

THE MOM & CAREGIVER™

APRIL 2018
VOLUME 20 ISSUE 4

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4 QUICK & EASY
BEAUTY TIPS

WHY FAILURE *ISN'T*
SUCH A BAD THING

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The Varicella Vaccine

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On The Cover



Ayomide was inspired by Hoopla Kids music on this day. He liked to sidestep away from the photo shoot, but was rewarded with a big bottle with dad once finished. We just love your curly locks, Ayo! A huge thanks to Little Labels Boutique for our cover kid's cute outfit.

Photographer
Photostylists

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

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GET BACK IN THE SADDLE

"Despite the forecast, live like it's spring"
- Lily Pulitzer

Are you preparing your child for failure? Seems like a harsh question, doesn't it? One that you try not to think about? "Failure was used to grab your attention – was it successful? Now that I have your attention, I must switch out the word failure for learning experiences – because that is exactly what they are. Every time we fail we learn something and we will use this learning when we try again."

These wise words come from Rebecca at *Vanier Children's Services*. She teaches us ways to help our children make "failures" into "learning experiences" on page 10 of this month's issue. And I love it – a child who learns to make the best of failures is one who grows into an adult who copes, rides the tide, adapts to change, and learns from mistakes.

As we continue to celebrate our 20th anniversary year here at The Mom & Caregiver magazine, I'm using this time to reflect over the past 20 years. As you can imagine, my time as editor and publisher of this magazine has not come without some failures and mistakes of my own. I'd like to think I've picked myself up, dusted myself off and got back in the saddle, using these mistakes as learning experiences as I moved for-

ward. But truly, some mistakes are easy ones to fix and some really challenge us, even as adults!



We're now officially into spring, and our April issue brings tips for spring cleaning. But not in the typical sense – that's boring! Jenn talks spring cleaning your fridge in our Food For Thought column, and she's right – I can probably get rid of the multiple bottles of hot sauce (when are those from and why did I keep them?). And Lisa talks spring cleaning yourself with fast and fresh beauty boosters that can get you out the door in no time in our Beauty and Wellness column.

Let's make April a time to get out there, try new things, make mistakes, and learn from our failures. Whether your child's learning to ride a two-wheeler, or you're signing up for an adult soccer league, get out there, mess up, have fun and learn lots!

P.S. We've already received so many amazing photos for our 14th annual Captured Moments photo contest. It warms our heart to know that so many of you love to be a part of our magazine family. Visit our website to upload your picture and vote for your favourites by April 10th!

Sabina Manji,
Chief Editor

519-652-9226
editor@themomandcaregiver.com

Publisher/Chief Editor Sabina Manji
Assistant Editor Melissa Warkentin
Copy Editor Sabrina Dotsch
Designer Bolt Media

Photographer One-12 Photography
Photostyling Sabina Manji and Melissa Warkentin

APRIL EVENTS

04/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fools Day Gallery in the Grove, Bright's Grove	2 Day Camp: Leap Into Spring London Children's Museum	3 St. Thomas Roadhouse Bar & Grill Paint Night	4 April 4-5 National Poultry Show Western Fair	5 Notes from the Brill Grand Theatre	6 Library Artist's Group Exhibit Masonville, LPL Imagine John-John Lennon Tribute Show! London Music Club	7 The FUN Show with Cat & Nat Centennial Hall
8 My Fair Lady, Original Kids Theatre Company Museum London Free Guided Tour	9 Ukuleles of London Chalmers Presbyterian Church	10 LPL Storytime London Children's Museum Last Day for Photo Contest Submissions!	11 STOMP RBC Theatre	12 Storytime Dorchester Middlesex County Library	13 April 13-15 Home & Outdoor Show Western Fair Shrek the Musical JR. WOLF Performance Hall	14 The Cocktail Show Budweiser Gardens Free Morning walks Springbank Park East
15 Stratford Fashion Week Opening Night Gala Vintage Fashion Show Revival House	16 Community Income Tax Clinic Beacock LPL	17 Early Years Play Dates London Children's Museum	18 Poetry London Reading The Landon Library Expo Explore Museum London	19 London Jazz Orchestra WOLF Performance Hall Shopkins Live! Centennial Hall	20 April 20-29 The Light in the Piazza Grand Theatre	21 Clean-up Day Fanshawe Pioneer Village
29 London Symphonia Tapestry Metropolitan United Church The Geoff Masse Band Wortley Roadhouse	30 Railway Century Exhibition Stratford Perth Museum	For More Details and Events Visit  Your Online Parenting Resource				

