

THE MOM & CAREGIVER™

MAY 2018
VOLUME 20 ISSUE 5

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THE MAGIC
OF PLAY

DEAR
MOM
You Were Right.
I'm Sorry.
Thank You.

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EDITORIAL 04
Words From the Heart

05 **EVENTS CALENDAR**
May

NEW BEGINNINGS 06
Energy & Sports Drinks: To Drink or Not to Drink?

07 **LIFESTYLE**
The Keto Lifestyle

AS THEY GROW 08
Managing Screen Time

10 **THE NEXT STAGE**
Take Time to Play

KID ZONE 11
Do You Think Boys & Girls are Different?

12 **FRANKLY FATHERHOOD**
Dear Mom

BRUSHING UP 13
Latex Allergy

15 **20TH YEAR CELEBRATION**
Where Are They Now?

BIZ SHOWCASE 16
Just In Time Solutions

17 **ARE WE THERE YET**
Africa Rocks at the Zoo

FOSTERING DREAMS, ADOPTING HOPE 18
Celebrating Volunteers, Children,
& Youth In Care Day

19 **LIFE BALANCE**
Handling Your Emotions

PET FRIENDLY 20
Fleas, Ticks, & The Great Outdoors

22 **FOOD FOR THOUGHT**
10 Tips to Save You Money on Groceries

BEAUTY AND WELLNESS 23
Spring Cleaning



11



08



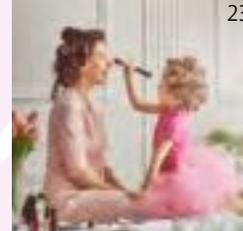
15



20



17



23



12



10



22

On The Cover



Vieanna Rosa showed up with curlers in her hair, and we knew they just had to stay for the shot! She is a happy and carefree girl who loves soft blankets and silly noises. A huge thanks to Little Labels Boutique for our cover kid's beautiful outfit.

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

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WORDS FROM THE HEART

I'm sitting down with a proof copy of our May issue, and my eyes are drawn to an article by Frank Emanuele (page 12). I can't stop reading it over and over again. It's an open letter to his mother, and it so much reminds me of the editorial I wrote last year at this time. It seems that Frank and I have much in common – being parents and having parents makes us this way.

Frank and I both chose May as a time to sit down, full of some regret, a bit of apology, and much, much love, to write a note to our mamas. It's Mother's Day, and although there's not a day that goes by when I don't miss my mom, the freshness and newness of spring allows me to take time to quietly remember our relationship.

I miss you Mama. I miss talking to you every morning. Oh, if only I could hear your voice again. Sweet are the memories when I, as a little girl, would love to kiss your red lips, hoping that your lipstick would transfer onto mine so I could be as beautiful as you. You showed you loved me, through the things you would do

for me, but I regret so deeply that you could never say "I love you". To this day, I long to hear those words. But, culture got in the way. With your upbringing in a faraway country and me being raised and influenced by a culture foreign to you, clashes and challenges arose. (excerpt from Editorial, The Mom & Caregiver, May 2017)

"The art of mothering is to teach the art of living to children"
- Elaine Heffner



To be honest, writing the May Editor's Note is often the hardest one of the year for me, as I, like Frank, struggled with a mother-child relationship that was tested by cultural and language barriers. I also regret that my last conversation with my mom was an argument, and I just wish it could have been different.

My hope is, reading this will give you a reminder to end every conversation, every visit, every goodnight with a cherished one in a positive, loving way.

