

PARENTS

FALL 2018

BONUS!
SNEAK PEEK
OF OUR
**PRIVATE
SCHOOL
GUIDE!**

Canada

FIVE WAYS TO RAISE RESILIENT KIDS

WHY HAVING
**POSITIVE
BODY IMAGE**
IS SO IMPORTANT
FOR GIRLS AND BOYS

TORONTO+

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tips, events and more

DEALING WITH GENDER DISAPPOINTMENT

Best of Back to School

Genius lunchbox solutions * Awesome supplies
and gear * School year tips and tricks

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THE CHILDREN'S
PLACE

FASHION FOR KIDS
SIZES 0-16

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YOUR WAY
#ALWAYSBU



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GET IT. WEAR IT. SHARE IT!



Bittersweet BACK-TO-SCHOOL

It's taken three decades to decide, but I think I've finally landed on fall as my favourite season. There's something about it—it feels more like a fresh start than January 1 does, and there's nothing I love more than a new beginning. (Yes, I was that kid who counted down to the first day of school. I remember riding my bike to the schoolyard and peeking in the classroom windows in the last glorious weeks of summer, trying to figure out who my teacher would be.)

But from the perspective of parenthood, fall is a little bittersweet (this year, it will be even more bittersweet as my baby, Juliette, starts junior kindergarten). I love the return to routine, but I find I quickly miss the slower mornings, the bedtime leniency and the serious delight over trips to the splash pad and ice cream shop.

Last year, my husband, Blaine, and I decided to ease into fall, to cushion the shock of back-to-school. We started the wind down early, with a slightly earlier bedtime each week, from the middle of August. We also left the last couple of weekends of the summer free of plans, so we could just hang out and be tourists in our own city. It worked to a point, but, of course,

the first day of school was still a bit of a shock. The consolation for my oldest, Sophie, was the new backpack and pair of shoes I wouldn't let her wear until September (for this year's roundup of school gear, check out page 11).

But, school woes be what they are, fall is still my jam. It's the super-crisp mornings, the changing colours and the sunset of the summer (plus, I will always take leggings and sweaters over shorts and T-shirts!). It's also the gateway to cozy winter nights and comfort food (like the rich, fudgy beet brownies on page 42 and our weeknight sheet-pan supper on page 45), and I'm a girl who will make all the excuses to curl up with a blanket, a book and a cup of tea.

Happy autumn, friends.

Katie

KATIE DUPUIS
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FRESH START PICKS



I love a new day planner. When my oldest started school, I switched to a school-year format, to motivate myself to write in all of the school events right away. INDIGO.CA, \$17.



I just discovered buckwheat pillows. These kid-sized ones are all-natural, breathable and provide contoured support. ROBOTANDDINO.COM, \$45.



Mama needs back-to-school shoes, too! For our roundup of family kicks, check page 25. BEARPAW.COM, \$124.

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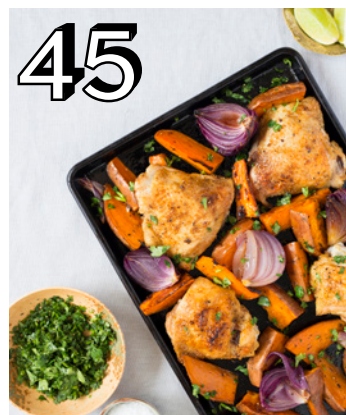
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BONUS!
SNEAK PEEK
OF OUR
**PRIVATE
SCHOOL
GUIDE!**




23



45



17

A photograph of four school children in uniform running and laughing joyfully. The children are wearing white shirts and dark trousers or skirts. The girl in the center has a pink headband with a flower. The background is slightly blurred, showing what appears to be a school building.

Help them *shine*.

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about our cover

We are so in love with this month's cover image, from blogger Christina Loewen (pictured with her daughters, Scarlett, left, and Georgia). Christina has a wonderful, authentic parenting and lifestyle blog called The Scarlett Door—which she started after her oldest was born—where she shares stories, tips and tricks, and gorgeous photographs of life with her girls and husband, Chris, in Kelowna, BC. Check her out on social media [@christinaloewen](#) for a daily dose of loveliness.



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¹ <http://business.financialpost.com/personal-finance/young-money/brace-yourself-this-is-how-it-will-cost-you-to-put-your-baby-through-university>

² Consult the Plan's Prospectus for complete information about costs, fees, risks and benefits of investing in a CET Plan.

³ British Columbia and Quebec offer provincial government grants to their respective residents.

⁴ Offered by MBNA, a division of TD Canada Trust



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FAMILY ROOM



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YEAH, WE'RE GOING TO SAY IT:

It's time to put down that smartphone and spend some quality time with your kiddos.

(Don't get us wrong—we know how addictive that phone can be, and there should definitely be time each day for scrolling through your Instagram feed.) We'll give you something to do with your crew in this space in each issue.

#PUTDOWNTHEPHONE AND...

GET CRAFTY

Maybe the kiddos will be more into their weekly chores if you spend a crafternoon (see what we did there?) making an adorable chore-tracking system.



Experts agree that kids can take on daily and weekly chores from as young as the age of two or three. Making a chore chart together means kids are clear on the expectations and can see their progress day by day. All you need is a few paint colours, wooden clothespins and a piece of plywood.

1. Sit down together and make a list of age-appropriate tasks for each child. While you're brainstorming, kids can be painting a set of eight to 10 clothespins with their designated paint colour.
2. Paint a small, square cut of plywood with chalkboard paint. Allow board and clothespins to dry completely.
3. Using a thin-tipped permanent marker, write each child's chores on their clothespins. Write 'Daily' and 'Weekly' as well as 'To do' and 'Done' on the board in chalk markers.
4. Start each day and week with the chore pins on the 'To do' side. When completed, the child can move them over to 'Done.' ■



ROLL CALL

SHOP OUR FAVES

1. LITTLE LOVELY CO. PINK CAT AND FISH **BACKPACK**, INDIGO.CA, \$30. 2. PAPER MATE FLAIR **FELT-TIP PENS** CANDY POP, WALMART.CA, \$16. 3. LEGO **LUNCH BAG**, INDIGO.CA, \$25. 4. PAPER MATE CANADIANA 24-PACK **PENCILS**, WALMART.CA, \$2. 5. PATCH CAMO COLOURBLOCK **BACKPACK**, CHILDRENSPLACE.COM/CA, \$35. 6. SKIP HOP ZOO BAT STRAW **WATER BOTTLE**, WELL.CA, \$8. 7. STUDIO OH! BOUND HOLOGRAM **JOURNAL**, WELL.CA, \$14. 8. **TWISTABLES COLOURED PENCILS** 24-COUNT, WALMART.CA, \$10. 9. STRIPED EYES **BACKPACK**, STAPLES.CA, \$20.

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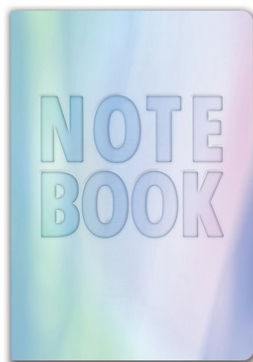
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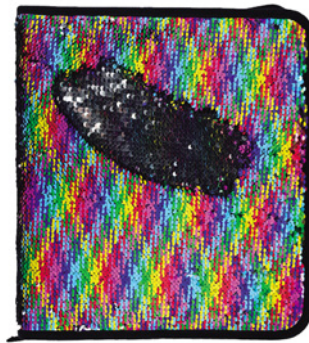


With back-to-school season in full swing (we can hear you celebrating from here!), get your students ready to hit the books and ace their year with these classroom must-haves.

10. KEEP LEAF ROBOT PENCIL CASE, WELL.CA, \$15. **11. SEQUINS BINDER**, STAPLES.CA, \$20. **12. ZIPIT 3-RING PENCIL CASE**, STAPLES.CA, \$9. **13. PRO PLATINUM ZIPPER HILROY BINDERS**, WALMART.CA, \$14 EACH. **14. YOObi PENCIL AND ERASER SET**, INDIGO.CA, \$8. **15. SOYOUNG LUCKY UNICORN LUNCHBOX**, CUTEKIDSTUFF.COM, \$35. **16. ELMERS GLOW GLUE**, STAPLES.CA, \$8. **17. TRACKER BEACH BUM BACKPACK**, SHOPBENTLEY.COM, \$46. **18. HILROY FOUR-PACK 40-PAGE EXERCISE BOOKS**, AMAZON.CA, \$6.



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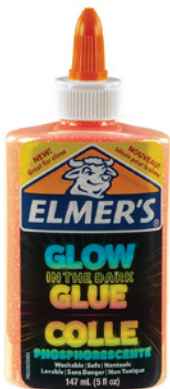
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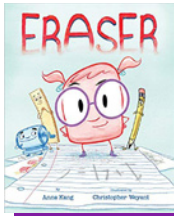
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PAGE TURNER

With a long list of great titles coming out this fall, it was (really) hard to choose our favourites. Somehow we managed to narrow it down to five hot reads for you and five for younger readers in the house.



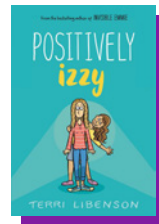
ERASER, \$26. (AGES 3 TO 7)

Eraser's not like Glue, who keeps things together, or Pencil, who's always on point. Ruler and Pencil Sharpener are the only school supplies who appreciate Eraser, who's tired of cleaning up everyone's mistakes. When she decides to go out on her own, everyone realizes how important Eraser is. (COMING SEPTEMBER)



THE ROYAL RUNAWAY, \$22.

After she's jilted on her wedding day, Princess Theodora Isabella Victoria of Drieden of the Royal House Laurent heads home to carry on with her royal duties. The thing is, Thea's tired of princess life. She leaves the palace, meets a hot Scot and when she finds out who he really is, twists and turns ensue. (COMING OCTOBER)



FOR KIDS

POSITIVELY IZZY, \$14.

(AGES 8 TO 12) This spinoff of *Invisible Emmie* finds Izzy, a creative kid who loves making up stories and skits, but her grades aren't great. Then there's Bri—she's the smarty pants, but she's also super shy. Who knew their worlds would come together the day of their school's talent show. (AVAILABLE NOW)



FOR YOU

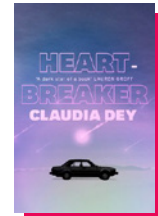
THE DINNER LIST, \$25.

Name five people, living or dead, you'd invite to a dinner party. Now, what if those guests really showed up? When Sabrina arrives at her thirtieth birthday dinner, she finds three people from her past, her best friend and Audrey Hepburn. Wait until you find out why these six people have been brought together. (COMING SEPTEMBER)



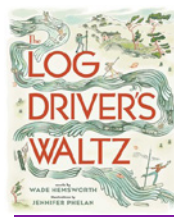
MEGABAT, \$16. (AGES 7 TO 10)

It's basically the very cool story about a boy and his bat. This early chapter book finds Daniel moving into a new house where he's far away from his old school and friends. At the same time, Megabat gets shipped across the world and winds up in Daniel's new place. (AVAILABLE NOW)



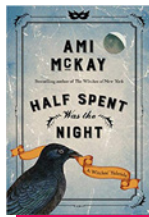
HEARTBREAKER, \$23.

It's a chilly night in October when Billie Jean Fontaine vanishes from the small northern town where she's lived for 17 years. (Her arrival in the town is a story in itself.) After she goes missing, a cast of characters—who make up her nearest and dearest—start searching and putting the puzzle pieces together. (AVAILABLE NOW)



LOG DRIVER'S WALTZ, \$22.

(AGES 4+) If you grew up in Canada in the '80s (here!) you likely remember the animated short about a log driver—it aired during cartoons. The iconic story is back to delight a new generation. "For he goes birling down and down white water, that's where the log driver learns to step lightly..." (COMING SEPTEMBER)



HALF SPENT WAS THE NIGHT: A WITCHES' YULETIDE, \$20.

The sequel to Ami MacKay's *The Witches of New York* is worth the wait. It's the holidays and the witches are together for their annual divinations. They have no idea what accepting a suspicious invite to a New Year's Eve masquerade will bring. (COMING OCTOBER)



PAGES & CO. TILLY AND THE BOOK WANDERERS, \$22. (AGES 9 AND UP)

Books are magical—that's what 11-year-old Tilly discovers at her grandparents' bookstore. Each page of her favourite books bring exciting adventures. Just wait until Anne (of *Green Gables*) and Alice (from *Wonderland*) show up. (COMING OCTOBER)



THE SWING OF THINGS, \$22.

Jayne and Eric's marriage is getting dull; weekly date nights are super predictable. Theo and Mia's marriage is, well, spicy—the couple knows how to heat up their relationship. When Jayne and Eric try to take a page out of the sexy couple's book, they just might take things a little too far. (AVAILABLE END OF AUGUST)

GETTING KIDS TO TALK ABOUT THEIR DAY

FOR THE FIRST TWO YEARS

of my daughter Sophie's school career, she was so chatty at the end of the day. I barely even had to ask, "How was your day?" and she'd be off, recounting everything from the morning announcements to what books her kindergarten teacher read at circle time to who she played with at recess. She held nothing back (and when my husband came home, she'd start all over again). I found I looked forward to the daily report.

But early on in grade one, I noticed a shift to a more guarded rundown of events. I got the dreaded "Fine" whenever I asked, "How was your day?" and, when she did divulge, she often focused only on playground dynamics (and while I wanted to hear about her friends, I wanted to hear about life inside the classroom, too). I tried prompting her in different ways with little success, so I went into what I call like to call MRM—Mama Research Mode. I asked both friends with older kids and teacher friends for their tips, and I searched both the internet and the library (I love good old-fashioned books) for insight. Read on for the five most helpful tricks I found for getting kids to talk about their day in a meaningful way.

—KATIE DUPUIS

1

ASK QUESTIONS THAT CAN'T BE ANSWERED WITH ONE OR TWO WORDS, OR EVEN A SINGLE SENTENCE.

This means finding alternatives to "How was your day?" I eventually landed on, "Tell me the best and worst parts of your day. Start with the best." Asking for the best first meant that we focused on the positives, and sometimes she'd get so wrapped up in a story she'd forget to move on to the negative parts of her day. There was the odd time, on a few particularly bad afternoons, that we handled the worst first, and that's okay, too.



2



MAKE YOUR QUESTIONS SPECIFIC.

Ask about French class or the day's science lesson.

Find out what sport she played in gym class, or what he has for homework.

(If you make a point to know what's happening in the school or classroom by reading the newsletters that come home or the emails from the teacher, you'll be able to come up with detailed questions in a snap.)

3

Focus on character-building.

If you aren't getting anywhere with your line of questioning, change direction. Instead of focusing on events, focus on your kiddo's character traits. Ask, "What did you do that was brave today?" or "How did you show kindness today?"

4

Respect when she doesn't want to talk.

There were a few times that I couldn't get Soph to open up, no matter what I tried. Eventually I realized that this was alright. Instead of getting frustrated, I'd just say, "Okay. If you want to talk later, I'll be here." Often, she'd open up at bedtime instead.

5

SHARE ABOUT YOUR DAY, TOO.

I found that if I told Sophie about how my day was going, she was more willing to tell me about hers, too. Modeling the behaviour you want to foster in your child is always a good idea.



IS HOMEWORK GOOD FOR KIDS?

We already know how most of your scholars feel about this one (we, too, have experienced homework meltdowns). But do they really need it? Is homework for little ones helpful, or is it a waste of precious family time?

YES

The 10,000 hours theory guides my parenting. Author Malcolm Gladwell wrote about this theory in his book *Outliers* and it goes like this: Putting 10,000 hours into something makes you an expert in it.

I should clarify: I'm more partial to the theory behind 10,000 hours. "Practice makes perfect" is a notion we apply to many things around my house, from soccer and baseball to dance and piano. And then there's homework.

At our place, homework landed on our dining table early. Before we even broke in our fall jackets, weekly dictée lists were discovered in backpacks amongst sticky granola bar wrappers and stray schoolyard treasures. Along with those French spelling practices came constant, albeit gentle reminders from teachers to read for 20 minutes nightly. By grade three, my son was tackling a weekly homework packet—an assorted few pages of math, reading comprehension, science and more for him to work on as he wished over the course of the week. I welcomed the homework. While

I was happy with my children's teachers, I did wonder how much the kids actually learned in class. Were they chatting too much with their besties? Were the loud kids in the corner distracting everyone? Was the teacher moving too quickly for them to understand concepts? Homework in our controlled environment was my learning safety net, assuring me that my kids were grasping academic concepts.

And while I cheered inside at the homework because I knew there'd be a payoff, outside, well, there were many tears. Working on any unmastered skill is frustrating until you start to get it. And soon enough, my kids did get it and brought home dictées with 9/10 marks, and they moved up in their levelled-reading books. They quickly learned that those extra hours (not 10,000, but still) of doing schoolwork after class were worth it and homework became another part of the routine that they expected. What better example could I set for my kids—if you want to get better at something, you need to practise.

—ASTRID VAN DEN BROEK

NO

I was channel surfing recently and got into a show about students in Finland, who rank among the highest in the world when it comes to academics. Comparing to our kids, Finns have shorter days spent in class, they have a longer summer vacation (about 11 weeks) and there's no homework. So how are they doing so well and consistently beating North American students, who spend more time in school, get shorter holidays and often have nightly homework? I'm still not 100 percent sure (the Jays game started; I turned the channel) but I do know my kids don't need to come home from a long day of learning just to have a snack and hit the books.