April 2nd

Day Camp: Leap Into Spring
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April 13th-15th

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April 26th

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A newborn begins their journey with breast milk or formula. The start of solid foods depends on a baby's rate of development. Solids are usually introduced around four to six months. Delaying solids may not be beneficial as your baby grows because solid foods have nutrients needed to support rapid growth. Signs your baby is ready for solids include good head control, ability to sit in a feeding chair, and eagerness to eat by reaching for your food or watching you eat.

A baby's first encounter with solid food is usually rice cereals, fruits, vegetables or meat. Delaying eggs, fish, or peanuts to prevent the development of food allergies is an outdated idea without evidence. Unless your baby's doctor advises otherwise, experts don't recommend delaying any specific solid food beyond six months.

When your baby learns to enjoy one food, you can gradually introduce other foods every three days or so. By introducing one food at a time, you can learn if your child is allergic. Some symptoms to watch out for are diarrhea, rash, or vomiting. If you are worried that your baby may be allergic to a specific food, speak to your child's doctor.

The form of food is important. Avoid choking hazards, including hot dogs, nuts, whole grapes, and popcorn. Ensure foods are soft, easy to swallow, and cut into small pieces. When preparing fresh food, use a blender or a food processor and cook without salt or seasoning. Refrigerate and store foods properly and check for signs of spoilage before serving.

Solids can initially be given in a spoon. At first, your baby may be confused, roll food around their mouth, or reject it altogether. The process can be messy, but no need to worry as this is perfectly normal! If your baby cries or rejects solids, you can go back to breastfeeding or bottle-feeding for a few days before trying again. Starting solids is a gradual process and each baby is different. Repeated exposure may be necessary before your baby accepts a new food. If you have difficulties introducing solids, talk to your child's doctor. Be assured your baby's journey with food will bring joys and surprises. Bon voyage and bon appétit! 🍴

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 VARICELLA VACCINE - DON'T CHICKEN OUT!

For the first half of my career, I saw chickenpox (varicella) at least three times a week. It was a childhood rite of passage. Parents hosted chickenpox parties to ensure their children had chickenpox and developed immunity.

Chickenpox is not a benign disease. Before the introduction of the vaccine in 1995, there were 150 deaths a year in the United States due to complications from chickenpox. Complications of the disease include severe skin infections, pneumonia and meningitis. Also, having chickenpox as a child leads to the possibility of having shingles later in life.

The varicella vaccine is a live attenuated (weaker virus) vaccine. It is given as two doses: the first between 12 and 15 months and the second at four to six years old. The vaccine prevents both chickenpox and shingles. Most children are being vaccinated as part of the routine vaccination regimen so, if a child is not vaccinated, they will be unlikely to develop chickenpox in childhood. Chickenpox is still prevalent throughout the world and the chance of being exposed later in life is high. However, getting chickenpox as an adult is much more serious than having it as a child.

The side effects of the vaccine are generally mild. They include local reaction of redness or swelling at the site of the vaccine – indicating the vaccine is working! A mild fever and feeling unwell for a day are less common. And more serious side effects are exceedingly rare.

Most adults did not have the benefit of the chickenpox vaccine and become more likely to develop shingles after the age of 50. Shingles is a painful condition that occurs when the chickenpox vaccine remains inactive in the body after having the disease in childhood. Vaccines are now available for people over 50 to prevent shingles.

