

# Region program provides support to parents

## For goodness sake . . .



A good health tip from Milton District Hospital

### RAKING LEAVES

Getting ready to roll up your sleeves and rake the yard this weekend? Keep moderation in mind when you take rake in hand...especially if you don't subscribe to a regular fitness program. Prepare yourself just as you would if you were heading out for a jog or other fitness activity.

- \* Warm up properly
  - \* Use the right equipment and protective clothing - gloves help!
  - \* Cool down when you're finished
  - \* Take it easy the first time out!
- Too much, too soon may lead to injury.

"For goodness sake" is brought to you courtesy of



and The Canadian Champion

• from INVESTMENT on page 8 ways to keep kids safe and healthy. That means delivering the straight goods on everything from playground or car seat safety to substance abuse.

The dangers of drug and alcohol abuse are taught to grade 6 students by public health nurses, said Ms Urbanski.

Then they make a return visit two years later to ensure the message has sunk in.

"The research was showing that we get them in grade 6 and that is okay for a while, but then something seems to happen in grade 8," said Ms Urbanski.

"In grade 8, you have to approach them in a different way. You have to talk to them like young adults."

The Region also tries to identify the needs of specific neighborhoods.

That can mean helping a community set up drop-in centres, as happened in Oakville, or zero in on safe playgrounds, as Acton has chosen to do.

And thanks to provincial downloading, the Region is also charged with funding — but not operating — family resource centres.

Those are designed to aid children by offering support to their caregivers.

That means offering parenting courses, or just letting parents trade war stories, helpful hints and comfort with other parents or caregivers.

But sometimes, the requirements are more specialized.

So the Region also works in tandem with community agencies to help special needs children.

Placement in integrated childcare centres can be a start, said Ms Urbanski.

"Integration improves their functioning and it is also good for the understanding of kids who are not that way," she said.

And staff can design programs aimed at benefiting physically or developmentally delayed children.

A parent-infant program designed to focus on children aged two and under can help parents determine if their child is developmentally delayed.

"They might not know but relative to their other child, they don't seem to be progressing the same way," said Ms Urbanski.

Regional staff will also step in to offer assistance to kids with extreme behavioural troubles.

"We get a lot of calls on that," said Ms Urbanski. "We'll work with parents and schools to help counteract or

minimize these behavioural problems."

Calls for help usually come from parents themselves, but childcare centres have been known to step in.

"They might say 'we are having a problem with this child,'" she said. "We help out the professionals that are out there, too."

In Healthy Babies, Healthy Children, the Region itself takes the first step.

But the reaction, said Ms Urbanski, is usually positive.

"There's a very high level of cooperation. Healthy Babies is intended to be supportive, not threatening," she said.

"You want healthy babies, so if the parents need some support, what do we have in place to provide that support?"

For more information, call the Region at 693-4242.

## Genealogy fair this weekend

The Farm Museum will hold its first annual Global Genealogy Fair Saturday and Sunday.

The event will be highlighted by a re-enactors' camp and morning drills demonstration featuring authentic tents and firearms from the War of 1812.

Another attraction will be a Sunday morning sermon delivered in an original 19th century church by a 'circuit rider', followed by a talk on researching ancestors through early Upper Canada records.

The fair will also feature a wide

variety of displays and demonstrations. Heritage buildings and costumed interpreters will make history come alive, while musical entertainment and a large vendor area will help complete the weekend.

The event will run from 8 a.m. to 6 p.m., with most of the workshops beginning at about 11 a.m.

Admission costs \$7 per adult, \$6 for seniors and \$4 for children. Youngsters aged 4 years and under are admitted free. A family pass for two adults and up to three children is available for \$20.

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