

THE MOM CAREGIVER™

SEPTEMBER 2016
VOLUME 20 ISSUE 4

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**BACK TO
SCHOOL
ROUTINE**

**FALL IN THE
APPLE ORCHARD**

**DIETICIAN
VS.
NUTRITIONIST**
WHAT'S THE DIFFERENCE?

**WHICH TEMPERAMENT
TYPE IS YOUR CHILD?**

Apple Of My Eye

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ON THE COVER

Landon came with grandma to his photo shoot, and she exclaimed "that hat is so Landon!" He has a Halloween birthday, and starts school this month. Good luck Landon - we know you'll ace it!

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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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GOODBYE SUMMER SUN, HELLO SCHOOL FUN!

It happens every year. I just sat down to write my editor's note about that last school bell ringing, and now I'm dealing with the impossible fact that my son is starting seventh grade! Just last week we were spending a summer day on the back patio together, and now I'm teasing him that it's time for back-to-school fun. I always think of that Staples commercial with the excited parents singing "It's the Most Wonderful Time of the Year", and the school-age children looking glum that September has arrived.

Mikaeel is happy enough to be heading back to school to see friends now that he's in the upper grades, but I know a lot of readers are nervously sending their little ones off to school for the very first time this fall. You'll be excited to hear from Tina at the Early Years Partnership about different temperament styles in children, and how these can affect those first days and months of school.

Maybe you have an active, feisty child, or a child who is more reserved and fearful, or a flexible, easy-going child. Most likely, you have a child who is a combination of the three! Learn tips on page 6 to best work with each temperament.

One major skill you'll want to instill in your child is resilience. Fatherhood expert, Frank, (and we say expert because he's living it as father to two sons) suggests we don't rescue our kids from all situations. So play board games together – sometimes they'll lose and that's OK. Allow them to finish tasks independently, even if tying their own shoes takes longer. Your kids will thank you for this "resilience training" as they work their way through school and into adulthood!

There's been a lot of talk this back to school season about changes our current government has made to sex education. Whatever your belief on this topic, it's important to openly discuss age appropriate facts at home. Clinical counsellor, Emily, offers help with this tough subject in Life Balance.

After dropping your little ones off at school, grab a cuppa, and check out our brand new website, featuring recipes, crafts and parenting tips galore! And become a part of The Mom & Caregiver community by submitting your family's favourite recipe or craft idea at www.themomandcaregiver.com. **Happy September!**

Sabina Manji,
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*"Life starts all over again when it gets
crisp in the fall."
- F. Scott Fitzgerald*

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Photostyling Sabina Manji and Melissa Warkentin

SEPT 09 / 2018 EVENTS

3rd

Happy Labour Day!

7th

Movie in the Park: ET
Pinafore Park
www.railwaycitytourism.com

8th

Bug Day
London Children's Museum
www.londonchildrensmuseum.ca

13th

Masonville Book Circle
LPL
www.londonpubliclibrary.ca/

15th

Keith Urban
Budweiser Gardens
www.budweisergardens.com

26th

Early Movers
London Children's Museum
www.londonchildrensmuseum.ca

29th

London Bridal Expo
Western Fair District
29th-30th
www.westernfairdistrict.com

6th

Walking Club
LPL Westmount
www.londonpubliclibrary.ca

7th

Western Fair
Western Fair District
7th-16th
www.westernfairdistrict.com

11th

Farmer's Market
Western University
www.events.westernu.ca

14th

Perch Fish Fry
Merlin Community Hall
<https://bit.ly/2AUlokP>

17th

Storytime!
LPL Central
www.londonpubliclibrary.ca

27th

Party for Humanity
London Music Hall
www.londonmusic hall.com

30th

Canadian Cancer Society:
CIBC Run for the Cure
Victoria Park
<https://bit.ly/2KDr2ss>



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A STRENGTH-BASED APPROACH TO YOUR CHILD'S TEMPERAMENT

The word 'temperament' can sometimes generate less than positive feelings in parents. Often misinterpreted as 'temper', or associated with unwelcome behaviours, temperament has an undeserved reputation. Defined as "early-appearing patterns of observable behavior that are presumed to be biologically based and that distinguish one child from another." (Poole, 2012) temperament can be best understood by reflecting on the traits of biological rhythm, activity level, adaptability, physical sensitivity, mood, distractibility, persistence, and intensity of reaction. In the past, literature exploring temperament has classified this facet of human development into the three styles of Flexible, Fearful or Fiesty (Lieberman, 1993). A flexible style typically means an easy going child, a fearful style is commonly associated with a more reserved child, and a highly active and expressive child who is unsettled with transitions often possesses a feisty style. As with any other facet of development, children do not neatly fit into one style but possess a mixture of traits from two or all three styles.

