the health care component. You might not need any assistance presently—you might never need extra assistance, in fact—but it is nice to know it is available. There is a peace of mind inherent in the fact that a health care professional is on duty 24-hours a day just to answer a question or concern. It is a lovely escape from winter chores, if nothing else! Having an opportunity to give it a whirl could be the perfect solution for you!

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Health & Wellness

Latest dietary recommendation for infant, children, adolescents

Submitted by *Pinnacle Dental Specialists*



Dr. Negin Ghiabi

The causes of dental caries involve a combination of factors and include diet, bacteria, fluoride exposure and susceptible teeth.

Healthy eating pattern

includes a variety of vegetables, fruits, grain, fat free or low fat dairy, protein foods, oil with limited trans fat & saturated, low salt & sugar.

Human milk and cow milk are less cariogenic. Children exposed to breastfeeding up to age 12 months had reduced risk of caries. Children had breastfeeding more than 12 months, has increase risk of caries. Breastfeeding more frequently and at night have increased caries risk.

100% juice have no es-

sential role in healthy diet for children and contribute to excessive calorie intake and increase the risk of dental caries. Recommended Juice should not be introduced to infants before age one. From age 1-3 years old limited to 4 ounce per day; from 4-6 years old 4-6 ounce per day and from 7-18 years old 8 ounce per day. Not having juice at bedtime and no juice in containers that foster easy consumption such as sippy cup.

Frequent taking medi-

cation for chronic disease and multivitamin as jelly or gummy associate with dental caries.

Reduce sugar to less than 10% of total energy per day; Sugar intake should be less than 5% for children 4-8 years old.

Large quantities of drinking soft drink such as soda and pop, fruit drink, sport drink energy drink, sweetened milk associate with increase dental caries. The Acids presented in carbonated beverages can have greater effect



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The First Visit

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

The familiar fall, early winter season is upon us. Extracurricular activities, long dark work weeks and routine, holidays and a lot more. You may find it difficult to book all the necessary appointments for you and your kids before the hours of the day are filled with school and soccer and supper: Eye doctor—check. Hair cuts—check. Dentist—check.



Then your Dentist throws you a curve ball and recommends that you see an Orthodontist for your child. Before you even have time to think about one more appointment to fit in, you think to yourself "He's only eight, that's far too young for braces. He still has baby teeth!"


So, why the First visit. What is to be expected and what is to be gained?

Eight years of age is a perfect time for an Orthodontic specialist to see your child. It is a transition stage between primary and permanent teeth that offers the orthodontist the opportunity to assess the developing bite and make predictions and possible recommendations for treatment that may either prevent problems from worsening or make treatment easier later on. Treatment without surgery and without extractions of permanent teeth is the gold standard whenever possible. The best chance of your child having this type of treatment, or perhaps avoiding treatment altogether, is to have an early screening exam with a certified Orthodontic Specialist.

The first visit offers something else for you and your child. It offers you both a chance to meet with an Orthodontic specialist and have your questions answered. For many children, the first visit is benefi-

cial because it is just that, a first chance to meet and visit with the Orthodontist in a relaxed way. It is positive reinforcement for children who may have some dental anxiety. You can reassure your child that no treatment will be done at this initial visit. Often times a simple screening x-ray will be taken to ensure all teeth are present and developing normally and a few photographs may also be taken to help the Orthodontist point out interesting findings. It is all about gathering information. Children often have their own questions or concerns regarding their teeth or bite and establishing a rapport with the Orthodontist who may treat them someday is very important. And most times your child will be placed on a yearly recall until the time they are ready to discuss treatment options, if indicated.

So if you find yourself invited to a First visit, take




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the invitation! At our clinic it is free. Use it as an opportunity for you and your child to learn more about their teeth and bite and maybe get some insight on whether or not Orthodontics will be part of your future! By looking at this video, using our own staff and our own patients as the actors, you have the opportunity to show your children what to expect. www.thebracespace.com/firstvisit Now that is something to smile about!

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.

Health & Wellness

T'is the Season! Get ready!

