

# Edmonton's **Child**

The  
**Preschool**  
Issue

**DISCUSSING**  
**ELDERCARE**  
with Aging Parents

The Fun  
of Learning

New Approach  
to Parenting

Open House Dates

**Snow Day**

Family Fun in Wintery Alberta

Happy  
Birthday  
Baby!



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**COVER IMAGE**  
 Rylee, age 3.  
 Photo by Caylee Secretan

**NEXT ISSUE: March/April 2011:**  
**Family Health & Wellness. Deadline for ad space is February 7, 2011. Distribution is scheduled to begin February 25, 2011.**





# The Fun of Learning



Learning happens in many ways, at all ages every day. Parents can help improve their literacy skills, and those of their children, by making learning fun and engaging.

**Family Literacy Day**<sup>®</sup> is a perfect time to sit down with your family and do a fun literacy activity. Celebrated every January 27, the national initiative encourages Canadians to spend at least 15 minutes a day enjoying a learning activity as a family. This year's theme is Play for Literacy!

Play for Literacy includes all types of play that encourages literacy and numeracy development as well as comprehension skills, such as board games, card games and word games. Games, and the carefree act of playing, provide a fun outlet in which individuals of all ages can engage in activities that inherently provide new learning or opportunities to improve one's reading, writing, math and comprehension skills.

"Playing games not only has the ability to bring people together, it also provides a fun environment in which learning takes place," explains Margaret Eaton, President of ABC Life Literacy Canada. "Card games help improve numeracy skills, while board games, and even word association games, sharpen spelling, reading and comprehension skills."

Research shows that literacy-enriched play settings can result in at least short-term gains in young children's knowledge about the functions of writing, ability to recognize play-related print, and use of comprehension strategies such as self-checking and self-correction.

"Families, whether they recognize it or not, participate in literacy activities just through normal daily routines - talking, cooking or making grocery lists," says Kim Chung, Program Director at the Centre for Family Literacy in Edmonton. "Play is another way that provides an easy, fun opportunity for parents and children to positively interact around learning."

In honour of Family Literacy Day, ABC Life Literacy Canada and the Centre for Family Literacy are offering these fun play-based literacy activities that the whole family will enjoy:

- Host a family board game night where everyone is encouraged to read instructions, spell words and keep score. Invite another family over for a friendly competition!
- Driving in the car doesn't have to be boring. Turn off the radio and play fun games involving signs, billboards and licence plates.
- Play an active game such as 'Simon Says', which improves comprehension skills.
- Open a book and make up a story using just the pictures.
- Rhymes, chants, songs and storytelling create a rich environment for language development.
- Make a batch of cookies and count how many there are.
- Card games like 'Go Fish' help children learn to articulate sounds and improve memory development.
- Go outside and be active! Count how many times they can hop or jump.

- When doing an outdoor activity, ask children to count items around them. For example, while playing hockey, ask them to count the number of goals scored by each team.
- Have a scavenger hunt! Give your kids a list of items that have been hidden around the house and ask them to find them.

To take part in Family Literacy Day, and to Play for Literacy, visit [FamilyLiteracyDay.ca](http://FamilyLiteracyDay.ca) to find a local event or access additional tips and activities to create your own celebration.

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# Letter from the editor: the editor:

There's nothing like the start of a new year to feel like our slates have been wiped clean. Suddenly, we have 365 days of promise ahead of us...365 days of unspoiled possibilities. Unlike years past, however, what if the beginning of this year signals something different... the start of living our lives as we are right now?

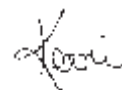
It's quite silly, actually, because how many times have we told our kids to "just be themselves"? And yet each time we've made New Years' resolutions, somehow it leaves us feeling like we need to struggle to change who we are. This year, we should be looking forward to living life...participating and striving and relishing because goodness knows, life is moving too quickly!

Parents of little ones who are getting ready for preschool know this all too well. How did you go from snuggling that little newborn, to suddenly picking out a backpack and school shoes? It's an exciting time, though, and that's why we've called this issue of ECM the Preschool Issue! Inside, you'll find some great ways to have fun with your little ones while learning at the same time. Still deciding which preschool is right for your child? Be sure to check out our listing of preschool open houses in our area.

Of course there are lots of other great features in this issue. Within these pages we hope that **you** will become inspired to enjoy your family at whatever age or stage it's at, and find inspiration, a sense of community, and a good read all at the same time.

We love to hear from our readers. If there is something you'd like to see more or less of, let us know! And if you're looking for more great articles, contests and event listings, be sure to visit [www.edmontonschild.com](http://www.edmontonschild.com), join us on Facebook, or follow us on Twitter.

Happy New Year to all of our readers! From everyone here at Gryphon Publishing, enjoy!



Kerri Leland • Editor-in-Chief  
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At **Edmonton's Child Magazine**, we would like to Thank **Caylee Secretan** for the wonderful image used on our cover - Rylee, age 3.



Check out Caylee's amazing portfolio of maternity, babies, teens, and family on her website.



[www.cayleesecretanphotography.com](http://www.cayleesecretanphotography.com)

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## Your Children Deserve ...






# The Intense Behaviours

By: Ted Zarowny

Young people come to school with a host of qualities that are packaged in unique and interesting ways. While many students share some similar characteristics, they maintain their individual identities as they grow and develop day by day, week by week, and month by month. As they grow, however, some of those qualities may become magnified or intensified, quite possibly to the point of concern and even frustration to the parent and the teacher.

Perhaps it's a heightened emotional response to events that others may view as trivial. If that picture didn't turn out the way it was supposed to or those pair of pink socks are faded and can't be worn, there is an extreme emotional outburst of frustration. All the convincing and coaxing doesn't help solve the problem or lessen the response, and may indeed do the opposite and fuel the emotional reaction.

A different quality may become increasingly intensified - constant motion and moving. Nothing seems to tire that child out; he or she is a whirlwind in movement and possibly even in speech. The constant fidgeting and chatter makes still time not so still and quiet time not so quiet.

Sometimes a child's senses may respond intensely to the various stimuli in the environment. A particular jacket can't be worn because of the irritating sound the fabric makes when it rubs together. Maybe the light in a room is so intense that the light bulbs need to be changed either in colour or wattage. Certain sounds, tastes, or smells may be overwhelming in both positive and negative ways.

It could be that the child is constantly asking questions, never accepting simple explanations, and always seeking to know more. He or she may want to know everything about dolphins, or dinosaurs, or fossils, or whatever the topic of the day - reading or learning about it takes precedence over everything else. The thirst for knowing more becomes extreme and not a day goes by when that special interest does not make its way into a conversation. He or she may even be hiding under the covers late at night reading with a flashlight.

Another quality that may become intensified is the imaginary world. Perhaps a recently read story has generated imaginary friends who go on imaginary explorations with the child. Facts and fantasy may even become mixed, and clear visualizations of events or ideas may become apparent.

In each of the above scenarios, a young person has developed a certain personality with particular qualities that have become heightened. Such cases can make dealing with the child frustrating and tiring. Power struggles may



## of a Gifted Child

characterize some of their relationships. As time goes on, those intense personality traits can wear others down, including the most patient teacher or parent, and may cause difficulties with peers and other adults alike.

There can be many reasons why certain traits such as the ones described become heightened and intensified. When such qualities become debilitating, referring to other professionals is often a wise choice.

In the field of gifted education, however, some research is becoming more widely known and may help shed a different light into understanding individuals who have these heightened characteristics. As part of his research with gifted children, Kasimierz Dabrowski suggests that highly and profoundly gifted individuals often have over-sensitivities, or, as Dabrowski called them, "overexcitabilities." Overexcitabilities are inherited traits that cause many gifted individuals to have heightened responses to the world around them. The above five scenarios correspond to the overexcitabilities. In order as they appear above, they are emotional overexcitability, psychomotor overexcitability, intellectual overexcitability, sensual overexcitability, and imaginal overexcitability. Gifted children can possess one, two or even all of these overexcitabilities.

While overexcitabilities may not necessarily be the answer to why some children exhibit such intense behaviors, the idea may be useful in providing a different set of lenses through which these behaviors can be viewed and better understood. Because these intensities can be overwhelming, they may overshadow the notion of giftedness and leave other learning needs unmet. The possibility that a child with intense behavior is gifted, therefore, may be something that is worth considering and investigating further.

*Ted Zarowny is the principal at New Horizons Charter School, a K-9 public charter school that enables academically gifted students to achieve excellence in an environment that supports the students' unique intellectual, social and emotional needs. For more information, visit [www.newhorizons.ab.ca](http://www.newhorizons.ab.ca) or call New Horizons School in Ardrossan at (780) 922-8087.*

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 Date: January 14, 2011  
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**WESTEND COMMUNITY  
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 Date: January 19, 2011  
 Time: 5 - 7 pm  
 Location: Rio Terrace  
 15108 - 76 Avenue

**PLAYDAY PROGRAM**  
 Date: February 3, 2011  
 Time: From 4 - 6 pm  
 Location: 2710 - 79 Street Edmonton  
 (Lord of Life Lutheran  
 Church - lower level)

**NEW HORIZONS SCHOOL**  
 Kindergarten  
 Date: February 16, 2011  
 Time: 7 pm  
 Location: 53145 Range Road 222,  
 Ardrossan

**LITTLE CATERPILLAR ACADEMY**  
 Date: March 11, 2011  
 Time: 11am - 2 pm  
 Location: 8939 - 82 Avenue

**GRANDIN PRESCOLAIRE**  
 Date: March 8, 2011  
 Time: 6:30 - 8 pm  
 Location: 10209 - 123 Street

**BONNIE DOON PLAYSCHOOL**  
 Date: April 14, 2011  
 Time: 7 - 8pm  
 Location: Rutherford School  
 8620 - 91 Street

**BEAUX ESPRITS FRENCH  
 IMMERSION PLAYSCHOOL**  
 Date: Wed. February 9, 2011  
 Time: 7 pm  
 Location: Rm. #105, Holy Cross School  
 15120 - 104 Ave

**SUZUKI CHARTER SCHOOL**  
 Date: February 10, 2011  
 Time: 6:30pm  
 Location: 10720 - 54 Street  
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 Date: Jan. 10, 2011  
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# Stepping Forward!

## Valuable Planning for Returning to Work

By: Jay Kaytar

Your resumé is going to be one of the most important and valuable documents you will ever have to develop, and it needs to be flawless. It is a summary of everything you have to offer to the employer. It is an opportunity to showcase your skills, abilities and qualifications. The best resumé is one that is easy to read and best markets you for the type of work you are applying for.

Use a resumé that brings out your strongest qualifications and training, as this will get the employers attention first. Remember, this is the document that will get you to step two – the interview. Selling your skills and qualifications on a resumé is no different than selling a product or service. You need to convince the employer that you have the qualifications and skills required to perform the particular duties and responsibilities set out in the job description. Employers will decide if they are interested in you based on the information outlined on your resumé.

One of the greatest challenges in resumé writing is that there are no rules, but there are expectations about what information you include in the areas of employment history and educational qualifications. Beyond that, what you include on your resumé is entirely up to you. If you don't have a lot of employment history, but your education is directly related to the work you are applying for, list your education first. If you have an extensive employment history, but lack the educational requirements, lead with your experience. Sell your strongest attributes!

To be sure that you're ready to write your resumé, use the following checklist. Each item is a critical step that ensures you are writing and designing the very best resumé. A good resumé will open doors, generate interviews and help you land exciting new opportunities.

- Is it two pages or less in length? The employer will not invest time sifting through pages and pages of information.
- Is it printed on high quality white bond paper?
- Don't include a photo, your age, marital status, social insurance number, height, weight or gender.
- Does it look professional? Is it easy to read? The information should be well organized and formatted. Is it free of spelling and grammar errors? Do the key points and headings stand out? Have you eliminated unnecessary words and sentences?
- List your name, address (including postal code), email address and a telephone number where you can be reached during the day.
- List references on a separate page.
- Don't attach certificates or awards.
- Don't exaggerate or misrepresent yourself – employers will check.
- Document your skills, qualifications and knowledge.
- Research and compile key words for your profession, industry and specific job targets.

As the first step in finding new work, resumé writing can be one of the most daunting of all tasks in your employment hunt. If you would like some help, Alberta Employment and Immigration offers free resumé and cover letter workshops through BGS Career & Corporate Development. To register for an upcoming workshop, contact BGS at 780-425-6655.

For a complete list of available workshops, locations and dates, log on to their website [www.bgsenterprises.com](http://www.bgsenterprises.com).

If you think your current resumé just needs a "tune up", you can use the free Career Information Hotline online e-Resumé Review Service at <http://alis.alberta.ca/resume>. You can submit your resumé online and have it reviewed by a professional career consultant within three to five days.

Resumé writing can be an enjoyable and rewarding task. Your resumé is a snapshot of your career—a record of your achievements and successes that will fill you with pride when you hand it to your next employer.

*Jay Kaytar is a Career & Employment Consultant with Alberta Employment & Immigration. He has years of experience providing employment resources and career counselling to Albertans, helping them get back to work.*

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For more information on developing your resumé visit one of our Alberta Employment and Immigration Edmonton Labour Market Information Centres between the hours of 8:15 am and – 4:30 pm, Monday to Friday, at the addresses below:

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# WHERE MY BOYS AT?

## DANCE AND BOYS

By: Jessica Baudin-Griffin

*"Where my boys at? Anybody out there?"*

I am sure this is how many boys who participate in dance feel. As a dance educator, every class I teach makes me very aware of the lack of representation of men in the world of dance.

It is unfortunate that dance has seemingly become a feminized activity. Boys are not encouraged to express themselves through movement, unless they are participating in sports. Dance has become an acceptable past-time mostly for girls and women. Boys and men who are interested in dance have often been strongly discouraged. The many benefits of dance seem to be ignored for boys.

This has not always been the case, however. Historically, dance has been a form of expression meant to pass along culture, music, celebration, and history. Not only did men and women dance together, but men danced alone and in groups, passing along these traditions to their sons. In many parts of the world this approach remains a large part of culture where families and communities dance together. Dance is a social activity where people learn to collaborate, work as a team, and respect each other, very similar to sports.

Also, let's not forget the physical benefits of dance. In the last 30 years, Canadians' fitness levels have continued to decline at a rapid rate as a new study from Health Canada has revealed. Our children's generation will be the first whose life expectancy is less than that of their parents due to obesity related illness and disease. Dance encompasses endurance, strength, and flexibility, all critical to overall health and wellness. For boys who do not enjoy sports, want

to express themselves through movement, and enjoy music, dance would seem an excellent way to promote fun physical activity. Male dancers are amazing athletes, strong and powerful! Participation in dance can help boys develop their emotional intelligence, increase self-esteem, and even give them the skills to become better overall athletes.

The way dance is presented seems especially important in continuing to foster a love of dance in boys, if we are to change the current cultural views of males and dance. A concept-based approach to dance teaches a movement vocabulary that boys more easily relate to. Ideas like time, effort, space, and body provide boys with concepts that are not overly feminized and can be applied to any type of movement. It also presents a problem solving approach to dance, a learning mode that is more typical of males.

It is also important to find styles of dance that appeal to boys and have a male influence. As a guest instructor at the University of Alberta, I use Hip Hop dance in my practical section on aesthetic movement to ensure both male and female students are successful. Hip Hop is culturally current, male inclusive style. By having role models to relate to, the male students' level of enjoyment and overall participation is much higher as they have the opportunity to enjoy dance without social acceptance anxieties.

Thinking of putting your son in dance? Look for concept driven teaching approaches that focus on styles that appeal to boys. And maybe try to find a little buddy who might want to join your son, because we all feel more comfortable and confident with a friend to share the experience with. If



nothing else, let your boys turn on their favorite music, get Dad to join in, and boogie down as a family!