It is important to recognize that each of the three temperament styles bring with them both challenges and triumphs. Framing your child's temperament using strength-based language can help you to better relate to your child, and can support your child to see themselves as capable and competent. Although the term 'flexible' does not typically conjure images of negativity, the terms 'fearful' and 'feisty' can foster a negative image and therefore require reframing. If your child has a predominantly fearful style, using alternate terms such as 'cautious', 'observer' or 'reflective' is likely to positively

shape this temperament style. Terms such as 'spirited', 'passionate' and 'energetic' can re-image the child with feisty traits as capable and competent.

Strategies to specifically support each style also merit consideration. A flexible temperament lends itself well to unexpected adaptations in the environment, and changes in routine. Ensuring that adequate and timely attention is given to a child with a flexible temperament is essential as sometimes children with this style can get 'lost in the shuffle'. A child with a cautious temperament is often reflective and a keen observer. Offering time and space for the child to observe prior to entering play or a new experience, is often helpful. For the child with a spirited temperament, warnings prior to transitions and leadership roles (such as helping set the table, or help with meal preparation) often brings out the child's temperament assets. Strength-based temperament language and strategies can ultimately empower your child to perceive themselves as capable and competent with much to offer to the world. 🍓

Lieberman, A. F. (1993). *The emotional life of the toddler*. New York, USA: The Free Press.

Poole, J. (2012, July 2). *Temperament: The key to understanding behaviour*. [PowerPoint presentation]. Retrieved from <https://slideplayer.com/slide/8271067/>

Tina Bonnett is a professor in an Honours Bachelor Early Childhood Leadership degree at a community college. She is passionate about exploring temperament with future leaders in the early years sector.



FEELING GASSY?

Gas is in everyone's stomach and intestine. The main source is swallowed air. Gas is also made in our colon (the large intestine) by resident bacteria, which digest certain components of incompletely absorbed foods. Some examples are fiber-rich foods like whole grains and sugars within mushrooms and some fruits and vegetables. Sweeteners like sorbitol in chewing gum and carbonated drinks also contribute to gas. Gas contains mostly hydrogen, methane and carbon dioxide, which are odorless. Did you know? The smelly part of gas comes from certain gases like hydrogen sulfide.

Gas is passed every day. Swallowed air not removed by burping will pass through the gastrointestinal tract and eventually pass through the bum along with gases made by the bacteria. Passing gas is normal and generally not a problem. However, some people can make too much gas by eating lots of foods that are indigestible, which end up being eaten up by the bacteria in the colon. Symptoms may include bloating, cramps, or tummy pain. Air swallowing resulting in too much burping or belching can happen in infants who suck on pacifiers or in older kids who chew gum.

What can you do about this?

- Try avoiding certain foods that cause gas. The trigger can vary between different individuals so keeping track of foods can help.
- In general, try to stay away from certain fruits and vegetables that are high in fiber. Some examples are beans, asparagus, broccoli, brussel sprouts, and cabbage.
- Pre-soaking high-fiber foods and cooking them can help decrease their gas-forming effects.
- Children should also avoid sweeteners like sorbitol, chewing gum, and carbonated drinks.
- Individuals who are lactose intolerant may benefit from using lactase enzyme supplements to be taken with milk products.

Ask your doctor if supplements or diet changes are right for your child. While gas may be normal, too much can be bothersome so try these measures. Don't let gas cause a stink in your life! 🍌