Our girls are nearly 10 and nearly eight, and homework calendars have been coming home for years. They complete their work, but not because I agree with it. I should add this doesn't include reading at night, which they do because they love reading. They did not get that from me.

The proponents of after-school studies will say the

extra practice boasts a slew of benefits—it can help teach and foster responsibility, time management, prioritization, discipline, organizational skills and independent work. I don't discount this, and I agree that homework has a place, perhaps toward the end of elementary school and in high school. That said, homework calendars and agendas filled with to-dos in the early years isn't necessary. Kids shouldn't spend an extra hour or two a day immersed in work—home time should be reserved for family stuff. By the time we're finished work for the day and get home, there's sometimes only an hour or so to spend with the kids before the whole bedtime routine starts. I'd rather spend that time riding bikes than going through multiplication tables.

For nights when there's just no time and the kids are all worked out, we send notes to the teacher explaining the extra work will be done over the weekend. The kids will be working for the rest of their lives. I'd much rather they have academic time at school and fun time with Mom and Dad.

—PETER VAN DE GEYN

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REINVENTING THE LOOT BAG

IF you're anything like us, you probably try to steer your brood past the loot bags at birthday parties, praying your kids won't notice. You already know what's in them—random toys and candy that will potentially break, cause fights or get stuck in someone's hair on the way home (and nobody's got time for that). But we do admit that it's nice to thank your guests, and it's important to teach your kids to show gratitude, so we've come up with five great favour ideas kids and parents alike will love.

Most of the parents we surveyed said the same thing: The loot needs to be useful or edible. If it's food, it shouldn't be messy or make life difficult for Mom and Dad (so skip the penny candy—go for something like a couple of the homemade energy balls on page 47). If it's useful, it should have staying power and be well made. Easier said than done, right? Right. Especially on a budget. But don't worry, we got you.

1 STATIONARY SETS We're all for one great item instead of many not-so-great items, which is why we love sticky note and note pad sets. They're already packaged, so add a cute thank you tag and cross 'loot bags' off the party to-do list.

2 PENCIL CASE FILLED WITH PENCILS OR MARKERS Instead of using a disposable bag for loot, go for something reusable. Kids love new pencil cases and colouring or writing supplies, so this is a surefire crowd-pleaser.

3 A BOOK This might seem overly simple, but is there anything better than a new book? It can be anything from a mini picture book (perfect for diaper bags—Mom or Dad will thank you the next time they're stuck in traffic or waiting in line) to a graphic novel. Set a per book budget and let the birthday boy or girl help choose for their friends.

4 A GIFT CERTIFICATE Most people think gift certificates have to mean big bucks, but you can do totally \$5 gift cards to places like Baskin Robbins or Tim Horton's. Kids love the grown-up feeling of handing over plastic, just like their parents, to pay for a treat.

5 A DONATION OK, so this one is a little boring for the party goer but altruism is never a bad lesson to impart. Work with your kiddo to find a charity that resonates with them, choose a dollar amount per guest and make a lump-sum donation. Post a sign or hand out cards at the party to explain this philanthropic loot option to guests.

BONUS:

If you really want to get creative, plan a party activity with a take-home final result. That way, you're keeping the kids entertained and saving money by not having to shell out for party-game supplies in addition to a take-away gift. Think about activities like T-shirt or tote bag painting, cookie baking or cupcake decorating. ■



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DEAR PARENTSCANADA:

AM I SIGNING MY KIDS UP FOR **TOO MANY** ACTIVITIES?

Deputy editor **LISA VAN DE GEYN** speaks to a child and adolescent psychiatrist and parents of overscheduled kids to find out.

I'M

going to be up front here, even though what I'm about to say may dishearten some of you: I hate kids' activities. I'll explain. I hate the stress of being online at 6:58 a.m. and refreshing the page until 7 a.m. to score \$206 per kid swimming lessons on Sunday mornings. (I also hate how expensive activities are.) I hate the politics. I hate how parents berate their kids when they don't hit

the ball; I hate how parents stare at their phones instead of watching their kids at bat. I'm not a fan of extracurriculars outside of school-run activities, but I think they're important for all the reasons you probably do. But how do parents know if their brood are committed to too many after-school and weekend undertakings?

Before I reached out to an expert, I asked one of my besties, who's starting to feel

the weight of the activities her kiddo is registered in. Five-year-old Stella is signed up for swimming lessons, T-ball and Sparks, and she's begging to start tap. She's not yet sure if Stella feels overwhelmed, but she sure does—schlepping to activities on weekends and the after-daycare dash is exhausting. She's planning on keeping an eye on how Stella's doing once she's back into the school-plus-activities routine.

That's the part of this conversation that's key—you may think four or five extracurriculars are fine for your kids (they did beg you to sign them up for soccer, guitar lessons, coding and skating, right?) but there are some telltale signs you need to look for to make sure they're not feeling snowed under. "Although extracurriculars are good for kids, too many can cause a lot of stress. See if your child is sleep deprived or tired, loses interest in the activity or doesn't want to go, begins falling behind in school or with important friends or family," says Dr. Shimi Kang, a Vancouver-based psychiatrist who specializes in child and adolescent psychiatry, and a mother of three. "It's not OK for kids not to see their siblings and grandparents because they're 'too busy.' These social relationships sustain our health and happiness. If your child doesn't have enough downtime or unstructured play time, that's a problem."

Your best bet, says Dr. Kang, is to look at the 24 hours in each day. "Block out 10 hours for sleep, time for school, time for family meals and an hour or two for downtime, unstructured play and maybe homework, then see what's left for extracurriculars," she says.

If you find your crew is signed up for too much, and you're noticing the signs Dr. Kang mentions, here's how to choose what to stick with: Activities that promote eye contact, social collaboration, communication, leadership skills, physical activity, innovative thinking and mindfulness, she says, are keepers...unless all their activities fall into these categories and their plates are too full. Then re-evaluate their schedule and sign up for (insert activity here) next season. ■



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MIND+BODY



WE LOVE RECOS FROM OTHER PARENTS.

So that's why we're aiming to give you go-tos that work, for everything from first foods to first aid. This month we tried ice packs, to give you the goods on what works best for bumps and bruises, and what can be tucked into lunch bags to keep things cool until the midday bell rings.

#WETRIEDIT

CHILLING OUT

Our ice pack picks will stock your freezer for whatever life throws at you—we have cute, colourful selections for ouchies, and utilitarian options for lunch bags.

SHOP OUR FAVES



BEST FOR BIG BOO-BOOS

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3 SPROUTS ICE PACK OWL (OTHER ANIMALS
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RUBBERMAID BLUE ICE PACK, MINI,
WALMART.CA, \$1.



BEST FOR BIG KIDS

SOYOUNG ICE PACK BLACK CAMERA,
WELL.CA, \$12.



POOP PROBLEMS

Adults who've experienced constipation know it's, well, pretty crappy. If you've never watched your little ones sitting on the potty, trying with all their might to do number two, consider yourself lucky. Constipation (when stool is harder than usual or difficult to pass) is almost always caused by bowel routines or diet—not "going" means they're not getting enough fluids and fibre, they're eating too much junk food or, if they're toddlers or preschoolers, it could be caused by toilet-training issues. If the usual suspects (prunes, psyllium cereals, lots of water and veggies) don't help them poop, and if they haven't gone in more than four days, The Hospital for Sick Children in Toronto says a visit to the doctor is in order. Be sure to tell the doc if you've also noticed that they're urinating a lot but it hurts to pee, they're losing control over their bowels (soiling underwear), they have a fever and there's blood in the small amount of stool they're able to pass. (Go to the ER if their tummy becomes swollen, they're vomiting repeatedly or if they're in a lot of pain.)

EXPERT ADVICE

LISPS: WHEN TO WORRY

Many children struggle with certain sounds when they're first learning to speak—S and L, for example—and for most, it never becomes an issue. Their speech matures and these inaccuracies correct themselves. But some kids may need extra help, and that's OK. "There are two types of lisps," says Katie Devine, a registered speech-language pathologist in Vancouver. "An interdental lisp happens when a child puts their tongue between their teeth when speaking; you can hear it when a kid pronounces an 's' as a 'th' sound. This is usually a straight-

forward issue to correct, if the child doesn't just outgrow it. But the second is called a lateral lisp, and it's a bit more complex. I tell parents it sounds a little more 'slushy.'" (You're hearing air being forced out of the sides of the mouth, but it may sound sort of wet.) Devine says a lateral lisp is always concerning, even for newbie talkers, but that it may be difficult to correct until a child is ready. "It's child-dependent—you may have a four-year-old who will sit and work on lateral lisp—but don't be too discouraged if you have to wait a bit longer."

CUTE STUFF

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1. MEN'S ULTRABOOST PARLEY SHOES, \$250, ADIDAS.CA. **2. WOMEN'S FRESH FOAM CRUZ V2 SPORT IN MINERAL SAGE WITH WHITE**, \$120, NEWBALANCE.CA. **3. BOYS' STRIPED JET HIGH-TOP SNEAKERS**, \$45, CHILDRENSPLACE.COM/CA. **4. GIRLS' CAMO SNEAKERS**, \$24, JOEFRESH.CA. **5. ATHLETIC WORKS BABY BOYS' SPARKY ATHLETIC SHOES IN BLUE**, \$15, WALMART.CA. **6. WOMEN'S UA HOVR PHANTOM IN MERLOT**, \$160, UNDERARMOUR.CA. **7. FELT BUNNY GIRLS' HIGH-TOP**, \$30, OLDNAVY.CA. **8. SKECHERS MEN'S MATRIX GUYTON FASHION SNEAKERS IN BLACK/GREY**, \$89, WALMART.CA.





It's not ALL about the kids

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STUCK ON YOU

Let's be honest—it's a pretty good day when you have a couple spare minutes to slap on some makeup before getting on with your to-dos. And if you're like us, there's really no time during the day for reapplying (save for a quick bit of lip balm or a swipe of mascara). That's why we're huge fans of long-lasting foundation, lipstick, eye shadow and, well, anything we're putting on our faces. Long live these eight long-wear picks.

SHOP OUR FAVES

1. MAYBELLINE COLOUR TATTOO LEATHER 24-HOUR **EYE SHADOW** IN 90 VINTAGE PLUM, \$9. **2.** REVLON COLOURSTAY **EYE LINER** IN BLACK VIOLET, \$11. **3.** ALMAY SMART SHADE SKIN TONE MATCHING **MAKEUP** WITH SPF 15 IN STRAIGHT UP MEDIUM, \$18. **4.** COVERGIRL OUTLAST ALL-DAY **LIP LIPSTICK** IN CUSTOM CORAL, \$12. **5.** L'ORÉAL PARIS VOLUMINOUS **MASCARA**, \$10. **6.** HARD CANDY SHEER ENVY **MAKEUP SETTING SPRAY** IN LONG WEAR, \$7. **7.** NYX **SHINE KILLER POTION**, \$28. **8.** NYC NY COLOUR LONG WEAR **NAIL POLISH** IN PARTY TIME FUCHSIA, \$10.



ONE-MINUTE MINDFULNESS

GRATITUDE PRACTICE

It's a holdover from the cave-man days that we instinctively do what we need to do to keep ourselves safe. Consider it to be like our "threat radar"—we wouldn't have evolved without it. But according to Dr. Julia Sen, a registered clinical and counselling psychologist in Toronto, that radar can get a little out of joint in the world we live in today, where we needlessly look for what could go wrong (this is especially true for so many parents!). Fear not: Practising gratitude is a super-effective way to help shift the focus to what is good in our lives, and away from thoughts of potential threats. And believe it or not, it can be beneficial for your mental health in less than three minutes a day.

This gratitude practice allows the brain to find the positive and gives us the edge we need to live happier, more peaceful lives. It has been shown to increase our dopamine (motivation), serotonin (happy) and oxytocin (love) hormones.

So how does it work? Every morning, sit down with your kid-dos and take turns saying three things you feel grateful for. Take one minute to feel gratitude for each item on the list. The items can be the same day after day, or you can look for new things each morning; the trick is just to seek out the good in your lives.

Is the morning just too hectic? Gratitude practise works just as well before bed.

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GROWING PAINS

FROM A VAGUE ACHE TO THE POTENTIAL FOR SERIOUS DISCOMFORT, growing pains come in all shapes and sizes. It's hard to see your child suffering, especially when there's no physical booboo to cover with a superhero bandage, but here are five quick facts to help you ease their worries (and your own!).

—TAMMY SUTHERLAND

1

GROWING PAINS AREN'T NECESSARILY ABOUT GROWING.

"It's more about what they're not," explains Dr. Marni Hanna, a paediatrician in Winnipeg. For example, if nothing is swollen or red and there hasn't been any trauma, cramping in your kiddos' legs could be chalked up to growing pains. "You just have to rule out the more worrisome causes," Dr. Hanna says. But despite their name and the very real soreness that kids feel, there's no definitive proof that any limbs are lengthening during the pain.

2

It affects the lower half of the body and both sides at once. "Most often it's the calves and quads," says Greg Lehman, a physiotherapist in Toronto. "But not the joints." Dr. Hanna agrees. "I wouldn't call them growing pains if they were always in one leg, or always in an arm." They generally appear in the latter half of the day, and should be gone by morning.

3

They can affect kids at almost any age.

Growing pains hit kids from the tender age of two right up to 12, says Dr. Hanna, who adds she sees at least one patient a week with these symptoms.



4



A LITTLE HEAT MIGHT SPELL RELIEF.

Try a warm bath, a heating pad or a hot water bottle. You can also try massaging the aching area. If those home remedies don't work, Dr. Hanna suggests giving your child acetaminophen or ibuprofen, but if you have to resort to pain meds every night, it's time to see your doctor. You also don't need to worry about special stretches or exercises, promises Lehman. "This is a self-limiting condition that will go away on its own."

5

They're perfectly normal. This is nothing to fret about, says Lehman. "If you get nervous and afraid, you'll pass it on to your child, and they'll feel nervous and afraid. This can amplify the pain." He advises a healthy dose of reassurance from Mom and Dad to help make kids feel better.



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RAISING *body-positive kids* (IN A NOT-SO-BODY-POSITIVE WORLD)

We know one of our most important jobs as parents is to nurture and model healthy self-esteem—and it takes lots of care and plenty of time helping kids adopt the habit of thinking positively about their bodies. (Heck, some of us parents could use a crash course in confidence.) It's obviously no easy feat, and you'll likely find yourself up against tough questions that have even tougher answers. We spoke to four experts (plus a supermodel!) about how to best help kids learn to love themselves. (And if you could use a confidence boost, take a cue from these parents.)

BY KRISTIN KEAN

If you think your kids are more self-conscious than you were growing up, we'd wholeheartedly agree—they have social media to contend with and airbrushed ads and magazine covers to try to identify with. So where does that leave a kid who doesn't like the shape of her nose, the baby fat around his middle, the birthmark on her hand, what he sees when he looks in a mirror? How can we get our children (tip: teaching body positivity should start when they're tots) to love themselves and their bodies no matter their perceived imperfections? "Self-acceptance is a process that begins with an early foundation of unconditional love and support from the ones closest to us," says Michelle Kambolis, a Vancouver-based family therapist and author of *Generation Stressed: Play-Based Tools to Help Your Child Overcome Anxiety*. With the right approaches, we can boost our children's self-esteem and help them realize that every body is worthy of love.

"MY SON GETS TEASED BECAUSE OF HIS FRECKLES."

Oshawa, Ont., mom Jessica Wood draws fake freckles on her face every day to make her son, Oliver, 7, feel better about his real ones. He's been picked on since the age of five—kids tell him his face looks "dirty," among other nasty comments. "One morning he asked me if I could put makeup on him so that kids couldn't see his freckles." Instead, Wood bought some \$25 makeup online so she could match his complexion. She also talks about the family tree with Oliver, letting him know that he's carrying on part of their genes. The two of them spend time online looking at photos of other kids and adults with freckles, and they have a daily routine of standing in front of the mirror together and going over all the things that make them special. Still, Wood worries for Oliver and his insecurities as he enters grade two. Kids this age are notorious for picking on peers who are "different."

EXPERT OPINION: Parenting expert Kathy Lynn, who's based in New Westminster, BC, says Wood is on the right track when she brings up the family's genes. "We can talk to our kids about how they look like other beloved family members. For example, 'Aren't you lucky you look like Uncle Jim?'" she says. "It lets them know they belong." Lynn also points out that we can work with our kids to see their differences as features that make them who they are. "We have to help kids say, yup, my freckles are what make me unique." Depending on their comfort level, kids can even approach classmates the same way: "I think your curly hair makes you special," for example. "It's about being positive," says Lynn.

"MY DAUGHTER THINKS HER BODY IS 'DISGUSTING.'"

Mom to 11-year-old Anna*, Nicole Perry* is struggling with how her daughter perceives herself. "Anna has told

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me and her doctor that she thinks she looks ‘disgusting,’” she says. “I asked her what evidence she had to support those thoughts and she said there were none.” Having been bullied before for her height (she’s taller than many of her classmates) and partially-shaved haircut, “she used to come home crying,” says Perry. “For the last few years she’s been internalizing those feelings, which has affected her self-esteem.”

