



DURHAM **Kids** FAMILY GUIDE

FREE
VOLUME 02 - ISSUE 03
May/June 2025
Serving Durham Region





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DR. CHRISTOPHER TOM
Specialist in Orthodontics

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AGES 6-12

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A First-of-Its-Kind in Canada Partnership between Lakeridge Health and Grandview Kids



No one should wait two years for relief from an ingrown toenail – especially a young child. But for families with children who have autism and other developmental, communication and physical needs, this is the reality.

“My son’s ingrown toenail should have been a very easy procedure, but it’s anything but,” said Sandra, parent of a child with autism. “I was turned away from three hospitals when all I wanted to do was find someone to help my son find relief from this painful, yet seemingly easy to treat condition.”

Sandra’s 10-year-old son has autism and is sensitive to health care environments.

“It breaks my heart to know every medical experience is an uphill battle.”

Relief for Sandra’s son - and other children and youth with developmental, communication and physical needs - will soon come as a result of a first-of-its-kind in Canada partnership between Lakeridge Health and Grandview Kids.

The nationally unique collaboration is the first of what experts believe to be a wave of specialized outpatient procedure rooms in children’s centres that enable sedation-supported care alongside hospital staff.

“We’re proud to launch a new space that strengthens care for children and youth across Durham Region,” said Tab Carroll, Health System Executive, Clinical, Lakeridge Health. “In partnership with Grandview Kids, we’re combining our expertise to deliver safe, high-quality surgical care—making the best use of system-wide resources to improve outcomes and build a healthier future, together.”

Common health care procedures like blood work, injections, ear and nose care, routine exams and more can be extremely challenging for many children and youth with autism, cerebral palsy and other developmental and physical disabilities. Families often struggle to find providers and clinics that offer sedation for these types of care. Sedation or simply, providing medicine to help a person relax or fall asleep, makes care safer and more comfortable for patients and their families.

“We’re so proud to partner with Grandview Kids to improve care for children and youth,” said Cynthia Davis, President and CEO,

Lakeridge Health. “By expanding access to critical services for children and youth, we’re not just improving their care – we’re creating a more connected, supportive experience for families, and everyone involved in their care journey. This collaboration is a powerful step toward building a truly integrated system of care, fully aligned with our vision of ‘One System. Best Health.’”

This joint partnership will help to improve access to care by four times benefiting thousands of children and youth in Durham Region with developmental, communication and physical disabilities.

And thanks to the support of Lakeridge Health Foundation and our community, the outpatient procedure room at Grandview Kids will be outfitted with state-of-the-art medical and anesthesia equipment so that members of Lakeridge Health’s surgical team can provide sedation in the comfort of a facility already well-known to the children and their families.

To learn more about this new outpatient procedure room, visit www.lh.ca and to donate to Lakeridge Health Foundation, visit www.liveheregivehere.ca or call 905-433-4339.



Celebrating 30 years of making Durham Region smile!

The saying “time flies when you are having fun” must be true because this year marks 30 years since I first opened my orthodontic office in Pickering, and I can hardly believe how quickly the time has flown. It has been an honor and privilege to serve the community since 1995, and I have loved seeing the office grow into something truly special, thanks to you.

I am so grateful for the opportunity to help patients of all ages get the beautiful smiles they can share with everyone. Over the years, I have had the privilege of watching kids grow into confident adults, and in some cases, even return with children of their own. It is also rewarding to see parents of our patients come back to begin

their own treatment for the same beautiful smiles we crafted for their children. It is humbling to know that so many families have trusted us with their smiles for generations. From braces to Invisalign and new, innovative technologies, orthodontics has changed a lot over three decades, but one thing that has not changed is our commitment to treating every patient like family. We have built this practice on relationships, and I am proud that compassion, excellence, and personalized care are still at the heart of everything we do.

From the bottom of my heart, thank you for being a part of this journey. Serving the community has been the honor of a lifetime

for myself and the team. Your support has shaped this practice and allowed us to keep doing what we love. Here’s to three decades of beautiful smiles and many more to come!

With gratitude and thanks from our whole team,

Dr. Christopher Tom and Team



Dr. Christopher Tom



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For more information, visit
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Sun: Protecting your child's skin

Too much sun exposure can cause severe sunburns, including blisters, illness, shivering and fever. In the long term, too much sun exposure can also cause early aging of the skin and even skin cancer.

It is important to protect your child's skin from the sun. This can include applying sunscreens, wearing sun-protective clothing and avoiding the sun completely.

Prevention

Always protect babies from the sun. Babies have more sensitive skin that is thinner than that of adults, so they burn more easily. Babies under six months should stay in the shade at all times. Sunscreens are not recommended for this age group.

General Tips

- Avoid going out in the sun between 11am and 3pm. This is when the sun's rays are at their strongest.
- The sun's rays can still reach your child on cloudy days.
- Even children with deeply pigmented (dark) skin require maximum sun protection.

Sunscreens

- protect against the sun's harmful rays (UV rays)

- protect against sunburn
- help prevent sun-related skin changes such as wrinkles, pigment (skin colour) changes and skin cancer

Choose a sunscreen that protects against both UVA and UVB. These are the damaging components of sunlight. Sun protection factor (SPF) refers to the degree of protection from UVB rays. It does not include protection against UVA rays.

Chemicals that protect the skin against UVA include:

- oxybenzone
- avobenzone
- ecamsule

Sunscreens with ingredients such as titanium dioxide and zinc dioxide protect against both UVA and UVB.

Follow these steps when choosing and using sunscreen:

- Choose a sunscreen that has an SPF of 30 or higher.
- Apply sunscreen liberally and often to all parts of the body that are exposed to the sun, especially the face and neck.
- Re-apply sunscreen every two to three hours, especially if your child has been sweating from doing outdoor activities or their skin has become wet.

Tips for reducing sun exposure

- Avoid sunbathing. Look for areas that are shaded or covered instead of sitting in direct sun.
- Wear loose, long-sleeved cotton tops and pants. These help keep your child covered and cool during the day. Cotton and linen are the best materials for staying cool.
- Wear a sunhat.
- Wear sun-protective clothing while outside or swimming.

