

THE MOM & CAREGIVER™

FEBRUARY 2018
VOLUME 20 ISSUE 2

www.themomandcaregiver.com

A Magical Valentine's Treat
Hot Fudge Cake

The Power of Language
Watch Your Words

True Love vs. Toxic Love
Take the Test

Our WONDER-ful Winners
Be Kind. Always.

Cupid's Cutie

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

A Free Magazine for Parents and Caregivers





SHOW YOUR LEXUS SOME LOVE THIS VALENTINE'S DAY

CLEAN ♥ POLISH ♥ PROTECT

Purchase a detail package from Lexus of London during the month of February and receive a complimentary Lexus Reflections Detailing Kit - Valued at \$39.95*.

*Offer ends February 28th 2018. See Lexus of London for full details.

REFLECTIONS
Appearance program for your Lexus

Lexus of London Reflections Detailing services will enhance your vehicles appearance inside and out, as well as protect it from harsh environmental conditions.

BOOK YOUR DETAILING APPOINTMENT TODAY:
(855) 463-0754 OR ONLINE AT WWW.LEXUSOFLONDON.COM



LEXUSOFLONDON

EDITORIAL	04
"Remember to Love Yourself!"	
	05
EVENTS CALENDAR	
February	
	06
AS THEY GROW	
The Power of Language	
	08
THE NEXT STAGE	
Where to Go When Your Child Is Sick	
	10
CELEBRATING 20 YEARS	
Where Are They Now?	
	11
BRUSHING UP	
Is Chewing Gum Bad for Your Teeth?	
	12
FRANKLY FATHERHOOD	
Have Kids, Will Travel!	
	13
KID ZONE	
The Lost Art of Letter Writing	
	14
BIZ SHOWCASE	
The Village Cleaner	
	15
ARE WE THERE YET	
Seek Out the Secret Gardens of Myrtle Beach	
	16
FOSTERING DREAMS, ADOPTING HOPE	
A Heart-Stretching Journey	
	17
LIFE BALANCE AND HAPPINESS	
True Love vs. Toxic Love	
	18
PET FRIENDLY	
What Makes a Good Pet Food?	
	19
BEAUTY AND WELLNESS	
Beauty on a Budget	
	21
FOOD FOR THOUGHT	
Super Power Pancakes	
	22
WONDER-FUL WINNERS	
Be Kind. Always.	
	23
SPLASH ON!	
How Long Will It Take My Child To Learn To Swim?	

On The Cover



Everleigh and our photographer, Cynthia, go way back, and they embraced each other with hugs. Everleigh is an amazing listener who seemed to be able to do five things at once. And wow, she can work a hat! A huge thanks to Little Labels Boutique for her cute outfit.

Photographer
Photostylist

One-12 Photography
Sabina Manji
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - www.themomandcaregiver.com

THE MOM & CAREGIVER is distributed FREE of charge. Anibas Productions Limited welcomes unsolicited contributions. Such material, if published, may be edited. Although Anibas Productions Limited cannot pay contributors, recognition will be given to the contributor. Anibas Productions Limited reserves the right to refuse any contributions or ads. Anibas Productions Limited cannot accept responsibility, in any way, for dissatisfaction or damages incurred by advertisers or their clients. Advertising rates and circulation information is available on request. All rights reserved. Copyright 2018 ©

Sabina Manji - Chief Editor



"REMEMBER TO LOVE YOURSELF!"



As I write this editor's note, I can't help but feel overwhelmed by the love I was given surrounding our January 2018, 20th anniversary edition. I can't say thank you enough to all the members of this, our Mom and Caregiver community.

For 20 years, we have lived, laughed, loved and cried through a myriad of tests and trials, joys and triumphs.

So many people have reached out to tell their story. Through these exchanges, I've felt needed and cared about.

Recently, during a presentation, a colleague asked me to share a memory that had a significant impact on me. I recalled the time a reader stopped me in a restaurant and asked if I was Sabina from The Mom & Caregiver. When I said yes, she started to cry and told me how we had saved her life as she had gone through some rough times. Our magazine helped to keep her connected to the outside world. She joined a mom's group that she had seen on our calendar. And she started to get involved with the community. She felt we were her lifeline to begin over again.

Sabina Manji,
Chief Editor

519-652-9226
editor@themomandcaregiver.com

This story connected me to another warm moment. Following the passing of my Mother, I received a handwritten card and letter from a reader, acknowledging that I'd shared my grief in the magazine. She said that, although we'd never met, she was with me as I went through my journey. To be loved and to love, life's sweet reward!

February is the month of love. Love shows itself in many ways. Love embraces romance, happiness, laughter and tears.

Love is also experienced through sharing so please join us on Facebook and Instagram. We'll show you how much you mean to us by giving away prizes all year along from our advertisers and continue keeping you involved in this magazine. Since I've been referred to as London's Oprah after the January cover came out, who knows what we will be giving away this year! Hmm, Lexus?

Happy Valentine's Day! And, remember to love yourself! 🌸

"Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another."