Jessica Baudin-Griffin B. Ed. is the owner and artistic director of J'Adore Dance. As a developmental dance educator Jessica believes anyone and everyone can dance! She often enjoys impromptu dance parties with her husband and two daughters in their living room. **EC**

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This approach to learning is so successful, that the parents in the music programs started an elementary school in order to use the same educational philosophy in teaching other subjects. This school eventually became the Suzuki Charter School.

Suzuki Method programs can begin with the Early Childhood classes for 0-3 year olds. Instruction on a musical instrument may start as early as age 3. Many Suzuki Method graduates perform as soloists and as members of most major orchestras. But the purpose of the Suzuki Method is not to produce professional musicians, although the excellent training is a very good start if this is the direction chosen by the student. As the founder of the Suzuki Method, Dr. Shinichi Suzuki, said: *"If a child hears good music from the day of his birth, and learns to play it himself, he develops sensitivity, discipline, and endurance. He gets a beautiful heart."*

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# Birthday Parties for Babies

## TIPS AND IDEAS FOR THROWING A BIRTHDAY PARTY FOR A LITTLE ONE

By: Penny Warner

**B**aby's birthday is a major milestone in both the baby's and the parents' lives. Most baby birthdays are celebrated with family members, including grandparents, cousins, and so on. But parents who belong to mother groups or baby playgroups often celebrate with baby's peers. Either way, it's best to choose a theme and arrange the party around it. Here are a few tips and ideas for celebrating that special first, second or third birthday with your baby.

### BABY AT THE ZOO

- Decorate inflated balloons like animals using permanent markers, pieces of construction paper, or inexpensive masks and float them around the ceiling.
- Animal Masks. Buy some animals masks and let the kids wear them. Be sure to have a mirror handy so they can see themselves. Or paint the babies' faces to look like animals, using non-toxic face paints.
- What's that Noise? Make animal noises and have the babies name the animal.
- Hire an animal trainer to bring an animal to the party, such as a gerbil, rabbit, or turtle, and then let the babies touch them.

### BABY, BUBBLES AND BALLOONS

- Fill the ceiling with inflated balloons to greet the babies when they arrive.
- Pop the Bubble. Have adults blow bubbles and let the babies try to pop them.
- Catch the Balloon. Inflate balloons, toss them in the air, and let the babies try to catch them.
- Balloon Animals. Hire a balloon animal magician to make balloon animals, and then hand them to the babies accompanied by animal noises.
- Chase the Balloon. Tie a string to a balloon and set it in the middle of the room. Pull the string and watch the babies go after it.

### MUSICAL BABY

- Set out instruments for babies to play during the party, and get out a few fun CDs to play with the instruments.
- Musical Chairs. Set out mats for the babies to sit or stand on. Start the music and encourage the babies to dance around in a circle. When the music stops, have them find a mat to stand on. Do NOT remove any mats – babies at this age won't understand, and they will enjoy the game without playing the official way.
- Sing a Song. Have the babies sit in a circle and sing a favorite song, such as "Twinkle, Twinkle Little Star" or "Happy Birthday to You." If you know baby sign language, add that to the song.
- Have a Concert. Give the babies musical instruments and let them play along to some music, while they march around the room like a parade.

### BABY ON SESAME STREET

- Decorate with Sesame Street posters. Tie helium balloons to Sesame Street characters and let them float around the room.
- Big Bird's Footprints. Cut out large bird footprints from yellow construction paper, set them around the room in a path, and have the babies follow in Big Bird's Footsteps.



- Get Grover. Tie a rope to a stuffed Grover and set him in the middle of the room. Have the babies take turns trying to "Get Grover", as you pull the rope just out of reach. After a couple of tries, let them catch Grover.
- Put on a Puppet Show. Use stuffed Sesame Street characters to put on a puppet show for the babies. Then let them have a turn playing with the characters.

### A FEW BONUS TIPS:

- Keep the party short and sweet for this age, an hour or an hour and a half is usually long enough.
- Plan the party for late morning or late afternoon, when baby is not too tired.
- Invite parents to come so they can watch their babies stay safe and enjoy the fun.
- Get extra help – hire a babysitter or two to assist you with the party planning and hosting.
- Keep the babies busy so they don't become bored or whiney, but don't overwhelm them with activities—keep it simple.
- Babies love balloons! Use a helium balloon kit, available at party stores, to make inflating colorful balloons quick, easy, and inexpensive. Just be careful not to let babies under the age of two play with broken or deflated balloons, as they are a choking hazard.
- Take billions of pictures!

Penny Warner has more than 25 years of experience as an author and party planner. She has published more than 50 books, including 16 specific to parties, and works with Balloon Time – the leading brand of consumer helium balloon kits in North America. Her latest books include *Ladies' Night* and *How to Host a Killer Party*. Balloon Time kits feature a helium-filled tank, latex or foil balloons and ribbon, and are available at national retail chains, party goods and grocery stores nationwide. For more information, visit [BalloonTime.com](http://BalloonTime.com).

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# chocolate SourS

What could possibly make gummy candies any better? Chocolate, of course! Impress your friends with these deliciously sweet-and-sour candies that you made yourself. This is perfect for a snack at a birthday party, or for a homemade goodie bag! It could even be a fun kitchen project at the birthday party!

Chocolate melting wafers	1 cup	250 mL
Sour gummy cherry candies	1/4 cup	60 mL
Sour jujubes	1/4 cup	60 mL
Sour gummy rings	1/4 cup	60 mL
Gummy bears	1/4 cup	60 mL

Put chocolate wafers into small microwave-safe bowl (see Note 1). Microwave, uncovered, on medium (50%), stirring every 30 seconds, until almost melted. Stir until smooth.

Dip remaining 4 ingredients, 1 piece at a time, into chocolate, allowing excess to drip back into bowl (see Note 2). Place on waxed paper-lined baking sheet. Let stand until set. Makes about 64 pieces.

1 piece: 33 Calories; 1.0 g Total Fat (0.0 g Mono, 0.0 g Poly, 0.8 g Sat); 0 mg Cholesterol; 6 g Carbohydrate; trace Fibre; trace Protein; 10 mg Sodium

**NOTE 1:** Use a deep container (a glass measuring cup or a tall narrow saucepan works well) to hold melted chocolate or melting wafers. The chocolate will stay warm longer and will coat better.

**NOTE 2:** Reheat dipping chocolate and candy in microwave for 30 seconds if it cools and starts to harden.

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# Discussing Eldercare

## WITH AGING PARENTS

By: Ali Davidson

**C**aring for elderly parents can be difficult for an adult child. Thinking preventively and creating a manageable plan before it's needed, however, can make the experience much easier. Here are some points to consider when making plans with your aging parents.

**Partnership** - Begin with partnership in mind. You've heard the phrase "parenting your parents." This is not a helpful or constructive design for your future relationship. You will always be the child and they will always be the parents. If you take the "parent" role, your parents become the "child" and will rebel against your assistance. Establishing a relationship of partnership leads to collaboration of the desires and needs, promotes cooperation, and maintains equality for both of you. If you have siblings, it is also important that you all are in agreement and participate in future discussions of planning. Partnership includes everyone and assures that everyone is being heard.

**Approach** - Make sure that you approach this conversation with an open mind and heart. You are all entering a new phase together. Let go of preconceived notions, assumptions and judgments. Heal old barriers and recognize that your parent did the best they could and no longer have the power they had when you were a child. Forgiveness is important in order to create a new relationship. Enter this conversation with care and respect.

**Reframe** - Reframe from the start that you understand the need for independence but that independence doesn't mean never needing help. Independence is synonymous with control and that is what we all want especially as people assist others and accept assistance all their lives and that will not change as they age. By talking about it now and creating a plan for themselves, a senior maintains control even if they need assistance to implement the plan.

**Ask** - Remember that in this conversation your job is to ask questions not give answers. This time is about finding out what your parents want as they age. Let them control the cadence, speed, and solutions of this conversation. Ask questions using "what, where, when, how and who" but not "why." Why takes us to deep-seated beliefs we most often feel we need to defend. Also use softeners in the opening of your questions such as: I'm wondering; Have you considered; or I'm curious about...

**Motivation** - Before you begin the conversation be clear about your motivation. If you are angry, frustrated, or stressed, this conversation will end badly. If you are motivated by your desire for safety, wellbeing and quality of life for both you and your parent, your outcome will be rewarding. Knowing your intention and desired outcome before you start the conversation will make it easier for you to identify when it has been met. The motivation for that outcome must come from a peaceful and loving place in you.

**Experience** - Use your experience or that of a friend to begin the conversation. Example:

"My friend's father broke a hip and is in the hospital. My friend has to make decisions for him and is unsure what to do. I'm not sure I know what you would want me to do if that happened to you. Could we talk about it?"

**Or**

"I've heard so much about how seniors lose control as they age because others have to make decisions for them. I want to make sure that you never feel that way so I was wondering if you'd be willing to talk to me about what you want, so that I'm clear about how to help you if you need it."

**Timing** - Be sure your timing is right for both of you. This is a conversation that shouldn't be rushed. So make time for it. Make sure it takes place somewhere free of distractions and other people. Make sure that you are both relaxed and able to give your full attention to each other. Match their speed and tempo. Don't rush their answers, be patient.

**Educate** - Educate yourself before the conversation of the options available in senior care. It's important to know and understand what needs to be discussed, i.e. living arrangements, outside help, power of attorney, when to stop driving, etc. The more you know the better you will be able to ask the right questions and help your parent make the best decisions. You may also need to educate yourself of your parent's current status through the observations of others like



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friends, neighbors, or doctors, who have more daily contact with them. The input of others will help you know what needs to be discussed in the way of concerns.

**Resistance** - Be aware that you might get some resistance from parents. They may be reluctant to have this conversation or unsure of what they want in the future. Resistance is present when we are afraid. You can help break down that barrier by asking what they are concerned about, what frightens them about having this conversation, and what might help ease their fear. You can also share your reason for wanting to assist them with this process: To help them live the life they want, even if in the future they can't do certain things for themselves and with the knowledge of what they want established, you will have peace of mind.

**Suspend** - Be watchful for the signs of overwhelm. Sometimes this discussion brings on feelings of loss or painful memories for a parent. Be sensitive to their level of comfort and their stamina. Be willing to suspend the conversation for now and continue at another time. It won't all be worked out in one talk.

Having this conversation before a crisis is the key to your peace of mind and your parent's sense of control. Using the

Parameters will assist you to begin a difficult conversation that will have rewarding results in your relationships.

*As a former owner of an in-home care agency, Ali Davidson has worked with seniors and their families for nine years. She is a certified Neuro-Linguistic-Programming Master Practitioner and has counseled individuals, couples and families through her private practice, focusing on communication, relationship, and healing old wounds. As a Life Coach for the past two years she has helped clients in both their personal and professional lives to reconnect to their passion, reach their goals, and live to their fullest potential.*

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# Parental Alienation

## AND THE EFFECTS ON CHILDREN

By: Michelle Gameau & Kent Taylor

Marriages and common law relationships in Canada ending in separation have climbed to a staggering 50 per cent, resulting in a rise in the number of situations where parental alienation is an issue. Parental alienation is a term used to describe a situation where one parent, usually the parent that the child resides with, attempts to turn the child against the other parent following a separation. In this situation, the parent strongly dislikes the other parent and is unable to distinguish between their spousal issues and parental issues.

Alienation of a child from a parent can occur consciously or unconsciously and can range from mild to severe. There are a number of ways a child can be alienated from a parent.

1. A parent tells a child that they will not force him or her to see the other parent.
2. A parent phones the child and is told that the child is not in or does not want to speak with him or her when this is not true.
3. A parent plans a favorite activity or getaway that the child is very fond of at a time when the child is scheduled to be in the care of the other parent.
4. In severe cases, a parent's negative feelings of hatred and fear toward the other parent are instilled in the child.
5. A child may be kept from seeing a parent because there is alleged emotional, physical or sexual abusive toward the child. In some cases, this may be true. This is a very difficult situation and the parent may only be able to see the child under specific conditions (i.e. limited supervised contact).

There are a number of reasons why a parent may alienate a child from the other parent.

1. They may want to get revenge on the other parent for having an affair or for ending the relationship and shattering their dreams of having a "family unit".
2. They may have remarried or are in a new relationship and wish to remove the other parent from the child's life in order to make room for the step parent and cement the new relationship.
3. In some cases, for their own security, they become so dependent on the child that they need the child to be loyal to them only.

An alienated parent may become helpless, frustrated, and may engage in counterattacks with the other parent. On some occasions, an alienated parent may use gifts and trips to gain the child's affection, or in the other extreme, they may "bully" the child into spending time with them. In some cases, the parent who is being alienated may withdraw and stop making attempts to see the child at all.

Attempting to remove or withdraw a parent from a child's life can have detrimental effects on their behavior. The child may see the alienated parent as "all bad" and the other parent as "all good". They may be disrespectful toward the alienated parent such as being rude or hostile. The child may use phrases or language that appears rehearsed or not congruent with the child's age or level of language development. They may give irrational or illogical reasons for not wanting to see the alienated parent.

The loss of a supportive and caring parent and all the memories of a good relationship with them can have serious temporary or long term effects on a child. They can experience anger, loss of self-esteem and self-confidence, sleeping or eating disorders, educational difficulties, or other destructive behaviors.

In other cases, the child may pretend to dislike the alienated parent when in fact they do not feel this way. As the child grows older, they can become aware that they have the power to manipulate the parent attempting to alienate them from the other parent. This can be done by following or going against this parent's wishes with regard to the alienated parent. The attempt to turn a child against a parent can backfire if they realize what this parent has been doing and they may shift their loyalties toward the other parent. Feelings of guilt may occur for the child once they figure out what the other parent has been doing.

Parental alienation can be prevented by recognizing the difference between one's own needs and the needs of the child. There is value in both parents being involved in the child's life and educating oneself through books and articles about parental alienation. There are ways of repairing the bond between the child and the parent who has been alienated. In mild and moderate cases, one could engage in therapy for the child and the parents, or they could seek out a Divorce Coach or Family Mediator. It is important to remember that children are entitled to a healthy relationship with each of their parents. Parents need to resist becoming involved in any alienating behavior for the sake of their children.



Michelle Gameau has a B.Sc. in Psychology, is trained in mediation and negotiation through the Alberta Arbitration and Mediation Society, is a Registered Family Mediator and has completed over 500 mediations. Michelle assists families in resolving issues with parenting, child support, property division and communication. She provides a private, time efficient, flexible and affordable dispute resolution alternative. Contact Michelle for a confidential 20 minute no-charge phone consultation.

Kent Taylor mediates separation, divorce, workplace and elder conflicts, and successfully resolves parenting, child support, property and estate conflicts. He is a founding member of the Alberta Family Mediation Society and has taught Alternate Dispute Resolution in the Law Faculty at the University of Alberta. Contact Kent at 780-463-7749 for a confidential 20 minute no charge discussion of your issues and ask him about his hourly fee or flat rate.

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# MAKE AN ADDITION TO YOUR FAMILY

Homeowners never fail to be impressed by the difference major space changes can make in the quality of a family's life. You love your home, but it isn't working well for you. You don't want to uproot your children from their neighborhood, neighbors, and schools, but something must be done to refit your house to your lifestyle. Home renovation may be your solution.

Adding a room, wing, or floor to your existing home might be a major undertaking, but it can also be a fulfilling experience - especially if the addition is well-designed. Excellent design is critical since the project can either enhance or detract from your existing structure. The one thing you don't want is an addition that clashes with your home or sticks out like a sore thumb.

Begin by evaluating the style of your home. Is it contemporary or traditional? Is it a Victorian bungalow, rambler, split-level, or colonial? Each home style has specific architectural lines and details that can be echoed in your addition's design.

Take a look at your home's style. Some aspects you'll want to pay special attention to are:

- pitch of the roof
- style of windows and doors
- architectural details such as shutters, moldings, and porches
- materials used—type of shingles, siding, stone, brick, stucco

Think about which architectural details you want to repeat in your addition's design. Repeating design elements is an excellent method of creating additions that look as though they had always been there. For example, your

addition could include a dormer that mirrors another elsewhere on your home. And it should include a complementary window style to that of the original.