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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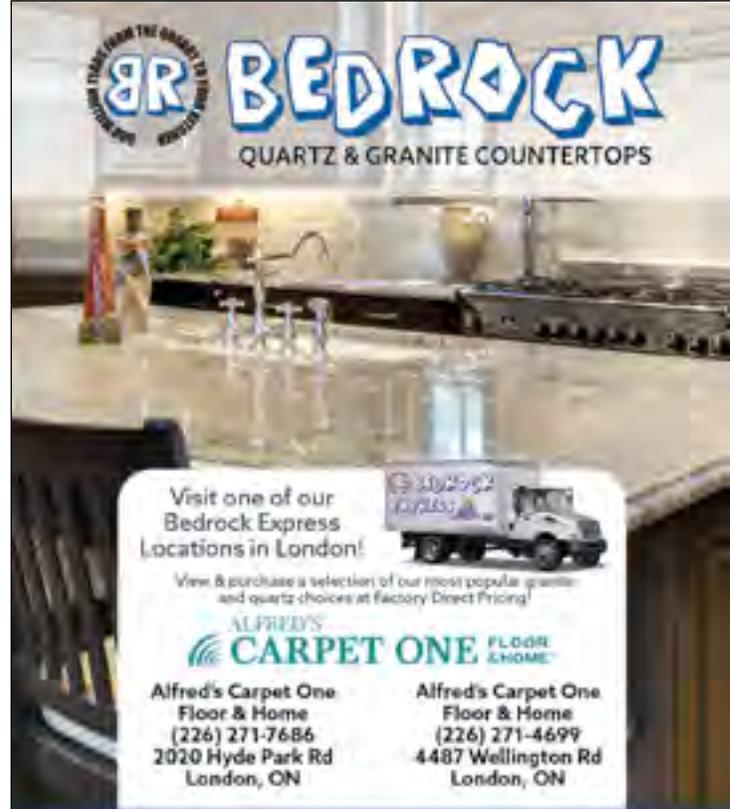


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BACK TO SCHOOL- A RETURN TO HEALTH & ROUTINE

The lazy days of summer are over, and it is time to return to school. September is a time of both dread and elation, as it is wonderful to get back to a routine to be with friends. In addition to returning to a routine of studies, it is also an opportunity to take stock of your child's health.

The following tips for return to school health can help to make that transition:

1. Establish a routine. Sleep is a cornerstone for well-being and is regularly compromised in the summer. Regular bedtimes can help ensure good rest and help with focus in school.
2. Make checkups a priority. There is controversy about the need for an overall physical for children, but a check to ensure vaccines are up to date and no preventive care is needed, is a good idea at the start of the school year.

3. Schedule a vision check. Children often don't report a change in vision, so regular checkups are a good idea.

4. Make sure that your child's nutrition is adequate. The summer days of barbecue and ice cream are over. A good breakfast is important to improve focus and returning to a diet rich in fruits and vegetables is key to strong minds and bodies.

5. Teach your child to wash their hands. Back to school means back to exposure to colds and flus. The Mayo Clinic suggests having children learn to wash hands while singing the verse of a song so that they are washing for an adequate period of time.

Returning to school is indeed a time of sadness and excitement: sadness for children as they relinquish the carefree days of summer and delight for parents keen to return to routine. It is also a time to take stock and return to health. 🧐

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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JUST A LITTLE WHITE LIE?

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

What do you think about telling “little white lies”?

Mikaeel:

I think that if you tell a little white lie to protect someone or something, I think that it is okay and makes sense.

Ella:

To me, it would be okay to tell a little white lie because if it would hurt someone's feeling to tell the truth, then you can just tell a little white lie. I don't think you should do it a lot though, or about something that is a big deal to the person you are telling the lie to.

Has there ever been a time you've lied so you don't hurt someone's feelings? Would you do it again?

Mikaeel:

Yes, I have lied to protect someone's feelings before and I would do it again as long as it isn't extreme.

Ella:

I think it is okay to lie so you don't hurt someone's feelings, so I have done it before once or twice. It can't be a big lie though. For example, if someone asks you if you like their shirt, and you really don't, why go and hurt their feelings by saying that?

Do you think lying, bending the truth, being dishonest, telling a tall tale, and fibbing are all the same thing or are they different?

Mikaeel:

I think they are all almost the same, but the biggest differ-

ence is bending the truth. In my opinion, bending the truth for someone feelings is being a good friend.

Ella:

I think it depends on the circumstances. Some of these are different, because some are more extreme than others. But I think if you do any of these a lot, then they are all lying.

If a friend was feeling tempted to tell a big lie to a parent or teacher, how would you convince them otherwise?

Mikaeel:

I would convince them by explaining that telling the lie to avoid trouble will get them in even more trouble once the person they are lying to finds out the truth.

Ella:

I would convince them otherwise by working with them to see if there was a way that they could comfortably tell the truth.

Let's have a little fun with the game “Two Truths and a Lie”. Tell us two things that are true about you and one that's not, and let's see if our readers can guess the lie.

Mikaeel:

I like to cook and bake, I have been to 5 concerts, and I was born at Victoria hospital.

