

# Ask The Professionals

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## Georgetown

Physical and Sports Therapy Clinic

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Marta Masley  
B.Sc.(PT), M.C.P.A.

## Elayne Tanner & Associates Inc.

**Elayne M. Tanner**  
PhD (C), RSW, BA, BSW, MSW, Dip Soc Adm  
Counselling & Psychotherapy



Elayne M. Tanner

Milton 905-854-0801  
www.etasolutions.com

**Q:** I had my third baby 6 months ago. All 3 of my labours were rather difficult and I was wondering if this is contributing to my inability to "hold my urine" when I laugh, cough or sneeze. Can I do anything to help this?

**A:** The organs in the lower abdomen area are supported by your pelvic floor muscles. For many reasons, child birth being one of them, these muscles can become weak. As a result the muscles are not able to keep the urine fully contained with movements that put pressure on the pelvic floor such as laughing, coughing, sneezing and heavy lifting. As with any weak muscles these muscles need to be strengthened in order to prevent the problem. Unfortunately, these muscles are hidden and cannot be seen or felt like those in your arms and legs, so training them is not always an easy task. You may be familiar with the term "Kegel Exercises". These are a series of exercises that are specific for pelvic floor muscle strengthening. A visit to your physiotherapist will greatly benefit you in being educated on how to correct this embarrassing problem.

## Halton Hills Speech Centre

Division of M. Kent MacKenzie Speech-Language Pathology Professional Corporation

211 Guelph St., Ste #5,  
Georgetown L7G 5B5  
905-873-8400



Karen  
MacKenzie-Stepner

**Q:** My year old niece has difficulty saying numerous sounds and when I do understand what she is saying it doesn't make any sense. When I approached my sister about my concerns regarding her daughter's speech and language skills she said, "Don't worry, she will grow out of it." Will she?

**A:** The period between birth and 5 years of age is critical in the development in speech, language and hearing skills. However, it is estimated that 4% of preschool age children have a speech or language difficulty and approximately 6% of school-age children demonstrate these difficulties. Some children with speech and language difficulties will catch up but without intervention many will not "grow out of it". For those children, language and speech development can be slow and residual communication difficulties are often present as the child enters her school years. Without appropriate intervention, her communication skills could fall further behind her peers as she grows older. Strong speech and language skills are critical to later learning and success in school. In addition to affecting her academic skills, speech and language difficulties can also impact on her self-confidence and interaction with others. Through early identification and intervention it is our aim to prevent these issues from getting worse and improve a child's ability to communicate and interact with the world around her. Acting early on concerns is vital. The earlier treatment begins the more effective it is.

**Q:** My partner and I separated and our baby is still an infant. We both want to be involved in the baby's life. Should we each take the baby for a week?

**A:** You need a parenting plan, a detailed description of parenting responsibilities, that changes as the baby grows. When designing a parenting plan you must consider the age and development of the children. Infants cannot 'attach' to parents when they do not see them for a week at a time therefore with very young children, this must be considered. Attachment is learned in infancy and keeps developing throughout childhood. These earliest bonds formed by children with their caregivers impacts the child all through their life. Caregivers who are available and responsive to their infant's needs establish a sense of security in the child. Insecure attachment may result in later problems such as oppositional-defiant disorder, conduct disorder, post-traumatic stress disorder, eating disorders, self-harming, drug use and suicide. Adults with healthy childhood attachments are more likely to have good self esteem, and confidence which lead to good healthy adult relationships.

Three attachment styles have been identified:

- 1. Secure Attachment:** Children feel secure and able to depend on caregivers to be there when needed. When frightened or distressed, these children seek out their caregiver to provide reassurance.
- 2. Ambivalent Attachment:** Child feels that they cannot depend on caregiver to be there when necessary. Become very distressed when the parent leaves. Difficult to settle.
- 3. Avoidant Attachment:** Tend to avoid parents. When offered a choice between a caregiver and complete stranger, show no preference.

In developing a plan that will grow with baby, you and baby would benefit from the assistance of someone who knows child development. At The Fieldstone Centre, Elayne Tanner and lawyer Marilyn Samuels guide you through the complete separation process in the way that is best for you and your children.

## DR. ANOOP SAYAL

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DR. ANOOP SAYAL

**Q:** Is thumb sucking bad?

**A:** Yes and no. First, it must be understood that thumb sucking is a "natural reflex". An ultrasound test on a developing baby will often show him or her sucking a thumb. When this habit goes on for too long, however, orthodontic problems can often occur.