Have a very Happy Mother's Day to all of the amazing women in our lives! 🌸

Sabina Manji,
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MAY EVENTS

05/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pasta Making Cooking Class Jill's Table - London	2 PVRIS London Music Hall	3 Ting Comic & Graphic Arts Festival The ARTS Project - London	4 Community Play-group LPL Cherryhill	5 Longwoods Heritage Weekend Ska-Nah Doht Village & Museum - Mt. Brydges
6 Wine & Paint Alton Farms Estate Winery	7 Storytime LPL Central	8 LEDC's Online Recruitment Strategies Best Western Conference Centre	9 Toastmaster's Communications Western Campus	10 Dwayne Gretzky London Music Hall	11 Disney's The Jungle Book Original Kids Theatre Company	12 Special Effects Make-up Class Chatham Christ Church
13 Happy Mother's Day! Mother's Day Brunch London Convention Centre	14 GEM's Girl's Club Strathroy Reformed Church	15 Learn to Run YMCA - Chatham-Kent	16 Art Class - Koi Fish Painting Romantic Designs Artist Studio - St. Thomas	17 My Story: My Tattoo Photo Exhibition Woodstock Museum	18 Day Camp: Science in OUR World London Children's Museum	19 Kustermans Berry Farm Opening Weekend Mt. Brydges
20 Pioneer Village Opening Weekend	21 Pennywise London Music Hall	22 Junie B. Jones The Musical Jr. Original Kids Theatre Company	23 Across the Pond: British Invasion Port Stanley Festival Theatre	24 Adult Creative Crafts LPL Byron	25 Canadian Opera Arts Academy: Opera Scenes Western Campus	26 Broadway in London - Sound of Music RBC Theatre
27 Street Hockey Tournament Victoria Park	28 Faster. Higher. Stronger: Chatham-Kent Olympian Exhibit Chatham-Kent Museum	29 Youth Billiards Night Boys & Girls Club - Sarnia	30 Exercise the SMART Way (55+) LPL Crouch	31 Free Talk-in Counseling Services Craigwood Youth Services - Strathroy		

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May 11th

Disney's The Jungle Book
Original Kids Theatre Company

May 13th

Mother's Day Brunch
London Convention Centre

May 18th

Day Camp: Science in OUR World
London Children's Museum

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ENERGY & SPORTS DRINKS: TO DRINK OR NOT TO DRINK?



Energy and sports drinks are widely available and advertising may tempt children and youth to try these products. So, best arm yourself with information for your children's sake!

Sports drinks are different from energy drinks. Sports drinks are mixtures of water, sugars, minerals, and electrolytes. They may be used for rehydration during or after exercise to replace water and recover electrolytes lost from sweating. For athletes involved in vigorous physical activities, sports drinks can help replenish huge losses. For children engaged in routine physical activities, water is likely sufficient. Most sports drinks have unwanted calories and long-term use may lead to obesity and dental erosions.

Unlike sports drinks, energy drinks are not intended for hydration. Energy drinks claim to boost energy, decrease fatigue, and improve concentration. They contain stimulants such as, caffeine, taurine, and guarana which can cause wakefulness and provide a temporary energy boost. Caffeine levels vary among energy drinks. The caffeine content for some energy drinks can exceed the maximum daily limit for children.

Children are at higher risk for side effects from caffeine than adults like anxiety, headaches, fast heartbeat, sleep difficulties and irritability. Caffeine has also been linked to harmful health effects for a developing child's brain and heart while also interact with other medications. Given the serious health risks, avoid giving energy drinks to children.

If you have more questions or concerns about these beverages, ask your doctor for additional guidance. 🧐

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.

THE KETO LIFESTYLE

My name is Joanna Wilcox and in December 2016, I found myself at my own personal rock bottom. At 5'7", I weighed 203 pounds and was uncomfortably overweight. My size 14 pants were getting snug and I was over it. Over feeling tired, having back pain, and feeling unattractive.

Only two months prior, I had sought out help for emotional eating. I wanted to make sure that I dealt with the root cause of my weight gain- stuffing my face when I was upset, lonely, or bored. The counsellor I met with told me to stop eating carbs. Not information I found overly helpful for emotional eating, but it did trigger me to look into low carb diets, the ketogenic diet in particular.

While doing my research I came across a before and after photo. The photo was of a woman who had lost 30 pounds in 8 weeks. If she could do it, why couldn't I? On Thursday, December 1st, I recorded a video of myself in my bathroom in a sports bra and black workout pants.

Awkward with selfie videos, I decided that if I was going to change then I needed to put it all out there. As embarrassed as I was, I knew I was capable of committing. I uploaded the video to an Instagram account I created called @ketoincanada.

On the account I shared my weight loss journey daily- the foods I was eating, struggles, victories and of course, weight loss. Sharing my journey and supporting others following the ketogenic diet became a part of my day-to-day life. A wonderful community formed around me and almost 500 days later I continue to share my ketogenic lifestyle with others. I lost 60 pounds in one year and am now on a fitness journey while continuing to follow a ketogenic diet.

Over the next year, I look forward to sharing more about the ketogenic diet and my experience with you. Please feel free to connect with me on Instagram: @ketoincanada, Youtube: ketoincanada, Facebook: IAmKetoInCanada or my web site where I offer a beginner's guide and group support: iamketoincanada.com. 

