

THE MOM & CAREGIVER™

JUNE 2018
VOLUME 20 ISSUE 6

dcaregiver.com

5 TIME SAVING
HAIR HACKS

Dashing Dads &
Barefoot Boys

**TREASURING
THE TODDLER**

**DADDING THE
DAYS AWAY**

**EASY
NO BAKE
ENERGY BALL
RECIPE**
ON PAGE 22

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



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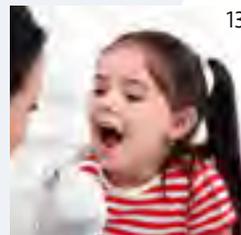
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On The Cover



We want to wish a very happy Fathers' Day to our cover dads, Frank and Norm. They're pictured with adorable sons, Luca, 5, and Nico, 3. This easy going family loves to travel.

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.

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DEAR OLD DAD

"The best things in life are not things, but moments."

- Unknown

Dad – there isn't a day that goes by that you're not in my thoughts. I'll be honouring my dad this Father's Day by visiting his grave and enjoying a cup of tea like we always did.

We would like to wish all the dads, grandfathers, step-dads, and special men in our lives a very Happy Father's Day! Even though our magazine is entitled The Mom & Caregiver, we really do think about, appreciate and honour dads every day! We know that mothers and fathers of today share the same problems – balancing parenting with all of life's other challenges like work, aging parents, time for our partners, caring for our own health, and so on and so on. Words simply cannot express our love for you, dads!

We hear from one of our favourite fathers (who graces our cover with his family this month) in Frankly Fatherhood. Frank mentions phrases we can all relate to, whether a dad or a mom. "Like all parents, there are days I feel like a complete failure..." "But there are also days I feel like a superhero..." Check out more on page 12.

Sabina Manji,
Chief Editor

519-652-9226
editor@themomandcaregiver.com

We also hear an interesting perspective on a possibly controversial topic – marijuana! But we're not preaching what's right or wrong here, just warning of dangers to your furry loved ones. Keep your cat or dog safe as recreational cannabis legalization takes place in Ontario with tips from Neighbourhood Pet Clinic on page 20.



Got the munchies? Chocolate and almonds and coconut – oh my! Find out what happens when you add these, and other fun ingredients to mushy bananas and peanut butter on page 22. Our registered dietician, Jenn, says that these balls are the bomb-diggity! Make a batch for dear old Dad this month.

Whatever you decide to do with that special man in your life, whether it's a walk, baking or tossing a football, be in the moment and enjoy your time together. 🧡

Publisher/Chief Editor Sabina Manji
Assistant Editor Melissa Warkentin
Copy Editor Sabrina Dotsch
Designer Alison Irwin

Photographer One-12 Photography
Photostyling Sabina Manji and Melissa Warkentin

JUNE 06/2018 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 London Cares Curb Hunger Food Drive	2 Mud Madness Melborne 50th Anniversary Family Fun Day Piccadilly Park
3 Ride for Heart Toronto	4 Free Computer Help LPL Central	5 Acoustic Blues Tuesday Open Stage & Showcase Old East Bar & Grill	6 What's the Buzz Lecture Western Campus	7 June 4 th -9 th Fiesta London! Mexican Festival Covent Garden	8 Art Workshop St. Thomas-Elgin Public Art Centre	9 June 8 th -10 th Rock'N'Con London Music Hall
10 London Brian Tumor Walk Victoria Park	11 The Awesome 80s Prom Original Kids Theatre	12 Youth & Teen Billards Night Boys & Girls Club Sarnia	13 Mahjong Tournament St. Mary's Public Library	14 Masterpiece London London Convention Centre	15 June 15 th -17 th Cirque du Soleil Budweiser Gardens	16 Kids Expo Victoria Park
17 Father's Day Dash 4 Dad Run	18 Storytime LPL Central	19 Tim McGraw & Faith Hill Budweiser Gardens	20 Strathroy-Caradoc Cruise Night	21 Spring Junior Comedy London Youth Theatre Education	22 Horse Power Exhibit Chatham-Kent Museum	23 St. Mary's Farmers' Market
24 London International Food & Craft Beer Festival Victoria Park	25 GEM's Girls Club Strathroy Tinker Toddlers St. Mary's Public Library	26 Housing Stability Bank LPL Sherwood	27 London Pro Musica Choir Central Wolf Performance Hall	28 Outdoor Farmers Market (Every Thursday & Saturday) Covent Garden	29 Books with Babies LPL Crouch Nature Adventures London Children's Museum	30 Trackside Music Festival The Infield

