THE MOM & CAREGIVER™

AUGUST 2017
VOLUME 19 ISSUE 8

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Tips for Back-To-School Spending
3 Ways to Get the Most From Your Wallet

Water!
Enjoy its Beauty Boosting Benefits

Get Lost in Space
In Huntsville, Alabama

Beat the Heat
Cool Dishes to Serve this Summer

Pregnancy - Baby - Toddler - Preschool - School Age - Family

A Free Magazine for Parents and Caregivers

2017 **IS 200t**

LEASE APR **0.9%*** 39 MONTHS | BI-WEEKLY LEASE PAYMENT **$179*** DOWN PAYMENT $4,200* | DELIVERY CREDITS OF **$3,000^**

PAYMENT INCLUDES $3,000^ DELIVERY CREDIT.

2017 **NX 200t**

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On The Cover

A bubble machine and cake pop to the rescue! Who would have thought that this shot started with Tristan feeling more than a little hesitant to put on his funky shirt and shorts? A huge thanks to Little Labels Boutique for our cover kid's cute outfit.

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Editorial

Sabina Manji - Chief Editor

CRAVING & ROUTINE

"A life without love is like a year without summer." Swedish Proverb

If you're anything like me, summer break brings mixed emotions. I, of course, love having Mikaeel around, and I love the slower pace and relaxing vibe that summer brings. But I struggle to stay focused without the regular routine of the school year. We're eating at strange times, our sleep schedule is off, and, to be truthful, it's hard to concentrate on writing my editor's note when I have an 11-year-old who would rather I toss a football in the backyard!

So I went to our Mom & Caregiver family (and our August edition!) to get some tips on maintaining a healthy summer routine. Here's what I'll be trying this month.

Get up early – even if it's a day you don't have to rush out the door. Use this time for a morning walk, a quiet cup of tea, or for banging off a quick job that won't need to go on the day's list (like some meal prep). Plus, encourage the kids to do the same – sleeping in can waste the cooler part of the day, and make it difficult to get back on schedule come September (but good luck to those parents of teenagers on this one!).

Keep your eating on schedule! Eat a healthy breakfast to start your day. You'll need it to fuel you through meetings and to fuel your kids through summer camp. Eat dinner at the same time every evening as well. (Why not try Carolyn Hemming's Charred Corn and Roasted Vegetable Salad with Peaches and Lime Dressing on page 22?) When going on a summer outing, pack food instead of buying it at the zoo or museum. Eating a healthy meal brought from home will reduce the sugar, grease and processed items that can drag you down.

Plus, one of the best tips for keeping your focus high this summer – hydrate your brain! Lisa Aquilina talks water on page 19 this month. She covers the health benefits of staying well-hydrated and explains why water is a beauty elixir!

Hope everyone enjoys the lazy hazy dog days of summer. But, if you're craving routine, then this issue's for you!

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AUGUST EVENTS 08/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Twilight Tuesdays Ska-Nah-Doht Village and Museum	2 Captain Corbin the Magical Pirate Storybook Gardens	3 August 3-7 Rib Fest Victoria Park	4 Super Stocks Delaware Speedway	5 Teddy Bear Picnic Eldon House
6 WWE Live! Summer-Slam Heatwave Tour Budweiser Gardens	7 Aug. 5-7 Expressions in Chalk Victoria Park	8 Twilight Tuesdays Ska-Nah-Doht Village and Museum	9 Playgroup LPL, Byron	10 Playgroup LPL, Beacock	11 Movie Nights in the Park (Rogue One) Victoria Park	12 Forest City Beer Festival Covent Garden Market
13 Big Bike Giveaway Argyle Mall	14 Cirque Pomme de Terre - A Puppet Show LPL, Central	15 Interactive Music and Magic LPL, Cherryhill	16 Mother Goose and Honker LPL, Westmount	17 Movie Night in the Park (Moana) Victoria Park	18 Aug. 17-26 Alice's Restaurant Grand Theatre	19 Canada's 150 Years Celebration @ One Day for Kids South East Optimist Park
20 Wortley Village Jazz and Blues Festival Wortley Village	21 Storytime LPL, Central	22 Noon Meditation LPL, Central	23 Crafts Canadiana! LPL, Crouch	24 Mirrored Mosaics LPL, Crouch	25 Movie Night in the Park (Sound of Music) Victoria Park	26 Bumbling Bert Magic Show Storybook Gardens
27 Jet Blast Jet Aircraft Museum	28 Storytime LPL, Central	29 Artists at Play LPL, Central	30 Collage LPL, Beacock	31 Movie Night in the Park (Secret Life of Pets) Victoria Park		

