

What our children really want is supportive attention

Question:

I work long hours and feel guilty that I can't stay home with my kids. Help!

Lee-Ann

Answer:

The pressures on working families are enormous and whether you have chosen to work because it's a fulfilling passion for you or are working out of necessity, the fact is, you're in the majority.

Working, for most families, is a fact of life, so it's good to focus on the quality of the time you spend with your children, and the nurturing of your relationship.

Quality doesn't need to mean fancy or

excessive. In fact, some of the most productive conversations with children can happen in the car or right before bed, when all distractions such as televisions, cell phones, computers and work are off limits.

The point is to make your time with your children an interactive period with minimal interference.

While children do enjoy gadgets and lessons, what they really want is a bit of your supportive attention. Some other markers of quality time are active listening, eye contact and affection.

A few quality time ideas to consider are: playing a board game or cards, reading or



Parenting on the same page

with DANIELLE LALONDE

doing art, having a picnic or a shared meal. During all of these activities, families are facing one another, engaged in conversation and a shared activity.

It's also a good rule to keep technologies out of the picture. They're useful tools to keep us connected to each other but we need to disengage from them from time to time to connect with our kids.

Danielle Lalonde R.E.C.E., B.A. is the mother of two and a Parenting Educator with the Ontario Early Years Centre, North Halton (www.merc.on.ca). The centre provides support and resources to assist parents and caregivers in their roles. The centre also provides early learning experiences for children up to six years of age.



The Regional

Municipality of Halton

www.halton.ca

NOTICE OF INFORMATION

Halton-Peel Boundary Area Transportation Study

The Region of Peel, Halton Region, City of Brampton, Town of Caledon, and the Town of Halton Hills have completed the Halton-Peel Boundary Area Transportation Study (HP BATS). The study has identified a long-term (2021 and 2031) transportation network required to support provincial and inter-municipal planning goals, and to serve future transportation demands within the Study Area (see map below). Specific goals and objectives of the Halton-Peel Boundary Area Transportation Study were to:

- Support current and future municipal planning objectives by providing transportation capacity to accommodate future travel demands generated by planned growth in west Brampton and Halton Hills.
- Develop a coordinated and interconnected roadway network system along the Halton-Peel boundary.
- Identify opportunities for transportation mode choices, including public transit, carpooling / vanpooling, and High Occupancy Vehicle (HOV) lanes across the study area.
- Identify solutions to serve long-distance truck traffic travelling in the Study Area between Halton Region and Peel Region.
- Identify improvements that will serve inter-regional traffic including longer-distance, cross-boundary traffic from Halton Region (and areas west of Halton Region), travelling through west Brampton and southwest Caledon to destinations to the south and east in Peel Region, York Region, and Toronto.
- Review the potential to improve connections with the existing Provincial 400-series highway network and possible future Provincial transportation facilities including the GTA West Corridor Planning and Environmental Assessment Study.
- Explore opportunities to reduce dependency on the automobile through Travel Demand Management (TDM) / transit supportive measures.

This joint study was carried out through an open public process in accordance with the requirements of Phases 1 and 2 of the Municipal Class Environmental Assessment (EA) process (October 2000, as amended in 2007). As a Transportation Master Plan, the study serves as direct input into subsequent Class EA requirements to implement the individual projects that make up the recommended transportation strategy and network. Any comments received for this study will be considered in subsequent Class EA studies for the recommended projects. In accordance with the Class EA process, public notices will be issued in the future for subsequent Class EA studies and opportunities will be provided for public consultation at that time.

The Halton-Peel Boundary Area Transportation Study Report was adopted by the Councils of participating municipalities in April and May 2010. The Amended Final Study Report is available at www.halton-peelbats.ca/events.htm. If you require additional information please visit www.Halton-PeelBATS.ca or contact one of the individuals below:

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All information collected during the course of the study was gathered in accordance with the Freedom of Information and Privacy Act. With the exception of personal information, all comments have become part of the public record.

This notice first issued on July 8th, 2010.

Study Area