For More Details and Events Visit

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June 4th - 9th

Fiesta London! Mexican Festival
Covent Garden

June 17th

Father's Day
Dash 4 Dad Run

June 30th

Trackside Music Festival
The Infield



TREASURING THE TODDLER

Toddlers are bundles of energy intent on exploring the world around them. Parenting toddlers can be both rewarding and challenging.

The toddler is an egocentric being. This means they literally believe everyone should carry out their every wish. And since the toddler has no concept of time they want everything immediately. Waiting is not a skill they possess, so if they are thirsty they need a drink NOW!

Complex little humans with an abundance of curiosity and energy, toddlers are like sponges, soaking up information all around them. They learn through their interactions with others and display the behavior they see modeled by those around them. The young child learns by what they see and not necessarily what they are told.

Most toddlers do not have the vocabulary to express their wants and needs, so they can become easily frustrated when trying to communicate with others. This can sometimes result in hitting or pushing, that is often misperceived by adults as intentional aggressive behaviour, when it is their way of expressing their frustration.

Toddlers are very easily distracted because they are so busy observing all the activity around them. At times, they can be physically clumsy as they work through learning and perfecting their gross motor skills. Give them space and time to learn.

Repetition is very important for toddlers' development. Repeating helps them gain confidence and feel they have some control over their world. For example, they love to read the same book over and over. Adults may tire of the same story, but the toddler will thrive with the familiar.

A toddler meltdown usually occurs if any of the following are happening, hunger, tiredness, growth spurt, sickness or stress. Stress can be anything from mommy getting a new hair style to having a new baby brother or sister, so it is important to keep routines such as naps and meals as regular as possible. The toddler can easily become overwhelmed and since they cannot identify feelings yet, they require us to help them regulate these overwhelming emotions.

When in doubt, remember these 3 tips to help toddlers develop into the best version of themselves:

1. Adults in the toddler's world can use this time to label everything- name their emotions and behaviours to help toddlers regulate their huge feelings
2. Model the positive and redirect the negative
3. Keep expectations within the realm of age appropriate development

Toddlers need support as they take this journey- love them, guide them, and most of all enjoy the explosion of activity this little person shares with you. 🧡

Gerri Dibsda RECE, BA is a Family and Community Support Worker at Family Centre Argyle/EarlyON in London Ontario, a member of the Early Years Partnership.

POISON PATROL

Children are naturally curious. They explore the world with their hands and mouths, touching and tasting anything in reach. Take precautions to protect your children from poisons. Each year, many children swallow or touch poisonous substances. Keep a close eye on your child, especially in a new environment, where dangerous toxins can be within child's reach.

How can you keep your home safe?

1. Lock up dangerous household items like medicines and cleaning, car, and garden products.
2. Have safety latches that automatically lock when you close a cabinet door.
3. Always store dangerous substances in a place where your child cannot reach or see.
4. All medicines should be kept in containers with safety caps. Any unused medications should be discarded.
5. Never put poisonous products into drink or food containers.

6. Keep remote controls, greeting cards or any devices with small button batteries away from children.

Some clues to ingestion or exposure to a poison may be unusual smell, burn, or stain around a child's mouth, trouble breathing, seizures or loss of consciousness. If you think your child has been exposed to something toxic, seek medical attention and contact the local poison control center. If your child swallowed a poisonous substance, get the child to spit out any residual amount. Do not give the child anything to cause vomiting (like ipecac) because it could cause damage on the way up. If your child has poisonous substance on the skin, remove the clothing and rinse the skin in water. If eyes are exposed, they should be flushed with a steady stream of water. Button battery ingestion is an emergency because it can cause serious tissue damage. Your child should be brought to the emergency immediately.