For More Details and Events Visit The Mom & Caregiver.com Your Online Parenting Resource

August 3-7
Rib Fest
Victoria Park

Aug. 5-7
Expressions in Chalk
Victoria Park

August 12
Forest City Beer Festival
Covent Garden Market

KIDS CRAVE ATTENTION
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SUN – THE EQUAL OPPORTUNITY DESTROYER

Summertime is such a glorious time of the year. We wait all year to bask in the sun. Some sun exposure can help lift mood and boost our vitamin D levels. Too much sun can put us at risk for skin cancer.

One of the myths around sun and skin cancer is that people who have a darker complexion have natural protection from skin cancer. The substance in the skin that gives us colour is called melanin. Melanin affords some protection from the sun's harmful ultraviolet light. However, melanin does not provide full protection against these harmful rays.

Genetics also plays a role in the genesis of skin cancer. Certain skin cancers such as basal cell cancer and squamous cell cancer occur at higher rates in some ethnicities such as Latinos and Asians. Acral lentiginous melanoma (ALM) is a form of skin cancer that occurs more frequently in people of colour. Bob Marley died of this form of melanoma at the age of 36. ALM presents as a dark spot on the palms of the hands or soles of the feet.

The following steps can help to prevent skin cancer or to detect it early:

1. Use sunscreen. For a tutorial on skin protection, see this locally produced video by Dr. Mario Elia: *youtube.com/watch?v=GKe-6ipbWxc*.
2. Wear UV protected clothing and UV protected sunglasses.
3. Seek shade and avoid midday exposure.
4. Be vigilant and examine moles and skin lesions using the ABCDs of skin surveillance.

Much of the damage that is done to our skin is done at an early age. Protect children from the sun as well. Infants cannot use sunscreen until the age of six months so a UV protector over a stroller can help protect them.

Enjoy summer but not at the cost of your health. Stay protected!

Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!

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ONCE UPON A TIME

Once upon a time there was a parent. No, wait, I mean a person.

There is no greater responsibility or bigger transition in life than becoming a parent. It can be all consuming and unrelenting. We are bombarded with information and expectations for our babies in every area of development, like when they should walk, talk, eat food and sleep through the night. However, our babies are unique with their own journey and, in fact, so are we.

Think about the expectations that are put upon us as parents. We're inundated with pressures and expectations to be perfect parents; to respond ideally to every situation and every crisis; to plan every event in our baby's life to perfection; to enrich our baby's life with music, movement, and activities all while carving out time to exercise, eat well, and take care of ourselves so we can be the best parent we can be. Parents are exhausted, anxious and overwhelmed, forgetting that first we are people. Our young children don't need parents who are trying to be perfect; they need people who are present in the moment and able to share their most vulnerable selves. Brene Brown, author and speaker, says she changed her daily mantra from "I can always do better" to "Today I will show up."

Here are some ways I've seen parents "show up" for their young children and tune into themselves as people.

1. Make a list of the top five values you use to anchor your life and your choices (i.e., family, empathy, accomplishment, forgiveness, trust, kindness, education, etc.). When you hear expectations from yourself or others, ask yourself if they're in keeping with your values.

2. Have a dinner or coffee date with your baby or toddler out in the world. What will your conversation include? What topics might you talk about?

