

THE MOM & CAREGIVER™

NOVEMBER 2017
VOLUME 19 ISSUE 11

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Little Pouting Princess!

Soup's On
Warm Up This Winter

Sugar, Salt, Fat
How Much is Too Much?

Dollars and Sense
Teach Your Kids About Money

Ready in a Rush
Makeup in Minutes

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On The Cover



Sanaa has a soft sweet voice, but she's still a toddler who knows how to say no! She loved munching on crackers and cheese and was thrilled with the beautiful bling on her dress at our shoot. Thank you to Little Labels Boutique for our cover kid's cute outfit.

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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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LIFE LESSONS FROM WINNIE THE POOH



"And they who for their country die shall fill an honored grave, for glory lights the soldier's tomb, and beauty weeps the brave."
Joseph Drake

On a recent stroll through Indigo bookstore, I happened upon the "Everything I needed to know..." section. I chuckled as I read title after title in this amusing category. Everything I Needed to Know about Being a Dad I Learned from Rock and Roll was followed by Everything I Needed to Know about Being a Girl I Learned from Judy Blume. I flipped through Everything I Needed to Know about Business I Learned from a Canadian and curiously opened up Everything I Needed to Know about Economics I Learned from Online Dating. These titles got me to thinking of the sometimes silly ways we learn life lessons. And who better to learn from than that silly old bear himself - Winnie the Pooh!

You can now see Winnie the Pooh on display at the 42nd Street Library in

New York City. Our travel writer, Sherri Telenko, gives details on page 15. We're taking this time to celebrate some of his best quotes, courtesy of A.A. Milne, of course. Each quote matches up to a life lesson that you'll find in the pages of this month's magazine!

"Life is a journey to be experienced, not a problem to be solved."

Turn to our Frankly Fatherhood article on page 12 as inspiration to notice the simple beauties and pleasures of everyday life through our children.

"One of the advantages of being disorganized is that one is always having surprising discoveries."

Do you hit the snooze button each morning? Beauty and wellness professional, Lisa Aquilina, shows us how to

get ready in a rush with a few fresh and fabulous products.

"A friend is one of the nicest things you can have and one of the best things you can be."

Is that furry friend of yours always there for you? Protect your pet this month with winterizing tips from Neighbourhood Pet Clinic on page 18.

We hope you enjoy the November issue of *The Mom & Caregiver* magazine, and I can't believe that, when we next speak, the December holiday season will be upon us. Until next time!

"How lucky am I to have something that makes saying goodbye so hard." 🐻







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NOVEMBER EVENTS

11/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Amelia Curran Aeolian Hall	2 Paint and Culture Night Museum of Archaeology	3 Nov. 2-12 Dancing in Poppies Palace Theatre	4 Nearly 100 Years of Roller Skating in London North London Optimist Comm. Ctr.
5 Nov. 5-6 Enchanted Arts Show and Sale Elsie Perrin Williams Estate	6 Storytime LPL, Central	7 Early Years Play London Children's Museum	8 Western Mustangs Hockey Thompson Arena	9 Playgroup LPL, Beacock	10 St. Thomas-Elgin Artists' Guild Show & Sale Caso Railway Stn.	11 Remembrance Day Cenotaph 
12 Merry Makers Fair A Local Handmade Event Covent Garden Market	13 Storytime LPL, Central	14 Foreigner Budweiser Gardens	15 The Simon & Garfunkel Story Centennial Hall	16 Nov. 16-19 Carmen Western University	17 Nov. 17-18 Christmas Home Tour Poplar Hill/Coldstream Area Facebook: Christmas Home Tour - Melville United Church (Ivan)	18 London Santa Claus Parade Dundas St. 
19 London's 1 st Annual Handmade Only Craft Sale Centennial Hall	20 Curious Public LPL, Central	21 Jazz Ensemble - Things to Come Wolf Performance Hall	22 Ladies Boutique Night Best Western Lamp- lighter	23 Fanshawe Falcons Basketball Fanshawe College	24 Music for Young Children London Children's Museum	25 Hyde Park Santa Claus Parade Starts at Sherwood Forest Mall
26 Season's Greetings at Longwoods Skah-Nah-Doht Village and Museum	27 Socrates Café LPL, Central	28 Nov. 25-Dec. 30 A Christmas Carol Grand Theatre	29 Playgroup LPL, Byron	30 Nov. 30-Dec. 10 Anne of Green Gables Palace Theatre	For More Details and Events Visit  Your Online Parenting Resource	

November 4
Nearly 100 Years of Roller Skating in London
North London Optimist Comm. Ctr.