Joanna Wilcox is from Woodstock, Ontario and works full-time as a Marketing Manager. Outside of work, she enjoys family life with her husband Steve and two children Taylor (aged 7) and Carter (age 4).





MANAGING SCREEN TIME

Minimize, mitigate, be mindful, and model.

I must confess that my children were weaned on Sesame Street. At that time, television was really the only screen in the house. Today iPads, phone screens, television and computers all compete for the attention of our children. And educators, health care professionals, and parents begun to sound the alarm about the amount of screen time our children are exposed to.

The evidence is also starting to mount. Excessive screen time has been found to contribute to a sedentary lifestyle and childhood obesity. As well, an association between excessive screen time and attention difficulties has seen an increased link to language development and cognitive abilities. The use of screens also impacts the development of relationships within families and may then affect the ability to form social interactions.

The Canadian Pediatric Society, recently published recommendations on managing screen time in young children. As children under the age of two have a difficulty time transferring information that occurs in two dimensions to the real three-dimensional world, the guidelines looked at children under the age of two separately from those from two to five.

The guidelines are as follows:

Minimize screen time.

- Screen time for children younger than 2 years is not recommended

- For children 2 to 5 years, limit routine or regular screen time to less than 1 hour per day
- Ensure that sedentary screen time is not a routine part of child-care for children younger than 5 years
- Maintain daily 'screen-free' times, especially for family meals and reading
- Avoid screens for at least 1 hour before bedtime, given the potential for melatonin-suppressing effect

Mitigate (reduce) the risks associated with screen time.

- Be present and engaged when screens are used and, whenever possible, co-view with children
- Be aware of content and prioritize educational, age-appropriate, and interactive programming
- Use parenting strategies that teach self-regulation, calming and limit-setting
- Model healthy use of screen time

It is difficult to be sensible in an environment of plenty- we live in a world with too much food, too much distraction and too many screens. While it is difficult, we can minimize, mitigate, and be mindful, of the risks for our children. 🧠

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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TAKE TIME TO PLAY

Many families today feel bombarded with timelines and routines to follow that children are often the victim of. As our lives become more structured, children have fewer opportunities to engage in experiences that are free from adult instruction. Over the past few decades, there has been a dramatic rise in the number of children experiencing feelings of anxiety, depression, and a sense of hopelessness. The evidence tells us it is time to reprioritize and bring play back to the top of our "To Do" lists.

This is where we can look to our youngest citizens for guidance. Children spend most of their early years in a state of play. They observe and connect with the world around them in a way that is motivated by instinct and inquiry. Children attend to the intricate details within each moment. They constantly create opportunities to engage joyfully with the world and people around them. As adults, we need to take notice of this way of living. We can join children in focusing on small, intriguing details all around us. We should spend time thinking in the realm of possibility. We must let go of our desire to focus on outcomes and results and learn to re-engage with the space and materials we encounter daily. We have to slow down and simply enjoy the process of interacting with our world.

The next time you are sitting in traffic feeling eager to get somewhere, pause for a moment. Bring your attention to something other than your destination. Take a moment to look out your window and observe what is going on around you. Move your gaze across the surrounding landscape. Develop questions about what you are noticing. Who might have built the roads you are driving on? What exists below the road? What was in this place long before the road was built? Let your mind wander until you no longer care about the answers but find joy in asking the questions. In this state of curiosity, you are able to bring your focus into the present moment, follow your instincts and notice how good it feels to be playful.

As we begin to invite play back into our lives and experience its benefits, it will become easier for us to advocate for more play for our children. 🌸



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





DO YOU THINK BOYS & GIRLS ARE DIFFERENT? IN SCHOOL? IN SPORTS?

Join 11-year-olds Mikael and Ella every month as they share perspectives on life as a child sees it.

What are your thoughts about this?

Mikael:

My thoughts are that girls and boys should be equal and that girls should be able to do what boys do and boys should be able to do what girls do.

Ella:

I think that girls are just as good as boys in sports and boys are just as smart as girls in school. Boys can love sewing and cooking and girls can be athletes and builders.

How do you feel boys and girls are different or the same?

Mikael:

I think boys and girls are different mainly because of interests but are the same because they can do the same things.

Ella:

I think the only difference is that it's a different body and I hope that the rest of the world is starting to notice that too.

Do you think teachers and parents feel the same as you?

Mikael:

Yes, I think they do.

Ella:

I know that my parents feel the same way as me and I think my teachers do too.