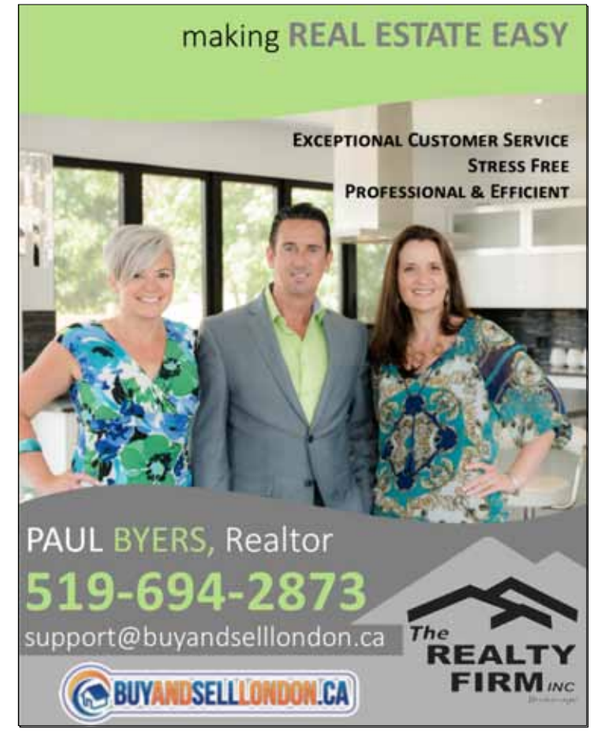
3. Instead of posting/tweeting/snapping things about your baby's daily accomplishments, take one day a week to let people know what you are proud of and what makes you like yourself as a parent and as a person.

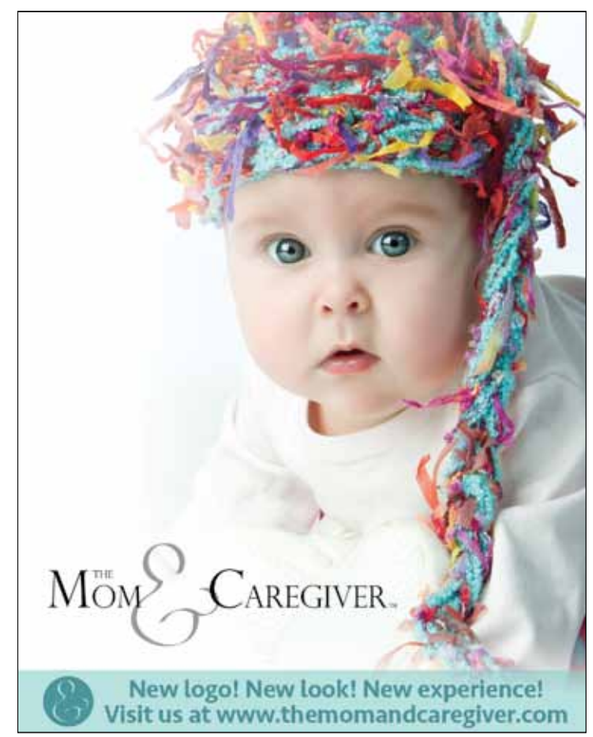
4. Identify why you matter in this incredible story of parent and child. What are you passing on to your child? What lessons have you learned? What mountains have you climbed and what views have you taken in? How would you like to pass this along to your child in the future?

5. Forgive your mistakes, mishaps and freak outs and tap into all the feelings you feel. Your emotions are your compass and, knowing this, you'll help your child rely on their emotions and intuitions to lead their way.

You are a parent but, more importantly, you are a person and you have your own story to tell. And, don't forget, showing up for yourself and for your baby is the thing that matters most.

By Dana Libby, M.S.W., R.S.W.
Early Years Team
Vanier





TIPS FOR BACK-TO-SCHOOL SPENDING

(NC) Buying school supplies and clothes can be the biggest expense for many parents when it comes to shopping for their children. Over Labour Day weekend alone, Canadians made nearly 26 million transactions totalling almost $1.4 billion dollars in retail stores last year. How do you avoid spending a fortune? Here are three tips to help you get the most from your wallet this back-to-school season.

Spot the sales. Take advantage of every deal and coupon that comes your way. Check flyers for clearance sales, spend some time browsing online for discount promo codes, and use a comparison app to get the lowest price possible. This can save you more money than you expect.