Prevention is key, so protect your children by making the home poison-proof! 🚫

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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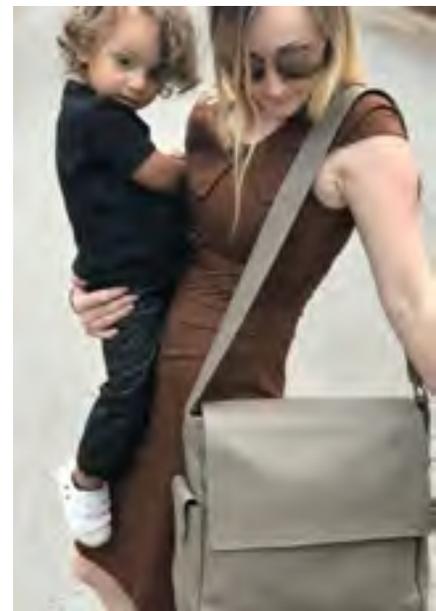
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CONCUSSIONS IN CHILDREN - A HEADACHE OF A PROBLEM

In the old sitcoms, a head injury would cause amnesia and then a second head injury would instantly reverse the effects of the first injury. Unfortunately, in real life, the second head injury multiplies the impact of the first. The knowledge that repeated injuries can lead to significant and irreversible damage, has led to guidelines for delayed return to activity and sport.

A concussion is defined as a jolting of the brain. It can result from a hit to the head from heading a ball in soccer, knocking the head against the boards in hockey, or a hard fall to the ground. There are generally no findings on imaging, so CT scans or MRIs are not recommended when symptoms point to a concussion.

Symptoms of concussion include headache, loss of balance, dizziness, blurred vision, mood changes, sensitivity to light and noise, and fatigue. There is increasing awareness of concussion so that it is difficult to know whether the incidence has actually increased.

Children who have suffered a head injury require to be watched carefully in the first 48 hours to look for symptoms of more worrisome head injury. The following symptoms require immediate medical care:

- Your child has a headache that gets worse, or they develop a

severe headache.

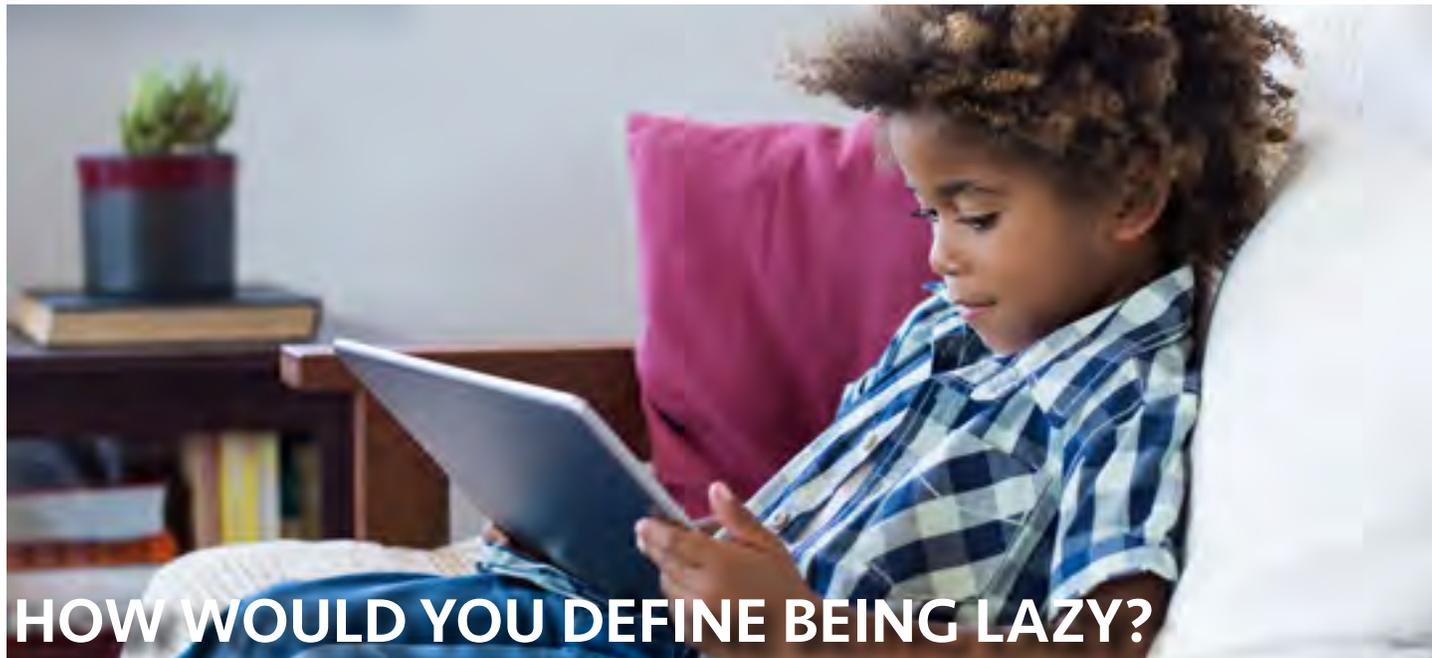
- Your child has arm or leg weakness, loss of feeling, or new problems with coordination.
- Your child will not eat or stop crying.
- Your child has blood or clear fluid coming out of his or her ears or nose.
- Your child is an infant and has a bulging soft spot on his or her head.