Ella:

I have a dog named Caramel, I love to do triathlons and my favorite animal is an elephant. 🐘



TEACHING RESILIENCE

//Daddy, a boy at school called me a stupid-head!"

His words instantly break my heart. I remember well the feeling of being made fun of and the anguish that comes from hurtful words. And while my instinct wants to cover my son up in bubble wrap, drive away as fast as I can, and never return to this horrific school, I am reminded that rescuing my son is not the answer here.

Resilience is a hot topic these days among my teacher colleagues. Many kids seem to be easily overwhelmed and lack the tools to deal with everyday challenges. And while I recognize that as parents we will do anything to save their kids from harm, we also need to learn when to allow our kids to experience adversity and daily stress, so they learn how to problem solve.

Kids need to learn how to take tests, complete assignments, move to new neighbourhoods, wait their turn, get sick, make new friends, get a skinned knee, and deal with a bully. So how do we raise resilient kids? A Google search gave me a few things to try at home.

- Don't rescue him from every situation – it's ok to allow him to experience frustration, it's ok to let the ice cream fall to the ground, or the toy to snap in half.
- Step back and let her try it – encourage independence to try new things, opening a container, climbing up the slide, sleeping in a tent alone.
- Encourage kids to help themselves – thirsty? Get yourself a cup of water! Lost your toy? Start looking for it in the living room where you last saw it.

- Teach them to problem solve – instead of offering to help, ask your kid "how can we solve this problem together?" Give them the chance to work through it and test their solution (even if it takes a few tries).

- Stick to your limits – "5 more minutes" really needs to mean FIVE more minutes! Set a timer on your phone and follow through.

- Play board games – it encourages patience, turn taking, how to lose, how to win, and it's FUN!

- Help to manage emotions – kids quickly learn that dramatic displays will get you to rescue them. Instead, acknowledge how they feel and encourage them to figure out the next step. "I can tell your brother is frustrating you, is there a way to distract him into the other room?"

- Model optimism – explain that struggles are challenges to overcome, not avoid. Teach them phrases like "this too shall pass" and "every challenge makes you stronger".

- Model resiliency – kids learn BEST by modeling the ones they love. Talk yourself out of a problem, explain how you feel and how this feeling will help you make a better choice, admit your mistake and how you'll improve next time.

Kids with resiliency will not try to escape stressful situations but feel empowered to try to handle them on their own. They grow up to be more confident, independent, and able to face life's challenges. And isn't that what we want for our kids? 🧡

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

Tips for a Healthy Smile

DOES MY CHILD NEED EARLY ORTHODONTIC TREATMENT?

We are excited to be joining the Mom and Caregiver family as the dental health professionals! As Western alumni and now clinical instructors at the university, combined with 25 years as a local orthodontic practice- it's safe to say we love London.

Our office focuses entirely on the diagnosis and treatment of orthodontic problems that affect children, adolescents, and adults. We support all members of the community and have an interest in providing treatment for those with special needs.

A common question that arises is when is it an appropriate time for your child to have an orthodontic assessment? You may notice some of your child's elementary school classmates with a retainer or even a few braces and think it is too soon for this. In fact, early orthodontic or interceptive treatment can be very effective in many situations.

The Canadian Association of Orthodontists recommends that the first visit to an orthodontist should occur at 7 years of age. Intervening while a child has a mix of adult and baby teeth (between 7-12 years of age) can, in many instances, be more effective in establishing a balanced bite than waiting until all the adult teeth are in. At that first visit, your orthodontist will be able to provide a personalized treatment plan.



In the upcoming issues, we will discuss the types of problems that need early orthodontic treatment. Some obvious and some not so obvious- Brace yourself for next month! 🦷

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SABINA'S LUNCHBOX

pinwheels



Well, it's that time of the year again parents - the dreaded lunchbox packing time! Need some fresh ideas that will excite your little ones when they open up their bag at noon? Try this recipe from our Editor!

Directions:

Spread a tortilla (I like flax seed) with garlic cream cheese.
Add thinly sliced cucumbers and roll it up.
Slice into pinwheels for a great snack or lunchbox treat.

