

THE
MOMANDCAREGIVER™

ER™

OCTOBER 2018
VOLUME 20, ISSUE 10

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LUNCHES
THEY'LL
LOVE
TO EAT

BOOKS
THE BEST
THING
SINCE
SLICED
BREAD

STICKY EMERGENCIES
SNAP, CRACKLE, POP GOES THE BRACES!

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EDITORIAL 04
Autumn is in the Air!

05 EVENTS CALENDAR
October

AS THEY GROW 06
Concussions: What Every Parent Should Know

08 SPECIAL FEATURE
Nash Jewellers

THE NEXT STAGE 10
Teaching Health Literacy

11 KID ZONE
Books- the Best Thing Since Sliced Bread

FRANKLY FATHERHOOD 12
Moving... with Kids!

13 BRACING LIFE
Sticky Emergencies

20TH YEAR CELEBRATION 15
Where Are They Now?

16 BIZ SHOWCASE
YMCA Child Care

ARE WE THERE YET 17
Westfield Heritage Village: Picnic in the Past

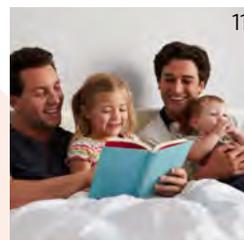
18 LIFESTYLE
Navigating Nutrition Labels on Keto

LIFE BALANCE 19
The Season for Change

20 PET FRIENDLY
Lost Pets & How to Find Them

FOOD FOR THOUGHT 22
Lunches They'll LOVE to Eat

23 BEAUTY AND WELLNESS
Turn Back Time



11



14



18



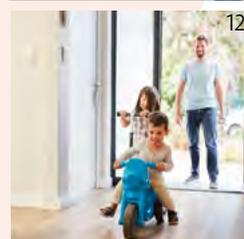
22



23



10



12



19



20



ON THE COVER

Daisy is all set for this month's spooktacular holiday with her sweet fox costume. She was so very happy at her shoot, dancing to Despacito and chasing her fox tail in circles.

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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.

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

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AUTUMN IS IN THE AIR!

The leaves are changing colour, the mums are in bloom and a cool breeze is freshening the air – autumn is here and it’s my favourite season! I chuckle every time I enter a store or coffee shop these days to see pumpkin spice candles, pumpkin spice lattes, pumpkins everywhere!

There’s so much to celebrate this month. Of course, we all know Thanksgiving is a time to be grateful for all we have (including friends, family and apple pie!). And a smile comes to my face every time a Halloween witch, firefighter or ninja ring my doorbell on October 31st. I learned the tough way this year that my son is no longer little – mom is not cool enough to offer costume suggestions, and instead of that little plastic pumpkin that used to collect treats, there’s talk of a pillowcase! Have some Halloween fun with your family this year at Westfield Heritage Village where

charming and spooky jack o lanterns line the trails – find details on page 17.

During the October holidays, our busy houses are often full of people, food and loud celebration, and toddlers and preschoolers need a few minutes to be quiet and wind down. Our youngest authors, 12 year olds Mikael and Ella, offer their favourite storybook selections in Kid Zone. So grab a blanket, put up your feet and enjoy “Those Darn Squirrels” or “Guess How Much I Love You” with your child.

We are very thankful this month for the wonderful response from you, our readers, to our brand new website! We are honoured that you’ve taken the time from your busy schedules to share your love, your compliments and your suggestions. You’ll find a delicious selection of recipes, fun craft ideas and parenting articles past and present at www.themomandcaregiver.com. We are also grateful to have such wonderful partners, especially this month with Nash Jewellers celebrating their 100th anniversary! Be sure to check out our special feature on page 8 to learn all about this gem.