I am a late-adapter in technology and medicine. I have to see the evidence for benefit over harm before jumping on the bandwagon. I got rid of my 8-track tape player quickly, and yet I was compelled by the evidence early on to begin vaccinating against chickenpox. 🌱



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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Dr. Jennifer D. Irwin, PhD
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(519) 661-2111 ext. 88367

Shazya Karmali, MSc
PhD Student Investigator
skarmal@uwo.ca
(519) 860-7866



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PREPARING YOUR CHILD FOR FAILURE

The word “failure” was used to grab your attention – was it successful? I was certain it would be because, from the moment you even considered having children, you started to think about how to best set them up for success and protect them from hurt and failure.

Now that I have your attention, I must switch out the word failure for learning experiences– because that is exactly what they are. Every time we “fail,” we learn something that we will use when trying again. Rather than protecting our children from failure, it is our job to help them learn how to manage these experiences and the big feelings that tend to come along with them.

So how do we help our children manage these “learning experiences?” Let’s start with modelling. From the moment your child is born, they are watching you to learn about the world. Your child needs to see you “fail” to learn from you about how to handle this experience. This is good news for caregivers because, as all parents know, there is no such thing as a “perfect parent.” Luckily, you will have many “learning experiences” throughout your child’s life, allowing for ample opportunity to model how to best handle hardship. You are modelling that we can feel frustrated and upset about failing and that we can take a deep breath, turn to someone for help, and try again. How you model managing your feelings is the foundation on which your child will start to build their ability to manage their own.

Second, is how we react to our children when they have their own learning experiences as “failing” is hard and it evokes big and uncomfortable feelings in our children. It is quite natural to want to stop these difficult feelings. However, when we stop feelings by distracting our children out of them or try to “fix” the problem, children will not build the skills to manage these big emotions on their own. You need to prepare your child for failures by allowing them to experience challenges and be there to help co-regulate their emotions– even when these big feelings make us feel uncomfortable. When our children are

frustrated and having a tantrum, whining, pouting, yelling, or crying, rather than stopping them, let them know you understand they are having a hard time and that you are there to help them with these feelings.

“I know it is hard when we do not win. I can see that you are really upset and I am here for you.” When you communicate a sentiment like this, your child starts to learn that they are not alone in their big feelings and that you are there to help them through it. The more experiences they have with you helping them co-regulate, the less uncomfortable the feelings are, and the more likely they will be able to manage these feelings on their own when they have to.

Last, but not least, is delight! Delight is the sister of praise. Praising our children when they do well or accomplish something is a great practice, however, it should not be done exclusive of delight. Delight is when we let our children know that we love them and that they are special for just being who they are. This means that they do not have to be accomplishing or doing well to know that they are special and loved because they will fail and they will struggle, and when they do they need to know that they are still a worthwhile individual. Delighting in our children is the foundation for self-worth. It is their core belief that they are worth it regardless of whether they are succeeding or not. If they can “fail” and have an internal belief that they are still awesome, they will be more likely to get up, dust themselves off, and try again. So make sure to let your child know that they are wonderful for who they are, in both the good times and the bad times.

Modelling, co-regulation, and delight– the building blocks for helping your children make “failures” into “learning experiences.” This may sound easy to do, but it is a lot harder than it sounds. Just remember, it is okay if you do not do this perfectly – just treat it as an opportunity to model working through this “learning experience”! 🧠

Rebecca Cuthbert
M.Ed Counselling Psychology, RP
Vanier Children’s Services

DOES MUSIC PLAY AN IMPORTANT ROLE IN YOUR LIFE?

Join 11-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?

Mikaeel:

Music plays an important role in my life because I enjoy singing and going to concerts with my parents and listening to records with my dad. I think that a lot of songs tell a story.

Ella:

I love music a lot and so does my family. I have a merlin (a four-stringed instrument), my sister and mom have ukuleles, and my dad has a guitar. We love to play our instruments together!

Why should music matter to kids?

Mikaeel:

It should matter to kids because a lot of kids participate in the music program and I think it is important to participate in music or to listen to it.

Ella:

I think music should matter to kids because it is a way to learn things (e.g., ABCs) and it is also just fun!

Why should music matter to adults?

Mikaeel:

I think it should matter to adults because even if you are super busy, you can just turn on your headphones and relax by listening to music.

