

## Back to breathing

I really dislike our September newsletter because it's a sure sign that summer is over. It's now time to get into a routine and stop dressing in Halloween costumes for breakfast that is served sometime between 8 and 10 and may or may not include a popsicle for dessert. Just sayin'.

Even though I may not be ready to get back into the school routine, I think siblings are! Our column by Jennifer MacDougall helps parents with 'back to school anxieties'. Sometimes the toughest part is to conceal our own stress about the new school year so that our children don't sense it. And breathe.

Our nutrition column focuses on introducing first foods to your baby; however, there is some good advice that can be carried over to preparing school lunches-one of those school year activities that loses its appeal after the first week!

Enjoy the school year and be sure to check out our site's [Events Calendar](#) for all the details on this Fall's events and activities. For a sneak peek, check the column on the left of this page. Get out there and have fun with your family this Fall!

### In this issue:

- **Embracing the school year**
- **Stuck On You Contest**
- **Hints for helping anxiety**
- **Nutrition tips**

### Fall events @ a glance:

#### September:

6<sup>th</sup> : R'view Labour Day Picnic  
 10-12<sup>th</sup>: Atl. Balloon Festival  
 11<sup>th</sup>: Home Depot Workshop  
 12<sup>th</sup>: Open House @ My Gym  
 17-19<sup>th</sup>: Open House @ YMCA  
 18<sup>th</sup>: Free Family Movie

#### October:

1-2<sup>nd</sup>: Sport Survivor  
 8<sup>th</sup>: Wool Sock Walk  
 15-17<sup>th</sup>: Dieppe Harvest Festival  
 16<sup>th</sup>: Free Family Movie  
 16-17<sup>th</sup>: R'view Harvest Festival  
 16,23,30<sup>th</sup> : Boo Light @ zoo  
 21-24<sup>th</sup>: Dieppe Book Fair  
 31<sup>st</sup>: Halloween Costume Skate  
 31<sup>st</sup>: Dieppe Pumpkin Carnival

#### November:

14<sup>th</sup>: OTC's first ever ?????  
 20<sup>th</sup>: Free Family Movie  
 27<sup>th</sup>: Santa Claus Parade

## Stuck on You Contest

Stuck on You Labels and OutsideTheCrib.com are holding a Back to School Contest. This is your chance to win a Lunch and Label Pack. (Value \$56.90)

It's back to school with style at *Stuck on You* with the launch of their fabulous "Designer Collection". Gorgeous backpacks, pencil cases, library bags and more...plus of course, their famous labels.

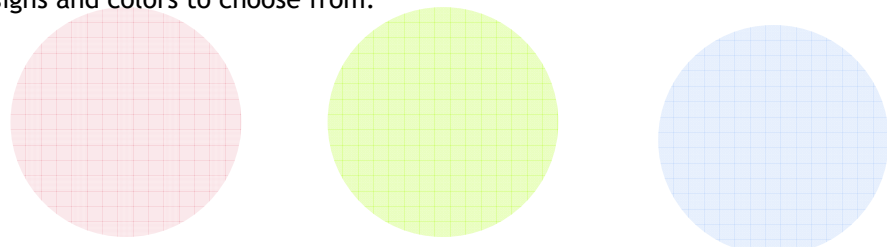
Win a personalized lunch bag and a set of personalized shaped labels from the newly launched Designer Collection. This delicious lunch bag is perfect for school with 12 different designs and colors to choose from.



Singing birds, friendly monsters and purring kittens are just a few of the brilliant designs.

For contest details visit [www.outsidethecrib.com/giveaway](http://www.outsidethecrib.com/giveaway)

To see more products by *Stuck On You* visit [www.stuckonyou.biz](http://www.stuckonyou.biz)



## ***Easing First Day Anxieties.***

***by Jennifer MacDougall***



Summer is quickly coming to an end which means school is just around the corner. The first day of school is not easy for many kids (and their parents) even when we try our best to prepare them. It is important to remember that anxiety and fear are normal reactions to periods of transition and separation. For some children it will take a couple of days or even a couple of weeks to get comfortable with their new routine and environment. For some children these feelings are exhibited as they transition to Kindergarten but can also be displayed in children as they transition back into school to start a new grade. As parents it is important to be supportive and encouraging in order to help foster positive feelings and behaviours around this experience. Here are a few helpful hints to help ease the anxiety:

