

Our Brooklin Kids *By Leanne Brown*



Kids got the winter blues?

January 15 was “Blue Monday,” the day in January considered to be the most depressing of the year. Cold weather and holiday credit card bills! Yuck. While adults may feel down, so might your kids.

When school resumed, my eight-year-old complained about having to wear snow pants to school. The night before, she was conflicted over the end of vacation, wanting the fun to continue but also excited about getting back to class. To be honest, I was a little concerned, too, as I thought of the work email that awaited me.

The first week back after the holiday break is hard on everyone. In our family, we’re often tired because we’re in this continuous excitement phase for two weeks. Our schedules are off and sleep is lacking. While our bodies need the time to somewhat recover, for kids, it’s back to reality after the fun of Christmas. School and activities schedules resume.

Holiday letdown

If you’ve noticed your child doesn’t seem like themselves, chances are it’s the holiday letdown and fatigue. As well, we’re dealing with winter’s shortest days. We go to school and work in the dark and it’s still dark when we leave for home. We’re not getting as much vitamin D or serotonin from the sun and that mood-boosting hormone isn’t around. About 10-20% of adults suffer from some degree of seasonal affective disorder, but it’s not clear how it impacts children.

Are you modelling good coping skills during the winter months? If you complain about the cold or having to put on a coat and boots, your children will mirror that behaviour. However, if you embrace winter with fun activities like tobogganing and building snowmen with the kids, your kids will approach the season in a like manner.

There are a things you can do to help your kids beat the winter dol-

drums. Exercise, going outside, eating a lot of protein, getting more play time and doing something after school with peers all help regulate emotions.

Embrace activities

Embracing the season is the best way to enjoy the winter. Winter festivals are fun for the entire family and a great way to lighten the mood. Trying out a new winter sport is also a good mood booster. In January, many ski resorts offer beginner packages that include lessons for skiing and snowboarding. Why not try tubing for an adrenaline boost? Or grab some friends and go skating? Our family favourite is tobogganing at the hill behind Winchester Public School. When the snow is fresh, the hill is packed.

Not up for outdoor fun? Then host a camp-in. Pitch a tent indoors, get the fireplace going and make s’mores. Host a movie marathon with your kids’ friends and serve homemade pizza. Need to get out of the house but not outdoors? Get the team together for an Oshawa Generals game or go to cooking class at the grocery store.

One final thought: the holiday season is full of anticipation, so try to



A Brooklin Toddler’s Random Thoughts

“Why does the lady in your phone know the streets?”

keep a little of that going. Planning things to look forward to can help the winter days move faster.

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Community Calendar

If you have a community not-for-profit event you would like included in the calendar, please email it to editorofBTC@gmail.com with the subject line “calendar.” Priority will be given to Brooklin events. Some editing may occur.

Fri., Jan. 26: 4:00 - 5:00 pm
(4th Friday of each month)
Teen Leadership Council at Brooklin Library
Whitby Library’s Brooklin Branch seeks Teen Leadership Council members to share ideas & assist with special events and programs.
Grade 9-12 students earn community service hours.
Snacks provided.
No registration required.
For information, email teenservices@whitbylibrary.ca.

Sun., Jan. 28: 7:00 pm
- Brooklin Pub Quiz Night
\$15 per person for a team of 4-8 but teams of 6 are best. Team gets a platter of wings and fries and a mug of beer. Winning team receives \$10 gift certificate per person to Brooklin Pub.
All proceeds go to Pulmonary Hypertension of Canada. Hints: 1. Wait Until Dark, 1967 film. 2. Roger Bannister

Mondays: 6:30-7 pm:
French Family Storytime: Children and their caregivers can join Madame Sue for weekly French Family Storytime! A half hour of French stories and songs, with a dash of English! Drop in at Central Library’s Children’s Program Room

Tuesdays: 7:25 pm:
Brooklin Toastmasters Club
Practice public speaking at Brooklin Community Centre & Library. Contact John Johnstone at jajhj@sympatico.ca or phone 905-683-4439 or Patricia Romano at promano257@outlook.com or phone 905-626-7055.

1st & 3rd Tuesdays
Community Care Durham (CCD) Basic Foot Care at St. Thomas’ Anglican Church. 905-668-6779

Mon.-Fri.
CCD delivers hot or frozen meals.
To order: Karen Andrews 905-668-6779

Historically Speaking with Brian Winter

Legion Hall was once a hotel

The Brooklin Legion Hall on Baldwin Street was built as a hotel for Benjamin McQuay in 1882-83. Known as the Brooklin House, it was Brooklin’s only hotel until it closed in 1964 upon the death of its last proprietor, William Goodum.

In 1966, Brooklin Branch 152 of the Royal Canadian Legion was reorganized after an absence of 34 years, and the following year it purchased the Brooklin House.

The old hotel was converted into a Legion Hall with volunteer labour and officially opened on the 26th anniversary of D-Day, June 6, 1970. Much of the labour was supplied by striking General Motors workers.

WORSHIP DIRECTORY

Burns Presbyterian Church
765 Myrtle Rd West
(just 4 minutes north of Brooklin)
10am Worship, Kids Zone Fun & Nursery Care
“Discovering God, Sharing God’s Love”
905.655.8509 www.Burnschurch.org

St. Thomas’ Anglican Church
101 Winchester Road East
Sunday Services: 8:30 and 10:30 am
Sunday School & Nursery Program (10:30am)
Wednesday 10:00 a.m.
Communion and Healing Service
905-655-3883
www.stthomasbrooklin.ca

Brooklin United Church
19 Cassels Rd. E.
Sunday Services at 10:30 am
Sunday School & Nursery Care
www.brooklinunited.ca 905-655-4141
Come catch the Spirit!

Renaissance Baptist Church of Brooklin
40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 a.m.
905-655-4554 www.brooklinrbc.ca
We’re here for Brooklin!