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DECEMBER 2018  
VOLUME 20 ISSUE 12

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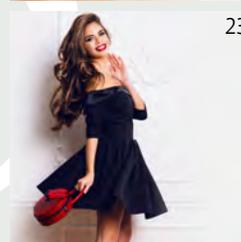
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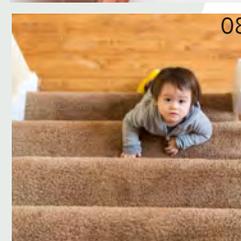
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## ON THE COVER

It was a drizzly fall day when we got in the holiday spirit thanks to three year old Giulia. She was a real trouper who showed up in sparkly shoes and a pompom hat - how could we do anything but smile? The real trick was keeping the Christmas tree and fur hood from tickling her nose!

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

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## OUR GIFTS TO YOU

**D**o you remember the holiday crafts you did back when you were in the primary grades at school? I fondly recall a reindeer made from an upside down brown handprint, and a red construction paper Santa hat trimmed with cotton balls. I also remember those poems made by printing a word down the edge of your page, and then filling in a line that begins with each letter. So seeing as I'm in a nostalgic mood as I write our holiday editor's note, here are our gifts to you in this issue:

**H**elp from the Health Unit - our friends at The London-Middlesex Health Unit educate us on fall prevention for babies and toddlers on page 8.

**O**ur favourite 12 year olds, Ella and Mikaeel, teach us about Christmas and Eid al-Fitr in KidZone - we can learn so much from our youth!

**L**et's talk potty training with Frank Emanuele. It's not always easy, and typically there's a mixture of sighs and laughs, but keep at it moms and dads - maybe they'll be trained by next Christmas!

**I**want something fun to do with my family this season! How about a trip to Fleetway for bowling and billiards and mini golf and more! Find out what makes Fleetway unique in our December Biz Showcase.

**D**o you feed your pet from the holiday table? We think it's time to stop! Find out why pets and table scraps don't mix on page 20.

**A**ppetizers and cookies and eggnog - oh my! Learn the best ways to keep your family eating healthy this month on page 22.

**Y**ou look amazing! That's what you'll hear at your holiday parties when you take tips from beauty and wellness professional, Lisa, in Holiday Glamour.

**S**abina's last thoughts - For me, the holidays are a spiritual time - a time for family, friends, laughter, and slowing down a bit to give to those in need. I can feel the spirit of peace that overcomes many of us, so much more than the hustle and bustle of finding the perfect gift. My favourite traditions with my son are watching A Christmas Story on Christmas Eve, and welcoming anyone to our home for brunch on Christmas morning. Whatever holiday you're celebrating, I hope your family traditions fill you with warmth, peace and happiness this holiday season and always. From The Mom & Caregiver family to yours, we wish you a safe and happy holiday season. 🌿

Sabina Manji,  
Chief Editor

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*"For me, the end of the year is always a time to reflect and recharge my energies."*

- Gisele Bundchen

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# DEC 12/2018 EVENTS

**1<sup>st</sup>** Winter Wonderland  
Victoria Park  
1<sup>st</sup>- 31<sup>st</sup> from 5:30pm-11pm  
[www.londontourism.ca](http://www.londontourism.ca)

**2<sup>nd</sup>** Hannukah Party  
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[www.templeisraelondon.ca](http://www.templeisraelondon.ca)

**5<sup>th</sup>** Paw Patrol Live  
Budweiser Gardens  
[www.budweisergardens.com](http://www.budweisergardens.com)

**9<sup>th</sup>** Breakfast with Santa  
Oakwood Resort  
[www.oakwoodresort.ca](http://www.oakwoodresort.ca)

**19<sup>th</sup>** Junie B. Jones Jr. The Musical  
Palace Theatre  
[www.palacetheatre.ca](http://www.palacetheatre.ca)

**22<sup>nd</sup>** Snowybrook Village  
Storybook Gardens  
[www.storybook.london.ca](http://www.storybook.london.ca)

**27<sup>th</sup>** Holiday Programs  
Boler Mountain  
[www.bolermountain.com](http://www.bolermountain.com)

**2<sup>nd</sup>** A Visit with St. Nicholas  
Fanshawe Pioneer Village  
[www.fanshawepioneervillage.ca](http://www.fanshawepioneervillage.ca)

**4<sup>th</sup>** Early Years Play Dates  
London Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

**7<sup>th</sup>** A Christmas Carol  
Grand Theatre  
[www.grandtheatre.com](http://www.grandtheatre.com)

**14<sup>th</sup>** A Christmas Story - The Musical  
Original Kids Theatre  
[www.originalkids.ca](http://www.originalkids.ca)

**20<sup>th</sup>** Free Family Fun Night  
London Children's Museum  
[www.londonchildrensmuseum.ca](http://www.londonchildrensmuseum.ca)

**25<sup>th</sup>** Merry Christmas!

**31<sup>st</sup>** New Years Eve Hoopla  
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## PREVENTING CHILDHOOD OBESITY: HEALTHY HABITS FOR YOUR FAMILY

Childhood obesity is common. In 2017, 30% of children between 5 to 17 were overweight or obese<sup>1</sup>. Obesity can put children at risk for diseases such as asthma, type 2 diabetes, and heart disease. Living a healthy lifestyle with physical activity and nutritious eating is the best way to prevent obesity. Here are some practical ways to engage in healthy living.

Avoid skipping meals, especially breakfast. Skipping breakfast has been associated with obesity. Children should be eating 3 balanced meals with 1 to 2 snacks per day. Your kids are more likely to eat what they helped to make, so involve them in the cooking process. Let them mix the bowl or add ingredients.