Stick to your list. Don't stray from your teacher's supply list at the start of a new school year, and avoid getting distracted by unlisted items that catch your attention. As tempting as those items may be, you'll just waste time and money. If shopping with your child, make sure they know the plan ahead of time.

Make checkout a breeze. Back to school is a very busy time of year. Use Interac Flash to get through the checkout line faster. It allows you to pay for purchases quickly, securely and conveniently by simply holding your bank card in front of the reader at checkout.

Learn more at *www.interac.ca.*

News Canada

THE IMPORTANCE OF COMMUNITY

They say it takes a village to raise a child, yet modern societal trends are moving away from the village model of raising kids and more toward isolation. We're expected to do the job of a community in our homes and many of us are struggling with nearly impossible demands.

The instant we become parents, our lives dramatically change. For a moment, let's put aside the lack of sleep, the disorder of your home, the groceries that should have been done last Tuesday, the general struggle to find work-life balance, and your changing relationship with your partner. Becoming a parent completely rewires your brain and significantly shifts the way we think.

We're thrust into this new existence with no instruction manual or proper guidance from our own fathers. (Let's face it, their parenting experience was quite different!) Our social life changes, we take less care of ourselves, we invest less time in our hobbies, friendships and interests, and we become easily irritable. Our demands, expectations, and sense of identify are being redefined.

But we got this! After all, we were built to procreate, right? We should know how to do this naturally. Our old-brain instincts to protect our young and provide for our family should be strong enough to prevail. Right?

But, what if the switch isn't that instant? The sad truth is many dads are struggling emotionally and some feel like a failure. What is supposed to be a joyous chapter in our life can easily become anxiety-ridden and quite lonely.

It's time to shed our bravado and embrace the idea that maybe we cannot (or should not) do this alone. Your first person to open up to needs to be your partner. Chances are the feelings are shared and you can look for solutions together.

I think it's also worth the time to find a community of like-minded dads who can help each other through this massive transition in life. I found my "village" through Dad Club London. It validated many of my fears, helped me access the wisdom of experienced fathers, and enabled me to commiserate with companions who are jumping through the same hoops as I am. There is immense comfort in a shared experience. Being a part of this group makes me feel that I am doing OK by my kids, that being this tired is normal, and that I will get through those days when I feel like a complete failure.

I'm getting better at sharing my challenges and insecurities of being a parent. I now appreciate that the man standing next to me at the park, swinging his toddler next to mine, gets it too.

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.

August is here! That means no rigid schedules, long summer days and, in some cases, a lapse in good habits like dental hygiene. With summer travel and an abundance of sugary, warm-weather treats around, it can be difficult to keep up good oral hygiene habits for your family. Here are a few tips to help keep you on track.

Buy new toothbrushes

Now is a great time to invest in new toothbrushes for every member of the family. If you plan to travel or be away from home frequently during the summer, it's a good idea to buy a few extras, so you can have them with you at all times. Throw some travel toothbrushes, flossers, and a travel-size toothpaste into your bag and you'll always be prepared.

Schedule checkups

Instead of waiting for the run-up to back-to-school time to schedule dental appointments, do it now. This will help to catch any problems before they get worse over the summer and will prevent dental issues from putting a damper on your vacation plans.