~ Thomas Merton

Publisher/Chief Editor Sabina Manji
Assistant Editor Melissa Warkentin
Copy Editor Melanie Drew
Designer SlyFox Digital Media Marketing
Photographer One-12 Photography
Photostyling Sabina Manji and Melissa Warkentin

FEBRUARY EVENTS

02/2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

For More Details and Events Visit



				1 Emerging Artist Classical Series Aeolian Hall	2 Friday Social Dance German Canadian Club	3 Feb. 2-3 London Golf Show & Sale Western Fair
4 The Pirates of Penzance Western University	5 Feb. 5-6 Cinderella Budweiser Gardens	6 Nature in the City (Reviving Indigenous Knowledge) Wolf Performance Hall	7 Feb. 7-8 Dairy Congress 2018 Western Fair	8 Western Mustangs Hockey Thompson Arena	9 Chris Hadfield Canada 151 Tour Centennial Hall	10 Family Valentine's Party LPL, Stoney Creek
11 Imagination Station Museum London	12 Stargazing Night Hume Cronyn Memorial Observatory	13 Beginning with Baby LPL, Cherryhill	14 Seasons of Love Western University	15 Art Talks with Bealart Artlab Gallery	16 Music for Young Children London Children's Museum	17 2018 Firehall Reunion London Children's Museum
18 London Lightning Budweiser Gardens	19 Family Fun Day Museum of Ontario Archaeology	20 Nature in the City (Walk on the Wild Side) Wolf Performance Hall	21 Expo Explore Museum London	22 The Debaters Live! On Tour Centennial Hall	23 Storytime LPL, Jalna	24 Saturday Morning Walk (Cavendish Trail) West Lion's Park
25 Imagination Station Museum London	26 Storytime LPL, Central	27 The Preschool at Crouch LPL, Crouch	28 Beginning with Toddler and Storytime LPL, Beacock	<i>"Congratulations on your 20th! I love your events calendar. It gives me great ideas of what to do with the kids!" Leanne R., avid reader</i>		

Feb. 2-3
London Golf Show & Sale
Western Fair

Feb. 7-8
Dairy Congress 2018
Western Fair

February 14
Seasons of Love
Western University

February 19
Family Fun Day
Museum of Ontario Archaeology

February 21
Expo Explore
Museum London

February 25
Imagination Station
Museum London

KIDS CRAVE ATTENTION
Why not give them a stage?

Dance Extreme

Visit danceextreme.com Call 519-657-DANCE

Follow Us  

www.themomandcaregiver.com  5

THE POWER OF LANGUAGE

We talk to our children even before they are born, with languages of love, hope, awe and attachment. We know that talking to our infants and toddlers is important for language development, intelligence, emotional health and well-being. However, what about language that might be limiting to our child's development? What about language that begins to tell them a story of how they are seen and who they will become that may have nothing to do with who they truly are?

As a therapist, I have heard countless people describe themselves in negative ways that were most likely born of language they heard as babies and young children: princess, tough guy, drama queen, fighter, whiner, instigator, baby, etc. Not only are these terms limiting to a child's personality development, but they're often based on gender stereotypes that persist and negatively affect individuals across our society.

Whether we like it or not, gender often changes the way we and others interact with our children. When we use gender-specific descriptions of our children's behaviour, they begin to sense which behaviours and expressions of emotion will be well received and which will be rejected. My own mom described my older brother as "strong" in his stoic presentation when she brought him home from the hospital as a newborn. He did not act out or vie for attention, which was

described as independent, confident, and mature (he was two years old). If my brother had been a girl, he may have been described as spoiled, jealous or cold.

These gender familiar descriptions can be the first chapter in stories where boys are expected to be strong and girls are seen as over-emotional and unable to cope.

Consider your child's uniqueness; the gifts of being emotionally sensitive as a boy who becomes a man or strongly independent as a girl who grows into a woman. Part of the richness of being a parent is to discover who our children really are, separate from us and separate from the familiar stories of their gender. What do our children's true personalities have to offer the world? Our babies and toddlers regardless of their gender can be bright, sensitive, determined, relaxed, thoughtful, brave, happy, angry, disappointed, active, focused, etc. As we talk to our babies and toddlers, we have the profound opportunity to use language that is about their unique strengths and their individual challenges, separate from their gender but intimately connected to their humanness and all that they have to offer the world ahead of them. 🌱

By Dana Libby, Therapist, Vanier Children's Services

TUCKEY



Home
hardware

We Offer Online Ordering

136 Wortley Rd. London, Ont. 519.432-7683 WWW.HOMEHARDWARE.CA

BR BEDROCK
GRANITE • QUARTZ COUNTERTOPS

Love Your Kitchen Sales Event

GET COUNTERTOPS FOR AS LOW AS **\$2,588***

WE PAY YOUR SALES TAX!

CALL FOR A FREE IN-HOME ESTIMATE!
1-888-BEDROCK
2 3 3 7 6 2 5

VISIT US ONLINE
BRKB.CA Find us on Facebook

CANADIAN AT PAR! SERVING ALL OF ONTARIO

CALL FOR A FREE IN-HOME ESTIMATE!
(519) 704-1495

*SOME RESTRICTIONS APPLY. SEE STORE FOR DETAILS. CURRENCY IN CANADIAN DOLLARS.

SLY FOX Marketing
Web-Design & Advertising Service

Specializing in LOCAL BUSINESSES

Call today for your free marketing and website evaluation to help you maximize the return on your advertising dollars!

519-601-6696 www.sly-fox.ca
info@sly-fox.ca

202 - 120 Wellington St.
London, ON
N6B 2K6

Google Partner

• SEO • Web-Design • Graphic Design • Social Media • Ecommerce

A BRAND-NEW POWER HAS ARRIVED

The all-NEW Miele Blizzard CX1. The bagless vacuum cleaner with innovative vortex technology.

M^cHardy Vacuum
- Since 1946 -

519-451-6700
www.mchardyvac.com

1004 Dundas St. E
1225 Wonderland Rd. N
(Behind Sherwood Forest Mall)

Miele
IMMER BESSER

*For full terms and conditions of this Miele promotion, please consult www.miele.ca.

oobaby
made in Italy

With 6 interior compartments, the luxurious leather Urban Bag can hide a multitude of baby bounty, all the while ensuring you look like you've got it all together.

www.oobaby.com • 519.433.baby

oobaby supports children through World Vision with every purchase.