Do you think people in other countries feel the same way about this as people in Canada?

Mikael:

Not necessarily because each country has different culture beliefs about what girls and boys can and can't do.

Ella:

I think that some countries are still stuck in old ways, but certain people are starting to speak up that it is not right to treat people differently just because of their gender.

Anything else you'd like to add?

Mikael:

In some things, I think girls and boys are different but in others we are the same. There is a girl I know that wants to play tackle football but can't because there is no league. Whereas I could play in a tackle football league if I wanted to and that is unfair.

Ella:

I've been asked so many times why I wear my hair short or why I don't grow it long, but the answer is simple- I like it this way. I don't care if it doesn't seem girly because if I can play sports with boys and do all that other stuff, what does it matter if my hair is short? Don't be afraid to be who you are no matter if it doesn't seem traditional for your gender. You are you and no one can change that. 🙌



DEAR MOM



Dear mom,
You were right. I'm sorry. Thank you.

You were right. It's not until I'm knee deep in my own parenting journey that I stop and reflect on your experiences raising three kids. I distinctly remember you saying, "One day, when you have your own kids, you'll understand". Those words fell flat on the selfish child who was barely listening, but now I really do understand. Raising kids takes a lot of work! We're tired, we make mistakes, we're frustrated, emotional, and feel challenged all the time. How is it possible to love your kids so much one second, then want to be far, far away from them the next, only to feel incredible guilt for letting your mind even go there? Becoming a parent completely rewires your brain and adjusting to "the new normal" is a constant struggle. I get it now.

I'm sorry. I'm sorry I was a challenging child and an angry, rebellious teen. "Because I said so" was the trigger I needed to make your week miserable and now I find myself uttering the same words to my kids. I'm sorry you were caught in such an impossible situation, raising your kids in a foreign land, barely speaking the language. You relied on me to communicate to

the world and I resented you for it. While I should have understood that families are supposed to help each other, I shamed you for your ignorance. I now understand.

Thank you. Thank you for loving us unconditionally and always providing for us. Through your actions you taught us that working hard pays off, that families always stick together, and not to sweat the small stuff. I learned that life isn't always fair, that it's up to me to make the changes I need, and to always respect others. I understand the value of growing my own vegetables, cooking at home with my kids, and sharing whatever I have with others. You did your best and I am grateful for you.

And while I barely have the time for self-reflection these days, I'd like to think I'm a good person and I am doing a fairly good job raising my two boys. You were instrumental in shaping the man I am today so again, dear mom, you were right, I'm sorry, and thank you.

Love always,
Your son Frank 🍷

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

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If it's discovered that you have a latex allergy ahead of an appointment, let your dentist's office know at least 24 hours in advance.

This will allow your dental office to institute their latex-free protocol including, preparing the room for your appointment and ensuring they use latex-free gloves. You aren't be a difficult patient for doing this- you are looking after your own health and safety. Your dental office doesn't want to do anything to put you in danger, and they will appreciate your letting them know that latex is a concern for you.

Finally, be sure that your latex allergy is well-documented in your medical chart at the office, to avoid any potential problems going forward.

Be proactive. Be vocal. Be safe. 🧐



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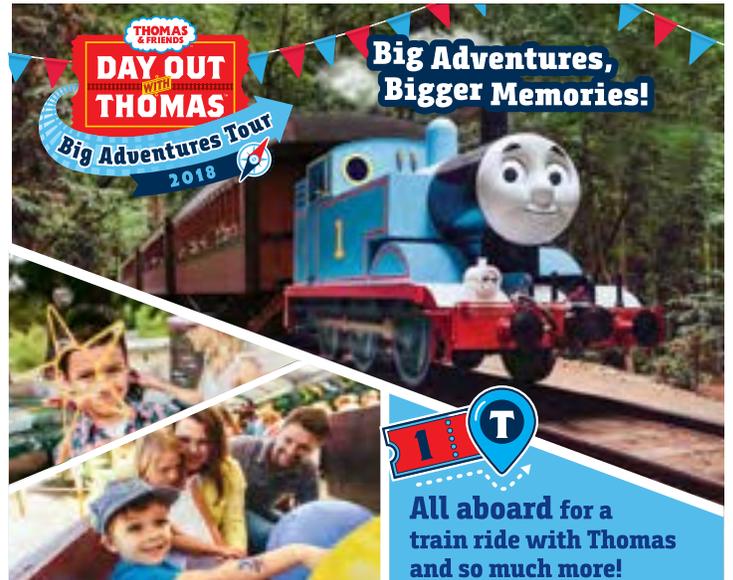
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WHERE ARE THEY NOW?

