

**SANGITA PATEL**  
Entertainment reporter



**DO THE ROBOT**

"The girls taking robotics is new since there aren't many girls in their class, but finally it has become the norm and is encouraged to have girls join robotics and STEM classes. Shyla won't admit it, but she loves math and will continue participating in Spirit of Math."

*Sangita Patel is an ET Canada entertainment reporter and mom to Ava, 11, and Shyla, 8*

**TRACI MELCHOR**  
Etalk correspondent



**BE POSITIVE, B-E POSITIVE**

"Phoebe's favourite is competitive cheer. She loves the camaraderie, empowerment, and they are very body positive at the gym. There is zero tolerance for bullying, and self-esteem workshops are offered. They both did air cadets this year, and it was good for discipline and teaching responsibility." *Traci Melchor is an etalk correspondent and mom to twins Phoebe and Phoenix, age 13.*

# THE SUPERMOM'S GUIDE TO EXTRACURRICULARS

These days dance, hockey and piano are only the beginning when it comes to after-school activities. There is a dizzying array of options to satisfy a child's interests, from coding to learning Mandarin and even robotics. We consult some local moms to find out what your kid should try this year. *by Nikki Gill*

**KATHY BUCKWORTH**  
Author, parenting expert



**ON GUARD**

"My 16-year-old son, Nic, started fencing eight years ago after attending Knight School. Last year he started competing in tournaments all over the province. My 19-year-old daughter, Bridget, started racing laser sailboats and was on the McMaster University team." *Kathy Buckworth is the author of I Am So the Boss of You: An 8-Step Guide to Giving Your Family the "Business."*

**THE REBEL MAMAS**  
Authors



**DON'T OVERDO IT**

The trend we've noticed is people putting their kids into a million activities and thereby turning themselves into glorified chauffeurs to grumpy and overtired kids. Nikita's eldest, Beau, 4, joined T-ball this summer and Aleks's son Oscar, 4, is in little kickers soccer. *Nikita Stanley (R) and Aleksandra Jassem (L) are the authors of The Rebel Mama's Handbook for (Cool) Moms.*