



DURHAM

Kids

FAMILY GUIDE

VOLUME 01 - ISSUE 01
Oct./Nov./Dec. 2024
PREMIERE EDITION
Serving Durham Region



City of
PICKERING

Upcoming Events

• **FALL FLING** •
MILLENNIUM SQUARE

October 19 & 26 • 11:30 am - 3:00 pm

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What to Expect at Your Child's First Therapy Appointment

Starting therapy can feel overwhelming, especially when it's your child's first appointment. As a therapist, I understand parents want to feel reassured about what happens in that initial session and how to best support their child.

Building Trust

The first session focuses on making your child feel comfortable and safe. The therapist will spend time getting to know your child through conversation or activities like drawing, play, or storytelling, depending on their age. The goal is to build trust and allow your child to share their feelings without pressure.

Explaining Therapy

The therapist will explain how therapy works in child-friendly language, ensuring they understand what's going on. They'll discuss the session structure, confidentiality, and how feelings will be explored in a safe, open space. This helps set the

tone for future sessions.

Understanding Concerns

The first appointment involves gathering information. The therapist will gently ask your child about why they've come to therapy and invite parents to share observations. It's not about diving too deep into issues right away but getting an understanding of your child's world.

Small Takeaways

Sometimes, small coping strategies may be introduced during this session, like mindfulness exercises or emotional regulation tools, which can provide your child with immediate support.

Parents' Role

Therapists often include parents in the first session, especially for younger children. This allows for collaborative work to ensure everyone feels supported in the process. Depending on the family's

needs, therapy may involve individual and joint sessions.

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About the Author

Jessica O'Connor is the Clinical Director, Registered Social Worker, Psychotherapist, and Clinic Owner at Vault Mental Health. With over 14 years of experience, she specializes in trauma-informed care, family therapy, and mental health challenges such as anxiety and depression.



Online Safety 101

Keeping our children safe online has less to do with technology and more to do with parenting. As I share with students in Grade 3/4/5/6, rules are important when I speak about being safe online. As students get older, then my message shifts to respecting rules along with responsible use of technology and consequences of misuse.

As parents have rules in the home, kids have rules in school, athletes have rules when playing sports, there are rules for Online Safety. As it relates to the younger kids, Rule #1 – NO Technology in your bedroom. Computers, tablets, phones, internet connected TVs, etc MUST be removed from a bedroom. Technology, combined with isolation and global connectivity is a recipe for danger. Rule #2 – NO social media until at least 13yrs of age. Every social media platform in North America has a TOS of 13yrs old. One of the

top ways kids get bullied, offended, attacked or exposed to sexual content, is through social media they are not allowed to be on. Is 13yrs old the right age? We can debate 14-16, but at the very least, the TOS should be respected. Rule #3 – NO smartphone until middle to end of Grade 8. Unless medically required, the data is overwhelming as to a smartphone is distracting to our kids.

As a foundation – if those three rules were applied, the ability for children to be impacted negatively has dropped like a rock. I say that confidently. How? I'd spoken to (in person) 900,000 students in Canada/USA. When I speak to their parents, we can all agree that some kids were given "too much, too soon", but it's all correctable. Be a parent and not their friend.

So where should kids be online? Simple. Coding, blogging, podcasting, creating games,

making apps, and getting into robotics, Nothing harmful there. With parental guidance, those ideas develop the brain and keep them safe in doing so.

Paul Davis

Facebook.com/pauldavistips

Instagram.com/followpauldavis





DURHAM Kids FAMILY GUIDE

Welcome to Durham Kids Family Guide

This guide is a must read for all families. Throughout the year we will feature interesting articles and topics such as: becoming new parents, kids party ideas, bullying, healthy school lunch and snack ideas, safety, sports, camps and many more topics.

Our premiere edition will cover October, November and December, then starting in January Durham Kids will be available bi-monthly starting off the New Year with January/February Issue.