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

Meet Jackson. He was two and a half when his cover was printed, and now he's eight-years-old.

A word from his mom, Patricia:

What are his current interests?

Playing with his friends, going on his iPad, and he loves watching the Toronto Blue Jays and WWE.

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

He thinks it's really cool! He brings it to school once a year to show it off and everyone loves it!

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

It really got me thinking back to when we shot the cover, which was a very bittersweet time as it was two days after Jackson's brother Blake (now 5.5 years old) was born. Originally, Blake was suppose to be born on March 20, 2012, and in the weeks leading up to that day I was getting nervous thinking about the responsibility this new little man was going to have in his life- being the brother of someone with special needs. Such responsibility is lifelong and it wasn't his choice but rather one that we were making for him. Well, after a bit of a turbulent birth, Blake came into the world shortly after midnight on March 21, 2012. This just so happens to be World Down Syndrome Day- it was as if he was saying, "it's okay Mommy, I got this." Needless to say, the week we shot this cover was a roller coaster of emotions and the absolute perfect time to honour Jackson before he took on his role of "big brother."

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

Sabina was awesome with us and Jackson! We had the pleasure of seeing her earlier this year and she still remembered him.

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

I like the content! It was especially helpful in my earlier years of being a parent.

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

Thanks for showcasing our kids and sharing content that all parents can enjoy and benefit from. 🍷



Photos by One12 Photography

TESTIMONIAL

"I have recently met Sabina and am delighted to work with her. Sabina is a great business woman who is not only knowledgeable, she is considerate and extremely helpful to new business entrepreneurs. I am always greeted with a big hug. She is genuinely warm and sincere and has made me feel very much like a part of the Mom & Caregiver family."

- Tulin, oobaby

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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. 🌸

There comes a time in most mom's lives when chaos takes over. As a mom myself, I have found some days so overwhelming that it felt like I was just circling the drain. While I have always been organized, when I became a mom keeping my environment organized and functioning became a lot more work with other humans in the mix!

There came a time when my children were in school full-time and I wanted to help other families survive the chaos life can bring, which led to "Just In Time Solutions" being created. In 2001, I started my epic journey of Professional Organizing- becoming 1 of 9 Certified Professional Organizers in Canada in 2008. And families across Southwestern Ontario began to see the advantages of living in an organized household.

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If you're at a stage in your life where you've had enough and just *know* there must be a better way to live, but don't know what to do- the team at Just In Time Solutions can help.



AFRICA ROCKS AT THE ZOO



What's cuter than a penguin? Whatever it is, you'll find it at the San Diego Zoo. Yes, you've seen the zookeepers on television, heard about the conservation facility- now head out to California and visit this 40-hectare zoo, home to more than 3,500 rare and endangered animals.

Speaking of penguins, you'll find them swimming with Leopard Sharks at the zoo's newest addition: Africa Rocks! That's right, penguins might have marched across the Arctic in animated movies, but they're also found in Africa- and at the San Diego Zoo- among newly created rocks, crevices and grasslands designed to replicate natural surroundings at the Africa Rocks exhibit.

Also enjoying a new more natural habitat is a baboon troop once housed within concrete walls of a German zoo. Now, complex social hierarchies unfold among trees and rocky hills. Mischievous baby baboons scurry between adults engaging in 'enhancement' activities designed to keep minds occupied, part of the zoo's mandate. Down the path, you can see cheetahs and dogs living together- that's right each cheetah lives with a calming canine buddy.

The zoo is easily an entire day's visit, but you can rent strollers and the Kangaroo Express tram moves people around the park. You can also choose from numerous \$89 special experiences, including a two-hour 'Inside Look Tour' called Penguins and Friends. The zoo is in museum-filled Balboa Park, a 20-minute drive from San Diego SeaWorld and a 40-minute drive from LEGOLAND California. (zoo.sandiegozoo.org)

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

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CELEBRATING VOLUNTEERS, CHILDREN, & YOUTH IN CARE DAY

Hi, my name is Sara and when I was just six-years old I had my first memories of being in foster care.