Where to Go When Your Child Is Sick

Universal health care is one of the values that defines us as Canadians. We are blessed to have an excellent health care system although the many points of entry can be confusing. Walk-in clinics, urgent care centres, emergency rooms and your family physician's office are all places that you can access care.

The ideal place to access care is through your primary care provider. Your family physician knows you and your family and is aware of your medical history. Think of your family physician's office as your "medical home."

"Knowing your past medical history, medications and allergies is pivotal..."

HAVE A BETTER YEAR WITH OXFORD LEARNING
 All Ages. All Grades. All Subjects.
ENROL TODAY!



OXFORD LEARNING Since 1984

oxfordlearning.com Byron 519.472.3321

Vitamin & Herbal Therapy Products & Information



Jeffrey G. Robb B.Sc. Phm.
 Owner / Pharmacist

Phone: (519) 672-3340
 Fax: (519) 672-7844
 Toll Free: 1-800-566-8482

Email: turner@turnerdrugs.com
 Website: www.turnerdrugs.com

London's Corner Drug Store since 1938

52 Grand Avenue
 London, Ontario N6C 1L5



featuring NATURAL FACTORS products



Unfortunately illness does not always happen during office hours. Most family physicians in Ontario now belong to a group that provides care on evenings and weekends. Calling your primary care physician's office after hours can put you in touch with the person on call and you may be directed to an after hours service. The doctor on call may have access to your history through a shared electronic health record that can only be viewed by the group of physicians participating in your care. Knowing your past medical history, medications and allergies is pivotal to lessening medical errors and providing appropriate care.

Walk-in clinics are primarily for people who don't have a primary care physician. They also provide care to those without a family doctor.

Emergency room visits should be reserved for acute problems. When you or your child are ill, it may be difficult to know whether something can wait or requires an emergency room visit. Telehealth Ontario is an excellent service that allows you to speak to a nurse and discuss the nature of the problem. The nurse will tell you the most appropriate course of action. Some family physicians are in a model of care where Telehealth

Ontario helps you to triage before booking into the after hours clinics. This is an invaluable service that can help you to make the decision about how and where to access care.

Have a conversation with your primary care provider to find out what services are available for you before an illness and have a plan in place. 📞

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!



THE MOM & CAREGIVER IS

Celebrating 20 YEARS!



Photo: One12 Photography

WHERE ARE THEY NOW?

To help celebrate our 20th anniversary, we're featuring a past cover kid in each issue this year.

Meet Eoife. She's seven years old and was on the cover when she was two.

What are your current interests?

I love Highland dancing and have competed in several events. I enjoy knitting, Lego and drawing. I go to a French Immersion school and love learning French. I also play the violin.

How do you feel when you look back at your cover?

I feel amazing when I look back. It was a special moment. A proud time for my family.

What does it mean that we've asked you to come back now?

I am thrilled and thankful to be asked to come back.



A word from Eoife's parents:

What has your experience with Sabina and The Mom & Caregiver magazine been like?

It was great working with Sabina and Cynthia. They always had smiles on their faces, expressing warmth and patience with our child.

What have you enjoyed about The Mom & Caregiver magazine, besides your child being on the cover?

We have enjoyed the recipes and the neat ideas of crafting on rainy days. We like seeing local vendors in the magazine. In addition, we like seeing the children on the cover of the magazine with the change of seasons.

Anything else you'd like to add as we celebrate our 20th?

In each magazine issue for 2018, we suggest featuring an activity/venue that a family can participate in while celebrating your years of giving to the community. 🎉

LOOK HOW FAR WE'VE COME!



Is Chewing Gum Bad for Your Teeth?

Brushing Up

Tips for your Pearly Whites

Contrary to conventional wisdom, there are benefits to chewing gum. The actual act of chewing boosts the flow of saliva in the mouth, which can help wash away acids and bacteria produced in the mouth when food is broken down. The more acidic the environment in the mouth, the more likely there will be erosion of the tooth enamel, which can cause cavities.

