

THE MOM & CAREGIVER™

MARCH 2017
VOLUME 19 ISSUE 3

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Love Leftovers?

Safe storage tips

Going to the Dentist?

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On The Cover



Kayden was quiet at first but he was soon chatting away in English and Cantonese! He gave us lots of quick little smiles and happily ran out of our shoot when he was done. A huge thanks to Little Labels Boutique for our cover kid's cute outfit.

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Photostylist

One-12 Photography
Sabina Manji
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If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

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Sabina Manji - Chief Editor

A MOMENT WITH OUR CHIEF EDITOR



"The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month."
Henry Van Dyke

With all of the exciting changes to our magazine and website, so many people have been asking questions about the magazine and who's behind it. So we asked our chief editor, Sabin Manji, some fun questions. Here's a peek!

My favourite family ritual is...
Friday night movie nights on the couch.

My favourite boardgame is...
Payday – my son found this old game at my parents' house and laughed when he saw a piece of paper with my name and score from a childhood match with my brother.

My favourite family recipe is...
Traditional rice with potatoes, onions and chicken.

My guilty pleasure is...
Do you have to ask? Chocolate!

A household chore I actually enjoy...
If I'm feeling cold, running my hands under hot water to wash the dishes.

If I had an extra hour today, I would...
Have my toes painted.

What am I reading?
Not much – I'm too busy reading and editing The Mom & Caregiver magazine, of course.

What am I watching?
Nashville! #girlgonecountry

A worst parenting moment...
When I sent a store-bought veggie tray to school with Mikaeel for Valentine's Day – the other kids brought yummy homemade heart-shaped cookies.

A best parenting moment...
I had no problem thinking up a worst moment – as parents we always focus on the

worst – but Mikaeel gets so excited when we cook together or when I surprise him with a favourite meal.

In this month's issue, we're also filling in some blanks with our resident vet. Why do dogs...? Get some answers to your furry friends' curious behaviours on page 18. Plus, get over the winter blahs this month with mom and baby yoga tips in our As They Grow column. Lastly, you can use up those leftovers (I may have some rice, potatoes and chicken left from my favourite recipe) but do it safely! Tips are on page 21.

You've learned a bit about our chief editor, but we always love hearing about you! Share your best parenting moment on our Facebook page this month. Let's get the conversation going, parents! See you there!

Sabina Manji,
Chief Editor




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MARCH EVENTS

03/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For More Details and Events Visit  Your Online Parenting Resource			1 Who's Afraid of Virginia Woolf? Palace Theatre	2 Western Performs! Concert Series: Jazz Ensemble Aeolian Hall	3 March 2-5 Disney On Ice: Follow Your Heart Budweiser Gardens	4 Seedy Saturday Carling Heights Optimist Community Centre
5 March 4-5 STEAM - Building Challenges Children's Museum	6 Storytime LPL, Central	7 Dr. Oronhyatekha: His Life and Legacy LPL, Central	8 Vienna Boys Choir Aeolian Hall	9 March 8-10 London Farm Show Western Fair	10 Playgroup LPL, Cherryhill	11 March 11-12 Maple Harvest Festival Museum of Ontario Archaeology
12 March 11-12 STEAM - Paint With Your Senses Children's Museum	13 Picture Book Bingo LPL, Central	14 Beginning with Baby LPL, Cherryhill	15 March 15-19 The Addams Family - A New Musical Comedy The Palace Theatre	16 Free Skate Presented By The Sports Centre Western Fair District - Sports Centre	17 Bubble Guppies Live! Ready to Rock Centennial Hall 	18 March 18-19 2017 Speed & Custom Car Show Western Fair
19 Green Day Budweiser Gardens	20 March 20-22 Banff Mountain Film Festival LPL, Central	21 Dig and Dream Children's Museum	22 The Lumineers Budweiser Gardens	23 Annie Budweiser Gardens	24 Chess in the Library LPL, Masonville	25 The Original Bridal Swap London German Canadian Club
26 Junior Beef Expo 2017 Western Fair	27 Storytime LPL, Central	28 Tune Time LPL, Central	29 Jazz for the People LPL, Central	30 Playgroup LPL, Beacock	31 Peter/Wendy Original Kids Covent Garden Market	

