

# THE MOM & CAREGIVER™

NOVEMBER 2018  
VOLUME 20 ISSUE 11

[www.themomandcaregiver.com](http://www.themomandcaregiver.com)

**BREAKING  
BAD  
ORAL  
HABITS**

**HELPING  
KIDS  
COPE  
WITH  
GRIEF**

**DOG HEROES**  
LIFE CHANGING CANINES

**Play That Funky  
Music!**

**JAMMIN'  
ABOUT  
TRAFFIC  
JAMS**

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

A Free Magazine for Parents and Caregivers



1065 Wharncliffe Rd. S | 519-680-1900 | [lexusoflondon.com](http://lexusoflondon.com)

# EXPERIENCED TEAM DELIVERING EXCEPTIONAL RESULTS

**At Lexus of London we know your time is valuable and your life is busy.**  
We've built our entire business around providing convenient, professional and expert service allowing you to save time for the important things in life.



## CONVENIENT TIME-SAVING SERVICE AMENITIES

**Extended Service Hours  
and Online Booking**

**Loaner Vehicles and Valet Service**

**Complimentary Out of Town  
Delivery of New Vehicles**

**Internet Cafe with Free WIFI**

**Car Wash with Every Service  
Appointment**

**Lexus Platinum Certified Parts  
and Service Department**

Visit Lexus of London and experience what the finest dealership in London has to offer. Experience Amazing.

 **LEXUS OF LONDON**

**EDITORIAL 04**  
Being Unique is Better Than Being Perfect

**05 EVENTS CALENDAR**  
November

**AS THEY GROW 06**  
Breast Practices

**08 THE NEXT STAGE**  
Caring for Your Toddler's Teeth

**KID ZONE 11**  
Jammin' About Traffic Jams

**12 FRANKLY FATHERHOOD**  
Learning to Grieve

**BRACING LIFE 13**  
Breaking Bad Oral Habits

**14 20TH YEAR CELEBRATION**  
Where Are They Now?

**BIZ SHOWCASE 16**  
*Matthews Hall: Holly & Ivy Event*

**17 ARE WE THERE YET**  
Painting Parties at Pinot's Palette

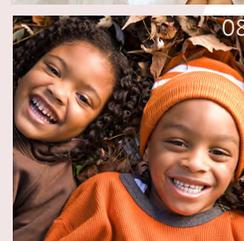
**LIFESTYLE 18**  
The Keto Flu & How to Avoid It

**19 LET'S BE HONEST**  
Let's Get Started

**PET FRIENDLY 20**  
Dog Heroes

**22 FOOD FOR THOUGHT**  
Reading Nutrition Labels 101

**BEAUTY AND WELLNESS 23**  
Beauty Tools: Quality Over Quantity



## ON THE COVER

Rue loves PJ Masks, and obviously music! We love those gorgeous eyes! We thought only his mom could get him to smile, but then our photographer, Cynthia, pulled out the classic trick of saying "Don't you smile!"

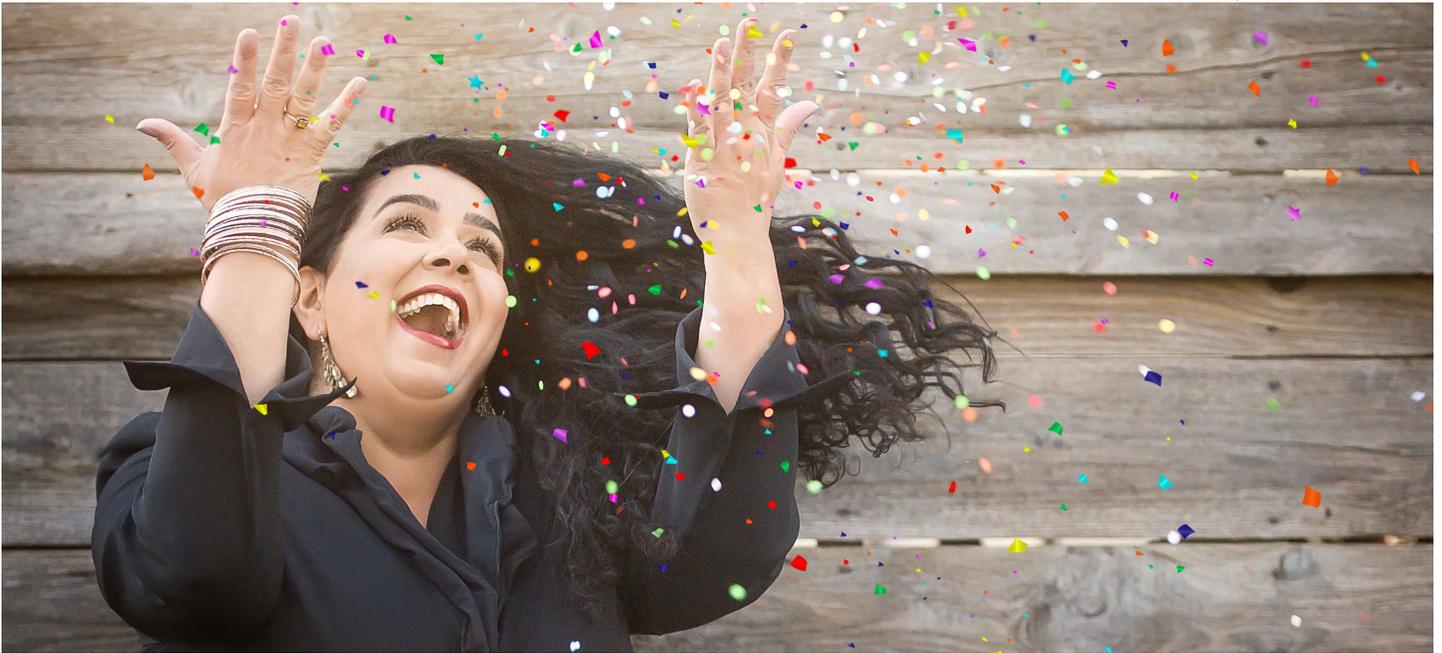
Photographer  
Photostylists

One-12 Photography  
Sabina Manji  
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at [editor@themomandcaregiver.com](mailto:editor@themomandcaregiver.com).