Perry keeps Anna talking about how she feels, hoping to figure out the root of the problem. “I don’t talk about how her body looks, but instead about how she feels,” she says. She also tries to model this when it comes to her own body, but Perry points out that even as an adult, she struggles. “The onslaught of messages that tell women we have to look perfect and be thin can be overwhelming, even for me,” she says. “How do I promote a healthy body image to Anna when I can’t control the sometimes-damaging messages she’s getting elsewhere?”

EXPERT OPINION: Lynn understands how hard these conversations can be. While most parents’ immediate instinct is to correct our kids (“You are NOT disgusting!”), Lynn says it’s more important to investigate the issue first. “I would ask where that thought is coming from,” she says (which is something Perry has rightly done with Anna). We have to play detective—where we assume the thought came from may be completely different than where and how it actually originated, and you can’t properly react until you know, offers Lynn. In some cases, it may just be that a pair of pants aren’t fitting the same way they used to—it’s not necessarily as huge an issue as we may think.

When it comes to combatting the pressure put on kids to look a certain way, don’t underestimate the power of setting a good example. Michelle Pitman, a personal trainer and owner of Define Me Wellness in Whitby, Ont., has a 10-year-old daughter and often discusses their bodies’ amazing functions rather than the way it looks. “What we should be saying is more things like, ‘this is what I love about my body.’ And it’s not about aesthetics; it’s about the fact that my body allows me to do things I love, like walking to the park with my kids.” ■

*NAME HAS BEEN CHANGED.



MODEL ADVICE

HOW DENISE BIDOT TALKS TO HER DAUGHTER ABOUT BODY POSITIVITY

Denise Bidot is the first plus-size model to walk multiple runways during New York Fashion Week, and more recently she co-starred in *Straight/Curve*, a documentary about body image and challenging standards of the fashion industry. She’s had daily talks about self-love with her 10-year-old, Joselyn, since preschool. “I can see how these conversations have helped her own herself,” she says. But it isn’t always easy: Looking back at a scene in the

documentary where mom tells daughter, “No, baby, you’re not fat,” Bidot says she should’ve taken a different approach. “I wish I’d turned to Joselyn and said, ‘What’s wrong with the word ‘fat’? Why does that word upset you?’ The bright side is we have room to grow,” she says, adding that adults have the opportunity to work on our self-esteem while teaching this generation to love the things that make them unique.



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MOVIES FOR MOMMIES: BECAUSE GROWN-UP TIME IS IMPORTANT TOO!

HERE'S THE THING: Moms need to take time for themselves; self-care is really important. Becoming a mom is exciting, but for most of us, the first few weeks and months of motherhood are challenging. There's lots to learn about our little ones—navigating our way through feeding schedules, sleep routines and trying to balance everything on our plates. Until we find our groove, it can also be isolating and we tend to put ourselves last.

To be at our best, moms need to be able to recharge their batteries. Self-care can be as simple as taking time for a manicure or spending an hour at the gym. But with a tot under 12 months in tow, it can be hard to get that break.

Enter *Movies for Mommies* (MFM), which was created for just this reason—to provide new parents with the opportunity for some much-deserved “me time.” MFM allows Mom to take her baby with her to the movies, and enjoy a grown-up outing. The good news? You and your babe can catch all the big releases this spring and summer, including *Ocean's 8*, *Jurassic World 2* and *Mama Mia 2*.

Canada's original parent-and-baby film event launched 18 years ago in Toronto and now runs in cities across the country, with thousands of parents enjoying Hollywood's latest and greatest adult flicks at their local theatres, in a baby-friendly environment.

How does a “baby-friendly” movie experience work? MFM screenings are weekly or bi-weekly matinées that run with reduced sound levels to protect sensitive ears. Lights are left dim to make nursing and feeding easy, and all screenings have change tables with wipes and hand sanitizer in the theatre so you don't have to duck out and miss your show.

It's not just a movie—it's an event! Over the years, MFM has evolved into the quintessential mommy meet-up. When Halloween, Christmas, Valentine's Day and Mother's Day roll around, MFM has local professional photographers on-site doing complimentary photo sessions for Mom and her babe. *Movies for Mommies'* monthly pre-show events include guest speakers, “mocktail” parties, live demos and weekly door prizes. It's really a great way to meet other new moms.

FIRST TIME EXPERIENCING MOVIES FOR MOMMIES?

Here's what you need to know:

These are grown-up movies, not animated kids' movies. Given the adult content of the films, the suggested age of babies is newborn to a year old. If the little one is older than 12 months, parents should use their discretion as to whether or not to attend.

The younger the baby is, the more likely they are to sleep through the flicks. Second- and third-time parents have learned this—they start coming to movies when their wee ones are two or three weeks old.

Crying is permitted because, well, babies cry! Most settle down and sleep in the semi-dark theatre, but if your baby cries, that's OK, you're always amongst friends.

You will be able to hear the movie. Even with a few babies fussing, it won't affect your experience. If there is one unsettled little film critic, the normal etiquette is for Mom to step out briefly to soothe them.

Bring the appropriate gear. The movie is best enjoyed by having your baby in a car seat, which rests safely on the seat beside you, or by wearing a baby wrap.

Make it a date! Dads and partners are always welcome at our screenings. If they're on paternity leave or taking a day off, MFM is the perfect outing for a date afternoon, and you don't have to worry about finding a babysitter.

Arrive early. All first-time visitors receive a MFM welcome package which includes amazing samples and offers, as well as a membership card, so allow enough time to stop at our welcome table.

Be in the know! Register online at moviesformommies.com to receive MFM's weekly e-blast, and be the first to know about pre-show events, what's playing, special offers and more!



Movies for Mommies

The Original Parent & Baby Film Event

Movies for Mommies runs in select theatres in Quebec, Ontario, Saskatchewan, Alberta and British Columbia. Movie locations, screenings and show times can be found at moviesformommies.com.

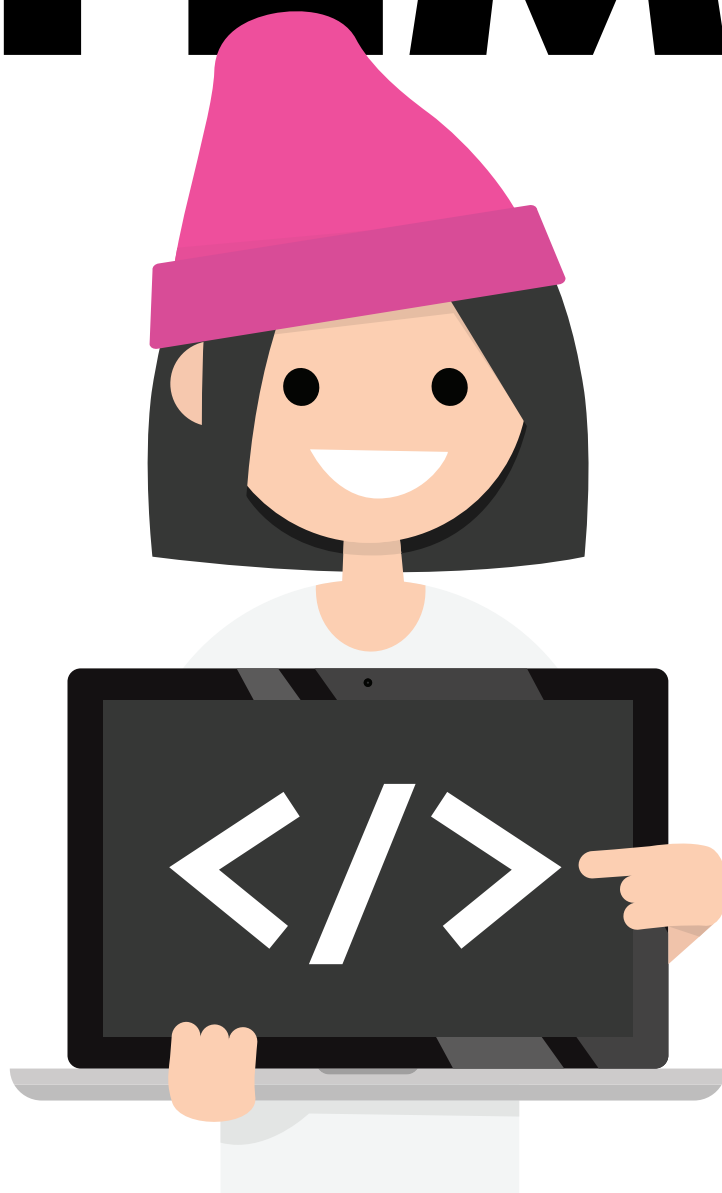
No advance registration is required to attend the show and there is no charge for babies. Dads, partners, grandparents, friends and caregivers are always welcome.

Not at a theatre near you? If MFM isn't in your neighbourhood, maybe it should be! *Movies for Mommies* offers licensing opportunities. If you're outgoing, organized, socially connected, creative and love movies, you can run your own business. Work flexible hours from home and have fun. For more information email: info@moviesformommies.com.

STAND UP **for** STEM

It's 2018 and science, technology, engineering and math fields are still dominated by men. So why are Canadian girls and women still underrepresented in STEM? Most experts agree that it's stereotypes—not our daughters' cognitive abilities—that are holding girls back. (Ugh.) While our educators and government are doing more today than ever before to encourage girls to get immersed in these four areas, there's lots we can be doing at home, too. Read on to find out how.

BY LISA VAN DE GEYN



BY the time we arrive in Ottawa, visiting the nation's capital one weekend in May, the kids' patience is wearing thin. A nearly five-hour trek from Toronto (yes, we're forced to pull over at more than one rest stop along the highway), our girls, Addyson, 9, and Peyton, 7, want nothing but Timbits and a swim at the hotel pool. But splashing around isn't on my agenda—just yet, anyway. On our short visit, we'll explore Ingenium Canada's trio of fun and educational museums: the Canada Science and Technology Museum, the Canada Aviation and Space Museum and the Canada Agriculture and Food Museum.

Admittedly, my motivation here is twofold. The kids love a good road trip, they think hotels are cool and they're looking forward to seeing family, including three canine cousins. But I've got something else up my sneaky sleeve—Addyson and Peyton are very much into math and science in school. They don't get this from me; my short-lived idea of becoming a marine biologist was squashed in high school when I barely got by in grade 11 math and biology. (Goodbye dreams of saving the sea turtles.) I'm acutely aware of my downfall in STEM subjects, but I'm just as aware of my girls' impressive skills and want to foster their interests as much as I can.

Three minutes into our tour of ZOOM, the Children's Innovation Zone at the Science and Technology Museum, my kids are immersed in all-things STEM—they turn into little scientists, putting hypotheses to the test in this self-directed lab where there's no right or wrong way to investigate. It's something Catherine Emond, an education and interpretation officer at Ingenium, says she's seen thousands of times. She tells us that even though the exhibit is for kids eight and younger, older siblings often come in and get just as wrapped up in the experiments as the little ones. When the girls beeline to a cool-looking puzzle-building centre, Emond talks about the element of surprise and experimentation. "These activities offer open-ended exploration and allow visitors to not only choose how they'll use the equipment, but also how they'll test and then alter their theories free of gender stereotypes or biases. This is STEM in action," she says.

SUPPLEMENT YOUR STEM

READ It will foster their imagination. "The smartest, most interesting women I know have been avid readers from as young as three years old," says Sarah King, a scientific advisor at the Canada Agriculture and Food Museum.

DOWNLOAD Interactive encyclopedias are fantastic tools. "My sister is an aerospace engineer and she started learning about the subject when she

was five," says King. "Sparking interest in STEM from a young age can help familiarize them with topics that can sometimes overwhelm kids."

PLAY There are tons of STEM toys on the market, perfect for engaging kids. From make your own slime kits to 4M Green Science's Tin Can Robot, there's definitely something for every kid. (Our fave? The Women of NASA LEGO set!)

It's gender stereotypes that are propelling boys into STEM and keeping girls on the sidelines, according to a UNESCO report released in 2017. Girls are at a disadvantage because of the "socialization and learning processes within which girls are raised and which shape their identity, beliefs, behaviours and choices," it says. With stats like this in mind, federal initiatives have been mandated to increase girls' (and women's, for that matter) participation in STEM, including a 2015 report on the Status of Women; a 2017 program called CanCode (which provides coding training for kids from kindergarten to high school, with a special emphasis on getting girls involved); and a national 2017 campaign called Choose Science, designed to encourage girls to continue STEM subjects in their education and careers.

Big-picture progress is being made but there are certainly ways educators and parents can jump on the STEM bandwagon at school and at home. We asked the experts for advice on how to get—and keep—girls engaged in these once "boys only" subjects.

FIGHT GENDER ROLES AT HOME AND AT SCHOOL

"I often hear young girls say they were told by boys that the Skylanders video games, for example, are for one gender only," Emond says. "I ask what they think and most often they realize they don't have to agree and can pursue their own paths. It's about empowering them by letting them see on their own how

much they can contribute and not be defined by gender roles." It's important to break down these stereotypes and make sure girls—the younger, the better—know there's room for them in the still male-dominated industries. Easier said than done, right? The experts all agree it's a work in progress; they also agree that parents can play a big role at home. Actua, a national organization that helps girls discover careers in STEM, offers two super-easy examples that would excite boys but will also spark interest in girls: Using chemicals and a black light, show kids how washing their hands prevents germs from spreading; or have older girls work on a budget for, say, a water-filtration project to provide clean water for communities to get them to apply their skills in math.

INTRODUCE GIRLS TO FEMALE ROLE MODELS IN STEM

Addyson's blue eyes widened at the Aviation and Space Museum when we stopped to look at Canada's distinguished astronauts—their photos, details of their missions and even the insignia cut from their spacesuits hang proudly in the hall. The kids are delighted to see Her Excellency the Right Honourable Julie Payette, an engineer and astronaut who now serves as Governor General of Canada, and Dr. Roberta Bondar, a neurologist and the first Canadian woman in space. "Try to share stories of successful women in STEM—strong female role models can go a long way," says Sarah

King, a scientist and science advisor at the Agriculture and Food Museum. "The one thing I hear over and over is that girls like to see women 'in the field.' If they can see relatable examples of women doing STEM jobs, it empowers them to follow their dreams," she says, mentioning the museum as an example, where many women work on the farm. "Young girls are very impressed seeing women driving a tractor or operating large pieces of farm machinery. These are wonderful examples of women pursuing careers in agriculture."

Lillian Papel is a Toronto science teacher who promotes STEM inclusion in the classroom. She's also the teacher of a grade 8 class that was named as a 2017 winner of the Samsung Solve for Tomorrow Challenge, which looks at careers in STEM and demonstrates how it can be used to improve their school and community. (Her students designed an irrigation system that harnessed rain and snow to support and water their rooftop garden.) She suggests parents remind kids that there are plenty STEM role models in their own communities—from the neighbourhood veterinarian and dentist, to the financial planner at the bank and the computer programmer next door. (And, of course, their science and math teachers.)

Don't forget to model enthusiasm for STEM when you're with your kids—it's bound to funnel down to them. "A colleague was recently helping a four-year-old girl create something using blocks. She wanted to build a museum, so he asked her questions about the galleries she'd include, gently pushing her to use her imagination," says Emond. "She soon said it was hard for her because she's so small. He called over Jen, another colleague, who is under five feet tall and is an accomplished scientist. He lauded how her height has never stopped her. The girl's expression changed and she had a look of, 'I can do this!' It was empowering to see."

MAKE IT PART OF THEIR EVERYDAY LIFE...

"Encourage conversation and promote opportunities to learn about STEM applications in everyday life," says King. You can do this using routine family activities you probably never thought about before: Crack open a

great cookbook that talks about the science of food; include them in adult conversations around STEM subjects (think topics like the economy, global warming, endangered animals, electric cars, etc.); and really create memorable experiences. "Think back to the excitement you felt when you first mixed baking soda and vinegar, or put your hand on the 'static ball' (Van de Graaff generator) that makes your hair stand up," says King. "Channel that enthusiasm when discussing STEM with kids."

...AND PROVIDE OPPORTUNITIES

Papel says this includes encouraging inquiry (the how and why), engaging in educational tourism (science centres, museums and other affordable programs available in your area) and taking time to include them in cooking, building, gardening, etc.