Next, think in terms of scale. A common design mistake is an addition that overshadows the original home or is much too small and insignificant to add to the overall architectural style. Cut out pictures of homes that you appreciate. This "homework" will help you zero in on your particular tastes.

The design of the interior offers more flexibility since it's not viewed in its entirety as the exterior is. Even so, you'll still want to strive for a comfortable transition from existing space to new. Ceiling style and height can make a big

difference in the tone of a room. A steeply pitched roof on the exterior can make way for a dramatic cathedral ceiling on the interior. This can add drama to a contemporary or traditionally designed space in a living room, kitchen, bathroom, or family room.

Little is more satisfying than living in a house that's been beautifully remodeled with a new addition. If you've taken the time to plan carefully and pay attention to the details that make it part of your home, you'll love your new space more with each passing day.

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# SECTION FRANCOPHONE

## ¡Música en México!

Le Conseil scolaire Centre-Nord a parmi son personnel enseignant des pédagogues chevronnés, dévoués, talentueux et généreux. En septembre, nous avons eu le privilège d'accueillir de nouveau Yvon Loisel au sein de notre personnel enseignant. Il enseignera, entre autres, la musique à l'école élémentaire et catholique Notre-Dame (15425, 91e Avenue).

Yvon Loisel est à la fois auteur-compositeur-interprète, comédien, pédagogue, et il joue avec brio de nombreux instruments, dont la guitare. Il a été lauréat du Chant'Ouest en 1991, demi-finaliste au Festival International de la Chanson de Granby, et membre des groupes professionnels Euphonie et La Venue. Il a aussi un disque compact à son actif. Il a bien voulu partager avec vous son expérience des cinq dernières années à enseigner à l'Instituto San Roberto au Mexique.

**Décrivez-nous votre expérience d'enseignement au Mexique.**

« J'enseignais à Monterrey, la troisième plus grande ville au Mexique et la plus riche parce que c'est une ville industrielle. Non, je n'étais pas à côté de la plage en train de nager tous les jours, les pieds dans le sable, mais oui, il faisait très chaud la plupart de l'année! J'ai accepté un poste d'enseignement de la musique 4-5-6. Il y avait cinq sections à chaque niveau, alors j'avais quand même un horaire assez chargé, mais ça m'a permis de me concentrer sur l'enseignement de la musique dans une situation minoritaire anglaise. C'était la première fois que j'enseignais en anglais



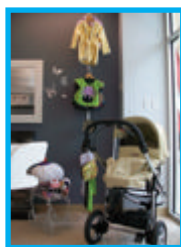
dans un endroit où les enfants mexicains étudiaient dans une école bilingue et y apprenaient l'anglais. Je voulais m'engager à monter un véritable programme de musique. Je commençais à zéro. L'école m'a accordé un budget pour acheter des instruments pour tous mes élèves : des flutes, des clarinettes, des trompettes, des tubas, des saxophones, etc. Au début, il y avait de la résistance de la part des élèves parce que là-bas, il n'y a pas la culture de jouer des instruments de musique. Les garçons jouent au sport et les filles dansent. Alors, j'ai vraiment travaillé à inculquer dans cette école un sens d'apprentissage musical, en expliquant que la musique, comme les mathématiques, ça fait partie de ton enseignement à l'école. Tout comme l'espagnol, l'anglais ou le français, c'est une autre langue. »

**Avez-vous eu l'occasion de vivre d'autres expériences artistiques au Mexique?**

« Je dois dire que la musique latine a fait partie de mon éducation musicale et de jazz à Grant MacEwan (Edmonton). J'ai fait partie d'une couple de groupes de musique et j'ai présenté deux ou trois chansons en espagnol du chanteur très célèbre au Mexique, Miguel Bose, et j'ai beaucoup aimé ça. Mais je me suis surtout donné à l'enseignement de tous ces instruments de musique. J'ai recommencé à pratiquer tous ces instruments et à apprendre comment les réparer. J'ai beaucoup guidé les élèves dans leur choix d'instrument, et les aider à déterminer quel instrument leur irait le mieux. J'ai passé la majorité de mon temps à monter un programme de musique qui n'existait pas. »

**Vous êtes originaire de Port Colborne en Ontario. Pourquoi avez-vous choisi de revenir à Edmonton?**

« Lorsque je me suis planté les pieds ici en '86, j'ai commencé presque tout de suite à travailler en français. J'ai travaillé au préscolaire, j'ai fait du théâtre avec le Théâtre Popicos, le Gala de la chanson, de l'impro en français. Alors, ma vie à Edmonton a enraciné ma culture francophone. Elle a englobé ma culture francophone, ce que je ne vivais pas en Ontario dans la ville où je suis né. Mon chez-moi, c'est ici où j'ai vécu 20 ans de ma vie. J'ai un réseau ici, beaucoup d'amis, de la famille : deux neveux, une nièce, deux frères, et une sœur à Edmonton. Le tout est tombé en place pour que je revienne ici. Aller au Mexique a été un cadeau pour moi. Revenir à Edmonton est une bénédiction. »



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La Bébé Boutique est située au 106, 8627-91e rue, à Edmonton. Nos heures d'ouverture sont lundi, mardi, mercredi, vendredi et samedi de 10 h à 17 h 30 et le jeudi de 10 h à 20 h. Nous sommes fermés les dimanches et les jours fériés.

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## Içi on parle santé

Le Centre de Santé communautaire Saint-Thomas est un centre de santé francophone à but non lucratif qui offre des services de soins primaires à la communauté francophone d'Edmonton depuis l'automne 2006. Notre partenariat avec le Southside Primary Care Network (PCN) nous a permis de créer une équipe multidisciplinaire afin de mieux desservir la diversité de la population. Le Centre de Santé communautaire Saint-Thomas offre couramment les services suivants :

- Médecins Omnipraticiens : examens médicaux complets pour toute la famille incluant tests gynécologiques; diagnostics; chirurgies mineures; soins prénatals et postnatals; soins des enfants et personnes âgées.
- Infirmière enregistrée (RN) : suivi de maladies chroniques (hypertension, diabète, cessation du tabagisme, santé mentale, etc.); nettoyage d'oreilles; injections; soins périnataux (éducation prénatale, cours maman bébé, support pour l'allaitement) ; etc.
- Diététicienne : perte et contrôle de poids; nutrition et maladies chroniques (cholestérol, diabète, hypertension, etc.); nutrition et grossesse; etc.
- Travailleurs sociaux, psychologue et psychiatre : support pour les problèmes de santé mentale; troubles personnels, familiaux et sociaux.
- Éducation et Promotion de la santé en français (activités et cours offerts dans la communauté en partenariat avec le réseau de Santé albertain, le Campus Saint-Jean, l'Institut Guy-Lacombe de la famille, le Conseil Scolaire Centre Nord, etc.).

Le personnel et les médecins du Centre de santé communautaire Saint-Thomas sont bilingues. Nous

acceptons présentement de nouveaux patients. Nos heures d'ouverture sont de 9 h à 20 h les lundis et de 9 h à 16 h du mardi au vendredi. Pour devenir patient au Centre de Santé communautaire Saint-Thomas, il vous suffit de nous contacter au 780 434-2778 ou de vous présenter au 9040 — 84 Avenue, Edmonton, AB (T6C 1E4) avec votre carte de santé ou papier d'assurance et/ou immigration.

Pour avoir plus d'information au sujet de nos activités d'éducation ou de promotion de la santé en français (cours prénatals, cours maman bébé, support pour l'allaitement, soins de la petite enfance et adolescence, kiosques informatifs, besoins spécifiques, etc.), contactez-nous au bureau principal.

**Au plaisir de vous servir !**

L'équipe du Centre de Santé Communautaire Saint-Thomas.

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# SECTION FRANCOPHONE

## L'allaitement maternel : pour mieux débiter!

L'école de parents de l'Institut Guy-Lacombe de la famille offre l'activité «Bébé est arrivé» pour les parents des enfants de moins de 6 mois. Des professionnels vous informent et répondent à toutes vos questions :

### Quels sont les avantages de l'allaitement maternel?

L'allaitement maternel comporte de nombreux avantages pour votre bébé. Le lait maternel est riche en nutriments. Il protège votre bébé contre les infections et diminue le risque d'allergies.

L'allaitement vous procure aussi certains avantages. C'est facile - vous n'avez pas à laver de biberon ou à mélanger des préparations - et plus économique. L'allaitement maternel aide votre utérus à retrouver sa taille normale puisque celui-ci a été dilaté pendant la grossesse. Apprendre à allaiter exige un peu de temps et de patience, mais vos efforts seront récompensés. L'allaitement est une expérience enrichissante qui permet de maintenir ce lien spécial avec votre bébé.

### Quand dois-je débiter l'allaitement?

Débuter l'allaitement le plus tôt possible après l'accouchement. Placez le pouce de votre main libre au-dessus du sein et les autres doigts

sous le sein. Ne touchez pas à l'aréole (la zone de peau foncée qui entoure le mamelon). C'est là que s'appuieront les lèvres du bébé. Servez-vous du mamelon pour chatouiller la lèvre supérieure du bébé jusqu'à ce qu'il ouvre très grand la bouche.

Introduisez alors le mamelon et l'aréole dans la bouche du bébé et serrez-le contre vous; ses deux lèvres devraient être retournées vers l'extérieur et recouvrir presque toute l'aréole. Lorsque votre bébé boit, sa mâchoire fera un mouvement de va-et-vient et vous entendrez successivement des bruits de succion, de déglutition et une pause.

### Comment m'alimenter?

L'important, c'est d'avoir une alimentation bien équilibrée et riche en calcium. Il faut donc manger des fruits et légumes, pains et céréales à grains entiers, viandes et légumineuses, lait et produits laitiers. Il faut prendre environ 500 calories de plus par jour et boire une quantité normale de liquides.

Une diète équilibrée qui comprend chaque jour cinq portions de lait ou de produits laitiers vous procurera suffisamment de calcium. On en retrouve également dans le brocoli, le poisson en conserve (saumon, sardines, thon ou hareng), les graines de sésame, le tofu et le chou frisé. Si vous croyez que votre alimentation n'est pas assez riche en calcium, discutez avec votre médecin pour savoir si vous devriez prendre des suppléments de calcium.

### Que dois-je éviter de manger?

Si vous croyez qu'un des aliments que vous consommez dérange votre bébé, cessez d'en manger. La caféine et l'alcool passent dans le lait maternel; il faut donc en réduire la consommation. Les médicaments, même ceux en vente libre, peuvent passer dans le lait. Ne prenez rien sans d'abord en parler à votre médecin. Évitez de fumer car le tabac peut diminuer la production de lait.

Pour plus d'information sur nos activités, communiquez avec nous au 780.468.6934 ou à [info.iglf@fpfa.ab.ca](mailto:info.iglf@fpfa.ab.ca)



INSTITUT GUY-LACOMBE DE LA FAMILLE



## L'estime de soi...des parents

(Le support aux familles est un service offert par l'IGLF et le centre d'appui à la famille et à l'enfance)

Dans les livres, on dit que pour développer une bonne estime de soi, un enfant « a besoin d'être respecté, écouté, et compris, d'être encouragé et de vivre du succès. » C'est sans doute vrai, mais un parent pourrait se poser la question : « et moi dans tout ça? » Le métier de parent est exigeant. Les parents ont aussi leurs besoins et ils méritent de l'attention.

### Prenez soin de vous-même

\* Soignez votre corps – pour se sentir bien dans sa peau, il faut d'abord soigner sa santé : maintenir une alimentation régulière et saine et dormir suffisamment. Pour les parents des nouveau-nés, le sommeil peut être problématique, alors profitez des siestes de votre bébé pour vous reposer vous aussi. Faites une place dans votre emploi du temps pour l'exercice. Non seulement vous resterez en forme, mais l'exercice remonte le moral. Pour contrer les effets du stress, on recommande également une technique de relaxation. Celle-ci peut être aussi simple que quelques minutes de respiration lente et profonde en attendant d'autobus.

\* Nourrir vos intérêts – Même si les enfants prennent beaucoup de place dans votre vie, ne laissez tomber vos

autres intérêts. Vous continuez à être une personne en dehors de votre rôle de parent. D'aucuns trouveront une satisfaction personnelle dans leur emploi, d'autres dans un passe-temps ou du bénévolat. Il est difficile de mesurer le « succès » comme parent, d'où l'importance de chercher de la reconnaissance dans d'autres domaines.

\* Trouver du soutien – Les parents veulent, tout comme les enfants, être écoutés, compris et encouragés. Pour certains, ce besoin sera comblé dans la relation du couple ou par un ou une amie. D'autres se sentent très isolés et cherchent du soutien auprès de leurs enfants. Ce fardeau pèse parfois très lourd sur de jeunes épaules, quand l'enfant est mis trop tôt devant des problèmes d'adultes. Mieux vaut chercher le soutien de gens qui vivent la même situation que vous. Vous les trouverez au groupe de jeu, aux rencontres de parents à l'école, aux groupes d'habiletés parentales. Si le soutien informel manque complètement, ou que les problèmes sont plus complexes, vous ferez preuve de force en allant chercher l'aide professionnelle d'un ou d'une conseillère.

### Qu'est-ce qui vous empêche?

\* Manque de temps – Les parents déjà surchargés mettent souvent leurs propres besoins en bas de leur liste de priorités. Résultat : le besoin d'exercice, la visite avec les amis, le souper romantique à deux sont tous remis à un lendemain qui n'arrive jamais. Vous risquez de vous décourager si vous croyez qu'il faut organiser de longues périodes de liberté. Avec des enfants nombreux ou en bas d'âge, ce sera rarement possible. Soyez réaliste en visant un temps minimum que vous pouvez

consacrer à vous-même chaque jour – ne serait-ce que cinq minutes de lecture avant de vous endormir – et jouissez-en. Même la préparation d'une tasse de thé, faite avec l'intention de vous dorloter, peut servir à refaire la peine.

\* Culpabilité – Les parents disent souvent qu'ils se sentent coupables de prendre du temps pour eux-mêmes, du temps qu'ils pourraient consacrer à leurs enfants. Mais, pensez à quel exemple vous voulez donner. Quand vous vous occupez de vos propres besoins, vous fournissez un modèle et les enfants apprendront le respect de soi et la considération pour les autres. C'est une question d'équilibre.

\* Prendre soin de soi-même ne veut pas dire abandonner ses enfants, au contraire. Pensez aux directives données par des compagnies aériennes en cas de marque de pression dans la cabine. Quand les masques d'oxygène se pressentent automatiquement, l'adulte doit mettre d'abord le sein avant d'aider l'enfant qu'il accompagne. Si l'adulte perd connaissance, l'enfant sera en danger.

Alors, donnez-vous la permission de prendre soin de vous-même. Vous serez un meilleur parent pour autant, et vous le méritez bien!

Par Betsy Mann de l'association canadienne des programmes de ressources pour la famille.

Pour plus d'information sur nos activités, communiquez avec nous au 780.468.6934 ou à [info.iglf@fpfa.ab.ca](mailto:info.iglf@fpfa.ab.ca)





# Fighting Cyber-Bullying

at Home

want to spend a long time with, maybe forever — do you want that image to surface and make a statement about who you are?

Secondly, the abuse of privacy and the right to be left alone is a moral precept that should be emphasized in the home and school. It is not only rude, but morally reprehensible to harass someone because you might not like that person for who he/she is, his/her lifestyle, dress or sexual orientation. Stop and think: you may fall into someone's category and then will you remember that it is only fair if you did it to someone that it is done to you?

**B is for Beware** When we were kids, bullying was restricted to the schoolyard, and when we were home or with our friends, we were safe from it. Today, cell phones enable bullying 24/7, and the implications are far-reaching. Cyberbullying has been blamed in the suicide deaths of teenagers all over the country, so parents need to provide proper guidance for their kids so that they don't wind up as either the bully or the bullied. Sexting is another issue. These pictures and texts can come back to haunt you. The real problem as I see it is objectifying yourself literally by sending a picture of your body. The message is one of disrespect; of oneself and others. Once that image is sent, it becomes fair game to be displayed to anyone, anywhere. You are not there, but a statement about you is clearly sent, and it is not a pretty picture.