THE MOM & CAREGIVER is published by Anibas Productions Limited, Publications Mail, Agreement Number 40834037 PO Box 29118, London, ON N6K 4L9 - [www.themomandcaregiver.com](http://www.themomandcaregiver.com)

THE MOM & CAREGIVER is distributed FREE of charge. Anibas Productions Limited welcomes unsolicited contributions. Such material, if published, may be edited. Although Anibas Productions Limited cannot pay contributors, recognition will be given to the contributor. Anibas Productions Limited reserves the right to refuse any contributions or ads. Anibas Productions Limited cannot accept responsibility, in any way, for dissatisfaction or damages incurred by advertisers or their clients. Advertising rates and circulation information is available on request. All rights reserved. Copyright 2017 ©



## BEING UNIQUE IS BETTER THAN BEING PERFECT

I'm the first to admit it – I love unique, flawed, imperfect things. I crave the muffins that have overflowed unevenly, and have that yummy, crackly, crunchy bit on the muffin top. I prefer a field of wildflowers, weeds and all, over a manicured, perfect flower garden. And place a wonky, homemade, baked-with-love cake in front of me at birthday time, and I'll smile from ear to ear.

So why don't we cherish these imperfections in ourselves? Our muffin tops, our short bodies, our big boobs, our scrawny arms, our frizzy hair?

I try to embrace the things that make me different and unique, even beautifully flawed, but it's tough. I'm hopeful that I'll be inspired by our brand new writer, Jordan Thomas, in our Let's Be Honest column. You can read her introductory article on page 19.

However we feel about the look of our breasts, we need to remember that they're good for

a lot of things. One of those is breastfeeding, which may or may not be for you and your baby. Dr. Bhayana talks "breast practices" on page 6. And health and beauty expert Lisa Aquilina always keeps us gorgeous inside and out, with this month's chat about beauty tools (good news: we can clear that bathroom drawer by buying less!)

I always stop and slow down on November 11th to remember those who put their lives on the line to give us the peace and freedom we so much enjoy in Canada. We are so very thankful to military women and men, and their families, and we grieve those who have been lost. The grieving process is difficult for adults, and can be even more challenging for children. My heartstrings were pulled by Frank Emanuel's article on the loss of his father and his sons' Nonno, as my son lost three grandparents in a very short time. I agree with Frank that being transparent with children, and not trying so hard to shelter them, is the best policy. Take a few quiet moments to read Learning to Grieve on page 12.

I leave you with the words of one of the wisest people to walk this earth, Maya Angelou. She said "If you are always trying to be normal, you will never know how amazing you can be." So get out there, be unique, be weird, love your differences and be you! 🌸

*"When we give cheerfully and accept gratefully everyone is blessed."*

- Maya Angelou

Publisher/Chief Editor Sabina Manji

Assistant Editor Melissa Warkentin

Copy Editor Katherine Haine

Designer Alison Irwin

Photographer One-12 Photography

Photostyling Sabina Manji and Melissa Warkentin

Sabina Manji,  
Chief Editor

519-652-9226  
editor@themomandcaregiver.com

# NOV 11/2018 EVENTS

2<sup>nd</sup>

London Knights vs. FLNT  
Budweiser Gardens  
[www.londonknights.com](http://www.londonknights.com)

8<sup>th</sup>

Family Fun Night  
London Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

11<sup>th</sup>

Remembrance Day

16<sup>th</sup>

PA Day Camp  
London Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

18<sup>th</sup>

London's 2<sup>nd</sup> Annual  
Handmade Only Christmas  
Craft Sale  
Centennial Hall  
[www.centennialhall.london.ca](http://www.centennialhall.london.ca)

25<sup>th</sup>

Old World Christmas Market  
Bellamere Winery & Event  
Centre  
[www.bellamere.com](http://www.bellamere.com)

29<sup>th</sup>

Christmas Craft Festival  
Western Fair  
29<sup>th</sup> - 2<sup>nd</sup>  
[www.londoncraftshows.com](http://www.londoncraftshows.com)

6<sup>th</sup>

Early Years Play Dates  
London Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

10<sup>th</sup>

Santa Claus Parade  
Dundas St. (East to West)  
[www.londonsantaparade.ca](http://www.londonsantaparade.ca)

12<sup>th</sup>

Weekly Public Stargazing Nights  
Western University (H.C. Memorial  
Observatory)  
[www.events.westernu.ca](http://www.events.westernu.ca)

16<sup>th</sup>

Holly & Ivy Holiday Shopping Event  
Matthews Hall  
16<sup>th</sup> - 17<sup>th</sup>  
[hollyandivy@matthewshall.ca](mailto:hollyandivy@matthewshall.ca)

22<sup>nd</sup>

The Most Epic Birthday Party Ever  
with Moira's Birthday  
Original Kids Theatre Company  
22<sup>th</sup> - 25<sup>th</sup>  
[www.originalkids.ca](http://www.originalkids.ca)

25<sup>th</sup>

HorseDrawn Wagon and Holiday Activities  
Ska-Nah-Doht Village & Museum  
[www.lowerthames-conservation.on.ca](http://www.lowerthames-conservation.on.ca)

30<sup>th</sup>

Lighting of the Lights  
Victoria Park  
[www.londontourism.ca](http://www.londontourism.ca)



For More Details and Events Visit

THE  
MOM & CAREGIVER .COM  
Your Online Parenting Resource

# BREAST PRACTICES

**T**he Canadian Pediatric Society recommends that women breastfeed for a year. The decision about how long to feed is influenced by culture, competing responsibilities such as work and personal preference.

The CDC (Centre for Disease Control) estimates that 60 % of women do not breastfeed for as long as they initially planned. Nearly 80% of women attempt to breastfeed. However, less than half of all babies are breastfed at six months. Understanding reasons for the decline in numbers after 6 months can help to encourage increased rates of nursing.

There are many challenges to nursing even when moms know that breast is best.

Early challenges to breastfeeding include difficulty latching, having adequate supply, postpartum pain, and mood changes. It is important to have a team to support women through this time. Lactation consultants, pediatricians, midwives, family physicians, and nurses can all be helpful in supporting moms through this difficult time. Seeing a lactation consultant early is ideal.

Later challenges are a bit more complex. These may include the challenges of managing work, other siblings and even challenges in finding facilities in public places to allow for continued nursing.

It is very important to not stigmatize women who choose not to breastfeed for medical or psychological reasons. However, for women who want to breastfeed, it is imperative that we encourage and assist women to be able to achieve their own desired length of time for nursing.

**These three strategies may help with achieving your own breastfeeding goals:**

1. Plan ahead. Meet with a lactation consultant and your primary care provider to ensure that you have a plan in place prior to delivery.
2. Have a support system in place for the early stages of nursing. Plan to see a lactation consultant in the hospital and soon after discharge.
3. Be aware of what is breast friendly in your environment. Shop at malls with dedicated nursing areas or with places that you can comfortably feed or pump.

