

# Ask The Professionals

Ask Questions. Get Answers. "Ask the Professionals"

E-mail your questions to: [features@independentfreepress.com](mailto:features@independentfreepress.com)

## Elayne Tanner & Associates Inc.



Elayne M. Tanner

### Elayne M. Tanner

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Counselling & Psychotherapy

Milton

905-854-0801

[www.etasolutions.com](http://www.etasolutions.com)

**Q:** How do I deal with my child's temper tantrums?

**A:** Children have temper tantrums when they get frustrated because they are tired, hungry or unable to do what they are trying to do. Even though children never plan tantrums or have them on purpose, they are never acceptable. The best way to deal with tantrums is by planning ahead and being consistent so that your child knows what to expect. Tell your child what you are going to do and give them time to prepare. Tell them the type of behaviour that is acceptable and the outcomes of good and bad behaviour and be sure to follow through. Try to do chores when your child is rested and not hungry. Encourage your child to use words as much as possible to tell you what they want. Let your child make appropriate choices such as which colour shirt they will wear or which fruit they would like to eat. Try to 'catch your child being good' and praise good behaviour before it is replaced by bad. If you see your child becoming frustrated try to step in and divert the tantrum. Sometimes a game or a hug is effective. If all else fails and your child has a tantrum, make sure your child is safe and when possible, ignore it. Do not give him or her any attention for tantrums. In public when the tantrum is impossible to ignore take the child somewhere private even if it means leaving a full shopping cart behind. When home, discuss the behaviour and give a time out. Time outs should be away from any action so the child sits quietly for approximately one minute for each year of your child's age. When the time out is over, praise your child and talk about why the behaviour was unsuitable and what you expect the next time you are in the same situation. Temper tantrums will subside but if they are of concern, you may want to consider counselling to help you deal with the behaviour more effectively.

"HELPING YOU HELP YOURSELF."

## Halton Hills Speech Centre

Division of M. Karen MacKenzie-Stepner Speech-Language Pathology Professional Corporation

211 Guelph St., Suite #5  
Georgetown L7G 5B5

905-873-8400 [www.haltontspeech.com](http://www.haltontspeech.com)



Karen MacKenzie-Stepner

**Q:** Over the past winter and spring my pre-school age son has had numerous ear infections. A friend told me that my child is at risk for hearing and speech and language difficulties. Can you explain how this might happen and what can I do?

**A:** Middle ear infections (otitis media) are a common ailment of early childhood. Otitis media is the inflammation of the middle ear, usually in association with fluid build up. Symptoms, frequency and severity of otitis media can vary from child to child. However, one common factor for all children who experience otitis media is a fluctuating hearing loss. The middle ear houses 3 small bones that vibrate and send signals to the inner ear when sound waves strike the ear drum (a thin membrane separating the outer ear from the inner ear) and set these bones in motion. However, when a child has otitis media the fluid build up in the middle ear will often prevent the eardrum from vibrating normally. This will prevent good sound signals from reaching the inner ear and subsequently the brain. Thus, the child will experience a hearing loss that is most often temporary. However, if a child experiences recurring bouts of otitis media, permanent damage may be done to the small bones, eardrum or hearing nerve, which may result in or cause permanent hearing loss. It is therefore important to be aware of the signs and symptoms of otitis media. A good source for this information is your family physician.

Hearing loss due to otitis media may cause speech and/or language problems. A child learns speech and language development from hearing and listening to other people talk in his environment. However, if a child is having difficulty hearing during the stages of development then we may see a delay in the development of his speech or language because he is not gaining the full advantages of the language-rich experiences around him. If a child does not develop critical precursor speech and language skills, then we may see a domino effect in the delay of his communication skills.

If you are concerned that your child may have otitis media it is important to contact your family health care professional immediately. If your child has had numerous middle ear infections it may be necessary to consult with an audiologist to evaluate your child's hearing and a speech-language pathologist to assess your child's speech and language development and provide suggestions/recommendations as necessary.

## DR. ANOOP SAYAL

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DR. ANOOP SAYAL

**Q:** Why is flossing so important?

**A:** Did you realize that you're only cleaning part of your teeth when you brush them? Each tooth has five sides to it, but only three are cleaned with daily brushing. The other two surfaces between the teeth don't get cleaned. Yet, this is where cavities are most likely to start.

That is why flossing is so critical. It acts to remove plaque and deposits which can build up. If these are not removed on a regular basis, gum disease can sometimes result. But, how is it properly done? After gently working the floss between the teeth, slide it just under the gum and scrape, rubbing the side of the tooth. The floss may be thought of as forming a big "C" shape against the tooth. Do this between all teeth until a squeaky sound is heard, letting you know the plaque is broken up. Your dentist can give a demonstration of the correct technique.

Good dental hygiene begins with you. Brushing, flossing, and regular visits to your dentist help insure your dental health.