Hope you enjoy!!



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Tips for Keeping Your Kids Teeth Healthy

Cavities or "sugar bugs" are one of the most common infectious diseases affecting humans of all ages. Many factors contribute to tooth decay including bacteria, poor oral hygiene, and diet.

Being aware of cavity-causing foods can help parents make informed choices for their kids. Sugary treats, such as candies and chocolates, especially sticky ones, are the main culprits. When sugar sticks on teeth, it feeds the bacteria in the mouth, producing acid that can lead to cavities. Starchy snacks, including chips and crackers, can also be problematic because these foods ultimately break down into sugars in the mouth. Drinks are also a significant factor in cavity formation. Sugary beverages, including sodas, sports drinks and fruit juices, can coat teeth in sugar and acid. Even milk, when consumed before bed and without brushing one's teeth, can increase the risk of developing sugar bugs.

To combat cavities, it's essential to encourage kids to maintain good

oral hygiene. Helping your child with brushing twice a day with fluoridated toothpaste, as well as flossing, will help develop their skills for when they get to be more independent to brush and floss on their own.

In general, limiting the intake of sugary and starchy foods can significantly decrease the risk of cavities. It is important to note that with frequent snacking, there are more opportunities for sugar bug causing bacteria to snack too. Have your child drink water throughout the day and try to reduce the amount of juice or milk before bed.

Regular dental check-ups are also vital, as they help with early detection of sugar bugs and allow for timely intervention. By fostering good habits early on, we can help ensure that children maintain healthy smiles as they grow.

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Holiday Fun in Downtown

Halloween Trick or Treat!



October 26

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November 16
10:00 a.m. – 8:00 p.m.



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10 ways for your child to stay safe this Halloween



While Halloween should be full of fun and excitement, here are some tips to keep festivities as safe as possible for participating kids.

Halloween Safety Tips:

1. Costumes should be light-coloured and flame resistant with reflective strips so that children are more easily seen at night. Remind children to keep away from open fires and candles as costumes can be extremely flammable.
2. Costumes should be short enough to avoid tripping.
3. Use face paint rather than masks or things that will cover the eyes.
4. Remind children to walk, slither, and sneak on sidewalks - not in the street.
5. Explain to children that they should visit houses along one side of the street first and then the other, and that it's best to cross the street only at intersections or crosswalks. Remind children to look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
6. Provide yourself or the children with a flashlight to see better and to be better seen by others.
7. Have children plan their route and share it with you and the family.
8. Only visit homes that have the porch light on.
9. Make sure you and your children know where the Block Parent houses are located in the neighbourhood. Set agreed-to boundaries with your children and explain the importance of staying within them and arriving home on time.

10. Remind children not to eat their treats and goodies until they are examined by an adult at home. Candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

By: Kathryn Dunmore, Canadian Red Cross



Canadian Red Cross





Pickering Museum Village

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STORYBOOK CHRISTMAS
 DECEMBER 7, 8, 14 & 15 | 10:00 A.M - 4:30 P.M.
 \$7.30 - \$11.40 + tax (Children under 3 are free!)
 Join us at Pickering Museum Village for A Storybook Christmas, featuring a brand-new adventure with Teddy for 2024! Explore the village filled with interactive activities, festive treats, crafts, trivia, and music. And don't miss a special visit from the man in red himself!

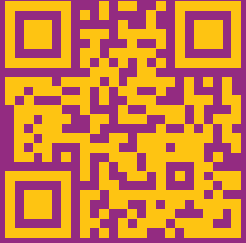
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KH P KIDS HELP PHONE

3 ways to help your kid thrive this school year and beyond

(NC) As a new school year gets underway, we all want the best for our children, but it's easy to get overwhelmed about how the actions we take today may affect the future. Here are three tips that will set children up for success while easing the mental load for parents and caregivers.