Ella:

I think music should matter to adults because if you think about it, music is everywhere – on shows like The Voice or the Junos and even everyday things like wind chimes or cuckoo clocks. It



also gives people jobs like creating technology to tune instruments or making picks for guitars.

Why is music important in the world?

Mikaeel:

It is important in the world because when you listen to music it releases a small amount of dopamine, which is a chemical that your brain releases and makes you feel happy!

Ella:

I think music is important in the world because it is a way we can all communicate, no matter what language we speak.

Anything else you'd like to add?

Ella:

I just want to say to all those people wishing to become a musician (kids or adults), you can do it and you will make people happy with your music. 🎵





WHEN DINNER TIME GOES DIGITAL

About once a week our family goes out to dinner. I take an excessive amount of pleasure knowing, I don't have to cook or clean up after my kids on these nights. The loud volume, limited selection, and overrated chicken tenders are the price I gladly pay for getting out of the house to share my mealtime misfortunes with the world.

On a recent mid-week dinner adventure, I noticed how eerily quiet our section of the restaurant was. I looked around hoping to see a magical method that keeps kids quiet during meal-time, but was disillusioned to see kids' dazed gazes, barely blinking in the soft glow of a tablet or a parent's phone.

I confess a part of me fantasized about eating a warm meal or enjoying uninterrupted adult conversation. But the daydream bubble popped with "Daddy, can we play tic-tac-toe?". My four-year-old just recently learned how to play (we're still working on how to lose gracefully) but before we start our game, the waitress came by for our drink order. My son looks up demanding "Milk, milk, milk!" My whiplash-dad-stare prompts him to correct himself with a "Milk, please". My two-year-old pulls a crayon out of his mouth to echo "Milk peas".

I review the menu with Luca and he asks the waitress for his cheeseburger using proper manners- this time without my reminder. While tic-tac-toe consumes half my attention, I get a chance to browse the menu and we start talking about our day. Luca's mud-covered pants were a good conversation starter.

"Anything cool happen at recess today?"

Our noisy table evolved into a whirlwind of French fries, crayons, spilled milk, and a disproportionate number of used napkins. Before dessert came around, Luca was already doing laps around the table (which Nico finds hilarious), I reminded them about appropriate volume (while being loud myself), and I unsuccessfully tried to erase the evidence of the ketchup flung onto my shirt.

While I vaguely recall how excited I was about a dinner out, I am reminded about why we don't bring devices to sedate our children. Dinner out is an opportunity for good parenting to happen. We can teach manners, how to order a meal, and how to behave in public. It's a chance to practice patience, conversation, and how to deal with boredom- skills many of our kids are severely lacking these days.

Parenting advice aside, these painful suppers are a part of what makes us a family. The headache will eventually go away, and tonight we made another memory. And while I sometimes have trouble seeing into my future, I know that one day my kids won't be around for that mid-week dinner out and I will look back at these days with fondness. So next time you're out with the kids, try ditching the devices and make your dinners into dazzling disasters! 🌀

Frank Emanuele is a proud father of two sons, a special education teacher, and a director of Dad Club London.

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It's estimated that 3% of Canadian women are affected by eating disorders, such as anorexia or bulimia, within their lifetime. The widely known side effects of: thinning hair, losing weight, poor circulation, are not the only. Commonly forgotten is the negative impact these illness' have on your dental health.

Because those who live with eating disorders don't get the nutrition they need, the gums and soft tissue of the mouth are prone to bleeding. The salivary glands in the mouth swell, reducing the amount of saliva production and causing chronic dry mouth. When the mouth doesn't produce enough saliva, bacteria can flourish. Additionally, frequent vomiting from purging can cause significant tooth decay, as the teeth are exposed to damaging stomach acid for prolonged periods of time. When this occurs, the tooth enamel can become more brittle and more prone to breakage and sensitivity.

If you do suffer from an eating disorder, it's important to tell your health care team including your dentist. While you receive treatment, don't forget to take care of your oral health and see your dentist regularly. Don't be afraid to ask about your specific treatment options and keep the lines of communication open between you and your health care team.

