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SAYAL

:Is thumb sucking bad?

*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.

WHAT'S ON

WHAT'S GOING ON THIS WEEKEND?

 The Mom Market Presents the Georgetown Pop-Up. When: Saturday, Sept. 26, 10 a.m.-6 p.m. Where: Georgetown Market Place, 280 Guelph St., Georgetown More info: Shop local at the Georgetown Market Place to support women-owned small busi-

- Georgetown Farmers' Market. When: Saturday, Sept. 26, 8 a.m.-12:30 p.m. Where: Main St. South, Georgetown More info: Shop from a selection of farm-fresh produce. COVID-19 protocols in effect.
- · Walk or Run for the Georgetown Hospital. When: Sunday, Sept. 27, 9 a.m.-2 p.m. Where: Gellert Community Centre, 10241 8th Line, Georgetown More info: Three-ki-

lometre or five-kilometre walk, or run, to support the Georgetown Hospital, helping it purchase life-saving equipment.

•Kidney Walk. When: Sunday, Sept. 27, noon-11:30 p.m. Where: Your neighbourhood. More info: Raise funds for innovative research, programs and services that support those with kidney disease. Walk around the block, through your neighbourhood and show support.

• Pumpkins After Dark. When: Saturday, Sept. 26, 6:30 p.m.-10 p.m. Where: Country Heritage Park, 8560 Tremaine Rd., Milton More info: More than 150 carved jack-o-lanters on a 2.5-kilometre audio-guided driving tour. Book your tour in advance.

·Milton Farmers' Market. When: Saturday, Sept. 26, 8 a.m.-noon Where: Milton Fairgrounds, 136 Robert St., Milton More info: The Milton Farmers' Market moves to a new home at the Milton Fairgrounds for the rest of the season.

LITIGATION



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ASK THE PROFESSIONAL

I am married and just separated

from my spouse. We have children, and a lot to sort out. Do I have to go to court to resolve everything?

No, you do not have to go to court. In fact, the only thing you need to go to court for is to get a divorce if you wanted a divorce. Otherwise, all other issues, including custody/access, support and property division, can all be resolved out of court. It is in fact preferable that spouses avoid court, and resolve matters between them on their own, but preferably with legal counsel to help you investigate and negotiate a resolution. There are many reasons not to go to court: it is adversarial, it is expensive, it takes a long time, and you have the least amount of control over the outcome as you are leaving the decisionmaking to a judge. There are several great ways to resolve matters without going to court. For instance, negotiations directly between the parties (with legal counsel if any), a "4-way meeting" between the parties the their lawyers, or mediation. Certainly, if there are important points that are not resolved, or you have an urgent situation, then court might be necessary. However, there should first be a serious effort to resolve matters "amicably" out of court first if at all possible. We do a lot of family/divorce law. I am happy to meet you for a free consultation at one of our three offices, including 8 Guelph Street, Georgetown, in the Lounsbury Life & Group Insurance Benefits building. Have a great weekend.

Empowering Clients. Enriching the Community.

The advice offered in this column is intended for informational purposes only. Use of this column is not intended to replace or substitute any professional, financial, medical, legal, or other professional advice