Other great combinations to try:

- turkey + lettuce + mayo
- roast beef + mustard
- nutella + bananas (if nut products are fine at your child's school)
- plain cream cheese + strawberries

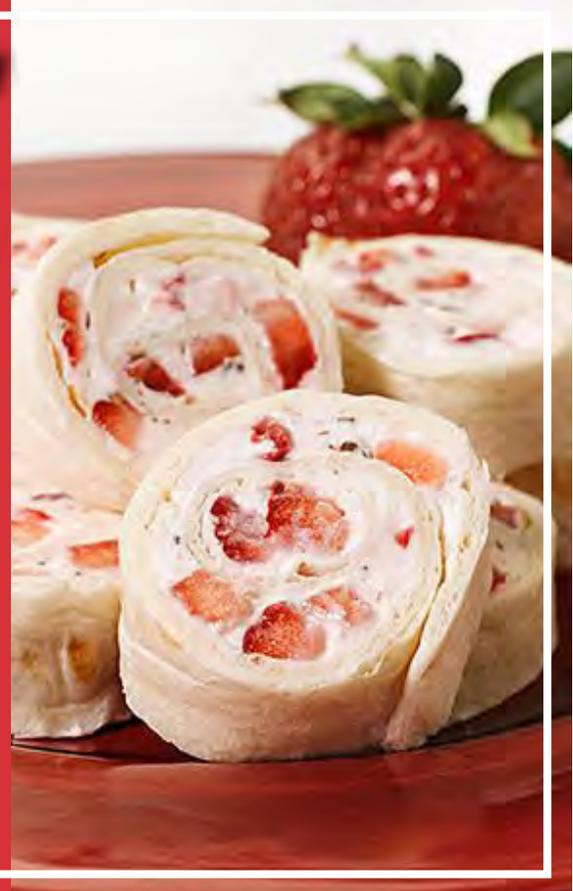


Photo via Pinterest

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 Titus and Amos. Titus is 16 years old now. He was only 2 when he appeared in calendar. Amos is now 12 years old, but was only 3 weeks old when the original photoshoot happened.

A word from their mom, Bernadine:

What are their current interests?

Titus enjoys football, track, cooking, art and video games. Amos enjoys football, basketball, baseball, video games and reading.

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

I feel honoured that you contacted us back to do a follow up shoot. I can't believe how fast time has gone.

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

Sabina and I have a special bond. We connected the minute we met. Even though we don't hang out on a regular basis I know our friendship will always be there.

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

The magazine is a resource magazine that mothers/fathers can relate to. It is full of suggestions, activities and local businesses to help out with everyday parenting.

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

20 years is a huge accomplishment. This is a definite reason to be celebrating. It is running strong and will continue to be successful. 🎉

Photo by One12 Photography

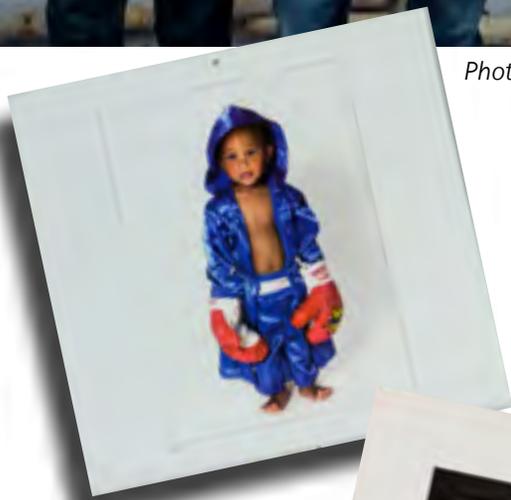


Photo by Paula Tizzard



Photo by Rachel Lincoln

TESTIMONIAL

*"Working with Sabina has always been a blast. She has a great personality! She always has our best interest in mind and our brands go together as our client base is so similar. Our demographic and focus on family matches well with the magazine. We receive a lot of feedback from customers about our ads, and we enjoy having *The Mom & Caregiver* displayed in store for people to read as they wait for vacuums to be fixed."*

- Graham, McHardy Vacuum

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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. 📖

This Month's Featured Business...

Jewish London seeks to make a difference in our community by helping those in need and enriching lives by supporting a myriad of programs and services with a commitment to our Jewish heritage, roots, and values.

Education is a fundamental Jewish value, and reading to your children is critical. Study after study has shown that it impacts a child's development. The mere presence of books in a home increases the level of education they can reach and helps to inspire curiosity, wonder, and excitement in a child's mind.

Finding the right books and making the time to read as a family can be hard. That's where PJ Library comes in.