Stock healthy foods

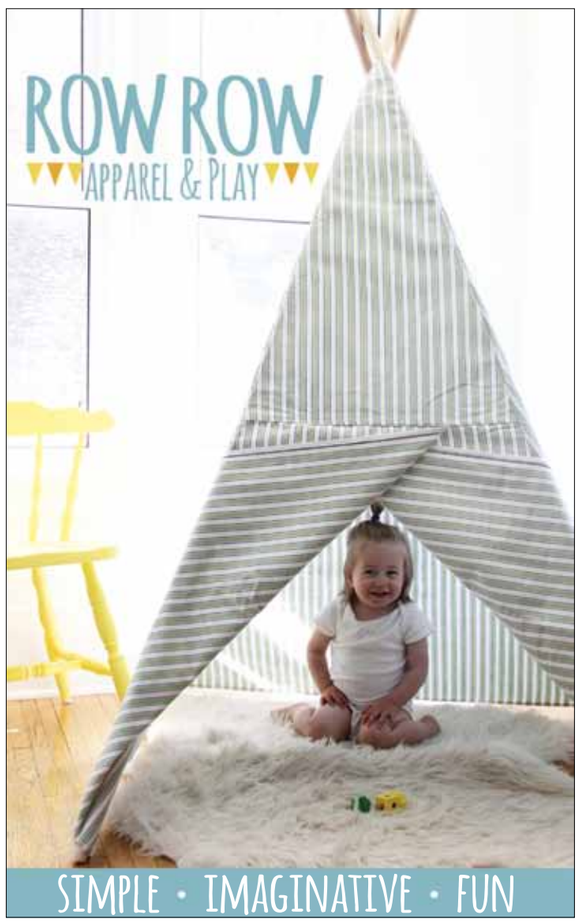
Finally, one of the best ways to ensure your kids' teeth stay healthy is to monitor what they're eating. Stock a healthy kitchen full of fresh fruit and other healthy snacks, and minimize their exposure to sugar-laden treats. There's nothing wrong with treats (and what would summer be without ice cream?) but offer healthy options more often and ensure your kids brush their teeth after eating something sugary.

Dr. Sanjay Agrawal and his team strive to provide compassionate, comprehensive and comfortable dental care to all of their patients, especially the kids.

Biz Showcase

This Month's Featured Business... Row Row Apparel & Play

Each month we introduce you to a business that offers families in London and the surrounding area services or products you won't want to miss.



Row Row Apparel & Play is a local company designing and producing beautiful custom play tents for kiddos. We are backed by kids with big imaginations, everywhere.

An open letter about our little business:

When I was pregnant with my first baby, I attended a talk by a Canadian eco-leader and a whole new world opened up for me. I came to realize where I wanted my kids to grow up: in a natural, safe, kind and, most of all, happy world. The realization led me to discover great things about myself, as well as what type of products were out there for my kids.

The build-up to my son's first birthday was big! 'One' was a huge number! My husband and I wanted to ensure we celebrated Rowan's big day with something he could cherish for a long time. We wanted something that would inspire creativity, feed his imagination and create fun. I looked to my background in fashion design and business, as well as my experience working for one of Canada's greatest retail brands and developed our very first play tent.

Not only did Rowan get a play tent for his first birthday, but he also got a little company named after him! 'Row Row Apparel & Play' was born. The magic for us was giving him something he could cherish forever: a proud space to call his own, where we could watch him laugh, think, hide away, imagine, feel safe, rest, welcome his friends, and, of course, play.

Our play tents are made with love, from start to finish, in our home in London. As a company, we believe in the importance of supporting local. We pride ourselves on partnering with other local businesses that are doing great things for our community. We use materials that will sustain a safe and vibrant environment for future generations.

Our play tents promote happiness. They are a miniature version of the world we hope our kiddos will experience in the future.

Kyla Howlett

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ROW ROW APPAREL & PLAY

Space Camp for the Space Crazy

Are We There Yet

Must-See Travel Destinations

Space Camp: an incredible week-long opportunity for science-minded kids and teenagers at the U.S. Space & Rocket Center. Mostly kids, ages 9 to 14 from around the world, spend five nights and six days living and breathing all things astronaut.

While other children are sleeping in tents and building camp fires, Space Camp kids live in dorms and learn about robotics, rockets, and planets, and participate in activities such as repairing actual space station external tiles or launching a model rocket.

Yes, two actual NASA astronauts graduated from Space Camp as kids.

Or, you can simply visit the museum and be awed. Huntsville, Alabama dubbed The Rocket City, claims more engineers per capita than any other in the U.S. thanks to its associations with NASA and space missions.

It's also home to the U.S. Space & Rocket Center where a real Saturn V rocket used to get astronauts to the moon hangs from the ceiling of a wing built for this purpose. Artifacts and information about the Apollo moon landing surround it, along with an actual space capsule that returned astronauts to Earth.