**C is for Care** Kids need to place a higher value on their friendships and acquaintances. Internet sites like Facebook teach kids that making a friend is as easy as clicking "yes" to accept a friend request, and that ending a friendship is even easier — just click on "block," and that person's out of your life. If the technology is teaching them that's all there is to true friendship, then parents need to step up through guidance and example to show them that technology should not be the tail that wags the dog of our lives. We should use that technology to represent our values, and not allow the technology to determine what those values are.

Parents need to take an active role in preventing bullying from becoming a part of their children's lives. We cannot sit back and blame technology for the crisis facing our kids today. Technology is a tool. There is a human hand and a

human mind behind every vicious text message and every texted threat. We need to bring our children a sense of basic core values about their relationships so that they don't fall down the slippery slope that cell phones and the Internet is paving for them.

Parents are ones who should lead by example — yes, KNOW better — giving a child a compass to navigate through the uncertainties of peer ways. I will make a pact with my child: You may not post pictures or text that is harmful to another person, no matter what every one else does because it is not acceptable behavior. I as a parent have to provide moral guidelines to make this world a better place for my children and my family and my community and myself. I do not want a disgusting picture of me shared over the phone or on the computer — and I promise you I will never embarrass you that way either.

Technology advances us into a new and uncharted future, redefining our lives daily. Let's not lose our basic core values of respect, responsibility and caring along the way.

*Jacquie Ream attended college on writing scholarships at Pitzer, Claremont and Cal State and completed her Masters Degree in Creative Writing at the University of Washington. She has taught creative writing classes for students from age five to 65.*

EC

By: Jacquie Ream

I'm all undeveloped thumbs when it comes to text messaging and cell phone usage in general. But I am very clear about texting, sexting and bullying. I believe that it is time for parents, teachers and mentors to send a clear message of what acceptable/unacceptable behavior is, through our actions and words. Let technology be our tools, not our values.

The truth is that technology has moved faster than parents' ability to keep up with it. Today, most kids have cell phones, and they are told not to text over their cell plan's limits. Kids need more. Parents need to be able to explain to them the complexities of how this technology can affect their lives, and how to handle cyber-bullying and more.

It's time to get back to basics with regard to teens and cell phones. As a result, I have written a new set of rules — a new ABCs — for parents of teens with cell phones:

**A is for Acknowledge** Parents need to acknowledge and accept that technology is here to stay, and it will likely move faster than they can keep up with it. Foremost, we need to instill some basic, commonsense values for the use of the cell: respect, responsibility and reality. What we text, written and pictorial, is in cyberspace forever. These images do not go away with the delete button. Think about that before you send off a snap of yourself compromised — the college recruiter, the employer, THE right person you

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# NEW GENERATION, NEW APPROACH TO PARENTING

By: Marvin Marshall

**W**ith any task in life, the approach you use helps determine the outcome. Parenting is no different. Your parenting approach may determine who the young person becomes.

Today's parents have two models of discipline from which to choose. The older approach uses rewards and punishments – the same kind used with animals. Its ultimate goal is obedience. This approach leads to dependence, along with stress, and, often, poor relationships.

The modern approach makes parenting more joyful. Rather than using manipulation and/or coercion, it encourages empowerment that leads to a more enlightened outcome: responsibility. By focusing on responsibility rather than on obedience, parents experience more positive relationships, become more effective, and increase the joy in their journey.

**Which approach sounds better to you?**

**Why a New Parenting Approach Is Needed**

It is important to recognize that children today are exposed to different environments than those in earlier generations. This is one of many reasons that traditional approaches based on coercion and external approaches are not as successful as they once may have been. There are several changes in society that are influencing today's youth, such as social media networks like Facebook, Twitter, and blogs; mass media containing violence and sex; instant communications with texting and cell phones; emphasis on children being the center of family life along with feelings of entitlement; lower levels of social skills and impulse control; and, sometimes, substance abuse.

A by-product of the ease of access to information and contact with others in our technological age is that many young people feel more control over their lives. Today's young people know and exercise their rights and have an unprecedented level of independence.

As such, when a parent tries to change a youth's behavior by forcing obedience – by using threats, punishments, bribes, or other coercive or manipulative tactics – the reaction is often resistance.

A typical parental response to this trend might be to blame the youngsters. But think about it for a moment: When we plant flower seeds and if the plant does not blossom, do we blame the flowers? Or does the planter have some responsibility for the growth? Let us remember that parents are the first contacts and models for children.

If you view young people's misbehavior as a learning opportunity, misbehavior can become a prompt for meaningful communications. Using negative situations to help your children become more responsible will result in less stress for you and improved relationships for all.

**The Three Principles that Promote Responsibility**

By using three powerful, enduring, and universal practices that don't involve punishment, threats, raising your voice, rewards, or lecturing, you will be amazed at how cooperative your children become.

**1. Positivity**

So often, when we want our children to change, we attempt to influence them by using negative communications rather than positive ones that would actually prompt them to want to do what we would like. Even the worst salesperson knows enough not to make the customer angry. Yet, because

we allow our emotions to direct us, we often ignore this commonsense approach and send negative messages. You can easily tell if your communications are sending negative messages if what you say blames, complains, criticizes, nags, punishes, or threatens.

Positive communications elevate the spirit; they offer encouragement and support. They send the message that the other person is capable of handling challenges. Positivity creates hope and prompts feelings of being valued, supported, and respected. Communicating in positive terms triggers enthusiasm, capability, pride, and responsibility – none of which are triggered by negativity.

Because being positive is so enabling, it makes sense to stop all thoughts and communications that are negative. Therefore, become conscious of phrasing your communications with your children so they will be in positive terms. Continually ask yourself: "How can I communicate this message in a positive way?" For example, saying, "Don't be late," is disabling, and prompts being late because the word "don't" is not visualized; what comes after the "don't" is what the brain visualizes. "Please be on time," prompts the picture you want, is enabling, and is much more effective.

**2. Choice**

When children of any age resist doing something you ask of them or do something contrary to your instructions, rather than force your request on them, offer them choices; then watch how quickly their resistance weakens. Offering choices paves the way to changing behavior and is much more effective than giving commands. By giving the young person some degree of control, you will get more cooperation. There is a simple reason for this: People do not argue with their own decisions.

Even when a youngster thinks there are no choices about whether or not to do something, you can build in some element of choice. Just a small one qualifies because any choice allows the young person to retain dignity and power. For example, when a child is learning to walk down a flight of stairs, it would not be wise to allow the child to go down unassisted. Yet, the youngster is asserting independence and does not want any assistance. By giving a choice of how to walk down the stairs, you can avoid a confrontation: "Would you like to hold the handrail or hold my hand?"

Offering choices is a simple approach you can use to immediately reduce resistance. The empowerment of choice is universal; it works with people of all ages.

**3. Reflection**

The most effective approach for influencing another person to accept an idea is to ask reflective questions. When specific reflective questions are asked, people are prompted to think, reconsider, change their minds, and grow. By asking this type of question, you will accomplish what you want more effectively, with less resistance, and with less stress. By having the youngster reflect, you instantly avoid the child's natural resistance of being controlled.

Reflective questions are non-coercive. They guide, rather than force. Reflective questions elicit a thinking response and are framed to fit the situation and clarify. Specifically they focus on the present or future – as opposed to the past; often start with "What" or "How"; and are usually open-ended in that they require more than a "yes" or "no" answer.

As soon as you start asking reflective questions, you will immediately realize the effectiveness and power of this

strategy. Questions such as the following promote deep and reflective thinking:

- "How can we correct this situation?"
- "What can you do to accomplish that?"
- "How can you do that without bothering your sister?"

**Stress-less Parenting**

When you implement these strategies, you will become more effective in your parenting, feel less stress, experience more joy, and improve your relationships with your children. Your children will become more self-disciplined and responsible. Please note, however, that this does not mean you can change their nature – no more than an acorn can grow into a palm tree. But, you certainly can influence your children to blossom into responsible and contributing members of society. Isn't that what parents really want?

*Dr. Marvin Marshall is widely known for his programs on discipline and learning. His approach stemmed from his acquiring knowledge about youth as a parent; a recreation director and camp counselor; a classroom teacher; a school counselor; an elementary and high school principal; district director of education; and as a certificate holder from the William Glasser Institute. He is the author of "Parenting Without Stress: How to Raise Responsible Kids While Keeping a Life of Your Own," as well as other parenting books and programs. More information is available at MarvinMarshall.com.*

EC

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 www.speechtherapy.ualberta.ca

Institute for Stuttering Treatment and Research (ISTAR)  
 and the Communication Improvement Program  
 ISTAR is a self-supporting centre within the  
 Faculty of Rehabilitation Medicine, University of Alberta



# FOUR WAYS To Make Cleanup Time Fun

By: Jennifer Gregory

When I announce to my kids that it is cleanup time, I am always amazed at the creative excuses that they seem to find. My son is immediately starving and tries to convince me that he hasn't eaten in days. When that doesn't work, he exclaims that he is out of batteries and will lie on the floor in a limp heap. My daughter always seems to have to go potty the minute I say it's time to clean and will hide in the bathroom until I come to find her.

By the time we actually started picking up the toys from the playroom floor, my kids and I were usually grouchy with each other. I decided that there had to be a better strategy so that I wouldn't lose my patience, and my kids wouldn't hate cleanup time. After talking to other families, I began incorporating these fun ideas into our chore time.

## Have a Cleanup Song

Many preschool teachers have their kids sing a special song while cleaning up. You can use one that your kids use at school or you can make up your own for your family.

For older kids, designate a song from the radio or have a special CD that is clean up music. Pick a song that is upbeat and motivating. When my kids were younger, we used the Backyardigans CD as our clean up music and now "Party in the USA" is our designated chore song. Julies Zunich, mom of two, plays songs from the musical Annie and each person in the family pretends to be different role in the movie during cleanup time.

## Dress for the Occasion

For younger kids, find a silly hat, such as a princess tiara or cowboy hat, and designate it their cleanup hat. Keep it in a special place and only bring it out when it's time to clean up. Pamela Waterman, mom of three, would give each of her daughters a different color bandana to wear during cleanup time.

When it's time for Shayla Perry's four kids to help around the house, she tells her kids that they are now part of the "Official Cleaning Crew." She had her kids come up with a name for their cleaning service, and she wrote their names and name of their company on fabric aprons. She gives each kid plastic gloves and walkie talkies. The kids enjoy updating each other on their walkie talkies. Her son is the designated "foreman" and delegates tasks to the rest of the "crew." You can also give each child a bucket with their name on it for their cleaning supplies.

## Turn Cleaning Up into a Game

When she was growing up with eight other siblings, Amy Tanaka's family used a game that they named "The Mess Buster" to encourage the family to clean up. Before cleanup time, her mom made up a list of the tasks that need to be done and assign a point value to each task. Set the timer for 20 minutes and see who can earn the most points by cleaning up before time is up. Her family would then give the highest point earner the title "Mess Buster Queen" or "Mess Buster King."

A fun way to make turn pokey cleaners into speed demons is to have a race. For older kids, you could set the timer and see if they can beat the timer for cleaning up their room. For younger kids, break the chores into smaller tasks for races, and see who can put up their toys first or see if they can put the Legos in the green bucket before you finish singing Happy Birthday.

## Give Your Kids an Incentive

An easy trick is to have them do their cleaning before an activity that they enjoy. You can have them clean up the playroom before heading outside to play or help clean up the kitchen after dinner before they enjoy their desert. You can also hang a piece of paper with each child's name on the refrigerator and award them stickers for their cleanup efforts. When they earn so many stickers, you can award a small prize or take a family outing together.

When Lynn Cowell's children were small, she would hide some toys that had been taken out her kid's toy box. After her kids had cleaned for a set amount of time depending on their age, she let them go into the other room to hunt for the toys for one minute. She would continue until the kids had finished cleaning their playroom. As they got older, she would hide coins in the other room for them to find.

Another good way to help motivate your child is to clean up with them. You can either work in the room that are working in or do your own chores at the same time. Seeing grownups cleaning often helps kids get in the mood and stay motivated.

As you try different ideas, be sure watch your kids and see what ideas they seem to enjoy the most. Once cleanup time starts to become less of a chore, your kids will probably also start to come up with fun games and ideas on their own.

Jennifer Gregory is the mom of two kids and three dogs. Check out her blog [www.thefunparent.com](http://www.thefunparent.com) for fun ways to spend time with your kids.

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REGISTRATION NIGHT:  
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For more information contact  
Natasha(Registrar) at 780-429-4470  
email: westendplayschool@yahoo.ca  
or visit our website: [www.wecp.ca](http://www.wecp.ca)

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### Child Study Centre

University of Alberta - Faculty of Education

Junior Kindergarten (Education South Building)  
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- music, art, dramatic play, creative movement, and physical education are important components of this exemplary program

For more information on registration for Junior Kindergarten, visit our website, email, or call 780.492.7341.

### Child Study Centre Information Evening

Join us for an informative evening about all of the Child Study Centre's programs, Junior Kindergarten to Grade 6.

Wednesday, February 23, 2011 ~ 7:00 to 8:00 p.m.  
Room 464, 4th Floor, Education South Building

[www.childstudycentre.ualberta.ca](http://www.childstudycentre.ualberta.ca)  
childstudycentre@ualberta.ca



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For registration forms and more information, go to  
[WWW.PEANUTBUTTERANDJAM.CA](http://WWW.PEANUTBUTTERANDJAM.CA)



# 10 THINGS to Consider Before Choosing a MORTGAGE



By: Katie O'Brien

**W**hat is the rate drop policy with respect to pre-approvals?

A good lender will pre-approve you at a certain rate for 120 days. If rates drop during that timeframe and you decide to close on your mortgage, you should qualify for the lower rate. If the rate increases, you still have the benefit of the lower rate.

### What factors can affect my approval?

While a lender may pre-approve you at a certain rate up to a certain purchase amount, you won't know if you are fully approved for a mortgage until you have a specific home in your sights. Lenders need to know the total cost of the home – property taxes, maintenance fees, actual price, etc. before agreeing to lend you the money. Changes in your credit score or employment status can also affect your approval status.

### Will I be notified if a better product or rate comes available in the future?

Many lenders and bankers renew existing clients at the posted rate, rather than the discounted rate. Your mortgage advisor should notify you of your upcoming renewal and provide you with the best current mortgage rates and products available to suit your needs.

### Is the mortgage portable? Can I port my CMHC premium?

If you are planning on moving before your mortgage term is up, you want to make sure your mortgage is portable – meaning you can take it, along with your existing rate, to your new home without incurring any fees. You also want to make sure that you don't have to pay additional CMHC premiums if your down payment is under 20 per cent of the total purchase price.

### Is my mortgage advisor looking out for my best interests or are they motivated by targets and incentives?

A mortgage advisor will usually have relationships with several lenders and will be paid the same amount, regardless of which mortgage product you choose. Any professional would want you to have the best experience possible and find the best mortgage suited to your needs.

### What are your pre-payment privileges?

Many "no frills" mortgage products come with low rates but zero pre-payment privileges. While it is true that the majority of homeowners don't use their pre-payment privileges, if you're a commission-based employee – or if you are expecting a large sum of money in the next five years, say from a wedding or work bonus – you might want to consider the higher rate in favour of some added flexibility.

### If I choose a variable rate product, what rate am I guaranteed if I choose to lock in to a fixed rate?

If the Bank of Canada's prime interest rate increases and you choose to lock in your variable rate mortgage, your rate isn't frozen at its current state – you'll be bumped to the current fixed rate (if you are in a five year term, it will be the current five-year fixed rate).