Here's the caveat: The gum should be sugarless. Gum that contains sugar can

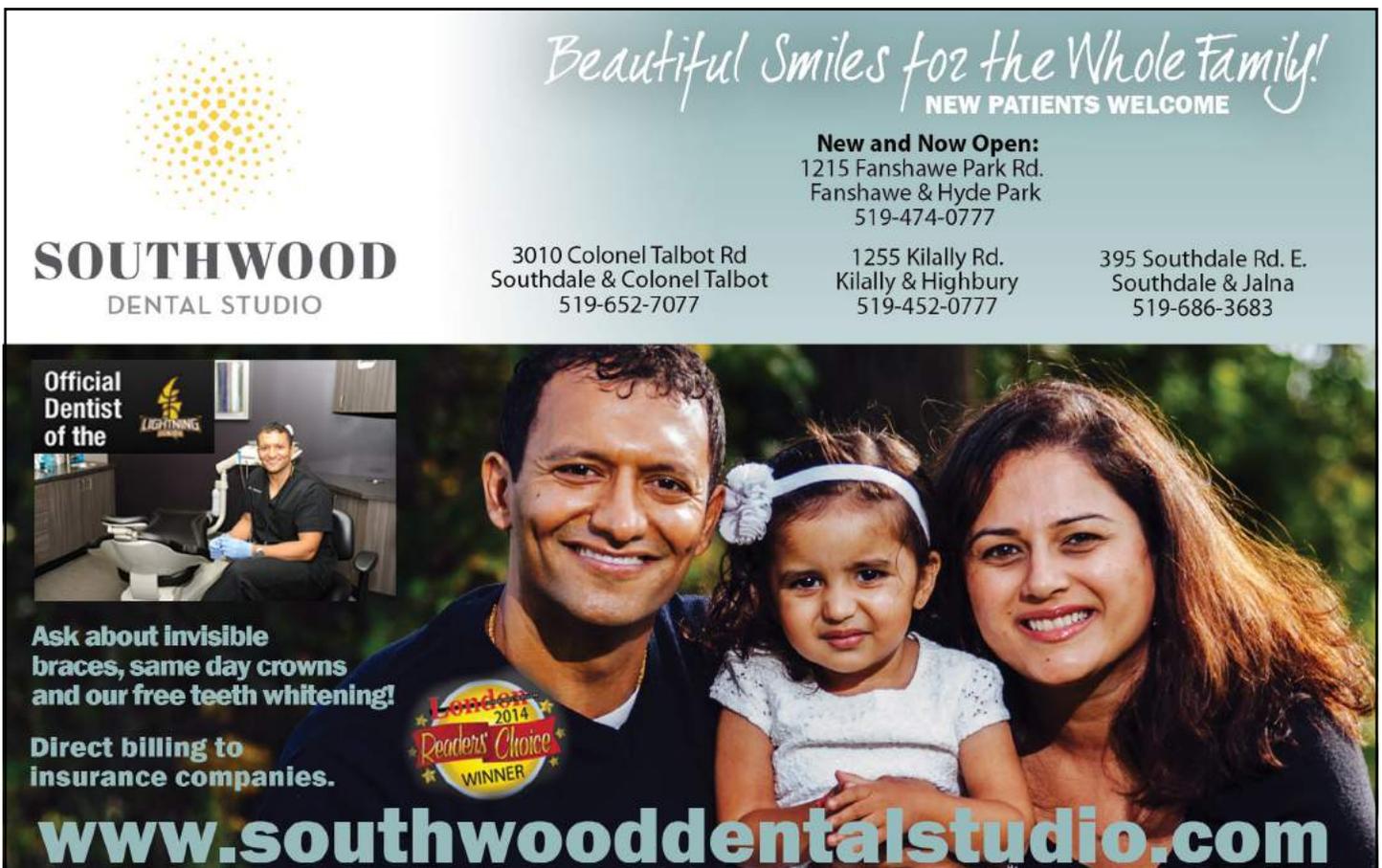
actually contribute to tooth decay, as it increases the exposure of the teeth to sugars. The problem with that is bacteria feed on sugars, so the more sugars you deposit on the teeth, the more you encourage the proliferation of cavity-causing bacteria.

Chewing sugarless gum for 15-20 minutes following a meal when you can't immediately brush and floss can help to prevent damage to the tooth enamel. And chewing gum should never replace

good oral hygiene habits such as brushing and flossing! It's simply an added precaution that can be taken to minimize the potential damage acids can cause to the teeth.

So, the next time you have a meal and don't have a toothbrush on hand, reach for a pack of sugar-free gum. Just be sure it is actually sugarless, and be sure to brush as soon as you can. 🦷

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



Beautiful Smiles for the Whole Family!
NEW PATIENTS WELCOME

SOUTHWOOD
DENTAL STUDIO

New and Now Open:
1215 Fanshawe Park Rd.
Fanshawe & Hyde Park
519-474-0777

3010 Colonel Talbot Rd
Southdale & Colonel Talbot
519-652-7077

1255 Kilally Rd.
Kilally & Highbury
519-452-0777

395 Southdale Rd. E.
Southdale & Jalna
519-686-3683

Official Dentist of the 

Ask about invisible braces, same day crowns and our free teeth whitening!

Direct billing to insurance companies.



www.southwooddentalstudio.com

Frankly Fatherhood

A Man's Point of View

HAVE KIDS, WILL TRAVEL!

Another winter day is upon us and I begrudgingly bundle myself and my two-year-old for grocery shopping. I can feel the scowl on my frozen face as I walk into the store. Grabbing the stash of tissues to wipe my son's leaky nose, I noticed a new display in the clothing section of the store: swimwear!

Quickly my frown turns upside down as I'm reminded of our upcoming getaway! I can't help to get excited thinking about the warm weather, the meals I won't have to prepare, and the time away from it all. In my mind, I'm already shedding the winter layers for sunscreen, heavy boots for flip-flops, and white powder for white sands.

What I conveniently forget are all the disaster moments we've experienced when travelling with kids: the race against time for a flight we almost missed, the inconsolable infant on his first flight, the lost luggage, and the cancelled flight leaving us stranded in a strange city for 12 hours. Did that actually happen? Ah, who cares! We got through it, right?

We never paid attention to all the nay-sayers who told us our travelling days were over once the kids came along. Instead, we took full advantage of the free infant-in-arms flights and the kids-under-five discounts. We just travel – differently.

High on our family-friendly vacation priority list are convenient and



direct flight times, the resort's proximity to airports, locations with well-rated kids' activities and, yes, reluctant employees dressed up as TV characters. We plan to keep our vacation days busy with our high-energy boys but we also make a point to drop them off at the kids' club for a couple of kid-free hours to ourselves. We've come to accept that while travelling with kids might not be the most relaxing of vacations, it is definitely worth it. The family time is more focused, it's a break from our routine, and the memories truly are magical.