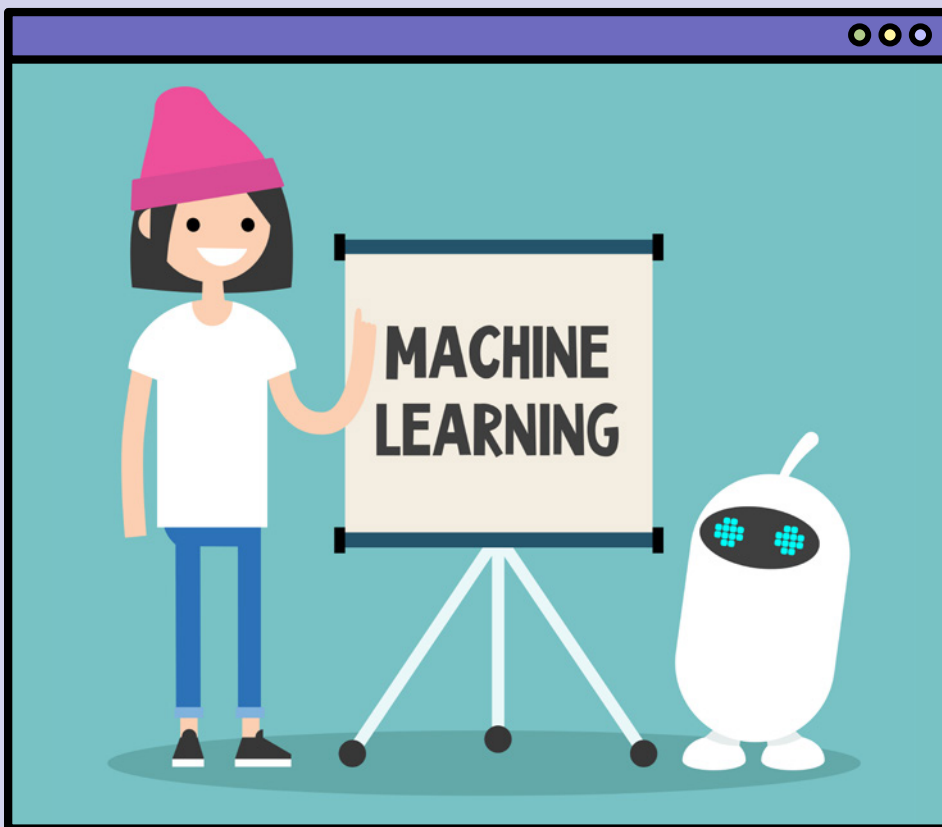
Alanna Norman, a registered early childhood educator in Ottawa, took notice of the recent interest in cars in her childcare centre. "I took out planks of wood and propped them up at different heights to create varying angles. I got cars and trucks of various sizes and sat

down on the floor. Naturally curious, a few kids noticed what I was up to and came over." Norman hypothesized about which ramp would make the cars go fastest, and which car would win if they were in a race. "A two-year-old girl chose the garbage truck as the quickest and we tested to see if she was right. Eventually I had all 10 kids in my room racing cars and narrating what was happening."

CELEBRATE ACHIEVEMENTS

"For kids, especially girls, there's always competition to be 'the best.' I remember in high school, I was at the top of my class in math, physics and chemistry, and I was competing with two boys for top marks," says King. "They were really tough on me and tried to get me down. I started questioning myself, even feeling embarrassed for all my hard work."

The problem, she says, is that too many young girls downplay their intelligence to fit in. The bottom line is that we need to teach girls and boys to be confident and excited about science, technology, engineering and math, and remind them to strive for the best they can be, regardless of the subject or the field. ■



**Everything
she wants
to be.**



Girl  Guides

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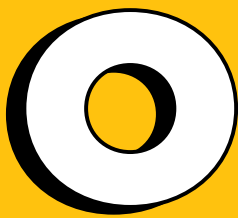
1-800-565-8111



IN PRAISE OF RESILIENCY

When it comes to our kids, we're all trying our darndest to raise well-rounded humans: We want them to be thoughtful, dependable and honest; we want them to be motivated and courageous, and work hard for what they want; and we want them to have compassion and humility, and to be respectful of those around them. We bend over backwards to give them every advantage in life. Well, that's all well and good, Mom and Dad, but there's something missing in that list of admirable character traits: resilience. And the question is, in this era of parenting, are we letting our kids fall down enough? **BY ROSEMARY COUNTER**

JAMES POND



One wobbly step at a time, my one-year-old is learning to walk. Right behind her, hovering nervously lest she slip or topple over (or, you know, a bird of prey sweeps down to snatch her), I am learning to relax and let her go, so she actually has room to practise and improve. The metaphor isn't lost on me. "Learning to walk is one of the best examples of what parents should do throughout their kid's entire childhood," says developmental psychologist Dona Matthews, who advises the last thing I want to hear as a non-negotiable: "You need to let her fall. The falling-and-picking-yourself-up process is critical; otherwise you don't learn."

In Matthews' world, this process is called resiliency, and it's gaining tons of traction, legitimacy and attention in the parenting space. "Resiliency is the idea that the child can withstand stress when bad things happen," explains Dr. Michael Ungar, director at the Resilience Research Centre at Dalhousie University. This might sound almost too obvious, but in practise, parents aren't doing so well: A new study from the University of Minnesota found helicopter parenting—the nervous, hands-on, over-protective parenting we're prone to in unpredictable times like ours—actually negatively affects kids, potentially making them less able to regulate their emotions and behaviour, more likely to act out and less able to deal with the challenges of growing up. In short, they lack resiliency.

The good news is that building resiliency means I actually get to parent a little less (or at least a little more passively). Ungar lovingly calls this "benign neglect" and—besides pouring a cup of coffee and putting my feet up instead of chasing my soon-to-be walker around—there are many moments of so-called bad parenting that are actually examples of good parenting. To give your kids a resiliency headstart, which may also have a side benefit of turning out more relaxed moms and dads, skip these dos and try these don'ts.

DON'T SHOWER THEM WITH ENDLESS PRAISE

Of course your kid is the smartest, sweetest, most beautiful on the planet, but do

yourself a favour and don't tell them so every damn minute of the day. "Tell a kid that they are oh-so-smart all the time and watch what happens in a moment that they're not-so-smart," says Matthews. "'Smart' becomes their identity, and to look smart all the time they start avoiding challenges where they might not be as smart." Ditto for cuteness and athleticism—both innate qualities that they didn't earn and can't change, so constantly highlighting them ultimately undermines their resiliency. Not that all positive encouragement is off the table, of course: "Instead, you want to praise things they can control—a skill, an effort, something that with intention they can improve," says Matthews. The more specific, the better.

DO TAKE YOUR EYES OFF THEM (YES, EVEN FOR ONE MINUTE)

"I used to think I should be watching my kids every second," says writer Kim Brooks. But by the time her son was four, happily strapped into his car seat with iPad in hand, Brooks felt fine dashing into the store. "I was at my parents' home, in the suburbs. It was a cool day, a safe area, the car was locked, he was fine." A nosy neighbour with a camera, however, disagreed and called the cops. Alongside 100 hours of court-ordered community service, she wrote *Small Animals: Parenthood in the Age of Fear*, arguing for her son's right to some freedom (even if it comes with some risk). While you might not leave your kiddos in the car just yet, parents of even small children can and should cultivate a sense of independence and comfort with some risk just by plopping a toy in front of them and going to another room for a minute. "It's important to give them this alone time because it helps them learn to self-direct, organize their time, reflect and experience their own imaginations and solve problems on their own."

DON'T TREAT YOUR KIDS EQUALLY

"Equal and fair are two very different concepts," says Alyson Schafer, parenting expert and author of *Honey, I Wrecked the Kids*. Kids have unique needs, skills and past-times that will require varying levels of time, effort and money. Veto the notion that all these should be even by right.

"If you don't make this clear, you'll raise bean counters. He got a book, I got a book!" It's irritating already, firstly, but more profound is the very anti-resilient message it sends: "This breeds entitlement and creates a mindset that kids are hard done by. The truth is the world doesn't owe you a book or anything else," says Schafer. Resilient kids learn to actively seek what they want rather than passively wait for its arrival.

DO LET THEM TALK TO STRANGERS

"Stranger danger" is probably every parent's most illogical and overblown fear—the odds of stranger abduction in Canada are somewhere around 1 in 5.8 million. "You should actually encourage your kids to talk to strangers," says Ungar. Not the "strange strangers," he clarifies, "but your kid needs to know how to interact with sales clerks and coaches and neighbours." In Brooks' research, she's heard overprotective parents are shocked with their 15-year-old can't hold confident eye contact with a cashier. Don't let it get so scary by fostering these relationships early—the more, the better. "Kids need a rich network of people they are engaged with, and not just peers but adults too," says Ungar.

DON'T BE PROACTIVE (REACTIVE IS GOOD ENOUGH)


As you near the teen years, explains Matthews, parenting is less hands-on and more about vigilance. "While little kids need your full attention, bigger kids need to be let go." Stop telling them what to do, stop solving their problems for them, and let them suffer the consequences of their actions. "Instead of being proactive, be reactive," says Matthews. Make sure they know you're present and aware, but wait for them to come to you for advice. Wherever possible, stay out of their peer relationships, don't call anyone else's parents (how embarrassing!), and let kids handle their own homework and school activities. Help if you can, but don't solve everything yourself—it sends the not-subtle-message that they can't do it on their own. "The resiliency lesson is you struggled but you managed," says Schafer. "Then when life throws them some speed bumps, as is to be expected, they're made of all the right stuff to handle them." ■

KITCHEN TABLE



#YUCKTOYUM

You know there are ingredients that, by their very nature, are more likely to get a “yuck!” from your brood. We’re aiming to change that. Your kiddos will go crazy for these chocolatey, fudgy brownies packed with beets (this treat’s secret weapon!) and you can secretly smirk knowing they’re tucking into a snack laden with a fibre-rich vegetable.



yum!

Rich, Fudgy Beet Brownies

HANDS-ON TIME 20 MIN TOTAL TIME 50 MIN YIELD 12-16 BROWNIES

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup cocoa powder
- 1 tbsp instant coffee granules
- $\frac{1}{2}$ tsp salt
- 1 cup raw beets, loosely packed, peeled, grated (about 1 medium beet)
- $\frac{1}{2}$ cup unsalted butter, melted
- $\frac{3}{4}$ cup sugar
- 3 large eggs
- 1 tbsp vanilla
- 1 cup chocolate chips
- 1 cup walnuts, toasted and chopped

1. Preheat oven to 325F. Line an 8-in. square baking pan with parchment paper.

2. In a large bowl, whisk together flour, cocoa, coffee and salt until combined.

3. In a blender, combine beets and butter until pureed, scraping down sides as needed. Pulse in sugar, eggs and vanilla until just combined.

4. In a microwave-safe bowl, heat chocolate chips on medium for 30-sec. intervals, stirring after each, until just melted. Scrape into flour mixture along with beet mixture. Stir together until just combined. Stir in walnuts.

5. Scrape batter into prepared pan and bake for 25-35 min, until a toothpick inserted into centre comes out clean with a few moist crumbs clinging. Cool completely in pan on rack, 2 hrs. Cut into bars.

TIP It's not easy to wait for brownies, but they will slice more easily if you allow them to cool completely in the fridge.

TRY THIS



CLIF ZBARS

Energy bars are a pretty popular grab-and-go option for adults, but they're often just too big for children. Enter Clif Kids ZBars. These plant-based bars are the perfect size for smaller hands and tummies, plus they're certified organic, made with natural flavours (no high-fructose corn syrup here, friends) and have a delish nut-butter filling for a punch of protein. Yes, this means they aren't school-safe, but paired with an apple or a banana, they're perfect for an after-school or post-activity snack. (If you clean your little's well with wipes before they head for the classroom, ZBars will even pinch-hit when you sleep late and need a breakfast solution en route to school.) Zbars come in three flavours: Double Peanut Butter, Chocolate Filled with Peanut Butter and Apple Filled with Almond Butter. \$7/MULTIPACK.

OFF THE SHELF



I've always stayed away from cooking French food, assuming that I didn't have the culinary chops to do it justice. And I certainly would never have considered tackling any French dish with kids. Croissants from scratch? No way. But after testing seven delicious recipes out of Mardi Michels's *In the French Kitchen with Kids*, I can testify that this book makes French classics incredibly easy. Concise instructions, helpful hints and entertaining stories all add up to a fantastic voyage into classic French cuisine that your family will love. Is there anything better than a fresh, warm loaf of crusty bread? Mardi's No-Knead French Loaf is literally four ingredients, proofed in the fridge overnight. Delectable sweets, like Palmiers (made from sugar and storebought puff pastry) prove that anyone can make wonderful French pastries at home. And tasty mains like steak frites and classic roasted chicken represent some of the savoury offerings in this book. Truly, there's no better way to share French food with your kids than by trying these recipes together. **INDIGO.CA, \$30**

—**BONNIE YOUNG**



GEAR TO GET



There's a reason Thermos has been around since 1904: The century-old technology is still reliable. These popular vacuum-seal containers do their job keeping cool things cool and warm things warm, which opens up a whole new set of lunchbox possibilities. You can do everything from cold overnight oats and hot oatmeal topped with dried fruit for breakfast, to soups, chili or macaroni and cheese for lunch. Get a Thermos for every member of the family—yourself included—for a fresh start this September. Or, if you already have them, make sure the vacuum seal is still good before the first day of school. Test by filling with hot water and allowing to sit on the counter for five hours; the water should still be hot, given that most Thermos brand products have an eight-hour claim.

LUNCH IS SERVED

While most parents cite “making lunches” as one of the top reasons they’re not looking forward to the new school year, Lindsay Pruss can’t wait to bust out her bento boxes. We asked the teacher, mom of two and bento box Instagrammer (@lunches_by_lindsay) to share four of her favourite meal ideas (in four of her favourite lunchboxes) to help you shake up your lunchtime game. Here’s hoping your crew never comes home with containers full of food waste again.

THE BOX	THE FEATURES	THE IDEAS
 <p>YUMBOX IN MALIBU PURPLE (SIX COMPARTMENTS), \$42</p>	<p>This one is leakproof, lightweight and comes in a slew of colours. It has an outer shell and a tray insert, and it fits into most standard lunch bags. It’s easy for little hands to open, it’s dishwasher safe and can hold almost six cups of food! The six-section box is great for grazers, and the four-section box works well for sandwich eaters.</p>	<ul style="list-style-type: none"> • Hardboiled eggs • Half an avocado filled with sunflower seeds • Cucumbers • Grape tomatoes • Peach sections • Cheese slices or cubes • Black beans • Olives
 <p>PLANETBOX ROVER WITH TWO DIPPERS, \$70</p>	<p>Made of high-quality stainless steel (making it an eco-friendly, safe alternative to plastic) this one is easy to wash and keeps food fresh for ages. It comes in three sizes and every box comes with two dippers, which create a leakproof compartment for yogurts, thick soups and chili. There’s also a small spot for a wee treat.</p>	<ul style="list-style-type: none"> • Mini-chicken taco bowls with lettuce, corn, red peppers and green onions • Grape tomatoes • Orange slices • Plain Greek yogurt topped with hemp hearts and a strawberry • Roasted pepitas
 <p>LITTLE LUNCH BOX CO. BENTO THREE, \$40</p>	<p>First, choose from three options—boxes with two, three or five compartments. Each is easy for kids to open and close and they’re all dishwasher safe. The three-compartment box holds about one litre of food, but it’s still small enough to fit into lunch bags and smaller backpacks.</p>	<ul style="list-style-type: none"> • Deconstructed sandwich skewers with olive bread, turkey, lettuce, cherry tomatoes and cheese cubes • Cucumbers • Raspberries
 <p>OMNIEBOX HOT & COLD INSULATED BENTO LUNCH BOX IN YELLOW SUNSHINE, \$43</p>	<p>Finally—an easy way to send a hot lunch! Easy for kids to open by themselves and super easy for parents to clean, this one comes in a variety of colours, and even has a handy removable divider.</p>	<ul style="list-style-type: none"> • Tomato soup (in the insulated compartment) • Waffled pizzas (crescent-roll dough filled with pizza sauce and shredded cheese, then pressed in a waffle maker) • Broccoli • Bell peppers • Blueberries • Strawberries

ALL BENTO BOXES AND ACCESSORIES ARE AVAILABLE AT CUTEKIDSTUFF.COM.



One-Pan Chicken Thighs with Sweet Potato Wedges

HANDS-ON TIME 15 MINS **TOTAL TIME** 35 MINS
YIELD 4 SERVINGS

- 2 tsp coriander
- ½ tsp cumin
- ½ tsp salt, plus more for seasoning
- ½ tsp black pepper, freshly ground, plus more for seasoning
- 4 large bone-in, skin-on chicken thighs
- 2 small unpeeled sweet potatoes
- 1 medium red onion, peeled
- 3 tbsp olive oil
- 1 small bunch cilantro or parsley
- 1 lime

- 1.** Preheat oven to 450F; position racks in centre and top ⅓ of oven.
- 2.** In a small bowl, combine coriander, cumin, salt and pepper. Pat chicken dry with paper towels and sprinkle evenly over both sides with spice mixture; rub spice mixture in with your hands. Position chicken on a large, rimmed baking sheet.
- 3.** Halve sweet potato widthwise and cut into ¾-in. wedges. Keeping stem end intact, slice onion lengthwise into 6 wedges. Arrange vegetables on baking sheet amongst chicken thighs. Drizzle chicken and vegetables with oil, and use your hands to coat. Season vegetables with salt and pepper.
- 4.** Bake on centre rack of oven until chicken is cooked through (registering at 165F with a digital thermometer) and sweet potato is fork-tender, about 20 min. Turn broiler on high and transfer baking sheet to top rack. Broil for 1-2 min, watching closely to prevent burning, until chicken skin begins to crisp up.
- 5.** Finely chop cilantro or parsley leaves and zest lime; toss together in small bowl. Slice lime into wedges.
- 6.** Arrange chicken, sweet potato and onion onto plates and sprinkle with cilantro mixture. Serve with lime wedges.

KITCHEN TIP Freeze your chicken bones, onion skins and cilantro stems for making stock at a later date.