So what’s your favourite way to enjoy The Mom & Caregiver – our beautiful paper version or our gorgeous website? Either way, grab a cup of pumpkin spice tea, and enjoy! ☕

"Autumn is a second spring when every leaf is a flower."
- Albert Camus

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OCT 10/2018 EVENTS

5th

Ghost Stories
Eldon House
www.eldonhouse.ca
Fridays & Saturdays

8th

Pumpkin Festival
Clovermead Adventure Farm
6th, 8th, 13th, 20th, 27th
www.clovermead.com

12th

Kustermans After Dark
Kustermans Berry Farms
12th-14th, 19th-21th, 26th-29th
www.kustermans.ca

16th

Homework Help
Cherryhill Library
www.londonpubliclibrary.ca

18th

The Wiggles
Centennial Hall
www.centennialhall.london.ca

20th

Family Pumpkin Patch
Covent Garden Market
www.coventmarket.com

27th

Halloween in the Village
Wortley Village
www.halloweeninthevillage.com

6th

Disney Heroes & Villains
Wolf Performance Hall
www.londontourism.ca

12th

Haunt Nights
Fanshawe Pioneer Village
12th-28th
www.fanshawepioneervillage.com

13th

Walking Story
Pond Mills
www.londonpubliclibrary.ca

16th

LPL Annual Book
Centennial Hall
16th-18th
www.londonpubliclibrary.ca

19th

StorySpook Village
Storybook Gardens
19th-23th, 25th-29th
www.storybook.london.ca

24th

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

31st

Happy Halloween!



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CONCUSSIONS: WHAT EVERY PARENT SHOULD KNOW

One minute your child is playing happily; the next minute he's tripped and fallen hard to the ground. He gets up and continues playing normally. You notice as the week goes on he is fussier than normal, sleeping more than usual and he is having trouble with his balance and coordination. But he was fine right after he fell, and he didn't pass out or vomit so it couldn't be a concussion, could it? A concussion is a brain injury caused by any direct or indirect blow to the head or body. Concussions are commonly caused by falls or activity injuries, such as running into fixed objects or other children. Signs and symptoms of a concussion may occur right away, after the injury, or hours or even days later.

All concussions are serious and most occur without the loss of consciousness.

The younger the child, the harder it is to diagnose a concussion because young children can't always tell you how they feel. A concussion can't be seen on an X-ray, MRI or CT scan. Therefore, if your child has fallen and/or bumped their head watch for the signs and symptoms of a concussion.

Symptoms in infants and toddlers:

- Unsteady walking, loss of balance (one of the

most obvious symptoms)

- Crankiness, irritability or difficult to console
- Changes in eating and/or sleeping patterns
- Tiring easily or lack of interest in usual activities
- Sensitivity to light and/or noise
- Visual problems
- Headache or they are rubbing their head a lot
- Nausea and vomiting

If you suspect a concussion:

- Have your child stop the activity right away
- Have your child see a physician or Nurse Practitioner as soon as possible
- Monitor your child closely for any physical, mental or emotional changes

→After a concussion, kids need to let their brains rest. That means cutting out as much unnecessary physical, mental and emotional activities as possible for as long as advised by their doctor or nurse practitioner. 🧠

Parachute Canada (2018) A Concussion Guide for Parents and Caregivers. <http://www.parachutecanada.org/injury-topics/item/concussion>

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.



NASH
Jewellers
 SINCE 1918



Celebrating 100 YEARS!



Nash Jewellers has become a historical gem in Southwestern Ontario. Over the course of a century, the business has endured the Great Depression, World War II, the explosion of the Internet and various financial meltdowns. Today, the store is still a family owned and operated business, located on Wonderland Road North in a new building with a brightly lit showroom that holds many exquisite pieces from brand named jewellers.

Nash Jewellers gives back. Currently, both the store and members of the Nash family are involved in various community-wide fundraising initiatives including helping patients and families in need at London Health Sciences Centre (LHSC) by donating and participating in events.

Colin Nash, grandson of John B. Nash and

son of John C. Nash, is the fourth generation to take up the jewellery business; working alongside his brother, Bryan. Colin explains that philanthropy was a big part of their childhood.

“We were raised to be confident but also humble and really give back to the London community that has helped us get to where we are today,” says Colin, who also volunteers on London Health Sciences Foundation’s Board of Directors.

This legacy of giving has inspired staff, customers, friends and business partners. This year, Nash Jewellers not only celebrates 100 years of business but one million dollars in cumulative giving to LHSC – a feat Colin is extremely proud of.

“I feel great knowing that we’re able to

help somebody in need, create more research funding, or do something that is going to enhance our local hospitals which are renowned and some of the best in the world. Just knowing that I can at least play a small part in that is a feel-good moment for me, and a real win-win,” says Colin.

