

THE MOM & CAREGIVER™

AUGUST 2018
VOLUME 20 ISSUE 8

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**WELCOMING
COMPETITION
INTO YOUR LIFE**

**TOP
10 SUMMER
ACTIVITIES**



**HOMEMADE
BERRY
POPSICLE
RECIPE
PAGE 22**

**Bows, Toes & A
Wet Nose!**

**HOW TO
RAISE
CONFIDENT
CHILDREN**

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

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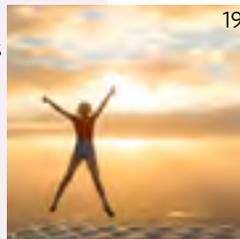
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ON THE COVER

Isla and Alice were amazing with our energetic dog, Scottie. Not only did they love his soft fur, but the feel of the furry blanket as well. Our only job - trying to keep everyone's bows (girls' and dog's) in good shape!

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Photostylists

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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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ON THE ROAD AGAIN

|| Stop worrying about the potholes in the road and enjoy the journey." - Babs Hoffman

I try my best to live by these words in my daily life, but no more so than in the summer. For many of us, summer is a time for road-trips, and I love a good driving journey. (As long as it includes yummy snacks and catchy tunes, of course!) I checked in around The Mom & Caregiver office to find out where my carefree co-workers are road-tripping this summer. Here's what they had to say:

Our copy editor, Sabrina, has plans to follow a favourite band through the American Midwest.

Graphic designer, Alison, catches up with girlfriends on a yearly jaunt to a cottage in Minden. And, assistant editor, Melissa, just returned from a family get-away to the Henry Ford Museum in Michigan. This gives me so much inspiration, yet so little time. The summer is flying by, and

"A little bit of summer is what the whole year is about."
- John Mayer

I'd still love to fit in a road trip to Nashville. Our youngest authors (only 12 years old!) offer their two cents in Cars! Cars! Cars! Mikaeel would love to travel to Northern Ontario to view lakes and forests in a Porsche. Ella would road trip in a big convertible on the car ferry to PEI. See more from Ella and Mikaeel on page 11.

Are you looking for an adventure this August? While it may not be the first destination that comes to mind for young ones, Las Vegas has cheap and family-friendly activities to enjoy. Sherri Telenko helps us turn Sin City into Kid City on page 17.

If travel is not on your summer to-do list, then hear out Frank Emanuele. He shares his Top Ten Family Summer Activities in this month's Frankly Fatherhood. Stay at home in your own backyard with sprinklers and barbecues! Then get your kids in the kitchen to whip up a cool batch of homemade popsicles. No need to heat up the house with baking when dessert can be Summer Berry Banana Yogurt Pops – YUM! See page 22 for the full recipe.

So, here's my August challenge to you, parents. Drop what you're doing – put down the laundry basket, tuck away your cell phone, set aside your never-ending chore list – and take a trip. Whether it's a grand road trip or simply an escape to your own backyard, make memories with your kids while the summer's still here! 🍷

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AUG 08 / 2018 EVENTS

1st

Disney's Sleeping Beauty KIDS
with Waking Sleeping Beauty
Original Kids Theatre Company
July 28th-Aug 5th
www.originalkids.ca

8th

Stitching in the Park
Victoria Park
www.londonmodernquiltguild-canada.com

10th

Movie Nights in the Park:
Coco
Victoria Park
www.londontourism.ca

15th

Garden Yoga
Eldon House
www.eldonhouse.ca

18th

Saturday Strolls
Eldon House
www.eldonhouse.ca

25th

London Taco Fest
Budweiser Gardens
Parking Lot
www.budweisergardens.com

28th

Early Years Play Dates
London Children's Museum
www.londonchildrensmuseum.ca

2nd

London 2018 Ontario
Summer Games
2nd-5th
www.london2018.ca

9th

London Paint Night!
Winks Eatery
www.paintnite.com

13th

Space Explorers Program:
Summer Camp
Western University
www.spaceexplorers.uwo.ca