### Is "rate differential" based on the posted rate or the discounted rate?

If you want to refinance your mortgage before your term is up, you'll typically have to pay a penalty of approximately three months interest or a "rate differential" (the difference between the rate of your current mortgage and the new, lower rate) – whichever is greater. Sometimes banks will base the rate differential on the posted rate at the time you signed your first mortgage, and the discounted rate of the new mortgage – thus making the rate differential much larger.

### Is there a mortgage for me if I'm self-employed or commission-based?

It can be difficult to be approved for a mortgage if you fall into these two categories. Because mortgage professionals have access to more lenders than your local bank – which only has its own products – they can typically find a lender that will accommodate you, if you can adequately prove your income and if you've been self employed for at least two years.

### Is this really the best product for me?

Sometimes mortgage professionals will simply offer the lowest-rate product or the one that has been the most popular that month. Make sure you've done your homework and ask the right questions. At the end of the day, it's your mortgage – shouldn't it fit your needs?

Katie O'Brien is a mortgage advisor with Axiom Mortgage Solutions. For more information, call 780 968 4034 or email [Katie@axiommortgage.ca](mailto:Katie@axiommortgage.ca).


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[cecchettidancetheatre@shaw.ca](mailto:cecchettidancetheatre@shaw.ca)



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Call 780-447-5995 or email [grandinprescolaire@telus.net](mailto:grandinprescolaire@telus.net) for registration information.

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# Classes & Support

## Adoption Options

Phone: ..... 780-433-5656  
 Website: ..... adoptionoptions.com  
 A private, not for profit, adoption agency committed to providing counseling and services to expectant parents and adoptive parents since 1984. We are the leaders in open adoption, bringing birth and adoptive families together. All services to expectant parents are free, regardless of the final decision of placing or not placing a child for adoption. We want "birthparents" to make the right decision for them and their child.

## Alberta Justice – Focus on Communication in Separation (FOCIS)

Phone: ..... 780-644-5092  
 FOCIS is a free 6-hour, skill based communication class for separated or divorced parents of young children. The workshop teaches parents how to communicate effectively while parenting apart. Parents learn how to help their children by showing them that people do not have to argue to get their ideas across.

## Alberta Parenting for the Future Association

Phone: ..... 780-963-0549  
 E-mail: ..... info@apfa.ca  
 Website: ..... apfa.ca  
 Operating in the communities of Spruce Grove, Stony Plain, and Parkland County, our focus is on building parental skills, communication, and strengthening the relationships between parents and children. We are now the contact for the Parkland Parent Link Centre.

## ASSIST Community Services Centre

Phone: ..... 780-429-3111  
 Website: ..... assistcsc.org  
 Provides programs and services to persons new to Canada, including Nobody's Perfect parenting education, family services information and referrals, and more.

## Association for Safe Alternatives in Childbirth (ASAC)

Phone: ..... 780-425-7993  
 Address: ..... 7219 -106 Street (side door)  
 Website: ..... asac.ab.ca  
 We offer: Library 10 to Noon Wednesdays; and Playgroup 10 to noon on Wednesdays and Fridays.

## Ben Calf Robe Society - Kihci Awasisak Program

Phone: ..... 780-477-6648  
 Offers Traditional Parenting, Health For Two, Auntie's Storytelling, Crafts, Healthy Families and Scrapbooking. Call for more information.

## Ben Calf Robe Society -Mother Earth & Me Headstart Program

Phone: ..... 780-477-6648  
 Early Intervention pre-school program for 3-4 year olds Aboriginal children. September to June half day programming, transportation is available.

## Boys' & Girls' Clubs of Edmonton

Phone: ..... 780-422-6038  
 Website: ..... boysandgirls.ab.ca  
 Boys' & Girls' Club has nine community-based centres located throughout Edmonton that provide a safe and supportive environment, with positive activities for children, youth and families.

## BriarPatch Family Life Education Centre

Phone: ..... 780-464-3217  
 Address: ..... #100A – 50 Brentwood Boulevard, Sherwood Park  
 Email: ..... briarpatchkids@shaw.ca  
 Programs include the following: BriarPatch Community Preschool for 3, 4 & 5 year olds, featuring the concepts of Reggio Emilia & Waldorf Education; Birth Roots Childbirth Classes & Resources; Breastfeeding Support Program; Expressive Arts for Grieving Children, Teens & Families; The Compassionate Friends – for families who have lost a child of any age, for any reason; H.E.A.R.T.S. – for anyone who have been touched by the loss of a baby during pregnancy or anytime after birth.

## Capital Health

Phone: ..... 780-408-LINK (5465)  
 (24 hours a day) A range of services are available for families planning or expecting an infant, or who have a new baby. We also help families develop the understanding, skills and resources they need to: maintain or improve their health; prevent injuries and disease; identify health problems early; receive treatment for health problems; manage common illnesses and chronic illnesses; and find the right health services when needed.

## Catholic Social Services

Phone: ..... 780-432-1137  
 Offers a variety of programs and services for children and families including adoption information, anger management, family counseling, programs for children and youth, parent/teen mediation and more. People of all faiths are welcome.

## Changing Together – A Centre for Immigrant Women

Phone: ..... 780-421-0175  
 Offers information, referrals, family violence prevention workshops and numerous other programs to assist women who are new to Canada.

## Circle of Friends Bullying Support Group

Email: ..... karen@overcomebullying.org  
 Circle of Friends is a support group aimed at kids, parents, educators, bullies, victims and bystanders. We aim to promote respectful, constructive, forthright communication between all parties involved in school aged bullying.

## Community Options - A Society for Children and Families

Phone: ..... 780-455-1818  
 Website: ..... communityoptions.ab.ca  
 Offers a wide variety of programs and services for families including information on childcare, services for children with disabilities, and the Inglewood Community and Family Resource Centre.

## Dickinsfield Amity House

Phone: ..... 780-478-5022  
 Provide educational and social programs to assist underprivileged families; these include parenting and preschool programs. We also offer classes in Active Parenting.

## Edmonton Down Syndrome Society

Phone: ..... 780-944-4224  
 Email: ..... contact@eds.ca  
 EDSS provides information and support for persons with Down syndrome and their families. Check our website for information on monthly general meetings and our casual evening Parent Groups. Trained volunteer parents will visit new parents to provide peer support and information. Support can be given in person, over the phone, or via email.

## Edmonton Mennonite Centre for Newcomers (EMCN)

Phone: ..... 780-424-7709  
 E-mail: ..... mcnedm@emcn.ab.ca  
 Website: ..... emcn.ab.ca  
 The Centre for Newcomers provides support to immigrant and refugee parents and families, regardless of their cultural background, religious beliefs or country of origin. Programs include: Community-based family literacy and parenting groups, and youth/family counseling; Educational brokers to assist families in communicating with schools; English as a second language classes with accompanying childcare.

## Edmonton Twin and Triplet Club

Phone: ..... 780-455-5520  
 Website: ..... ettc.ca  
 We provide moral support and guidance for parents to promote an interest in, and supply information about multiple births. For further information on our meeting dates and programs, please visit our website.

## Edmonton VBAC Support Association/ICAN of Edmonton

Phone: ..... 780-444-9527  
 Email: ..... edmontonVBAC@yahoo.ca  
 Website: ..... edmontonVBAC.com  
 We host free information and support meetings on the 4th Thursday of the month at 7:30 pm regarding cesarean recovery and Vaginal Birth After Cesarean (VBAC). In addition we offer a specialty prenatal class called "ICAN Birth: Cesarean Prevention" at 6:00 pm for \$25. Please RSVP by calling or sending an email.

## (The) Family Centre

Phone: ..... 780-917-8205  
 Website: ..... the-family-centre.com  
 The Family Centre offers several different parenting courses. We will be running Parenting Toddlers & Preschoolers; Parenting School Age Children; Parenting Teens; Parenting Challenging Children (for parents of elementary school children diagnosed with ADD/ADHD or similar behavior); Positive Single Parenting; and Succeeding as a Step Family.

## FASD Support and Resources in Alberta

Website: ..... fasd.typepad.com  
 This website lists services, supports and resources specifically for families and other caregivers of children, youth and adults affected by Fetal Alcohol Spectrum Disorder (FASD) in Edmonton, Calgary and other regions of Alberta.

## Gateway Association for Community Living

Phone: ..... 780-454-0701  
 Address: ..... 201, 11803 -125 Street  
 E-mail: ..... gateway@gatewayacl.org  
 Website: ..... gatewayacl.org  
 Gateway Association for Community Living is a non-profit organization that provides support and advocacy for individuals with developmental disabilities and their families.

## Grieving Parents

Phone: ..... 780-451-5381  
 Website: ..... grievingparents.ca  
 This organization offers support to parents who are coping with the death of a child at any age. The Edmonton Chapter meets every 3rd Thursday of the month; St. Albert Chapter meets every 1st Thursday of the month, and Strathcona Chapter meets every 3rd Wednesday of the month. Please call more information.

## H.E.A.R.T.S. Baby Loss Support Program

Phone: ..... 780-464-3217  
 Email: ..... heartsbabyloss@shaw.ca  
 A program offered by the BriarPatch Family Life Education Centre. H.E.A.R.T.S. is a Baby Loss Support Program for anyone who has been touched by the loss of a baby during pregnancy or anytime after birth. This unique program was started in 1996 to support families, their caregivers and professionals in the community. A second chapter was started in Red Deer for Central Alberta families. H.E.A.R.T.S. offers the following services: support group meetings, individual and family counselling, a resource lending library, care package for newly bereaved families, community workshops and presentations, annual candlelight memorial service, support for siblings (children & teens), support for grandparents, monthly newsletter, secondary program for subsequent pregnancies.

## ISTAR

Phone: ..... 780-492-2619  
 Email: ..... istar@ualberta.ca  
 Website: ..... istar.ualberta.ca  
 The Institute for Stuttering Treatment and Research is a self-supporting, non-profit organization that offers specialized treatment to children, teens and adults who stutter. In addition, we conduct research into stuttering, and promote public awareness of stuttering and its treatment. ISTAR is an institute of the Faculty of Rehabilitation Medicine at the University of Alberta.

## Juvenile Diabetes Research Foundation Canada

Edmonton Chapter  
 Phone: ..... 780-428-0343  
 Address: ..... 17321 - 108 Avenue NW, Centre 107  
 Fax: ..... 780-428-0348  
 E-mail: ..... edmonton@jdrf.ca  
 If you or someone you love has recently been diagnosed with type 1 diabetes, we at JDRF are here to help. Visit www.jdrf.ca for helpful information.

## KARA Family Resource Centre

North East Edmonton Parent Link Centre  
 Phone: ..... 780-478-5396(Bev)  
 Address: ..... 6717-132Ave. (Main Site)  
 E-Mail: ..... info@kara-frc.ca  
 Website: ..... kara-frc.ca  
 Connect with other parents and families in your community. We run groups and programs where parents can share parenting skills and knowledge. We also offer early childhood programs and Collective Kitchens, Health for Two, and a home visitation programs.

## Kids Kottage Foundation

Phone: ..... 780-448-1752  
 Crisis line: ..... 780-944-2888  
 Website: ..... kidskottage.org  
 Children can become vulnerable to abuse and neglect when their parents are consumed by crisis and distress in their lives. Kids Kottage provides care for the children in a safe, warm, loving environment. Trained staff and volunteers tend to the physical and emotional needs of the children during their stay of up to 72 hours.

## La Leche League

Phone: ..... 780-478-0507  
 Website: ..... llc.ca  
 La Leche League offers breastfeeding information and support, through our helpline and monthly meetings. By calling the helpline number or checking llc.ca you can get information about local groups as well as assistance with breastfeeding questions.

## (The) Learning Disabilities Association of Alberta (Edmonton Chapter) (LDAA)

Phone: ..... 780-466-1011  
 Address: ..... 5540 - 106 Ave (St. Gabriel's School)  
 Website: ..... www.ldaa.ca  
 The LDAA-EC is an organization dedicated to providing learning disability information to its members and to the general public. If you have questions regarding any kind of learning disability, please contact our organization and we'll be happy to assist you.

## Little Warriors

Phone: ..... 1-888-440-1343 (toll free)  
 Website: ..... littlewarriors.ca  
 Little Warriors is a charitable organization with a national focus to help prevent child sexual abuse. Take action and register today in the Stewards of Children program. It is a revolutionary child sexual abuse prevention training program that educates adults to help prevent, recognize and react responsibly to child sexual abuse. The program runs three hours in length and costs \$40.00 per participant. To register please visit, littlewarriors.ca.

## Mill Woods Family Resource Centre Society

Main Office: ..... 5704 – 19A Avenue  
 Address: ..... Knottwood Site: 1733Millwoods Road  
 ..... Millbourne Community Site: 3756-78 Street  
 Phone: ..... 780-413-4521  
 Email: ..... info@mwfrcc.org  
 Website: ..... mwfrcc.org  
 Mill Woods Family Resource Centre responds to the many challenges and stressors families face by offering free programs and services in a comfortable environment. Programs and services include: early childhood development, children & youth, parent education, family support, information and referrals to community services, and developmental screening for children birth to age five.

## Misericordia Children's Health Centre

Phone: ..... 780-735-2613  
 Misericordia Children's Health Centre offers classes for parents of preschool and elementary school aged children with challenging behaviors. Subsidies are available. Please call for more information or to register.

## Missing Children Society of Canada

Phone: ..... 1-800-661-6160 (toll free)  
 E-mail: ..... info@mcsc.ca  
 Website: ..... mcsc.ca  
 The Missing Children Society of Canada (MCSC) is a registered non-profit organization dedicated to the search for abducted and runaway children.

## Multicultural Health Brokers Co-op

Phone: ..... 780-423-1973  
 The Multicultural Health Brokers Co-op provides health education and family support to immigrant and refugee families, including prenatal education, post-natal outreach and parenting support in 15 different languages.

## Newcomers' of Edmonton

Website: ..... edmontonnewcomersclub.com  
 The Newcomers' Club of Edmonton is designed for women of all ages who are new to the area within the last two years. This is a great way to meet people who share the common experience of being the new kid in town! We have many different sub-groups such as our weekly Moms & Tots club, monthly Ladies Night Out, Friday Coffees and Scrapbooking just to name a few...There is something for everyone. Please check out our website for more information and welcome to Edmonton!





**Norwood Child & Family Resource Centre**

Phone: ..... 780-471-3737  
Provide educational programs such as Head Start, Early Start, and Healthy Families programs, along with several other family resources.

**PLAN Edmonton**

Phone: ..... 780-488-2422  
Website: ..... planedmonton.ca  
PLAN Edmonton facilitates networks of support, for families who have a relative with a disability and who may be isolated and vulnerable.

**Pediatric Centre for Weight and Health (PCWH)**

Phone: ..... 780-401-BOOK (2665)  
Are you concerned about your child's weight? The PCWH is enrolling overweight children (8-12 years) and their parents in the Parents as Agents of Change (PAC) program. PAC gives parents the skills and information to be supportive role models and to create a healthy home environments for their families. Become a PCWH client any time to start clinic appointments. The PAC program runs twice a year. Print off a referral form from [www.albertahealthservices.ca/pcwh.asp](http://www.albertahealthservices.ca/pcwh.asp) and ask your doctor to complete it. For more info, contact Kathryn: 780-342-8409 or [pcwh@albertahealthservices.ca](mailto:pcwh@albertahealthservices.ca).

**Salvation Army Family Service Centre**

Phone: ..... 780-424-9222  
Offer a variety of support services to families including counseling, an emergency food depot, and crisis support (suicide prevention).

**St. Albert Parents' Place Association**

Phone: ..... 780-459-7377  
Address: ..... Suite10A, 215CarnegieDrive, St. Albert  
E-mail: ..... [sapp@stalbertparentsplace.com](mailto:sapp@stalbertparentsplace.com)  
Website: ..... [stalbertparentsplace.com](http://stalbertparentsplace.com)  
We are a non-profit family resource center serving St. Albert and the surrounding communities. Early Childhood Programs, parent and un-parented, child & youth programs, adult programs and support groups make up over 100 courses and workshops offered annually. We have Home Visitation and Head Start Programs. We also host special events throughout the year; Teddy Bears' Picnic, Halloween party and the Roy Financial Mayor's Walk for Charity.