November 11
Remembrance Day
Cenotaph

November 12
Merry Makers Fair
A Local Handmade Event
Covent Garden Market

November 18
London Santa Claus Parade
Dundas St.

November 19
London's 1st Annual Handmade Only Craft Sale
Centennial Hall

November 25
Hyde Park Santa Claus Parade
Starts at Sherwood Forest Mall

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FUN AND GAMES: SUPPORTING CHILDREN'S EMOTIONAL HEALTH!

As a parent, I knew it was important to help my children learn about their feelings and to regulate their emotions. As a professional, I continue to learn why self-regulation is so important to a child's overall health. Self-regulation is the ability to manage our emotions and behave in an appropriate manner in a situation. It takes time and practice to develop. Sensory activities, fun and games can help! Research tells us that managing our emotions and our behaviour is key to overall well-being and is linked to success in social and educational settings.

Everything I read indicates that parents

are essential in supporting a child's life-long learning in self-regulation. Self-regulation is learned through warm, nurturing and responsive interactions with our children. This attachment develops and grows through our relationship and connection with our child.

Children experience stress and feel all emotions! Children become excited and gleeful as well as nervous and furious. Children learn to manage these emotions by watching those around them respond to challenges. When parents model positive strategies, such as taking deep breaths, counting to 10, engaging in a physical activity and taking care of

themselves, children copy these strategies and benefit from the calm energy flowing through their system.

There are many ways parents help their child learn healthy expression of emotions. Teaching children the names of their emotions and how to recognize what they are feeling is one way. Helping children identify what their body is feeling when experiencing stress and intense emotions and then choosing to do something to manage that feeling, such as pretending to blow up a balloon to encourage deep breathing, is also helpful. Playing in water, creating with playdough and participating in activities that en-

gage senses are fun ways to help children return to a state of calm.

Spending time together reading stories and talking about how characters respond to challenges and encouraging turn-taking through playing cards and board games are also ways to support children as they learn to understand and manage their emotions. Ensuring children regularly get enough sleep, are provided with nutritious snacks and meals, and have plenty of opportunities for active outdoor play provides children with energy to manage strong emotions.

Dr. Stuart Shanker tells us the more en-

ergy children have within their systems, the more they are able to self-regulate. When children can identify what they are feeling, they can express those feelings and parents can help children find ways to manage them. Self-regulation promotes emotional health and overall wellbeing! 🌱

For more information on self-regulation, check out Dr. Stuart Shanker.
<https://self-reg.ca>
<http://www.edu.gov.on.ca/childcare/selfregulate.html>

By Jan Gaudet, R.E.C.E., B.A.
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SUGAR, SALT, FAT: HOW MUCH IS APT?

A balanced diet is key to healthy eating. There is lots of chatter about how sugar, fat and salt are bad. This is true to an extent. Enjoying all foods and beverages sensibly, in moderation, is part of a healthy diet. Focus on meeting the unique nutritional needs of children, which are different from adults.

Avoiding total fat, saturated fat, trans fats and cholesterol is wise for adults but generally not for children less than two years. Fats supply energy and play a vital role in a child's diet for growth and activities. Fats should make up less than 30 per cent of your child's total daily calories. No more than one-third of these fat calories should be from saturated fats, which tend to be derived from animal sources.

The main concern is that saturated fats can cause health problems later in life like heart disease. Instead, favour unsaturated fats, which are liquid at room temperature. Some examples include corn, olive, sunflower and safflower oil. Usually, children between 12 and 24 months should drink whole milk and, beyond age two years, reduced-fat (2%) milk can be consumed. After two years of age, foods with lower fat content can be served, such as poultry, fish, lean meats, margarine, and low-fat dairy products.