16th

Journey & Supertramp
Grand Theatre
www.grandtheatre.com

20th

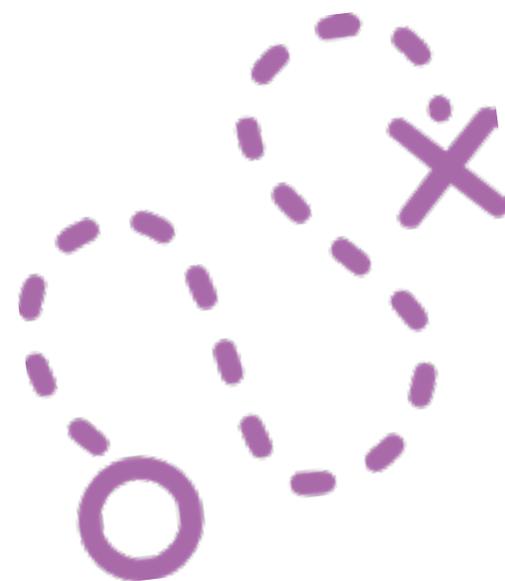
Tween Culinary Creations
Camp
London Children Museum
20th-24th
www.londonchildrensmuseum.ca

27th

Storytime!
LPL London
www.londonpubliclibrary.ca

30th

Girl's Night Out Thursdays
Bourbon Street Cajun & Creole
Kitchen
www.bourbonstreetlondon.ca



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SCREEN TIME SAFETY

Screens are here to stay...whether you use a television, computer, laptop, tablet or smartphone. These devices can be useful, but there are risks involved, especially where our kids are concerned. How do you figure out what is best for your family? The Canadian Pediatric Society recommends setting some limits:

- No screen time for children under 2 years of age
- Less than 1 hour a day for children between the ages of 2-5 years.

Negative effects of screen time:

- Increased risk of childhood obesity
- Decreased time spend in active outdoor play
- Less face to face time with you which affects their learning of communication skills and vocabulary
- Less time spent building the all-important attachment relationship between parent and child

Other things to consider:

- You know your child best. Do you notice an increase in negative behaviour after your child has been exposed to screens?
- Did you know that background TV has an adverse effect on children? They are easily distracted and are less active while they play. Consider turning your TV off when no one is watching. You could put on some music instead.
- Did you know that screen use close to bedtime can interfere with sleep (for both adults and children)? This is due to light and stimulation. Turn off screens an hour or more before bedtime. Establish a calming bedtime routine that includes reading books and talking together about them.
- You have probably heard that you should be watching media with your children. Did you know that you can take it one step further and talk to your child about what you are viewing? You can help them build on past knowledge and help them

Stop, listen, and reflect.

apply what they are learning in the future.

- If you have children of different ages it can be difficult to find something that is suitable for everyone. You may have to limit the older child's viewing to when the younger one is asleep or not present.
- Your behaviour and attitude towards screens will influence your child more than anything. Remember, there is always someone watching you!

Ensure you are not missing out on important opportunities with your little one:

- When you pick them up from school or childcare, put your phone away so they can tell you about their exciting day!
- When you are driving in the car with them, it's a great time to have important discussions or sing together instead of turning on a screen.
- Get outside and move with your kids! It's good for you and for them!

For more information:

<http://www.zonein.ca/zoneinworkshop/category/articles/> 📱

¹ Digital Health Task Force Committee. Canadian Pediatric Society. (2017, June). Screen time and young children. Retrieved from <https://www.caringforkids.cps.ca/handouts/screen-time-and-young-children>

² Zero to Three. (2018). Screen time. Retrieved from <https://www.zerotothree.org/espanol/screen-time>

³ Child and Youth Network, London, Ontario. (2018). It all starts with words. I'll know how to unplug. Retrieved from <http://www.2000wordstogrow.ca/>

Heather Bywaters RN PHN
Middlesex-London Community Early Years Partnership





THE “RUMBLY TUMMY” CAUSES & CURES

Diarrhea occurs when stools are passed more frequent and loose than usual. How can you tell if your child has diarrhea? Comparing your child's current bowel pattern with their typical bowel pattern helps. Normal stooling patterns depend on age.