Preparation is definitely key. Snacks, wipes, extra clothes, and all forms of entertainment options fill our carry-on bags. Survival instincts take over during travel and I throw away all my rules about limiting technology. I remind myself that I can't prepare for all situations and that being flexible is my biggest strength (sound advice for pretty much all parenting!).

By now, both my son and I are humming our own versions of Madonna's Holiday in the grocery store as I pick out some new swim trunks for the boys ... and one for myself. 🎵

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 gaming.



Share the gift of life

- Be a surrogate and join hands against infertility
- Support for every unique journey



Angela Peeters

www.surrogacycommunity.ca

angela@surrogacycommunity.ca

226.377.4252 • Exeter, Ontario



Join eleven-year-olds Mikaeel and Ella every month as they share perspectives on life as a child sees it.

What is your opinion on this topic?

Ella: I love to write letters and get letters. I feel a lot more excited when I get a letter in the mail than when I get an email.

Mikaeel: My opinion on this topic is that everyone should write and mail at least one letter in their life.

Why is letter writing important?

Ella: Letter writing is important because how else would Santa Claus know what kids want for Christmas if little kids didn't write letters.

Mikaeel: It is important because it shows that you care and that you took time to write that letter.

Why does this matter to kids?

Ella: I think this matters to kids because some kids don't even get letters, they just get weird texts where "u" means "you" and "c" means "see."

Mikaeel: It matters to kids because, if the time comes and they need to write a letter, they might not know how to write a letter. And it feels good to get mail.

What should adults/parents do about this?

Ella: I think that adults/parents should teach their children how to write letters and how to send them. Then maybe kids would be more interested.

Mikaeel: I think adults/parents should challenge kids to write a letter to someone instead of emailing or texting them. I'm going to ask my parents to get me some stamps.

How are you going to make a change?

Ella: I am going to write more letters and teach those who don't know how to write a letter.

Mikaeel: I am going to make a change

by writing letters to people instead of emailing them and encouraging other people to write letters too.

Anything else you'd like to add?

Ella: A long time ago the only way to communicate without seeing each other was with letters. Today there are so many other high-tech ways to talk that letter writing got lost. I still think this is important and good so I will continue to send letters!

Mikaeel: Won't you take the challenge and write me a letter? You can mail it to Kid Zone P.O. Box 29118 London, ON N6K 4L9. I would love to hear from you and I will write you back! 📧

Mikaeel is the son of our editor, Sabina, and Ella is the daughter of our assistant editor, Melissa. Each has over 11 years of life experience. These grade sixes are world authorities on many, many subjects. Mikaeel and Ella will be sharing their ideas and opinions monthly.

Biz Showcase

This Month's Featured Business...The Village Cleaner

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. 📍



A residential and commercial cleaning company that specializes in helping new mothers and providing non-toxic cleaning of homes and businesses.

The Village Cleaner caters to all cleaning clients, but has a unique new mom package that provides a personal experience when her clients need it the most, during the postpartum stage.

The mom and baby package offers support for six to eight weeks, three visits per week, relieving new moms of the physical burdens a new baby brings.

The package also includes:

- Wash and sterilize bottles
- Light housekeeping
- Clean and sterilize cloth diapers
- Baby laundry
- Prepare the bottles for formula fed babies
- Offer emotional support



The Basic Clean package is also available, customizable to meet your needs.

Chance Pinkney, a single mother of three, knows firsthand that it takes a village to clean your house. All the household chores plus caring for a newborn are overwhelming and stressful. With her experience and background as a trained doula, Pinkney started The Village Cleaner, a residential and commercial cleaning company that specializes in helping new mothers and provides non-toxic cleaning of homes and businesses.

The Village Cleaner caters to all cleaning clients, but has a unique new mom package that provides a personal experience when her clients need it the most, during the postpartum stage. The mom and baby package offers support for six to eight weeks, for three visits per week, relieving new moms of the physical burdens a new baby brings. The package also includes:

- Washing and sterilizing bottles
- Light housekeeping
- Cleaning and sterilizing cloth diapers
- Baby laundry
- Preparing bottles for formula fed babies
- Offering emotional support

"When my husband went back to work and my family stopped staying with me, I really felt the reality of being a new mom. Chance would come to my house and help me with baby's laundry, cleaning the kitchen, and sterilizing bottles. It was the best baby shower gift I received!" Amanda, client.

The second most popular package is the Basic Clean, where you pick the focus and time length (per hour) and your home is cleaned using all-natural, non-toxic cleaning products. This completely customizable package lets you choose the frequency your home is cleaned and the areas the cleaner should focus on.

Experience the natural difference a caring, knowledgeable cleaner brings. For more information or details on pricing, call 226-700-6886 or visit www.thevillagecleaner.com.



THE VILLAGE CLEANER

Seek Out the Secret Gardens of Myrtle Beach

Are We There Yet

Must-See Travel Destinations

Myrtle Beach, South Carolina, is best known for beaches, of course. A family can easily while away an afternoon or two on the sand – then spend the evening downtown at Ripley’s Aquarium or Hollywood Wax Museum.

But, for a more serene afternoon (or entire day), head to Brookgreen Gardens, a privately owned outdoor nature and art park in Lowcountry, further from the Myrtle Beach tourist sites.

Picture sprawling green grassland, stone-walled gardens, cultivated flowerbeds and looming metal sculptures every 20 strides or so. On the other side of the park, domestic animals representative of those on 18th century farms roam within enclosures. Nearby, waterfowl, such as ibises and egrets, flitter about behind netting in the aviary. Established in 1931 by Archer and

Anna Huntington, Brookgreen Gardens also has a small zoo of indigenous wild animals like owls, hawks, red and grey foxes, alligators, and white-tailed deer, plus a butterfly conservatory and pontoon boat tour through surrounding marshlands.