Growing up in a large family, most of whom are athletes, Colin knows why investing in health and patient care is particularly important.

Now with children of his own, and a total of fourteen nieces and nephews, Colin hopes that the future of health care will continue to improve for their generation as well as generations to come. 🍷

The Mom & Caregiver family congratulates Nash Jewellers on 100 years of being a gem in our community!

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TEACHING HEALTH LITERACY

We value literacy highly in Canada. Internationally, high rates of literacy are associated with better standards of living and better health outcomes.

However, being highly educated and literate does not always ensure that we are “health literate.”

It is estimated that only 12% of Americans are health literate. Our rates may be slightly better in Canada. Health literacy helps our children to be better health care consumers. It helps them to make more informed decisions. Understanding their bodies and their conditions can help to make illness less frightening to them.

Basic health literacy is even more important in the “information age” when

our children are exposed to conflicting and erroneous information on social media and the internet.

The effort to improve health literacy must begin early in the home. There are several key areas that children need to have health literacy in.

1. Anatomy- understanding one’s body and its basic inner workings can help children and adults better understand their illnesses. It also gives children the vocabulary to describe potential sexual abuse.
2. Nutrition- the food industry targets a young audience. Our children need to be media savvy but also be able to understand the negative effects of the sugar laden cereal that is being promoted.

3. Physical Activity - A sedentary lifestyle is as dangerous as smoking and knowledge about the importance of activity is key to preventing many chronic diseases.

4. Self Advocacy- It is important that our children be empowered to become active consumers of their health care. The content of the information and choices will change as they become adults, but the message that they can work in partnership with their health care providers is a lasting one.

Teach your children health literacy. It will go a long way to ensuring their 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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BOOKS- THE BEST THING SINCE SLICED BREAD

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

Are you an avid reader? What types of books do you most like to read?

Mikaeel:

I am an avid reader. My favourite type of books are mystery, adventure and biography.

Ella:

Yes, I would consider myself an avid reader. I like to read all kinds of books but my favourite kinds are fantasy and adventure novels.

What is the title and author of the last book you read, and what rating would you give it out of 10?

Mikaeel:

The last book I read was called How To Be A Muslim by Haroon Mogul and I would give it a 7.

Ella:

The last book I read was Son by Lois Lowry. It was the last book in a series I really enjoyed. Son was a very good book and I would give it a 9 out of 10.

Why do you think reading is important for kids? Why is it important for adults?

Mikaeel:

I think it is good for both kids and adults to read because like

anything you will get better at it, and because then you will learn lots of new things.

Ella:

I think reading is important for kids because it helps you learn new things and is a great way to pass the time. I think it's important for adults because they can find out all sorts of things by reading.

Do you prefer reading at home or school?

Mikaeel:

I prefer reading at home because then I can relax and lie down.

Ella:

I prefer reading at home for two reasons: at home I can read whenever I want and wherever I want. At school you have to read for a certain amount of time at a hard desk. At home I can read for 5 minutes or 2 hours on a nice comfy couch or up in a tree.

What was your favourite storybook as a very young child?

Mikaeel:

It was called Guess How Much I Love You by Sam McBrantey.

Ella:

I loved (and still love) Those Darn Squirrels by Adam Rubin. Such a hilarious book! 🤪



MOVING... WITH KIDS!

Moving homes are pretty high on the stress-o meter... add young kids to the mix and you'll discover whole new teeth-grinding, hair-falling, head-aching levels of stress!

Our summer was consumed by wrapping, packing, and weeding out the vast amount of stuff we've collected over the past 9 years - most of which we accumulated since having kids. And while this "Type-A" dad doesn't mind organizing and achieving new heights in meticulous packing rituals, the most challenging part of moving is what to do with the kids.

We tried to keep the kids busy with summer camps, playdates, visits to family, and yes, a lot more screen time than I care to admit. We tried engaging them in helping us pack their toys - a task that their limited attention span made impossible. In the end, the only success and the most progress came when the kids were shipped off to grandma's and to my aunt's house. It wasn't until we were kid-free for a week that we were finally able to finish packing, organizing, and tying up all the loose ends that come with moving to a new home.

