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Parents looking for care in a small group setting licensed by Ministry Standards and supported by a qualified home visitor.

For further information contact
Kate Sherwood (905) 876-1244, ex. 12.

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8 Week Program - July 2 - August 23
Enrollment on a weekly basis

Monday - Friday 6:45 am to 6:00 pm
Ages 6 through 12 years of age as of December 2002

All prices include breakfast snacks & lunch.

83 Main Street N., Georgetown (Hwy 7)
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LIMITED
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FEATURE SLEEPING BEAUTY

by Abbey James

As a small child, my greatest wish was to be able to stay up late. In those days, 'late' meant until Batman was over on the TV (am I dating myself?). Now of course, I can't wait to 'hit the sack' or sneak an afternoon nap - my current definition of pure indulgence.

I am not sure who is more tired at the end of the day - my husband and I or the kids. We all have early mornings and busy days. When bedtime does arrive I look forward to everyone settling down quickly and easily.

Both my husband and I have noticed how extended the nighttime routine has become with our oldest daughter, now 8. As a small child, she drifted off to sleep quietly, happily and quickly. What used to be a fairly streamlined routine - bath, story and 'night-night' kiss has stretched into hours of frustration for all of us.

Our solution was to allow her to stay up a little later, which has been met with great success. She seemed delighted in being able to stay up later than her brother and combined with having some free time to play, create and generally 'do her own thing', we have noticed a much calmer evening routine.

Not long ago, we had a bad night. Our son (age 6) is usually so tired he falls asleep after dinner - no trouble at all. The two year old has the confines of a much-loved crib to play in before she curls up on top of all the books, blankets and toys to sleep (not my idea of comfort but she likes it). But the oldest just decided not to go to bed - at all! She wanted to play just one more game, and then one more again, read the 'last story' again, tidy up her room for the morning - anything but get into bed. Could she colour at her desk for just a few more minutes she asks? "Sure" I respond (trying to be agreeable), "but not for too long".

An hour passes by and she is still up. I ask her again to get changed and hop into bed. She says she's not a bunny - I laugh (sort of) but I insist it is still

bedtime. I am now at the 'ugly, over-tired, out of patience and generally bad-tempered mother stage'.

She was adamant about remaining dressed, sitting at her desk, listening to music and doing any or everything unrelated to bedtime. Phrases like, "it's getting late - better get to bed", "you'll be tired in the morning" and "it's bedtime now and I mean it", all fell on deaf ears. As I ventured back downstairs I could hear music from her tape player grow louder and her words become even more defiant. When I didn't respond she moved to the top of the stairs, obviously upset and yelling, "I'm not going to bed you know!" followed by, "I'm coming downstairs now."

Things escalated. I yelled and then screamed and so did she. I knew in the back of my mind that certainly was not managing very well at all. NOW WHAT??!

I pulled Jim away from his office work to help. "She is unbearable and she is all yours!" I announce. Surely with his gentle, soft touch he could help her into bed and at the same time help me find something for my headache! As it turns out he was just as unsuccessful, at least in getting her to bed. He found the aspirin without any trouble. continued from page 9

We decided it was time to 'lay down the law' and insist she go to bed - for the last time. No more attention from us! I could tell that she knew we were angry as we closed the door to where we were sitting downstairs, giving her the very clear message that she could not engage us anymore. We assumed that she would eventually get into bed and go to sleep.

It was a good try but a bad idea. We found her curled up asleep on the floor of the upper hallway. I felt terrible. We carried her into bed, still in her clothes. By now we had calmed down and knew in our hearts how wrong the entire evening had been.

The next morning she arrived downstairs, not rested and certainly not with her usual morning smile. "I'm sorry," she says to my back. "I'm sorry too" I reply. We hug.