Seek medical attention if:

- Your baby is less than one year old and gets a sunburn.
- Your child develops symptoms of heat stroke or heat exhaustion, including headache, nausea, weakness, heavy sweating and elevated body temperature.

To learn more about sun safety, visit <https://www.aboutkidshealth.ca/sun-protecting-your-childs-skin> or scan the QR code below.



SickKids | AboutKidsHealth





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Learning Beyond the Classroom

Welcome to Great Beginnings Montessori School, Durham Elementary Private School and Durham Academy Secondary School. We believe in partnership between the school and the family and we are committed to help each student meet their individual potential. All 3 schools offer a warm, supportive inclusive environment. Our qualified teachers deliver a high quality, enhanced curriculum that challenges each student to meet their full potential.

G.B.M.S & D.E.P.S have been in business for over 42 years. We are 2 schools under one roof. Students are 18 months to grade 4. This is located at 505 Adelaide Ave East Oshawa.

D.E.P.S & D.A.S.S are 2 schools under one roof at 900 King street East Oshawa. D.E.P.S students at this location are in grades 5 to grade 12. Both locations are located in Oshawa in close proximity to the 401 and GO Train.

G.B.M.S follows the Montessori curriculum/philosophy to our students 18 months to age 5.

D.E.P.S follows the Ontario Curriculum at an enrichment level from grades 1 to 8. Students enjoy art and music programs and sports intramurals weekly during lunch hour as an extra program enhancement. Students may also choose from a variety of after-school clubs and sports.

G.B.M.S & D.E.P.S offers an excellent

French program taught by a certified French teacher. We begin French in our Casa 1 age 3 class. All classes receive French 3 times a week. Students age 3 to grade 3 learn French through songs, drama, music, dance and lessons. Grades 4 to Grade 8 follow the Ontario Curriculum French expectations through lessons, workbooks, songs, drama, music and dance.

D.A.S.S follows the Ontario Curriculum at an enrichment level for grades 9 to 12 and all courses are taught at the Academic level leading our graduates to 100% acceptance at the university of their choice. We have students attending full time and part time. We believe in learning beyond the classroom and we program monthly workshops and guest speakers. Our students compete in mathematical competitions offered by universities. We offer co-curricular programs from yearbook clubs, art clubs, math clubs to sports like basketball, soccer, badminton, volleyball, and floor hockey. Our teachers offer after school support and homework help daily to provide time for students to seek extra help if needed. Each student is given strong support and guidance from our guidance counsellor on course selection and guidance on university applications.

We offer solid academic programs, and we enhance the learning by offering workshops and enhancements. The Principal offers tours

of our schools daily. Prospective students are invited to spend the day with us where they can fully experience what we have to offer.

This summer 2025 we will be offering 4 day camps. We program a Toddler camp and Casa 1 age 3 camp focusing on Montessori strands including an introduction to French. We also offer an age 4 to 8 camp and an age 9 to 12 camp focusing on STEM, Coding and Sports. Our camps are run by qualified staff. Camp hours are 9am to 4pm and we also offer before and after care. Email us at gbms@ymail.com and we will scan you a summer camp brochure.

Great Beginnings Montessori School
Durham Elementary Private School
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www.durhammontessori.ca





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AGES 5-12

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Maintaining Health & Nutrition in Kids

Andrea Carpenter, Registered Dietitian, NutriKidz



Maintaining health and nutrition in children is a priority for families. Parents play an important role in helping children create positive lifelong nutrition habits. Children require many essential nutrients and the amounts are based on age and gender. Meals and snacks should have foods that provide them with fibre, healthy fats, and lean protein. This model of eating ensures children have the opportunity to eat a variety of whole foods that provide them with the right balance of essential vitamins and minerals.

Fluids

The most essential nutrient in a healthy, balanced diet, is water. Offer water at meals, snacks, and throughout the day, and especially on hot days or when physically active. Keep sugary beverages like pop and juice limited in the diet. These foods provide little nutritional benefit, and can reduce children's appetites for more nutritious foods. Instead, try adding some citrus fruits, cucumber, or mint to flavour the water.

Daily Fluid Guidelines		Amount (mL)
Children:	1-8 years	1300-1700
Females:	9-18 years	2100-2300
Males:	9-18 years	2400-3300

Fibre

Eating a diet rich in fibre supports a healthy gut by aiding in digestion and preventing constipation, and supports their immune system by providing a fuel source for beneficial gut bacteria. Fibre-rich foods like whole grains, fruits, and vegetables, are also good sources of essential vitamins and minerals. When looking at food labels, choose breads, cereals, and granola bars that contain at least 2 grams of fibre per serving.

Daily Fibre Guidelines		Amount (g)
Children:	1-8 years	19-25
Females:	9-18 years	26
Males:	9-18 years	31-38

Healthy Fats

Eating a diet that has sources of heart healthy, unsaturated fats, helps ensure important fat-soluble vitamins, such as vitamins A, D, E and K, are absorbed. Incorporate unsaturated fats such as olive oil, avocado, nuts, and seeds into your child's diet. Omega-3 fats are other important essential nutrients, found in fatty fish, walnuts, canola oil, and flaxseeds are beneficial to brain health.

Daily Omega-3 Fat Guidelines		Amount (mg)
Children:	1-8 years	700-900
Females:	9-18 years	1000-1100
Males:	9-18 years	1200-1600

Lean Proteins

Protein is an essential nutrient for growth, repairing cells and tissues in the body, and maintaining a strong immune system. Offer a variety of lean proteins such as fish, meat, eggs, dairy, and plant-based proteins. To add more protein to your child's diet, try hummus or yogurt-based dips with veggies, add an unsweetened dairy/daily alternative beverage at meals, and sprinkle seeds or nuts onto salads, soups, yogurt, or pasta dishes.