The most important treatment for concussion is physical and mental rest. Return to play should be delayed in order to prevent a second injury. Screen time can delay healing and prolong symptoms. This is, perhaps, the most challenging restriction for most kids today. The gradual return to activity should be guided by your primary care provider or a physiotherapist with expertise in concussion management.

Sport and play are such an important part of development, it is crucial not to restrict play for fear of injury. A cautious return after injury will ensure lifelong health and activity- a long term gain for short term caution! 🧠

*Renee Coughlin, RECE at London Children's Museum
Member of the Community Early Years Partnerships*





HOW WOULD YOU DEFINE BEING LAZY?

Join 12-year-olds Mikaeel and Ella every month as they share perspectives on life as a child sees it.

Give us your best definition of lazy?

Mikaeel:

Being lazy would be if someone had to get something done and instead of doing it they just do nothing and sit around.

Ella:

Being lazy means doing something just because it's easier, even when it would probably be better to do it the harder way.

Do you think lazy is a positive or negative term?

Mikaeel:

I think lazy is a negative term because instead of doing something positive, like being productive, you do something negative, like watch tv.

Ella:

I think it is a negative term because lazy people never do things for themselves.

Do you ever consider yourself as lazy? When?

Mikaeel:

I do sometimes consider myself lazy when I am feeling tired or have nothing to do.

Ella:

Sometimes when I wake up in the morning, I'm so tired I sleep for twenty more minutes even though I know I need to get up and get ready for school.

Does it frustrate you when others are being lazy?

Mikaeel:

It does sometimes frustrate me when people are being lazy because then they aren't doing their job and other people have to pick up their slack.

Ella:

Yes, it frustrates me when others are being lazy because they always get others to do jobs for them that they really should be doing themselves.

Anything else you'd like to add?

Mikaeel:

I hope you enjoyed the article and won't be lazy as much.

Ella:

I would like to add that if you really want to do something amazing, you have to work for it and can't be lazy. 🧘

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DADDING THE DAYS AWAY

I always thought fatherhood would come easy to me. I grew up surrounded by young kids (my mom ran a home daycare), I studied psychology with hopes of becoming a child therapist, I worked for a parenting magazine in my 20s, and then I became an elementary school teacher. Right up to the moment our son was born, I thought *"I got this!"* – boy was I wrong!

No amount of preparation can get you ready to be a father. I remember feeling completely transformed the moment I became a dad. Those first few seconds when I held my newborn son on my chest are engraved in my soul. His wiggly body against mine as he adjusted to the air and light of this world... while both my husband and I adjusted to this new sense of immeasurable love for him, and for each other.

Each year that followed was filled with unforgettable firsts. Many were joyful – first baths, first cuddles, and first giggles. Many were challenging – first explosive poops, sleepless nights, and fussy feedings. And some were downright frightening – first fever, first surgery, and those long nights of inconsolable crying.