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

This is the season when getting out should be enjoyable not stressful. Most people want to walk, run, shop and continue to be independent but sometimes the pain in your feet or joints gives you a totally different outlook on the winter season. Have an assessment, it will cost you nothing but your time, to see what type of treatment plan is recommended. Whatever it is, the solution to being pain free is priceless.

Are your feet in shape for the winter months ahead?

Making sure you are wearing the proper walking shoes is fundamental in maintaining the correct walking technique, prevent injury and enjoying your daily activities whether it is walking, running, or performing the simplest of tasks. Did you know the average person takes 5,000-7,000 steps

per day. Walking an average of 2,000 steps puts 63 tons of pressure on each foot and this doesn't include the extra pressure induced by high impact sports. It is very important to choose the correct footwear. Some tips to remember:

- The shoe should be the correct length, width and depth for your foot.
- There should be 1 cm or 0.5 inches between the end of your longest toe and the end of your shoes.
- The upper should be soft with no hard seams or ridges and be made from a fibre which allows moisture to evaporate.
- The shoe needs to hold your foot firmly in place with an adjustable fastening such as laces, straps, buckles or velcro
- The toe box should be deep to give your toes wiggle room. .
- The shoe needs a firm heel counter that fits

snugly around the back of the heel

- If your feet tend to swell, shop for shoes later in the day

Most importantly identify the activity you will be engaged in while wearing your shoes.

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Submitted by Oxford Learning

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Technology is great and it has a place in life and in education, but when it comes to learning the basics, reading, writing, paying attention, organization, math, the simpler the approach, the better.

Schools still require students to show up and participate in class. They are still required to write essays by hand during exams, and they still have to learn that organization, neatness, and clarity in handwriting matter.

While online tutoring sessions can offer convenience and accessibility, what they don't offer is the development of classroom-necessary

skills.

78% of students surveyed still believe it is easier to learn in a classroom rather than online

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There is also evidence to support that students develop a sense of accountability and motivation to work harder and get the positive feedback they crave from their instructor—and even the other students—whether they are working on the same books or not.

During Oxford Learning classes, students learn to celebrate their effort as a success.

Getting something right is great; but learning something is much better; whether they learn it from one-on-one interaction with their teacher, or learn it by listening to something the teacher tells another student.

The most important message is that while technology and online instructions sessions might be convenient, interactive, and have that cool factor that students find fun, ultimately, technology can't impart the same human interaction that helps students feel good about themselves and equate positivity with learning.

Regardless of how interactive technology is, you can't high-five a computer screen at the end of a teaching session.

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Education

The Screen Time Dilemma

By Pamela Streeter, Director – Creative Kids Education Centre

Each generation brings its own unique challenges, with the advent of hand held technology being a front runner for today's families. Screen time is no longer restricted to computers, game consoles and televisions. Many hand held devices, including phones, offer texting, games, and connect with the internet, increasing the potential time spent in front of a screen. Technology and the rate at which it is evolving challenges families to stay informed of both the risks and benefits.

To make it even more confusing research highlights both the positive and negative use of video game technology and screen time in general.

Research supports the developing child to spend at least two hours per day in rough and tumble play to experience the necessary sensory input to ensure normal development of posture, bilateral coordination and optimal arousal states necessary for attainment of printing and reading literacy.

Research also supports the negative impact on sleep when a child (or adult!) is engaged in screen time prior to bedtime from reducing the total minutes of sleep per night as well as causing the brain to reactivate during sleep as it "revisits/replays" the stimuli of the screen time hours during sleep.

Positively families who play video games together and talk about them offline have extended conversations. Smart games require the play-

er to create, think critically, and problem solve throughout the play. Smart games may also require collaboration to achieve the goal.