Just a couple of days into being kid-free, I found myself completely engrossed in the deed, drowned in cardboard boxes and bubble wrap, unbathed and unshaven (did I even have lunch to-

day?). And then it hit me: we're moving out of our first home together.

Having no time to process the whole ordeal, I finally realized we were closing a magnificent chapter in our family history. This was the first home we purchased as a couple. We transformed this place into a home with a garden, a new deck, and a kitchen reno. These walls witnessed our marriage, our struggles, and many gatherings of friends and family. But the richest memories of our home include our kids. This was the home our boys came into, where we shared their first steps, first words, and first laughs together. Here we shared first birthdays, Christmas mornings, knee scrapes, pizza nights, new friendships, superhero movies, and many sibling squabbles. We truly enjoyed and loved this home and as my watery eyes came back into focus, the moving stress didn't bother me as much.

The rest of the move had its hiccups but I now felt a bit more resilient and able to adapt as we rolled with the punches. I began to feel more excited for the next big chapter in our lives. We are now two weeks into the new house and while I fully understand that it's the family (not the structure) that make the home, it wasn't until our 2-year-old walked into the new house yesterday and declared "I'm home!" that it felt absolutely perfect. 🏠

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

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Tips for a Healthy Smile

STICKY EMERGENCIES

The end of October or should I say "Halloween" is typically a busy time of year in orthodontic offices. We tend to see more orthodontic "emergency" appointments during the first week in November as a result of sticky candy consumption. Anything that causes your teeth to stick together when you chew it including toffee, caramels, peanut brittle, bubble gum will wreak havoc on orthodontic appliances and braces.

Orthodontic emergencies include anything shifting or coming loose in the mouth that may or may not be associated with discomfort. It could be a brace that pops off the tooth and could be left dangling on the wire. If it is not getting in the way and not causing any discomfort, then that is the type of emergency does not require immediate attention. If a brace pops loose and is sore, or a wire is poking and cannot be repositioned, then this type of emergency should be seen sooner rather than later. We could also see an orthodontic appliance that is cemented into place come loose or even fall out of the mouth when candy gets embedded in and around the braces/attachments.

Hard candies are problematic as well. Biting into hard candies can easily dislodge braces and bend wires between the braces which could cause unwanted tooth movement and soreness. If any of these problems happen, call your orthodontist and they will instruct you how to manage the problem in the short term or check their website for instructions.



Remember, all candies are high in sugar content and sugar and teeth is not a great combination. Try to time candy consumption around meal time to minimize the time that sugar is on the teeth and rinse with water after eating your Halloween treats to flush the sugar out of the mouth. Finally, brushing before bed-time is most important because your saliva (which helps clean the teeth) is at its lowest level while sleeping. Have a fun Halloween and enjoy the treats responsibly! 🍬

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Celebrating 20 YEARS!



Photo by One12 Photography



Photo by Rachel Lincoln

WHERE ARE THEY NOW?

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

Meet Weston. He is now 12 years old, but was only 4 years old when his August '09 cover was shot.

A word from his mom, Helen:

What are their current interests?

He enjoys gaming, the outdoors, music, animals, and science.

How does your child feel when he looks back at his cover?

He thinks he looked pretty cute, and maybe a little funny.

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

It felt like an honour the first time....this time even better!

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

We had fun with our first photo shoot, all positive experiences.

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

I used to read the articles (tips, and recipes) when we'd make our weekly trips to the library. They were always helpful!!