Breastfeeding is good for baby and good for mom. It is also great for the “mother-baby dyad” as it creates a phenomenal bond between mom and baby. 

*Dr. Bhooma Bhayana is a family physician in London and the mother of two young men. She continues to find wonder and enjoyment in family practice despite more than 25 years on the job!*





## CARING FOR YOUR TODDLER'S TEETH

**D**ental care starts at a young age and is important to keep teeth healthy for a lifetime. Healthy young teeth help children eat and speak clearly. Baby teeth guide permanent adult teeth into the proper position. Some baby teeth are not replaced by permanent teeth until the age of 12 or 13.

Here are some tips to help you get off the right start:

### Healthy eating for healthy teeth

- Offer only breast milk to your baby for the first 6 months.
- After six months, add water in a regular cup if your baby is able to sit up alone; avoid sippy-cups.
- Do not use food or drink to soothe your baby.
- Give foods that are healthy, low in sugar, and do not stick to your baby's teeth, like cheese, soft cooked vegetables, fresh fruit, and yogurt.
- Avoid sticky foods like raisins and sticky fruit snacks.

### How to clean your baby's teeth

- Lift your baby's top lip at least once a month to check their teeth. If you see white lines or brown spots on the teeth, go to the dentist right away.
- Start cleaning your baby's teeth as soon as their teeth come in.
- Clean their teeth at least 2 times each day, especially before bedtime.
- Make small circles on the teeth and gums using a small, soft and wet toothbrush.
- Gently brush the tongue to remove any germs and leftover food.
- The adult who is brushing the child's teeth should use both hands; one moves the toothbrush and the other helps to keep the baby's mouth open.

### How to clean your toddler's teeth

- Children 3 years and older can use a green pea-sized amount of fluoridated toothpaste, but should still be helped by an adult.
- Do not allow your child to swallow the toothpaste.
- It is easier to brush a toddler's teeth if two adults are present.
- The parents can sit facing each other with knees touching to form a makeshift bed for the child to rest on.
- Stabilize the child's head and feet to prevent injury to both the child and parent.

### Relieving teething discomfort

- Avoid teething gels and ointments.
- Offer a cooled teething ring that contains only water or a clean, cooled washcloth for your baby to chew on.
- Massage your child's gums with your clean finger or a clean washcloth.
- High fever, severe diarrhea, and vomiting are not common symptoms of teething. If these occur, take your child to the doctor.

### Cavities

- Cavities or tooth decay are the most common chronic disease of childhood, and can lead to:
  - Lead to pain, infection, and poor nutrition
  - Affect the health of growing permanent or adult teeth.
  - May affect school performance, learning ability, and potential to thrive.
- Cavities can be prevented by:
  - Regular brushing
  - Drinking fluoridated tap water
  - Eating healthy foods
  - Limiting sugary and sticky foods
  - Visiting the dentist around your child's first birthday. 

Misty Deming RDH, MPH, Manager Oral Health, Middlesex London Health Unit

**Miele**

For every surface in your home.  
Tested to last the equivalent of 20 years of use.

**FREE 5 Year Warranty**

on select Miele canister, bagless  
canister and stick vacuums

Act now - Offer ends November 29, 2018



1004 Dundas St. E.  
1225 Wonderland Rd. N.  
(Behind Sherwood Forest Mall)  
PH: 519-451-6700  
[www.mchardylvac.com](http://www.mchardylvac.com)



**Trusted by families.  
Loved by kids.**



**Choose YMCA Child Care.**

[mychildcare.ca](http://mychildcare.ca)

**JUNCTION**  
LONDON'S CLIMBING CENTRE

1030 Elias Street  
London ON N5W 3P6  
(519) 438-1717  
[www.junctionclimbing.com](http://www.junctionclimbing.com)



**DROP-IN DAY PASSES  
PARENTS & TOTS CLASSES  
YOUTH PROGRAMS**

**Recommended for ages 4 and up.  
All abilities welcome!**



LET US  
SHOW YOU  
THE **WAXON** WAY

WAXON LONDON WEST  
OXFORD & WONDERLAND

[waxon.ca](http://waxon.ca)

Follow Us  

CALL FOR A FREE IN-HOME ESTIMATE!  
**1-888-BEDROCK**  
 2 3 3 7 6 2 5  
 BRKB.CA Find us on Facebook

**20%-50% OFF\***  
**SELECT GRANITE SLABS**  
 NOW THROUGH 11/30/18

AUSTRAL PEARL    WHITE MACAUBA    TERRABIANCA    GHIRUS    ELEGANT BROWN    OLYMPIA WHITE

ADDITIONAL SLABS AVAILABLE AT DISCOUNTED PRICE

**OVER 500 COLOURS IN-STOCK!**

VISIT ONE OF OUR  
**BEDROCK EXPRESS LOCATIONS IN LONDON!**

View & purchase a selection of our most popular granite and quartz choices at Factory Direct Pricing!

2020 Hyde Park Rd.    4487 Wellington Rd.  
 London    London  
 (226) 271-7686    (226) 271-4699

\*SOME RESTRICTIONS APPLY. SEE STORE FOR DETAILS.

**THE SECRET WEAPON FOR BETTER REPORT CARDS**

All Ages. All Grades. All Subjects.  
 NOW ENROLLING SCHOOL SUPERHEROES!

[oxfordlearning.com](http://oxfordlearning.com)    Byron 519.472.3321

*Elle Reve Salon*  
 757 Richmond street  
 519\*204\*7938

**ELF Approved!**

**OUR GIFT TO YOU!**

Purchase a \$10 Cherryhill Village Mall Gift Certificate and receive a **FREE PHOTO WITH SANTA!**

November 17 & 24  
 11 am - 3 pm

**Cherryhill VILLAGE MALL**

301 Oxford Street, W. | [cherryhillvillagemall.ca](http://cherryhillvillagemall.ca)



## JAMMIN' ABOUT TRAFFIC JAMS

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

**How would you describe the traffic in London?**

**Mikaeel:**

Traffic in London is not too bad, except during rush hour in the winter.

**Ella:**

Well, I don't live in London but it's a lot worse than the traffic I'm used to in the small town I live in!

**What do your parents do when they're stuck in bad traffic?**

**Mikaeel:**

When my parents are stuck in traffic they either wait it out, try to find an alternative route, or turn onto the next street.

**Ella:**

They stay pretty calm but sometimes take a different route.