Daily Protein Guidelines		Amount (g)
Children:	1-8 years	13-19
Females:	9-18 years	34-46
Males:	9-18 years	34-52

As the parent, it's your job to ensure children are offered meals and snacks every 2-3 hours, offer key nutrients at every mealtime, and role model mindful eating. Children also have jobs. Allow them the freedom to choose what foods to eat from the variety offered and allow them to regulate how much or how little of the food they want to eat. If feeding your child becomes stressful or difficult, consider working with a pediatric dietitian for support.





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Living with Type 1 Diabetes: A Guide for Parents

DIABETES CANADA

When a child is diagnosed with type 1 diabetes, it can feel overwhelming for the entire family. However, with the right support and knowledge, parents can help their children in leading healthy and fulfilling lives. Here's what you need to know to manage your child's condition effectively.

Understanding Type 1 Diabetes

Type 1 diabetes is a chronic condition where the pancreas does not produce insulin. Managing this condition involves regular monitoring of blood sugar levels, administering insulin, and maintaining a balanced diet and active lifestyle. While it may seem daunting at first, with time and support from your diabetes care team, you and your child will become more comfortable with the daily routines.

Daily Management

As a caregiver, you will need to recognize the causes and symptoms of

low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) and know how to respond.

Daily tasks include:

- **Blood Sugar monitoring:** Regular monitoring either with a glucometer or continuous glucose monitor (CGM) is crucial to ensure blood sugar levels remain within the target range.
- **Administering Insulin:** Insulin, either by injections or an insulin pump, will be necessary to manage your child's blood sugar levels.
- **Diet and Nutrition:** Eating regular meals and snacks that balance carbohydrates, proteins, and fats is essential.
- **Physical Activity:** Monitoring and managing physical activity to prevent highs and lows and keep blood sugars in target range

Encouraging Independence

Involving your child in their diabetes care from an early age can foster independence and confidence. Start with simple tasks like choosing which finger to poke for a blood sugar check, or reading

the numbers on the glucometer or CGM. As they grow older, they can take on more responsibilities with your guidance. Programs like Diabetes Canada's D-Camps offer children the opportunity to learn about managing their diabetes in a supportive environment and forge life-long friendships with other children who live with type 1 diabetes.

Communication is Key

The way you talk to your child about diabetes can significantly impact their self-esteem and how they perceive their condition. Use positive language and

focus on how diabetes management fits into a healthy lifestyle. Avoid labeling foods as "bad" or "junk" and refrain from describing blood sugar levels as "good" or "bad." Instead, use terms like "in target," "high," or "low."

Support and Resources

Remember, you are not alone. Diabetes Canada offers resources and support to help you, and your child manage type 1 diabetes effectively. Visit diabetes.ca or call 1-800-226-8464 for more information and to connect with other families facing similar challenges.

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Register Now for Summer

Spend time with us!

The City of Pickering offers camp opportunities for children and youth throughout the year; including PA Days, Winter Holidays, March Break, and Summer.



City of
PICKERING

pickering.ca/camps



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One Care’s Social and School Foundations Programs Foster Growth and Belonging



For more than 17 years, One Care has been bringing children and teens together through meaningful, interactive programs that support skill-building, confidence, and friendships. This spring and summer, we are continuing to offer a range of social and educational groups for young people of all ages and abilities.

Social groups are designed to promote communication and interactive peer experiences, skill development and confidence within a fun and supportive environment. These guided opportunities lead to improved communication and emotional regulation helping participants generalize skills with friends of similar interests and abilities. We use a variety of lessons; role play videos and hands on practice, while

having fun! Over time social groups provide more than just learning spaces - they become communities! **A meaningful experience of being part of something and excited to be together again!**

Our spring line up (May 27- Aug 26) includes Friendship Groups for early learners and school aged children. Our PEERS® 1 & 2 Groups are overseen by a Certified PEERS® Provider. This will run once a week in the evening 4:30 to 6:00 pm.

For the summer (June 30 to Aug 25) One Care is excited to introduce its Community Outings Group for youth 15 years+. This group focuses on independence skills in real-life settings. It will run once a week 4:30 to 6:30 pm. For detailed social group descriptions please see our full-page ad.

In addition to Social Groups, One Care offers its School Foundations Program to compliment their regular school program and runs **2 full days a**

week (9am to 4pm)

- Early Learners (group participation and basic academics)
- Academics 1 (literacy, numeracy, and life skills)
- Academics 2 (advanced academic and social skills)
- Functional Life Skills (daily living and vocational preparation).

The School Foundations program is open for registration year-round

and is tailored to each child’s developmental level.

At One Care, we believe in working together for a positive and effective learning experience for all levels of learners. Connect with us to discuss how our 1:1 or group programming can meet your child’s needs.

Contact us to visit one of our 2 Oshawa locations
intakes@onecaretherapy.ca
905 240-2203

EMPOWERING INDIVIDUALS, AND THEIR FAMILY, TO REALIZE THEIR FULL POTENTIAL FOR OVER 16 YEARS!





ONE CARE

SPRING SOCIAL GROUPS

Facilitated by dynamic and experienced groups leaders! Participants are matched with peers of similar abilities and interests.

Friendship Groups - Learn good sportsmanship, taking turns in play and conversation, advocating for themselves and effective peer communication. Kindergarten and school age groups available.

PEERS® 1 - Developing and maintain friendships, good sportsmanship, using humor appropriately, conversation skills and finding common interests. This group uses a variety of lessons, role play videos and hands on practice.

PEERS® 2 - Builds on skills learned in PEERS® 1. Moves into how to organize get-togethers, navigating disagreements, responding to bullying and self advocacy in person and online, entering and exiting individual and group conversations and conversation skills with peers.

*Our PEERS® groups are overseen by a Certified PEERS® Provider *BCBA, RBA (Ont) always on site

MAY 27 TO AUG 26 - Running once a week 4:30pm to 6:00pm

SUMMER SOCIAL GROUP

Community Outings!! Geared towards teens 15+ who are ready for more independence and want to get out and about! We have a small group ratio with 2 support staff to navigate fun experiences chosen by our group members. From bowling to dining out a great time to be had by all! We encourage a variety of locations and settings to open up to new experiences as well as enjoyed favourites!

