

Five Ways to Manage Morning Madness

It is possible to "reclaim" your mornings, according to Andrea Pennington, M.D., author of The Pennington Plan, physician, motivational counselor and founder of The Pennington Institute for Health and Wellness. Pennington's simple solutions will help families boost their energy levels and jump-start their day.

1. Make planning a family affair. Ensure a smooth start to a well-planned day by preparing for the morning the night before. Monitor the weather report with your children to decide on the next day's wardrobe, prepare nonperishable lunch items together and pre-pack the

next day's essentials such as ballet shoes, soccer gear and snacks for the car.

2. Focus on success. A morning "command center" helps organize contact information, dates of important events and individual schedules in a single location that can be accessed by the entire family. Post a master calendar that includes activities for each family member, chores and individual to-do lists.

3. Eat breakfast. Eating a nutritious breakfast helps "break the fast" our bodies undergo during sleep. With all the nutrition of a complete breakfast, it will give you the energy needed to kick-start mornings.

4. Promote family face time. Spend just a few moments in the evening reviewing your child's upcoming agenda. Use this time to review study questions for the next major exam or discuss the game plan for an extracurricular activity. A few extra moments together ensures that a busy schedule never interferes with your desire to keep family first.

5. Maintain a routine. Consistency is key. Establish a pattern that will guide you and your children through each individual's necessary tasks. This will combat serious threats that unexpected disruptions can cause. Consistent meal times, bedtimes and wake-up times are the first steps in establishing a regular routine.



Mornings don't have to be dreadful! Boost energy and save time by following some easy tips.

DAYCARE & SCHOOL AGE PROGRAM

100 Mountainview Rd. S., Georgetown

MONDAY TO FRIDAY
6:45 AM - 6:00 PM

905-702-9797

Future Scholars

Ages: 15 months up to 5-6 yrs. of age
Cost: Very competitive & affordable.

Programs offered:

Toddler, junior preschool, senior preschool, nursery, extended 1/2 day with a lunch, before & after school and transportation to surrounding separate & public schools. Full time & part time programs offered.

Programs promotes:

- *Socialization & friendship
- *Self-help skills & independence
- *Self esteem & self confidence
- *Fun & learning Growth & development of the whole child
- Emotionally •Physically
- Intellectually •Socially

Some Programs include:

- *Creative crafts *Music *Outdoor gross motor
- *Cognitive theme circle *Storytime *Preschool Academic Workbooks
- *Stimulating program with daily schedule & learning centres such as blocks, dramatic, science, sensory, books, floor/table toys & fine motor activities
- *Nutritious breakfast/snacks/lunch meal *Qualified educators.

LIMITED SPACES STILL AVAILABLE FOR SUMMER 2005.

To inquire please call 905-702-9797

SWIM SCHEDULE - SUMMER

ACTON & GELLERT: JULY 2 TO SEPTEMBER 4

DICK LICATA & PROSPECT: JULY 2 - AUGUST 21

Closures: Civic Holiday August 1

Georgetown Indoor Pool is closed for the summer. * Call pools for Canada Day schedules!

DAY	Acton Indoor Pool 519-853-3140		Dick Licata Outdoor Pool 905-877-1021		Gellert Community Centre 905-877-4244		Prospect Park Wading Pool 519-853-3140	
	TIME	SWIM	TIME	SWIM	TIME	SWIM	POOL	TIME
Monday	2:00-4:00pm	Leisure	12:30-1:30pm	Lane	6:30-7:30am	Early Bird	25m	1:30-4:00pm
	7:30-8:30pm	Leisure	2:00-4:00pm	Leisure	11:00-12:00pm	Family	Play	
	8:30-9:30pm	Lane	4:00-5:30pm	Family	12:00-1:00pm	Lane	25m	
			6:30-7:30pm	Leisure	2:00-3:30pm	Leisure	Both	
Tuesday	2:00-4:00pm	Leisure	2:00-4:00pm	Leisure	6:30-7:30am	Early Bird	25m	1:30-4:00pm
	7:00-8:00pm	Family	4:00-5:30pm	Family	11:00-12:00pm	Senior	25m	
	8:00-9:00pm	Lane	6:30-7:30pm	Leisure	12:00-1:00pm	Lane	25m	
					2:00-3:30pm	Leisure	Both	
Wednesday	2:00-4:00pm	Leisure	12:30-1:30pm	Lane	6:30-7:30am	Early Bird	25m	1:30-4:00pm
	8:30-9:30pm	Lane	2:00-4:00pm	Leisure	11:00-12:00pm	Family	Play	
			4:00-5:30pm	Family	12:00-1:00pm	Lane	25m	
			6:30-7:30pm	Leisure	2:00-3:30pm	Leisure	Both	
Thursday	2:00-4:00pm	Leisure	2:00-4:00pm	Leisure	6:30-7:30am	Early Bird	25m	1:30-4:00pm
	6:30-7:30pm	Leisure	4:00-5:30pm	Family	11:00-12:00pm	Senior	25m	
	7:30-8:30pm	Lane	6:30-7:30pm	Leisure	12:00-1:00pm	Lane	25m	
					2:00-3:30pm	Leisure	Both	
Friday	2:00-4:00pm	Leisure	2:00-4:00pm	Leisure	6:30-7:30am	Early Bird	25m	1:30-4:00pm
			4:00-5:30pm	Family	11:00-12:00pm	Family	Play	
			6:30-7:30pm	Leisure	12:00-1:00pm	Lane	25m	
					2:00-3:30pm	Leisure	Both	
Saturday	2:00-3:00pm	Leisure	1:00-2:30pm	Leisure	7:00-8:30pm	Youth	Both	1:30-4:00pm
	3:00-4:00pm	Family	2:30-4:00pm	Family	8:30-9:30pm	Lane	25m	
	4:00-5:00pm	Lane			9:00-10:00am	Lane	25m	
					12:00-1:30pm	Leisure	Both	
Sunday	2:00-3:00pm	Leisure	1:00-2:30pm	Leisure	1:30-3:00pm	Family	Both	1:30-4:00pm
	3:00-4:00pm	Family	2:30-4:00pm	Family	3:00-4:30pm	Leisure	Both	
	4:00-5:00pm	Lane			6:00-7:30pm	Leisure	Both	
					9:00-10:00am	Lane	25m	