

FOR THE FAMILY

Reading the clues behind the crying

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Halton Hills' Community Newspaper

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Feelings, not food, behind eating disorders

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Special pullout section

Make the most of the inaugural Family Day holiday

The raging debate over the Ontario government's newly legislated Family Day holiday on February 18, has left many families questioning whether they deserve time off, or indeed, get the time off that they deserve.

Some employers aren't happy and are refusing to honour the holiday since they already grant employees more than the standard nine holidays. Others are griping about the loss of employee productivity during downtime.

Professional Organizer Karen Sencich offers practical strategies for making the most of this refreshing mid-winter opportunity to focus on family-related activities. She points out that this holiday is unspoiled by greeting card displays, gift exchanges or fancy dinner preparations so it's important not to set expectations too high or establish elaborate precedents for next year.

To maximize this new employee benefit, it's advisable to report back to work on Tuesday noticeably refreshed after a chance to unwind. Try to avoid spending the holiday crossing obligations from your To Do list.

The key to enjoying the day is to keep activities simple. Sencich recommends beginning by asking yourself, "when was the last time I had a day off to indulge in something I've always wanted to do but seldom have time to enjoy?"

Focus on Family

• Set a completely different tone to make the day memorable. Make it backwards day where the children get to boss the parents around for the day or eat dessert before dinner.

• Stay in PJs and read novels all day or leisurely flip through magazines.

• Explore the origin of your family or create a family tree.

• Tell stories about the special achievements of family members past and present.

• Reminisce by flipping through old photos, home videos or ancient 8 millimetre films.

• Take turns pampering each other with a manicure, pedicure, facial or a massage.

• Haul out the board games and pass on old-fashioned fun to the younger generation.

• Bake something just for the joy of eating it afterwards. Comfort food is so relaxing.

• Start a new hobby— learn to knit, do a puzzle or try Suduko for the first time.

• Call a far off friend just to chat.

—Karen Sencich, owner of Havoc to Harmony, is an award winning Professional Organizer specializing in family management since 1999. For more information about this topic, or to schedule an interview, please call 416-930-3340.



Halton Region Museum
Heritage Day Open House

 Join the Halton Region Museum in celebrating this year's Heritage Day, featuring a presentation on the Dominion Seed House – an important part of Georgetown's history.
 If you have memories or mementoes from the Dominion Seed House, please bring them to share.
 Museum tour and light refreshments to follow.
Sunday, February 17th
2:00 p.m. – 4:00 p.m.
 Alexander Barn, Halton Region Museum
 Free Admission & Parking
 905-875-2200
 Toll free: 1-866-442-5866
 TTY: 905-827-9833
 Located at the bottom of the ski hills inside Kelso Conservation Area. RR 3, Milton, ON
www.halton.ca/museum

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