JUNE 30 TO AUG 25 - Running once a week 4:30pm to 6:30pm

SCHOOL FOUNDATIONS GROUPS

We understand the extra supports needed for a positive academic experience! Support your child or teen with 2 full days a week within our small group setting to work on those individualized skills! We have the experience and Clinical knowledge to make an impact.

All of our groups actively promote self regulation and social skills. We have an Early Learner's group and two levels of Academic focused groups. Our Functional Life Skills groups addresses the needs of older learners with daily living, community and vocational skills.

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YOUR Adventure Starts Here! Register for SPC Summer Day Camp Today!

As another school year comes to an end and children are getting excited for a summer full of FUN adventures, families are starting to think about how to keep their children busy, active, and engaged - while ensuring they are safe and supervised. With so many summer day camps out there, it can be a challenge to find the “perfect fit” for your child. At Schoolhouse Playcare Centres of Durham (SPC), whether your child loves all things sports, or your child is an outdoor enthusiast, we have a place for you!

At SPC, we believe in the power of disconnecting from technology and building connections with others. We know that opportunities for children to be active, get messy, discover their talents, and explore the natural environment creates lifelong positive outcomes. These experiences help children learn valuable life skills that help strengthen confidence and build character. Camps help to develop self-assured leaders of tomorrow!

Among the most notable benefits of a positive camp experience are:

- Creating friendships and building social skills**
Campers learn to share their ideas, thoughts and perspectives while respecting others who have different backgrounds and experiences. Many amazing memories and new friendships start at camp.
- Developing confidence and resiliency**
Campers try new things, test their limits, and conquer their fears. In a supportive environment, campers step outside their comfort level, take risks, and grow from their mistakes.
- Becoming and staying active**
Camp provides a full day of activity! As campers explore the uneven terrain of the forest and creek and/or actively participate in group games and sports, they are developing an appreciation for staying active. It's no wonder they are exhausted at the end of the camp day!
- Learning the values of teamwork, collaboration, and leadership**
Camp provides the perfect environment for campers to learn how to function as a

team, respectfully work through problems, communicate effectively to achieve a common goal, and appreciate differences. These are among the most important foundational skills of leadership!

We have **two summer day camp locations**, serving children/youth 5 years-14 years:

1. Claremont Nature Centre (4290 Westney Road North, Goodwood, ON) – Traditional Outdoor Camps
2. Captain Michael Vandebos P.S. (3121 Country Lane, Whitby, ON) – Sports Camps

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Protect your head: wear a helmet



Cycling can be a fun and active way to spend time with your kids this summer, especially when doing so safely. As parents, we are important role models for our children and cycling offers a great opportunity to teach our kids about the rules of the road, environmentally friendly ways of getting around and the importance of protecting your head by wearing a helmet. Here are some tips about helmet safety to keep in mind:

Choose the right helmet

Helmets come in a variety of sizes as well as styles for different sports and activities. Make sure you have a helmet that is the correct size for your head. For example, there are special helmets for toddlers (under age five) that provide more protection at the back of the head. Your helmet should also be the right helmet for your activity. Wear a bike helmet when cycling. Bike helmets are also suitable for inline skating and non-motorized scooter riding. Bike helmets are designed to protect your head against

only one crash. A helmet should be replaced after five years, if it has visible damage or after any crash where the cyclist has hit their head. After five years, the plastics of the helmet dry out and may become brittle with age. In addition, older helmets may not meet current safety standards.

Check the fit

In order for helmets to protect adults and children properly, they must fit correctly and be worn properly. A correct, properly fitting helmet can help protect your brain by absorbing the force from a crash or a fall, dramatically decreasing the risk of serious head injury.

To get a proper fit every time, follow the 2-V-1 rule:

- ✓ The helmet should cover the top of the forehead and should rest about two fingers' width above the eyebrows.
- ✓ Side straps should fit snugly around each ear in a "V" shape
- ✓ Buckles on the side strap should fit right under the ear. Buckle the chin strap. Tighten it until you can fit only one finger between the strap and your chin.

When you shake your head from side to side and from front to back, the helmet should not move around.

When wearing a helmet, keep hair

loose or tie it in a low ponytail. Do not wear baseball hats, toques, big hair clips or headphones under a helmet. If you or your child wear a hijab, carefully adjust the helmet's fit to be sure it doesn't move around when worn on top of the fabric. For children who wear their hair knotted on top of their head, such as when wrapped in a patka, there are now certified helmets available.

For more information about helmets, cycling safety as well as many other injury prevention topics, go to parachute.ca/helmets.

Written by Claire Westmacott, Parachute, Canada's national charity dedicated to injury prevention.





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pickering.ca/events



Parents: Do you know what your teenagers are getting up to?

(NC) The teenage years are a mix of hormones, self-discovery and transitioning from childhood to adulthood. If you have teens – or soon-to-be teens – you may be feeling a sense of growing separation as they become more comfortable on their own.

The growing technology gap doesn't help that feeling, either. As any parent knows, if you need to figure out how to set up a new electronic device or debug an old one, ask a teenager. They've grown up surrounded by technology and are usually among the first to adopt new devices or tools.

They're also experts at using social media. Unfortunately, some social media content creators – or "influencers" – do questionable things to gain those all-important "likes" and "shares." And their followers often mimic their risky behaviour. For example, there's a social media challenge where people are dared to record and share videos

of something dangerous happening near a moving train or on railroad tracks.

As past generations have learned, it doesn't take social media to inspire teens to take risks. Railway tracks have been seen as quick shortcuts for young people for years. There have also been reports of people climbing onto moving trains.

There are countless dangers around tracks and trains that can lead to injuries or even death. It endangers the risk-takers as well as passengers and crews on trains. Flying debris could injure bystanders or damage property, and sparks from sudden braking can start fires.

Any of these incidents can create delays which in turn can disrupt crucial supply chains. So, if anyone sees someone on or near train tracks or railway equipment, they should contact the authorities.

Parents who are concerned that their safety advice may fall on deaf ears might find that appealing to

their teenagers' interests is more effective.