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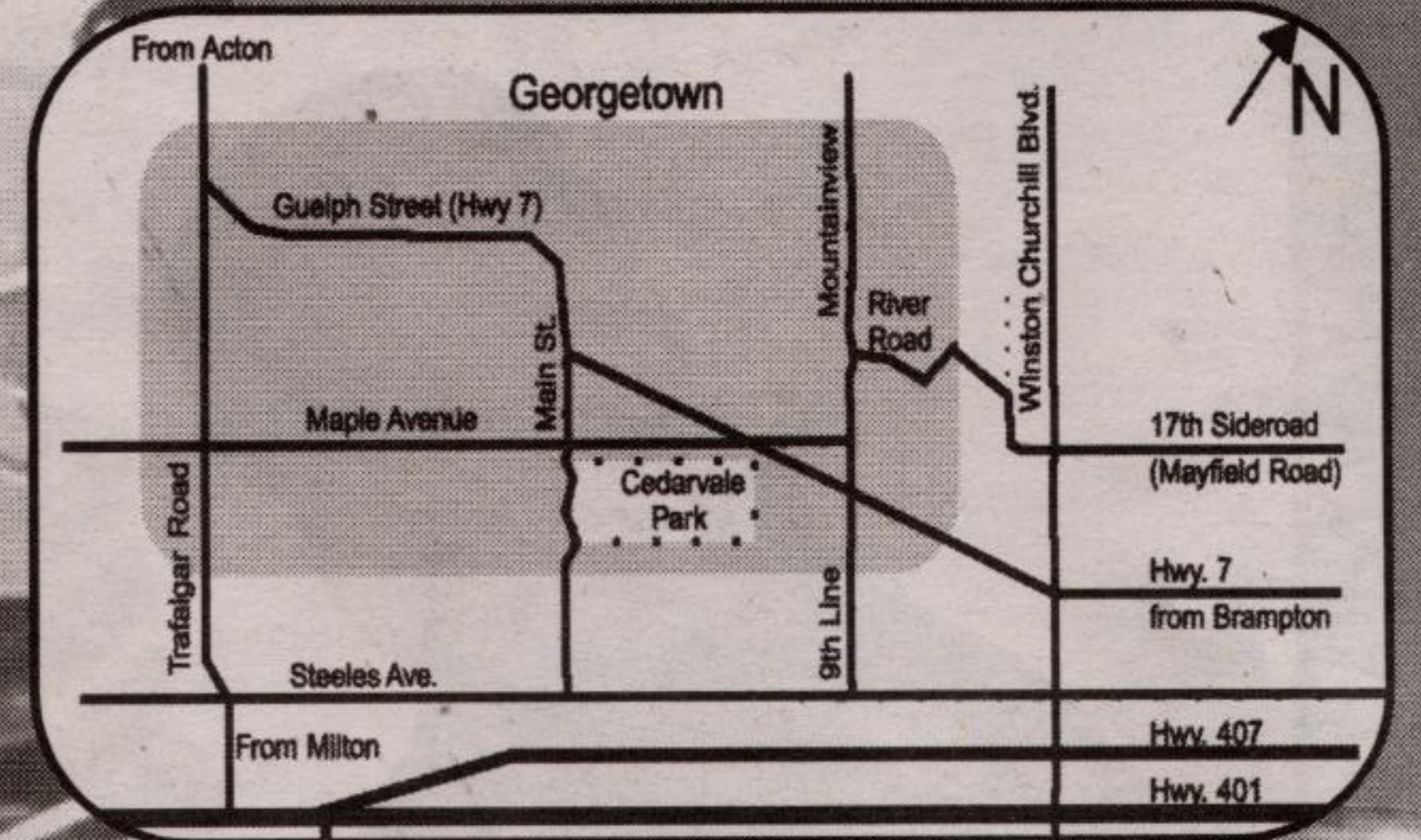
Take Dad to the 15th Annual CLASSICS



AGAINST CANCER

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THE WHOLE
FAMILY!



Father's Day, Sunday June 16

All proceeds to the Cancer Assistance Services of Halton Hills

7:30 AM Gates open to the public and exhibitors

7:30 AM to 11:00 AM Registration of all show vehicles

8:00 AM to 10:30 AM Pancake breakfast with bacon

9:00 AM Judging of all entered vehicles starts

11:00 AM to 2:30 PM Lunch available

10:00 AM to 3:00 PM Children's corner

Entertainment, featuring a variety of acts and entertainers.

3:00 PM Awards presented to the best cars in the show.