March 2-5
Disney On Ice: Follow Your Heart
Budweiser Gardens

March 11-12
Maple Harvest Festival
Museum of Ontario Archaeology

March 16
Free Skate Presented By The Sports Centre
Western Fair District - Sports Centre

March 19
Green Day
Budweiser Gardens

March 23
Annie
Budweiser Gardens

March 25
The Original Bridal Swap London
German Canadian Club



PRENATAL SCREENING

The Choice is Yours



Learning that you're pregnant ushers in a mixed bag of emotions – excitement, hope and fear of having a baby who's not healthy. Certain tests can rule out the possibility of some genetic conditions in your baby. The choice to do these tests and which tests to do is entirely up to you and your partner.

There's a three per cent risk of an abnormality in baby no matter what. Tests can

show your risk of having a baby with a certain condition but cannot categorically tell you whether or not that condition exists. Some conditions cannot be diagnosed before delivery. In considering any test, think about why you're doing it. Would you end the pregnancy? Would you want to be prepared?

An ultrasound at 18 to 20 weeks is offered to all pregnant women. It can rule

out major abnormalities in organs. A combination of blood tests and findings on an ultrasound look for the CHANCE that baby might have Down's syndrome or several other genetic abnormalities. Three tests are available: the integrated prenatal screen, the first trimester screen and the second trimester screen.

The newest test is the non-invasive prenatal screen – a blood test looking for baby's DNA in mom's blood. It's shown

great promise and is more accurate in finding these genetic disorders. It's covered for women considered high risk (women older than 40 or with a previous baby with one of these genetic disorders or a family history of Down's). You can choose to do this at a cost of \$500 to \$800.

The gold standard is amniocentesis, which involves taking fluid from around baby to look at baby's genes. This test

requires a needle to be inserted into the womb and can risk harm to baby or miscarriage. It's reserved only for those at high risk.

The choice is yours.

Dr. Bhooma Bhayana is a family physician in London and the mother of two young men. She continues to find wonder and enjoyment in family practice despite more than 25 years on the job!

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Newborn - Baby - Toddler

THE BENEFITS OF MOM AND BABY YOGA

MLHU Early Years Partnership

To all parents out there, get ready to incorporate yoga into your daily routine! But, this time include your baby! It's no secret that a baby needs a good start, both physically and psychologically. Parents everywhere understand the importance of parent-child bonding; a strong bond between baby and parent is very important for a child's development.

It's very important for a baby to feel secure and to have an attachment with the closest person in their lives, their parent. When you put together your own fitness routine, consider yoga as a way of bonding and relaxing together with your baby.

Baby-friendly yoga classes may have interruptions when babies are fussy but an important part of doing yoga with baby is providing mom the opportunity to interact and meet others. Moms build on the friendships with one another and know that they are not alone in their experiences. When you

do a baby yoga class you learn new ways of coping. Learning breathing exercises helps calm you down. When moms are calm, babies are calm. If you take care of yourself, you are helping your baby.

These classes provide moms and babies the opportunity to bond with each other, build muscle strength, improve posture and reduce stress and anxiety. They help parents find the balance between taking care of themselves and taking care of their babies, while incorporating physical activity into their lifestyle as well.

Be gentle and compassionate with yourself.

Patricia Mazariegos
Family & Community Support Worker
OEYC London Fanshawe/Family Centre Argyle
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PLAY KEEPS THE MAGIC IN LIFE

Part 1

Most of us forget we were ever children and childhood can be a distant memory. For some, childhood isn't worth remembering because it wasn't filled with the promise of wonderful experiences. For others it was a time of magical wonder and creativity. I certainly experienced a lot of magic, figuratively and literally (figuratively because it was a time of carefree learning and exploring; literally, because in my later childhood, I learned to be a magician). But, as I grew older, the magic and excitement of living like a child became harder to find.