QUICK FIX

THE RETURN TO ROUTINE also means a return of the “what’s for dinner?” panic that sets in every afternoon (unless you’re super organized, in which case you’re our hero!). Behold, the sheet-pan supper: It’s the easiest of the easy weeknight meal solutions. Protein plus veggies plus seasoning, popped into the oven on a single baking sheet, means minimal effort for a fast, tasty payoff.

SNACK ATTACK

There's a reason *The School Year Survival Cookbook* from **LAURA KEOUGH AND CERI MARSH** of *The Sweet Potato Chronicles* has been shortlisted for a 2018 Taste Award (like the Emmys for cookbooks!): It has everything parents need to troubleshoot September to June mealtime challenges. We especially love these awesome snack recipes, because they're perfect for lunchboxes as well as the after-school, pre-dinner cries of "I'm starving!"



**NUT-FREE
ENERGY BITES
P.47**

**SCHOOL-SAFE
CHOCOLATE SNACK BALLS
P.47**



Hawaiian Pizza Muffins

PREP TIME 15 MINUTES **TOTAL TIME** 35 MINUTES **YIELD** 12 MUFFINS

- 2 cups spelt flour
- 2 Tbsp sugar
- 2 tsp baking powder
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp salt
- 2 eggs
- ¾ cup milk
- ½ cup vegetable oil
- ¾ cup diced ham
- ¾ cup grated mozzarella cheese, plus more for topping
- ¼ cup diced pineapple
- 1 Tbsp chopped fresh basil
- ¼ cup pizza sauce

- 1.** Preheat the oven to 350°F (180°C). Line a 12-cup muffin tin with paper liners.
- 2.** In a medium bowl, whisk together the flour, sugar, baking powder, oregano, garlic powder and salt. In a large bowl, whisk the eggs, then whisk in the milk and oil until smooth. Add the flour mixture and stir just until well combined. Stir in the ham, cheese, pineapple and basil.
- 3.** Spoon the batter evenly into the muffin liners. Spoon 1 tsp (5 ml) pizza sauce over each muffin, and then sprinkle with additional mozzarella. Bake for 20 minutes, or until golden brown and a toothpick inserted into a muffin comes out clean. Turn out onto a rack to cool. Store in the refrigerator in an airtight container or bag for up to one week.

Nut-Free Energy Bites

PREP TIME 5 MINUTES **TOTAL TIME** 45 MINUTES
YIELD 20 TO 24 BALLS

- 1 cup oats
- ¾ cup unsweetened shredded coconut
- 1 Tbsp chia seeds
- ½ cup ground flax
- ½ cup chocolate chips
- ½ cup sunflower butter
- ⅓ cup maple syrup
- 1 tsp vanilla extract

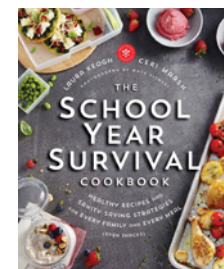
- 1.** In a large bowl, mix all ingredients until well combined. Cover and refrigerate for at least half an hour.
- 2.** Once your dough is chilled, roll into 1-inch (2.5 cm) balls. Store in an airtight container in the fridge for up to 1 week.

School-Safe Chocolate Snack Balls

PREP TIME 15 MINUTES **TOTAL TIME** 1 HOUR
15 MINUTES YIELD ABOUT 12 BALLS

- 1 cup dried apricots
- ½ cup unsweetened shredded coconut, divided
- ¼ cup raw pumpkin seeds
- ¼ cup raw and unsalted sunflower seeds
- ¼ cup cocoa powder
- 1 Tbsp honey
- 1 tsp coconut oil, melted

- 1.** Line a baking sheet with parchment paper. In a food processor, pulse the dried apricots, ¼ cup (60 ml) of the coconut, pumpkin seeds, sunflower seeds and cocoa until the mixture is crumbly. Add the honey and coconut oil and process again until a sticky, uniform dough is created.
- 2.** Place the remaining coconut on a plate. Scoop a heaping tablespoon of the dough and roll into a ball with wet hands. Roll in coconut and place on the baking sheet; continue with the remaining dough. Refrigerate for at least 1 hour. Store in an airtight container in the refrigerator for up to 1 week.



PENGUIN RANDOM
HOUSE CANADA, \$30



**BROCCOLI AND
CHEESE PATTIES**

Broccoli and Cheese Patties

PREP TIME 10 MINUTES **TOTAL TIME** 35 MINUTES **YIELD** 6 PATTIES

- 1 Tbsp olive oil
- ½ onion, minced
- 2 cloves garlic, minced
- 4 cups finely chopped broccoli florets
- 2 eggs
- ¾ cup panko bread crumbs
- ½ cup grated cheddar cheese
- ⅓ cup grated Parmesan cheese

- 1.** Preheat the oven to 400°F (200°C).
- 2.** Heat the oil in a large skillet over medium heat. Add the onions and garlic and cook, stirring occasionally, until they begin to soften. Add the broccoli and give everything a stir. Cook until the broccoli just begins to soften, about 3 minutes. Remove from the heat.
- 3.** In a large bowl, whisk the eggs, then whisk in the panko, cheddar and Parmesan. Add the broccoli mixture and

stir to combine thoroughly. Use your hands to form six patties. Don't worry about making them perfectly round, but do try to make them even in thickness. Arrange the patties on the baking sheet.

4. Bake for 15 minutes. Use a spatula to flip the patties, then bake for another 10 minutes. Allow the patties to cool on the baking sheet and then store in an airtight container. They'll keep for 3 or 4 days in the fridge and up to 3 months in the freezer.



HOW TO:

DEAL WITH GENDER DISAPPOINTMENT

Feeling sad that you're expecting one gender when you'd hoped for the other? Experts say there are ways to manage your feelings. **BY LISA EVANS**

Whether you've just announced your pregnancy or you're ready to pop, you've probably been hearing a lot of this: "Are you hoping for a boy or a girl?" Yeah, we know, you just want a healthy baby. Of course. But the truth is many of us harbour a secret gender preference.

Toronto mom Karen Davey always wanted a little girl. "I knew how to relate to girls.

I knew how to have fun with them. I would enjoy tea parties and Barbies versus hockey games and fighting," she says. Then Davey found out she was having a boy. While she was slightly disappointed to see a little penis on the ultrasound, her discontent didn't last when her son was born. "Watching my husband connect with him is wonderful. I think I get more enjoyment watching the bond that the two of them have."

It turns out there may be a biological reason for our gender preferences. A 2011 study from Queen's University in Kingston, Ont., showed men have a stronger preference to have boys while women tend to want girls. "It comes from an ingrained desire to leave something of oneself for the future," says Lonnie Aarssen, the study's co-author. In other words, we see children as an opportunity to create a little mini-me.

The thing is, hoping for one sex over another can lead to tons of emotions—including guilt. While most of these feelings will disappear when your babe arrives, Guelph, Ont., psychologist Maya Hammer says they can become a burden if not dealt with.

DON'T IGNORE YOUR FEELINGS. "The more you suppress something or avoid it, the bigger it becomes," says Hammer. Ignoring your initial upset can cause you to unknowingly pass those negative feelings onto your child once he or she is born.

FIGURE OUT WHY YOU'RE UPSET. Perhaps you grew up with sisters and imagined doing manicures with your one-day daughter; your husband, who grew up with brothers, has always looked forward to weekends play-wrestling with his son. Yes, we know these are old-fashioned gender roles—the point is these musings create unfair expectations. Remember, says Hammer, your child's gender doesn't dictate his or her personality.

CHAT WITH OTHER PARENTS. Having a boy even though you absolutely thought you were having a girl? Ask friends and family who have sons what they love most about parenting boys. Watch how they interact with their children and start envisioning your life with your tot. Davey got more excited about having a boy when she decorated her son's nursery—she went with traditional blue. ■

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HOW TO:

HANDLE A STRAWBERRY HEMANGIOMA

Parents may worry when they notice a raised, red birthmark on their new babe. The good news is, the spot is unlikely to cause health issues. **BY KINJAL DAGLI SHAH**

For many new parents, the appearance of a strawberry hemangioma—a bright red, vascular growth formed due to an abnormal collection of blood vessels, sometimes resembling a strawberry—may be quite distressing. Don't freak out just yet—most experts agree these usually fade over time. But how should you deal with the unwanted attention in the meantime?

First things first: Strawberry hemangiomas aren't usually harmful. "It generally starts developing inside the uterus," says Dr. John Freedman, a paediatrician at the Thornhill Paediatric and Adolescent Clinic. "It starts evolving and becomes most prominent when the baby is three to five months old." In 90 percent of cases, hemangiomas fade by age five or six and are completely gone by age 10. "Unless the

hemangioma is in a spot where doctors feel it will interfere with body function, there is no treatment needed," says Dr. Freedman.

A prominent strawberry birthmark can attract stares and questions from others, though, and parents may want to have strategies for how to deal with comments, says Dr. Shudeshna Nag, a paediatrician specializing in paediatric dermatology.

BIRTHMARKS ARE BEAUTIFUL

Many children are born with different types of birthmarks, ranging from a smattering of moles to large port wine stains. Some of these marks are permanent, while others will fade as a child ages. The best message you can send is that birthmarks are a special part of us and help make us unique.

DEAL WITH QUESTIONS FROM OTHERS DIRECTLY AND USE APPROPRIATE TERMINOLOGY.

For example, "It's a hemangioma, a type of birthmark that fades away over time." As your child gets older, teach him or her to address questions from curious children in the same manner.

BE POSITIVE. Your child's own attitude toward it will generally reflect yours, so avoid constantly drawing attention to it or implying that you can't wait for it to disappear. Emphasize that it's a natural and harmless spot on the skin, and that we all have differences about us—it's what makes us unique.

TALK TO YOUR DOCTOR IF YOU'RE CONCERNED.

If the hemangioma is especially difficult for your little one, topical and oral treatments are available to speed up the disappearance of a hemangioma, and may be prescribed by your child's paediatrician or a dermatologist. (Ask about treatment side effects while you're there.) ■



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HOW TO:

HELP TOTS COPE WITH NEEDLES

It's always tough to see your little ones get shots at the doctor's office, but we've got tips for helping with the discomfort. **BY ANN CHANDLER**

Canadian immunization guidelines recommend that a child should receive more than 20 needles before the age of 18—and so many of those early immunization experiences can make a child anxious about receiving needles in the future, but you can help your little one through the process. Consider these strategies.

1. DON'T TELL YOUR CHILD NOT TO WORRY. It can actually have the opposite effect and increase anxiety. "Parental reassurance makes kids feel worse," says Dr. Christine Chambers, a professor of paediatrics and psychology at Dalhousie University, and a Canada Research Chair in children's pain. "We're not really sure why, but there is some evidence that it serves as a signal to children that their parents are anxious." If, like 10

percent of the adult population, you have your own fear of needles, deep breaths could help.

2. TRY A TOPICAL ANAESTHETIC CREAM. Have OTC options like EMLA, Ametop or Maxilene on hand any time your kiddo is expected to be poked. "They have been shown to significantly reduce pain," Dr. Chambers says. They should be applied to the skin approximately an hour before the doctor's visit.

WHAT TO EXPECT POST-NEEDLE

It's pretty normal for kids to experience fussiness or trouble sleeping, soreness and redness at the injection site and even a low-grade fever. But if your child exhibits severe swelling, spikes a high temp, has a tough time breathing, breaks out in hives or seems lethargic, seek immediate medical attention.

Consult your pharmacist to ensure proper application.

3. PAY ATTENTION TO PHYSICAL BODY POSITIONING.

Dr. Chambers and her colleagues recommend cradling small children, or breastfeeding and/or feeding sugar water (one packet of sugar with two teaspoons of water) to infants undergoing painful procedures. "Not only are these comforting to the child, they are actually analgesic, which means they reduce pain."

4. WATCH WHAT YOU SAY

AFTER THE PROCEDURE. "Our research has shown that what children remember about a painful procedure (versus what actually happened) is a powerful predictor of how much pain children will experience at a subsequent procedure. Take a moment after the appointment to praise your kid for a job well done and remind them how well they coped. It might influence how well they do next time," says Dr. Chambers. ■



HOW TO:

ENCOURAGE YOUR BUDDING WRITER

Penning letters and jotting down stories and plays are all ways to get your kids to practise writing. (And we bet they won't even notice.) **BY KATE WINN**

When it comes to essential life skills, writing is way up there. And if your kiddos have taken a schoolwork break over the summer, now's the time to get them back into not only reading their ABCs, but writing them too.

No surprises here—one of the best ways to encourage them is to reinforce the connection between reading and writing. Get them to choose books and

spend time together reading aloud, says Regie Routman, an education expert who works with teachers to support literacy instruction. "Read aloud wonderful picture books, as well as great fiction and non-fiction books," Routman says. "Just savour the time together, talking about the story and illustrations. Talk about the books without trying to teach."

If you're not sure how best to encourage them to practise

at home, send a note to school and ask their teachers for tips or prompts. In the meantime, here's where you can start.

GET SUPPLIES AND OFFER IDEAS. A trip to the store lets them pick their materials (cool notebooks, colourful pencils, animal-shaped erasers, scented markers, etc.) and get creative—show kids they can write about pretty much anything. (For example, old greeting cards are

the size of postcards. Get your brood to write to their grandparents, then pop the cards in an envelope to mail.) Let them write out invitations for birthday parties and ask them to write out the day's menu and hang it on the fridge.

MODEL IT. They can watch you write out holiday cards, make grocery lists, fill out paperwork. Routman says it's also important to show them the writing you do on your smartphone—emails, tweets, Facebook posts. (Yes, they need to practise good old pencil-and-paper writing, but typing out a fantastical story about polar bears at a buffet definitely counts.)

BE PLAYFUL. Junior Scrabble and Boggle are great for spelling and vocabulary, and Rory's Story Cubes promote oral storytelling. Download a variety of fun (and educational) apps—they won't even realize they're practising.

MAKE IT REAL. Kids are motivated by authentic tasks, so get them on projects: a letter to a relative (preferably one who will write back), a birthday or holiday wish list, a poem to frame, a script for a play kids can act out with their friends.

EXPECT THEIR BEST (BUT NOT PERFECTION). Parents often fret about perfectly formed letters and correctly spelled words. While we always want kids to take their time and do their best work, their ideas are just as important—maybe even more crucial—as the mechanics. Letter reversals and inventive spellings are super common during the first few years of school. If kids are encouraged to give their best effort when writing (without too much correction or criticism), they're definitely on the "write" path. (We couldn't help ourselves.) ■

**HOW TO:**

DEAL WITH MEAN GIRLS

It almost seems like a rite of passage for young girls to cross paths with this kind of bully. Fear not—you can help. **BY ASTRID VAN DEN BROEK**

Mean girls seem to be an age-old issue that surface on some level for most young girls (there's a reason there is a whole genre of movies dedicated to the stereotype). For some, the mean girl never zeroes in on them and it never becomes a problem; for others, the experience of dealing with a this bullying can poison the whole school experience. As a parent, we wonder,

what can we do? How can we help? So, here's a little Mean Girl Management 101, with tips and tricks from the experts.

TEACH HER TO USE EFFECTIVE WORDS. Work with your daughter on assertively calling out behaviours from bullies. "Saying 'That hurts my feelings' isn't enough; many girls will respond that they don't care," says Rosalind Wiseman, author of *Queen*

Bees & Wannabes (which inspired the 2004 film *Mean Girls*). "Instead, name the behaviour and say, 'That was really mean.'" But also brace your daughter for the expected response. The mean girl will likely shoot back with a similar accusation. "And then your child should respond with, 'Me saying I'm mad at you isn't mean. It's telling you how I feel and you can't take my feelings away from me,'" says Wiseman.

IF YOUR DAUGHTER IS THE MEAN GIRL...

You can help correct the behaviour. Make sure she understands your family's stance on how to treat other people and be clear on the consequences for breaking these rules. If she has hurt another child, have her apologize and make a plan for how to improve her behaviour going forward. Lastly, give her another chance. She needs to know that you believe in her.

TAKE A BREATHER, MOM.

"Moms have to get out of mama bear mode," says Susan Wellman, founder of The Ophelia Project, an initiative that ran from 1997 to 2012, and pioneered work on how girls treat peers. "Girls can be terribly upset one day and then make up three days later. Meanwhile, Mom has gone ballistic. It's almost like you need to wait and see."

HELP HER FORM HER OWN SOCIAL GROUP. Even if it's just one friend—that's all it takes. Encourage your daughter to move away from the bully group and seek out new girls to socialize with. "Make sure they have a strong social group of their own," says Barbara Coloroso, author of *The Bully, the Bullied, and the Bystander From Pre-School to High School*. "Bullies tend to pick on kids who are alone." ■



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#PARENTPROFILE

We love hearing from other parents about their lives, their go-to, family-friendly spots in the city and why they love The 6ix. Check back here each issue for new ideas and recommendations. Want to be featured or know someone who should be?

Send us a note at katie@parentscanada.com

PARENT PROFILE

NAME: Lynzie Kent (@lovebylynzie)

OCCUPATION: Owner and creative director of Love by Lynzie Events + Design; lead singer of Electric Blonde; host of *Crazy Beautiful Weddings* on Makeful TV

FAMILY: husband, Andrew; son, Archie, 3; and baby boy due in November

HOW LONG HAVE YOU LIVED IN TORONTO?