A breastfed baby's poop usually has a mustard-colored, watery, and seedy quality. Number of stools per day vary. A healthy breastfed baby can have one or two stools per week or up to about 10 stools per day. By 18 months of age, most babies will have about one or two formed stools per day. Normally, stools are formed because liquid in the stool is reabsorbed through the large intestine's lining. However, when the intestines get irritated like during an infection, the stool will go through the intestine quickly, causing liquid stools aka diarrhea.

Diarrhea lasting less than 2 weeks is considered acute. After two weeks, the condition is considered chronic. We will focus on acute diarrhea. This type of diarrhea can be caused by infection of the gut from a virus, bacteria or parasite. Other

symptoms may include fever, vomiting, and tummy pain. Most cases of acute diarrhea get better with time, but some cases can be serious. Contact your child's doctor if you see any of these symptoms: dehydration, bloody stools, vomiting green contents, or diarrhea lasting more than 2 weeks.

The main treatment of acute diarrhea is maintaining hydration. Infants need small, frequent amounts of special electrolyte solutions (such as, Pedialyte), formula, or breastmilk. Avoid giving water as it provides no sugar or electrolytes. Solid intake is not as important if your child's appetite is low, as long as fluid intake is maintained. Restricting solids or following special diets is not necessary. Antidiarrheal medications are not recommended because they do not cure the problem and can mask symptoms. Usually, antibiotics are not needed but it may be necessary in certain bacterial or parasitic infections if stool cultures confirm the infection. Probiotics has been shown to help shorten the duration of acute viral diarrhea.

Seek advice from your doctor to determine if it is appropriate for your child. 🧑🏻‍⚕️

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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HOW TO RAISE CONFIDENT CHILDREN

Perhaps one of the most distressing things for me in practice is the alarming rate of anxiety and depression in adolescents and teens. The core belief that underlies many mental health problems is the belief that you are not worthy. Self esteem is a core value that helps to give us what some psychologists call “stress hardiness.” This can be one of the most difficult values to help develop in your child. Is it all about praise and bolstering the ego of your child or is it more nuanced than this?

Praise can be a double-edged sword. Too much praise at every turn can make children “praise junkies”, training them to seek external validation. Instead, showing unconditional love can teach your child they are worthy in the face of both success and failure.

An easy way to provide opportunities for this? Encourage your child to do tasks around the house. Ongoing hands-on practise develops a feeling of competence by completing something and also bolsters their sense of worth. It might mean tolerating tasks being done poorly but, over time, the sense of con-

tributing to the household helps children feel like an integral part of the whole. This mastery and competence is something they will carry into other situations.

The Canadian Mental Health Association suggests that the key is developing confident children. Here are some of the things that the Association says you can do to help raise confident—not coddled—kids:

1. Celebrate the uniqueness- help your child discover their own special talents and encourage those rather than comparing to others.
2. Set goals for mastering skills to encourage a sense of accomplishment.
3. Try, try, again- encourage perseverance in the face of failure.

Finally, have self confidence in yourself as a parent and you will raise healthy, happy, 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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CARS! CARS! CARS!

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

Do you think cars are simply good for getting you from here to there, or do they serve another purpose?

Mikael:

I think they serve another purpose and that's making travel enjoyable. Having fun and feeling comfortable is also another purpose.

Ella:

I have only really thought of cars as a mode of transportation.

What three words would you use to describe great cars?

Mikael:

I would say performance, luxurious, and reliability.

Ella:

Spacious, green (environmentally friendly), and cool.

If you could invent three new things to include in a family car, what would they be?

Mikael:

My three new inventions would be storage under the seats, areas for pets, and a fridge and freezer.

Ella:

First, I would invent a better ventilation system so that if you

didn't want the windows down it wouldn't be stuffy in there. Secondly, I would make a way so that when you are zooming down the highway the car could take all that air rushing by and turn it into power. Thirdly, I would make hidden compartments all over so that you could have more room for luggage and stuff.

Would you ever work in the automobile industry? If so, what would you do?

Mikael:

If I worked in the automotive industry I would want to be a test driver that way I could drive all the new cars.

Ella:

No, I don't think I would ever want to work in that industry. It just doesn't interest me.