Like many adults, we become stifled with our responsibilities and forget how to breathe the air of childhood. We try to find ways to feel carefree. If you're lucky you never lose hold of it; if you're not so lucky you have to learn to play again.

That's why I believe everyone should have a hobby; something they're truly passionate about. Something that makes them get up early in the morning to do it. Something they have trouble putting down at night to go to sleep.

My daughter doesn't like sleeping because she says sleeping is boring. Most kids are like that. Most adults are not.

Hobbies and activities help give life a spark, which ignites a drive and vitality that's contagious. The more sparks you have, the more you enjoy life with passion. With an ignited passion, all other areas in your life can't help but be transformed. Your work is more enriching, as is your home life, and most importantly your relationships. What do you

do regularly to ignite the passion so you can get into that child-like state?

Read Part 2 next month.

Dr. Lalit Chawla, MD, CCFP, FCFP, is a highly sought after international speaker, family physician in Chatham, Ontario, and an adjunct professor at the Schulich School of Medicine and Dentistry in London, Ontario.



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Daddy-Baby Bonding



Holding my sons, skin-to-skin, only seconds after each of them were born will always be the most powerful and extraordinary moments of my life. To say that becoming a father has changed me is a broad understatement. And the bonding that began that moment is still today the most rewarding, challenging and intense feeling.

Nobody will ever deny mom's unique relationship with their child but let's take a moment to look into dad's role in baby bonding. Until recently, the connection between infants and their fathers hasn't been given much light. Dads have been given the "passenger seat" when it comes to the emotional and physical needs of newborns. But, we're in the midst of a paradigm shift. More and more men are stepping up to the plate and being actively involved in all stages of child development. You can't deny the increasing number of men pushing strollers at the mall or the growing voices of dads demanding change tables in men's restrooms. According to Statistics Canada, fathers taking parental leave in Canada have increased significantly from three per cent in 2000 to 26 per cent in 2010. I'm certain the numbers are higher today.

Studies are also starting to investigate the chemical side to father-baby bonding. A study by psychologist Ruth Feldman

in Israel documented the increased levels of oxytocin (the "love hormone") in new fathers, especially when engaged in play, laughter, exploration, and the ol' dad classic, tossing baby in the air. In contrast, mom's oxytocin levels were increased when sharing comforting behaviours such as hugs, baby talk, caresses and gazing into the baby's face.

When parents are actively involved in their child's development, kids do better in school, are less stressed, and are better equipped to deal with life as an adult. Our role as fathers is vital and our bond to our kids is deepened the more time we spend with them. So, after reading this, take a moment and plan some time with your kid. If you're a new dad, get your hands dirty, change diapers, give baths, play peek-a-boo, tickle, and give skin-to-skin a try. Try joining a dads' group such as Dads Club London on Facebook where dads exchange ideas on fatherhood and plan outings with other dads and their kids. Later in "dadhood," talk to your kids often, take a drive for no reason, eat together, watch sports/movies together, and never, ever stop playing with them!

Frank Emanuele is a proud father of two sons and special education teacher for the local public school board. When not parenting or educating, Frank enjoys cooking, photography, movies and video games.



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Brushing Up

Tips for your Pearly Whites

According to the Canadian Dental Association, parents should start taking their children to the dentist within six months of the eruption of the first tooth, or by one year of age. Here are a few tips for making the visit as positive an experience as possible for the child.

Keep it upbeat!

Focus the message on the positive aspects of good dental care. Tell the child the dentist will help to keep their teeth healthy. Don't talk about pain!

Keep your own anxieties in check

If one parent has their own dental anxieties, perhaps it's a good idea for

the other parent to bring the child to his appointment.

Don't spring the appointment on the child

A prepared child will typically be a less anxious child. Tell them what they can expect, read a book about going to the dentist, or even watch a YouTube video with them about it.

Set them up for success

As any parent knows, the chances of success in any situation are markedly improved when your child is happy, rested and not hungry.

Arrive early

Don't arrive so close to your appointment time that you are rushed. Allow your child to bring a favourite toy or stuffy along for comfort and distraction.