## SPRIGGS INSURANCE BROKERS LIMITED

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E-mail: [georgetownoffice@spriggs.ca](mailto:georgetownoffice@spriggs.ca)

**Q:** How do convictions under the Highway Traffic Act affect my policy?

**A:** As a rule, you can have up to 2 minor convictions before you run into insurance problems. Some insurance companies may even offer a 'conviction-free' discount. Demerit points do not affect a policy - convictions do. Convictions remain on insurance records for 3 years. If you are charged with a major conviction or a serious conviction such as careless driving, fight to have it reduced to a minor conviction. Remember a traffic offence does not affect your policy until it becomes a conviction. For this reason, you would be wise to fight the charge and ideally have it thrown out of court or quashed. This will lessen the burden on your policy. Consider discussing your traffic violation with your insurance broker before offering a guilty plea.

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[uschi@golden.net](mailto:uschi@golden.net)



Christoph Summer  
Owner/Administrator

**Q:** I am thinking of moving into a retirement residence. With so many variables and prices, how do I make a choice?

**A:** This is a seemingly daunting task but one that can be made easier if you give yourself the time and plan ahead.

A good place to start is with residences that come highly recommended by family and friends. Secondly, residents with membership in ORCA (Ontario Residential Care Association) have met the industry's high standards, ensuring quality care.

Next, do a realistic assessment of your needs. For example, what help are you receiving now and what added help would you like? Add to this, a "wish list". What added features are important to you? What type of setting would make you feel most at home? How does the home look? Is it a bright, clean, friendly place to live? Can you bring your own furniture..... and so on?

Compile a list of questions and fill out separate evaluation for every residence you visit. That way, you will have a consistent assessment of each home without the worry of forgetting the details. Consider too, staying for a meal and comparing this important aspect of retirement living.

Your evaluation of homes can be based on all the things that are important to you and your needs including, of course, the cost.



## ADAPT

HALTON ALCOHOL, DRUG and GAMBLING  
ASSESSMENT PREVENTION & TREATMENT SERVICES

Carrie Woodcock  
Problem Gambling Counsellor

## Problem Gambling Services

36A Armstrong Avenue  
Georgetown, ON L7G 4R9

(905) 873-6502

42 Mill Street  
Acton, ON L7J 1H2

(519) 853-8222

**Q:** Have you felt a need to gamble more often with more money?

**Q:** Do you ever return to try and win back money you have lost?

**Q:** Do you ever lie about your losses or hide your gambling from others?

**Q:** Do you ever gamble to escape your problems or to relieve unpleasant feelings?

**Q:** Have you or someone close to you ever been worried or concerned about your gambling?

If you answered yes to any of the above questions we recommend that you talk to a gambling counsellor or to someone you trust. Gambling patterns can become heavier over time and may lead to serious problems. Problem Gamblers report higher rates of stress, depression, financial problems, relationship problems and even suicide. Help is available. If a friend or family member is gambling too much and you are concerned we also encourage you to talk to someone.

WE CAN HELP!

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# ENTERTAINMENT

## Youth group to groom tomorrow's Globe stars

Most community theatre groups these days are developing youth divisions. Globe Productions is the latest one to take the plunge, with a membership signup today (Wednesday) or tomorrow, 7-9 p.m. at St. John's United Church, 11 Guelph St. for their new Youth Company, which encompasses ages 8 to 20.

The cost to join the Youth Company is \$25, plus any fees for optional workshops.

The idea is that since today's youth will be tomorrow's performers, why not begin early in developing them as performers and as audience members?

Participating in live theatre and watching live theatre opens a whole new world to young people. It is a participatory experience, rather than the usual passive experience of watching TV or movies, and kids and teens love it!

The Globe Productions Youth Company's first production, *The Wizard of Oz*, will be performed at the John Elliott Theatre in May of 2009. Globe hopes to attract 100 youth members to work on and off stage, with key roles being double cast (when ever possible) to ensure maximum talent exposure. Auditions will be in November, with rehearsals beginning mid February. *Wizard of Oz* rehearsals, starting in February will be Wednesday and Friday evenings and Sunday afternoons.

For the fall season, Globe has booked a series of five workshops to be held Sunday afternoons from 1-4 p.m. at St. John's United Church. The series, which starts on Sept. 21, will be led by Globe's experienced directors and will include the topics of improvisation, vocals, makeup/staging, drama and how to audition. The cost of five workshops is \$125. Workshops are not mandatory to audition for the show, but are designed to improve members' skills and develop confidence.

"A youth musical theatre group makes perfect sense for Georgetown and surrounding areas," says Globe president Lois Fraser. "The Town of Halton Hills has run theatre camps in Georgetown and Acton for the last 15 years and they have been the hottest ticket in town. Georgetown already has a high level interest in both music and theatre. With hundreds of children in the Georgetown Children's Chorus for the past 16 years, the new Gaudeamus Choirs and a very successful GLT Youth Group with 65 active members, there is clearly a strong interest in performing. Globe was careful to work around the schedules of these groups, so that its members can participate in other performing groups without conflict."

For more information contact 416-575-1232.

## Heere Fishy Fishy!

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