For example, if your child has shown an interest in protecting the environment, point out how passenger trains are a great way to reduce emissions, instead of people using individual cars.

Another option could be to explain how their part-time job relies on the

supply chain, which might hit home for them.

Learn more about the security of Canada's railways at tc.canada.ca/en/rail-transportation.

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Adolescence / Netflix

I'm not a movie critic – but I have been asked repeatedly about my thoughts.

I watched this on March 23rd on my flight to Winnipeg (from Toronto), and the last two episodes on the way back. Important context because this is a series that should be watched without distractions (including phones)– and no better way to focus than when on a plane! I then waited a few days to process my thoughts. I also got to pause and rewind to listen to certain words being used – this will be explained in a follow-up piece this weekend.

To answer your most common question:

Must Watch? Yes, with your teen. When you are comfortable to do so.

Be prepared, it can invoke many emotions regardless of your age. Watch it without distractions, and maybe over two sittings: 2hrs + 2hrs (it's four hours total / four episodes).

Then – TALK. No shame to ask your teen if they have seen/heard/know of this topic and if its impacting boys at school. The answer(s) you get might require a talk with a school Principal.

I've been asked if this should be mandatory watching for HS students in schools. ABSOLUTELY NOT! First – way too many expletives, but the content may have a negative/triggering impact on the viewer. Watching it with parent/guarding can offer support by way of conversation. Just my

opinion.

Quick summary: 13yr old boy is accused of stabbing a 13yr old girl, and the motivation was the “brainwashing” by incel ideology. It then follows how that act impacts families, friends at school, the interview with a phycologist and then the fallout for the family of the boy accused. I'll end it there as I do not want to give away much

Other thoughts:

If you have seen my parent sessions from March 24 onwards – I touch on it at the end of my presentation and based on body language from the audience, I can clearly see how this series takes an emotional toll on adults.

The topic of incel ideology “involuntary celibate.” Is real.

For definition, I will reference a Wikipedia piece:

Incel “a term associated with a mostly online subculture of people (mostly while heterosexual males) who define themselves as unable to find a romantic or sexual partner despite desiring one, and who may blame, objectify and denigrate women and girls as a result. The incel ideology is characterized by the hatred of women hat is often expressed through hate speech or, in certain cases, violence against women”

During a radio interview about a week after it was released, I was asked about Andrew Tate and the impact of this. His

name is mentioned only once in the movie – but it seems that was good enough to focus on him. I don't agree. Incel ideology goes deeper than a misogynistic individual. The major influences are found in Subreddits, Discord Servers and Telegram Groups.... And it goes deep and hard. If you want to connect Tate to the toxic masculinity piece of the series – I'll agree.

Warning: Watching Episode 3 can invoke many emotions. I know of many females who have shared their discomfort when watching it. I'll leave it there.

The end of series leaves a lot of questions unanswered, and honestly does not provide any closure. But it certainly did get parents talking. That is a positive.

Paul Davis
facebook.com/pauldavistips
www.socialnetworkingsafety.net





5 tips for teaching your kids about money

(NC) Many parents today believe their children will face greater financial challenges in life than they did, especially when it comes to achieving major milestones like buying a home or retiring. One way to help set your kids up for success is by talking about money and teaching them good financial habits early.

“By fostering an open dialogue about finances, parents are not just teaching their kids about saving and budgeting, they’re helping them to build a more secure financial future,” explains Emily Ross, vice president of everyday advice at TD.

Here are some tips to get started:

1. Create age-specific finance goals. Tweens and teens can work towards a bigger purchase, like a new laptop or special activity. Younger kids can save birthday

money for a toy or learn about saving money at the grocery store by comparing prices of items.

2. Provide an allowance. Consider starting with a small amount, and chat with parents who have kids of a similar age to see what they’re giving. You can consider connecting the allowance to completing chores like setting the table or vacuuming.

3. Take your child along on bank visits. If you’re looking to start your child’s saving journey or have a teen who’s ready to take the next step towards their financial goals, you can speak with a personal banker at your branch.

4. Check out online resources. There are online resources

and games that can help build financial literacy at home for kids as young as three years old up until the age of 18.

5. Develop a budget together. Look for money management tools. For example, TD has

MySpend, which can help teenagers who have a debit or credit card account create a budget and work towards their saving goals.

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Elevating Potential: Ajax Program Offers Opportunities for Girls in Sport



Ever feel like the sports field isn't level for girls? You're not wrong. That's why the Town of Ajax launched Elevate Girls, a program that fosters an inclusive environment for girls, women and gender-diverse individuals in recreational sports. This initiative recognizes the vital role sports play in the physical, social and emotional well-being of young people and aims to reduce the barriers that prevent equitable participation.

Research shows that girls and gender-diverse youth face unique barriers when it comes to engaging in and sustaining physical activity. These include limited access to opportunities, safety concerns, body image pressures and lack of confidence. It's a tough reality that leads to a significant drop-off in participation among adolescent girls, with statistics revealing that 50% of girls cease involvement in sports compared to just 10% of boys according to the Canadian Women in Sport Rally Report, 2020. This disparity

emphasizes the importance of targeted programs like **Elevate Girls**, which aim to create supportive and equitable spaces so all participants can enjoy the holistic benefits of sport and stay engaged for life.

Elevate Girls offers a diverse range of programming tailored to different age groups and interests -- from drop-in classes focused on early skill development to registered programs that create affirming spaces for women, girls and gender-diverse individuals to stay active into adulthood. For younger girls aged 7 to 10 and 11 to 14, Elevate GirlSport Camp introduces girls to a variety of sports such as floor hockey, soccer, basketball, softball, swimming and tennis. These camps are led by trained female-identifying staff and athletes who serve as positive role models, aiming to build confidence and empower girls to embrace sports. Last summer, Ajax Olympic sprinter, Sadé McCreath, captivated a group of enthusiastic girls at Elevate GirlSport Camp, just days after her triumphant return from the Paris 2024 Olympic Games. McCreath shared her inspiring journey, answering questions and motivating the young campers to pursue their dreams.