Elsewhere in the museum, you can walk through a life-sized space station, experience simulated video space flight and climb a rock wall. A planetarium-like exhibit immerses viewers in remote planetary landscapes and, if you're wondering what the Mars' colony will look like, there's a sparse reproduction of that too. *www.rocketcenter.com*

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.

Fostering Dreams

Adopting Hope with the Children's Aid Society

Loved from Birth

Talking to Children About their Adoption Story

Our three-year-old son Kyle has a special story, a unique story, a story we want him to be proud of.

Kyle lived with a wonderful, loving foster family for the first two years of his life. From the day he left the hospital till the day he moved in with my husband and me, he was loved and cared for. Just after his second birthday, he moved into our home and we became a family.

We always knew that openness and honesty would be necessary and healthy but we had to decide how to share very adult information with a small child. The solution thus far has been to share age appropriate information a little bit at a time in a positive tone with positive language. No secrets, no lies, no fluffy answers. Just the truth.

We talk about happy memories with his foster family and we look at pictures from when he was a baby in their home. We are working on a relationship with Kyle's biological Mom and always speak highly of her. We have pictures of her in his memory book and plan a few visits with her every year. His biological Father is a bit of a mystery but we do keep pictures of him and will share them along with any information we have about him when Kyle is older and curious. It's important that Kyle has no gaps in his history; we want his story to feel natural and, most importantly, we want him to know he has been loved since the moment he was born.

For Kyle's third birthday I made him a book. A simple book with simple drawings and simple sentences. Each page was an important stage in his life. Birth, learning to walk, meeting Mommy and Daddy, etc. Eight pages long, it's to the point, honest and shows how much love is in his world. We keep it on his book shelf so we can rotate through with his other favourite stories. He loves pointing out his picture in each milestone and names the important people who were there to share it with him.

We know that, as he gets older, the questions will become more difficult. But, we believe that by being open with age appropriate information and maintaining positive connections with his past, we can support him and love him through the whole process of growing up and figuring out his place in the world. Most importantly, we want our beautiful, curious boy to know he has always had and will continue to have a family who loves him.

Cara is blessed to be a Mom to a beautiful three-year-old boy by way of adoption through the Children's Aid Society of London & Middlesex.

Life Balance

Happiness and Fulfillment

Strive for Imperfection

It's easy to look at someone's life and think it's more perfect than yours. And, with the advent of social media, it's never been simpler to make comparisons. But what impact is this having?

The tendency to feel inadequate largely affects girls and women, but also impacts our boys and men. Feelings of inadequacy at home and work, and often feeling like we don't meet our own high standards, causes undue stress and distraction. Aspiring to unrealistic standards can lead to self-doubt, depression and extreme dieting.

Perfectionism can have serious implications, and there are growing concerns about our health and happiness in Canada. Girls and boys are increasingly experiencing anxiety and depression. The pressure of academics and unattainable images found on social media makes most of us feel insecure. Marketing strategies pressure us to have needs for products to attain perfection.

"It starts with being kind to yourself."

What can you do as a family?

Children watch what we do; taking care of ourselves and leading a balanced lifestyle will guide our kids. Turn off social media and focus on being healthy instead of unrealistic images and expectations. Be cautious of the words you say about yourself; your kids will start to use the same words to judge themselves. Evaluate your internal voice and remember to say positive things about yourself every day, then ensure you point out the beauty in your family members.

Try to make your family a safe emotional space with positive interactions that allow yourself and others to be themselves, free from the pressures of the outside world. Home is a place to build your strength to ward off the perfectionism we are judged against every day. It starts with being kind to yourself.

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.

Pet Friendly

Making Your House A Home

The Secret Life of an Outdoor Cat

Bozie is a slinky black cat who likes an adventurous lifestyle, including making friends with dogs and going for car rides. While mostly a house cat, his favourite part of the day is going outside to explore the world beyond his backyard. With his friendly disposition, his family just assumed he was meeting up with other local cats and perhaps enjoying the odd treat on the neighbour's porch.

When Bozie presented in our clinic because his family found worms in his stool, our team identified the culprit as tapeworm. Tapeworm is spread when your cat consumes the tapeworm's host, usually a flea or rodent. Since Bozie didn't have fleas, there was only one other option: he must have contracted the parasite while chewing on an unfortunate backyard critter like a mouse or bunny.