Establish routines

A predictable schedule can help kids stay on track with their day-to-day activities and give them a sense of stability. When a child feels comfortable and safe, they are open to learning new skills – it's why childcare or early learning centres are built around regular schedules.

What's more, healthy, lifelong habits may be easier to instill when they're tied into a routine, sometimes called habit stacking. It's like brushing your teeth right before story time which comes before sleep. The more life's annoying chores, like brushing teeth or flossing, can become habitual for kids, the more likely they are to carry them into

adulthood.

Cook for life

There's a role for kids in the kitchen, from toddlers to teens. Teaching children about food from a young age will give them the tools to take ownership of their health later in life. Exposing them to culinary variety also helps to build kids' interest in the larger world. Something as simple as getting them to talk about the shape, smell and taste of a new fruit goes a long way in developing little palates.

Choose age-appropriate tasks, like stirring ingredients for little ones, or simple meal prep like grilled cheese for older children, with supervision as needed. Learning special family recipes not only develops teenagers' culinary skills, it also helps them to celebrate cultural traditions. Teaching these empowering skills can also save caregivers some time in the kitchen.

Trust your community

Parents want their children to be curious, knowledgeable and well

adjusted, but we can't be everything, everywhere, all at once. You don't have to be the only champion for your child's future.

Aside from friends and family, many childcare centres, such as Childventures, employ early childhood educators to provide caring, learning-filled environments.

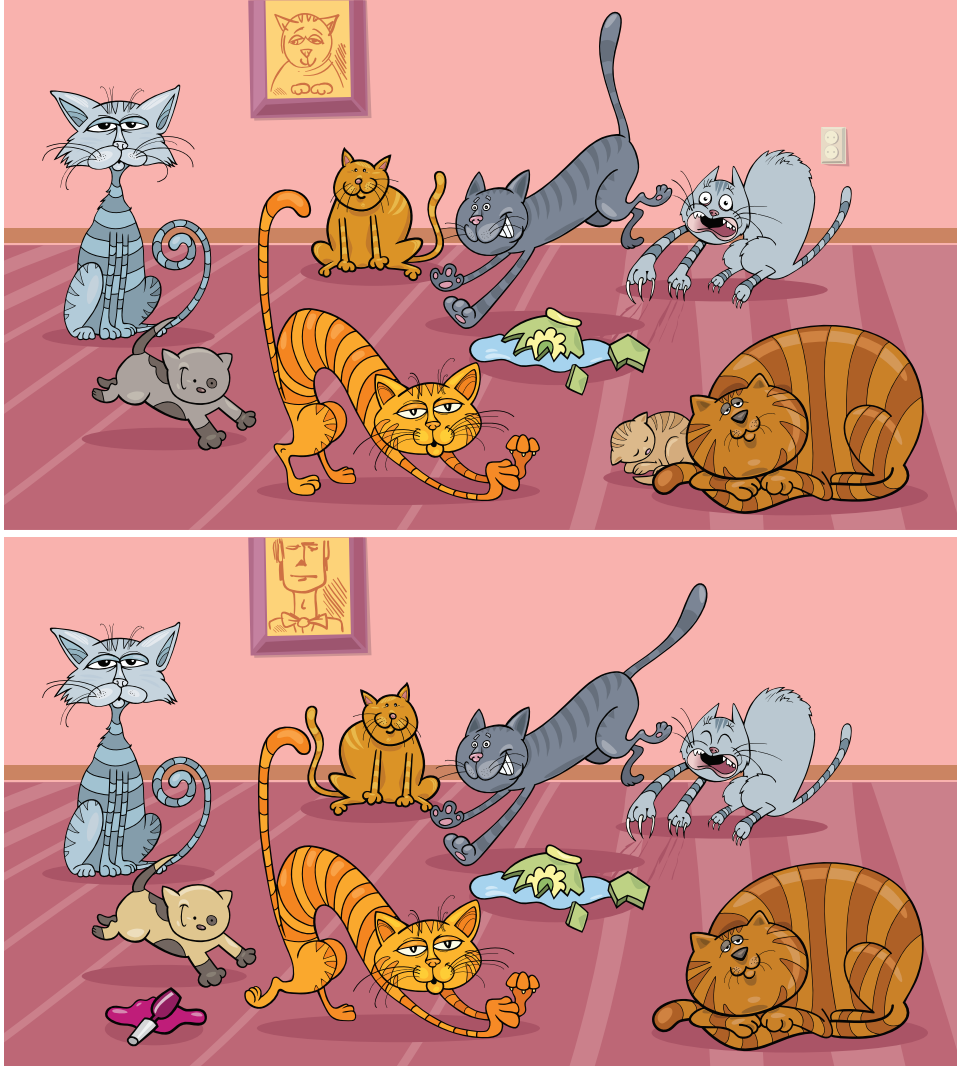
It's okay to trust that caregivers and educators are just as dedicated to your child's well-being and growth as you are. Knowing they have the proper training and expertise can also relieve some stress.