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When should my child start swimming lessons?

The basic answer is the younger the better. The reality is a bit more complicated and you'll have to make that decision based on your own life situation. For parents of young children, both time and money are limited, and both must be used wisely.

Get them started by ages three to five

If you're like most parents, your goal is to raise a child who is well balanced and ready to take on all of life's challenges. Being able to swim to some basic standard would be part of that goal. By eight to 10 years of age, most children have found their "calling" – that "thing" they want to do to the exclusion of all others. It may be music, dance, skating, hockey, or one of the dozens of other things available to them. As a parent who works hard for their money and pays for the lessons, you want your child to not just enjoy the experience, but be engaged and progress as time goes on. So, getting your child to an acceptable swimming standard by 10 years of age should be your goal.

The younger the better?

You've likely seen the YouTube videos of the one-year-old being dropped into the water and rolling onto their back with no help, thus saving themselves. It's pretty impressive.

Is it better to spend time working on this skill or just plain keep your eyes on your kids when they're around water? Obviously both!

In our experience, starting your child at age three, when they're toilet trained and can go with the instructor on their own, works well. Keep them in lessons continuously until you feel they're swimming at the level you're comfortable with. In most cases, by ages eight to 10, they'll be very good swimmers. Of course, our bias is that they choose to focus on swimming only at this point but, if not, they'll always be good swimmers and able to return to it throughout their life.

FINAN SWIM SCHOOL

Easy All-inclusive Sun-Fun in Cuba

Are We There Yet

Must-See Travel Destinations

Varadero, Cuba, is the coastal town Canadians flock to because it's easy, warmer than home and different from the rest of Cuba. The clean, safe and reasonably isolated resort made it easy for my preteen nephews to roam the beach and pool area with minimal supervision.

For one cost (including airport tax), you can get a direct flight from Toronto, hotel, buffet meals and airport transportation making this a reasonably easy sun-filled family March Break getaway. If you haven't yet ventured to Castro's homeland, here's some advice:

1. Bring your own beach towel. Towels were available at my resort but only certain times and with a deposit. I gave up and bought my own.
2. Exchange money at the airport. Cuba has two currencies. CUC (convertible peso) is for tourists. CUCs are valued higher than American or Canadian dollars and can only be purchased in Cuba. Resorts will exchange money, but at a high rate.
3. Bring your own water bottle to fill at the bar with filtered water.
4. Most hotels are not luxurious –

expect college dorm quality with a bathroom.

5. Topless sun tanning is allowed on the beach.

6. Food is generally bland, which appeals to most kids. But don't expect fries or chicken nuggets. Try mango instead.

7. Take the double-decker bus to a Varadero market. It's cheap and kids under five are free.

Sherri Telenko is a freelance writer and blogger living in Southern Ontario. Sign up for travel and trail riding ideas at www.horsetrotting.net or follow her on twitter @SherriTelenko.



VARADERO, CUBA

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I Could Never

"I could never be a foster parent. It would be too hard, I would get too attached, but obviously you..."

As the old adage goes, if I had a nickel for every time I heard that phrase, I'd be a wealthy woman. It's fascinating the responses that the topic of foster care brings out in people. Most well-meaning individuals have an expression of awe, followed immediately by a reason why they could never do it, and an implication that I am somehow extraordinary for giving my time and energy to children in need.

The truth, I rarely confess to, while basking in the glow of admiration, is this. Foster care for infants has moments of great accomplishment, but mostly it is just the action of practical love that is disguised as endless laundry, dirty diapers, sticky fingers, runny noses, hugs and kisses, crumbs on the floor, sleepless nights, repeated meal preparation, bath times, toothpaste on the mirror, Cheerios in the car, doctors' appointments, Tylenol, coffee, formula, bottles, mornings before dawn and bedtimes well after sunset and, of course, the oft asked question of, "How long are they with you?" to which a simple shrug of the shoulders and an unsure smile must suffice as an answer.

Yes, there is the knowledge of occasional court dates, regular visits from social workers, drives to and from access visits with

biological family, but mostly it's "wash, rinse and repeat." So, really, foster care just looks a lot like parenthood.