That same year, with assistance from the Office of the Provincial Advocate, Youth in Care across the province of Ontario conducted the now historic Our Turn Our Voice: Youth Leaving Care Hearings. Since then many exciting and important changes have occurred. In 2014, the Provincial government proclaimed May 14th as a day of celebration and recognition for all children and youth living in a Children's Aid Society. Children and Youth in Care Day is intended to help raise awareness of the challenges faced everyday by the 8000 children and youth living in care.

It was at the 2017 Children and Youth In Care day celebration, with the Children's Aid Society of London and Middlesex that I had the opportunity to meet Sandy, a long-standing volunteer driver for the Society.

Sandy ensured that all youth had the opportunity to participate by providing the much-needed transportation to and from the

event. Personally, he has taken the time to drive me to visits, youth in care meetings, youth drop ins, and therapy. Sandy goes the extra mile to get to know everyone. He lets us use his radio and dvd player and he even remembers my favourite band and song. This personal touch helps me feel like he really cares and that I matter!

It's so important for every youth in care to have that one special person who makes them feel like they are special and cared about, and Sandy has done that for me and for many children and youth living in care.

With April as volunteer recognition month and May 14th as Youth In Care Day for the CAS of London and Middlesex, I wanted to say thank you to Sandy and all the awesome volunteers who make a difference in children's lives. I also want to encourage everyone to find a special way (have a party, make a special meal, read My Real Life Book, hug a youth) to celebrate and recognize a volunteer and a child/youth living in care on May 14th. 🎉

Sara B is currently 13 years of age, is an aspiring writer and a youth in care of the Children's Aid Society of London and Middlesex. To learn more about the many volunteer opportunities at the Children's Aid Society of London and Middlesex, please call 519- 455-9000 ext.2539 or visit caslondon.on.ca



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HANDLING YOUR EMOTIONS

We can all remember a time where in the heat of the moment our emotions got the best of us and we acted without considering the consequences. Sending a rash email, yelling at the kids- our emotions can explode and by the time we become grounded the damage already is done.

We are bombarded by social media every day with stories of people losing their cool and reacting to being pushed to the limits. At times, it appears people are always apologizing for their emotional reactions. Meanwhile, others are paralyzed by fear and anxiety and are too scared to seize the moment to

“While we cannot always choose our emotions, we can choose our response to emotions.”

speak up. The consequences and guilt over freezing can be just as detrimental. Either way managing our emotions is tricky.

This raises the question: “am I in control of my emotions or do they control me?”. Emotions are not taught in school and as adults we have a complicated range of emotions with no manual of how to navigate them. Plus, the new trend that we MUST be happy always leaves no room to explore negative emotions and instead encourages denying they even exist.

Denial and repression are not healthy ways to deal with emotions – good or bad—so I’ve created a list of healthy coping mechanisms to help you navigate all your emotions.

Here are some strategies to help you cope:

1. We cannot turn emotions on and off. Instead, let yourself feel fully and then act according to your values.
2. Emotions are not positive or negative- they exist on spectrum. Sit back take a time out and reflect on what is behind your anger or fears and develop ways to work through them.
3. Remind yourself that you are not your emotions. You are a person with values and commitments that has emotions which are triggered daily by your surroundings. Practice noticing your emotions without becoming one with them, so they no longer have the power to determine your behaviors.
4. Be mindful that imposing emotions on those around you will not solve the root issue. Ignoring emotions can result in them coming out on the people you love, causing you to push them away.
5. We always have choice. A feeling does not prevent you from acting, however it can mold how you react. Observing your emotions even when they feel overwhelming, creates a space in which we can ground ourselves in our values and commitments.

While we cannot always choose our emotions, we can choose our response to emotions. Learning to regulate our emotions is the closest thing to a superpower a human being can possess. Being mindful of your emotions takes practice and patience with yourself- and as they say, “practise makes perfect”. 🌸

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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FLEAS, TICKS & THE GREAT OUTDOORS

For many Canadians, summer is best spent by the lake. There's nothing like emerging from the rootbeer-dark water, climbing onto the dock, and drying off with a warm towel. However, this moment is quickly ruined when a leech is discovered burrowed between two wrinkly toes!

Acquiring an unwanted hitchhiker can spoil a summer vacation for both us and our furry family members. The warm months of the year are nicknamed "Flea and Tick Season" because while we are enjoying the weather, these creepy crawlies are out, looking for hosts.

However, our pets don't have to go to a swim to pick up a pest! Their close proximity to the ground and warm fur make them easy targets.