A shuttle bus scoots visitors between sections. Open green spaces and carved hedge enclosures create picture perfect moments. Paved paths that are easy for pushing strollers meander between 2,000 sculptures dotting the property.

Families spend the most time near the aviary watching river otters frolic behind glass or at the Dorothy P. Peace Garden Room for Children, an area designed to allow little ones some contained running room while keeping them amused with sculptures of fairytale-like animals and little people. (www.brookgreen.org)



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

London's Home Team



Myra

Myra Hueniken, Sales Rep



Christine

Christine Panyi, Sales Rep

85% of our Business is Referrals and Past Clients!

We provide expert advice, personal service, and the advantages you need in this market.

Visit us at MyraAndChristine.com or call 519-649-6000



RE/MAX Advantage Realty Ltd. Brokerage

Fostering Dreams

Adopting Hope with the Children's Aid Society

A Heart-Stretching Journey

Our fostering journey began nearly five years ago with a pressing desire to care for the vulnerable in our community and to provide a loving home for children in need. We did not know what to expect, but committed to trusting God with each step. We know that God cares deeply for people in distress, and we consider it such a privilege to be included in His plan to care for them. The journey has been often difficult and always unpredictable, but we are so thankful for the opportunities we have had and the ways we are growing as a family.

Our fostering experience has been varied with children ranging from newborn to three years old in regular placements and relief. Every child we have cared for in our home has left footprints on our hearts and the hearts of our children. We have two biological daughters, ages seven and nine years old, and they become very attached to the children we care for, as they delight in the daily care and nurturing of these little lives. Inviting children into our lives, loving them as our own, and then letting them go is most definitely heart-wrenching, but we also believe that it is heart-stretching. We have watched our girls love deeply (as we do) and grieve deeply (as we do). It hurts. It is hard. It is heartbreaking.

But it is worth it.

These relationships stretch their young hearts to greater capacities for love as they experience the sacrifice of compassion, the need for mercy, and the indescribable joy of caring for the vulnerable.

We hope and pray that welcoming these children into our lives will continue to be heart-stretching for all of us. In a world with so much brokenness, so much pain, and such overwhelming needs, we seek to make a difference in the lives of those God entrusts to us for however long, cherishing the time we have with them. Each smile, each milestone, each moment of their precious lives matters, and are gifts to those who care for them. 🧡

Written by Yvonne, foster parent for the Children's Aid Society of London & Middlesex and birth mother of two children.

Foster and adoptive families are everyday people willing to open their homes and hearts to help children and young people in need. Be a part of our team. Contact us today at 519-455-9000 x2777, caslondon.on.ca, or find us on Facebook.

"...has left footprints on our hearts and the hearts of our children."



**Foster Dreams,
Adopt Hope**

To learn more about fostering and adoption,
call 519 455 9000, x2777, or visit www.caslondon.on.ca

 Children's Aid Society
La Société d'aide à l'enfance
LONDON & MIDDLESEX

Love, acceptance, respect, security and passion are basics most people want on Valentine's Day. We're taught from an early age that being a couple is more desirable than being single. However, the journey to find a partner can be difficult and often we lose sight of our own emotional safety. Loving yourself and feeling safe with your emotions and life are the place to start. Staying true to yourself helps you find a healthy relationship.

Use this checklist to evaluate your relationship and as a guide when dating.

1. U vs. us

In true love, the development of self is most important. Both parties should want the best for one another.

In toxic love, the primary focus is on the relationship itself, sometimes obsessing over how the two people interact.

2. Freedom

In true love, there is comfort in separate interests. We can have our own friends and meaningful relationships outside of our romantic relationships. We can pursue interests and ideas without fear of reprimand.

In toxic love, there is total involvement in one another's lives. One can't go anywhere without the other. This is codependency.

3. Individuality

In true love, there's no struggle in embracing the individuality of your partner.

In toxic love, there is an obsession with trying to change your partner into someone you'd rather be with instead of loving them for who they are.

4. Choice

In true love, intimacy is a free choice that grows from love and trust, caring and friendship.

In toxic love, sex is something you feel pressured over due to fear, insecurity, and feeling as though you have to conform to the sexual desires of your partner.

5. Communication

In true love, every conversation is constructive, trying to understand and help, or convey affection to your partner.

In toxic love, conversations are intended to blame, defend or manipulate your partner.

This Valentine's Day acquaint yourself with what makes you feel appreciated in your daily relationships. Write yourself a love note with three things you appreciate about yourself and post it on your mirror, so every morning your heart reminds your brain how wonderful you truly are. 🌸

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.



Clinical Counsellor
Offering Psychotherapy services

Are you or a loved one feeling
Stressed? Anxious? Depressed? Or Overwhelmed?

Helping you and your family
through life's challenges.

Supporting children, youth, adults,
couples, families and worksites.

226-378-3314
beeckmans@execulink.com

www.emilybeeckmans.ca



Pet Friendly

Making Your House A Home

What Makes a Good Pet Food?



Just as parents must teach their children healthy eating habits, furry family members also look to their pet parents to provide them with their nutritional needs. When feeding humans, we know to go to the supermarket and pick up fruits, veggies and whole foods that are good for our bodies. However, finding a “good” pet food can be a difficult task!

Start by finding the Guaranteed Analysis of your pet’s food. This is similar to the Nutrition Facts on human food. Compare different products by looking for profiles on a “dry matter” basis, with all the water removed. A more complete Guaranteed Analysis should be available online and reputable companies will be transparent about this information.