If you could own any car once you're old enough to drive, what would it be?

Mikael:

My dream cars are a 2014 Porsche Panamera 4S executive and a BMW 7 series.

Ella:

I think I would get a big convertible with lots of seating and room in the trunk. 🍷

TOP 10 SUMMER LOVIN' WITH KIDS!



I love the summer! The long sunny days, the smell of freshly cut grass, and the delicious BBQ dinners fill my soul. And since having kids, summers have become more memorable (and exhausting) than ever. Here are my top 10 things that I love to do each summer with my kids!

10. Gardening – While gardening and weeding do take at least 5 times longer with kids, I enjoy the time together exploring the dirt, talking about worms, and watching the fruits of our labour grow throughout the summer. Family favourites are cherry tomatoes, basil, and mint!

9. Sprinklers – the pure and uncensored joy of kids running through sprinklers on a hot summer day is impossible not to enjoy! A close second are water balloon fights.

8. Hikes and walks – Walks or bike rides through the neighbourhood or the woods are the perfect after-dinner activity that we love. We look for animals, new plants, flowers, and our neighbours!

7. Summer movies – when the heat is too intense or we just need

some relief from the sun, we seek refuge in the basement with a favourite movie with more popcorn than we could possibly eat.

6. Ice cream, watermelon, and freezies! Summer treats and snacks that drip down your chin taste so much better when the heat is on.

5. Summer Festivals – Festivals fill the summer weekends in London. Everyone finds something they enjoy from kid-zones, vendors, food trucks, and live music. Some of our favourites are Rib Fest, Sun Fest, A Day Out with Thomas, and the Pride Parade.

4. The Beach – A trip to Grand Bend or Port Stanley is a must for us. A day of sand, sun, and a refreshing dip in the lake are exactly what summer is all about.

3. BBQs – We often host family and friends for an exercise in seasonal gluttony! Cold drinks, grilled meats and veggies are what makes summer meals quick and oh-so-tasty!

2. Water parks and splash pads – summer just isn't summer without a trip to East Park or touring the many splash-pads throughout the city.

1. Theme parks – Our love of thrill rides is thankfully being passed on to our boys. We love roller coasters, bumper cars, and Ferris wheels! Our oldest seems to enter a new height restriction category each year and we relish sharing new ride experiences together.

What are YOUR must-dos for the summer? Visit our Facebook page and let us know! [👉](#)

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



LEGO DAY

Saturday, August 25

Join the Screen Free
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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 Lorren. She was 4 years old when she appeared on our cover, now she is 10 years old.

A word from her mom, Nak Tum & Lorren:

What are her current interests?

Her current interests are painting, dancing, playing with friends at the park, mathematics, playing with our pup 'Maggie', fashion design, arts and crafts, and cooking.

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

Looking back to the cover, it makes Lorren feel happy, adored, and special.

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

We are excited and feel very honoured to take part in such a unique and fun opportunity! Celebrating The Mom & Caregiver's 20th year means more meaningful moments.

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

In Lorren's words- "Being on the magazine has made me feel kinda like a celebrity. Like a red carpet feeling!" Family and friends all received a copy, including Lorren's kinder-

garten teacher, who asked Lorren to sign her name on her magazine. Also, our family doctor at the time, discovered Lorren's face on the cover (they receive the magazines in their office) and asked for it to be hung on their bulletin board. It was all around a neat feeling. As a parent, of course, the magazine was framed and hung.

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

What's amazing about The Mom & Caregiver magazine is that it is FREE, London-based, and located in so many areas where parents could easily grab one. It reflects on everyday parenting and the tools we can benefit from, as well as share amongst one another. It connects networks within the community to find the most useful resources for parents. It's an all-around very useful magazine - not to mention the various contests. The answers/ comments to the contests are not only for a great prize, but very insightful - a very smart way of educating readers, as well involving us in good fun.