PJ Library sends free Jewish children's books to families in London every month. Something magical happens when parents sit down together to read with their children. That's why PJ Library stories help your family talk about values and traditions that are important and provides tools to have meaningful Jewish conversations together. 8 out of 10 PJ Library Parents say they feel more prepared to have conversations about Jewish values, holidays, and customs because of their participation in the program.

A program of Jewish London and the Harold Grinspoon Foundation, PJ Library is made possible through the generosity of the Jewish community. Jewish families with kids ages 6 months through 8 years old, are welcome to sign up. PJ Library welcomes all Jewish families, whatever your background, knowledge, family make-up, or level of observance may be.

Your children are learning about the world around them through the stories they hear. PJ Library books can bring Jewish ideas and inspiration for you and your children to share together. You will also be invited to participate in dynamic family programs that let you explore your heritage and get together with other members of our community.

To enrol please call (519) 673-3310 or visit jewishlondon.ca/pjlibrary

Regardless of your level of observance or affiliation, the gift of stories and songs is sure to enrich your entire family's Jewish journey. We can't wait to start sending your family free Jewish books and music!



MICHIGAN CIDER MILLS: FALL IN THE APPLE ORCHARD

Autumn means one thing to a lot of Michigan families: apple cider. More specifically, a weekend jaunt to any of the 100 – yes, 100 – apple cider mills throughout the state. To make the trip even sweeter, most cider is non-alcoholic, something I didn't know until I visited the Disney World of Michigan Apple Cider farms: Yates Cider Mill in Rochester, dubbed the most popular in the state.

The designation might have a lot to do with what else is there. You can see the water-powered double-table press in action – first installed in 1876 – and today produces 300 gallons of fresh cider per hour. An

added bonus is you can buy cider September to October, along with Frankemuth fudge, 20 flavours of ice cream, mini apple cinnamon doughnuts, and apples. So. Many. Apples.



Six generations of Yates have harvested 16 apple varieties on this site that's also home to a petting zoo (penned farm animals) and pony rides on weekends. The main attraction (other than food) is the one-half mile long river walk winding along the Clinton River Creek. The flat paved trail is easy to walk or push strollers along, and

you can veer off down stone stairs to hike along winding dirt paths leading to the water's edge (www.yatescidermill.com).

However, if you're looking for lunch, head to Paint Creek Cider Mill (4480 Orion) a tourist stop along the 9-mile Paint Creek walking trail. There's a full-menu counter service restaurant and patio sub-let by a different cider company each season. Down the road, find Goodison Cider Mill (4295 Orion). It's a smaller, traditional family-run stop with kids play area and balloon animals available on weekends. 🍏

Sherri Telenko is a Southern-Ontario based travel writer. Please check out her four-footed adventures at www.dogtrotting.net.

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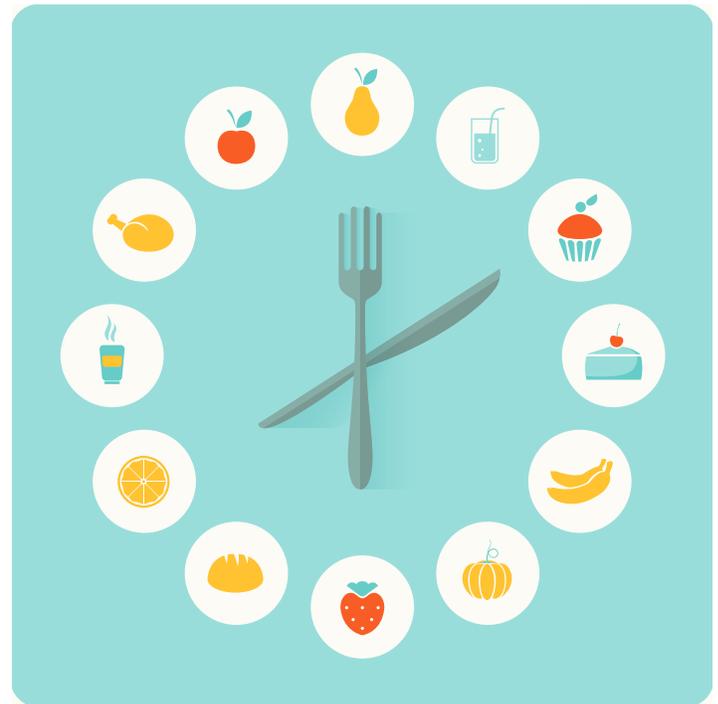
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THE BENEFITS & DOWNSIDES OF TRACKING YOUR FOOD FOR WEIGHT LOSS

Remember last month when I explained all about weight loss and patience? In my opinion, one of the best ways that you can fast-track your success is by tracking your food intake. Yes, I know what you're thinking: tracking is a chore and one you're not looking to add to your daily to-do list.