**Kids often come up with ideas that change the world. So what would you do to solve the problem of traffic jams?**

**Mikaeel:**

I would make all the roads downtown like a highway, but not quite going 100 KM /H. Instead of traffic lights, you would have highway exits for every street.

**Ella:**

I would make skinnier cars and wider roads so that cars could

get past each other without causing a car accident.

**What's the best way to pass the time on a long and torturous drive?**

**Mikaeel:**

I like to look out the window and look at all the cars that go by and all the buildings we pass.

**Ella:**

My family often has to drive a long way to go camping in different places and I love to pass the time by finding a bunch of jokes before we leave and then telling them two or three times an hour.

**Our readers loved your jokes in the past! Share a great traffic or car joke with us.**

**Mikaeel:**

What did the traffic light say to the car? *Don't look I'm changing.*

**Ella:**

What part of a car is the laziest? *The wheels because they are always tired!* 🚗

## LEARNING TO GRIEVE



Last month, my father died suddenly. And while attempting to grasp this difficult reality, my darkest thoughts went to how my kids would handle the death of their Nonno. My father was a family man and valued his time with his grandchildren very much. Even in his fragile condition, Nonno always got on the floor and played with my boys. How do I begin to explain death to young children of 4 and 2 years old?

Luckily, we had help. A family member of ours is a grief counselor who specializes in children and she was instrumental in guiding us. While our instincts are to protect our kids from any kind of pain, sheltering them from grief or not giving them the chance to say goodbye to a loved one, can do more harm than you'd expect. Euphemisms like "He's sleeping" "He passed away" or "He's in heaven" are too abstract and confusing for small children. We instead used statements like "Nonno died. He was very sick and his body stopped working. His eyes will not open and his mouth will not speak anymore." We also explained that many of our family members will be sad and will cry.

While seemingly harsh and direct, these words were very easy to process and helped my kids come to terms with a difficult yet normal part of life. In fact, it also helped me to appreciate the simplicity of death and the necessary process of grief. My two-year-old asked if Nonno's cheeks were working and would occasionally repeat "Nonno died and his cheeks don't work". He also took it upon himself to be in charge of hugs and kisses when my mom looked sad. He took his job very seriously and checked-in on his grandmother often.

My four-year-old surprised me at every turn during this time. He had moments of sadness, moments of withdrawal into play, and then moments of incredible clarity. He wanted a photo of his Nonno in his bedroom so that he would always remember his face. He was sad Nonno wouldn't be around for his upcoming birthday. And one night, completely out of nowhere, he reached out to comfort me in a way nobody has been able to: "Daddy, it's ok to have the feelings that you have. All feelings are ok. It's ok to be sad. It's ok to be mad. And it's ok to be happy". I could hear my father's whispers infused into my son's words. I've been so focused on my kids, my siblings, and my mother that I wasn't allowing myself to grieve. So I did, together with my son.

In the days that followed, my kids had a chance to say goodbye to their Nonno, to touch his still body, and to kiss his cool forehead. They drew pictures for him, placed flowers next to him, and told him how much they loved him. They traced out their extended arms and hands-on pieces of cloth, decorated their "hugs" with markers, and wrapped them around my father's waist. They surrounded his body with their love and this made them happy. My dad would have loved every minute of this and I couldn't have asked for a more beautiful tribute and celebration of love.

For help with your grieving kids or more information, check out [kidsgrief.ca](http://kidsgrief.ca). 🍌

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

# BREAKING BAD ORAL HABITS

Let's face it, we all have habits. Some are good, like checking twice that you've locked your house or getting up early to hit the gym. Others are not so good like smoking, biting your nails or always eating a bag of cheezies while watching the ballgame (busted!). The third kind of habit can actually affect the growth and development of your child's face and mouth. These are oral habits.

Oral habits consist of three main types: digital habits like thumb and finger sucking, swallowing habits also known as tongue thrusting and breathing habits such as mouth breathing.

Why are all of these oral habits a concern? Because growth and development of the mouth follow the old adage that "Form Follows Function". Simply put, anything abnormal in function leads to abnormal form. For example, thumb sucking as the abnormal function, leads increased overbite ("buck teeth"), open bite (no overlap of the top and bottom teeth) and crossbite (top teeth inside of bottom teeth). These abnormal forms can have a great effect on chewing ability, tooth wear, and appearance.

The second habit, tongue thrusting, is when the tongue pushes forward against the teeth instead of moving to the roof of the



mouth and using the lips to create a seal necessary for swallowing. The result is overbite, open bite, and tooth wear.

The third habit, mouth-breathing, may be accompanied by airway issues such as allergies or enlarged adenoids. Nonetheless, facial growth may be significantly impacted by mouth breathing.

If you feel that your child has any of the previous oral habits it's time to have it checked out. Like with any habit, the longer it goes, the more difficult it is to break. Until then, does anyone know what time the ballgame starts and where are my cheezies? 🤔

*Doctors Hill and Gross have the experience to help craft beautiful smiles for all manner of patients, both children and adults.*

## Orthodontic Specialists

Children | Teens | Adults | Special Needs



# B·H·G

ORTHODONTICS

Dr. C. Bruce Hill & Dr. Michael Gross

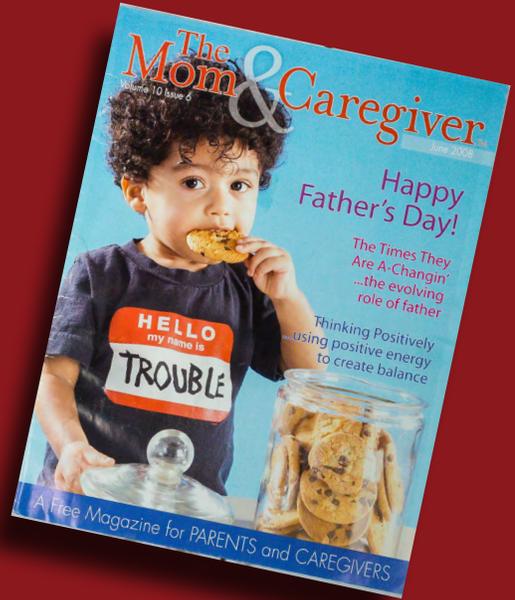
37 Oxford St. W. London 519 434 2183  
info@bhgortho.com www.bhgorthodontics.com

No referral necessary



## Anthony Rigopoulos

was 2 years old at the time of his cover shoot for the June 2008 cover. Anthony is now 12 and enjoys playing soccer and doing tricks on his scooter as well as playing video games, dancing, listening to music and hanging out with his two cousins. Anthony says he recalls the photo shoot and he remembers the team putting a Scooby Doo figurine in the cookie jar so that he would actually leave his hand in the jar. He felt really happy and loves the shirt that he was wearing in the photo. He actually still has the shirt and his little brother wears it now!