Fast forward to our present life where most days I feel like I'm on autopilot. Through the tornado of parenting two kids under 5, I seem to recall flickers of trips to the school bus stop, soccer lessons, swimming, and cooking meals together. When I part the sea of ever-growing laundry baskets, grocery bills, to-do lists, and toys, I somehow make the time for basic hygiene, a part-time job, an overdue haircut, and my first new pair of sneakers in over two years. My "good intentions" list of journaling, making photo albums, and learning to play guitar for the kids are now distant, dream-like, faded ideals.

Fatherhood done right is hard work. Like all parents, there are days I feel like a complete failure and I just want to hit that snooze button on life or crawl under that pile of Lego bricks to disappear for an hour (or ten). But there are also days I feel like a super hero, able to juggle an insurmountable number of fire-lit clubs at once. We all need to remind ourselves that while kids are the ultimate energy drain, they are also the ones that will recharge your battery. Being present, making the time to play with them, laugh with them, and be silly with them is the ultimate "dadding" dose we all need.



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

Happy Father's Day! 🎉

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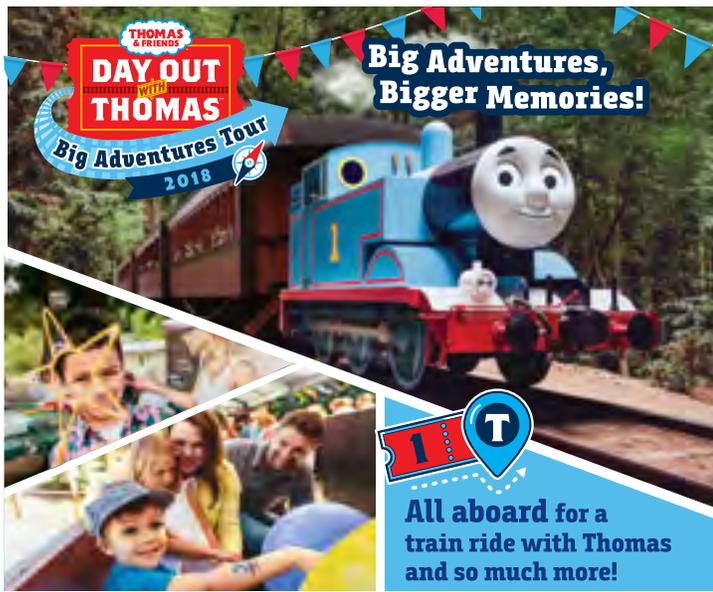


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THE MOM & CAREGIVER.

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DAD'S DAY COLA CARNITAS

putted pork tacos



- 2 1/2 lb boneless pork shoulder, cut into 3" pieces (can use chicken if desired)
- 1 cup cola beverage
- 1 onion, thinly sliced
- 4 cloves garlic, finely chopped
- 1 teaspoon each of cumin, chili powder, and dried oregano
- 2 teaspoons salt

Combine pork, cola, onion, garlic, herbs and salt in a slow cooker. Cook on high for 5-6 hours. Transfer everything (pork and liquid) to an extra large saucepan and bring to a vigorous simmer over high heat. Break up the meat with a spoon as you cook, and reduce the liquid until it coats the meat (15-18 minutes). Serve in flour or corn tortillas with shredded mozzarella, lettuce, corn, red onion and a squeeze of lime. Serve with beer or lemonade, and toast Dad generously!

Celebrating 20 YEARS!

WHERE ARE THEY NOW?

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

Meet Sydney. She was one-year-old when her cover was printed, and now she's fifteen-years-old, currently in grade 10 at Oakridge Secondary School.

A word from her and her mom, Jody:

What are her current interests?

I have been figure skating with the Ilderton Skating Club for 13 years and skate individually as well as on a team. I also volunteer weekly in an Alzheimer's Outreach Day Program and am part of a community-based non-profit organization called the Byron Believers. In my free time, I enjoy reading, writing, and baking.

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

When I look at my cover I feel proud and unique as it is something that many of my friends have never experienced. I'm always amazed that I was able to sit still long enough for the picture to be taken!

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

I am honoured that I get to be a part of something so fun and special for the second time in my life. I can't wait for all of the amazing memories that will come from this experience.

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

Jody: Sabina is amazing, we had so much fun with the calendar and it turned out to be so much more than we had ever expected.