Listen, I know it can be annoying to track every piece of food that enters your mouth but there are benefits, and it is especially important while on the ketogenic diet.

Why is tracking so important? Firstly, keto is a diet that is highly focused on having a set breakdown of macronutrients. You are aiming to limit your carbohydrates, target your protein, and eat enough fat, all while reaching your intended calorie intake for the day. It is impossible to know these numbers without tracking. Keeping your carbs low enough means you are burning fat for fuel and that is critical. Eating enough protein ensures that you are retaining your muscle mass while losing fat. Lastly, consuming enough fat ensures that you are keeping your energy levels up. Remember: fat is fuel for your body and it keeps you energized throughout your day.



Most people view tracking as a restrictive process but for me, it confirms that I have consumed enough food every day. For some people, keto results in a lack of appetite. It can be easy to under eat which can be counterproductive to your weight loss. When you're not taking in enough food you can cause damage to your metabolism. Undereating can also cause issues like hair loss, osteoporosis, and lackluster skin texture.

Want to ease into tracking? Try only counting your carbohydrate levels to learn what works and what doesn't for your lifestyle. Over time, it will get easier at which point you begin tracking the other nutrient goals. One downside to tracking your food is it can be extremely time consuming. But, weight loss takes effort and is so worth it for the satisfying end results. 🍷

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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WHY DON'T WE LIKE TALKING ABOUT SEX?

Are we savages for talking about sex? In many countries, talking about sex is taboo. Cultural norms, religion, and gender are only some of the reasons sex is seen as a no no. Yet, across genders, cultures, and countries sex is a human behaviour we all share. Whether you like to engage in sexual activity or not, sex happens, especially amongst teens. As a parent, guardian, or leader in your community, the best thing you can do is talk about it.

You may be thinking that talking about sex only provokes it. This is a myth. The truth is research shows that parent-child communication about sexual health can have a positive effect on teen sexual behaviour. It can also lead to teens delaying becoming sexually active, compared to teens whose parents didn't talk to them about sex.

Teens have been learning about their sexuality since the day

they were born. Starting from the way they were physically touched by others and the way their bodies feel to them growing up, to the relationships they see around them. While family values are the first factor in shaping a teen's views on sex they're certainly not the only. Teens also get information from sources outside their family, such as movies, social media, porn, music, and friends. As curious human beings, sex is something your teens are exploring or want to explore.

Teaching your child about sexual health and sexuality is part of your role as a parent. Don't ignore it, embrace it. Here is a helpful website that can help you start the conversation, access information, or answer your questions about a specific topic <https://teachingsexualhealth.ca/parents/>. By helping your children make informed decisions about their sexual health, you are not only helping them thrive as teenagers but as responsible adults. 🧠

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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Around the middle of the summer, stores start filling with back-to-school merchandise. We spend weeks making sure that our children are prepared with all the tools they need to return to their autumn routine, but what about our furry family members? For pets, back-to-school can be a very confusing time, as a house that was once full of the people they love suddenly becomes quiet and empty with no explanation.

Here are some ways to help make back-to-school easier from a pet's perspective!

Before school starts

In the weeks leading up to school, try bringing out lunch boxes, backpacks, and other items that your pet may associate with you going away. By leaving them around the house, your dog or cat will be less likely to become anxious when they appear before everyone leaves for school.

On schooldays

In the mornings, consider adjusting your routine so that all the "fun" parts happen at the end. For example, try to bring the dog for a morning walk as the very last thing you do. This way, in-

stead of sadly watching you get dressed, pack your bags, and put on your shoes, he will be excited and eager for you to finish getting ready, so he can go outside and expend some of his built-up energy. Additionally, giving your pets a special puzzle as you leave quietly, such as a hollow toy stuffed with treats or frozen wet food, will keep their minds busy throughout the day and give them something positive to associate with you walking out the door.