## Gianna Rigopoulos

was about 2 ½ years old for her 2004 March Calendar shoot. Gianna, now 16, is currently in Grade 11 and loves playing her guitar, singing, and acting. She has performed in Stratford and The Grand Theatre and is currently rehearsing for her school play. Gianna says she doesn't remember the photo shoot, but I sure do. Paula Tizzard, the photographer, and Sabina were both there. The studio was in Paula's lovely home in St Thomas. Both Paula and Sabina were both so comforting and down to earth as this was the first time we had ever done something like this. Little did we know that we would stay in touch with Sabina over all these years.



# Celebrating 20 YEARS!



## WHERE ARE THEY NOW?

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

It means so much to us that you have asked us to come back, it really shows the integrity and family values that The Mom & Caregiver has. Our experience with Sabina and The Mom & Caregiver team has been like a comforting family relationship! We first met Sabina about 14 years ago and her beautiful soul and personality haven't changed. We enjoy the publication with all the local advertisements and calendar of events. It's so great to have a local magazine that is so full of family events, menu planning, and great advice. Congrats Sabina and team, you have come a long way over the last 20 years and our family is so proud to be a part of this Celebration!

*Thank you, The Rigopoulos Family* 🍷



### Georgia Rigopoulos

was 2 years old on the November 2013 issue. Georgia is 6 now and a very active little girl who loves colouring, laughing, reading books bugging her older brothers and playing with her dolls. When she looks at the magazine she says she can't believe how short her hair is and how little she was then. She certainly has grown up since then.

*Anthony's Cover Photo by Rachel Lincoln*

*Gianna's Cover Photo by Paula Tizzard*

*Georgia's Cover Photo by One12 Photography  
Child Holding Cover Photos by One12 Photography*

## TESTIMONIAL

*"We couldn't be happier working with Sabina in The Mom & Caregiver magazine. It's a perfect fit for Nash's as it is a tribute to all the hard working women and mothers who are the glue to the family. Nash's helps celebrate life's special moments and special people. We are proud to be able to showcase what we do in the magazine."*

*- Colin, Nash Jewelers*

# MATTHEWS HALL: HOLLY & IVY EVENT

It's that time of year again! Vendor selection is complete, bakers have chosen their recipes, and Matthews Hall is in the final preparatory stages for their annual "Holly and Ivy" shopping event!

In its 9th year, Holly and Ivy have proved a popular destination for that unique gift and is often referred to as London's very own "One of a Kind" show. Held annually the 3rd week in November, it is timed perfectly for getting the community excited about the upcoming holiday season. With the increasing popularity to "buy local" and with over 45 booths this year, we offer something for everyone on your list. Whether it's all natural skin care, soy candles, charming jewelry, fine art, stylish home accessories, pretty pottery, handmade children's' clothing, cozy hand-knit mittens, sweaters, and cashmere shawls, Italian leather bags, gourmet food and decadent desserts and so much more, Holly and Ivy's unique artisans will have you covered.

The doors of Matthews Hall at 1370 Oxford Street West were open to more than 1000 shoppers last year. As a fundraiser for the school, the show is 100% volunteer-led with 10 moms taking the lead and putting a year into planning this not-to-be-missed event. Not only is this a wonderful shopping event, but it is also an opportunity to showcase our dedicated parent volunteers, teachers, staff, lovely students and school. The gym and atrium undergo a magical transformation with holiday decor and music, our raffle table is set with exciting donations, and whether it's our sought-after baklava or Skor bars, our bakers are second to none and will offer you enough variety to stock your freezers with all your holiday baking needs.

Please join us! Come to visit local talented artisans from your community, take a coffee or tea break in our cafe and browse the work of our handpicked, high-quality vendors. We are an accessible event and we invite you to "like" our Facebook page and get a special BOGO at our cafe. See you at Holly and Ivy!



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. 🍷

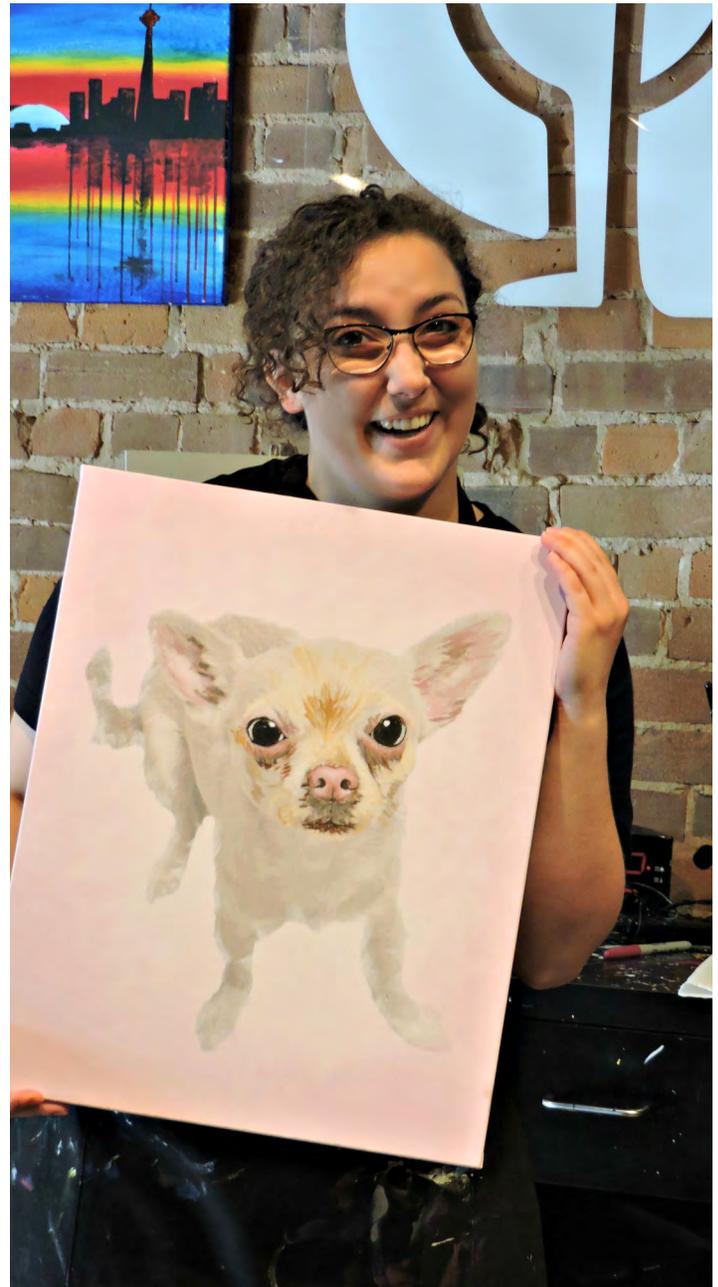
## PAINTING PARTIES AT PINOT'S PALETTE

You've likely noticed grown-up 'paint-nights' throughout many cities. Participants don aprons, take a seat behind an easel and attempt to recreate the night's image under the guidance of an experienced instructor. It's a night of good clean (or not so clean) artsy fun, usually hosted temporarily at a bar or café.