I moved to Toronto in 2003. I was pursuing original music when I first arrived in the city, so I was performing in bands, touring and working on my own stuff. Back then I started my band, Electric Blonde—we still perform today. We played a lot of corporate events, which was sort of the gateway into event planning. I started Love by Lynzie in 2011, out of my home, with two weddings that first year. The next year we did eight weddings, and then a year later, 16. We moved into an office space in 2015, right before Archie was born. Each year, the number of weddings grows. Now we're at 50.

DID YOU ALWAYS KNOW YOU WANTED TO LIVE HERE?

I realized early on that living in the city would afford me more opportunities, especially since I was originally pursuing music. In high school, I only applied to universities in Toronto. I didn't even care which one I got into. (I ended up going to a performing arts college called Randolph.) I just loved living in Toronto and immersing myself in the arts and culture.

WHAT ARE YOUR FAMILY'S FAVOURITE SPOTS IN THE CITY?

We live in the Junction and love being in the west end—it's a great place to live when your kid is obsessed with trains, like Archie is. There are so many great places to take a picnic and watch trains go by. We love Vine Park, and we love the new Organic Garage site because they have a lookout that overlooks a bunch of different railroad tracks. We also go to High Park all the time, for the splash pad, to go for a family walk or to ride the train (surprise, surprise). As for restaurants, we really like The Beet, and Andrew and I like to try new restaurants whenever we get a date night. Recently we went for an incredible dinner at The Westerly. I also work with the Drake a lot, so you'll often find me at The Drake Commissary. ■



THE FREEBIE



HIGH PARK ZOO

Smack in the heart of one of the oldest, most popular parks in the city is a charming, historic zoo. Yes, a zoo. And it's absolutely free. You read that right. Free. Gratis. No charge. The High Park Zoo, which dates back to 1893 (okay, there were only deer then but still), is a Toronto landmark that draws more than 600,000 visitors a year. It has 11 paddocks that are home to a wide range of animals from bison and sheep to wallabies and peacocks, and it's open from 7 a.m. to dusk. (Parents of early-risers, that means you can get in a zoo visit before other people are even out of bed.)

1873 Bloor St. W., Toronto, ON, M6R 2Z3

RETAIL THERAPY



Old's Cool General Store

There's something nostalgic about finding a local mom-and-pop in a hidden corner of the city, and

Old's Cool General Store, at Westlake and Lumsden in East York, fits that bill. The owners of the shop, Zahra Dhanani and Mariko Nguyen-Dhanani, have made it their mission to curate an eclectic mix of unique offerings, including specialty groceries, fair trade tea and quirky home décor items, as well as self-care products like handmade soaps, lotions and essential oils. (Like any good neighbourhood store, you can also pick up a chocolate bar or a popsicle). They also host community events, in an effort to uphold their two guiding principles: that relationships matter, and that face-to-face interactions are important. If those aren't good lessons for your kids to learn, what is? **250 Westlake Ave., East York, ON, M4C 4T4**

OUTDOOR SPACE

EGLINTON PARK

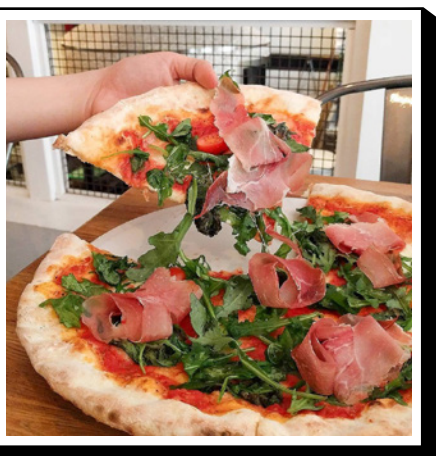
200 Eglinton Ave. W.,
Toronto, ON, M4R 1C3

You might not know, being a stone's throw from the hustle and bustle of Yonge and Eglinton, that just behind the North Toronto Memorial Community Centre is a gem of a park. But now that we've told you? File it away for the next weekend of "I'm bored." Eglinton Park, bordered by Eglinton St. W. to the south and Roselawn Ave. to the north, has so much to offer: There's a newly renovated playground area with features for kids of all ages, multiple sports fields and baseball diamonds, public washrooms and a vintage wading pool for hot summer days. Plus, you can't beat the green space for walking your dog, going for a run or having a picnic. Be sure to check out the midtown outpost of Boom Breakfast Co., at the opening of the park, for coffee or brunch before hitting the climbers and swings.

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RONCESVALLES

Those who live in Roncesvalles are passionate about their 'hood—you'll often hear 'Roncy' residents say they can't imagine living anywhere else. And there's a reason: The historic area, which runs south of Bloor to the Queensway, and is bordered by High Park to the west and Sorauren Ave. to the east, has tons of character and is a hub of great, family-friendly activity. Read on for awesome Roncesvalles picks from *ParentsCanada's* social media followers.



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SORAUREN FARMERS' MARKET

50 WABASH AVE., TORONTO,
M6R 1N2; (416) 533-6363,
WESTENDFOOD.COOP

Lambretta Pizzeria wants you to bring your kids in for a meal. No, seriously. Not only do they have a great kid's menu—featuring three types of pizza and two types of pasta, with gelato for dessert—but they also have a kid's corner with a selection of toys. You know what that means, right? No entertaining the brood while you're waiting for the food to arrive (OK, fine, *less* entertaining at least). For the grown-ups, the menu is chockfull of Italian classics, like pizza roma (with red sauce) and pizza bianca (with white sauce), a yummy selection of pastas and lots of appetizers perfect for sharing. There's even a pizza named after the area: The Roncesvalles pie is topped with pancetta, brie, caramelized apples and onions. (Lambretta has a second location, at 1192 Queen St. E., in Leslieville.)

If you're looking for a birthday gift for a special kid or a unique addition to your new babe's nursery, you won't want to miss Hey Kiddo. This lovely boutique, which opened its doors in early 2017, stocks an artfully curated selection of baby and kid clothing, as well as toys, books (in fact, they have a whole book room!) and other adorable gear for the littles in your life. Trust us, one visit and you'll be hooked.

Who doesn't love an all-season farmer's market? This weekly event—always held on Mondays from 3-7 p.m., including most holidays—is run by the West End Food Coop and takes place outdoors in Sorauren Park from mid-May to October; it moves inside to the park's Fieldhouse during the winter. You can expect up to 40 vendors, selling in-season produce as well as meats, cheeses, eggs, breads and baking, take-home meals, preserves and more. ■

BONUS: THE GUS RYDER POOL

The 93-year-old Sunnyside swimming pool sits at the bottom of Roncesvalles, a relic left over from the original Sunnyside Amusement Park of the 1920s. The "tank," as it was called, was one of the city's first outdoor heated, filtered and chlorinated pools. It was renovated and renamed The Gus Ryder Pool in 1980, and still remains operational today.

TOP 5:

APPLE ORCHARDS IN THE GTA



Is there a nicer way to spend a fall weekend with kids than visiting an apple orchard? Think pick-your-own, wagon rides, petting zoos and playgrounds, with a backdrop of beautiful fall foliage and crisp, autumn air. And don't forget the apple treats!

BY STEPHANIE HAWKINS

1

BROOKS FARMS

In addition to being able to pick your own apples, Brooks Farms has a bakery and cafe on-site, as well as over 10 acres dedicated to their Barnyard Playland. Children of all ages can enjoy train rides, a splash pad for those warm September days, slides and a corn maze.

122 ASHWORTH ROAD, MOUNT ALBERT, LOG 1M0; (905) 473-3246, BROOKSFARMS.COM

2

APPLEWOOD FARM & WINERY

This family-run farm has been in operation for almost two decades. Visitors who wish to pick apples are provided with a large bag and are charged a fee per bag, rather than being charged by the kilo. Applewood also has a corn maze, a playground, a petting zoo and wagon rides to keep your entire crew entertained.

12416 MCCOWAN RD, STOUFFVILLE, L4A 7X5; (905) 640-5357, APPLEWOODFARMWINERY.COM

3

CHUDLEIGH'S FARM

Chudleigh's Farm has been the place for apple-picking since 1967. Chudleigh's offers many different types of apples to choose from, and also has a play area that includes farm animals, pony and tractor rides and a nature trail. Looking for a venue for your kiddo's birthday party or for a corporate event? Chudleigh's might just be the ticket!

9528 REGIONAL ROAD 25, HALTON HILLS, L9T 2X7; (905) 878-2725, CHUDLEIGHS.COM

4

ORGANICS FARM

Also a family-run operation, this quaint farm offers a wide variety of apples and is focused on organic farming (they recommend calling ahead to check crop availability and apple varieties). They also offer baked goods and organic produce on-site.

7550 19TH AVE, MARKHAM, L6B 1A8; (905) 640-5206, ORGANICSFARM.CA

5

PINE FARM ORCHARD

Pine Farm Orchard prides itself on offering 21 varieties of apples ripe for the picking (the apples are even picked from smaller "kid-sized trees" so everyone in the family can take part). They also offer a bakeshop and cafe when visitors need a rest (or have asked 47 times for a snack).

2700 16TH SIDE ROAD, KING, L7B 1A3; (905) 833-5459, PINEFARMSORCHARD.COM

BONUS:**PINGLE'S FARM MARKET**

Pingle's Farm apple-picking opens in mid-September, but they also have a pick-your-own pumpkin patch in October. Pingle's offers wagon rides, mini-golf, visits with farm animals and a large corn maze as a part of their activities for children, and they also have a Haunted Maze and Spooky Orchard Trail in the lead-up to Halloween.

1805 TAUNTON ROAD EAST, HAMPTON, L0B 1J0; (905) 725-6089, PINGLESFARMMARKET.COM ■



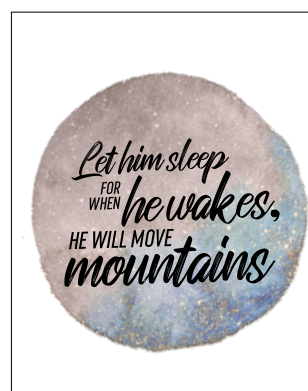
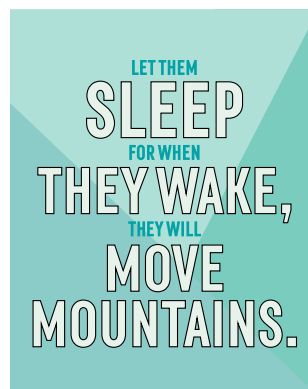
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GREAT EDUCATION

Passionate teachers are the start



Everyone remembers their favourite teachers. I can still name mine: Mr. Lapp, Mrs. Higgins-Biss, Mr. Creed, Miss Collins...

There's good reason why; it's because great teachers make a big difference. They inspire children by bringing subjects to life, making them see their own potential, encouraging them to reach higher.

My favourite thing about editing this magazine is talking to educators because their enthusiasm is infectious. This issue was no different. There are the teachers at the forefront of

outdoor education featured in our story *Get Outside* (pg. 14). There are the female heads of school championing equality and nurturing leadership in girls (see *You Go, Girl*, pg. 24). And there is the team at a school for kids with learning differences who turned one boy's life around for the better (*On Cloud Nine*, pg. 6). His family's story shows that one size does not fit all when it comes to learning; read about the 10 different types of private schools on page 16.

We also talk about how to choose the right school for your child, how to navigate the admissions process once you've decided, and more. And don't even get me started on the amazing trips in *World Travellers* (pg. 8); it's enough to make you want to go back in time and do school over.

These articles, and the others within these pages, add to the many we've published. You can read all of them at privateschoolguide.ca. For the first time, you can also enjoy content on a new platform: ISSUU (no app required). *ParentsCanada Private School Guide* is part of *ParentsCanada* from *Jane Media*; it's been serving parents for 12 years.

Maybe you didn't know the choice out there for your child's education. It's worth looking into. Enjoy exploring!

- Tracy Cooper



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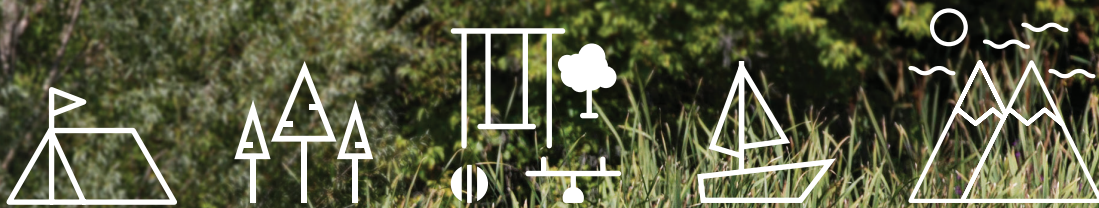
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GET OUTSIDE!

Outdoor education is transforming learning



Country Day School

When Betsy McConnell entered high school, she says she struggled with negative body issues, put a lot of effort into trying to be perfect and always second-guessed herself. The outdoor education program at Lakefield College School built up her confidence – especially the grade 11 winter camping trip.

“It completely changed my perception of myself,” says McConnell. “It was really interesting to realize how everything does work together in my body to keep me alive, and that the things my body can do are pretty incredible.”

The impossible goal of perfection went out the window, too.

“When you’re in a survival scenario,” says McConnell, “you learn you don’t need to be perfect at every outdoor skill, you just need to be good enough – and that it’s important to work with other people and use everyone’s skills.”

The eastern Ontario high school’s outdoor education coordinator – and OE instructor for 16 years – is Pete Andras. He says he fell in love with the philosophy of outdoor education and goal-setting through challenges of survival, such as the wilderness first aid component in grade 11. It includes students taking part in a simulation of a plane crash on the large waterfront campus. “They assume it’s a remote location and they are the only chance to pull people out,” says Andras.

Complementing the experience is classroom study of anatomy and body systems. Learning throughout the school year culminates in students enacting a final crisis simulation – this time with much more

knowledge – and earning wilderness first aid certification.

“That’s how we do education well,” says Andras.

Outdoor education can be delivered in different ways. The common theme is that it involves being outside and it’s experiential.

Natural spaces provoke inquiry, says James Willms, a grade five teacher and coordinator of outdoor, experiential and ecological education at Meadowridge School in Maple Ridge, B.C. The junior kindergarten to grade 12 school sits on a campus that includes a 10-acre forest with a creek running through it. He says the fact students can just spill out into the natural space is conducive to the ecoliteracy focus of outdoor education at Meadowridge. Willms says kids who emotionally connect to the natural systems around us (and understand how they function) are more likely to take care of the environment later.

How do you get kids to love their environment and gain a sense of place? By making it lots of fun. Hiding games are wildly popular.

“The kids love it. What they don’t realize is while they’re hiding, they’re seeing tiny creatures, bugs crawling on the ground, and they’re getting a smell and getting to know the place.”

Willms says as kids continue to inquire – learning, for instance, about how the runoff from neighbourhood streets flows into the stream, impacting wildlife – a desire to protect their environment grows. It’s reinforced further through projects such as growing food sustainably in the school’s greenhouse and garden spaces.

At Country Day School in King City, Ont., Stephanie Collins oversees and teaches the OE program for junior students.

"We're sitting on a hundred acres," says Collins. "The Oak Ridges Moraine runs through our property, so we can go out and see the marshlands and the red wing blackbirds out on the bulrushes."

Collins says outdoor education allows for kinesthetic learning (connecting physical movement with study), reinforcing concepts by strengthening neural pathways in the brain. During the grade six solar system unit, students go outside to move like the Earth. "We look at the 45-degree tilt and they have to move their bodies that way and rotate and orbit around the sun."

Outdoor ed. completely changed my perception of myself.

Betsy McConnell, grade 12 Lakefield College School student

Collins co-plans with classroom teachers, and spends her instructional time outside in 80-minute stints per four-day cycle.

Her colleague, Andy MacMillan, heads the middle and senior OE programs, creating outdoor experiences for multiple subjects.

A traditional canoe trip with students was joined by the art teacher, for instance, and parlayed into a painting session 'en plein air' on an island in northern Ontario's Lake Temagami. Writing prose about their outdoor surroundings in different seasons augmented learning in



Lakefield College School



Meadowridge School

English class. And when it came time to study World War II trench life in grade 10 history? MacMillan had kids dig trenches, then simulate defending them and communicating on the battlefield.

"The kids who really get jazzed are the ones who don't necessarily want to read 15 pages. They want to make it real," says MacMillan. "It got their hands and feet muddy!"

Studies show that exposure to the natural world affects well-being. Collins says she likes to take her students outside for a hike or to sit under a tree when she knows it's a busy time for them.

"They know going for a hike might benefit them if they're feeling stressed or overwhelmed," she says. "It's giving them those tools for when they're an adult."

Meadowridge teacher Willms remembers taking a group of students in the spring for an overnight hiking trip. The kids were inexperienced, and it was cold and rainy the whole time. At a campfire that night, the kids started sharing how they felt less stressed.

"They were worried about having somewhere to sleep, how to make their supper, and staying warm," he says. "But that was all they had to worry about. They said it was so refreshing."

You learn a lot more than outdoor skills on such adventures, says Lakefield's Pete Andras.

"You learn how to be a person. We'll go on a canoe trip and a meal isn't so tasty. Or you're winter camping and the quinzee keeps falling apart. The group has to think 'how are we going to survive?'"

Betsy McConnell says that connecting deeply with other people, text-free, is a huge bonus of outdoor education.

"Some of the best conversations I've had with people, some of the deepest friendships, have been on those outdoor trips."



