

Panel discusses 'Raising Your Child'

Be honest with children

Take some time out to get to know your child. Become interested in your child both in school and in his or her social life. Be patient and understanding with your child but don't hesitate to lower a firm hand when needed. Those were some of the main points stressed at a recent panel discussion on the topic, "Raising Your Child Today," sponsored by the Teachers' and Parents' Association of Holy Cross School.

The panel, consisting of six experts in the field of child education, held basically the same views on the rearing of a child. All agreed that, "children are very hard to raise and no one can say what way is the best way because each child is different."

Moderating the panel was Tom Ramataurangh, president of the parents association and former principal of the Halton Secondary School Teachers' Federation. The panel consisted of: Dr. Murray McGovern, child psychiatrist in Oakville; Mrs. A. Dzidruma, family counsellor; Mr. P. Doherty, Family Counsellor; Mrs. M. Silk, nurse for the Halton Health Unit; Sgt. Al McQueen, youth officer with the Halton Regional Police and Mr. Barry Gowan, principal and teacher of Holy Cross School.

With Mrs. Dzidruma and Mr. Doherty working in the same field, of family counselling, their descriptions of their jobs were primarily the same. Mrs. Dzidruma did explain that the word "family counselling" are often misunderstood for they do help not just families as a whole, but single people with children, children on their own, couples without children etc. Schools, teachers, principals, guidance

counsellors, public health nurses, doctors and lawyers are those who usually contact them concerning particular family problems.

"What I do in most cases which I handle, is try to find the values of the husband and of the wife. I often find that they have opposite values for child rearing and this is what is creating conflict in the family," told Mrs. Dzidruma.

Continuing on somewhat the same note, Mr. Doherty stated that he comes up against problems in parent-child relationships all the way up to the teenagers with problems which he pointed out tend to be the most difficult of problems of all.

Mrs. Silk visits Holy Cross School once a week and handles problems not only of health but problems which may seem to be from health but are often from problems at home.

"One point of great importance, especially to mothers, is to send a child to school happy. The morning is not the time to bring up an argument with your child. If the child becomes upset at home it affects his entire day at school."

She also continued to point out to the many parents attending the panel discussion that proper nutrition and hygiene are most important. "Make sure your child gets off to school in the morning with a good full stomach. Give them a good breakfast because no child can concentrate on an empty stomach. Pack their lunches with proper nutrition in mind. Make sure the child is clean and has a healthy outlook on cleanliness."

Mrs. Silk also told of sickness symptoms which often are due to worry, pressure or stress.

"Often a child comes to me with a stomach ache only for me to find that his father is having job difficulties or there is a new baby in the house. These kinds of conditions result in health problems."

In researching the background of a juvenile who has broken the law, Sgt. McQueen notes that most of the problems stem from the home life of a child.

"It appears that many fathers are more concerned in expressing the successful Superman type of character and not relating at all realistically with their child." He continued to explain that, "it is rough on a young lad who's having problems only to be faced with a father who seems not to have any problems what-so-ever. It is hard for a child to understand why he seems to have all the problems and his father has none."

"The father seems to be so successful to the child, and the child feels as if he is a complete failure. This often comes out when a child turns the age of around 13 and then he wakes up only to see that 'the old goat is a farce'."

"Honesty is the key. A child must become aware that there is a lack of basic honesty in our society and must learn how to properly cope with this. A well grounded habit will not be broken by a momentary whim," continued Sgt. McQueen.

Agreeing with what Sgt. McQueen had stated, Dr. McGovern stated that honesty is the issue which, in fact, everyone is searching for.

"We have to get rid of deceit and get to the truth. We also have to realize the rights and responsibilities of a baby are entirely different from the rights and responsibilities of a pre-schooler whose rights and responsibilities are different from an adolescent, which goes all the way up to the rights and responsibilities of adults."

"We tend to place the rights and responsibilities on children way before they are capable of handling them."

He concluded by stating that parents often tend to shirk their responsibilities onto their children.

"As an educator I look at school today as more than just teaching the three R's," began Barry Gowan, principal of Holy Cross School.

"We also face problems such as vandalism, unfinished work, absenteeism, lateness, and all these extra types of problems which come up and which are not completely linked with the three R's."