In general the following tips will help families navigate screen time use for children (aged 7 and up) and ensure engagement in offline activities that promote physical and social/emotional development:

- Limit screen time to less than 1/3 of a child's daily free time hours
- Engage in non-screen activities within one hour of bedtime to promote a restful, productive sleep

- Remove devices with screens including TV's from children's bedrooms
- Pay attention to recommended age ratings for both television, video games and movies

- Provide "smart games" for video game play—games where the child is an active participant playing a part in the story/game creation rather than a passive recipient of some-

- one else's game
 - Talk with your child about their play experiences both on and off screen.
- Talk to your child about the benefits of balance in all areas of their life

- and give concrete examples. This helps to take the 'sting' out of setting limits even though they may not like it.
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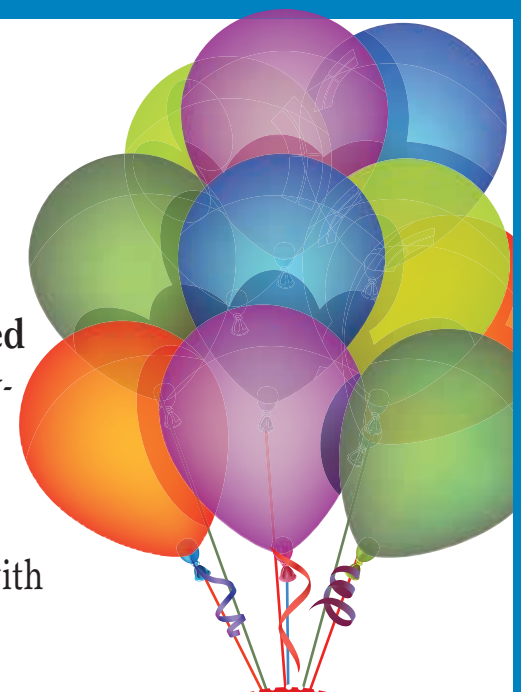
is turning 25 in April 2020!

The *Parent-Child Guide* Newspaper is very proud and grateful to be celebrating our *Special 25th Year Anniversary Edition* on April 24, 2020!

We are very grateful and appreciative to our *amazing customers* who have supported the newspaper during the last 24 years, sharing our commitment to bring quality family-related content to readers in HRM!

Show YOUR support for local business by advertising in our 25th Year Anniversary edition, running April 24 to June 19, 2020. Special Congratulations pages are planned with Business Card ads available. Other ad sizes are available, too. Please ask us!

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CRAFT CORNER

Keeping it Cozy

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Winter makes me think of things warm and cozy. A cup of hot chocolate after being outside, fuzzy slippers, and curling up with a cup of tea & book under a wooly blanket are just a few of the things that keep me cozy. I also love hand warmers and keep them close through the season.

You can create so many versions of hand warmers. Once you know the basics of putting it all together, it's just a matter of preference. There are so many great ideas and they are small enough that you can stitch them by hand if you don't have a sewing machine.

To make one warmer, you will need just a few supplies:

- scissors, needle and thread
- two pieces of fabric squares cut into 5 inch squares (I find the warmers have a nicer weight and hold the heat longer when using a heavier fabric; and if you are trying to use up scraps, you can always double up the layers.)
- about a cup or 2 of uncooked grains of your choice (I like to use jasmine rice for its pleasant fragrance and it also holds essential oils and mixes well with tea and herbs.)

Start by mixing the rice together with herbs or oils. Set aside. Sew the squares by placing the right sides of the fabric



together. Stitch a 1/4 inch seam around the outside edge, leaving a

1 1/2 inch opening. Remember to back-stitch at the beginning and end. Turn the square right side out and fill 3/4 of the way full. Fold in the opening edge of the hole and using a long pin, block the rice from falling out. Sew closed.

Note of caution:

When researching this post, I came across many people complaining of their hot packs burning or smelling badly after heating. It's absolutely essential to put a glass of water in the microwave at the same time as you heat your pack to prevent the cloth and grains from burning. When heating a new pack, heat it in 20 second intervals, testing to see how long it takes to heat up the pack. It's not only the volume of the filling that affects the heating time, but also the type of filling. Be sure to use 100% cotton or linen fabric and thread, you should not be heating synthetic fibers in the microwave. If giving as a gift, attach a note with instructions.

With pocket warmers walking the dogs, shoveling driveways or commuting to work will keep you warm and cozy all winter long!