Elevate GirlSport Camp will return this summer, offering sessions from July 14 to 18 and August 5 to 8. The Town of Ajax will also be offering Girls-Only Shinny, a drop-in pick-up hockey initiative for girls, Sundays from July 6 to August 31 – providing even more opportunities for inclusive play in a supportive setting.

Elevate Girls is more than just a sports program -- it's a commitment to empowering future leaders and changemakers in our communities. By

actively working to remove the barriers that often keep girls and gender-diverse youth on the sidelines, this initiative promotes physical health and builds crucial life skills like confidence, teamwork and leadership.

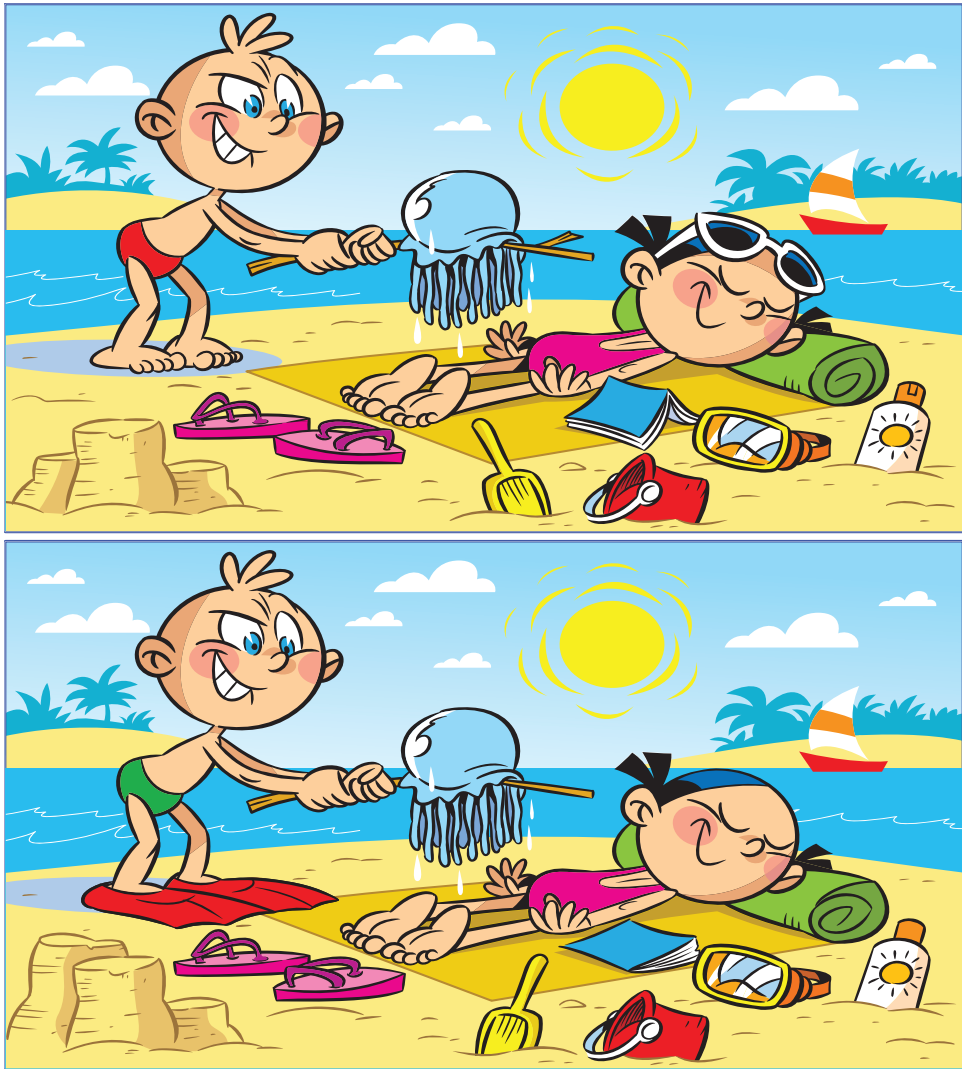
Explore the Elevate Girls program by visiting ajax.ca/ElevateGirls and learn how it can be a powerful tool for inclusion and empowerment – ensuring that every young person has the chance to reach their full potential through the positive influence of sports and recreation.





DURHAM KIDS FUN PAGE

Find 10 Differences



SUDOKU

(Solution see page 22)

	8	4	2					
9	3		8	4				
	5	7						
6			4		1	7		
4				7				2
		5	6		2			9
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CROSSWORD

(Solution see page 22)





Summer

Word Search

Y	G	A	T	M	W	S	H	E	L	L	R	D	E
C	R	P	S	T	A	F	Z	J	R	I	V	R	T
W	A	E	S	M	S	W	S	R	S	D	E	O	R
Y	S	I	C	E	C	R	E	A	M	M	I	H	A
C	S	C	Q	I	P	L	A	Y	M	V	Q	A	V
W	K	H	P	D	V	K	C	U	I	P	F	B	E
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S	E	T	H	U	N	D	E	R	S	T	O	R	M
M	B	N	R	S	U	N	F	L	O	W	E	R	V
K	U	X	S	S	A	N	D	A	L	S	W	I	R
J	D	F	U	S	T	B	J	O	U	R	N	E	Y
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⬅➡⬆⬇➡⬅

SUN

TRAVEL

ICE CREAM

THUNDERSTORM

JOURNEY

SHELL

BERRIES

SANDALS

SUMMER

PLAY

FRIENDS

CAMP


WATER

GRASS

SUNFLOWER

HOT

Social Media & Screen Time: Helping Youth Create Healthy Digital Boundaries


Vault Mental Health

With so many Ontario kids spending hours online each day, the effects of social media and screen time on mental health have become more pressing. CAMH research shows that children **who spend more than three hours daily on screens** are at greater risk for mental health issues, including anxiety and depression. As a therapist, I see how easy it is for youth to feel trapped in a cycle of comparison and stress that comes with the pressures of online life.