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

Happy Anniversary, The Mom & Caregiver! 🎉

TESTIMONIAL

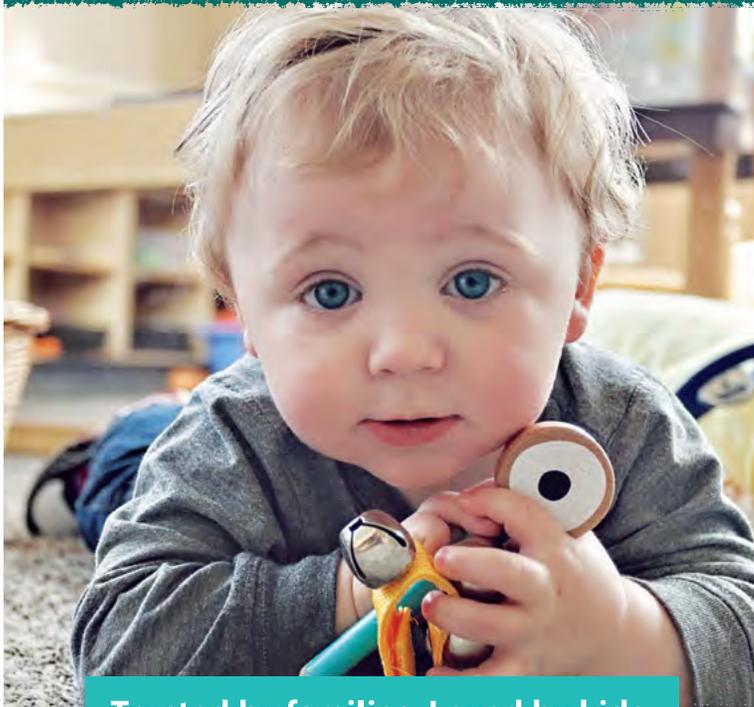
"It was love at first chat when I first met Sabina. After learning about both her personal and professional journey, she instantly became one of my favourite #womenwithambition. With a huge and humble heart, Sabina is always looking for ways to give back, create memorable events, and bring people together from all over North America. As a mother, business owner, director, creator, and community contributor, Sabina steps into every role she plays with passion, purpose, and genuine love. A love for her family, staff, partners and community, and of course, her business baby: The Mom & Caregiver Magazine. Meeting Sabina, and learning more about the history of the publication and its mission, vision and "why" was the beautiful bonus that sealed the deal! I am very proud and honoured to be a contributor to the The Mom and Caregiver Magazine and to be the voice behind Beauty & Wellness: a resourceful column that offers tips and tricks, inspiration, and lifestyle enhancements to help you look and feel your best from the inside-out."

- magazine contributor, Lisa Aquilina

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Life's busy. You're always on the go and juggling so many priorities at home and at work. Enter your first little one or a new addition to the family and you're busier than you ever imagined.

At the Y, we know that all parents need great parenting partners.

Trusting your child with a caregiver who's not you is a big deal. For them and for you. At YMCA Child Care, we're the partner that parents in the region have been counting on, for the last five decades and running.

With 17 bright, modern facilities in convenient locations across the region, our centres are filled with high quality registered childhood educators who know what it takes to be the next best caregiver to mom and dad. Warm, caring, and dedicated, our staff have a passion for nurturing your child's potential.

The YMCA's Playing to Learn curriculum is Ministry-approved and focuses on growing your child's curiosity and development in the most natural way possible... through play! Playing to Learn activities and playscapes always incorporate the foundations of language and literacy, math and sciences, and the creative arts, providing endless opportunities for your child to actively explore and learn to become a self-directed problem solver, all while developing an excitement for learning. Our programs and centres are designed to allow your child to participate in independent or small group play, while YMCA educators support their learning along the way.

That means your child will experience joyful, enriching moments filled with opportunities for learning and discovery. All day, every day.

YMCA Child Care is the best place for them to be when they're not with you. Get in touch to learn more about which Centre is the right fit for you and your family.

Connect with us today!
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WESTFIELD HERITAGE VILLAGE: PICNIC IN THE PAST

Jack-o-lanterns lining trails winding through the woods along the Westfield Heritage Village perimeter are both charming and a little creepy. But that's Halloween and these pumpkins along with some scarecrows mark not just the walking path, but the fall season.

Westfield Heritage Village, open April to October, celebrates summer with events throughout the season such as a civic holiday weekend ice cream social and Textile Day in August. But Sundays in October are reserved for winding down until the site closes for another year, and goblins merely accent what's important: history.

This 130-hectare Hamilton Conservation Authority site in Rockton, Ontario is about bringing early Canadian culture alive. The living museum, opened in 1964, is a collection of 35 historical buildings restored to specific decades ranging from 1775 to 1925 and staffed with costumed interpreters.

Centuries resided side-by-side. A colour-coded map directs visitors from the living conditions in the late 18th century to the early 20th. For instance, the Queen's Rangers' Cabin, built in 1792, was originally located in Dundas and is one of the oldest cabins in Ontario. Many of the buildings have been moved to the site for preservation. Others, like the Victorian-style Hardware Store, are replicas.