NICE THREADS

9 Perks of School Uniforms

1. No more morning drama

Because students know what they're wearing to school, they can get ready faster: a boon for busy parents trying to get everyone out the door on time. Protracted clothing battles, be gone!

2. Equality

Many families make big financial sacrifices to send their children to independent schools, while other families are wealthier. Uniforms are a leveller. That's good news for social harmony.

3. School spirit

The uniform is the foundation for students' identities as members of their school community, helping them to feel a sense of belonging.

4. Better behaviour

Studies suggest implementing uniforms helps moderate student behaviour – and not just on campus. Students are instantly identifiable. (And they don't want to compromise school pride!)

5. Focus on learning

When there are no distractions around what everyone is wearing, students focus more on their studies. That's a plus for all!

6. Professionalism

Some workplaces have employee uniforms, and many have dress codes. Both are about respecting the people around you and focussing on the work. By wearing a school uniform, students learn professionalism and prepare for the real world. "Children need to learn there is appropriateness, decorum and protocol in society," says Linden Gray, Head of Prep at Halifax Grammar School. "For certain occasions, we dress differently."

7. Less fashion and social media pressure

With social media, the pressure to wear brand name clothing or follow fads is intense. Uniforms are a reprieve – at least at school.

8. Goodbye to clothing infractions

Teachers and heads of school don't have to make judgment calls about students' clothing (such as modesty issues or inappropriate messages on t-shirts). Students are spared the embarrassment.

9. Safety

In a time of lockdown drills, you can be sure safety is one reason school officials favour uniforms. Everyone knows right away whether or not someone is a student.

Common Misconceptions About Uniforms

They discourage individuality

Not so, says Margaret Alexander, whose son attended a private school. "It makes the need to express your individualism in terms of character and what you do, as opposed to how you look." Vanessa Iarocci is President of McCarthy Uniforms, and the mother of a son who wears a uniform to school. She agrees that individuality comes from within. "When you make it about personality, merit, and how they're contributing to the community," she says, "you end up seeing the student's uniqueness shine."

They're too expensive

The initial outlay is significant, but Iarocci says the cost of uniforms is "much cheaper" over the long run. And where need is warranted, schools and uniform manufacturers run uniform assistance programs so that all students can afford to purchase the pieces they need.

How Uniform Policies Work

Student uniforms are widely used in private schools across the country. Policies can be implemented in various ways:

More formal pieces – a blazer and tie – may be worn on a certain day of the week, or on special occasions such as field trips, assemblies, and visits from honoured guests. There may be a separate uniform for the graduating class.

Uniforms at schools with house systems often vary. (In a house system, students divided across grades into separate 'houses' compete for points in events to promote overall school spirit.)

Many places feature school crests or logos on uniforms, and others employ more generic pieces. Some schools mandate increasing formality as children get older. Still others may have uniforms for special occasions only, with street clothes worn the rest of the time.

All schools allow some element of choice: polo shirts in white or darker school colours, pants or kilts for girls, a school hoodie as a top option, etc.



YOU GO, GIRL

Will the conversation about gender equality bring real change?

Appleby College

In the long march toward equality for women and girls, a lot has changed for the better in this part of the world. But there's still a long way to go for economic equality and opportunities – including female representation in positions of leadership. Canadian women make \$0.87 for every dollar a man makes for the same work. And the World Economic Forum ranked Canada number 16 in its Global Gender Gap Report 2017.

Yet we have a male Prime Minister proudly calling himself a feminist and insisting on a gender equal Cabinet – with several females holding crucial portfolios, including foreign affairs. Not to mention the #metoo movement that's driving the conversation about our culture.

Is something happening here? And will it bring lasting change?

Female leadership in schools

Katrina Samson, Head of School at Appleby College in Oakville, Ont., says the open discussion she's witnessing is a first step.

At independent schools, the bulk of teachers are predominantly women," she says. "Yet leadership at the most senior level at a number of schools is dominated by men. Where's the leak in the pipeline?"

Samson says teachers are attracted to independent schools because of great professional development, engaged parents and students, positive working environments, and the chance to teach their specialty subjects. But there are challenges around retention in independent schools that impact women more – especially the transition to having a family. Independent schools have a smaller

pool of people to draw on and tighter resource allocation than schools in public systems, so they don't have the level of flexibility around things like leaves of absences and extended parental leave.

Samson says it takes progressive thinking to look ahead with regard to women's careers in leadership, such as the potential of multiple maternity leaves.

"I think it's important to not get caught up in what potentially could be an inconvenience," she says. "You want to keep things as stable as possible. It's a pitfall sometimes for leaders."

Inequality – a disservice to everyone

At Alexander Academy, a small, co-educational school in Vancouver, the Head of School is Berenice Lewis. She agrees that the family piece is significant, and says she has personally contended with finding ways to integrate her responsibilities as a mother with aspirations of being a leader.

Have things improved over her career for women in school leadership? Lewis says yes, but it's still happening slowly. "The underrepresentation of women in the past, people have seen it's not good."

Lewis says she believes the recent introduction of the International Baccalaureate program at her school will be key because it emphasizes open-minded thinking and innovation.

"The only way to have innovation is through collaboration. And you cannot leave half of the population out of the mix."

What feminism really means

St. Mildred's-Lightbourn is a girls' school in Oakville, Ont. Its Head of School, Nancy Richards, started as a teacher but moved into school leadership more than 25 years ago. She says it's a wonderful time to be a feminist, but many people misunderstand what that means.

"What it's saying is that men and women need to work together for the same cause," she says, "and every member of society has an opportunity to do what they need to do and flourish."

Richards says she's optimistic, but also believes it's an urgent time because systemic inequality and injustice in the workplace keep underrepresented groups from reaching their potential. Modelling a more democratic, participatory decision-making style for 21st century competency is what Richards says she and her female colleagues excel in doing.

How to change attitudes

You can't legislate a change in attitudes, though. Studies have shown females and males don't think of a woman when they think of a leader, and that women don't get credit when they act like a leader. This is likely at least in part due to confirmational bias: when most of the leaders around you are men, you subconsciously associate men with the idea of leadership.

A recent study from Harvard's Making Caring Common Project showed that even teen girls appear to be biased against female leaders. That's why role models – more female leaders for people to see and work with – is one essential way to break the cycle of bias.

Another part of the puzzle is helping girls see themselves as future leaders, says Marilena Tesoro, Head of School at the girls only Holy Name of Mary College School in Mississauga, Ont. She says students are put in situations of leadership, taking charge of events and activities.

"We're critical about the things we can't do," says Tesoro. "We work on the core, making them see they can do things. Little by little, confidence is nurtured, and they inspire other girls."

Tesoro says in 2017, 65 per cent of HNMCS graduates were pursuing fields traditionally seen as male – science, engineering, technology and math (STEM).

Richards agrees. She says her school fosters a growth mindset. "Girls need to find their voice, drive, passion and identity, the value of grit and self-awareness, to be open to possibilities and to learn to support one another."

Tackling gender inequality in the classroom

You can't discount the impact celebrity culture has – especially with teenagers, says Samson. She says that's why teachers leading discourse on what's going on in the political arena and popular culture is important. Teachers sharing their own personal experiences in the context of class discussions also helps.

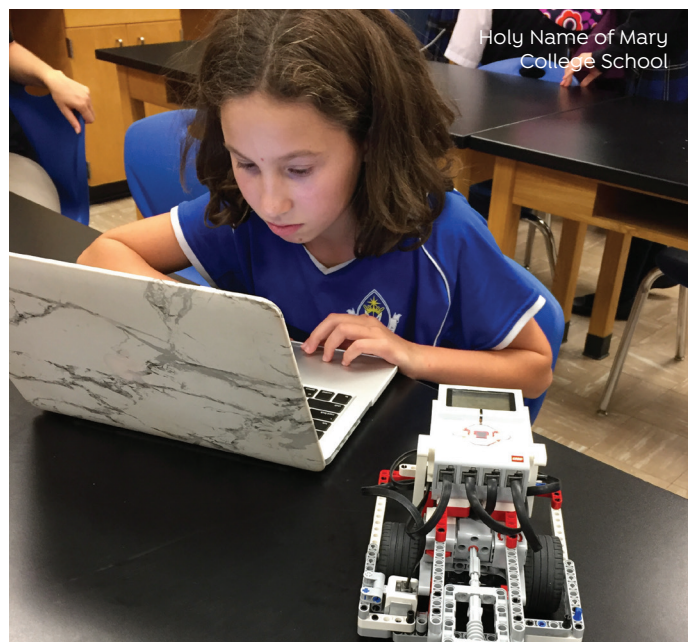
Hope for the future

A real cultural change means the world for today's female students, says Kathryn Anderson, Director of Schools at Holy Name.

"It means that every opportunity is there if they want it," she says, "if they are willing to put in effort to get it."

Alexander Academy's Lewis dreams of a time when it's not necessary to discuss female leadership.

"Hopefully we'll come to a point where it's not questioned anymore, because it's just normal."



PARENTS *Canada* **PRIVATE** **SCHOOL** **LISTINGS** *Guide*

Now that you've learned about the world of private schools in Canada, check out detailed information about individual schools in the following pages:

- The year the school was established.
- Grades taught.
- Gender (boys only, girls only, co-ed).
- Teacher-to-child ratio.
- Day school or boarding – or a combination of the two.
- Annual fee.
- Address and contact information.
- Affiliated organizations.
- Description of school programs and philosophy.

SCHOOL AFFILIATIONS

Some organizations offer accreditation to all private/independent schools that meet their criteria, and others are specific to a certain type of school. Accreditation can give you peace of mind, but it is just one of the things to consider as part of a thorough research process; many private/independent schools of excellent quality do not have affiliations.

 Distinguished School <small>Recognized by Apple as a distinguished school for innovation, leadership, and educational excellence.</small> Apple Distinguished School	 The Duke of Edinburgh's Award	 Independent Schools Association of Northern New England	 Ontario Federation of Independent Schools
 Archdiocese of Toronto	 EduCanada	 Learning Disabilities Association Vancouver	 Outward Bound Canada
 Association Montessori Internationale Canada	 Fédération des établissements d'enseignement privés	 Ministère de l'Éducation Nationale de l'Enseignement Supérieur et de la Recherche	 Quebec Association of Independent Schools
 The Association of Boarding Schools	 Feuerstein Institute	 National Association of Independent Schools	 Round Square International
 Association of Waldorf Schools of North America	 Federation of Independent School Associations British Columbia	 National Catholic Educational Association	 Secondary School Admission Test Board
 Augustinian Secondary Education Association	 IB Continuum	 National Coalition of Girls' Schools	 Small Boarding Schools Association
 Canadian Accredited Independent Schools	 Independent Schools Association of British Columbia	 New England Association of Schools and Colleges Ontario	 Waldorf Early Childhood Association of North America
 Canadian Council of Montessori Administrators	 International Baccalaureate World School	 Ontario Equestrian	 Western Boarding Schools Association
 Conference of Independent Schools of Ontario	 International Boys' Schools Coalition	 Ontario Ministry of Education	
 Council of Advanced Placement Schools in Ontario	 International Dyslexia Association	 Ontario Eco Schools	



Rothsay Netherwood School



rns.cc

40 College Hill Rd., Rothsay, NB E2E 5H1

Year established	Grades	Gender
1877	6 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:6	Yes	\$22,210-\$61,100

Contact:

Admissions Office | (506) 847-8224
admission@rns.cc

Affiliations



Rothsay Netherwood School is an independent, co-educational boarding and day school for grades 6 to 12 offering innovative, world-class learning experiences in a safe and caring school community. We challenge students to be active, compassionate leaders with a global perspective and the determination to make a difference.

The academic program at RNS is challenging and comprehensive, yet flexible enough to accommodate each student. Small class sizes, highly qualified and caring teachers, extra help, compulsory study, and frequent reporting facilitate superior student learning.

RNS provides opportunities to develop the whole student through arts, athletics, Outward Bound activities, local and Round Square International service projects, exchanges, and the Duke of Edinburgh Program.

Our graduates attend the finest universities in Canada and beyond.



Académie Vaudrin Academy



academievaudrin.ca

1255 Émile-Bouchard, Vaudreuil-Dorion, QC J7V 0B7

Year established	Grades	Gender
2005	Pre-K to 6	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:10	No	\$11,250

Contact:

Paula Mesa | (450) 510-5454
pmesa@academievaudrin.ca

Affiliations



A SCHOOL TOTALLY DEDICATED to developing your child's full potential.

Vaudrin Academy provides a trilingual education to nearly 100 students from a wide variety of backgrounds and places. Our differences clearly distinguish us from any other school in the world.

We use innovative, yet proven methods, based on solid research in education, child development, and neuroscience to help develop the full potential of every student.

With daily physical and brain exercises, Brain Gym®, individualized work, and personalized approaches, students receive much more at Vaudrin Academy than what Quebec's Education Program requires.

Whatever your children's level, we are determined to help them achieve better results than they would anywhere else.

Experience clearly shows that in an environment as rich and healthy as ours, children attain a higher degree of development than in any standardized environment found in traditional public or private schools.

Convinced that the future of the planet depends on what children learn today, Vaudrin Academy helps all its students achieve their full potential.



Bishop's College School



bishopscollegeschool.com

80 Moulton Hill Rd., Sherbrooke, QC J1M 1Z8

Year established	Grades	Gender
1836	7 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:8	Yes	\$24,000-\$55,500

Contact:

Greg McConnell | (819) 566-0238, ext. 296
gmccConnell@bishopscollegeschool.com

Affiliations



Established in 1836, Bishop's College School (BCS) is an IB World School offering the International Baccalaureate Diploma Programme and certificates. With a campus bordered by farmland and rolling hills on one side and by the city of Sherbrooke on the other, BCS is a small, welcoming community and a second home to students from over 35 different countries. We create a caring community of learning and development where cultures connect and individuals matter. By embracing a rigorous yet supportive academic program and a well-rounded education that includes athletics, the arts, leadership and development, and global citizenship, we prepare our students to become tomorrow's leaders. The R.D.W. Howson Enrichment Centre offers daily, structured tutoring sessions, as well as flexible and tailored academic support to individual students. We offer a Bilingual Option (English and French), as well as the Duke of Edinburgh's Award program, and are a proud member of Round Square, through which students can go on exchanges and volunteer abroad.



Pensionnat du Saint-Nom-de-Marie



psnm.qc.ca

628, chemin de la Côte-Sainte-Catherine,
Outremont, QC H2V 2C5

Year established	Grades	Gender
1905	7 to 11	Girls
Teacher to Child ratio	Boarding	Annual Fees
1:33	Yes	\$4,500-\$10,700

Contact:

Madeleine Deguire | (514) 735-5261, ext. 3045
admission@psnm.qc.ca

Affiliations



Pensionnat du Saint-Nom-de-Marie is a private francophone all-girl high school that aims to provide a high level of education for its students while developing their full potential. Specializing in girls' education for over 110 years, the school recognizes the importance of effort and intellectual rigour, but also of balance, in order to cultivate happiness in a positive and stimulating learning environment. Fundamental human values such as sharing, cooperation, concern for others, awareness of social inequalities and openness are at the heart of Pensionnat du Saint-Nom-de-Marie's mission statement. With a human and rigorous approach, it encourages experimentation and reflection through various programs: International Baccalaureate, Musique-études (an intensive music program in collaboration with École de musique Vincent-d'Indy) and Danse-études (an intensive professional dance program in collaboration with École supérieure de ballet du Québec). In addition to its 30 sports teams, the school offers ELA (English Language Arts), Option Sciences plus (three science classes in secondary 5), courses which offer extra enrichment, language exchanges, a wide array of extracurricular activities, and a school residence.



Stanstead College



stansteadcollege.com

450 Dufferin St., Stanstead, QC J0B 3E0

Year established	Grades	Gender
1872	7 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:8	Yes	\$49,900

Contact:

Joanne Carruthers | (819) 876-2223
admissions@stansteadcollege.com

Affiliation



Three granite arches grace the entrance of Colby House, Stanstead College's main building. The arches reflect the school's motto – Sanitas Sapientia Religio or health, wisdom and integrity – as well as its highly structured programs of academics, athletics and student life.

At Stanstead College boys and girls in Grades 7 through 12 live and study on a picturesque campus surrounded by the hills of Quebec's Eastern Townships and Northern Vermont. The school has a population of approximately 240 students from around the world and a highly involved faculty and staff. In addition to the Quebec Diploma at Secondary V (Grade 11), Stanstead College offers a Grade 12 option based on Advanced Placement and Ontario pre-university programs.

Students enjoy a strong sense of community as they prepare for university. Building on over 140 years of tradition, Stanstead College reinforces traditional values as it embraces innovation in a constantly changing world.



Academy for Gifted Children – P.A.C.E.



pace.on.ca

12 Bond Cres., Richmond Hill, ON L4E 3K2

Year established	Grades	Gender
1993	1 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:15	No	\$13,500

Contact:

Janice Gruchy | (905) 773-0997

Affiliations

The Academy For Gifted Children – P.A.C.E. is a non-denominational, co-educational private day school devoted entirely to meeting the needs of identified intellectually gifted students in grades 1-12.

Through a differentiated curriculum built on greater depth and breadth of instruction using methodologies specific to gifted education, our primary goal is to enhance the abilities of our students, while simultaneously addressing their social and emotional needs.