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

A huge congratulations to The Mom & Caregiver Magazine on their 20th celebration! Wow! We would like to thank you so much for including us in such a unique opportunity. From Lorren being on the cover to a six-year-later update, these memories will forever be cherished and shared with our family and friends. We wish The Mom & Caregiver Magazine success and many more great issues to come. Cheers! 🍷

Photo by One12 Photography



TESTIMONIAL

"The Mom & Caregiver Magazine is like your mom. She is always there, helping her kids learn, grow and develop into incredible members of society, and then sitting quietly in the background letting them shine the way she always knew they would. A few years ago, Sabina asked if we would be interested in being part of The Mom & Caregiver family, and I was certainly interested in connecting with London moms. Over the years, through their team's efforts, we have gained from our relationship. We have adjusted how we advertise, changed our engagement within the magazine and have been given opportunities to shine through their Facebook and online efforts. I am so glad we joined the Mom & Caregiver family as I know they have been sitting quietly in the background watching us become what they always knew we could. Congratulations on your well deserved anniversary!!"

- Brent, Neighbourhood Pet Clinic

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Afraid of waxing? You're not alone. But it doesn't have to be that way.

Most of us have - or know someone who has - a waxing horror story. The last thing you want to do with your 17 minutes of free time in the week is feel uncomfortable or in the back closet of a nail salon.

Whether it's WAXON or another salon, here are some things you can do to prepare, and make sure your experience is as painless as possible (yes, there is a way)!

Skin prep. Exfoliating helps decrease the chance of ingrown hairs. Use a sponge, loofah, scrub, brush or glove and rub in the opposite direction of hair growth.

Hair length. Yes, there is an ideal hair length, and it's the size of a grain of rice. Too short, and hair might get missed. Too long, and it's more painful for you. Just trim up with small scissors before you arrive if needed!

Timing. If it's the week of your period, or you are pregnant, your pain tolerance can be lowered. During those times, take extra precautions to ensure a flawless wax like using our client-approved numbing cream!

Consistency. Waxing lasts longer than shaving, and you are less likely to get ingrown hairs or irritations since it's every 4-6 weeks, not every second day. Plus, hair will grow in softer and finer and it will become less painful for the following appointment.

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(ALMOST) FREE FAMILY FUN IN LAS VEGAS

YES- VEGAS!

Every time I go to Las Vegas, I'm surprised how many people bring young kids. During last ten years, I've noticed significant changes: Sin City has cleaned up – at least along The Strip – and except for gambling, it's almost sinless. However, it is expensive.

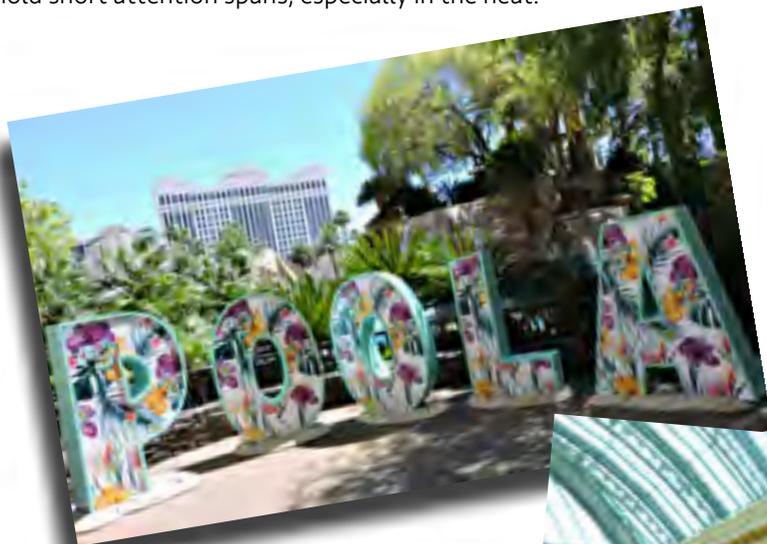
Yes, what was once land of the \$4.99 buffet is now pricey. If you're considering the journey, here's a list of worthwhile free entertainment, good values, and popular options to avoid.

First, make sure to visit the free, picture-perfect gardens inside the Bellagio Hotel. It's a perfect way to spend an afternoon, plus with the floral theme changing four times a year, you'll never see the same thing twice. Coordinate your visit so you step outside minutes before the 'dancing waters' fountain show starts. The two-song presentation is an ideal length to hold short attention spans, especially in the heat.