Popular is the 1896 Jerseyville Railway Station that once saw trains travelling between Hamilton and Brantford pass by its doors. Today, it's known as the station featured in the Anne of Green Gables movie and television series.



Wooded trails surround the village, dogs are welcome and there's a designated picnic area so bring your own and make a day of it. Sundays all buildings are open, but not on weekdays.

www.westfieldheritage.ca

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





NAVIGATING NUTRITION LABELS ON KETO

In last month's article, I discussed the benefits and downsides of tracking on a ketogenic diet. Knowing how much you are eating ensures you are taking in enough calories, which is important because you just don't get very hungry on keto!

When you begin keto you can use a keto calculator – google the term and you will see many different websites. These calculators will tell you your macronutrient goals, which is how many calories, carbs, protein, and fat grams to consume daily. Often people get off track by focusing on their macro percentages of 5% carbs, 25% protein, and 70% fat. They try to have perfectly balanced meals to keep these percentages at all times.

To simplify this, you need to aim for close to perfect macros by the end of each day. Some meals may be higher in fat than others. You may need to add a high protein, low fat food to hit your protein target, but it is simple to fine tune throughout your day.

In order to track what you're eating you need to have a solid

understanding of how to read nutrition labels. This will help you to recognize what you can and cannot eat, as well as how much.

The main things that you are looking at on a nutrition label is serving size as well as grams of fat, protein, total carbs, fibre, and any sugar alcohols. The serving size is important because you need to ensure you are accurately measuring the food you eat. Any food that you consume will come off your macronutrient goals for the day.

Most importantly, calculating net carbs of a given food should be at the top of your list. Net carbs are calculated: Total carbs – fibre – sugar alcohols. Note that sugar is not the same as a sugar alcohol, which are artificial sweeteners. One gram of sugar is equal to one gram net carb. When on keto you have 20-25 net carbs to eat every day, although actual carb levels to maintain ketosis vary from person to person. In order to maintain your fat burning ketogenic state, you must keep your net carb levels low enough. 🍷

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: iamketoincanada.com.

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THE SEASON FOR CHANGE

Summer is over and the leaves are falling. October is a season of change. Are you personally trying to change a bad habit, or going through a transition? Everyone talks about what to do if you want to change and what the results would be, but what about the time in between? That messy area in our lives where we aren't where we want to be, but we aren't where we used to be.

This time-period can be frustrating for everyone- teenagers, students, adults, and even young children. Whether a child is learning how to walk, a student is graduating from post-secondary education, or a parent is going through a divorce, these transition periods can be scary because they involve venturing out in new directions.

We can be tempted to ignore or avoid these feelings by masking them with drugs, alcohol, or temporary gratification that make us feel less lost or confused. We enjoy anything that gets

our mind off of what's happening in our reality because temporary numbness somehow makes all of our worries go away. But, they don't really work.

Once the high wears off, the hangover kicks in, or the guilt creeps in, our fear, insecurities, and worries surface. They never disappeared, they were just buried under temporary, short-term solutions. The reality is that these transitional periods are a part of life, and it is okay to feel uneasy about them. Some can be felt more intensely than others, but what is important is our attitude towards them and how we choose to respond to them. Whatever your coping mechanisms are, just remember that life is dynamic. It is always changing, and the best way to prepare for change is to accept that change happens and is necessary for moving forward. Like the seasons, change allows for new life and new opportunities to take place. ☺

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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LOST PETS & HOW TO FIND THEM

For many pets, the world beyond the backyard is just begging to be explored. These friends will sneak out at any opportunity, looking for adventure. Other cats and dogs are more cautious, but by simply following an impulse such as chasing a squirrel or stalking a bird, they may suddenly find themselves in a scary and unfamiliar place.

Play it Safe

Nobody wishes for their pet to go missing, but the situation is more manageable if your pet's identification is up-to-date. If they are microchipped, check online to verify that your contact information is linked to their microchip number. Otherwise, if your pet is found, their microchip can be scanned but there will be no way for the finder to know who to call.

Spread the Word

If your pet goes missing, use old-fashioned neighbourhood posters and the power of social media. Websites like London Lost Pets (www.LondonLostPets.ca) can help by broadcasting your pet's information to their followers. You should also contact any shelters in your area as well as your microchip company to file a lost pet report and see if any pets matching their description have been located.