Mr. Gowan feels that most of these problems are created at home and he continued to issue some points which he thinks parents should exercise, which in turn could alleviate many problems.

"Take time for your kids. Play with them, be patient, be kind, read to them, read with them. Get to really know your child. Get to know how your child is really doing in school. Check the work he brings home. Talk to your kids when they get home from school and ask them how their day was."

"I often find that kids just want some attention; attention which they are not getting at home. It only takes minutes to sit down and have a few quiet words with your child," concluded the principal.

Mrs. Silk added that a parent has to make time for his or her child and by taking just five or ten minutes during the day to talk to a child a child can realize that a parent is interested in him.

Mr. Doherty, answering a question concerning a child's progress in school work, explained that not enough parents praise a child's accomplishments.

"When a child comes home with a test paper, praise the child on the fact that he got 25



PANEL OF PROFESSIONALS At a recent panel discussion on the topic, "Raising Your Child Today" sponsored by the Teachers' and Parents' Association of Holy Cross School, six experts in the field of raising children expressed their views and concerns on child

rearing. From left to right are: Dr. Murray McGovern, Mrs. M. Silk, Mr. P. Doherty, Mrs. A. Dzidruma and moderator for the evening Tom Ramataurangh. Missing from the photo are Sgt. Al McQueen and Mr. Barry Gowan also on the panel.

correct and don't complain over the fact that he got five wrong. Children are too often put down and it's usually the negative things which are noticed."

'Y' not give a course this Christmas

Still frantically running around trying to buy for that "certain someone", or that neighbor who holds a certain place in your heart or that daughter or son who deserves a little something special?

Why not turn one of the programmes offered by the Georgetown and District YM-YWCA into a Christmas gift for that hard-to-buy-for someone?

The Georgetown and District YM-YWCA still have a few openings available in some of their winter programmes being offered for 1976.

For children between the ages of three and five years old the 'Y' offers a pre-school gym. Special equipment geared to the young people is used in developing a healthy outlook to exercise and physical activity in the child's most formative years.

"Mom and Me" is a programme of exercise and creative play with mother and child exercising and playing together for the first half of the program. For the remainder of the one-hour session mothers assist children on special equipment. This program is designed for children from walking up to three years old.

Pre-school rhythmic is another exercise type programme for children between three and five years old. Pre-school rhythmic is a programme of movement to music.

A new course, is the

children's after-school craft hour when children participate in such crafts as crochet, embroidery, macrame, knitting etc. This course is for children between the ages of eight and 12 years old.

Toddler's Drop-in is to give mothers a few hours of freedom during the week. Mothers can bring their child to the 'Y' where they will be excellently cared for. Regular 'Y' babysitting fees are charged for this programme which gives mothers a chance to have a bit of free time of her own.

Shape Up and Swim is an hour of exercise and games for women, followed by a swim. Bring your partner and learn or brush up on the basics of the following six ballroom dances; the waltz, quickstep, slow foxtrot, cha-cha-cha, Gay Gordons and St. Bernard's waltz.

Take-a-break gives women another chance to enjoy a morning out of the house, and to exercise to music, meet new friends over coffee, listen to stimulating speakers or watch an interesting demonstration.

Other exercise, yet fun programmes offered by the 'Y' include yoga, belly dancing, cross-country skiing, gym for children, men's fitness and modern gymnastics.

A number of one day workshops are also planned by the 'Y' to take place in the very near future. Keep your eyes open for notice of these workshops.

Sorry, only one telephone book

Delivery of Bell Canada's 1976 telephone directories is expected to get underway in the Halton-Feel area this week. But don't expect one book per phone this year.

Bell's distributing only one telephone book per household to conserve natural resources, reduce pollution and save money, Bill Barnes, local Bell Canada manager, said last week.

By doing so, Bell expects to save 71,780 directories. Those who require an extra phone book can follow the instructions on a card inserted in the directory.

The largest number of directories to be distributed in Peel-Halton will go to Mississauga.

Other large delivery amounts include: Brampton (including Bolton): 51,424;

Oakville, 31,679; Orangeville (including Shelburne) 12,420; Georgetown, (9,657) and Milton 9,024.

Cover design of the new directory has numbers of the dial in various shades of brown, orange, green and white. The Olympic symbol is on the back cover.

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