Additionally, a statement on the bag from the Association of American Feed Control Officials

(AAFCO) indicates that the food provides complete and balanced nutrition for your pet’s needs. If this statement mentions that the food has undergone feeding trials, the food has been more rigorously tested than one that has been formulated for nutrition.

When considering ingredients, grain-free foods are a trendy choice. However, grains provide valuable carbohydrates that your pet needs for energy. Grain-free foods are a valid option for dogs who have been diagnosed with a grain allergy, but allergies to other ingredients (most commonly meats such as chicken) are much more common. In this case, your veterinarian will recommend a food with an alternative source of protein such as lamb or even kangaroo!

Otherwise, you’ll find that chicken and chicken

meal are the most common sources of protein. As long as a quality supplier is sourced (look for the AAFCO seal of approval), chicken meal provides more nutrients than chicken at a lower cost. A food with high-quality chicken or chicken meal will still cost more than a generic brand, but your little one will require less food to meet their energy demands.

Ultimately, the best resource when it comes to interpreting pet food packaging is your veterinarian. At your furry family member’s annual exam, your vet will consider their age, breed, lifestyle and overall health, and will make recommendations as they mature and grow. A good diet helps your pet live their best life, which is ultimately what being a pet parent is all about! 🐾

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.

"...grain-free foods are a trendy choice."

NEIGHBOURHOOD PET Clinic

Like a walk in the park™

Westmount

NEW! North London

Mobile Clinic

519.461.5588
www.NeighbourhoodPetClinic.com

Whether we want to admit it or not, most of us tend to be beauty hoarders. We're guilty of having an abundance of products, overflowing cupboards and one too many of everything. So, how do we begin tackling the exploding drawers? Follow these simple rules!

Out with the old, in with the new

It's time to take inventory! Toss what you don't use, keep what you do, and organize what remains. My rule of thumb is: When in doubt, throw it out.

Get organized

Use freezer bags for an inexpensive and fast way to sort and store your beauty items. They're a great way to see your products at a glance and include a label area for quick reference. Clear shoe or storage boxes are a handy way to store these bags, as well as palettes, beauty tools, nail polishes, etc. They easily fit into drawers or are stackable for room-saving convenience.

Get more beauty for your buck

One of the best ways to cut down on costs and cut out the extra products is by making palettes your new go-to beauty must-have.

There are so many fabulous all-in-one palettes available to help you get you ready in a flash. Look for palettes that include products for eyes, lips and cheeks so that your basics are covered. You're more likely to use up what you have by having less and palettes make beauty routines so much simpler.

Less impulse, more investment

Think quality over quantity – always! You get what you pay for so spend wisely and always think long term.

Stay BeYOUtiful! 

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

Register your child

L'ÉCOLE CATHOLIQUE

4 Catholic elementary schools worth visiting!

Frère-André

400 Base Line West, London
519-471-6680

Sainte-Jeanne-d'Arc

35 Fallons Lane, London
519-457-3141

Saint-Jean-de-Brébeuf

270 Chelton, London
519-963-1219

Sainte-Marguerite-Bourgeoys

700 Bristol, Woodstock
519-539-2911

Choose excellence

Superior academic results | Highest graduation rate
Recognized for its quality of teaching | High-level bilingualism
The choice of 7 out of 10 francophone parents

CscProvidence.ca/registration



MAGIC HOT FUDGE CAKE

Magic Hot Fudge Cake is one of our assistant editor's favourites. You can't get by Valentine's Day without some kind of chocolate! Melissa would love this with a double scoop of vanilla ice cream on top.

Cake:

1 cup flour
2 tbsp cocoa
¾ cup sugar
Pinch of salt
½ cup milk
¼ cup margarine

Preheat oven to 350°. Combine first 5 ingredients. Then slowly whisk in milk and margarine until smooth. Spread into ungreased 8" round pan.

Topping:

1 cup brown sugar
¼ cup cocoa powder
2 cups hot water

Sprinkle brown sugar and cocoa over top of cake. Pour hot water over entire cake. Bake 35 minutes.

Serves 4-6. 🍷



New Clinic Opening

with the same expert service, you've come to expect!



Barbara Bentley, Barbara Taylor & Jennifer Saunders
Doctors of Audiology AuD., Reg. CASLPO

1807 Wonderland Rd. North
Suite 102, London N6G 5C2

460 Springbank Drive
Suite 108, London N6J 0A8

519.473.5850

519.936.5850

Free Patient Parking at both locations



www.bentleyhearing.com

FOOD FOR THOUGHT

Super Power Pancakes

Anyone else find it hard getting started in the morning this time of year? When it's cold and dark outside, there's nothing like hitting the snooze button and curling up under the warm blankets. There's also nothing like a warm, fulfilling breakfast to get you started! These pancakes take the cake – and taste like it too! Topped with homemade chia jam, these easy and healthy pancakes will have your family running down for breakfast – even on a weekday!

Quick and Easy Protein Pancakes with Homemade Chia Jam

Prep time: 15 minutes

- 125 mL (½ cup) oats
- Half scoop flavoured protein powder
- 30 mL (2 tbsp) of milk (skim, 1% or 2%) or fortified plant-based beverage
- 1 whole egg + 1 egg white
- 2 mL (½ tsp) vanilla
- 1 packet stevia
- Dash of cinnamon

Place uncooked oats in a blender or food processor and blend into a fine flour. Add protein powder, milk or plant-based beverage, eggs, vanilla, stevia, and cinnamon. Measure ⅛ cup of batter per pancake and cook in a skillet on medium-high heat. Cover the pancakes so they cook inside faster.