Where to Look

If you're looking for a missing cat, don't forget to look up! Cats are very talented at climbing up trees, but not-so-great at getting back down. You may also try putting something with your pet's scent outside your door, such as a bed or litter box, to draw them home. Remember not to put out food, as this will almost certainly

attract different neighbourhood critters instead!

There are many dangers that lurk in the city, especially to frightened and confused animals. Plus, animals are excellent at hiding pain, so it's always a good idea to have them evaluated by a veterinarian upon their return to make sure that they are not injured or sick. Don't forget, if you find an animal that you suspect may be lost, try to take a photo of them or if you can, take them to a veterinarian to scan for a microchip so that the owner may be contacted.

Together, we can all do our part to help our furry friends find their ways back to their loving families. 🐾

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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LUNCHES THEY'LL LOVE TO EAT

Alrigh! Phew! We've survived the first month of back-to-school! The routine has (somewhat) set in...but what about lunches?

Studies have shown that children who eat a well-balanced lunch often do better in school and are more alert. Making lunches can be a struggle and a chore. I get it! Fear not! I'm here with tips and tricks to help you make quick, easy and healthy lunches your kids will be sure to eat (especially all that "good-for-you" stuff).

Start off by getting the kids involved – give them a role in planning, buying and preparing their lunches. This can save you some time AND can bring you together as a family...an added perk is that they will be more likely to eat the food they put effort into making!

On the weekend, plan weekday lunches with your kids. Make a list of their favorite healthy foods. This is a good opportunity to talk about the different "types" of healthy foods, like fruits, vegetables, whole grains, dairy, proteins and healthy fats. Inspire them to come up with creative lunch combos with their favorite foods and get them to help you make a grocery list.

Here are some ideas to throw out there to get the creative juices flowin':

- Fruit smoothie? Yes, please! Make a fruit smoothie the night before using their favorite fruit, low fat Greek yogurt, half a banana and lower-fat milk or unsweetened, fortified milk alternative (e.g. soy). It will be nice and slushy by lunchtime. Throw in some spinach before blending for some extra greens! (They'll never know...muwhahah).
- Pre-cut raw veggies into bite-size pieces and serve with dip or a nut (or nut-free) butter, pesto, hummus or guacamole – whatever you kids will eat.
- Spread brown-rice cakes with nut (or a nut-free) butter or light cream cheese.



- Instead of bread, try a whole-wheat tortilla for a sandwich. Roll one up with some hummus, lower-fat cheese, a quarter of an avocado and whatever veggies they like – try spinach, grated carrot, and cucumber and tomato slices.
- What's better than popcorn as a snack? I know, right?! Toss air-popped popcorn with cinnamon for a sweet treat or sprinkle on some Parmesan cheese. It's a great whole-grain snack.
- Be creative with ice packs! Freeze a small container of cottage cheese or yogurt. Add them to their lunches and they'll be thawed by lunch.

Next, get them involved in lunch-prep. This can be a fun family activity after dinner. Get the kids to take turns helping with the dishes and making lunches.

Challenge: put on some music and work as a family to get the dishes and lunches made in 5 songs! 🎵

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.