P.A.C.E. is based on the premise that gifted children need high-powered learning experiences to challenge their minds and ensure intellectual growth and achievement. In addition to the academic disciplines, P.A.C.E. students excel through their experiences with dynamic field studies, a competitive fine arts program, a comprehensive athletic program and a plethora of national and international competitions. P.A.C.E. has ranked nationally in math, science, and Robotics, and in both creative and expository writing competitions; these wonderful opportunities serve as a catalyst to the pursuit and achievement of our students' future goals and successes.



Bayview Glen Independent School

Bayview Glen
INDEPENDENT SCHOOL

bayviewglen.ca

275 Duncan Mill Rd., Toronto, ON
M3B 3H9

Year established	Grades	Gender
1962	Preschool to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
Varies	No	\$11,985 – \$26,520

Contact:

Judy Maxwell | (416) 443-1030
jmaxwell@bayviewglen.ca

Affiliations



Bayview Glen is Toronto's academically invigorating, internationally connected, coeducational Preschool-through-Grade 12 independent school. Thriving on two closely connected campuses, our carefully calibrated programme welcomes the youngest preschoolers and guides them, step-by-step, to become intelligent, compassionate young adults. Our close-knit and vibrantly diverse community, inspired by expert teachers and fueled by a forward thinking curriculum, shapes independent thinkers and proactive citizens. Bayview Glen students graduate as caring, engaged cosmopolitans, fully prepared for top post-secondary institutions at home and abroad. Equally important, they step forth with the intellectual and personal fortitude to embrace and enhance a world of accelerating change.



The Country Day School

CDS
The Country Day School
EDUCATION WITH BALANCE

www.cds.on.ca

13415 Dufferin Street, King, ON L7B 1K5

Year established	Grades	Gender
1972	JK to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:9	No	\$28,500

Contact:

David Huckvale | (905) 833-1972
admissions@cds.on.ca

Affiliations



Situated on a 100-acre campus north of Toronto among the rolling hills of King Township, The Country Day School is a leading JK-12 co-ed, non-denominational independent school. Since 1972, the dynamic and friendly CDS community has been nurturing student talent and fulfilling promise. Our innovative approach to learning integrates leading-edge technology, sophisticated facilities and exceptional teaching. We offer a superior educational experience that is sensitive to individual needs, enables learning and equips students for life. Emphasizing education with balance, CDS provides diverse opportunities in academics, athletics, and visual and performing arts. Plus, students of all ages also love to explore our sprawling campus for outdoor education activities. This is a place of possibilities where students unearth their passions and everyone feels known, supported and inspired. This is a school where each graduate can answer the biggest question of all: Who will you be? Learn more at www.cds.on.ca.



Crescent School



crescentschool.org

2365 Bayview Ave., Toronto, ON M2L 1A2

Year established	Grades	Gender
1913	3 to 12	Boys
Teacher to Child ratio	Boarding	Annual Fees
1:8	No	\$33,250

Contact:

Mr. David Shaw | (416) 449-2556, ext. 228
apply@crescentschool.org

Affiliations



Crescent School, located in Toronto, has been a leader in boys' education since 1913. Our mission, Men of Character from Boys of Promise, recognizes every student's potential, enabling each boy to seize the possibilities associated with his unique abilities. Character development is part of our DNA. We are deeply committed to mentoring, role modelling and relational learning – areas educational experts believe bring out the best in boys. Each boy has mentors, coaches and teachers who invest the time needed to ensure he feels known, cared for and recognized as an individual. Our rigorous learning environment and superb faculty foster a strong work ethic and love of learning. And our co-curricular Character-In-Action programs in the arts, athletics, business, outreach and robotics develop character outside the classroom. Our expertise is supported by exceptional resources, including high-tech learning spaces, libraries, a professionally equipped theatre, an artificial turf playing field and a state-of-the-art athletic facility. Students' experience at Crescent is enriched by a supportive, enthusiastic community of parents and alumni.



The Dalton School



www.thedaltonschool.ca

1585 Yonge St., Toronto, ON, M4T 1Z9

Year established 2012	Grades JK to 8	Gender Co-ed
Teacher to Child ratio 1:8	Boarding No	Annual Fees \$22,250

Contact:

Donna Booth | (416) 432-3475
dbooth@thedaltonschool.ca

Affiliations

Established in 2012, The Dalton School is a warm, enriched, non-denominational, multi-cultural environment where young minds can truly grow and develop. We are a dual-language school for children JK - Grade Eight, where all core grade level academic subjects including reading, writing, math, science and social studies are taught in both English and Mandarin by native speaking teachers.

At The Dalton School, your child will experience all the benefits that come with an English/Mandarin education. Our enriched, academic program develops well-rounded children with the skills and confidence they need to take on future challenges – whatever they may be.



The Element High School



elementhighschool.com

425 Marché Way, Unit 201, Ottawa, ON K1S 5J3

Year established 2012	Grades 7 to 12	Gender Co-ed
Teacher to Child ratio 1:18	Boarding No	Annual Fees \$16,608- \$18,288

Contact:

(613) 521-5185
info@elementhighschool.com

Affiliations



The Element High School, located in Ottawa, Ontario, provides conditions that will put youth 'in their element,' in school and beyond.

What engages us depends on our stage of development and so there are two programs at The Element High School, e1 for Grades 7 to 8 and e2 for Grades 9 to 12, each responsive to two unique stages of development. Each of these programs takes advantage of the intersection of youths' developmental characteristics and the requirements of the real world. This creates the conditions for focused engagement that lead to personal excellence.

Our physical spaces support an innovative high school education that maximizes youths' intellect, energy, and growth. There are a variety of learning commons rooms – spaces with a variety of seating where lessons can be given to individuals, small groups or a larger class. There are quiet break-out rooms for seminar groups or independent study, as well as a small commercial kitchen for students to prepare lunches for their class, an art/design studio and a science lab.



Hillfield Strathallan College



hsc.on.ca

299 Fennell Ave. W., Hamilton, ON L9C 1G3

Year established 1901	Grades Preschool to 12	Gender Co-ed
Teacher to Child ratio 1:16-20	Boarding No	Annual Fees \$7,416- \$26,904

Contact:

Sheriann Heath-Johnston
(905) 389-1367, ext. 106 | admissions@hsc.on.ca

Affiliations



Established in 1901, Hillfield Strathallan College (HSC) is one of Canada's leading co-educational independent schools, offering enriched academic, art and athletic programs to students 18-months through Grade 12.

HSC offers purposefully designed programming, with robust support services, to ensure student success. In the College's state-of-the-art facilities on the 50-acre campus in Hamilton, Ontario, HSC encourages students to learn with joy and live with purpose.

Learn more about the learning opportunities available at Hillfield Strathallan College by visiting hsc.on.ca or calling (905) 389-1367.



Holy Name of Mary College School



www.hnmcs.ca

2241 Mississauga Rd., Mississauga, ON L5H 2K8

Year established 2008	Grades 5 to 12	Gender Girls
Teacher to Child ratio 1:12	Boarding offered Homestay	Annual Fees \$17,250

Contact:

Giselle Fernandes | (905) 891-1890, ext. 103
admissions@hnmcs.ca

Affiliations



Holy Name of Mary College School is an independent Catholic school for girls in grades 5-12. Set on a picturesque 7 acre setting in Mississauga the school is guided by our founders, the Felician Sisters & the Basilian Fathers, two icons of Catholic education.

We provide a high achieving, university preparatory programme to guide bright, curious and dedicated students by shaping their minds and touching their hearts. Our distinctive balance of support, encouragement, and nurturing relationships prepares students to meet the challenges and uncertainties of a changing world with resiliency and a strong moral compass.

A unique tapestry of academic excellence, athletics, arts, outdoor education, and co-curricular activities combined with leadership experience provides countless engaging opportunities for girls to be inspired and leverage their voices.

It is a school distinguished by excellence that invigorates the student experience and celebrates the uniqueness of every girl in a culture of academic achievement that builds self-confidence and empowers girls to become influential leaders of change.



Holy Trinity School HTS



hts.on.ca

11300 Bayview Ave., Richmond Hill, ON L4S 1L4

Year established 1981	Grades JK to 12	Gender Co-ed
Teacher to Child ratio 1:18	Boarding No	Annual Fees \$26,995-\$31,425

Contact:

Richard Visers | (905) 737-1115
admissions@hts.ca

Affiliations



Holy Trinity School (HTS) is a co-ed, JK-Grade 12, independent day school that provides a safe, structured and supportive environment for students to develop character and values such as respect, integrity, empathy and courage.

Our mission is rooted in academic excellence and committed to pursuing innovative teaching practices and programs to support the development of all our learners. Our academic program is complemented by extensive sports, music, drama, art and co-curricular programs that provide a rich and well-rounded school experience for students of every age.

Our vision for all learners recognizes and leverages individual uniqueness and dignity while fostering agency and choice. We believe that the purpose of an education is to prepare students for life. A confident, intellectually agile, empathetic citizen is what our rapidly-evolving world needs and this is the promise of an HTS education.

Come and visit us, we can't wait to meet you.



Magnificent Minds



magnificentminds.ca

37 Southbourne Ave., North York, ON M3H 1A4

Year established 2011	Grades K to 8	Gender Co-ed
Teacher to Child ratio 1:4	Boarding No	Annual Fees \$16,000-\$25,000

Contact:

Billy Kelner | (647) 404-6349
magnificentmindsthoronto@gmail.com

Affiliations

Magnificent Minds is a low-ratio, co-educational private school for students from pre-kindergarten to grade 8. Using the science of learning and an experiential approach, we motivate our students to achieve academic excellence, personal greatness and develop multiple intelligences.

We offer an inclusive environment equipped to meet students' diverse needs, and are dedicated to championing each student. We know individualized education calls for an approach that assesses student skills across their multiple intelligences.

We are dedicated to low-ratio classrooms, and provide group learning experiences which account for the strengths and needs of each student. For many of our students, traditional one-size-fits-all instruction has missed the mark. That's why we develop and extend knowledge in areas of strength, and build upon existing skills in a systematic, precise way in areas of need.

Through our psychoeducational approach, we understand the variables that impact learning. We know that education must target the development of the whole child across multiple paradigms.



Metropolitan Preparatory Academy



metroprep.com

49 Mobile Dr., Toronto, ON M4A 1H5

Year established	Grades	Gender
1982	7 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:12	Homestay	\$23,060

Contact:

Wayne McKelvey | (416) 285-0870
admissions@metroprep.com

Affiliations



Metropolitan Preparatory Academy is a semestered, coeducational, university preparatory day school that offers a challenging yet supportive program for students in Grades 7 to 12. Walking into Metro Prep, you'll quickly notice that it's not your "old-fashioned" private institution. The academics are structured and challenging, yet the environment is supportive and nurturing.

Faculty and administration doors are open, encouraging strong relationships with students and their families. No uniforms are in sight, allowing young men and women to express their individuality.

In this comfortable setting, Metro Prep's students are taught to trust their instincts, to think both critically and creatively, ask questions, and seek the help they need to succeed. Extensive athletic and extracurricular opportunities foster the physical and social potential of each child.

For over 30 years, Metro Prep has been preparing children for the academics of University with the skills needed for lifelong success. Preparation begins now!



Montcrest School



montcrest.on.ca

4 Montcrest Blvd., Toronto, ON M4K 1J7

Year established	Grades	Gender
1961	JK to 8	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:7-1:18	No	\$19,975-\$39,300

Contact:

Natalie Hollinshead | (416) 469-2008, ext. 230
admissions@montcrest.ca

Affiliations



Montcrest is a JK – 8, co-educational school community focused on providing student-centred learning in a caring and nurturing environment. We combine our nearly 60 years of experience with leading-edge teaching and learning practices. Now more than ever, we know that our approach to academic and social-emotional development is what elementary school children need to grow and thrive. Located in the Broadview and Danforth area of Toronto, Montcrest offers a challenging core curriculum through critical inquiry in a dynamic and nurturing environment. A dedicated faculty provides excellent instruction and individual attention in small classes. Our many co-curricular and outreach programs reflect the values of our Standing for Character Program: Respect, Responsibility, Integrity, Compassion, and Courage. Smaller classes for children with learning disabilities are offered from Grades 3 to 8. Our broad aspiration is to be recognized as the leading elementary school community in Canada in realizing the unique potential of each child. Discover how your child could develop and thrive at Montcrest. Please visit our website for information about personal tours and open houses.



Odyssey Heights School For Girls



www.odysseyheights.ca

Yonge Lawrence Village, 28 Fairlawn Avenue
Toronto, ON M5M 1S7

Year established	Grades	Gender
2018	1 to 12	Girls
Teacher to Child ratio	Boarding	Annual Fees
1:10	No	\$25,950-\$31,275

Contact:

Ms. Elizabeth McCready | (416) 556-4079
mselizabeth@odysseyheights.ca

Affiliations



Our world does not need more test-takers, memorizers, or followers. Now more than ever, we need critical thinkers, entrepreneurs, creative problem solvers and doers. Odyssey Heights School for Girls meets the challenges of girls in the 21st Century by applying current cognitive neuroscience research, kindness, & a healthy dose of common sense to develop: Resilience, Empowerment, Academics, Creativity, & Health in all our students. Odyssey Heights girls

R.E.A.C.H. higher, & have the skills, confidence, compassion, tenacity, & bravery to succeed in life. Our Montessori International Curriculum is: brain-based, multiple learning styles positive, project-based, experiential/hands-on, and interdisciplinary. Our lovely sunlight filled classrooms have seating choices that allow movement. Students & staff eat healthy 2nd breakfasts & lunches together. Peace Education, Entrepreneurship, & French are offered from grades 1-12. We offer REACH Ahead Ontario grade 9 credits for grade 8 students, Duke of Edinburgh Award, 1:1 iPads, & a July term. AP courses start 2019 & grade 12 in 2020.



Alexander Academy



www.alexanderacademy.ca

#200 – 688 West Hastings Street
Vancouver, BC Canada V6B 1P1

Year established	Grades	Gender
2013	8 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:20	No	\$13,500- \$19,800

Contact:

Cheryl Grenick | (604) 558-7365
c.grenick@alexanderacademy.ca

Affiliations



Located in the heart of downtown Vancouver, Alexander Academy is an International Baccalaureate™ (IB) World School offering the Diploma Programme. We are a co-educational day school offering Grades 8 – 12.

In March, 2018 Alexander Academy received official notification of their authorization as an IB World School for the Diploma Programme. The Diploma Programme is designed to equip students with the academic skills needed for university study, further education and their chosen profession. The programme also has a goal of developing people who can make a difference in the world.

Alexander Academy is committed to internationalism and fostering a sense of global citizenship as well as creating a safe and rich learning environment for all students. Alexander Academy embraces technology as a fundamental tool for enhancing learning in the 21st century.

We are dedicated to providing educational programs that inspire students to follow independent paths to success. Our teachers are committed to ensuring that each student has the opportunity to challenge themselves academically, enabling them to reach their personal level of academic excellence.



Brentwood College School



brentwood.bc.ca

2735 Mount Baker Rd., Mill Bay, BC V0R 2P1

Year established	Grades	Gender
1923	9 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:12	Yes	\$27,000- \$50,800

Contact:

Mr. Clayton Johnston | (250) 743-5521
Admissions@brentwood.bc.ca

Affiliations



Brentwood provides a modern, West Coast learning experience for global minded students who embrace the values of grit and joy.

Brentwood is a progressive, co-ed boarding school for Grades 9 to 12 located on a spectacular oceanfront campus on Vancouver Island, British Columbia, Canada. Student choice is a unique part of our culture and a deciding factor in who attends the School. We believe when students truly choose to be here, and they're surrounded by a family of like-minded friends and supporters, they can be anything. This philosophy creates a warm, friendly, and passionate community of students from over 40 countries around the world who gain the independence and skills necessary to succeed in the post-secondary world.

Prospective students are drawn to our school's innovative tripartite approach to academics, arts, and athletics; as well as our nurturing boarding environment and strong university preparatory programs. Our unique scheduling creates unrivalled opportunities for student discovery and growth. Not only is Brentwood a remarkable place to make lifelong friends while gaining a world-class education, it truly is where students choose to be.



Brookes Westshore



westshore.brookes.org

1945 Sooke Rd., Victoria, B.C. V9B 1W2

Year established	Grades	Gender
2018	6 to 12	Co-ed
Teacher to Child ratio	Boarding	Annual Fees
1:12	Yes	\$14,400- \$46,550

Contact:

Sheri Onushko | (250) 929-0506
admissions@westshore.brookes.org

Affiliations



Brookes uses the International Baccalaureate as its platform for learning. Students are supported in a caring environment and given opportunities to learn about themselves and to take action in areas in which they are passionate. We inspire and teach students about global issues by connecting ideas and stories locally. We strive to use our environment as a tool and a canvas for learning and action.

Brookes Canada is a founding member of Brookes Education Group, with schools that span three continents. The new Brookes Westshore will serve 300 day and boarding students in Victoria, B.C., from Grades 6 to 12.

Brookes is host to a vibrant learning community where each student is on a quest of self-discovery and personal growth. We aim to inspire students to become academically engaged, physically healthy, artistically sensitive, service minded, globally aware, and rich in character. We invite you to visit, to learn, and to live the Brookes vision of the world.



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