Sugars in foods, either added or natural, provide fuel for energy. Humans are naturally drawn to sweet tastes so it's no surprise children often request sugary foods and beverages. Be mindful of calories from sugar as excess can lead to weight gain over time. Sugar can also contribute to tooth decay. Minimizing foods with added sugars is ideal. Try to limit refined sugars like white sugar, sucrose, and glucose-fructose. Sugar substitutes, aspartame and sucralose, should be avoided. They have no nutritional content and may result in a habit of liking sweet foods.

What about salt? A diet with high salt can be related to high blood pressure. If possible, avoid using extra salt and use herbs, spices and lemon juice for flavour enhancement. Many processed foods contain high salt content so check food labels carefully. Foods to watch out for are processed cheese, canned vegetables, hot dogs, pickles, canned soup, potato chips and other snacks.

You can do a lot for your child's growth and development by providing a balanced diet and modeling healthy eating habits. 🌱

Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.

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The Wonder Years - Preschool - School Age



HOW TO TEACH YOUR CHILDREN ABOUT MONEY

(NC) The holidays are a perfect time of year to educate your kids about money. Whether you take them gift shopping or they receive cash as a present, children of any age can benefit from learning money management skills.

"Financial literacy is an essential life skill, just like reading and writing," explains Jane Rooney, Canada's Financial Literacy Leader.

When children are young, parents can begin with basic concepts such as counting and recognizing coins and bills. Then, they can add discussions about needs versus wants, budgeting,

and income and expenses. Teachable moments are everywhere – talk about your spending plans when visiting stores or taking out cash from an automated banking machine.

When talking about saving money with children, discuss goals that appeal to them. For example, saving money for a video game or a special activity. As children get older, discuss saving for longer-term goals, such as post-secondary education. A savings account is another great tool to teach them how to save, with many financial institutions offering no-fee accounts for children and youth.

There's an advantage to getting a head start. According to the Programme for International Student Assessment, Canadian youth with experience handling their own money demonstrate stronger financial literacy skills.

Not all families and all financial situations are the same, but the Financial Consumer Agency of Canada is a great resource for trusted, unbiased information for a variety of circumstances. Explore the Canadian Financial Literacy Database for events in your community and learn more online at canada.ca/it-pays-to-know.

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SEE THE WORLD THROUGH THEIR EYES



On an unseasonably warm day this fall, I was driving around with my two-year-old happily in tow. I rolled down my windows to feel the cool air on my face and didn't realize I'd rolled all the windows down. The shrill cry from the back seat brought to light my mistake but, before I rolled them back up, I glanced at the rear-view mirror expecting an unhappy little face. To my surprise, I realized the shrill cry was from pure delight! My son loved the wind in his hair and on his rosy cheeks. His mouth-open enjoyment of that moment of pure pleasure was both hilarious and intoxicating. We both laughed out loud and enjoyed that simple little pleasure together.

A few weeks earlier both my boys were busy, bustling in the back yard, collecting insects, rocks and leaves. My four-year-old was fascinated by the broken wing of a fly and the way a stone looked like the tooth of a T. rex. My younger son was rolling around on the overgrown lawn, giggling as blades of grass tickled his ears while clenching handfuls of dandelions (yes, mowing and weeding should have been done last week!).

As adults, we forget the simple beauties and pleasures of everyday life. It's easy to get wrapped up in our jobs, deadlines,

housework, and other responsibilities. We need to make a very conscious effort to pause, stop and listen.

If you pay attention, you'll notice our kids are regularly reminding us to be more observant, "Daddy, look, daddy LOOK!" To be kinder, "Don't step on those ants, they're carrying food to the queen!" To revisit experiences we once loved, "Can we rebuild that Lego tower?" And to let your imagination run wild, "That cloud looks like a sandwich riding a bicycle!"

It usually takes little time for me to dive into the brilliant and wonder-filled world my kids are experiencing. Seeing the world through their fresh eyes renews my faith in beauty, revitalizes my senses, and makes me appreciate my surroundings again.

So, whether it's the wind on our faces or the treasured discoveries in the backyard, be sure to share those moments of splendour with your kids and truly be present. 🌿

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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Should You Get An Electric Toothbrush

Brushing Up Tips for your Pearly Whites

When it comes to toothbrushes, there are basically two options: manual and electric. The effectiveness of either choice depends largely on the user (whether you brush regularly and with proper technique) but many people wonder whether switching to an electric toothbrush will give them a clean closer to what you might experience with an in-office cleaning.