After school

When everyone gets home, encourage them to enter calmly without getting your pet too excited, which may reinforce the fear of your absence. Once everyone has settled in, some play-time or a walk will be greatly appreciated after a long day alone. Remember that it may take time for your pet to make the adjustment and that anxiety and boredom can trigger destructive behaviour. Be patient and try to think of ways to enrich your pet's day while you're away, such as a visit from a dog walker or adding a bird feeder near a window with a perch. With time, your pet can learn to enjoy and count on the routine that comes with a new school year... even though our little fur-less family members may not feel the same! 🐾

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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NAVIGATING THE MURKY NUTRITION WORLD!

I get asked this question a lot. We all have different opinions and perceptions of food and nutrition based on our experiences, how and what we eat, what we read and what we are told. The nutrition world is one that can be VERY confusing and frustrating to navigate. It's important to know who to go to when you are looking for answers – answers that are based on scientific evidence and that you know you can trust. Would you ask your colleague who has an interest in health and wellbeing to provide you with sound, evidence-based medical advice? Likely not – you'd go see your doctor. The same thinking should apply for getting advice on food and nutrition!

Dietitian or Nutritionist? What's the difference?

The title 'dietitian' is protected by law in Canada. The title 'Nutritionist' is not protected in most provinces (except Alberta, Quebec and Nova Scotia). It's important to know this because anyone outside of those provinces can use the title 'nutritionist'. To make things even more confusing, some dietitians have a job title that includes the title nutritionist, such as a community nutritionist. If you are considering seeing a nutritionist in a province where the title is unregulated, do your research first! Ask them about their education and experience that qualifies them to be giving you advice.

Dietitians, just like lawyers and medical doctors, are accountable to provincial regulatory bodies. This ensures the highest standards of education and ethics, and protection for the public – as they serve as your point of contact for complaints about a

professional and to address concerns of malpractice. Dietitians have a degree in foods and nutrition from an accredited university program and undergo comprehensive and rigorous education and practical training. To be sure someone is a provincially regulated professional, always look for the initials RD or PDt (DtP in French) after their name or ask them if they are dietitian.

Titles like Registered Holistic Nutritionist, Certified Nutritional Practitioner, RONG, RNCP, ROHP, RHN, CNP are not the same as Registered Dietitian. These titles are not indicative of a provincially regulated health professional.

What do dietitians do?

Registered dietitians are trained to provide the best available evidence advice on food and nutrition, and translate the science to you in terms that are easily understood and applicable to you. Dietitians can help you navigate the murky world of nutrition to help you with things like making healthy food choices, distinguishing nutrition fact from fiction, and help you with a healthy eating plan that provides optimal nutrition to meet your individual needs. Dietitians play many roles in areas including health care, industry, government and education. They are influencers in policy development, plan and implement nutrition programs, manage quality food services and conduct nutrition research.

Have questions? Not sure who to trust? Reach out to a local dietitian or find one by visiting www.dietitians.ca. 🍷

Jenn Giurgevich is a Registered Dietitian and former 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.

Look and Feel Your Best



GROWING & GLOWING

It's no secret that during pregnancy, it feels as if everything about us is changing at once. Here are a few mommy-tips to feel your best and stay glowing while growing.

Take it all off

...your makeup that is. Proper skin care is vital during pregnancy as our skin is far more sensitive. Find a skincare line and regimen that is simple and effective so that on the days where you feel as though you are sleepwalking, you're still motivated to clean and care for your skin. Another great option is to keep cleansing towelettes in your night table for quick cleaning. This way you'll always wake up fresh-faced no matter how pooped you are the night before.

Get glowing

Our bodies need extra TLC during this time of growth and change. Make it a daily ritual to lather on your favourite body cream from head to toe, focusing on the midsection, thigh and buttocks area to prevent stretch marks and keep skin firm and hydrated. One of my favourite, inexpensive body treatments is Coconut Oil. A little goes a long way, and it's packed with beneficial properties that go beyond the delicious glow.

Fuel your body

Keep it clean and green. Water is so crucial during this time, as well as fuelling up on fruits and veggies to ensure your body is receiving all of the vitamins and antioxidants possible. One of my favour-

ite plan and prep tricks is to pre-prepare smoothie bags with all of the good stuff. Smoothies are filling, super nutritious, and help to curb cravings.

Stay Active

There is no denying that exhaustion is a big part of the pregnancy experience; however, moderate exercise is a great way to keep energy levels up and your body and mind in shape. Whether you are a novice or advanced in the fitness department, find ways to get moving every day. Go for walks and take in nature's beauty. Try yoga for relaxing movements. Or stick to lighter weights to maintain strength and stamina. 🧘

Stay beYOUtiful!

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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