

SPORTS



NEW COURTS JUST SMASHING: The Georgetown Racquet Club recently celebrated the 'Grand Reopening' of its newly resurfaced tennis courts embedded in the trees along the Credit River. The newly resurfaced tennis courts also include two Pickleball courts to support the growing popularity of this new sport in the local area. Pictured above, Halton Hills Town Councillor Jane Fogal, Christine Kogon President Georgetown Racquet Club and Halton Hills Mayor Rick Bonnette took part in the grand re-opening ceremony for the soon-to-be refurbished courts at the GRC facilities on Armstrong Ave.

Photo by Jon Borgstrom



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Gerry Ross
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Q: Can I trust the internet for health information?

A: Our clinic's website www.rossphysio.com has a clinical library with hundreds of great articles written by registered physiotherapists (including yours truly) often with the scientific references noted for the article. There is a body map and a folder system so you can find what you are interested in quickly. You can also choose areas that you are interested in and be notified when a new article is added to that section of the site. A word of caution though – partner with a Physiotherapist during your rehab to avoid disappointing results or injury. Please take advantage of this information and stay well.



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Q: We are half way through summer and I am wondering how I can help my little boy in the upcoming school year. He will be going into grade 2 and has already been labeled as a troublemaker. He has been put into timeouts and has even been expelled once but nothing seems to help. I don't believe he is a kid who means to be 'bad'. What are your thoughts on this?

A: Some children find it more difficult than others to cope in a regular classroom setting. The days are long, and they do not know how to contain their anxiety. They frequently feel misunderstood and have emotional outbursts, which get them into further trouble. Their anger at the situation increases and they become more anxious and defensive. They get blamed for things that are not their fault and they are always bracing for the next confrontation. These are often the children who are diagnosed with behaviour problems such as, attention deficit (hyperactivity) disorder (ADHD), oppositional defiant disorder (ODD), and reactive attachment disorder in which young children, often as a result of trauma, are unable to relate appropriately to others. Which means that we tend to impose the harshest treatments on the kids least able to contain their behaviour. It has now been shown that timeouts, suspensions, and systems of reward and punishment are not working. Children need to learn to control their own behaviour, rather than having external controls imposed upon them. This promotes the development of autonomy, feelings of competence and a capacity to relate to others—all necessary components of motivation. The phrase "school-to-prison pipeline" was coined in US to describe how unruly behaviour that is uncorrected in 1st grade becomes the 5th grader with multiple suspensions, the 8th grader who self-medicates, the high school dropout and the 17 year old in trouble with the law.

This research supports the value of teaching a child to control and be accountable for his or her own emotions. Allowing the child some freedom to express their frustration in a safe way may be adequate for some youngsters. So for instance, allowing them to hammer nails into wood or throw rocks into a stream may adequately relieve anxiety and anger.

Equine therapy is another modality that has been proven effective in teaching emotional regulation. The horse will reflect back the emotion of the child and come closer when the feelings the child projects are ones of calm, confidence and safety. When I use equine therapy, I find that there is nothing as empowering to a child than the ability to draw my very large horse in close to have his nose scratched as trust is developed, and to then be able to lead the horse (this is all done with close supervision by myself) around the field. Seeing that the horse likes them and reacts positively shows the child their ability to control their emotions, project positive emotions, and make friends.

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Elayne Tanner Social Work Professional Corporation