Now, thanks to Pinot's Palette on Dundas Street in Toronto, you and your kids can paint together almost any night of the week. Pinot's Palette is a permanent storefront space set up for painting with plenty of elbow room and seating.

Pinot's Palette in Toronto is the first Canadian outlet of a franchise spreading its way across the U.S. offering one-night art classes for adults and families. Each month brings new pictures, including some specifically for kids. Then there are the parties.

Children's two-hour birthday parties in either the studio space (for up to 50 people) or smaller rooms downstairs are private painting events starting at \$25 per kid for 14 kids plus the birthday boy/girl. You bring your own food and cake. You also get to select your own night's image from an extensive library that includes mermaids, snails, dinosaurs, cats and even troll dolls. Plus, the painting the instructor completes is signed by all guests and given to the birthday celebrant.



Pinot's Palette is located in Toronto's west-end Junction District, an up-and-coming area attracting boutique stores like Snug as a Bug, Canada's leading creator of fleece onesies for the entire family - that's right, adult sizes too. Also, check out the annual 'Santa in the Junction Holiday Market' November 30 to December 2, 2018. 🐾

*Sherri Telenko is a Southern-Ontario based travel writer. Please check out her four-footed adventures at [www.dogtrotting.net](http://www.dogtrotting.net).*





## THE KETO FLU & HOW TO AVOID IT

**S**tarting the ketogenic diet is a dramatic change for your body. Not everyone gets it, but it is common for people who remove carbohydrates from their bodies to get something called the keto flu. You can experience things like headaches, muscle aches, and cramping. You pretty much feel like you have a bad hangover for a few days. This happens due to an imbalance of sodium, magnesium, and potassium in your body.

Good news! You can prevent the keto flu and save yourself a few miserable days. I can promise you that you will not continue to feel crappy forever and paying careful attention to managing proper levels of sodium, magnesium, and potassium in your body will go a long way towards preventing the keto flu.

You can drink a cup of high sodium broth or a bouillon cube dissolved in hot water twice a day when you're just starting out to ensure you're getting enough sodium. Taking magnesium supplements and drinking a lot of water will also help ease your transition into keto.

Also, adding 1/4 teaspoon of "No Salt" potassium supplement to a large bottle of water helps. "No Salt" can be found in the salt aisle at the grocery store or online. You can also find slow-release potassium supplements but only take at the advice of your doctor. My doctor did advise this for me and I was able to take a 600 mg potassium supplement daily.

To be honest, I did none of these things to prevent the keto flu when I first started, so I ended up with headaches around day 3 to 4. Once I got through it through my first week I began to feel fantastic!

If you cheat and kick yourself out of ketosis, you can expect to go through the "keto flu" each time. I would strongly encourage you to go through this process once and stick to the diet until you achieve your desired weight loss results. I have put in my time with this and 95 weeks in, I can promise you that cheat meals are not necessary when you have such a large variety of options. 🍷

*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.*

**Order online for pick-up or delivery OR stop in our store & grab-n-go!**



**ketolibrium**

**Eat Healthy. Be Healthy.**

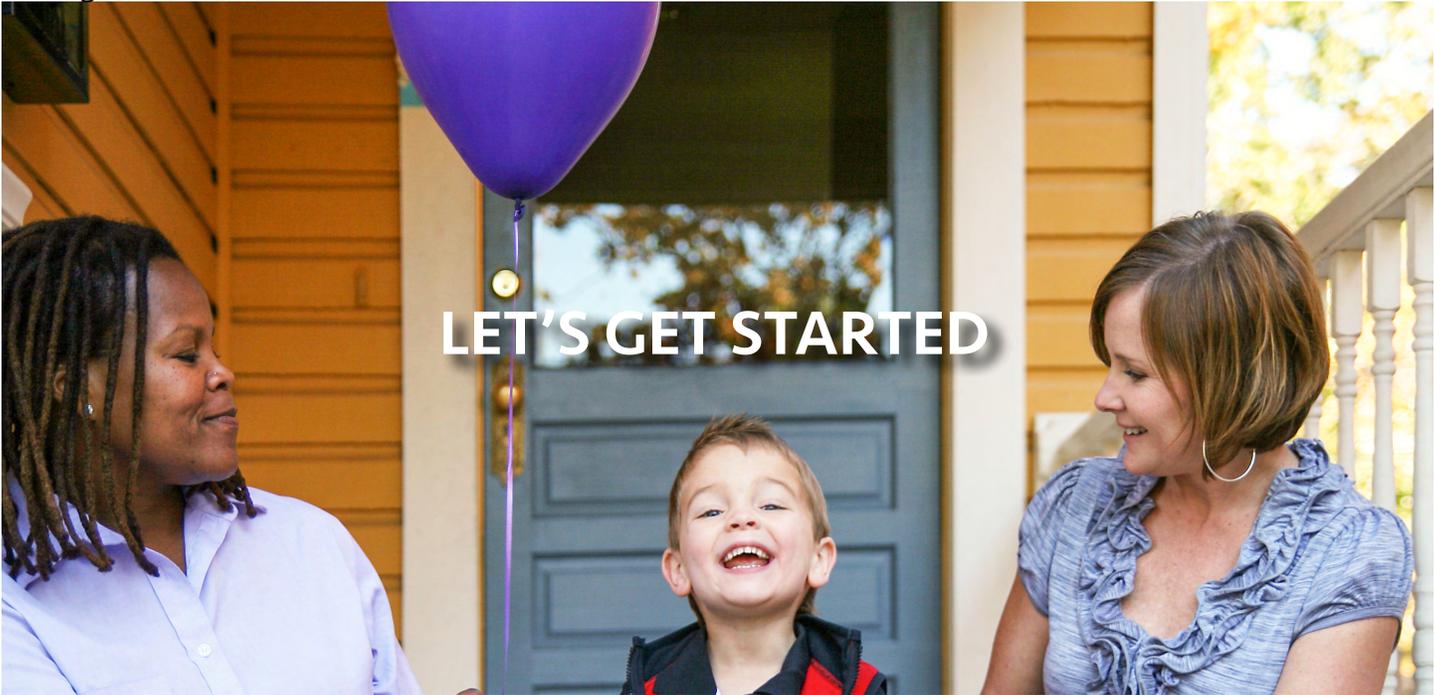
Formerly Keto Health Foods

Gluten-free, sugar-free  
delicious ketogenic food!