newscanada.com



DURHAM KIDS FUN PAGE

Find 10 Differences



SUDOKU

(solution see page 10)

6						7		
	3			6		2		
9			8					3
	9		6		7	5		1
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CROSSWORD

(solution see page 10)




Autumn Word Search

G	M	C	Y	P	U	M	P	K	I	N	O	E	S
L	D	H	J	C	G	W	H	A	R	V	E	S	T
V	T	R	S	G	U	C	F	S	D	I	E	P	J
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P	R	L	E	A	V	E	S	P	U	B	K	I	E
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| THANKSGIVING | YELLOW | APPLE | SEPTEMBER |
| HALLOWEEN | HARVEST | PUMPKIN | ACORNS |
| RAINCOAT | NUTS | CIDER | FALL |
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SUDOKU ANSWER

6	8	4	3	1	2	9	7	5
5	3	1	7	6	9	2	4	8
9	2	7	8	4	5	1	6	3
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7	1	8	5	9	3	6	2	4
1	7	6	9	3	8	4	5	2
3	5	9	2	7	4	8	1	6
8	4	2	1	5	6	3	9	7

HALLOWEEN CROSSWORD ANSWERS



ANSWERS:
 1. SKULL
 2. SUGARSKULL
 3. WITCHHAT
 4. CANDY
 5. GREEN
 6. PURPLE
 7. CAT
 8. POTION
 9. SPIDER
 10. PUMPKIN

Talking to kids of all ages about personal safety

(NC) Your child's safety is your priority from the day you first bring them home until long after they've left the nest. And as kids grow more independent and spend more time unsupervised, parents and caregivers must learn to have meaningful and open conversations on personal safety topics when they can't be there to protect them. Here are some tips:

Set boundaries

If your children openly communicate their needs and wants, they are old enough to understand basic safety lessons. This could include dangers inside and outside the home like getting burned by the stove or scalding hot water, and how to safely cross the street. Setting safety boundaries for your children changes with age and is ever evolving. For example, when appropriate, get them to memorize a parent or guardian's phone number to reach out to in an emergency. You can also chat with them about the importance of being cautious when interacting with strangers, both in person and virtually.

Discuss physical safety

If your kids have decided to move out, explore the workforce or pursue post-secondary education out of town – there are some steps they can take to protect themselves when they're on their own.

If they will be living alone or in a dorm, make sure they know where all the exits are and where to locate the building's emergency plan. If they are living in a rental property, portable smoke and carbon monoxide detectors are small investments for

added peace of mind.

A personal mobile phone for emergency use is a common way to help stay connected, however, most campuses also have well-marked emergency phones to use in the event someone is being followed or harassed. Public transit systems often have designated safe waiting areas as well.

Talk about human trafficking


While many people think of human trafficking as an issue that doesn't happen close to home, every year Canadians across the country are taken advantage of and exploited for sexual or labour purposes.