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

Jody: Great, insightful articles, helpful suggestions for parents. I like knowing what's new in the kid world as far as places to go and things to see as a family.

Photo by One12 Photography
Calendar Photo by Paula Tizzard
Anything else you'd like to add as we celebrate our 20th?
Jody: No, it just keeps getting better and better! 🎉

"Advertising with The Mom & Caregiver has opened another door for our business with the branding of our Southwood Dental Studio name. It has provided great exposure and has helped us target all the mothers and kids, especially with the dental articles we write each month. Sabina is a complete joy to work with and our relationship has been strong since day one. She has been helpful in other areas of community events we have been part of such as our Give Kids a Smile."

- Dr. Agrawal, Southwood Dental Studio

TESTIMONIAL

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RUSTIX STUDIO



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. 🌳

Rustix Studio is a family business that is owned by Heather Torraville and Jay Aristone based in London, Ontario. Within a few years, they are now one of the most sought after custom table makers in the city. Nothing you get there will be cookie cutter.

When you purchase a Rustix table you don't just get a piece of furniture, you get an experience. You start the process with Heather and Jay by designing your dream piece- customizing the size, wood species and style. Then, they get to work, sending updates along the way. Once completed, the table is delivered personally by the Rustix team and installed.

One thing you also get with Rustix is a story behind every piece. Rustix uses urban lumber right from our very own city. Trees that need to be taken down for building purposes or are becoming hazards, are cut by the city and delivered to the Rustix workshop. Each table comes with a Certificate of Authenticity, showing the location of where the wood came from, allowing each customer to have their very own piece of "Forest City".

The Rustix team also offers free design consultations. If you are unsure of what style table, colour, or size would be right for your space, they are happy to send in one of their designers and help with the process.

From the words of Heather and Jay, "Our team at Rustix is dedicated to creating unique handcrafted furniture that captures the style and design expressed by each individual client. We are constantly striving to hone our skills and stretch our creativity to satisfy ourselves and our customers. We aren't happy until you are."

Rustix Studio is located at 6621 Pack Road. Clients are always welcome to stop by, meet them in person, have a tour, and discuss any projects you have in mind.



KANSAS CITY: FAMILY FRIENDLY MID-WEST VIBE



Kansas City, Missouri, might be the most family-friendly city in the Midwest U.S.A.

If you're ever attending a conference at the Sheraton Kansas City Crown Center, take the family. From the Sheraton, they can easily head out via a glassed-in above-ground pedestrian walkway to the Crown Center, home to the Crayola store, café, and activity center; a children's theatre company and Fritz's Railway Restaurant, a train-themed diner specializing in— you guessed it — hamburgers and fries.

From there, it's a short walk through Hall's Department Store to the Hallmark Visitor's Centre. Yes, that Hallmark. The privately-owned company is very important in this town, so much so the Hallmark Visitor's Centre is a free museum documenting the evolution of this greeting card, Christmas ornament, giftware, and feel-good television movie (there's a Hallmark channel in the U.S.) company.

Neighbouring Hallmark is Kaleidoscope. A free (by appointment) children's creative arts activity centre open Monday to Saturday. At Kaleidoscope, every hour groups of children make art from by-products of Hallmark's manufacturing processes.

You'll need at least two days at the conference, because across the street beside the fountain and public festival space is The Lego Discovery Centre - you can imagine what's there. Adjacent to Lego is Sea Life Aquarium where you can experience ocean creatures in their natural habitat.

It's all part of a privately funded 80-acre 'family fun' city-within- a-city envisioned by Hallmark Cards founder J.C. Hall to give back to his hometown of Kansas City and rejuvenate downtown.

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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WHAT IS THE KETOGENIC DIET?

In last month's article I described how following a ketogenic diet helped me to lose 60 lbs in just over a year. But what is the keto diet anyways?

The ketogenic diet or keto (pronounced key-toe) is a way of eating. It's low in carbohydrates, moderate in protein, and high in fat.

When you follow a typical standard American diet, your body breaks down carbohydrates into glucose which is then used as energy in the body. Energy would typically come from sugars found in fruit, dairy products, or starches such as rice, pasta, and bread.