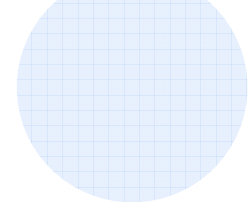
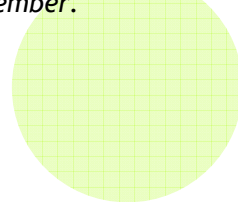
- Talk to your child about their feelings (i.e. worry, anger, frustration, sadness, fear, happiness) and acknowledge that these feelings are real for them. Be consistent, prompt and sensitive in responding to your child's emotional needs.
- Read and discuss stories about children going to school.
- Many kids worry about the unknown therefore try to gather information about the school, the teachers, the classroom routines and expectations. Visit the school with your child and explore the school grounds, entrances, bus and car zones, and playground. You can take pictures of the environment and make a story about your child's own school.
- Adjust your child's schedule to meet the needs of the school day. Practice getting up earlier, eating snack at a certain time, going to bed early, etc.
- Plan ahead by preparing lunches, clothing, backpacks and even breakfast before your child is up. Allow your child to make some of the choices ahead of time so they feel special and prepared.
- Eat a healthy breakfast together or prepare something special they like to eat before heading off to school.
- Give some encouraging words and show them you care before saying good bye. Consider adding a special treat or encouraging note to their lunch.
- After the school day spend some time talking about the day. Acknowledge their feelings, reinforce the positives and tell them what they did made you proud.
- Communicate with your child's teacher, sharing information about your child and asking questions.

*"Be consistent, prompt and sensitive in responding to your child's emotional needs."*

*OutsideTheCrib.com is planning a special event this November 14<sup>th</sup> for parents. Mark your calendar and stay tuned for details...*

If your child continues to experience anxiety related feelings that are concerning to you or you feel these feelings are lasting longer than expected consider seeking consultation and support from a psychologist.

***Jennifer MacDougall, M.A.Ps. is a licensed psychologist with Suzanne Durepos, M.A.Ps. & Associates and the mother of two children, one of whom starts Kindergarten this September.***



## Food Fight

by Lise McGillis



When considering your baby's first foods, around the age of 6 months, it is important to keep it simple. Start by introducing single ingredient foods with simple textures. Do not add any sugar, salt or fat to the food and try to keep the foods separated. Introducing foods one at a time and waiting 3-5 days between each food is important to determine baby's reaction and tolerance.

Start your baby with iron rich foods such as single grain iron fortified infant cereals (rice, oatmeal and barley), and meat and alternatives. Start with rice cereal as the chances of an allergic reaction are low. The meat and alternative food group includes meat, fish, chicken, legumes, tofu and cooked egg yolks (wait to offer egg whites when your child is 1 year old). Do not offer shellfish to your child until he/she is 12 months old. If there are allergies in the family, refrain from offering shellfish until your child is 4 years old.

Iron from meat sources are known as heme iron, and are better absorbed by our bodies than non-heme sources. Non-heme iron is found in plant sources like vegetables, cereals and legumes. Ham, sausages, bacon, salami, and bologna are known as processed meats and are very high in sodium, fat and nitrates. Therefore, processed meats are not the best nutritional choice for your little one.

Bring on the fruit and vegetables! Offer a variety of bright colored fruits and vegetables. Vitamin C helps to enhance the absorption of iron, so be sure to include fruits and vegetables with your iron rich meal. Just like adults, it is better for your child to eat their fruit instead of drinking it. Try to limit their juice intake to ½ cup per day. Watering down the juice will help to increase the yield. Also, make sure to choose 100% fruit juice. Check your labels! Offer water when thirsty.

Around 7-10 months, once your baby is eating a variety of foods, offer them high fat yogurt (3.25% MF or higher). Hard cheeses can be started around 9-10 months and should be shredded or cut into small pieces. Always supervise your baby while eating.

This is general information and is to be used as a guide.

For more detailed information please contact a Registered Dietitian in your area or your family physician.

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### Got Something to Say?

*The OTC newsletter is looking for different takes on various parenting issues. Don't be shy, put those witty comments, keen observations, or frustrating pet peeves on paper. The pay isn't great but you'll get to tell people you've been published! Simply email [outsidethecrib@rogers.com](mailto:outsidethecrib@rogers.com)*