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WHERE ARE THEY NOW?

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

Meet Bellamy. She was three when her cover was printed, and now she's a rambunctious six-year-old.

A word from her mom, Tania:

What are your current interests?

Bellamy loves gymnastics, chess and playing with her sister.

How does your child feel when they look back at their cover?

She feels extremely proud and lucky she got a chance to be part of this magazine.

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

She said, "I'm pretty lucky that I get to be fancy and get my pictures taken."

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

It's been great. The magazine has given us memories we will have forever.

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

It allowed our family and friends to get exposure to this fantastic magazine.

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

Our family wishes *The Mom & Caregiver* 20 more years of great success. Bravo on your success this far. 🎉

Photos by One12 Photography

TESTIMONIAL

"I began contributing to the Mom & Caregiver magazine during my first year of pediatric residency at the London Health Sciences Centre. It was an exciting opportunity for me to share medical information with parents and caregivers. I have completed my residency and am now training for sub-specialty in pediatric gastroenterology. It is a pleasure to continue writing for this magazine, an important resource for sharing medical knowledge and empowering caregivers."

- Magazine Contributor, Becky Biqi Chen

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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. 🐾

Any time of the day, any day of the week, a member of our dedicated and knowledgeable team will assist you. At Steam Canada, we strive for excellence both in the service we provide and the quality of workmanship delivered. Every Customer is important to us!

In 2013, under new ownership, the new management team and trained technicians have maintained the legacy of the original owner and creator of Steam Canada, Robin Caldwell. We continue to be owned and managed locally by Londoners, and you will find us across Southwestern Ontario through our Franchise Network.

Our biggest advice to homeowner is to make sure your ducts are cleaned so that you're breathing clean air. Steam Canada technicians can also conduct Air Quality Testing for mold, radon gas, asbestos and lead; checking your furnace and AC; carpets, mattress cleaning, and carpet and upholstery cleaning. For health in your home, it's a good idea to do a deep clean.

Our business continues to grow and includes an extremely busy Restoration and Construction Division. Whether you are looking to do improvements to your basement, bathroom, or kitchen, we have an excellent team including Plumbers and HVAC tradesmen to take your project from start to finish. The Steam Canada commercial division focuses on restaurant grease trap cleaning, replacement and repair and kitchen hood cleaning.

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KID-FRIENDLY SYMPHONY: NASHVILLE, TENNESSEE



Nashville, Tennessee - land of music, honky tonk bars, and the Grand Ole Opry - might not be the first place you'd travel with kids ... but there's surprisingly lots to do as a family. A must-see is the Country Music Hall of Fame. With the new feature sponsored by tween idol Taylor Swift, you'll please even the crankiest little travelers. The hands-on recording studio replica features interactive figures that turn dials to replicate the process of blending sounds for a song.

While you're in Music City, you have to experience live music. But how can you watch a performance and captivate young kids? Head to The Nashville Symphony in the ornate downtown Schermerhorn Theatre. That's right, the symphony. In a clever play to get younger audiences hooked on violins, the Nashville Symphony offers a summer series called 'Movies at the Schermerhorn.' During the performance, an entire film such as *E.T.* or snippets of *Disney* Films, roll on a screen while the Nashville Symphony plays live to the sound track.

The Symphony is more than background music though, and at times it's easy to forget actual musicians are playing when you're entranced by *Kung Fu Panda* clips spiraling across the screen. It's obvious the program is a success when the average movie day audience age is a fraction of the evening crowds' age. Coming up in the summer of 2018, The Nashville Symphony plays along with *Harry Potter and the Goblet of Fire* in May and *Star Wars* in July. 🎵

Sherry 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 @SherryTelenko.

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THINKING ABOUT FOSTERING OR ADOPTING?

