

Ask The Professionals

Win a coupon for 50% off a Happy Ad with every question submitted for The Professionals by March 1st, 2011. features@independentfreepress.com or call 905-877-0301 ext. 237

ROSS Bounce Back
Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
res.CAMT

Q: My husband thinks that he has to live with his pain. What can I tell him?

A: One of the most common sentiments that we hear about pain is that it seems to have a mind of its own and therefore there is nothing that can be done to control it. This can make people feel that their pain controls their life causing depression and anger. This can make it difficult to get along with colleagues and family.

Our Physiotherapists are experts in the field of pain control. I would recommend that he speak to a professional before he settles for his current quality of life. He can check out www.rossphysio.com to increase his understanding of the physical rehabilitation process.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall



DR. ANOOP
SAYAL

(905) 877-CARE (2273)

Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

SUSAN S. POWELL
BARRISTER & SOLICITOR

FAMILY LAW

350 RUTHERFORD RD. S.
(Plaza 2, Suite 320)

on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: I entered into an Uncontested Separation Agreement 3 years ago, with no children involved, but have not progressed to a Divorce Agreement. I now reside with my new girlfriend. After a specified period can my new girlfriend automatically acquire "common law status" in spite of the fact that I have not applied for a divorce from my wife on the basis of living separate for more than one year?

A: Your girlfriend would be considered to be a common-law spouse if you resided together continuously for three years or longer, were in a relationship of some permanence or if you are the natural or adoptive parents of a child.

As a common-law spouse, should you separate in the future, an issue of spousal support may arise if there is a need by one party. The length of time spousal support may be paid would depend on the length of your relationship.

There would be no sharing of property in a common-law relationship which includes bank accounts, RRSP's, pensions etc. if you have kept your finances separate. In some instances, property claims may arise in a common-law relationship. You should speak to a lawyer about your situation. A Cohabitation Agreement could protect you from spousal support and property claims.

**Halton Hills
Speech Centre**

211 Guelph St., Ste #5,
Georgetown L7G 5B5

905-873-8400

www.haltonspeech.com



Karen
MacKenzie-Stepner

Q: My husband and I are parents of 18-month-old twin boys. We notice that they are not speaking like my sister's son who is the same age. People have told us that "twins talk late - all twins are like that" or "all twins have a special language". Can you provide us with some information about this?

A: Twin research is a very active field, with many scientists examining genetic, social and environmental factors associated with variations in personality features, as well as cognitive and psychological functioning. These research findings indicate that while the majority of twins develop language skills appropriately, there are some twins that do show language delays and related disorders.

There seems to be a number of possible biological and social factors to explain these results. For example, twins are frequently premature or low birth weight babies. Once home, their parents may have less time to attend to them individually and to help them develop verbal skills. Parents are often more exhausted and strained by the challenges of caring for two or more babies, and may be less verbally involved with their children. Consequently, with some twins, and particularly with boys, there is a delay of several months in their ability to express themselves verbally. Young twins are together nearly all the time, and like any two people who spend most of their time together, they learn to rely on nonverbal or shorthand forms of communication. They're able to act intuitively, understanding each other's gestures, grunts or vocalizations. They also mimic each other's attempts at expressive language, often reinforcing incorrect pronunciation. Twins tend to talk faster and may abbreviate their words or leave out consonants as they pronounce words, perhaps in a competitive attempt to talk over their co-twin and grab their parent's attention first. Finally, some delays may result from cognitive or physical consequences of a premature birth. However, many of these factors can, and usually do, also affect single children. It just seems that twins are more susceptible.

In most cases, twins will catch up to their single birth peers by the time they start school. But for some, speech problems can create difficulties in later years, particularly in reading or spelling. In some cases, early intervention or speech therapy is recommended to help address special needs.

Some suggestions that you can do are:

- Talk, talk and talk! Communicate with your babies, giving each child plenty of one-on-one time.
 - Don't let one twin speak for both.
 - Encourage each child to wait for the other to finish speaking.
 - Motivate your twins to express themselves with language. Don't give in to requests expressed by grunts or whimpers if they have the ability to make requests using words.
 - Ask questions to engage your twins in conversation.
 - Don't interrupt them to make corrections while they're speaking. Rather, let them finish, then say the words correctly by repeating the words back to them.
 - Offer plenty of exposure to other children, particularly older children, instead of having young twins play together exclusively.
 - Read to them. The benefits of reading to children are numerous.
- If concerned, you can take your children to see a speech pathologist for an assessment. Speech pathologists can provide ideas and suggestions, monitor development or provide therapy if needed.

Food bank's grocery list

The Christmas giving season is over but the clients of the Georgetown Bread Basket still need food! Any donation is appreciated but protein is one item frequently lacking. To supplement our clients' needs in this area, here is a suggested list of items you could donate: any canned meat, chilli or pasta with meat, canned fish and large soups as well as powdered milk. For children, canned juice and healthy snacks and cereals are particularly appreciated.



Wednesday, Feb. 2

Meditation and Teachings on Understanding the Mind: 7-8:30 p.m. at Glen Williams Town Hall, starting Feb. 2. Topics in Feb.: love and attachment, compassion and anger, inner wisdom and inner peace, and purifying negativity. Classes every Wednesday until June 29. Drop-in. Cost: \$10. The teacher is Kelsang Sangdrub, a Western Buddhist monk. Info: 905-274-7432 or www.meditateinmississauga.org

Thursday, Feb. 3

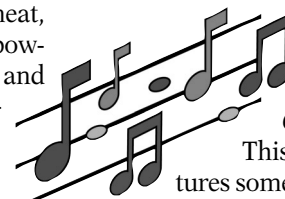
Ballinafad Hall Board euchre: at the Ballinafad Community Centre, 7:30 p.m. Cost: \$3 per player. Light lunch.

Community Calendar

Groundhog Supper: 6 p.m. at Huttonville United Church. Adults: \$15, children: \$6 (10 and under). Tickets: limited to 90 tickets; call 905-455-8449 or 905-451-1892. Take-out too.

Friday, Feb. 4

Georgetown Globe Musical Productions presents: *A Time to Remember - Georgetown Globe A Decade in Song.*



This cabaret-style show features some of the greatest hits from Globe's most popular musicals of the last 10 years. The show will run February 4, 5, 6, 10, 11, 12 at 8 p.m. and February 6 at 2 p.m. at St. Paul's Parish Hall in Norval (14 Adamson St. S.). For tickets go to www.haltonhills.ca/theatre or call 905-877-3700.

Saturday, Feb. 5

A 12-hour Scrapbook Crop: benefitting The Weekend to End Women's Cancers will be held from 9 a.m. to 9 p.m. at the Georgetown Salvation Army Church. Entry fee is \$40. This includes lunch and dinner. To sign up contact Erin Winson, 905-877-0115 or erinwinson@hotmail.com.



**A life without violence
is the only life to live**

Halton Women's Place

Healthy Relationships • Healthy Communities

905-878-8555

905-332-7892

Help Us Close The Door On Abuse

www.haltonwomensplace.com

The McGibbon Hotel

**LUNCH BUFFET
SERVED THURSDAY & FRIDAY**

11:30 am to 2:00 pm

Featuring:

- Roast Beef
- Baked Ham
- Fish & Chips
- Assorted Salads
- Dessert Table
- Tea & Coffee

\$ 11.50

HST INCLUDED

Private Catering Available

~ LIVE ENTERTAINMENT ~

**Fri. & Sat.
9:30 pm - close**

NEIL COTTON

79 Main Street South, Georgetown

905-877-3388