At **Vault Mental Health**, we support youth and families in understanding how to set healthier digital boundaries. We offer practical strategies to reduce

screen time and focus on fostering self-esteem and confidence in a world that's so often dominated by unrealistic online standards. With 15+ therapists specializing in youth mental health, we offer individual therapy, family therapy, and virtual options to accommodate your family's schedule. Let us help your child find balance and well-being.

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About the Author
Jessica O'Connor, Director, Registered Social Worker, Psychotherapist and Clinic Owner.

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This was great for my family of 5 from youngest to my oldest myself and my wife had lots of fun. When we arrived, we each got a wristband and one of the adults got a locker wristband. The lockers are


handy because you can put all your belongings inside as you wont need anything. Dress light as you will be very interactive.

There are water dispensers if you need to hydrate or bring your own water to drink. There is a lounge break room if parents want to hang out while the kids are having fun or if you just want to take a break and hydrate. Our overall experience at the Pickering location was great and I would recommend trying it out.


By: Gray Family



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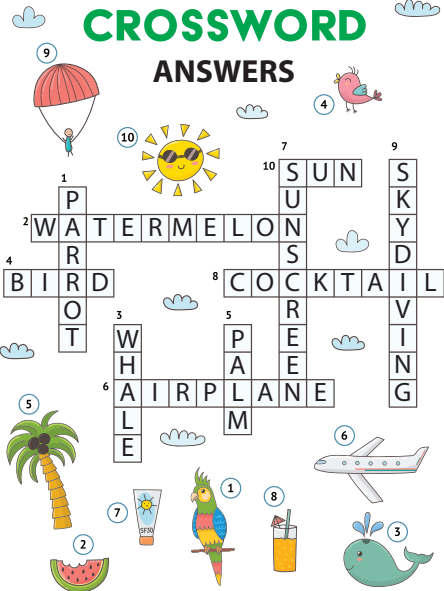
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9	3	6	8	4	7	5	2	1
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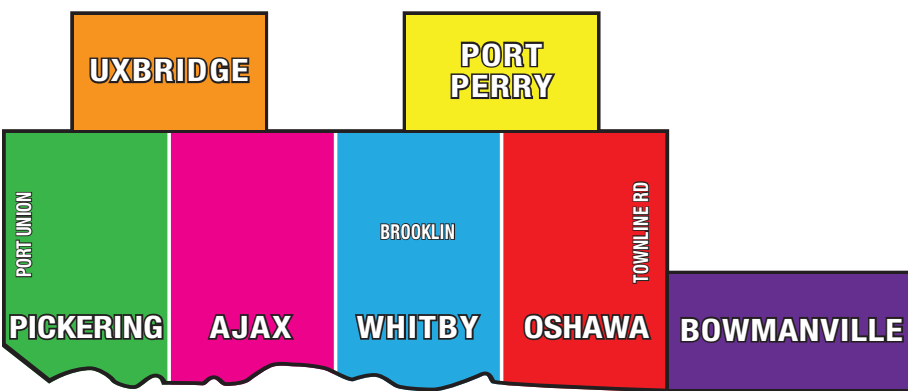
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ISSUE 03 – MAY, JUNE 2025

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or
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Monday to Friday



durham.ca
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Choosing the Right Before and After School Program



A great before and after school program is more than just supervision — it's a place where children can connect, grow, and recharge. When choosing a program, look for these key features:

A Place To Belong and Grow
A top-notch program nurtures social skills, independence, and confidence. Children should enjoy group projects like building a playdough city or putting on a mini play, along with quiet moments to draw or reflect.

Expanding Social Circles
Children interact with the same classmates daily at school, but a before and after school program can introduce them to new friends from different grades and schools, expanding their world in a fun, safe setting.

Learning Through Play
The school day may end, but learning

shouldn't! Hands-on activities like running a pretend café or creating art projects build confidence, leadership, and problem-solving skills — plus, they make great dinner table stories.

Active Play and Outdoor Fun
Children have energy to burn! The right program includes time to run, jump, and play outdoors. Movement helps children focus, sleep, and feel better overall — whether it's shooting hoops, exploring nature, or busting dance moves.

Time To Relax and Recharge
After a long school day, some kids want to play, while others need quiet time. Programs should offer space for both — whether it's high-energy games or a cosy corner to read or chat.

Homework Help
Evenings can be hectic, and getting an early start on homework makes things easier. A good after school program provides a quiet space for kids to focus and complete assignments, freeing up more evening family time.

A Say in the Experience
When kids can suggest activities, take on leadership roles, and help shape their experience, they feel more engaged, empowered, and excited to participate.

Why Choose the YMCA Before & After School Program?
The YMCA offers more than a program — it's a place to belong!

Rooted in the YMCA Playing to Learn curriculum, it nurtures curiosity, creativity, and critical thinking through play. Activities are designed around children's interests, encouraging collaboration and essential life skills. With 57 locations across Durham, it's easy to find a welcoming space where kids can learn, grow, and thrive.

Learn more at ymcagta.org/child-care/before-and-after-school-care.

(photo credit: Tia Chung)





Kid-Friendly Places to Eat in Durham

Dining out with little ones can be challenging, but choosing the right restaurant can take the stress out of a family outing. Many restaurateurs put extra thought into how they cater to even the youngest of clientele.

Angelique's Family Restaurant in Ajax is known for big portions and their all-day breakfast. We recommend getting there early on the weekends as it's a favourite spot for the community. The kids' menu features classic dishes.

Owned by Food Network personality Andrea Nicholson, **Butchie's** is a great place to bring the kids for a meal in Whitby. The menu asks guests to choose a protein and add one, two, or three sides. A kids' menu is offered as well for those 12 and under. Butchie's has a stunning patio in the warmer months surrounded by 1.5 acres of green space.

Crispy grilled cheese sandwiches and gooey mac and cheese is what **Gangster Cheese** in Uxbridge is all about. Leave it plain for the pickier eaters or choose from add-ins like pulled pork or lobster.

For more than 70 years, **Haugen's**

BBQ Chicken & Ribs has been a go-to spot in Port Perry. Rotisserie chicken dinners and barbequed ribs slathered in sauce are the most popular items on the menu, but the made in house pies are worth saving room for.