**MEALS  
MADE  
FRESH  
WEEKLY**

Now At 911 Commissioners Rd E  
www.ketolibrium.ca  
519-681-5386





LET'S GET STARTED

Once upon a time, in a far-away land, a 30-something woman sat at the Mac computer she still didn't know how to use and tried to come up with a snazzy introduction. Alas, this woman was tired. Her 3-year-old had been keeping her up every night since she peed on a stick. She was dealing with a runny eye from seasonal allergies. Her Spanx were digging into her stomach, but she wondered if she should even admit that she was wearing Spanx? She didn't know. She didn't know anything, really. But here she was, contributing to the Mom and Caregiver magazine for a year.

Hi. I'm Jordan. \*taps mic\* Is this thing on?

The Mom & Caregiver magazine came into my life one morning, many years ago. It was between the hours of 7:00-7:30am and I was sitting in the fertility clinic, trying to avoid eye contact with the other women who were also waiting for the blood work and vaginal ultrasounds and prescriptions that we needed to make babies. That magazine saved me on more mornings than I care to remember. It gave me something to focus on as tears burned the back of my eye sockets, waiting to see if my baby had a heartbeat or not. I read the articles on infertility as I waited to learn how to give injections for IVF. I dared to look at pregnancy articles as I rubbed my belly at 10 weeks, hoping this would be the last time I would be here (it wouldn't).

Years later, I met Sabina in person at a photo shoot that my daughter was doing for the magazine. My partner, Celina, and

I sat down to chat with her after the shoot. Sabina gave us a beaming smile, took us all in and said, "So! You guys are a same-sex, interracial family. What's that like?"

"Hmmm... no small talk", I thought to myself, as I realized instantly how much I liked this woman. We proceeded to talk that morning on racism, infertility, loss, sadness, sexuality and what being a woman today meant to each of us. I explained to Sabina that I am a women's mental health counselor, a writer, a truth-seeker and teller. I expressed to her that I try to use my own humanity to understand the lives and hearts of those around me, to be with them.

I guess that leads me to my hopes for us here: to connect with you, the reader. To share from my heart to yours. To meet you wherever you might be right now: in the fertility clinic on those cold, lonely mornings. In your doctor's office, waiting for your antidepressant refill. In the waiting room of a new daycare, as you sit shaking inside. To meet you in your relationships, in your joys, in your heartaches. To refuse small talk, and instead, to talk about things that matter. To remind you that you're not alone and that life is a weird, funny, disastrous and wonderful ride that we take together.

I am so excited and scared to share my heart with you.

Until next time, may you be happy. 🍷

*Jordan Thomas is a registered social worker and the owner of Nourish Counselling Services. Jordan works with women on improving their mental health and self-compassion. Follow along on IG @nourishcounselling.*

<p>Promo Code <b>M/CG2018</b></p> <p><b>JUST IN TIME SOLUTIONS</b></p>	<p>Certified Professional Organizers who deliver... welcoming functional spaces, calm, stress-free mornings and smoother, easier life transitions.</p>	<p><b>Pauline Hoffman, CPO®</b></p> <p>Call Us Now 519-227-2241</p> <p><a href="http://www.justintimesolutions.com">www.justintimesolutions.com</a></p>
--	--	---



# DOG HEROES

Most modern dogs enjoy being a special part of a home. They are trustworthy door greeters, enthusiastic playmates, and champion snugglers. With an emotional intelligence and willingness to learn that has been passed down through many generations, dogs have the amazing ability to happily excel at the tasks we give them.

Some canine jobs are particularly noble. For these roles, we strongly admire the honourable dogs that perform the duties for which humans simply cannot compete; they are truly dog heroes.

In law enforcement, scarce time and resources can sometimes mean the difference between life and death. In addition to search and rescue, our canine (or "K9") friends can also be trained to find narcotics, explosives, cadavers, or even illegal exotic animals far more effectively than their human counterparts. They aren't easy jobs, but these positions are filled by dogs who are specially bred, selected, and trained for success.

Similarly, service dogs are bred for the situations into which they will be placed. Shepherds and Belgian Malinois are frequently sought after for law enforcement due to their agility and compliance, a variety of other breeds are selected for their emotion-

al awareness and temperament to be service dogs. These dogs provide the necessary support for someone with a behavioural disorder or traumatic brain injury to participate in certain situations, or even help a timid child to testify in court. For these individuals, a service dog is truly life-changing.

For the dogs, these positions also allow them to truly thrive due to increased mental and physical stimulation in addition to the high level of attention and care throughout their careers.

Because of their unusual duties, they may live untraditional lives, but they still become members of the family. Humans and dogs have created an incredible bond after working alongside each other for thousands of years, so it's natural for the bond to be especially strong between working dogs and their handlers.

We wish that we could give these canine heroes all the glory that they deserve, but they don't ask for much in return. They perform their incredible duties for a treat, a toy, or even just a scratch behind the ear.

In that way, they're not all that different from our loyal household companions. To them, they just have a different job, and if they make their family proud, that's all that matters. 🐾

*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](mailto:brent@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.*



Join An Elite Home Child Care Team With More Than 30 Years Experience.

Look into a Wee Watch Child Care Career Now.

Receive training, stay updated at ongoing workshops and have access and guidance from Registered Early Childhood Educators. We take care of the administration, marketing, and we provide equipment and exclusive child care programming materials.

Call us, let's talk: **519-850-7019**  
Or visit **weewatch.com**



*Reconnect with life ...  
imagine the possibilities.*



For all your hearing needs:

- Tests ■ Hearing Aids ■ Supplies ■ Noise Plugs

1807 Wonderland Rd. North  
Suite 102, London N6G 5C2

460 Springbank Drive  
Suite 108, London N6J 0A8

**519.473.5850**

**519.936.5850**

Free Patient Parking at both locations



[www.bentleyhearing.com](http://www.bentleyhearing.com)



**WE ARE MORE THAN  
JUST CARPET CLEANING**



How can we assist YOU?