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"I love that every hour of my time donated provides **3 free meals for the homeless!**"

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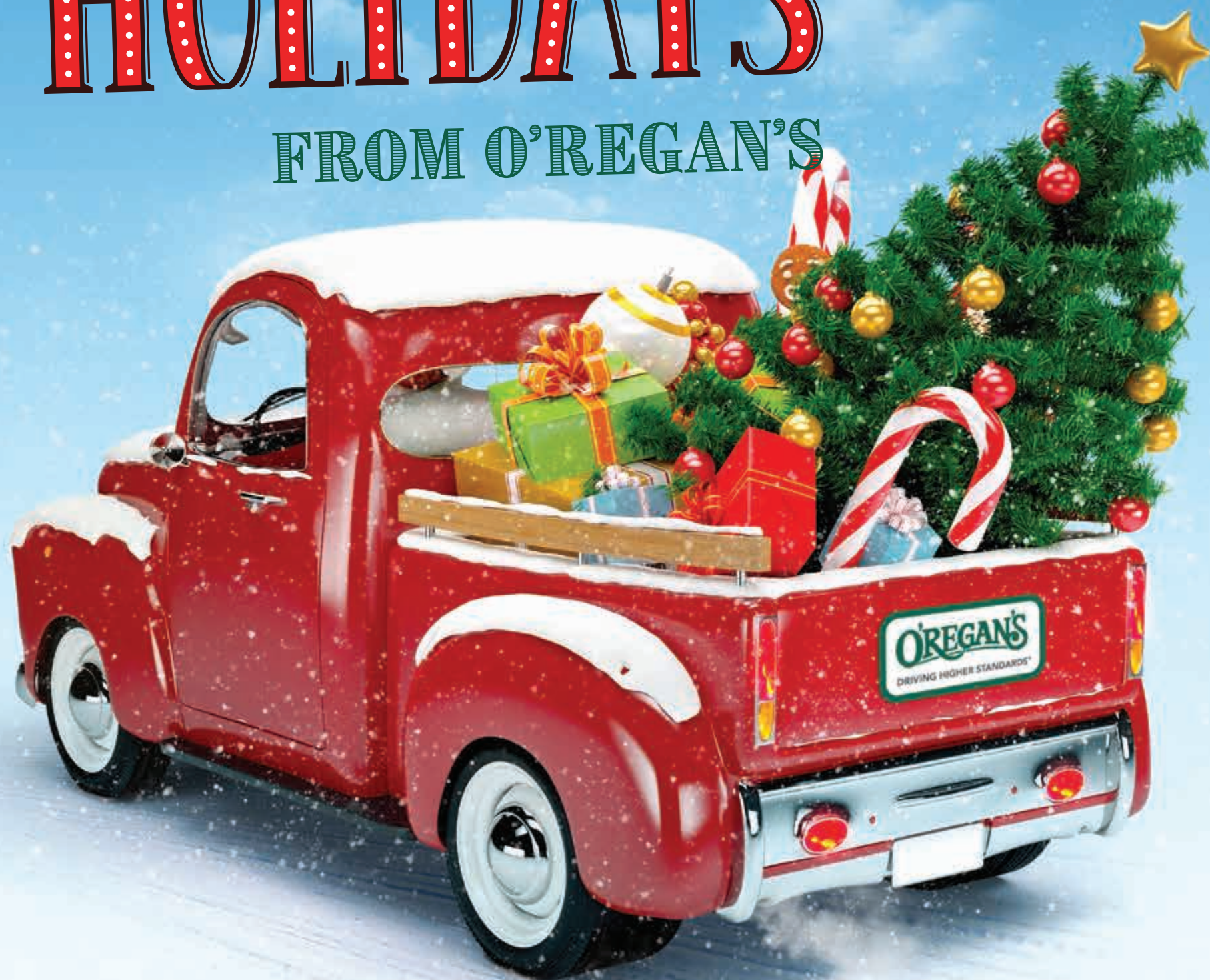
Mission Mart is more than a thrift store. It's a community. When it's cold outside, it's warm in the store as individuals, families and groups come together to make this all possible. We're open 80 hours a week, and there are countless opportunities to serve. If you're interested, reach out to Rachel by calling 902-453-MART (6278) or fill out the application online at bit.ly/volunteerhalifax. Walk ins are also welcome. If you have a free hour to spare, come on in and ask for the Manager on duty to put you to work!

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