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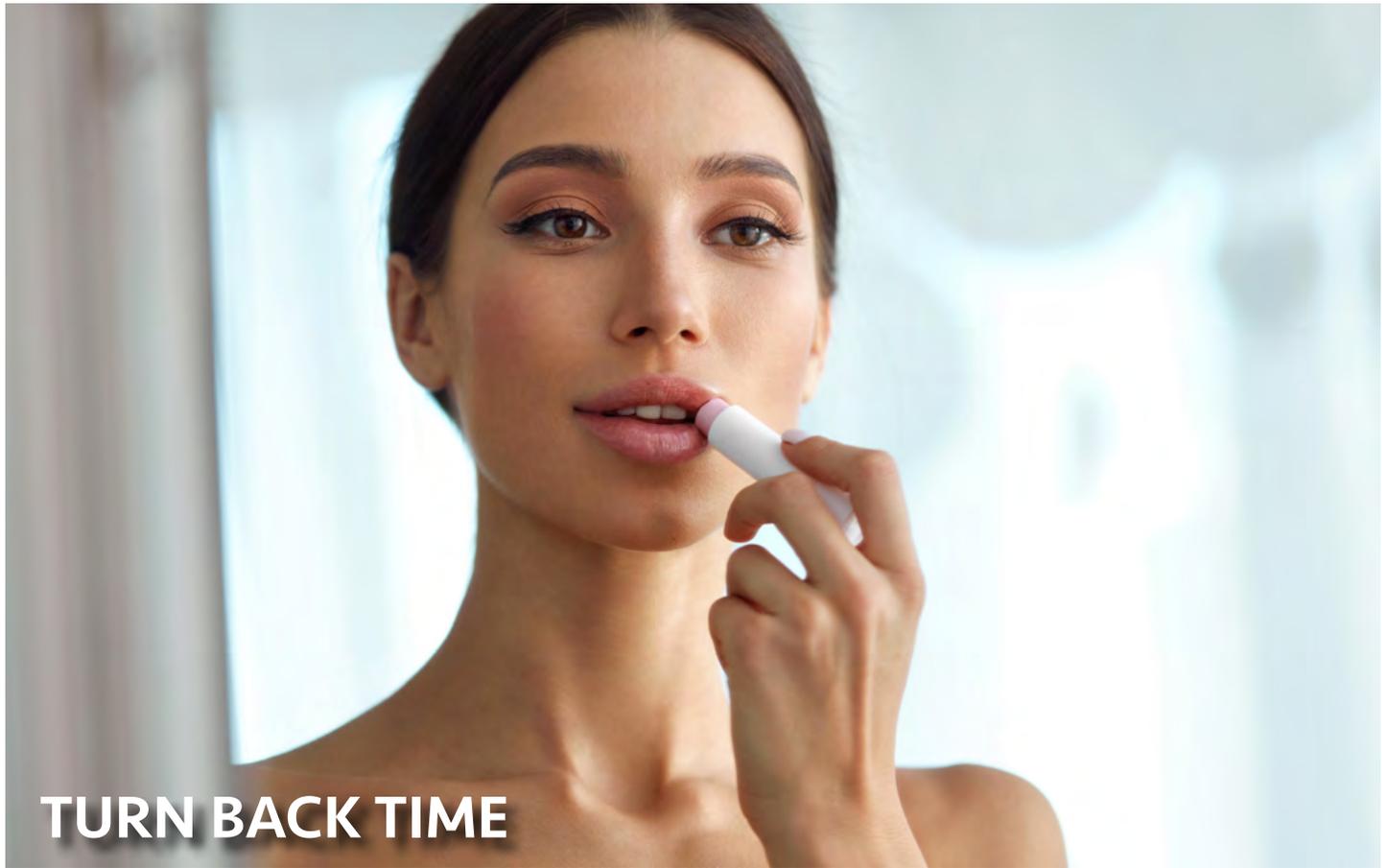
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TURN BACK TIME

Anti-aging remedies don't always have to come with a big receipt. Here are a few tips on how to turn back time without spending too many dimes.

Beautiful Brows:

Properly shaped brows are a simple, effective way to give eyes an instant lift and more youthful appearance. Remove unwanted hairs so your brows are more defined and enhanced with a natural arch. Don't forget to hide those natural sparkles! Whether you have a few grey hairs or brows that are light in tone, book a brow tint to enhance the overall look.

Lips & Tips:

Two areas that are often neglected are our lips and hands. Hydrate these areas throughout the day, to minimize fine lines and dryness while keeping skin soft and plump. For added protection and prevention from age spots, choose a lip balm and hand cream that contains an SPF.

Buff Away:

Exfoliation is one of the best ways to keep skin fresh, bright, and radiant all year round. Rid your skin of impurities and dead skin cells, your skin will instantly look more youthful and even in tone.

It's also a great way to prep skin for topical creams and moisturizing oils. Choose a gentle formula specifically for the face and a more traditional exfoliant for the body.

Drink Up:

The more hydrated your skin, the better your skin will look. Water helps to release toxins, replenish the body, and ultimately keep skin plump and firm. Fill up on water throughout the day and try to avoid - or at least minimize - your caffeine and soda intake. ☺

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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