Fleas

Unlike ticks or leeches that will feed and detach, fleas will feed, breed, and live on a host. A cat or dog with fleas will be constantly bitten, causing extreme discomfort, pain, and eventually, anemia from blood loss. Fleas can also carry intestinal parasites like tapeworm, which can be transmitted to your pet if ingested.

Ticks

Tick larvae, nymphs, and adults (who'll lay thousands of eggs) need to feed each time they transition to the next stage of their lifecycle. While burrowed in their hosts, ticks can transmit many nasty illnesses, including Lyme disease. Recently spotted in Canada, the new "Lonestar Tick" has been known to pursue its prey and human hosts have afterwards developed an allergy to red meat!

Prevention

When humans go for a hike, we use bug spray and check ourselves for ticks. For pets, there's a lot more to consider, such as lifestyle, if there are cats in the household, and even the animal's weight. With many knock-off brands on the market, it can be tricky to find a safe and effective preventative, so consulting with your veterinarian is always the best option to put your pet's health first.

Just like true Canadians, fleas and ticks don't seem to mind the cold, so many pet parents choose to use prevention year-round. However, these pests love the heat as much as we do! With a proper action plan, we can ensure that when we pack up the cottage at the end of the summer, we don't bring any creepy crawlies home as souvenirs! 🐾

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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10 TIPS TO SAVE YOU MONEY ON GROCERIES

Who says you can't eat well on a budget?! It's a common misconception that eating healthy is expensive. With a little bit of effort, planning and with these 10 tips in your back pocket, you can eat well on a budget.

1. Skip the junk! Foods and beverages high in calories, fat, and sugars like cookies, chips, pop, are low in nutrients and don't just add to your grocery bill (if you get what I'm saying). Keep these foods for special occasions.
2. Going grocery shopping when you are hungry is like going to Costco without your list and no willpower. Eat before you shop! You're less likely to make impulse purchases when you're not hungry. If you're anything like me, you end up spending way more than you budgeted for and leave with a cartload of food you had no intention in buying.
3. Shop for sales. My best friend opened my eyes to the world of flyer apps a couple years back. The money she saves monthly on groceries is incredible! Although it takes a little bit of effort and planning, it's totally worth it. Check out flyers, coupons, and websites for deals. *Reebee* and *Flipp* are two apps that I use to get weekly deals and to help create my meal plan and shopping list.

4. Compare prices and price-match. Compare the unit price on labels to find the less expensive product and then price-match products on sale in other grocery stores where available.
5. Stock up on lower-sodium canned goods when they are on sale to keep in your pantry.
6. Buy only what you know you will use. Buying in bulk may lead to waste. Freeze meat, poultry, fish, and bread to extend their shelf life.
7. Choose in-season fresh vegetables and fruit when you can.
8. Buy frozen vegetables and fruit when fresh produce isn't in season.
9. Use plant-based proteins like tofu, beans, lentils, and other legumes instead of meat.
10. Have a budget and pay with cash. You're more likely to stick to your budget.

Give these tips a try this month and see how much you can save in a year by keeping track of your monthly grocery expenses! 🍷

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

SPRING CLEANING

Spring into the new season by ridding the old and embracing the new. It's time to shed the layers of the winter and bloom into a more radiant you!

Cleanse

Detoxing isn't just for the body. Our hair and skin also need to be revived and renewed and what better way to reveal a brighter, healthier you than with a deep cleansing mask. Look for gentle exfoliating masks that help to remove build-up of dead skin cells that tend to accumulate on the skin and scalp over the winter season. Consult with your hair and skin professional for the best recommendation and indulge in a beauty-boosting treatment.



Purge

Out with the old, in with the new! The spring season is a great opportunity to purge old cosmetics and skincare products and freshen up your daily essentials. Check expiry dates and look for changes in colour, smell, and consistency. A great rule of thumb is: when in doubt, throw it out.

Lighten Up

With warmer temperatures, opt for lightweight formulas for both skincare and cosmetics. You may want to switch from a cream to gel formula for your daily hydrator and choose moisturizing over mattifying foundations and concealers. Spring is also a great time to soften up your shades of makeup and play up a more natural glow.

Protect

SPF is important to use all year round but an absolute must-have for the spring and summer season. Invest in two formulas – one for the face and one for the body to ensure maximum protection without sensitivities. ☺

Leave the winter blues behind and step into a brighter, lighter and more vibrant you. Stay Beautiful!

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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