Have you been thinking about fostering or adopting, but aren't sure what's involved? It's a life transforming decision not only for the youth, but also you and your family. It won't be easy; but most foster and adoptive care providers say it's one of the best things they have ever done. Here's what you need to know:

1. We know that children and youth do best at home with their family. In cases where children must come into care for their safety, our goal is to work towards reunification whenever possible.
2. It is important for children to maintain connections with their birth family. As such, you will be supporting these connections and contact.
3. When children need a stable, safe and loving home, we reach out to the community for foster and adoptive families. We need homes for children of all ages, from a variety of ethnic backgrounds, and cultures.
4. You have a say in what child(ren) will be placed in your home. Our priority is to make good matches so that we are placing children with families that can meet their needs.
5. Foster and adoptive parents can be single, married, or living common law. They can be with or without children already in their families, working in or outside the home, heterosexual or LBGTQ. We are looking for individuals, couples or families who can protect and nurture children within a stable and secure family environment.

6. We must assess and prepare prospective families carefully. The home study assessment, training, and approval process usually takes up to eight months, depending on each circumstance.

7. Training is required as fostering and adopting is not the same as parenting a child born to you. The child brings with them relationships, history, genetics, a medical background, and experiences that need to be understood and respected. Caregivers must be able to support the child with their feelings about being in foster care or being adopted. The PRIDE training program will assist you in preparing to parent a child under these circumstances.

8. You are welcome to register for the training even if you are not sure if you want to foster or adopt. The training will provide you with what you need to make your decision.

We are here for you every step of the way! 🧡

"Every day, often in quiet way, foster and adoptive families make a real difference in our community. We thank you for considering making a difference in the life of a child."

Diana is a valuable member of the child welfare team. She is a strong advocate for the youth in her care, with a dedication that extends beyond when the youth leave her home. In addition to fostering, Diana contributes her time as a volunteer driver for the agency, transporting children to visits with birth family. 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.



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



MANAGING MENOPAUSE

The change of life affects all of us in different ways and typically occurs between ages 45 and 65. Declining estrogen levels cause hot flashes and make you feel irrational at times. Your brain on menopause can make everything topsy-turvy.

Emotionally, some women note irritability, sadness, lack of motivation, anxiety, aggression, difficulty concentrating, fatigue, mood changes, and tension. Women will come to me feeling like they are going insane as they re-balance their biological and emotional changes. Women have an *increased* risk of developing significant depressive symptoms before and during menopause even if they have no history of depression.

This is often combined with environmental and family changes like, the departure of children, loss of a partner, or lack of employment opportunities may occur and further aggravate symptoms.

Managing Menopause-related Emotions:

Many symptoms can be managed with lifestyle. However, consult your doctor if you feel you need medical support.

Here are some techniques to combat the side effects of menopause:

1. Exercise at your own pace for 10 to 30 minutes a day. Find something that lets your body move.
2. Review your diet and start using food as a medicine. Start a food log of what you eat to help identify which foods trigger mood swings.
3. Breathing exercises can relieve anxiety and help slow down your reaction. Sometimes a few minutes of time out can let



you regain control of your emotions.

4. Explore alternative supplements that let your body balance the hormonal changes.

This is a major change of life, so the best medicine is to be patient with yourself and explore different ways to manage to find the best one for you. Try not to compare yourself to other women since our bodies are unique and respond differently to medicine and coping techniques. Reflect on all the life changes you have managed and worked through to give some perspective on this fleeting life experience. Menopause will challenge you but will also make you grow and re-balance to enjoy your new freedoms. 🌸

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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WARM WEATHER SAFETY

There are two words that become more frequent when the warm weather arrives, much to the joy of our canine companions: “car” and “ride”.

There’s nothing like taking a drive to a favourite spot on a beautiful, sunny day. Our furry family members love to be included in our adventures and we’re happy to see them happy. However, this can make it very difficult to determine when we are putting our pet’s happiness before their safety when it comes to spring and summer activities.

Many pet parents know that a parked car isn’t safe for a pet on a sweltering hot day, but are surprised that it can reach dangerous temperatures within minutes, even on a mild day early in the season. A car acts as a greenhouse, quickly becoming uncomfortable for even a human. Because our furry friends’ bodies do not regulate heat nearly as well as ours, heat stroke is a very serious and commonly fatal risk this time of year.