The family was disappointed to discover their loving companion was a neighbourhood predator. This is true for most outdoor kitties. In fact, cats are such effective hunters that a few neighbourhood felines can have catastrophic effects on backyard ecosystems.

Keeping cats exclusively indoors is always best for the environment and protects our friends from dangerous cars, people and animals. However, be vigilant because indoor cats are at a higher risk of developing obesity (and, therefore, diabetes, joint disease and skin problems), dental issues, and stress-related diseases like idiopathic cystitis and over-grooming problems.

As with many things in life, balance is key. Cats can always benefit from more exercise and extra attention to their oral health. With some patience, most can actually be leash trained, allowing the flexibility for a feline friend to enjoy the backyard under supervision. Another trendy compromise is the construction of a "catio" (that is, a "cat-patio"). These outdoor enclosures allow kitties to enjoy the sights and sounds of being outside while limiting their freedom to roam.

We discussed the pros and cons of living an indoor-outdoor life with Bozie's family. Having identified himself as a killer, we made a plan to treat for tapeworm preventatively several times a year and his family agreed to give him less freedom with outdoor activities. Bozie is now on track to a healthier and safer lifestyle... and still got a taste of adventure on the car ride home.

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.

Beauty and Wellness

Look and Feel Your Best

The Beauty Benefits of H_2O

Summer is well underway and the first words that come to mind are heat, hydration and H_2O. It's vital that we keep ourselves fuelled and hydrated, especially in warmer climates. Not only is proper water consumption essential for our health, it's also a remarkable beauty elixir! Here are some amazing benefits guaranteed to make you fill up and fuel up!

Get glowing! Water is the most inexpensive and accessible anti-aging preventative and solution. It helps to plump up wrinkles, preserves collagen and elasticity, and adds an instant glow from head to toe.

Keep things moving. Literally! Beat the bloat and prevent constipation by simply filling up on water. Water helps to support the digestive system so it breaks down food more effectively, helping to rid of waste and flush out fat. As an added bonus, try adding lemon, cucumber, ginger or mint.

Drink more, lose more! Seriously! Most of the time we mistake hunger for thirst. Just by fuelling up on water and drinking at least two to three glasses with your meals, you will curb hunger and fill up faster, leaving less room for unnecessary indulgences. It's also 100% calorie free!

Detoxify and purify. Give bad breath the boot and flush out stored toxins. Water is not only a natural cleanse for our system, it increases clarity, minimizes exhaustion, acts as a natural energy booster, supports healthy organ function, and helps to prevent headaches and migraines.

Need I say more? So, the next time you're tempted to reach for an iced cappuccino or sugar-filled soda, opt for a refreshing glass of water to keep cool and cleansed. Cheers!

Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.

FOOD FOR THOUGHT

Beat the Heat in the Kitchen

Who wants to slave over the stove during the summer?! I don't! With a little planning, you can have healthy, no fuss meals and snacks without turning on the oven. That means less time in the kitchen and more time for family fun in the sun!

The key is being prepared! Here's how to prepare healthy, no-cook meals and snacks for you and your family.

- Short on time? Throw together a quick and easy salad with lower-sodium canned beans and corn, brown rice and sweet peppers. The great thing about this dish is that you can make a big batch on the weekend to have during the week with your lunch or dinner. It even makes a great, satiating snack!
- Are your weeknights jam-packed running to and from kids' activities? Prep veggies like cherry tomatoes, cucumber, broccoli and carrots in advance. Pack with whole grain pitas, lower-fat cheese and your favourite hummus and you have an easy fuss-free meal on the go!
- Nothing beats no fuss, no cook like a good ol' sandwich! Get fancy with my new favourite. Layer thick slices of tomato, buffalo mozzarella or bocconcini, and fresh basil leaves between two slices of your favourite whole grain bread. Top with a tiny drizzle of extra virgin olive oil and balsamic vinegar, a pinch of salt and pepper, and there you have it – Jenn's famous "Caprese Supreme"... delish!