Before you decide to pitch your manual toothbrush in favour of an electric one, let's examine the pros and cons of electric toothbrushes.

On the pro side, electric toothbrushes have been shown to be more effective overall at removing plaque from the teeth. They are also very easy to use, which makes them ideally suited for children and those with manual dexterity issues. Some even come with a timer to let you know how long to brush.

There are a few things in the con column, however. For one thing, you'll have to remember to charge the brush or have replacement batteries on hand. They are also significantly more expensive than a manual toothbrush, so there's the cost

to consider, too. If you travel a lot, travelling with an electric toothbrush isn't always convenient, as they can be bulky and you'll need to bring along the charger or batteries.

If you are debating whether to make the switch to an electric toothbrush, talk to your dentist or hygienist. They'll be able to help you make the best decision for you. 🦷

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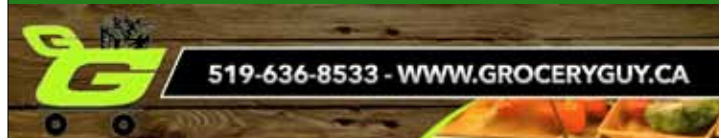
Biz Showcase

This Month's Featured Business... Grocery Guy

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.

GROCERY GUY

PERSONAL SHOPPING & DELIVERY



Grocery Guy Delivers Convenience

Ben Fraraccio understands what it's like to come home after a long day at work, pick up the kids and head to the grocery store.

Going up and down aisles and standing in line without giving in to the demands of youngsters can make a straightforward trip highly frustrating.

That's where Grocery Guy comes in. Fraraccio, who launched the service in 2011, specializes in shopping for people who don't have the time, or the ability, to complete a shopping trip on their own.

He and three assistants shop for customers and deliver orders within a 15-kilometre radius of London, including Dorchester, St. Thomas, Komoka and Ilderton.

"We've been called life savers and one lady called us angels. It's so positive," says Fraraccio, who is married with three young sons.

Because of his service, customers are able to eat fresh produce instead of relying on canned foods and they rarely over-buy with a shopper in charge of the list. One customer was grateful because she was able to enjoy a walk in the park while Fraraccio did her shopping.

Fraraccio graduated in 2004 from Kitchener's Liaison College of Culinary Arts in the Basic Cook program. He worked in high-profile venues including Black Trumpet Restaurant, Sunningdale Golf & Country Club and Pazzo in Stratford. He believes that training has improved his knowledge of food. He's able to identify exotic foods on a shopping list and the stores that sell unusual ingredients such as spelt flour.

Fraraccio charges a fee of \$20 on orders up to \$100. Above \$100, customers pay a service charge of 20 per cent of the total cost of the order. If customers want to have items picked up at additional stores, each stop costs \$3.

"Any errand that doesn't require you to be there in person, we can do it," he says.

As the demand for personal shoppers grows, more businesses are opening. Fraraccio differentiates Grocery Guy by hiring assistants who genuinely care about customers.

"With us, it's about the customer experience and making sure everybody is happy," he notes.



GROCERY GUY

Discover Pooh Corner in NYC

Are We There Yet

Must-See Travel Destinations

Ninety-six years ago, an armload of stuffed animals changed our lives.

First, they entered the life of Christopher Milne, son of A.A. Milne. Then they entered A.A. Milne's imagination and became the inspirations for the Winnie the Pooh children's book series.

People worldwide are familiar with Christopher Robin's adventures at Pooh Corner, which explains why people from all over the world visit the New York City Public Library on 42nd Street.

Ok, it's one reason.

This majestic library is home to those iconic stone lions standing guard outside. It's open to the public for free tours to view both the Gothic architecture and rotating art exhibits. But, many people, including adults, head directly downstairs to pay homage to much-loved childhood characters.

On his first birthday, Milne's son received a standard beige teddy bear purchased from Harrods of London. He'd later name the bear Winnie, and gifts of stuffed friends Piglet, Eeyore, Kanga and Tigger followed. (Owl and Rabbit appeared in the stories only.) Fortunately, the family kept these toys.