**St. Albert Newcomers' Club**

Phone: ..... 780-419-2595(Shelley)  
..... 780-459-6441 (Judy)  
Address: ..... Cornerstone Hall, 6Tache Street, St. Albert  
The St. Albert Newcomers' Club is designed to give ladies that are new to an area the opportunity to meet and develop friendships with others who live in the community. We have many "sub clubs" and encourage our members to develop new relationships by sharing interests and hobbies with each other. We meet the second Tuesday of the month.

**Stepping Stones**

Phone: ..... 780-437-3000 (ext 4)  
E-mail: ..... [steppingstones@yfed.com](mailto:steppingstones@yfed.com)  
Website: ..... [stepping-stones.com](http://stepping-stones.com)  
A program designed to support, encourage and assist pregnant and parenting teens in Edmonton. Our programs offer a powerful sense of belonging and opportunities to develop essential parenting and life skills including support for breastfeeding, discipline, budgeting, nutrition, cooking/baking and goal setting. We offer one-on-one mentoring, discussion groups, special events, and a care closet stocked with maternity clothes, baby clothes and supplies, as well as post-maternity clothing. Group events are held weekly: Scrapbooking 3-6pm every Tuesday; discussion Groups every Thursday at 10am; childcare and meal/snack are provided.

**Strathcona County Twins and More Club**

Phone: ..... 780-240-4868 (leave a message)  
Website: ..... [strathconacountytwinsandmore.com](http://strathconacountytwinsandmore.com)  
Strathcona County Twins & More Club is a social support group for parents or guardians of twins, triplets, quads or more living in Strathcona County and surrounding areas. We connect with local support agencies, speakers and organizations that can help us better cope with parenting 2, 3 or more children at the same time! We act as a social support for one another and help each other through all stages of parenting from multiple pregnancy, premature births, nursing, toddlerhood, the school ages, discipline and everything else!

**Terra Association**

Phone: ..... 780-428-3772  
E-mail: ..... [terra@terraassociation.com](mailto:terra@terraassociation.com)  
Website: ..... [terraassociation.com](http://terraassociation.com)  
Terra has been serving pregnant and parenting teens in Edmonton since 1971. We offer a variety of programs and services including individual and group support, life skills, advocacy, child development information and parenting support. We also regularly offer parenting classes for teen moms and dads.

**The Foundation for Families in Transformation**

(FFIT) - RAINBOWS™  
Phone: ..... 780-448-1180  
Toll Free: ..... 1-800-416-4673  
E-mail: ..... [rainbowsadmin@shaw.ca](mailto:rainbowsadmin@shaw.ca)  
FFIT provides free, confidential RAINBOWS™ peer support programs through its partnered sites to Alberta families. Our mission is to help children, adolescents and adults in accepting, healing and moving forward after a death, divorce, separation or abandonment. Through fun activities, games and discussions, RAINBOWS™ helps children understand and accept the changes in their lives.

**Touched by Adoption in Edmonton**

Phone: ..... 780-459-2767  
Website: ..... [adoption.meetup.com/112/](http://adoption.meetup.com/112/)  
We are a group of people whose lives have been touched by adoption in a variety of ways. We are a combination of waiting to be matched adoptive parents, adoptive parents and adoptees of all ages. We are interested in meeting people with similar experiences. We are excited about the wonderful things that we can learn from one another, from those of us at all different places in the adoption journey.

**Tourette Syndrome Support**

Phone: ..... 1-866-824-9764 (toll free)  
E-mail: ..... [TSEdChapter@tagline.cc](mailto:TSEdChapter@tagline.cc)  
..... [daleneonciul@shaw.ca](mailto:daleneonciul@shaw.ca)  
Website: ..... [tourette.ca](http://tourette.ca)  
The Edmonton Chapter of the Tourette Syndrome Foundation of Canada offers support and information for parents of children with Tourette Syndrome. Meetings are held the first Wednesday of the month (except July, August and September). For details, call our toll free phone.

*Edmonton's Child 'Family Classes and Support' is a free listing provided as a service to our readers - always phone ahead to confirm availability and times of sessions. To list your free family class, please send a short summary including days and times to [info@edmontonschild.com](mailto:info@edmontonschild.com). Deadline for the next issue is February 7, 2011.*

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**WHAT'S NEW?**

**Petals of My Heart**  
Petals of my Heart | My Adoption Journey' is a memoir about an adoptee's personal experience as well as the reunion with her birthparents, and the journey it took to get there and beyond. A portion of the proceeds are donated to Adoption Options in Edmonton. 'Petals of my Heart' is available at Adoption Options, and also at Greenwood's Bookshoppe in Edmonton.

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# KANANASKIS... Family Style

When the excitement and buzz of the holiday season has passed, temperatures are still cold and snow continues to fall. There is no better time to gather the restless kids, pack up the car and head a few hours south of Edmonton to a winter wonderland nestled in the stunning Canadian Rockies. **Destination: Kananaskis.**

Surrounded by the unspoiled beauty of rugged mountain peaks and recognized for providing unrivalled value and world-class outdoor activities, Kananaskis is a perfect family destination in a convenient yet pristine mountain environment.

Top of the must-do list is cross-country skiing, in what is one of the top cross-country destinations in the world. The Canmore Nodic Centre Provincial Park offers more than 65 kilometers of groomed and track-set trail for all ability levels in both classic and skating technique. Developed for the 1988 Winter Olympic Games, the Centre was significantly renovated in 2005 to re-establish itself as one of the world's finest cross-country locations. Intermediate and expert skiers will also find hundreds of cross country skiing trails in Peter Lougheed Provincial Park.

But if downhill is more your speed when it comes to skiing, the whole family can enjoy the slopes of Nakiska. The mountain's Gold Chair Express rises 468 meters in less than five minutes, speeding you to the summit. With a fun yet secure beginner's area and friendly ski school staff, the kids can enjoy lessons while you explore Nakiska's challenging upper mountain. The mountain's new Family Private Lesson is also available where up to 5 family members can participate. This is a great way for families to share the experience of skiing or snowboarding together and maybe try a new sport at the same time.

For those who prefer a more relaxing outdoor experience, make your way over to Boundary Ranch for a unique look at the Wild Wild West! The ranch offers unique horse drawn sleigh rides through the snow blanketed terrain along with a range of guided horseback and outfitting trips; barbecues and even rodeos. Log and cedar cabins, an authentic teepee and selection of western paraphernalia make this a fun outing for both kids and adults.

When it's time to warm up and spend some time indoors, there are plenty of dining, lodging and entertainment options to choose from in the Kananaskis region. The Delta Lodge at Kananaskis is an exclusive year round mountain resort in the Kananaskis Valley offering superior rooms, amenities and dining options that make it a perfect fit for family travel. Delta Lodge at Kananaskis offers a combination of luxury resort amenities and the comforts of home. With six restaurants on site, families can choose from delicious Italian dining at Grappa, authentic local meat and fish at Seasons Steakhouse, traditional pub fare at Woody's Pub and Lounge or even a handmade sweet from the Lodge's chocolatier.

The Delta Lodge at Kananaskis caters to families, by providing a large selection of family activities including games, crafts, movie nights, campfires and various unique and quirky kid friendly activities based on the season. A monthly calendar of family activities is posted on the resort's website. The resort's indoor pool also ensures that kids can

enjoy some active fun when they would prefer to stay out of the cold.

"Kananaskis is a great spot for anyone who likes an active vacation," explains Dan Desantis, General Manager at the Delta Lodge at Kananaskis. "Parents and kids of all ages can ski, skate, snow-shoe, hike, swim, play games – it's a complete indoor/outdoor vacation experience that is built around families."

Any ideal winter getaway also has to provide adults with fun and relaxation of their own. Along with the wealth of outdoor activities in the area, the village of Canmore is a short 30 minute drive from Kananaskis. Canmore's quaint European-style main street offers shopping, dining and entertainment. Visitors can enjoy viewing pieces by the best local artists at The Avens Gallery, listen to live music at the Drake Pub, or shop for a perfect new home furnishing or décor at Barn Yard Stix.

If revitalization and pure pampering make your winter getaway complete, some time at the spa will help you to shift your focus. The Delta Lodge at Kananaskis' Summit Spa offers a wide array of treatments and services featuring AVEDA products. Take the time to enjoy the Rosemary Mint Awakening Body Wrap or an Elemental Nature Massage in a soothing and peaceful setting. Spa treatments are available from 8 a.m.-10 p.m daily. Onsite childcare

ensures that both Mom and Dad can enjoy some relaxation while the kids take advantage of the many activities organized for their entertainment on site.

Whether it's a weekend away from the city or a winter ski holiday, Kananaskis is a convenient yet magical destination. With something for everyone, families will find activities and entertainment they will love along with relaxation and service they will remember.

For more information on the Kananaskis region, visit [www.albertaskananaskis.com](http://www.albertaskananaskis.com).

For more information on the Delta Lodge at Kananaskis including winter and holiday packages for the family, visit [www.deltalodgeatkananaskis.com](http://www.deltalodgeatkananaskis.com). **EC**



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 Edmonton's Child Magazine



# Snow Day:

## Wintery Alberta with the Family

By: Kerri Leland

For families living in Alberta, winter is often the dreaded season. Cabin fever runs rampant as we watch for any glimmering sign of winter's end. If you're willing to pull on your winter boots and brave the cold, however, Alberta's wintery outdoors has a whole lot of fun for the whole family!

The Canadian Rockies are beautiful any time of the year, but making the trek to Lake Louise at the end of January is well worth the cold! Each year, the Ice Magic Festival takes place in the shadow of Mount Victoria, where teams of professional ice carvers compete at The Fairmont Chateau Lake Louise. Families can enjoy sledding and ice skating on Lake Louise while the twelve international teams carve their 300 pound blocks of ice. The theme for 2011 is "Magical Madness," where carvers will be transforming their two blocks of ice – weighing a total of 700 pounds – into seven-foot tall ice sculptures.

As part of the festival, be sure to stop by the Lake Louise Inn where they host the One Carver, One Hour, One Block event. This is a fun opportunity for every member of the family to vote on their favourite sculpture produced in this individual-carver speed event. Another great event for the kids is the Little Chippers Festival held at the Samson Mall in Lake Louise village. This is a great opportunity for children to learn all about ice carving first hand, as well as take part in many other family events.

The beauty of the mountains is impossible to miss whether you're on foot or driving on the winding roads, but

if your family is looking for some an amazing adventure in the snow, nothing beats a dog sled tour! Although there are many fabulous dog sled tour providers in the Canadian Rockies, Kingmik Dog Sled Tours is located right near the heart of the action of the Ice Magic Festival and will not disappoint! The astounding abilities of the Alaskan Huskies, coupled with the amazing sights of the 16 kilometer Continental Divide tour make it an experience most families will never forget!

Having fun with the family outdoors is an excellent way pass the time. This winter, resist the temptation to hibernate until the warmer weather arrives. Alberta is full of cold-weather excitement...bundle up and enjoy it!

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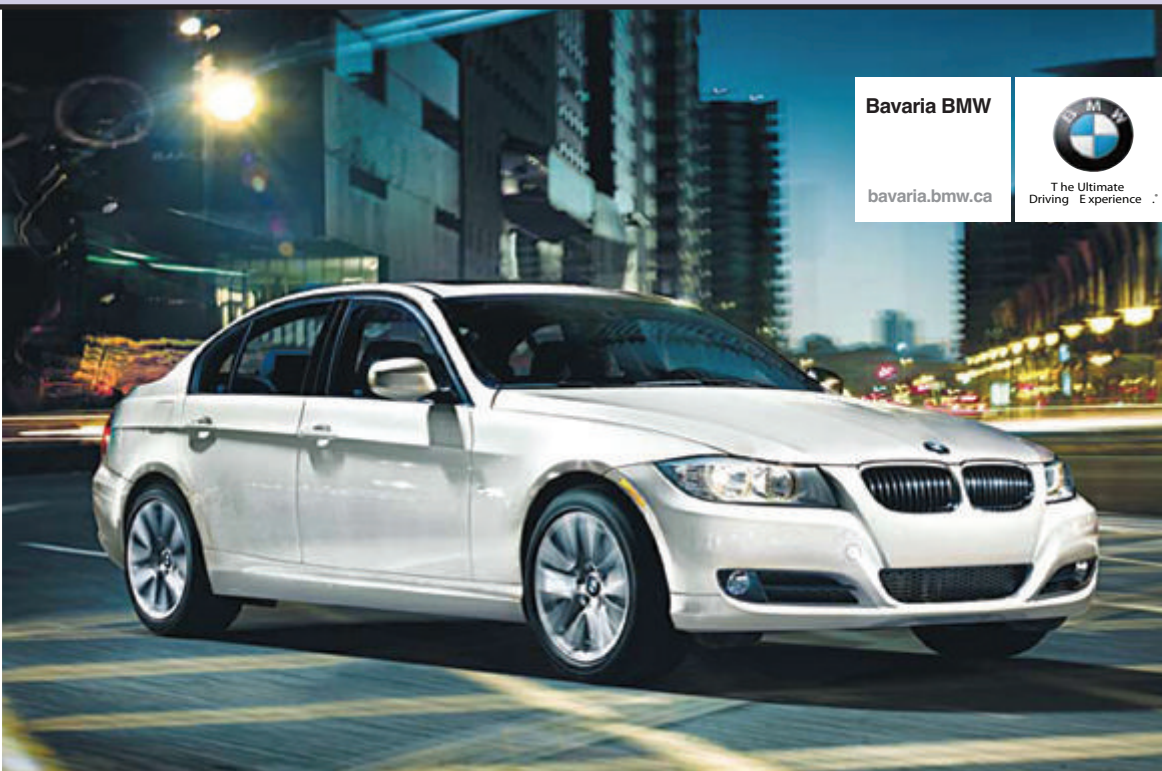



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# Marketplace

## ARTS & ENTERTAINMENT



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**Edmonton Symphony Orchestra (The) • Edmonton**  
**780-428-1414 (Box Office) • www.edmontonsymphony.com**  
 The Edmonton Symphony Orchestra is dedicated to enhancing the cultural life of our community through entertaining and educational concerts and events. Every year we perform education concerts for 30,000 students from central and northern Alberta. In addition to our concerts geared towards kids and families, we also offer special discounts for students and youth.



**TELUS World of Science • Edmonton**  
**www.edmontonscience.com**  
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**www.gigianfriends.ca**  
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 Kidz Quarterz is your destination for family fun! Drop by to let the kids explore the gigantic play structure or play one of the kid friendly games in the arcade. Try our ball blasting Balladium game or the kid friendly fare in our restaurant. Have a special event? Remember we make parties so easy all you need to bring is your camera!



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**Edmonton Reptile Parties • Edmonton**  
**877-857-253 • reptile.party@hotmail.com**  
**www.edmontonreptileparties.com**  
 Reptile parties are here! Great for celebrating your child's birthday or special event. Looking for an interesting educational program for your scouting, youth or church group, classroom? Reptile parties are a fun, affordable and informative form of entertainment for all ages!



**Zoo 2 U • Edmonton**  
**www.zoo2u.ca**  
 What about a Zoo 2 U birthday? Zoo 2 U is a traveling zoo that brings a fun and educational show to you. Has your child always wanted to hold a live snake or reptile? How about having a parrot on their shoulder? We provide an exciting and interactive show for birthday parties, daycares, schools and even senior's lodges. We bring a variety of animals that are enjoyed by all ages! Check us out at [www.zoo2u.ca](http://www.zoo2u.ca)!

## CAREER ENRICHMENT SEMINARS



**St Albert Seminars**  
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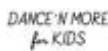
## CLASSES & PROGRAMS



**4Cat Art studio • Edmonton**  
**780-436-4278 • riverbend@4cats.com**  
**5655 Riverbend Road • 4cats.com/riverbend**  
 Opening January 2011! 4Cats is a professional art studio for artists ages 2 to 15. 4Cats kids learn about famous artists and create amazing artwork using professional art materials. Go to our website and enter to WIN!



