

Health & Fitness

Best way to help children through divorce is to help yourself

Divorce is hard on everyone in a family. But for kids, it can be a devastating

shock. Children may fear they will lose a parent, their home, family, neighborhood, friends, pets and more.

During a divorce, children need help and support more than at any other time. Unfortunately, parents may

not be able to provide either because of their own personal turmoil.

That's why, if a divorce has become part of your life, the best way to help them may be to help yourself. For emotional support, talk to someone you can trust — a friend, a family member or a counselor.

Make sure you take care of your body, too. You'll need to eat well and get plenty of rest to get through the day and be able to think clearly.

If you can't sleep, or you're suffering headaches or stomach pains, you may need help from a health professional such as a registered nurse, to find better ways of coping with your situation.

If possible, reduce conflict with your former partner. Children have a better chance for a healthy future if their divorced parents work hard to put their differences aside and make sure their children can have a continuing, stable and close relationship with both of them.

Unfortunately, the legal process of getting a divorce often adds to the anger between parents. Mediation is a way for parents to make decisions about custody, visiting rights and support payments with the help of an unbiased middle person. Mediation costs less than two separate lawyers. It also tends to reduce fighting between parents. A family court worker can provide information and help you decide whether it's right for you.

Make sure you tell your kids clearly and honestly why the breakup is happening. If possible, ask your former partner to join you in speaking to them. The kids need to know they will still be loved and cared for and that the divorce is not their fault. Also, give them a chance to say what they think about the divorce. Kids feel safer if their routine stays organized. Also, try to make sure they don't lose touch with extended family and friends. If your kids can't get enough support that way, make sure they can connect with neutral helpers, such as school counselors, public health nurses, or other community workers.

Looking for a snoring solution?

a gentle nudge, a swift kick, move to the couch...

move out?

ASK US ABOUT

The Silencer SYSTEM

with the

Halstrom HINGE

CALL DR. FRED WEIZENBERG, D.D.S. (905) 472-5522

Bring Holiday Traditions to Light at the

Festival of Trees

AT MARKHAM MUSEUM AND HISTORIC VILLAGE

December 3rd to 5th, 1999

Join us for the Festival of Trees and celebrate this joyous holiday season with dozens of beautifully decorated trees and a host of special holiday events for the whole family. Our 25 acre historic village will light up with trees and wreaths designed and decorated by local businesses and associations. Don't forget to enter our raffle for a chance to win one of our beautifully decorated trees or wreaths.

Friday, December 3rd
OPEN 10:00 AM - 9:00 PM

Saturday, December 4th
OPEN 10:00 AM - 9:00 PM

Sunday, December 5th
OPEN 10:00 AM - 4:00 PM

Festival Highlights

Visit our Holiday Cafe, enjoy live entertainment, children's crafts and activities, visit Santa's Secret Shop, take a candle-lit stroll through our historic village and more! Some of our festive highlights include...

SENIORS' TEA
DEC. 3 - 10:00 AM & 2:00 PM
(2 seatings)
ADVANCE TICKETS REQUIRED
\$8.00 per person
includes sandwiches, sweets
and admission to all other
festival activities

BREAKFAST WITH SANTA
DEC. 4 - 9:30 AM & 11:00 AM
(2 seatings)
ADVANCE TICKETS ONLY
Adults \$10.00
Children 12 and under \$8.00
Includes admission to all other
festival activities

BREAKFAST WITH SANTA
DEC. 5 - 9:30 AM & 11:00 AM
(2 seatings)
ADVANCE TICKETS ONLY
Adults \$10.00
Children 12 and under \$8.00
Includes admission to all other
festival activities

DEC. 5 - CLOSING CEREMONIES - 2:30 PM - 4:00 PM
Tree raffle and announcement of Festival of Trees Winners

So come celebrate the holidays with us, and bring holiday traditions to light for your family.
For more information call us, at (905) 294-4576 or (905) 882-0101.

A UNIQUE PARTNERSHIP PRESENTED BY:

THE LUNG ASSOCIATION



9350 HIGHWAY 48 - MARKHAM
(JUST NORTH OF 16TH
AVENUE ON HWY 48)

Festival proceeds will help support Lung Association research for a cure and improved treatment of lung disease, as well as educational programming at the Markham Museum.



ENTERTAINMENT SPONSORS:

Markham COMMUNICATIONS



SENIORS DAY SPONSOR



UNITED COMMUNITY SWAN LAKE VILLAGE

NOTICE TO THE COMMUNITY

The Blood Donor Clinic scheduled for Saturday, December 4, 1999 at Markham Stouffville Hospital has been postponed until the New Year. Stouffville will be hosting a Blood Donor Clinic on Saturday, December 11, 1999 at the Stouffville Legion.

We apologize for any inconvenience this may have caused.

ARE YOU INTERESTED?

Volunteers are needed to participate in a research study!

DO YOU SUFFER FROM RECURRENT EPISODES OF BRONCHITIS AND HAVE THE FOLLOWING SYMPTOMS?

- INCREASED SPUTUM
- INCREASED COUGH
- INCREASED DIFFICULTY BREATHING

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS YOU MAY BE ELIGIBLE TO PARTICIPATE IN A CLINICAL RESEARCH TRIAL FOR A NEW ANTIBIOTIC TO TREAT BRONCHITIS. FOR MORE INFORMATION PLEASE CALL (905) 471-8938

SUPERVISED BY DR. I. SIEGEL, DR. P. HAW, DR. M. FORSE, DR. E. LOUGHEED, DR. L. MINGIE, DR. J. ALVAREZ, DR. D. PASRICHA



www.questtrials.com