Sometimes I get asked how I deal with the "damaged psyches, the emotional trauma, and the feelings of loss." After contemplating for a while I realized that I do the laundry, wash the dishes, change the diapers, wipe the fingers and day dream about 12 uninterrupted hours of sleep. Then I cook another meal, squeeze another hand and prepare another round of bottles. I "deal with it" by living love one day at a time and little by little the healing happens. Sometimes without anyone really noticing. All of sudden something is different, the atmosphere has shifted. The change is subtle, but it's there.

"I 'deal with it' by living love one day at a time and little by little..."

Healing happened while I was busy meeting the hour by hour, day by day needs of my child in care. So don't be fooled by the idea that I am exceptional for being a foster care provider. I am simply willing to meet the everyday needs of a child, in hopes that the ordinary will inspire the extraordinary.

Betsy is a full-time mother, foster care provider and operator of a home daycare. She believes that life is a story and all stories are enhanced by the presence of others. She strives to live her life fully, be generous and love deeply.

Coping with Change at Work

People often ask me why companies ask for my help. They don't understand what a psychotherapist could offer a workplace. Psychotherapists offer services and support to promote emotional well-being and corporate success for everyone in that workplace.

When your place of work goes through a traumatic event, re-organization or big changes, I can help with the emotional stress. I come to your work and talk about normal emotional reactions to changes and offer individual support to those directly affected by a traumatic event. I am a confidential, neutral and supportive person to talk to openly about how changes or events at work impact your emotional well-being.

I meet with supervisors, managers and owners to explain the impact of change on their workforce. I offer them direction about how to support their staff and what emotional behaviours to expect from their employees. My goal is to give organizations tools and information to help them manage any challenges.

I develop customized training for organizations to assist with interpersonal issues, work stresses and changes in their industry.

Life Balance

Happiness and Fulfillment

This includes educational tools to help everyone work with each other through difficult times and to prevent toxic politics. Government laws require a safe work environment for everyone. This includes a workplace that's free from harassment and accommodates disabilities. I investigate complaints and develop plans to assist employees and management to work collaboratively to resolve conflict constructively. My goal is to develop an emotionally safe environment that allows everyone to thrive and reach peak performance.

Our personal and work lives are intertwined. Sometimes we're at work more than with our families. So, emotional well-being and safety at work is essential to self-care and the health of our family.

Emily Beeckmans is educated as a social worker and is a trauma specialist. As a private practitioner, she strives to educate clients and the public about the importance of emotional health and well-being. Emily offers you a safe place to dig into your thoughts, feelings and life choices.

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Pet Friendly

Making Your House A Home

Why do Dogs BLANK?



Last month, our “Match Game” explored cats’ behaviour. This month, we turn our attention to dogs.

Why do dogs ____? (Wag their tail.) Although strange, this almost universal habit of dogs can also be a constant source of entertainment for your cat. The wagging tail is a source of communication but not always of friendliness. Wagging means they’re willing to interact and learn about their environment. Some tracking dogs change the wagging pattern from back and forth to a more circular motion, stirring up scents in their environment like a helicopter displaces snowflakes on a mountain.

Why do dogs ____? (Roll in dead things.) When Rover returns from his outing smelling of musk and bursting with pride, he’s probably found a carcass that was unsuitable to consume but still valuable enough to mark as his own. Give

him a bath and don’t read too much more into it.

Why do dogs ____? (Pant.) When humans sweat, the evaporation of water on our skin has a cooling effect. Dogs have sweat glands in the pads of their feet and in their nostrils, but nowhere else. As a result, they rely on the evaporation of water on their tongues. This rapid pattern of breathing (which would cause most people to pass out) combined with increased blood flow to the tongue keeps them from overheating.

Why do dogs ____? (Bring you things.) When two-legged family members return home, many dogs express their joy by taking a quick pause from their elation to dash off and return with something they consider mutually valuable. This is likely just a simple retrieving instinct and, unless your pooch starts fetching frankincense and myrrh, doesn’t symbolize much more.