**Cecchetti Dance Theatre • Edmonton**  
**780-233-2232 • cecchettidancetheatre@shaw.ca**  
**10330 - 84 Avenue, TransAlta Arts Barns**  
**www.cecchettidance.com**  
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**www.sportball.ca**  
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**www.weehands.com/weehands\_nicole.htm**  
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## EDUCATION & PRESCHOOLS



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 Alberta School Councils' Association (ASCA) is the provincial association for parents on school council. Recognized as the voice of parents in public education, ASCA presents the parent perspective to government and partners in education. Opportunity for parent input is through school council and ASCA provides programs, resources and services to promote and support school council effectiveness.



**Beaux Esprits French Immersion Playschool • Edmonton**  
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**780-492-7341 • childstudycentre@ualberta.ca**  
**www.childstudycentre.ualberta.ca**  
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**The Edmonton Catholic School District** has celebrated more than 122 years of teaching and learning. In 1888, three nuns from the order of the Faithful Companions of Jesus began teaching 23 Catholic students. Our school district has now grown to more than 33,000 students in 87 schools today. All schools offer a quality faith-based education and a variety of programs including early learning, language and sports. To join our family, log on to [www.ecsd.net](http://www.ecsd.net).



**Edmonton Public Schools** is the second largest school district in Alberta, with approximately 80,000 students in over 200 schools and education sites. Our District believes that every student is capable of succeeding in school and in life, regardless of their personal circumstances. Our staff works in co-operation with parents, community members and other partners to help every student build a bright future. Download our Quick Guide at [www.epsb.ca](http://www.epsb.ca) for more information.



**Elk Island Public School**  
**www.eips.ca**  
 Elk Island Public Schools is one of Alberta's largest school systems, serving over 16,300 students in 44 schools. Our students, staff, parents, and community work together like the pieces of a puzzle to create a picture of quality education and endless opportunities for all students. Visit [www.eips.ca](http://www.eips.ca) for more information about our educational programs services for Kindergarten to Grade 12.



**First Discoveries Preschool • Edmonton**  
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**grandinprescolaire.net**  
 We have an exceptional mix of qualified, French speaking teachers, as well as a diverse, exciting, bilingual program and learning environment. Grandin Précolaire is non-profit, parent-operated French Immersion Preschool for children aged 3 to 5 years. We keep our class sizes small, so we have a fantastic teacher to child ratio. Visit our website for more information.



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**www.littlecaterpillar.ca**  
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**780-922-8087 • 53145 Range Road 222, Ardrossan**  
**www.newhorizons.ab.ca**  
 New Horizons School is a K-9 public charter school that enables academically gifted students to achieve excellence in an environment that supports the students' unique intellectual, social and emotional needs.



**Peanut Butter and Jam Playgroup**  
**www.peanutbutterandjam.ca**  
 We are a parent led playgroup for children birth to 4 yrs old. Weekly playgroups are held at a community hall in Riverbend. Make great friends, enjoy play time, crafts and circle time. For more information or to download a registration form, visit our website today!



**Playday Program • Edmonton**  
**780-485-0181 • info@playdayprogram.com**  
**playdayprogram.com**  
 Now accepting registration for fall 2011! Bring your children and experience PlayDay's "Learn-Through-Play" program firsthand, at our OPEN HOUSE, THURSDAY FEBRUARY 3th 4-6pm. Children aged 2-5 attend once a week from 9:15 to 3:15. Minimal parent helper days. Our caring and educated teachers make each week a new adventure!



**Progressive Academy • Edmonton**  
 780-455-8344 • 780-455-1425  
 www.progressiveacademy.ca  
 A private accredited school dedicated to providing exceptional programs for students three years of age to Grade 12. Preschool program offers a proper balance of academic instruction and dynamic play. Intellectual aim of our school: for students to think for themselves and learn how to learn. Summer camp also offered.

**Southside Mothers' Day Out • Edmonton**  
 780-414-6899 • ssmdo@hotmail.com  
 www.southsidemothers.com  
 Accepting new registrations! Southside Mothers' Day Out is a parents' cooperative with professional staff who provide a safe, nurturing "learn through play" program for children one or two days per week with ages ranging from 19 months to 5 years.

**Suzuki Method**  
**Edmonton Suzuki Flute and Recorder Society**  
 780-887-1421 • www.suzuki-flute-recorder.ca  
**Society for Talent Education**  
 780-469-7382 • http://ste-suzukistrings.org  
**Edmonton Suzuki Piano School**  
 780-488-0548 • www.edmontonsuzukipiano.ca  
**Suzuki Charter School**  
 780-468-2598 • www.suzukischool.ca  
 Dr. Shinichi Suzuki said: "If a child hears good music from the day of his birth, and learns to play it himself, he develops sensitivity, discipline, and endurance. He gets a beautiful heart." Visit or call for more information.

**Westend community Playschool • Edmonton**  
 780-429-4470 Natasha (Registrar)  
 15108 - 76 Ave • www.wecp.ca  
 Open house Wed. Jan. 19, 2011 5 - 7 pm. Where our students learn to LOVE LEARNING! Visit our website for more information.

**West Edmonton Playschool**  
 780-918-1115 • www.weps.ca  
 15525 - 84 Ave Lynnwood Community Hall  
 Parent - run Cooperative Playschool. A strong focus on kindergarten readiness skills, with emphasis on pre-literacy development. Visit our website for more information.

**West End Montessori • Edmonton**  
 780.487.6419 • www.westendmontessori.org  
 info@westendmontessori.org or  
 arbitratemediate@yahoo.ca  
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### HEALTH & SUPPORT

**ASAC Association for Safe Alternatives in Childbirth (ASAC)**  
 Edmonton • www.asac.ab.ca  
 780-425-7993 • 7219-106 Street (side door)  
 ASAC (The Association for Safe Alternatives in Childbirth) has operated for over 30 years; and strives to educate families regarding choices in childbirth. ASAC has acted as Edmonton's midwifery consumer group, promoting natural childbirth with minimal intervention. Midwifery in Alberta became funded on April 1st, 2009. ASAC Playgroups and public lectures run year round. Everyone is welcome.

**Face Enhancing**  
 780-438-3223 • 202, 856 119 Street South Edmonton  
 www.faceenhancingorthotics.com  
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**Garneau Mediation**  
 780-499-9815 • michelle@garneaumediation.ca  
 www.garneaumediation.ca  
 Going through a separation or divorce? Do you need to resolve issues regarding Parenting, Child support, Communication or division of property? Mediation can provide you with a private, time efficient, flexible, informal and affordable dispute resolution alternative.

**Institute for Stuttering Treatment and Research (ISTAR)**  
 780-492-2619 • istar@ualberta.ca  
 www.istar.ualberta.ca • www.speechtherapy.ualberta.ca  
 Speech problems have the potential to severely impair quality of life and limit potential. If you know someone who stutters or has difficulty communicating for any reason, we can help. Our compassionate staff are experts in speech therapy and provide the best treatment possible to people of all ages.

**Signature Ortho**  
 780-456-1511  
 info@signatureorthodontics.com  
 www.signatureorthodontics.com  
 At Signature Orthodontics Dr. McKee and Dr. Russett provide children...and their parents a great smile in a "state of the art" warm and relaxing environment, performed with excellence in orthodontic products and techniques, all in an atmosphere of individualized care focusing on each and every patients unique needs!

**Sleep Matters**  
 780-231-2222 • info@yoursleepmatters.com  
 www.yoursleepmatters.com  
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### HOME RENOVATIONS & CONSTRUCTION

**Aquarian Construction**  
 780-481-7671 • www.aquarianconstruction.com  
 Aquarian Construction is one of Edmonton's premier residential renovation companies. We're known provincially for our innovation and professionalism and have won many provincial and local awards for excellence in our industry. Please visit our website to read what our clients are saying.

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**Axiom Mortgage**  
 Katie O'Brien • Mortgage Associate  
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**Dimples Baby Accessories**  
 www.dimplesbaby.ca  
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**E-Children • Edmonton**  
 780-489-0707 or 1-800-377-8278  
 10424 - 169 Street (facing 170th Street)  
 edechild@telus.net • www.e-childrenonline.com  
 Visit Edmonton's largest specialty children's store. We carry a large selection of children's furniture, bedding, strollers, clothing and innovative, unique children's products from around the world. Our staff works hard to ensure you will receive personalized, informative service and competitive prices.

**Kids' Furniture Gallery • Edmonton**  
 780-435-5472 • 3903 - 99 Street  
 kidsfurnituregallery.com  
 A family owned and operated business that provides quality furniture and accessories from crib to college. The store has earned a great reputation in Edmonton as a first-choice destination for all furnishings that meet the changing needs of children as they grow.

**Nobrega Financial • Edmonton**  
 780-945-2876 (Gil Jouan) • gil@nobregafinancial.com  
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**Once Upon a Child • Edmonton**  
 780-428-3366 (South) and 780-488-3348 (North)  
 3833 - 99 Street (South) and 13531 St. Albert Trail (North)  
 ouac@telus.net  
 When you sell to us, we pay immediately. When you buy from us you get outstanding values. Once Upon a Child takes the growing market of children's items, focuses on budget-conscious families and implements a recycling element. We buy/sell gently used and new equipment, clothing, furniture, toys, etc.

**PixelPie Photography • Spruce Grove**  
 780-938-9095 • heather@pixelpiephotos.com  
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**Play and Learn Toys**  
 www.playandlearn.ca  
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*Editors' Notes: This guide is provided as a reference only. Please research your choices carefully and choose the companies that work best for you and your family.*



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# EARLY

## Orthodontic Treatment

By: Dr. Tarek El-Bialy

Early orthodontic treatment is usually very effective, especially if the child has major teeth or jaw misalignment, or if there is not enough space in the jaw to accommodate the erupting adult teeth. The American Association of Orthodontists suggests that children be seen by an orthodontist between the ages of five and seven years. At this critical age, many things can happen and interfere with the child's normal dental and facial growth. The impact of these things can affect their lifestyle later on. Some of the factors are crowded new adult teeth, mouth breathing, abnormal jaw alignment and improper bite.

When crowded teeth are erupting into the mouth, this could be due to a small jaw and relatively large teeth, or even normal sized teeth but the jaws are too small to accommodate them. In these cases, some jaw expansion appliances can be fitted into the child's jaws to expand the jaws and consequently provide enough spaces for the erupting crowded teeth. These appliances can minimize the likelihood of future extensive orthodontic treatment with fixed braces that might necessitate removal of some adult teeth to straighten the crowded teeth. Mouth breathing can cause the lower jaw to stay open so that the person can breathe. This leads to dropping of the tongue, which is supposed to be seated against the roof of the mouth and usually the upper jaw becomes constricted from the effect of

the cheek muscles. This leads to crowded teeth and improper posterior teeth bite. In addition, constricted jaws usually lead to narrow smiles.

If not treated immediately, permanent jaw misalignment may require surgery later in life. Early orthodontic treatment can improve jaw misalignment with less likelihood of having surgeries when the children grow up.

Many orthodontic offices provide early treatment. A consultation is highly recommended especially if the child's teeth or jaws show misalignment. Consult your dentist/orthodontist immediately if your child has any of the above mentioned cases so treatment later in life may be avoided.

Dr. Tarek El-Bialy is a certified orthodontist at Face Enhancing Orthodontics. You can reach his office at (780)438-3223 or by visiting [www.faceenhancingorthodontics.com](http://www.faceenhancingorthodontics.com).

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# when an allergy isn't just an allergy

By: Kristine Scarrow

It only took one bite. Our daughter was about to turn one and we were at a restaurant celebrating her grandpa's birthday. Grandpa wanted to give her a taste of his birthday cake and in minutes, her face began to swell, her nose began to run and she started coughing. We suspected an allergic reaction, so we started to rush out of the restaurant to the hospital. She started vomiting and having trouble breathing, so my husband instructed the staff to call an ambulance. My husband works as a paramedic, so I knew that if he was calling an ambulance, it was serious. I was terrified as I watched our little girl struggle to breathe, seeing the fear in her own eyes. The restaurant informed us that the cake she had tasted had been peanut butter ice cream cake. She had never been exposed to nuts or peanuts before, so we were pretty sure that we were dealing with a nut allergy.

Obviously our daughter's reaction was severe; it was considered anaphylactic. Anaphylaxis is a severe, life threatening reaction which can result in cardiovascular shock and death. It is the immune system reacting to a substance that it wrongly perceives as a threat. Symptoms can include rash, itching, swelling of the tongue and throat, wheezing, hives, a drop in blood pressure and breathing difficulties. A reaction of this type requires immediate medical attention because death can result. Epinephrine is best used for treatment of an anaphylactic reaction as it can reverse the negative cardiovascular effects of the reaction and can help dilate the airways. Hospital treatment is also crucial during a reaction.

Although current research conflicts over whether there are ways to prevent allergies, avoidance of common allergens such as nuts and peanuts is often recommended during pregnancy, for nursing mothers and for children under the

age of three. There is controversy over whether or not avoidance is helpful, as some researchers believe that avoidance may be counterproductive. However, children who are diagnosed with an anaphylactic allergy are advised to take special precautions to avoid any possible contact with the identified allergen as even trace amounts may result in anaphylactic shock.

Daily activities such as eating in restaurants, going to school, birthday parties, sports events and other activities outside the home can be tricky as monitoring and managing the potential threats becomes a necessity. Cross contamination during food preparation or the lasting residue left behind from peanut butter, for example, can mean that there are hidden threats anywhere.

To cope with an anaphylactic allergy and minimize risk, it is necessary to learn the various names for allergens and to learn to read food labels. Having an epinephrine auto-injector at all times and having an emergency plan is also important, as well as notifying others of the allergy and wearing a Medic Alert bracelet. Educating others about allergies and anaphylaxis can also minimize the risk.

Our daughter is now seven years old. She is a smart, caring, healthy and happy child who also happens to be well versed in having an anaphylactic peanut/nut allergy. Coincidentally, our two younger sons are also allergic, so we've become accustomed to the special care needed to help keep our children safe. We can report happily that we have not had a severe reaction in years and that our friends, family and our children's schools have all been vigilant in helping to understand and manage the allergy with us. While various



theories abound as to why food allergies are so prevalent today as compared to years past, one thing is certain. With education and awareness, we can all work together to help keep those living with anaphylaxis safe.

*Kristine Scarrow is a writer, editor, and workshop facilitator in Saskatoon, Saskatchewan.*

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# Calendar of Events

Ongoing

**Mommy Connections.** Operating in 4 communities in Edmonton, plus Sherwood Park & Leduc, Mommy Connections is a 6 week post-natal program and new moms social network. The program is designed to educate, inform and connect new moms in their communities on the topics of post-natal fitness & nutrition, baby dental concerns, literacy, city programs, infant safety, baby wearing, diapering, hip clubs and classes for mom & baby, returning to work and more! For more information, visit [www.mommyconnections.ca](http://www.mommyconnections.ca).

**Movies for Mommies**, the original parent & baby film event. Enjoy movies in a baby-friendly cinema, as we welcome moms, dads, grandparents and caregivers. Movies are shown every Tuesday at 1:00 p.m. at the Magic Lantern Parkland 7 theatre. For more information, visit [www.moviesformommies.com](http://www.moviesformommies.com).

**Sundays at the John Walter Museum.** Join them on Sunday afternoons for a special activity. This is free, however donations are gratefully accepted. For more information on the activity, call 780-486-8787.

**The Edmonton Public Library hosts numerous programs for families** at the various branches. Enjoy daytime or evening groups such as: Family Storytime, Storytime for Visiting Day Care Groups, Baby Lap Time, Rhymes that Bind, Time for Twos, Preschool Storytime, Teen Book Club, Fun for Ones, and many, many more. For more information, visit your local library or go to [www.epl.ca](http://www.epl.ca).