When you reduce your carbohydrate intake to a very low level, your body shifts into a ketogenic state and begins using fat for energy instead of glucose. This shift happens because all the glucose in your body has been depleted. Your body needs to find an alternate source of energy. This is where your stored fat comes in handy!

This depletion of glucose in your body triggers your liver to begin converting fat stores to energy by creating glucose from triglycerides. This process produces ketones which are acids that build up in the blood and are released from your body via urine.

Just like that, your body starts using its own fat and the fat you consume for energy!

When you have ketones in your blood, it means that your body is in a state of ketosis. Ketosis happens naturally and is essentially a survival mechanism that helps humans survive when food is scarce. While you won't be starving yourself into a state of ketosis, you will be lowering your carb intake intentionally to a level so low, that it triggers this metabolic state.

It takes the fat you ingest, as well as the fat on your body and burns it for fuel- a totally different way to fuel your body. When you don't eat many refined sugars or carbohydrates, your blood sugar stays at a stable level. You may have noticed in the past, for example, if you ate toast in the morning it wouldn't be long until you'd be checking your watch to see how long until lunch.

I just don't feel hungry anymore. It's one of my top reasons I believe I have had so much success with keto and maybe you can too. 🍷



Joanna Wilcox is from Woodstock, Ontario and works full-time as a Marketing Manager. You can connect with her on Instagram and Youtube at @ketoincanada, Facebook at IAmKetoInCanada, or website lamketoincanada.com, where she offers a beginner's guide and group support.

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NAVIGATING THE GREEN MONSTER

Jealousy – also known as the dreaded Green Monster – is a feeling most people have felt and been on the receiving end of at some point in their life. Jealousy is usually aroused by low self-esteem, mood swings, feelings of insecurity, co-dependency, fearing you are not good enough, and anxious attachment. These factors that relate to jealousy are about the insecurities of the jealous people.

You should realize that a person’s jealousy isn’t about you, it’s about them. Although their responses and behaviors affect you, it reflects their own life struggles.

How should you deal with jealousy if you’re the one acting jealous? Several actions can help you cope:

1. Avoid situations that are likely to arouse assumptions and comparisons with other people. Snooping on social media increases worry, leading to even more spying, and creating a vicious cycle of increased monitoring and jealousy. Social media is one dimensional and does not tell the complete story. As a culture we use social media to brag which often makes others feel inadequate.

2. Avoid making assumptions about people or feeding into gossip. Reflect on how your behavior and attitude are setting you up to judge people and compare yourself to others.

3. Work on yourself. By building confidence, you will feel more secure in your own skin and relationships.

4. Communicate with people around you. If you are experiencing jealousy, calmly explain your feelings and discuss how to find a solution. This reduces anxiety and lets people understand your behaviors. Taking ownership for your behaviors will likely bring out positive responses, instead of expecting everyone else to meet your needs.

Sometimes jealousy is justified especially in an intimate relationship. Sometimes your jealous feelings may be a good reason to leave the relationship and seek someone whose relationship goals are more compatible with yours. But, when you get jealous over “stupid things,” you’re not showing love- you’re revealing your own insecurities. ☹️

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.



Emily Beeckmans
B.A., B.S.W., M.S.W., RSW

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LEGALIZATION & INTOXICATION

When Katie the miniature poodle arrived for her appointment in her dad’s arms, the front desk staff had to double-check her file. Her records indicated she was only a year old, but she was unable to walk, visibly agitated, dribbling urine, and her eyes had a vacant stare that added years to her appearance. Katie’s dad, a kind man in his early forties, explained that Katie had seemed fine that morning before he’d left to run errands. He’d called us immediately when he came home and found Katie completely lethargic.

After an examination, all signs pointed to marijuana toxicity. We asked Dad if there was any way Katie could have found some around the house while he was out.

He replied, “Absolutely not! She was with my son the whole time while he was playing video games!”

No matter how she’d ingested it, her symptoms indicated that the window to induce vomiting had passed, so we provided supportive care to keep her comfortable until the effects wore off.

With marijuana legalization on the horizon, cases like Katie’s are be-

coming more and more common. Fortunately, most forms of recreational marijuana are rarely fatal to pets and, although extremely uncomfortable, can be managed. However, when prescription cannabis or marijuana mixed with chocolate (or brownies) is ingested, the outcome can be much worse.