Homemade Chia Jam

- 125 mL (½ cup) frozen berries (any kind of berry works!)
- 30 mL (2 tbsp) chia seeds
- Splash of water

Heat berries with water in microwave for about 30 seconds or until heated through. Stir in chia seeds and refrigerate for 10 min or until it's the consistency of jam. Keep in fridge for later use. 🍓

Tip: I make the pancakes and jam in batches for the week. Pop the pancakes in your toaster and top with your jam for a quick breakfast on the go! Enjoy!



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.



The Village Cleaner
It Takes A Village To Clean
Tel: 226-700-6886 www.thevillagecleaner.com



Grocery Guy
We shop, We deliver, You relax!
519-636-8533
groceryguy.ca

BE KIND. ALWAYS.

The *Mom & Caregiver* was proud to partner up with Mr. Dawson's sixth grade class at Byron Somerset Public School. Once we heard they were going to see the movie *Wonder*, we thought it was a great idea to find out what they learned from the film. With 29 entries, we could only pick two (which was so tough to do!). All 29 had so many wonderful things to say, so we've taken a quote from each and you can see them on our Facebook and Instagram pages throughout the month of February. As adults, we can learn a lot from these wise youth. Grab a Kleenex! 🧻

ALWAYS BE KIND

Dear grade 3 self,

Hi McKenna. It's you but three years later. A lot has changed. You started playing basketball and lots of other cool things. But today I am writing you this to talk about bullying. You are probably going through this right now.

I went and saw a movie called *Wonder*. It is about a boy who has a face deformity. He is bullied a lot. My experience of bullying isn't as bad, but I still thought I would share this with you. I know there are two girls right now who are probably making you feel hurt, worthless and sad. I know those girls are being very rude.

A good saying I learned a few years ago is "kill them with kindness." That means to not worry if they are being mean. Just ignore them, and continue to be kind. Also, trust me, it will get better. I am telling you this because in the movie I saw the boy got bullied and it didn't make me feel good inside. It was almost like a flashback because I can remember how it felt to be bullied. The boy finally realized that he just needed to ignore the bullying. I hope you learn to do that. You have other friends so you should focus on them and ignore the girls. If they start being mean in front of your other friends, someone will stand up for you. Don't tolerate any of it. Bullying is not ok. Just because they are being bullies doesn't give you the right to be mean back. I know you are being bullied but just keep being you.

From,
11-year-old McKenna

**"We all have the same roots,
and we are all branches of the
same tree."**

STRONG PEOPLE STAND UP FOR THEMSELVES BUT THE STRONGEST STAND UP FOR OTHERS

One simple word can really hurt someone. Bullying is definitely not okay. As Mr. Tushman said at the end of *Wonder*, "Everyone has a battle you know nothing about. Be kind. Always."

Bullying can be very bad and kids may be seriously bullied. We are all different in our own kind of way. No kid should be treated badly. We all have our differences and no kid should be bullied because of it. That's why that affects me. It affects me because I know how some kids don't realize what other kids are dealing with. That's why no matter whom you are talking to and what problem they have, always be kind.

We all have the same roots, and we are all branches of the same tree.

If you are bullying, stop now. Bullying could affect people's lives tremendously and affect them later on in life. Bullying needs to stop so if you come across bullying be an upstander not a bystander. Stand up for the kid being bullied and tell an adult, teacher or a parent/guardian. If you are a victim of bullying tell a grown-up and get them to help. If that is not possible try to avoid the bully/bullies.

In the book *Wonder*, there is boy named August (Auggie) Pullman and since birth he has had a disease that causes his face to be deformed. Auggie was bullied and teased about his looks. Bullying should not be tolerated and kids should not be teased because of their differences. Even adults and maybe other citizens can tolerate bullying or say something really rude to others. This article should mean something to you. If you are a victim of bullying or you are the bully in the situation, think about what you are doing wrong or if you are the victim or you are witnessing this bullying, do something about it and be kind always. End bullying today.

By Caden Smith



How Long Will It Take My Child To Learn To Swim?

Splash On!

Fitness and Fun

"At first glance, five years of swimming lessons may seem like a very long time..."

For most parents learning to swim is an essential skill. And, we all grapple with the same questions: when should we start and how long will it take for them to be good swimmers?

Over the past 35 years of teaching children to swim, we've found that it's best if a child gets into organized and well-structured weekly swimming lessons for most of the year. This consistency and dedication will, over five years for the vast

majority of children, get them to the point where they're comfortable and safe in most water situations.

If around ages eight to 10 they decide to focus on another sport or activity then at least they are decent swimmers and can go back to swimming at any point later in life. Should they decide to become a lifeguard or take up scuba diving as teens, the base they've set will serve them well.

At first glance, five years of swimming lessons may seem like a very long time but consider this: If a child takes a 30-minute swimming lesson once a week during the school year from ages three to eight, that totals 100 hours of structured lessons. The average student will have spent more than 200 hours in school by Halloween! 🍁

John Finan
Finan Swim School



Finan Swim School

Spring session starts in March
Registration starts February 1st

Offering lessons at two locations:
400 Sugarcreek Trail
Oxford and Wonderland area

The Boys and Girls Club
184 Horton St E

www.finanswimschool.com
(519) 652.5112



FOREVERMARK

A DIAMOND IS FOREVER

The Forevermark
Tribute™ Collection

FOR ALL
THAT YOU
ARE

A diamond for each
of your qualities



6201621

7366399

NASH
Jewellers

Since 1918

nashjewellers.com