Next, select a hotel with a decent pool. Las Vegas hotels add a daily 'resort fee' at check-in, so make use of the facilities you must pay more for. The Excalibur is good family value for its location, but the pool is small and crowded in the summer. The Mirage is beautiful, and the nightly free volcano show captivating.

Watch out! The Mirage's Siegfried and Roy's Secret Garden dolphin and tiger habitat is not worth the admission. Save the \$22 per person for a real zoo. Shark Reef at Mandalay Bay, however, is worth the payout, especially if people are scuba diving with the sharks. Be sure to see the beautiful aquarium inside The Forum at Caesars Palace. And, with the free animatronic show that bursts into flames on the half hour, it's an even sweeter deal. 🍷

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.





THE PATIENCE OF WEIGHT LOSS

I am fairly active on social media, and every day I get questions about the ketogenic diet. The most common ask, how do I start? Or how do I avoid the keto flu? However, there is one question that I receive multiple times a day and it goes something like this: I have been on the keto diet for two weeks and I have only lost 3 pounds. What am I doing wrong?

As women, we have to recognize that there are so many things that can result in weight fluctuations. Hormones, water retention, stress, digestion, and even lack of sleep are all factors that impact the number we see on the scale. In fact, it is possible to fluctuate 4 lb in just one day.

You want the scale to drop, but is that really the best measure of success? To base short-term success on a number, discounts all your hard work. To quit keto 3 or 4 weeks in because you've 'only' lost 5 lbs just doesn't make sense. In another four weeks you could be down 10 lbs, and then another 15 lbs a few weeks after that.

If you can play the long game, practicing patience with weight loss will ultimately reward you with success. We live in a world where we get things immediately. Have a question? Google it. Want to listen to a song? Apple Music has your back. But weight loss isn't something you can get immediately. It really is the product of consistent effort and good choices day after day after day. We've all heard it before – you didn't gain the weight overnight and it's not going to come off overnight either.

To put it into perspective, I was happy to lose 45 lbs in my first 6 months on keto. Not bad, considering my total goal was to lose 70 lbs. It then took another 6 months to lose an additional 15 lbs. At this point, I began working out with a trainer for 7 months, 3 times per week, and have lost only 2 additional pounds. 19 months in I am still 8 lbs from my goal. I have learned patience.

Put in 12 weeks of solid effort into your diet. Keep your mind set on making healthy choices every day and one day you will wake up in a different body. 🍷

For more helpful info on the ketogenic diet, connect with Joanna Wilcox on Instagram: @ketoincanada, Youtube: ketoincanada, Facebook: IAmKetoInCanada or her web site where she offers a beginners guide and group support: lamketoincanada.com.

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WELCOMING OUR COMPETITIVE NATURE

Let's be honest, we like to compete and compare our lives to others. As parents, we compare our children all the time, sometimes without realizing we are doing it.

- "Why isn't my kid as good as the others?"
- "How come my kid hasn't achieved that yet?"
- "Why can't my kid be more like his/her friend?"

We also like to compare ourselves to others. Our own perceptions and the perceptions others have, push us to constantly want to live up to ideals that are just that- unrealistic versions of ourselves. Then comes blame, guilt, shame and disappointment when we fail to meet these expectations. Human beings are competitive by nature, so this means our competitive nature is natural. Even though comparing ourselves and others is human instinct, how we choose to respond to these thoughts is entirely up to us.

Instead of trying to push away this natural behaviour, let's accept it as something that will happen inevitably, and use it to empower ourselves. By becoming aware of when we are having these harmful thoughts, we can choose to think differently. For example, rather than thinking about everything you do not have, appreciate about everything you do have. What can you do with the gifts and talents you have this very moment? Can you use them to work towards something you want or aspire to achieve?