Marijuana toxicity concerns all pet parents, not only those who use cannabis products. Increasingly, dogs are unknowingly finding discarded marijuana cigarettes on walks or becoming exposed to secondhand smoke and becoming sick. Additionally, our furry friends have a way of discovering things in our homes that we might not even realize are there ourselves!

As with most illnesses, marijuana toxicity is most easily treated if detected early. Your veterinarian’s first concern is always patient care, so they truly want you to be honest and upfront if you suspect your pet has ingested any drug. Katie made a full recovery, but quick action could have saved her a lot of discomfort. The exact location of Katie’s “stash” remains a mystery, but we have a feeling that her parents (and siblings) will be extremely vigilant so it doesn’t happen again! 🐾

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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THE ENERGY BALL THAT WILL WIN THEM ALL

These balls!! These balls are the bomb-diggity! Looking for a snack to add to the school lunch roster? Look no further. Here's one that you AND your kids will love. These balls of delicious goodness are jam-packed with healthy ingredients to make a satisfying and satiating snack in lunches, on the go, or at home.

I don't have a recipe, but that makes it more fun! No two batches are ever the same in my house. Below are some of the delicious ingredients you will find in mine – chia seeds, dried cranberries, sliced almonds, sunflower seeds, puffed quinoa, mini chocolate chips, pumpkin seeds, and unsweetened coconut.

Here's how you can make your own version of these:

Step 1: Raid your local bulk food store for your favorite ingredients. Don't forget natural peanut butter (or a peanut-free alternative) and whole oats.

Step 2: Find some ripe, mushy bananas. I usually buy a bunch of bananas every few weeks, let them ripen on the counter (so they are starting to brown on the outside) and then peel and store them in a Ziploc bag in the freezer. Take out 2-3 and either let

defrost in the fridge overnight or microwave if using right away. Mash with a fork before adding the rest of ingredients.

Step 3: Make the balls! It's really that simple. Start with the mashed banana and add the peanut butter or peanut-free alternative (about 1 cup). This will be your base. Add the oats and the rest of the ingredients, as desired. I usually add about ¼ cup of 3-4 other ingredients. You can use milk or an unsweetened plant-based beverage to find the right consistency if you add too many dry ingredients. Roll into balls!

Step 4: (optional) Bake the balls for about 15-20 min at 375 degrees F. You can also eat unbaked. Sometimes I roll in unsweetened coconut if I'm feeling fancy.

Step 5: EAT ONE! Challenge – try stopping at just one (trust me - it's not easy). Refrigerate or freeze the rest. The great thing about these is you can make a huge batch and freeze for lunches and quick and easy snacks 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.

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HAIR IN A HURRY

Every parent knows what it's like to juggle the morning chaos while trying to put your best foot forward. When it comes to getting ready in a flash, here are some of my favourite hair savers that are perfect for moms on-the-go.

Clean It Up

One of the quickest ways to freshen up your tresses is with Dry Shampoo. These lightweight, deodorizing products are designed to soak up oils, refresh the hair and scalp, and add volume without washing your hair. I prefer an aerosol formula that acts as a mist as it is easy to brush through from root to end.

Pump Up the Volume

Texturizing sprays and powders are the perfect tools to add immediate volume and redefine existing shape. These hair transformers are perfect to use whether your hair is worn up or down, and can add lift, movement, and texture.

Smooth and Shine

An absolute must-have is a shine-enhancing serum. These silky formulas help to

defrizz, smooth, and add shine to even the dullest of tresses. Perfect for smoothing out existing styles and giving hair that perfect, polished look. Serums are also great for concealing split ends.

Say "freeze"

A medium hold hairspray is a staple in my hair regimen to help lock in styling, smooth away loose ends, and keep tresses in their place without feeling super stiff. Medium hold formulas are workable and brushable, so you can use them day after day without worrying about residue and build up.

Conceal

Trying to deal with the "natural sparkles" in-between colour appointments? A root touch-up spray or powder will do the trick. Simply apply to the where the hair splits for a quick cover up and top with a medium hold spray to lock in the colour. ☺

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