Where are they now?

All five (unfortunately, Roo is long lost) live under a humidity-controlled ultraviolet light filtering Plexiglas box among a replica of Essex County forest at the Children's Center of the NYC Public Library. After undergoing extensive cleaning and restoration in 2016, these public treasures are on display during library operating hours – hopefully for generations – and should be a mandatory stop on any visit to the Big Apple, with or without kids. (www.exhibitions.nypl.org)



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.

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An Unexpected Connection

This is the story of two women who share a bond neither expected. Unable to conceive a biological child, Melissa and her husband believed something else was meant for them. They wanted to help a child in need and also fulfill their dreams of parenthood.

Tia was struggling emotionally and living an unstable lifestyle. She gave birth to a healthy baby boy she named Walter, after her brother, but she wasn't ready to be a mom. The Children's Aid Society of London & Middlesex intervened and Tia's baby was placed in a foster/adoptive home. When Melissa attended the foster/adoption training and heard about openness, her first thought was "I don't know about this." It wasn't something they'd considered when they thought about parenthood.

"...filled with empathy..."

Tia felt nervous about meeting the people who had been caring for her son. He was her world, and they were strangers. By the time the first meeting ended, Tia felt confident Melissa and her husband loved her son and were taking good care of him.

Melissa had worried Tia would be angry; after all, they had her son. She pushed her fears aside and was filled with empathy for the pain she knew Tia must be in.

The relationship grew each time Melissa brought Walter to visit Tia. Melissa and her husband knew they wanted it to be a relationship and more than the occasional visit. They saw children have the ability to love so many people and there's room for adoptive and birth family.

"We didn't want to take away his identity and we felt it was important to keep his birth names, the names given by Tia."

Tia is grateful for the relationship she has with her son's adoptive family. She visits Walter regularly and Melissa sends photos and regular updates. Tia has rebuilt her life and is a full-time parent to a lovely baby girl. Melissa and her husband are a support to Tia and her new daughter. Tia asked them to be her daughter's godparents. Her children will know one another and Walter has so many people in his life who love him.

"I'll be able to attend his school plays," says Tia filled with emotion. 🧡

Melissa believes those considering adopting must make an effort to connect with birth parents. It will look different for everyone, but having an open mind will make all the difference.

Tia believes all adopted children will want to know about themselves. She knows it's worthwhile to try to build a relationship. For her, it also helped to know about the in-depth screening process that foster and adoptive parents go through.

Post-Partum Blues

Life Balance

Happiness and Fulfillment

The temporary emotional slump of post-partum blues affects 80 per cent of new moms and dads – biological and adoptive families alike. A smaller but significant number – 10 to 40 per cent – fall victim to clinical postpartum depression. Postpartum psychosis, which involves hallucinations and delusions, is rare, but can have extremely serious consequences.

What to look for

- Feelings of sadness, unhappiness or overwhelming despair
- Difficulty sleeping, even when the baby is asleep
- Loss of appetite or wanting to eat much more than normal
- Fits of crying, seemingly "for no reason"
- Trouble concentrating, with a very short attention span
- Turning from being even-tempered and easygoing to irritable, chronically angry or anxious every day.
- Severe symptoms include thoughts of suicide or the impulse to harm the baby

Take immediate action

After recognizing the symptoms, seek professional help. Only about 20 per cent seek assistance.

Shame and fear

Sadness and depression at a time when you "should" feel happy often makes new moms and dads feel guilty. Most new parents

tell themselves they just have to tough it out, hoping the disturbing thoughts and feelings will soon go away. Women often blame themselves, assuming their feelings indicate weakness or that they're "bad mothers."

What to do

You don't have to suffer postpartum depression in silence.

- Plan ahead: Be open with health care providers and family during your pregnancy or adoption process about your struggles with depression so you get the help you need.
- Don't hide: Overwhelming "crazy feelings" and enormous guilt and shame may seemingly come out of nowhere. Don't try to hide these emotions. Talk about them. Consult your doctor to get help. Let friends and relatives help by giving you breaks from the constant demands of your infant.