Be resourceful. You have unique gifts and talents. Whether you like to show your life on social media or indulge in solitude- your life matters simply because you are alive. You are breathing, which means your life isn't over. All it takes is a little gratitude for the things you have, a little courage to say no to the things you don't want, and a little strength to go after the life you want. ☺

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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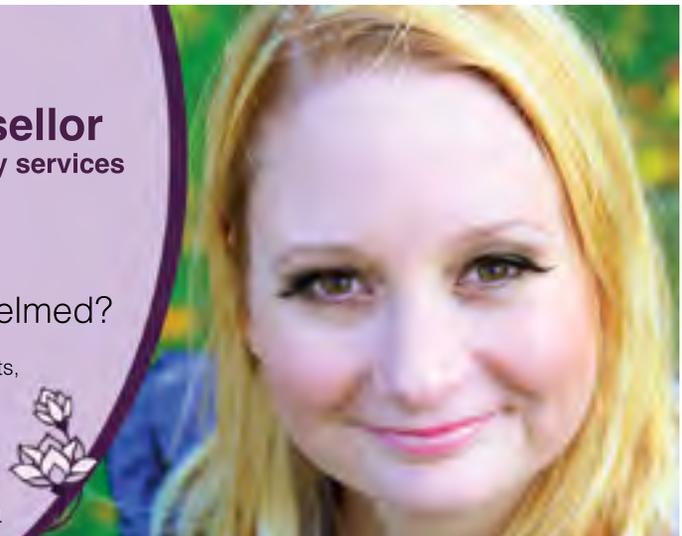
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“FELINE” CURIOUS: THE MOST SEARCHED CAT QUESTIONS

Cats have a reputation for being aloof. Humans, however, are natural communicators, which can make it difficult to understand cats’ illusive ways. So, as a result, many of us do what any twenty-first century human would do when we don’t understand something: look it up on the internet.

Here are our answers to some of the most commonly searched cat questions!

Who do cats think we are?

For the most part, cats treat us the same way they would treat another cat they respect. Behaviours such as rubbing up against us, kneading, or meowing are behaviours they developed during their relationship with their mothers, giving new meaning to the term “pet parent”.

What do cats eat?

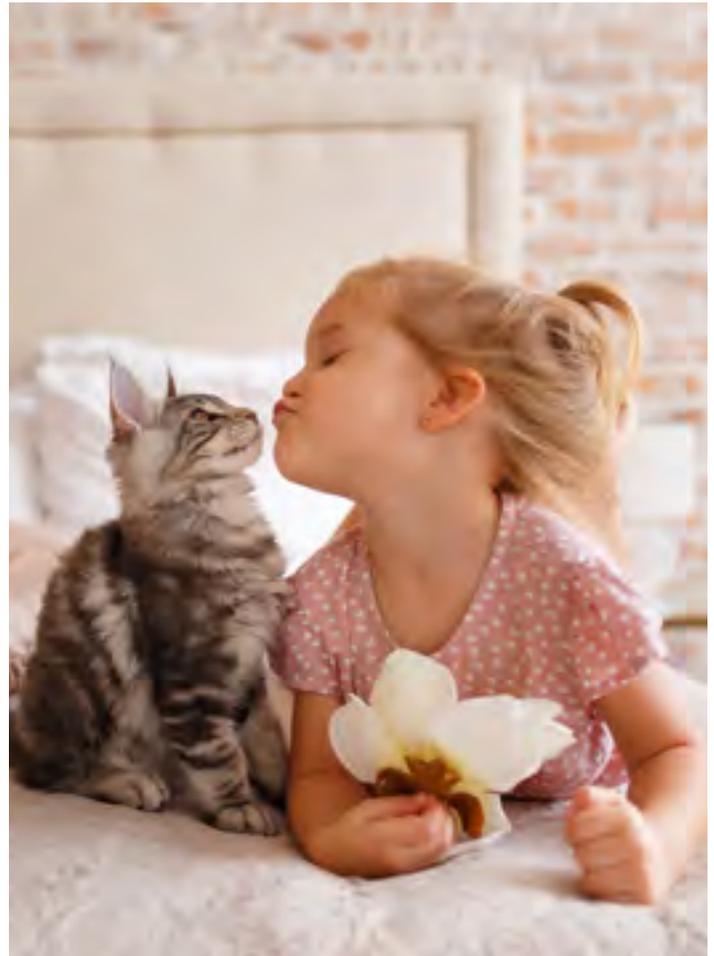
Cats are “obligate carnivores”, which means they require meat in their diet. While dogs mainly rely on carbohydrates as their main source of energy, cats depend on protein. Contrary to popular belief, cats shouldn’t have milk. In fact, within the few several weeks of life, their ability to digest lactose is reduced, which can lead to upset tummies if ingested.