By the age of six or seven, the child's permanent teeth are just beginning to arrive. Before then, thumb sucking will cause few problems. After permanent teeth arrive, abnormal pressure from the thumb can cause the front upper teeth to become "bucked". The bottom front teeth then become crowded backward. A misalignment of the teeth occurs.

So, how do you stop thumb sucking for your four or five year old? Some have found gloving the hand, dipping the thumb in vinegar and increased attention to the child help. In the end, though, treatment depends on how long and often the thumb sucking occurs. To avoid any permanent damage, don't delay your attempts to stop this habit.

## Mountainview Residence

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www.mountainviewresidence.com



Christoph Summer  
Owner/  
Administrator

**Q:** Will retirement home staff notice subtle changes in my mother's health or offer reminders if she forgets to go for meals or to the programs?

**A:** Many retirement homes are adept at noticing the general wellbeing of its residents in a discreet manner. Here are a few things to look for.

Is the nursing station in an accessible area where the residents can interact with the staff in an ongoing, recurring basis? This enables the staff to be aware of any problems as soon as they occur. Some residences even check blood pressure and weight gain/loss on a regular basis. Make sure there is no cost for this.

It's natural that residents sometimes forget mealtime, as they are often engaged in other activities. To ensure that residents eat regularly, see if the dining room has a set-seating plan. This enables the staff to see immediately, when residents have missed a meal.

Take home an activity sheet to ensure that there are activities that appeal to your mother and that they are in easy-to-find locations. Check too, that the office of the activities coordinator is accessible. This is the person who can introduce your mom to the various programs and give her reminders if she forgets.

In short, assess not only the interaction of staff with the residents but also the layout of the building with regard to accessibility to activity centers.

## Synergy Benefits Consulting Inc.

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905-703-8857  
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www.synergybenefits.ca



Wendy Farrow-Reed  
CHRP (Certified Human  
Resource Professional)

**Q:** What are the Changes to Canada Pension Plan Benefits?

**A:** December 15th, 2009 proposed changes to CPP received Royal Assent. These changes are effective between 2011 and 2014 and will not affect anyone collecting benefits now or prior to 2012, unless you are a CPP recipient who continues to work.

Changes affect four main areas:

1. Benefits for early / later retirement have been adjusted as follows:

Age	Current Adjustment	New Adjustment				
		2012	2013	2014	2015	2016
60	-30%	-31.2%	-32.4%	-33.6%	-34.8%	-36%
65	0%	0%	0%	0%	0%	0%
70	+30%	+34.2%	+38.4%	+42%	+45.6%	+49.2%

2. Contributions continue for those who collect benefits early and continue to work. Both the "retiree" and the employer will be required to make contributions to age 65. A person may make voluntary contributions past age 65, which will buy them more benefits starting the following year.

3. Benefit calculations have been enhanced to allow for a greater drop off of years with little or no earnings.

4. Employees no longer need to "stop working" to collect before age 65 (2012).

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MARTYN JOSEPH

## Concert for Foodshare on Thursday

Martyn Joseph is a highly acclaimed Welsh singer-songwriter whose career has spanned 26 years and three different labels. On Thursday, May 13 he'll be performing at the Roxy in Acton as part of a 11-city World Vision Canadian tour.

All proceeds from this concert will go to the Acton Food Share.

Performing along with Joseph will be Rockwood singer-songwriter Glen Soderholm and songwriting partner and BBC Radio presenter Stewart Henderson.

Joseph is known for his powerful songwriting, which often focuses on social lament or protest.

"It's the song that can soothe, explain or even in a small way save us," says Joseph.

With this sentiment he has been instrumental in bringing the message of trade justice, Third World debt cancellation and human rights to an international audience.

In 2004, he won the Best Male Artist Category in the BBC Welsh Music Awards. *Q Magazine* described his music as having "a depth, resonance and emotional punch, which belies comparison. One of acoustic music's most original voices." *The Boston Globe* called his performance, "a profound experience."

The price of admission is \$15 in advance or \$20 at the door. Tickets are available at www.ticketwindow.ca or can be purchased at The Roxy. The show will begin at 8 p.m. Doors will open at 7:30 p.m.

Happy 50th Birthday Sue!

Happy 50th Birthday Mom!

Love Steve, Andrew & Krista

MANON Dulude PSYCHOTHERAPIST

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