Eating healthy doesn't have to be hard! With a little creativity, some planning and a bit of prep you can beat the heat this summer AND still make the healthy choice the easy choice!

Enjoy
Jenn

Jenn Giurgevich is a Registered Dietitian and contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.

WHOLE HEALTH

Enjoy Endless Summer ... with Charred Veggies!

Summer is healthy. Those lovely rays of summer improve our health in numerous ways. Sunlight and vitamin D help fight chronic illness and regulate the body. Warm weather encourages us to drink more water, improves our sleep and mood, helps alleviate skin conditions and increases agility and circulation. In addition, we consume more vegetables and fruit in the hot summer months, which is definitely better for our overall health.

When early signs of fall present themselves, we may get anxious and fear the fun is over. But don't get your parka and boots out just yet. If you've seen signs of fall, fear not! Make this salad and enjoy every last bit of your endless summer.

Charred Corn and Roasted Vegetable Summer Salad with Peaches and Lime Herbed Buttermilk Dressing

Sweet corn, gently charred for that rich, smoky flavour, is tossed with a colourful medley of roasted vegetables and accented with a blast of fresh veggies and summer peaches to deliver a complete spectrum of taste and satisfaction along with a zesty citrus, herbed buttermilk dressing. Serves 8 to 10

Salad

2 cups	large diced zucchini, skin on
2 cups	large diced eggplant
2 large	peaches, pitted, sliced into wedges
½ cup	chopped Vidalia or yellow onion
2 cups	charred corn kernels (see Tip)
1 cup	shelled fresh edamame
1 cup	halved grape tomatoes
2	avocados, peeled, pitted and diced

Dressing

½ cup	plain yogurt
¼ cup	buttermilk
½ cup	finely chopped fresh cilantro
2 Tbsp	pure maple syrup
1 tsp	minced garlic
1 Tbsp	fresh lime juice
1 tsp	fresh lime zest
¼ tsp	smoked paprika
	pinch of salt

Preheat the oven to 450°F (230°C) and line a large baking sheet with parchment paper. Place the zucchini, eggplant, peaches and onion on the prepared baking sheet, and roast for 10 to 14 minutes, tossing occasionally. Remove from the oven and let cool slightly. For the dressing, place the yogurt, buttermilk, cilantro, maple syrup, garlic, lime juice, zest, paprika and salt in a medium bowl and mix well. Set aside. Place the corn, edamame and tomatoes in a large bowl, and add the roasted vegetables. Add the avocado and toss gently. Add the dressing and toss until well combined. Serve slightly cooled.

TIP: Char corn cobs on the barbecue, an indoor grill, a skillet or a roasting pan in the oven. Grill or sear peeled cobs on high heat until the kernels have dark toasted spots. After the cobs have cooled slightly, hold the cob vertically and slice off the kernels. Or, roast the cobs on a baking sheet in the oven at 500°F (300°C), turning often, or in a skillet on high until char marks appear. If all you have is a bag of frozen corn, char in a skillet on the stovetop.

Recipe from: Vegetarian Any Day (Penguin Random House)
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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.

For most children, learning a new skill takes time and patience. Very few of us have the natural ability to go from beginner to expert on a new skill without putting in long hours of practice and getting professional instruction.

Learning to swim ranks close to the top on the list of skills most parents are "firm" on – they want their children to learn to swim! Let's face it ... you can go through life without hitting a golf ball a lot easier than you can if you don't feel comfortable around or in water!

There is no magic bullet or perfect time to get a child into the water. As with most things we need to learn, "the sooner the better." We can add "the more frequent the better" as well.

The best way to get started is to establish the routine of swimming lessons. Set up a weekly time for lessons that fit the family schedule. This helps the child get into the routine and it makes the job of scheduling dinner, driving and the five other things that parents need to do for their children each day much easier.

With September just around the corner, the relative "lull" of August is the perfect time to sit down as a family and map out the priorities and schedules for the coming school year.

As a parent, there is always lots to do and time moves fast.

"The days are long, but the years are short!"

John Finan
Finan Swim School