Dogs are also prone to heat stroke when enjoying a dog park or walk in the sunshine on a hot day. Commonly, they will happily keep play-

ing without symptoms until they suddenly collapse. At this point, unfortunately, chances of recovery are slim.

To avoid this, on warm days, always take breaks to offer your dog water and force them to rest. On days that are too hot and sunny, a puzzle toy or visiting a pet-friendly establishment are alternatives that still give your dog some stimulation and fun.

When a pet is hurt because of something so preventable as heat-stroke, it’s easy to label the pet parent as a “bad owner”, but that’s rarely the case. More commonly, it happens to good owners, who love their pet and wanted them to have a fun day, but who simply didn’t understand the risks of the weather.

Education and prevention are the key to helping our furry friends enjoy a safe sunny season. By packing a special water bottle just for them, never leaving them unattended while outdoors, and talking to other pet owners about the risks of warm weather, you could save a life. Just like a car ride with a best friend, that’s something to get excited 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.



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SPRING CLEAN À LA FRIDGE

For most, “spring cleaning” is the act of excitedly tearing apart the house on a cleaning rampage. Well, that’s my reality of it! What about the fridge? Is that part of your spring ritual? If not, this is the year! If you’re like me, your fridge is likely bulging right now with extra jars and bottles of food and condiments from the winter holidays. For some, it may look a pack of hungry wolves just went through it. For others, it may look like the inside of a neatly organized and labeled filing cabinet. Either way, having a clean fridge and following safe food handling practices at home can help prevent food-borne illness.

Eliminate bacteria!

First remove everything and discard anything that is expired or questionable. Properly cleaning your fridge surfaces helps eliminate bacteria and reduces your risk of food-borne illness. For added protection, use a bleach solution to sanitize. Mix 5 mL (1 tsp) of household bleach to 750 mL (3 cups) of water in a labeled spray bottle.

Pack lightly!

Don’t worry, I’m not talking about your suitcase! Try not to jam pack your refrigerator with food - cold air must circulate to keep food safe.

Keep it cool!

Make sure your refrigerator is set to 4° C (40°F) or lower and your freezer at -18°C (0° F) or lower. This will keep your food out of the temperature danger zone, (between 4° C (40°F) and 60°C (140°F), where bacteria can grow quickly.

Giving your fridge a spring makeover will help you avoid any dreaded food-borne illness and ensure you have the right foods on hand for healthy meals. Happy cleaning! 🧼



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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Look and Feel Your Best

LITTLE LUXURIES

We don't always need or have a ton of time to put our best foot forward. Here are some of my favourite beauty-boosters to help me look and feel my best in 30 minutes or less.

Mask On, Mask Off

A great way to instantly feel refreshed and renewed is with a quality facial mask. Depending on your skin's needs, you can choose from a variety of formulas designed to hydrate, brighten, purify, and tighten in as little as ten minutes. With its many benefits and uses, a face mask is the perfect way to end a stressful day or prepare for a special occasion.

Eye Rescue

De-puff and brighten using slices of cucumber to soothe tired eyes and reduce water retention. Cucumbers provide a natural illuminating effect which helps skin appear youthful and glowing. Leave slices on for 10-15 minutes. Need an even quicker fix? Store your favourite eye cream in the fridge and apply immediately upon waking.

Hair & Skin Love

Another wonderful pick-me-up is indulging in a deep conditioning hair treatment. Conditioning treatments require as little as 5 minutes and can revitalize even the most damaged hair. While your hair is being beautified, take that time to exfoliate and buff away dry skin using a sugar and coconut oil blend. Once completed, you can enjoy radiant hair and skin that's both hydrated and silky smooth.

Mini Mani/Pedi

An express mani/pedi is an immediate beauty booster- no need for expensive appointments. Set aside ten minutes to file, buff, polish, and moisturize. Choose a quick-drying, high-gloss clear coat or sheer pink to give nails a fresh and flawless appearance. Once dry, top with your favourite cuticle oil or moisturizer to conceal dryness and keep your hands and feet looking fresh. 🌸

Take some "me time" and add a little luxury into your life. Your future-self will thank you for it.

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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