**For information on indoor/outdoor swimming pools**, call 780-496-SWIM or visit [www.edmonton.ca](http://www.edmonton.ca). Also, call your local YMCA for information.

**Cineplex Entertainment Theatre presents Stars and Strollers.** Just because you've become a parent doesn't mean you have to miss out on the latest movies released. Stars & Strollers makes going to the movies easy and convenient for parents and babies. Our baby friendly environment includes: screenings of the latest releases every two weeks, lowered volume levels, dimmed lighting, and free stroller parking. For more information, visit [www.cineplex.com/Theatres/StarsAndStrollers](http://www.cineplex.com/Theatres/StarsAndStrollers).

**The City of Edmonton offers free public skating at arenas year-round.** Great exercise and lots of fun! Schedules are available at City of Edmonton arenas, call 780-496-4999, or visit [www.edmonton.ca/arenas](http://www.edmonton.ca/arenas).

**The Den** (formerly the Teen Centre) in the Town of Morinville offers various activities and a place to hang out for ages 13-17. For more information and hours, call 780-939-6044.

**St. Albert Grain Elevator Park.** Our interpreters will take you on a guided tour of the train station and historic grain elevators. Open from Victoria week-end to Labour Day. Admission is free. For more information, call 780-419-7354.



**January 15: Roald Dahl's bizarre imagination** is brought to life in a spin on a familiar children's classic at the Winspear Centre. For more information, call 780-428-1414.

**January 21-29: Grant MacEwan Centre for Arts presents The Music Man.** The story of a music man, a salesman who travels around to sell instruments to reluctant people in hopes he will teach their children to play in a marching band. It is a Tony award winning show and features St. Albert's Children's Theatre. Show starts at 7:30. For tickets, visit: [www.tixonthesquare.ca](http://www.tixonthesquare.ca).

**January 22 – 23: Edmonton's Pet Expo at Northlands Centre, Hall A.** They will be offering lots of information, resources and great tips on how to be a pet owner. Also a chance to find great activities for kids. For more information, visit [www.petexpo.ca](http://www.petexpo.ca).

**January 23: The Northern Alberta Jubilee Auditorium presents Toopy and Binoo and the Marshmallow Moon Live!** For more information visit [www.tickemaster.ca](http://www.tickemaster.ca).

**January 28 & 29: West Edmonton Mall Presents Lunar New Year Extravaganza**, 10 am to 9 pm at the Ice Palace. Chinatown Multi-Cultural Centre is presenting an annual event that features a marketplace and a showcase of Chinese performers celebrating the coming year of the Rabbit.

**January 29: The Arden Theatre in St. Albert will be hosting 46 Circus Acts.** A circus show that shows four entertainers, running through 46 Circus acts in 45 minutes. For more information and tickets, visit: [www.ardentheatre.com](http://www.ardentheatre.com).

**January 29: Winter Light - Illuminations in Churchill Square.** The wheel of fire turns, a grove of ice glows, experience a winter wonderland spectacle. For more information call 780-760-2229 or visit [www.winterlight.ca](http://www.winterlight.ca).

January

**January 1: New Year's Day – Happy New Year!**

**January 1: Salute to Vienna New Year's Concert 2011.** Experience the joy and magic of a traditional Viennese style New Year's Day celebration. This elegant celebration features a brilliant new cast: The Strauss Symphony of Canada led by European maestro Andrés Deák, Viennese soprano Renée Schüttengruber, Viennese tenor Wolfgang Gratschmaier and members of the Kyiv-Aniko Ballet of Ukraine. A glorious bouquet of favourite polkas and famous operetta excerpts by "waltz King" Johann Strauss Jr. and his contemporaries inspire and delight a wonderful way to ring in the New Year. For more information, visit [www.winspearcentre.com](http://www.winspearcentre.com).

**January 1 & 2: TELUS World of Science presents Wheels, Wings and Waves, a LEGO exhibition** showcasing the history of transportation on the ground, in the air and on the water. TELUS World of Science opens at 11 am on New Years day and the exhibition ends on January 2. For more information visit: [www.edmontonscience.com](http://www.edmontonscience.com).

**January 1: Kids Klub at Millwoods Town Centre** (by the food court). Parents and kids are invited to pop by on the first Saturday of every month to do a themed craft together from 12 pm to 3 pm.

**January 1: Skate on Broadmoor Lake**, warm up by the fire and enjoy hot chocolate in Sherwood Park's Broadmoor Lake Park from 1 to 4 pm.

**January 1: Sherwood Park Wilderness Centre is having a free skate** from 1 to 4 pm. There will also be toonie ski lessons, toonie snowshoe ramble and a campfire with hot chocolate. For more information, call 780-467-2211.

**January 1 - 9: The Wonderful Wizard of Oz will be at the Royal Alberta Museum.** This larger than life pop-up book exhibition and puppets of all the characters. For more information visit: [www.royalalbertamuseum.ca](http://www.royalalbertamuseum.ca).

**January 1 & 2: Free Public Skate at the Confederation Leisure Centre.** Bring the family down on Saturday between 1:30 and 2:30 pm, and on Sunday between 12:15 and 1:15 pm. For more information, visit [www.edmonton.ca](http://www.edmonton.ca).

**January 3: Peanut Butter & Jam Playgroup.** PB & J is for families with toddlers from one to four years old. Siblings younger than one year are also welcome. Free play, music, creative time, games, and stories are all part of the PB & J fun! Choose a morning session (9:15 am – 11:15 am Monday through Fridays) or an afternoon session (1 pm – 3 pm on Wednesdays. Brookside Hall (next to Brookside School) at 5320 143 Street.

**January 5: Tours for Tots** - Drop-in explorations for families and kids aged three to five on Wednesdays from 11 am to 12 pm. Free with Admission. Drop-in Wednesday mornings for Gallery explorations, art making, story time, scavenger hunts, and more! For more information, visit [www.youraga.ca](http://www.youraga.ca).

**January 5: Are you a young mom in Spruce Grove?** If you are under 24 years of age, and are parenting or expecting a baby, this group is for you. We offer a supportive environment in which to share the experiences, joys and challenges of parenting. There are educational sessions and opportunities to socialize and engage in activities such as scrap-booking. Childcare is available. FREE drop-in program. Call 780-962-7634 ext.160 for more information. Every Wednesday from 3:30 to 5 p.m. at the Spruce Grove FCSS.

**January 8 & 9: The beginning of the Byzantine Winter Festival starts with The Deep Freeze.** The Deep Freeze is a celebration of all of winter's best activities – curling, hockey, snow carving and skating. There will be food, music and an arts market. It will be taking place on Alberta Ave. For more information visit: [www.artsontheave.org](http://www.artsontheave.org).

**January 13 – 23: Ice on Whyte**, a festival showcasing the International Carving Competition. There will be a Giant Ice Slide, Ice Castle, and a Children's Play area. There is nightly live entertainment and hot drinks. It will take place at Festival Park on 104 Street and 85 Avenue in Old Strathcona.



**February 1: Stay and Play in Leduc.** A free drop-in child and interactive play program. Meet new friends while you and your children play and learn together. Discover why play and positive parent-child interactions are so important for your child's development. Every Tuesday from 9 am – 12 pm at Leduc Alliance Church (5503 Black Gold Drive). For more information, call 780-979-2386.

**February 1: Stay and Play in Devon.** A free drop-in child and parent interactive play program. Meet new friends while you and your children play and learn together. Discover why play and positive parent-child interactions are so important for your child's development. Please note: We are required to follow room capacity limits. As this program gets very busy we may ask that families who have come early and have played for over an hour make room for a family who may be turned away. Every Tuesday from 9 am – 12 pm at Devon Parent Link site at #5 Jasper Court – Old Robina Baker School.

**February 2: Stay and Play in New Sarepta.** A free drop-in child and parent interactive play program. Meet new friends while you and your children play and learn together. Discover why play and positive parent-child interactions are so important for your child's development. Located in the upstairs boardroom of the Agr-plex. Takes place on the first Wednesday of every month from 9:30 am to 11:30 am.

**February 3: Kids Kottage Valentine's Event** – For the Love of Wine at the Sutton Place Hotel. Tickets are \$100/person. Purchase tickets by calling 780-448-1752 or on-line at [www.kidskottage.org](http://www.kidskottage.org).

**February 4-5: Winter Light: Common Ground at Giovanni Caboto Park.** Common Ground is a new mid-winter festival alive with light, culture, a special inter-cultural performance and a hearty feast. For more information call 780-760-2229 or visit [www.winterlight.ca](http://www.winterlight.ca).

**February 5: Kids Klub at Millwoods Town Centre** (by the food court). Parents and kids are invited to pop by on the first Saturday of every month to do a themed craft together from 12 pm to 3 pm.

**February 5: Total Presents: Revv52**, who has a passion for singing and an insatiable zeal for creative adventures. Performing a diversity of music that ranges from blues to jazz, and from modern pop to gospel, this spirited 50-member vocal group create performances that fuse the power of voice with the rich tapestries of performing arts talent. They reach people with their high performance standards and a boldly creative approach. Whether they're performing Motown, gospel, pop or blues, their audiences leave their concerts refreshed and with a renewed passion for music. To purchase tickets, call 780.992.6400 or 780.451.8000 or visit [ticketmaster.ca](http://ticketmaster.ca).

**February 14: Valentine's Day**



**February 18: Seussical Jr. at Festival Place in Sherwood Park** is a musical extravaganza; Horton the elephant embarks on an adventure to protect the people of Who-ville. For more information, visit [www.festivalplace.ab.ca](http://www.festivalplace.ab.ca).

**February 18-21: Hawrelak Park in Edmonton hosts the Silver Skate Festival and Winter Celebration.** It is a free event and is the longest running event in the city as it celebrates the love of the outdoors. For more information, visit: [www.silver skate festival.org](http://www.silver skate festival.org).

**February 19: Warner Brothers Presents Bugs Bunny at the Symphony.** Enjoy all of your favorite characters from the Warner Brothers Studios on-screen as the Edmonton Symphony Orchestra accompanies them with performances of classics such as What's Opera, Doc? And A Corny Concerto. This will take place at Winspear Centre in Churchill Square. For more information call 780- 428-1414.

**February 21: Family Day**

**February 21: Winter Light - Family Day in Churchill Square.** Celebrate family day with fun shows, horse-drawn wagon rides, free hot chocolate, play activities, music and a celebration of our global connections. For more information visit [www.winterlight.ca](http://www.winterlight.ca).

**February 21: Downtown Business Associations' Family Day Festival.** Participating downtown venues include: Alberta Legislature Interpretive Centre, Don Wheaton Family YMCA, MacEwan Centre for Sport and Wellness, World Health in City Centre East Mall, Stanley Milner Library, Enterprise Square, 104 Street Business Community, Edmonton Tourism Visitor Information Centre and The Winspear Centre for Music. Festival will run from Noon to 4 pm.

**February 27: Ballet Jorgën Canada Presents Coppélia: A Doll Comes To Life at the Dow Centennial Centre in Fort Saskatchewan.** The story takes us to the magical world of Dr. Coppélius, a disillusioned toy maker in search of the perfect partner. His quest drives him to create a dancing doll so beautiful that Nathanael, one of the local villagers, falls madly in love with her. Nathanael's spurned sweetheart Klara delivers retribution by dressing as the doll and pretending to come to life. A journey that transcends the boundaries of real versus imaginary experiences, this classic love story is told through the vibrant contemporary choreography of the award winning Bengt Jorgën. For more information, visit [www.balletjorgen.com](http://www.balletjorgen.com).

**Editors' Notes:** Times and dates are accurate at time of printing; however, changes can occur. Always call ahead to confirm. To list your event in Edmonton's Child, e-mail us at [editor@edmontonschild.com](mailto:editor@edmontonschild.com). **EC**

# Help is Just a Phone Call Away!

- AADAC Help Line** ..... 1-866-332-2322
- Alberta Mental Health Board, Edmonton Mental Health Services** ..... 780-427-4444
- Capital Health Link:**  
24-hour information and advice on all health related concerns including illness, prenatal, and postpartum questions and concerns. .... 780-408-LINK (5465)
- Capital Health – Community Sector**  
(Public Health Centres – general inquiries) ..... 780-413-7900
- Child Abuse Hotline (24 hours)** ..... 1-800-387-KIDS (5437)
- Child & Family Services Authority (Child Welfare)** ..... 780-422-2001
- City of Edmonton Community Services Assessment & Short-term Counselling**  
We can help with such concerns as: Daily life stresses, issues with dating, marital or partner relationships, problems with family parenting challenges, abuse or violence in the family. To Speak Privately With A Professional Social Worker Call: ..... 780-496-4777
- Community Service Referral Line**  
Edmonton and surrounding area (Information about available community services) ..... 780-482-INFO (4636)
- 211 Edmonton** (Information about available community services - Edmonton only) ..... 211
- Distress Line** ..... 780-482-HELP (4357)  
24-hour telephone support and referral service
- Edmonton Gleaners Association (Food Bank)** ..... 780-425-4190
- Family Support for Children with Disabilities** ..... 780-427-4354
- Food Safety Information Society**  
Mon to Friday, 9 am to 5 pm ..... 1-800-892-8333
- HEARTS (Helping Empty Arms Recover Through Sharing)**  
Support for pregnancy loss; a program of Parent's Place. .... 780-464-3217
- Kids Help Phone** ..... 1-800-668-6868  
Website ..... [kidshelp.sympatico.ca](http://kidshelp.sympatico.ca)
- Kids Kottage Foundation – Crisis Nursery**  
24-hour child care for parents in crisis ..... 780- 944-2888
- Kidsafe Connection** (childhood injury prevention) ..... 780-407-7250
- La Leche League** (Breastfeeding Support) ..... 780-478-0507
- Mental Health Children's Crisis Response Line** ..... 780-427-4491
- Mental Health Adult Crisis Response Team** (24 hours) .... 780-482-0222
- Missing Children Society of Canada**  
An organization dedicated to the search for abducted and runaway children. .... 1-800-661-6160
- Parent Help Line** ..... 1-888-603-9100  
Website ..... [parentsinfo.sympatico.ca](http://parentsinfo.sympatico.ca)
- Poison and Drug Information Services** ..... 1-800-332-1414
- Ronald McDonald House**  
A home away from home for out of town families with seriously ill children in Edmonton hospitals ..... 780-439-5437
- Sexual Assault Centre of Edmonton** ..... 780-423-4121
- Suicide Prevention Line** (The Salvation Army) ..... 780-429-0230
- Teen Suicide Prevention** (Tues to Sat, 3:30 to 11 pm) ..... 780-412-2747
- Terra Association**  
Prenatal information and parenting assistance for teenage parents. .... 780-428-3772
- The Salvation Army Community and Family Services**  
Offers assistance to families including counseling and an emergency food depot. .... 780-424-9222
- The Salvation Army Teen Support Line** ..... 1-877-803-8336
- Strathcona Sexual Assault Centre** ..... 780-449-0900
- St. Albert Family & Community Support Services** ..... 780-459-1756
- St. Albert Stop Abuse In Families (SAIF) Society**  
Our aim is to send the message that family violence and bullying will not be tolerated in our community. .... 780-460-2195
- St. Albert Youth Community Centre**  
(for youth in Grades 7- age 17) ..... 780-418-1802
- The Support Network** ..... 780-482-0198  
Walk-in counseling. Free drop-in solution-focused therapy; call for hours.
- Victims Assistance Program** (Family Violence) ..... 780-422-0721
- Shelters (all 24 hour access)**  
A Safe Place ..... 780-464-7233  
Kids Kottage (crisis care nursery) ..... 780-944-2888  
Lurana Shelter ..... 780-424-5875  
Safehouse (street kids ages 13 to 19 who are at risk) ..... 780-474-9938  
WIN House ..... 780-479-0058
- Women's Emergency Accommodation Centre** ..... 780-423-5302
- Youth Emergency Shelter Society** ..... 780-468-7070





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