Why do dogs ____? (Sniff one another’s butts.) Like skunks, dogs have two tiny sacs buried beneath the skin of their anus that emit a liquid with a foul smell that some have compared to rotting fish. While spectacularly unpleasant to most people, this pheromone-laced fluid is full of chemicals that signal “friend” or “foe” to other canines choosing to interact. Based on the message received, the meeting can result in fun and frolic or deteriorate to unwanted aggression.

While canine behaviour can be perplexing, learning about the language of dogs helps us know our furry family members better – no butt sniffing required!

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at brent@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.

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Label Reading 101

Health Matters

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Arthur Ashe, 1943-1993, Tennis Player

When it comes to selecting food that will feed and (hopefully) nourish our bodies, there’s only one thing we can say for certain. The foods nature makes will always be far superior to foods people make.

Take a walk through any grocery store and you’ll see rows upon rows of processed foods. Shapes and colours are designed to capture our attention and money. Furthermore, these packages are plastered with meaningless buzz-

words such as NATURAL or HEALTHY (designed to fool us into thinking we’re getting something healthy that nature made).

We’re taught in school how to read food labels based on the nutritional facts panel – how much fat, protein, sugar and so on. However, what we’re not told is that chemicals are sometimes added to manipulate the nutritional panel numbers to make a product appear to be healthier.

When it comes to food labels, the best way to understand our foods is to read the ingredients list first despite the

information or claims on the package. A few simple rules will limit your exposure to poor quality and sometimes toxic foods.

The fewer the ingredients the better; five or less is best. Avoid foods with ingredients you cannot pronounce, stay away from artificial colours and flavours, and be aware of potential allergens or food sensitivity ingredients like nuts or glutens.

Rene Beaulieu is a Certified Health Coach and business professional who is passionate about working with people to improve their health, family and work life. Learn more at healthseekersinc.com.

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FOOD FOR THOUGHT

Leftover Food Safety


Using leftovers is a great way to be efficient in menu planning while stretching your food budget. Be sure to use leftovers safely and avoid food borne illness.

- Stay out of the danger zone! Bacteria grow quickly between 40°F and 140°F (4°C-60°C).
- Refrigerate leftovers from your meal within two hours of cooking it.
- Throw away any food that was left at room temperature for more than two hours after cooking.
- Store leftover food in shallow containers in small portion sizes so it can cool down quickly.
- Don't rely on how leftovers look or smell to determine if they're safe to eat! Use leftovers within three days.
- If in doubt, throw it out!
- Heat leftovers to an internal temperature of 165°F (74°C).

For more information about food safety, visit fightbac.org.



Heather Thomas, PhD is a Registered Dietitian from London who strives to find balance in her professional and family life while enjoying the occasional chocolate chip cookie along the way!



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WHOLE HEALTH

Fight Superbugs with Superfoods

Drug-resistant bacteria, or superbugs, are an increasing concern that have many people, governments and the pharmaceutical industry anxiously looking for solutions. Widely considered a result of antibiotic overuse in meat production, it's estimated that over 70 per cent of bacteria worldwide are now resistant to antibiotics.

Cranberries may be our superhero – and Canada is the second largest global producer. For years, they've been thought to provide infection-fighting power, but recent research has found that cranberries have a serious therapeutic edge. Scientists discovered that the flavonoids in cranberries reduced the ability for bacteria to "stick" to a host to almost zero. Not having a place to stick means the bacteria can't hang out, grow and infect.

How is that for superfood? Why not fight superbugs with delicious snacks made with cranberries?

These delightfully chewy Cranberry Lemon Millet Quinoa Squares are no-bake, gluten-free bars, loaded with cranberries, lemon flavour and more than a few superfoods for added hits of nutrition.

Get the recipe at: <http://patriciaandcarolyn.com/cranberry-lemon-millet-quinoa-squares>.

Carolyn Hemming (and co-author, Patricia Green) are the authors of seven bestselling cookbooks in three languages with easy recipes and accessible ingredients. Carolyn is an active mother and businesswoman who lives with her family in London.





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