Teach your kids about what human trafficking is and what traffickers may do. Some traffickers may isolate kids from friends and family, pressure them into providing services to earn love, pay back favours or gifts, or to show gratitude. Traffickers may even show romantic interest or offer fake job opportunities.

If a job offer sounds too good to be true, it may well be. A legitimate job offer will clearly state the wages, hours and expectations. Further, teach your kids to never hand over their passport or other personal documents to anyone.

Support is available 24/7 through the hotline from the Canadian Centre to End Human Trafficking at 1-833-900-1010. Find more information at canada.ca/human-trafficking.

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DURHAM REGION

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11:30 am - 3:00 pm

Join the City of Pickering and Nautical Village local businesses for an exciting event this Fall! Enjoy a local vendor market, miniature train rides, live music, picturesque autumnal decorations, and giveaways... all along Pickering's waterfront.

City of PICKERING pickering.ca/fallfling



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Dates & Times

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AJAX
 Saturday November 23 @ 6pm
 For more information – www.ajax.ca

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 Saturday November 23 @ 10 am
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December 7 | 2 p.m.

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Mighty Small In Whitby, Ontario, Trafalgar Castle School is a small school producing big results.

When it comes to schools, bigger isn't always better. Larger schools can mean bigger class sizes, fewer close-knit connections with students and less focus on the students and their specific needs or goals.

And that's what makes Trafalgar Castle School different: it's small by design.

At Trafalgar, each of 227-plus students in Grades 4 through 12 is personally known by their teachers and staff throughout the Castle and supported by a close-knit community and circle of care that cultivates a strong sense of belonging.

“When you walk into school each day, and you are known, it changes everything.” Deputy Head of School Kate Hebdon says, “Not just a smile or wave, but an intentional connection like stating your name or connecting with something you've done; this makes all the difference. It takes intentional practice and consistent application of our action orientation for student leaders and adults to ensure that if a student misses a day at Trafalgar, they know they will be missed.”

As a small school, Trafalgar can

meet its students' individual needs with extensive learning supports and specialized programs like its Advisor's program, which was developed to create a safe place for expressing emotions and fostering social and emotional development. Led by Trafalgar faculty, the program brings together a small group of students from grades 9 through 12 for purpose-built activities that promote community building and self-care. Additional programs, like Traf Steps, are designed to prepare middle school students with the emotional intelligence and conflict resolution skills needed to navigate the tween and early teen years and prepare them for senior school and beyond.

Learning is not a one-size-fits-all approach at Trafalgar. With class sizes ranging from 6 to 23 students, with most classes at approximately 15, Trafalgar can tailor learning to meet students where they are. Small class sizes also enable empathetic and supportive teachers to know what interests the students and integrate these interests into the learning environment, promoting deeper engagement and growth.

“Students are known to participate more actively in small classes.” says Trafalgar's Dean of Academics, Laurie Kuchirka, “When students participate more, they make meaning of the learning, resulting in more significant learning gains.”

Being a small school means big results. Trafalgar Castle students achieve well beyond provincial and national academic standards. 99 percent are Ontario Scholars, with more than 85 percent earning the Honour Roll, more than 90 percent graduating with

High Honours, 89 percent achieving university scholarships and 100 percent accepted to a post-secondary school of their choice.

Trafalgar students jump at the opportunity to join clubs, teams and ensembles. They raise funds and awareness, volunteer locally and around the world, and become part of a global, well-connected network of successful alumnae.

If there's one thing that Trafalgar proves, it's that small is mighty.





NOTHING A TRAFALGAR GIRL CAN'T HANDLE

Join us at our Open Houses

Thursday, October 17, 2024 from 6:30 p.m.–8 p.m.

Saturday, November 23, 2024 from 10 a.m.–12 p.m.

A school for girls | day & boarding | grades 4-12 | Whitby, Ontario | trafalgarcastle.ca



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