Where do cats come from?

When the first hunter-gatherers started to settle in the Fertile Crescent, wild cats were attracted to the rodents that fed on their crop. This started a long history of domestication, and now we couldn’t imagine life without them!

When do cats go into heat?

Female cats have their first heat when they reach puberty, usually around 6 months. During this time, they will look for a mate (this even includes any brothers, sons, or fathers who have not been neutered).



Why do cats purr?

Purring seems to be a way that cats communicate with other animals. It tends to have a relaxing effect on the recipient, which may be a way that cats give us positive reinforcement as a response to a behaviour that the cats enjoy.

The internet is full of many interesting facts and articles, but your veterinarian is always the best resource when it comes to any questions you might have about your furry family members. Cats are mysterious creatures, but fortunately, even though they don’t communicate how we do, our feline friends have almost all the answers we seek... We just have to learn how to listen. 🐾

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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KEEP 'EM KOOL SUMMER BERRY POPS

It's hot hot hot – but we can't complain! How many times have your kids asked for a popsicle this summer? Probably a lot. Save a little \$ (and sugar) and make your own. Better yet, get your kids to help. When it comes to making sweet treats and being creative in the kitchen, who wouldn't want to help?! Let them use their imagination to take the lead in the kitchen while you get to "supervise".

The great thing about making your own popsicles is that you control what goes in them. You can even try and hide veggies in them! Here are some ideas to get the creative juices flowing.

Summer Berry Watermelon Ice Pops

Blend up your favorite summer berry and watermelon with some fresh squeezed lemon juice. Get your kids to help clean the berries, remove the watermelon from the rind, and squeeze

the lemon juice. Add a bit of water to the blender to make the popsicles more icy than creamy, if you like. Pour into your favorite popsicle mold and freeze for 4-6 hours!

Summer Berry Banana Yogurt Pops

A healthy treat that can't be beat! It's cold, creamy and has the perfect hint of sweetness. Start with about a cup of plain, lower fat yogurt. I personally like using Greek yogurt for that little extra protein kick. Throw in a ripe banana, another cup of your favorite summer berry, and a couple tablespoons of honey (optional – depending on how sweet you want them). I've made them before without the honey using riper (and sweeter), brown bananas and they were perfect. Blend together and pour into your favorite popsicle mold. Freeze for 4-6 hours.

Enjoy and stay berry cool this summer! ☺

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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STRESS BUSTERS

Parenting is all about the juggling-act and stress is definitely part of the equation. It's also a massive contributor to premature aging that affects us both physically and emotionally. Here are a few helpful tips to keep stress at bay and gbeauty at its best.

Clean and clear

Water is one of the best natural beauty elixirs that offers a multitude of benefits that go beyond skin deep. By consuming an adequate amount of H2O, you will naturally flush out toxins in the body that contribute to problematic skin, brittle hair, poor digestion, fatigue, fogginess, and headaches. Make an effort to consume more water daily, and you will not

only see the benefits, but you will also immediately feel them too.

Get your beauty sleep

Beauty sleep is essential for repairing the skin. Our mind, body, and soul all need time to replenish during a good night's sleep. If you want your skin and hair to look younger and healthier, and feel far more energized during the day, it's time to adopt better nighttime habits and put the "to-do" list to bed too!

Give yourself a "time-out"

Kids aren't the only ones who need to stop and settle down. When busy schedules are getting the best of you, permit yourself to take a 10-15 minute break to

step back and breathe. Almost everything will work again if you unplug it for a few minutes...including you.

Treat yourself

Every now and again it's important to treat yourself to the spa or indulge in a little luxury to relax and recharge. That is what beauty and wellness are all about - taking time to pamper yourself from head to toe while quieting your mind and relieve stress.

Little changes can create big results. Start by incorporating one beauty and wellness ritual at a time - 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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