Postpartum depression isn't unusual, but it's serious. Don't hesitate to ask for help from both loved ones and professionals. You are not alone. 🧡

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

Winterizing Your Furry Family Member



As we anticipate the arrival of another cold winter season, Canadians throughout the country demonstrate their natural ability to “winterize.” In the late fall, RVs, pools, cottages and boats are methodically closed down in preparation for winter’s hazards. Doing so acts as a rite of passage for the season; only once everything is in its place can winter’s fun activities be enjoyed to their fullest.

The same is true for our furry family members. For them, winter brings many exciting opportunities, but their bodies are not prepared for the dangers of the season; they rely on us to “winterize” them.

If your pet is young, small, short-haired, or a senior, then he or she is especially susceptible to cold, especially during those days when wind chill warnings whistle on the radio. Even though our furry friends may look like they’re wearing winter

coats, they can still easily get frostbite and hypothermia. Both conditions require immediate veterinary attention, so monitor your pet closely and never leave them outside unattended. In addition to the cold, ice and road salt can also damage unprotected paws. Both often lead to over-grooming, which can result in painful skin issues.

This weather can make it very difficult to give your pet the exercise he or she needs to stay healthy. While walks should still be skipped on days when it’s too cold, wet, or windy, many issues can be avoided by wearing boots and sweaters or diligently cleaning paws after going outside. Dogs and long-haired cats also benefit from regular grooming during the winter, by minimizing mats and clumps, removing debris, and keeping their skin in good condition.

All the while, seasonal temptations surround our furry friends. Sweet but deadly antifreeze is just as enticing as nuts, onions, citrus, coffee, chocolate, grapes, and raisins, which are also toxic. Properly cleaning up these items and storing them out of reach may save your pet’s life.

By understanding the risks and being proactive, we can help our furry friends enjoy beautiful winter moments, whether walking on crisp trails, chasing toboggans, or simply snuggling comfortably by a fireplace. Just like winterizing a car or a house, proper seasonal care can help keep your pet happy and healthy for years to come.

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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Ready in a Rush

Beauty and Wellness

Look and Feel Your Best

We’ve all had those days when the snooze button feels like a good idea until we realize that we only have five minutes to get ready. Not to worry! Using just a few key products, here are some of my favourite tips to looking fresh and fabulous in no time.

De-puff tired eyes by gently patting cooled eye cream around the eye area. I like to keep my eye cream in the fridge for an immediate anti-inflammatory effect.

Mascara is an instant eye opener and a great way to define eyes. By applying two coats and working lashes at the base,

you’ll also enhance the lash line without having to use eyeliner.

Fill in eyebrows with a pencil or powder that’s closest to your natural shade. By adding strength and definition to the brows, you will instantly enhance your overall appearance. You can also use this shade to create a soft eyeliner effect.

Opt for a brightening BB or CC cream that will provide natural-looking colour and coverage, while evening out skin tone and minimizing imperfections.

Sweep a soft blush or bronzer onto cheeks to give an instant glow.

Tinted lip balms are one of my favourite products to add hydration and colour to lips, and can also be used on eyelids and cheeks for a splash of colour.

Looking for a little more drama? Make lips pop by adding a rich red, bold pink or deep plum shade in a cream or matte finish. This immediately draws attention to the lips, and justifies a more minimal eye.

Give these tips a try and make beauty a breeze with makeup in minutes.

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

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FOOD FOR THOUGHT

Eat Your VEGGIES!

A shocking seven out of 10 children aged four to eight and just over half of adults eat fewer than five servings of vegetables and fruit each day. Not eating enough vegetables and fruit is one of the major causes of heart disease, stroke, cancers, respiratory diseases, diabetes and obesity. Let's bring veggies back to the table in a leading role.

Make the healthy choice the easy choice!

- Wash, chop and refrigerate extra vegetables when preparing meals so you have extra for lunches, snacks, and meals the next day.
- Serve vegetables as an after-school snack. Make your own veggie dip with lower-fat plain yogurt and your favourite seasonings.
- Keep frozen spinach or kale on hand for your morning smoothie.
- Add grated zucchini or carrot to low-fat bran muffins. They're moist!