Kathryn's Diner in Pickering serves diner classics, all-day breakfast, and fish and chips. The kids' menu has great options or you can order sides like a single chocolate chip pancake or fruit bowl.

Whitby locals know that if you've got to take the family out to eat, **Melanie Pringles** is the place to go. The retro-inspired interior makes for a fun ambiance. Kids' meals include a scoop of ice cream that comes served in a car!

Rainbow Restaurant is one of Canada's oldest family-owned restaurants and calls Downtown Oshawa home. They offer all-day breakfast, specialty sandwiches, and eight kinds of disco fries.

With its Jamaican menu, **Starapples** in Bowmanville will give you a true taste of the Caribbean. Jerk chicken, curried goat and saltfish can

all be found on the menu, but they do offer a simple kids' menu with traditional Canadian dishes. Don't miss their weekend brunch!

A beloved Oshawa institution, **Teddy's**, has been serving up comfort food classics since 1980. They offer a huge menu with diner staples like clubhouse sandwiches and patty melts. Cubs menu meals come with a free ice cream sundae.

The readers of Durham Kids have exclusive access to enter a contest

to **win a \$50 gift card for Melanie Pringle's**. Scan the QR code below and complete the form to enter. One entry per email address. Contest closes June 30, 2025 at 11:45 p.m. Winner will be contacted by email.



Photo courtesy of Durham Tourism



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Igniting Creativity at Arts on Fire



Arts on Fire has created a homebase for the arts in South Ajax. Originally intended to meet the needs of teenagers who were seeking improv opportunities closer to home, this fine arts studio grew rapidly into a one-stop shop for art education. Our studio now offers 25 weekly classes and hosts birthday parties and paint nights on the weekends. The talented roster of art instructors also travel to elementary schools to provide Art Nights during the week. Daytime Art workshops can also be booked by highschoools and homeschooling families.

Weekly painting and drawing classes for ages 5+ are affordable and provide art materials. Kids, Youth, Teens and Adults enjoy learning a new hobby and socializing in a relaxing environment in the evening as well as daytime classes. Students can get ahead in school with our advanced lessons and can build a

portfolio of mixed media to apply for art schools.

Digital art classes are growing in importance and we have just added an Animation class. These technical classes require an ipad/tablet with stylus and the app called “Procreate”. Prepare for your career in architecture, murals, design, and computer gaming.

Musical Theatre is offered this spring and summer and is the best crash-course in singing, performance, and choreography for ages 9-16. Families are invited to watch the mini-show on the last day of class. Only eight performers per show so everyone is in the spotlight. This is the perfect training ground for youth wanting to audition for OLT, All Saints, and O’Neill.

Look no further for a unique party venue with lots of parking. Our dynamic parties include drama games, a painting party, and time in the party room. Families appreciate having the whole studio as a private booking for their event.

Monthly Family Paint Nights, Adult Paint’n’Sip Nights, and Girls Art Nights are posted on our website months in advance. Paint nights are fun for

beginners and experienced artists alike! Improv classes for youth, teens, and adults deliver a creative social experience. Beloved instructors Scott Barnes and Tyler Tulk have built a fun and dynamic home for improv training.

Last but not least, **Arts on Fire** meets the need for families that want a fun, safe, clean, and creative camp that leaves their kids begging for more. A day at camp includes six different art lessons in painting, drawing, and

theatre. The friendly and talented staff make every day the best day for kids ages 5-12. You can book a full week of camp or a single day. Camp runs from 9:00-4:00 pm. Multiple siblings save 10%.

Be sure to check us out on our social media **@artsonfire.ca** or browse our website: **artsonfire.ca**. Want to take a tour? Email **info@artsonfire.ca!**

by Sheri Prescott, Owner of Arts on Fire





More than a Camp. It's a Community



Community isn't just a location where people gather. It's a space where individuals from all walks of life come together and form connections that last a lifetime.

Fraser Lake Camp is that community. Campers arrive from near and far, and quickly find common ground — whether it's sharing stories around the campfire, chatting with new friends over a meal, or simply enjoying the freedom to be themselves. For that one or two magical weeks, everyone is on the same page. Backgrounds, family dynamics, and financial circumstances fade away, and what remains is a sense of belonging.

Here, friendships are formed through paddling a canoe together toward a shared destination, or working as a team to climb a wall. At Fraser Lake, kids get to be kids — to laugh, explore, and feel the joy

of being part of something bigger. A place where they're welcomed, supported, and treated as equals.

Located in the Kawartha region, Fraser Lake Camp sits on 273 acres of breathtaking waterfront property. Here, campers get to dive into daily adventures — from swimming and canoeing to biking through scenic trails. They also learn new skills like archery and climbing on our rock wall with the support of our trained staff.

We encouraged our campers to step out of their comfort zones and try things they may have never done before — or even imagined doing. Whether it's soaring down our water tube or hitting the bullseye in archery, each day is full of possibility.

Does your child love dressing up and using their imagination? Our weekly themed dinners let campers dive into the fun — from medieval costumes to cozy pajama parties!

At Fraser Lake Camp, we understand that camp isn't always financially accessible for every family — especially in today's economic climate. But we don't believe that should stand in the way of a child experiencing the joy, growth, and community that camp offers.

That's why we offer our Helping Hand program — designed to support families in financial need and make camp a reality for as many children as possible. If cost is a concern, please don't let that stop you from registering. We're here to help, so reach out.

There's always something for everyone at camp— a place where adventure, creativity, and community come together. That's the power of community. That's Fraser Lake Camp.

www.fraserlakecamp.com



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My son is the happiest boy I know. But when he is in pain, we struggle to find help. He has autism, and like thousands of other children and youth, needs to be sedated for even simple procedures.

You can help them get the care they deserve.

Lakeridge Health and Grandview Kids have announced a first-of-its-kind outpatient procedure room, dedicated to providing sedation for kids like my son.

But, they need to raise \$1 million to equip the room to provide a familiar and safe space for children and youth who truly need this kind of care. Will you help?

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