



Strictly Dance

Ballet • Pointe • Jazz • Tap • Acro • Hip Hop
 Adult/Teen Ballroom • Kinderdance • Adult/teen Classes
 Modern • Musical Theatre • Lyrical

March Break Boredom Busters

March 10th to March 14th • Ages 4 - 10

Fun filled days with Ballet, Jazz, Hip Hop, Acro, Stretch & Strength, and Musical Theatre.

Daily crafts, movies & games too!

Look forward to "Spa Day" & "Friday Pizza Lunch".

Early drop-off, late pick-up, full and half day options available.
 For more information and pricing call us or visit our website.

16 Adamson St., Norval, ON L0P 1K0
 (Hwy. 7 & Winston Churchill Blvd. N.)
 Telephone: (905) 702-9728

www.strictlydance.ca

Registration forms may be picked up in the office
 or email: info@strictlydance.ca

The crying game: Cues and clues to explaining your baby's cries

Baby's cries can mean so many different things— they're tired, hungry, wet, uncomfortable, and the list goes on.

According to a recent survey, 66 per cent of all Canadian moms can't seem to figure out why their baby is crying. And 90 per cent of all Canadian doctors say most parents are confused about their baby's cries.

The confusion is understandable, but there are often other cues baby gives new moms that may point out a larger issue. Three out of four doctors agree that a baby's crying can often be linked to digestive discomforts.

Doctors suggest looking for the following cues and clues to tell if your baby is crying as a result of tummy troubles:

- Increased irritability
- Increased spit-up
- Bloating stomach
- Irregular sleeping patterns
- Pulling legs up

The good news is that doctors agree that there are steps moms can take to ease their baby's cries. To avoid digestive discomforts from the onset, new moms should try to breastfeed as it is easiest for baby to digest.

If a mother cannot or chooses not to breastfeed, she should know that not all formulas are created equally. For example, research shows that a formula like Nestlé Good Start is easier to digest by baby because it is made with



100 per cent whey protein that is partially broken down. Babies on this type of formula may experience reduced spit-up and soft stools, giving a similar digestive experience to breast-fed babies.

—News Canada

Dr. Anoop Sayal & Associates



FAMILY & COSMETIC DENTISTRY



We create great smiles!

Hours:

Mon. & Weds. 9:00 am - 8:00 pm
 Tues. & Thurs. 9 am - 6 pm
 Friday 9:00 am - 1:00 pm
 Saturday 8:00 am - 3:00 pm



Georgetown Market Place Mall

New Patients and Emergencies Welcome!!!

905-877-2273 (CARE)

Adult's Paint Your Own Pottery Evening Friday, Feb. 29th, 7:30 p.m.

Join us as we bid February a fond farewell with a little food, a little wine, and a whole lot of creative fun in a relaxed atmosphere

Includes: Instruction for new painters, New Painting Techniques, Wine & Snacks...

PLUS...Our Fantastic Find-a-Friend Special...

Bring along one or more first time painters (well - first timers at Glazed Expressions anyway) and enjoy 50% off your studio fee! The same goes for your friends!

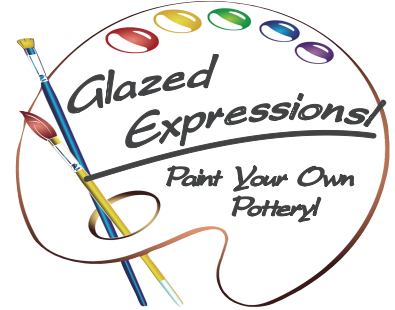
PLUS...Complimentary upgrade for specialty glaze usage (on all pieces \$12 and over)
 Studio fees for pieces \$12-19 = \$8, \$20 and up = \$12.

So phone your friends and reserve your place today!

Parties for All Occasions

324 Guelph Street
 Georgetown

905-877-2224
www.glazedexpressions.ca



March Break Morning Cerami-Camp

Join us for a morning of creative fun...or two, or three...

Monday - Friday, March 10 - 14th
 9:00 am 'til noon

SUPERVISED ACTIVITY FOR KIDS 6 AND OVER

INCLUDES MID MORNING SNACK

VERY COOL DAILY THEMES TO CHOOSE FROM:

- Over and Under the Sea - Create your own underwater world!
- Fab Families - Design your own "family faces" wall plaque or one-of-a-kind Coat of Arms
- Create-A-Clock Workshop - Design and paint your own (working) clock! (add \$5)
- Messed For Success - Cool painting techniques with shaving cream, bubble painting, & more!
- Spaced Out - Cosmic Creations that are out of this world!

\$30 + TAX

PLEASE CALL THE STUDIO FOR MORE INFO!