To start, our Restoration & Construction Division is set to help you with all your home improvements - we'll take your project from A to Done with our team of certified Plumbers & HVAC Tradesman. Our certified Technicians are trained to conduct Air Quality Testing, Carpet, Duct, Kitchen Hoods, Pressure Washing, & Grease Traps Cleaning. We also have 24 hour Emergency Flood Clean-Up!

We are here to help!

519.659.4444  
1.855.599.4114  
[www.steamcanada.com](http://www.steamcanada.com)  
[services@steamcanada.com](mailto:services@steamcanada.com)

**CONTACT US TODAY!**  
We guarantee our workmanship 100%!

SW Ontario - Cambridge - London - St. Thomas - Sarnia - Windsor - Strathroy - Chatham



**FLEETWAY**



**NEW THINGS  
COMING TO  
FLEETWAY**

Follow Us On Social Media

On Site

**@FLEETWAYFUN**

Bowling | Arcade | FleetPlay | Glow Golf | Billiards  
[WWW.FLEETWAYFUN.COM](http://WWW.FLEETWAYFUN.COM)



Follow Us

[www.themomandcaregiver.com](http://www.themomandcaregiver.com)

MOM & CAREGIVER.



## READING NUTRITION LABELS 101

**T**rying to change your eating habits? Make healthier choices? Not sure how or where to start? You're not alone! Navigating the grocery store and making the healthier choices can be a challenge...even for the strongest-willed and nutrition-savvy. Flashy food marketing and strategic placement of foods don't make our job as health-conscious consumers and food purchasers very easy.

If I could impart one skill that I know will help you make more informed food choices, it would be how to read nutrition labels, particularly the Nutrition Facts table. The Nutrition Facts table is a wealth of information and research tells us that Canadians have a difficult time understanding how to use it to make informed food choices. Jenn to the rescue!

Want to know more? A lot of grocery chains have hired in-store Registered Dietitians who can help you make the healthy choice the easy choice when shopping for groceries. They provide personalized nutrition services as well as group nutrition services, like grocery tours for adults and children, healthy cooking classes, in-store demos, and various nutrition workshops. Check your store to see if this service is available.

How to make informed food choices in 3 simple steps:

### 1. Look at the Serving Size

The Serving Size is found under the header "Nutrition Facts". The information in the Nutrition Facts table is based on this quantity of food.

### 2. Use the % Daily Value

The % Daily Value (% DV) is found on the right side of the Nutrition Facts table. You can use this value to see if the Serving Size has a little or a lot of a nutrient:  
5% Daily Value or less is a little.  
15% Daily Value or more is a lot.

### 3. Look at the Nutrient

Choose a packaged food that has more of the nutrients you want and less of the nutrients you don't want. You can use this simple tool to compare foods too. For example, if you want to choose a canned soup that is lower in sodium, refer to the % Daily Value in the Nutrition Facts table and compare the Serving Size and % Daily Values to help you make an informed food choice.

Happy, healthy and informed shopping! 🍎

*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.*

**GROcery GUY**  
519.636.8533 GROceryGUY.CA

- We Shop,
- We Deliver,
- You Relax!

**\$2 OFF YOUR NEXT DELIVERY WHEN YOU MENTION THIS AD!**  
LIMIT ONE TIME USE PER CUSTOMER

Vitamin & Herbal Therapy Products & Information

**Jeffrey G. Robb B.Sc. Phm.**  
Owner / Pharmacist

Phone: (519) 672-3340  
Fax: (519) 672-7844  
Toll Free: 1-800-566-8482

Email: [turner@turnerdrugs.com](mailto:turner@turnerdrugs.com)  
Website: [www.turnerdrugs.com](http://www.turnerdrugs.com)

52 Grand Avenue  
London, Ontario N6C 1L5

**featuring NATURAL FACTORS products**

Look and Feel Your Best



## BEAUTY TOOLS: QUALITY OVER QUANTITY

**D**on't get caught up in the latest beauty-buzz and season must-haves. Ask yourself "What do I actually need?" and try to choose quality over quantity. Below are some of my top beauty tools that are worth every penny and are made to last.

### Professional Styling Tools

It's important to remember that your hair is a delicate fabric so when it comes to buying a blow-dryer, flat iron or curling iron, it's essential to invest in high-quality styling tools that will perform without burning your tresses. Professional tools will not only last much longer, but the advanced technology and science behind it will guarantee less damage, controlled heating, and faster results.

### High-Quality Hair Brushes

My top 5 recommendations are:

- Tangle Free Brush- for gentle detan-

gling with minimal breakage.

- Wide Tooth Comb- perfect for combing through conditioners and treatments, as well as leave-in conditioners, serums, and thermal protectors.
- Round brush- for styling, volume, and body.
- Paddle brush- for brushing and smoothing.

### High-Quality Makeup Brushes & Tools

From eyes, eyebrows, face, and lips, you need to have a great set of makeup tools to work with to achieve blended, smooth makeup applications. Invest in a couple at a time and start with the staples. Think buff, blend, line and define. These tools are essential for achieving beautiful results while minimizing product waste.

### Tailored Skincare Regimen

Beauty begins with a beautiful canvas, and the best way to achieve optimum re-

sults is by treating your skin with a daily skin care regimen designed to purify and beautify while providing preventative and restorative benefits. Consult with a beauty professional to determine the best skin regimen for your specific needs.

### Tailored Haircare Regimen

A healthy scalp produces healthy hair which is why it's so important to use the right products to clarify, hydrate, protect and nourish the delicate fabric we all know as hair. There are so many products out there filled with silicones, waxes, harmful sulfates, and alcohol - all of which are damaging and dehydrating, and can potentially strip colour and moisture. To save money and give your hair the optimum care it needs, consult with a professional and let them tailor the perfect regimen for all of your haircare needs. 🧖

*Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.*

THE MOM & CAREGIVER™



One-12 Photography  
www.one12photo.ca  
519-777-1699



New to parenting? Join the conversation.

Follow us on:

@momandcaregivermagazine f The Mom & Caregiver

Follow Us  

www.themomandcaregiver.com

THE MOM & CAREGIVER™



6515065



FOREVERMARK

A DIAMOND IS FOREVER

The Forevermark  
Tribute™ Collection

FOR ALL  
THAT YOU  
ARE

A diamond for each  
of your qualities

**NASH**  
*Jewellers*  
Since 1918

nashjewellers.com