Make half your plate veggies! Give them the leading role.

- Get your kids involved at the grocery store by letting them pick out a different veggie for dinner.
- Get creative with kitchen tools like my personal favourite – the spiralizer!! This takes pasta dinners to a whole new level.

With a little planning and creativity, you can be well on your way to a healthier you! 🥕



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.




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WHOLE HEALTH

Warm Up Winter Nights with A Nutrition-Packed Roasted Cauliflower Soup

A favourite vegetable in the fall and winter months is cauliflower. The recent cauliflower craze may have caused price fluctuations but the cost has finally steadied and become far more reasonable.

Plentiful in nutritional benefits, cauliflower is a lot more than just any ol' vegetable. It's known to be rich in fibre, but it may surprise you that it also contains omega-3 fatty acids and protein, in addition to vitamins B6, C, K, folate, manganese and more.

This is a gently sweet and wonderfully velvety soup with roasted cauliflower blended smooth. You may even think it's a cream soup, but don't be fooled – it's all vegetable! The luxurious texture and complex flavour are further accented with a crowning swirl of warm, herbed tarragon brown butter.



Roasted Cauliflower Soup with Tarragon Brown Butter Serves 4

1 large	head cauliflower, florets trimmed
2 to 4	cloves garlic, skin on
1 Tbsp	grapeseed oil
1 cup	finely chopped onion
2 Tbsp	liquid honey
4 to 5 sprigs	fresh tarragon
4 to 5 sprigs	fresh parsley
4 cups	vegetable broth
¼ cup	salted butter
¾ tsp	sea salt
¼ tsp	ground black pepper

Preheat oven to 425°F (220°C) and line a large baking sheet with parchment paper. Place cauliflower florets and garlic cloves on pan and roast for 17-20 minutes, stirring halfway through to ensure even, light roasting. Remove from the oven and set aside.

Place oil and onion in a large saucepan and sauté on medium-low heat until translucent and edges are brown. Peel and mince the roasted garlic cloves and add to the saucepan. Add the honey and roasted cauliflower and stir. Make a bouquet garni with tarragon sprigs and parsley sprigs by tying them together with non-waxed kitchen string. (Reserve one tarragon sprig for later.) Add vegetable broth and the bouquet garni to the saucepan, simmer for 25-30 minutes.

Meanwhile, place butter in a shallow pan with a light-coloured bottom (such as stainless steel, not black or non-stick). (The pan needs to be light so you will see the butter browning and not burn it.) Place over medium heat, stirring the butter constantly as it melts and foams. Add the last tarragon sprig. As the butter cooks, very fine brown specks will form. After a few minutes, the butter will be browned. Remove it from heat quickly (burning will change the flavour). Discard tarragon sprig. Set the brown butter aside.

Remove the soup from the heat and purée until smooth in a blender (in 2 batches if necessary) or by using an immersion blender. Reheat if necessary. Add the salt and pepper, and stir. Divide into 4 servings and top each with 1 Tbsp of brown butter drizzle. Serve immediately. 🌱

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.

How Do We Prioritize Our Children's Activities?

Splash On! Fitness and Fun

As a busy parent, one of the toughest challenges is trying to prioritize all the extracurricular activities our children take on. Our list will include the "non-negotiables" – for some it will be swimming, for others it will be piano. Then, of course, there is the family pressure to be a hockey player like dad or a dancer like mom. As a Canadian, they'll need to skate well and at least try a few seasons of hockey. The list goes on and every new season adds to that list of "extra" things we feel compelled to enroll our children in.

Instead, our lives should be more governed by what we want to do and what we have time to do without creating undo stress. If, for instance, adding in that second weeknight activity causes us to eat another fast food meal in the car while arguing about bedtime and homework then that should be the hint to give up on one of those activities for now. That time and energy can be much better spent enjoying each other's company and having more energy to focus on the one activity your kids are engaged in.

Let's face it, no child ever suffered any long-term effects from not being able to kick a soccer ball by age six!

A great advantage to swimming is that it's the foundation for other sports. A good swimmer can easily take up diving, synchronized swimming or triathlons at any point in their life. Plus, it's a life skill so it's no wonder so many parents put swimming on the must-do list. 🌊

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