Do not let your child graze throughout the day. Keep healthy snacks available such as fruits and vegetables. Watch portion sizes, especially when eating out. Restaurant portion sizes may not be appropriate for children. Avoid sugar-sweetened beverages such as sodas. Juice intake should be less than 4 ounces per day.

When eating dinner, turn off the TV and take the time to connect with your family. People tend to eat more when watching TV. Remember that mindless eating or snacking while watching TV promotes weight gain. Keep screen time under 2 hours per

day. Television viewing is sedentary and will expose your child to food advertisements of high caloric foods.

Get at least 60 minutes of physical activity a day. The benefits of regular exercise extend beyond obesity prevention and include improved strength and endurance, stronger bones and emotional well-being. Activities do not necessarily have to be an organized sport. It can be obtained through family activities and play like walks, bicycle trips or outdoor games.

Finally, maintain a good nighttime sleep routine with consistent bedtimes and removing the TV or electronic devices from the bedroom. Scientific evidence is showing that obesity is associated with shorter sleep periods. Start putting some of these healthy habits in place to prevent obesity and enjoy a better quality of life with your family! 🌱

<sup>1</sup> <https://www.canada.ca/en/public-health/services/publications/healthy-living/obesity-excess-weight-rates-canadian-children.html>

*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.*



## FALL PREVENTION FOR BABIES & TODDLERS

**A**s children start exploring their environment and learning new skills such as walking, jumping and climbing, falls tend to happen. Most injuries from falls are minor (i.e. cuts, bruises), but some falls go beyond this and can cause severe injury requiring medical attention.

Injuries from falls continue to be the leading cause of hospitalization in children 0-9 years of age. Babies and toddlers have large heads in proportion to their bodies, which makes them more prone to falls. That's why it is important to know where fall risks might be and make changes to the environment or the way we do things.

Not all falls can be prevented, but there are ways to protect children by decreasing the chance of a fall and the likelihood of an injury. Knowing the most common places that falls occur is a great starting point.

- Falls from furniture – secure all furniture, keep one hand on baby at all times while on a change table, move the crib mattress to the lowest level once your baby can sit up, place car seats on the floor not on furniture and remind children that beds are not safe places to play.
- Falls from stairs – use permanently mounted baby gates at the top and bottom of the stairs and remove once the child is 2 years old or their chin reaches the top of the gate, do not leave

anything on the stairs.

- Same level falls - remove socks or use non slip socks in the house, keep floors clear of clutter and/or toys.
- Falls from windows – window screens do not prevent falls, install window guards on all windows above the 1st floor, move furniture away from windows, lock balcony doors and keep children away from railings.

Of course, supervision is by far the best way to keep children safe from falls whether you are at home or out to play.

For more information about fall prevention in children 0-6 years old, go to [www.fallpreventionmonth.ca](http://www.fallpreventionmonth.ca) 🌐

### References:

Parachute Canada. (2018). Home Safety: Around the House. Retrieved from <http://www.parachutecanada.org/injury-topics/item/home-safety-around-the-house>

Ontario Injury Prevention Resource Centre. Issue 14. December 2016. Injuries from Falls on Stairs in Ontario. Retrieved from <http://oninjuryresources.ca/compass>

*Meagan Melling RN BScN, Public Health Nurse at Middlesex-London Health Unit on behalf of the Community Early Years Partnership*



## UP IN SMOKE

We have been inundated by news about marijuana since its legalization on October 17 of this year. Legalization has led to an increasing acceptance and perception that it is a very safe recreational drug. There are definite benefits in a narrow range of indications for the use of medical marijuana. The evidence is sparse but it may offer a safer alternative to opioids. Recreational marijuana use may provide a similar alternative perhaps safer than alcohol use though questions regarding driving and parenting on marijuana remain unanswered.

The real worry for us as health care professionals is the effect of marijuana on young people under the age of 25.

A statement by the Canadian Pediatric Society reads: "Cannabis use during adolescence can cause functional and structural changes to the developing brain, leading to damage. Marijuana use in this age group is strongly linked to: cannabis dependence and other substance use disorders; the initiation and maintenance of tobacco smoking; an increased presence of mental illness, including depression, anxiety and psychosis; impaired neurological development and cognitive decline; and

diminished school performance and lifetime achievement. Rates of acute medical care and hospitalization for younger children who have ingested cannabis unintentionally are increasing."

The concerns for youth are largely around mental health and future addiction as well as cognitive decline. For children there have been concerns around accidental use of edibles. There were several cases in Colorado of young children accidentally ingesting gummy candies with marijuana after legalization. Dialogue is perhaps our number one tool to combatting the perception among young people regarding the safety of marijuana. There is an excellent tool available online to help guide that conversation:

<https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf>

We value our young and should not see their futures go up in smoke. 🌿

*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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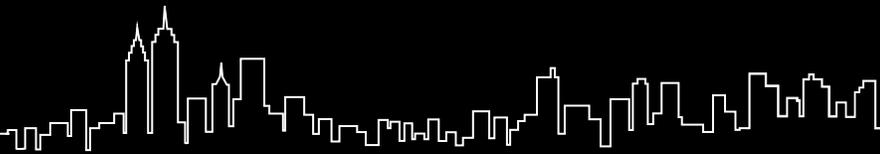
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## SPIRITUALITY

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

What does it mean to you to be spiritual?

Mikaeel:

To have some sort of religious belief whether it is God exists or God doesn't or who made your religion or who the first people on earth were.

Ella:

I liked this definition for spirituality that I found online "spirituality includes a sense of connection to something bigger than ourselves, and typically involves a search for meaning in life." ([www.takingcharge.csh.umn.edu](http://www.takingcharge.csh.umn.edu))

Is your family a religious family? What would you like to share with us about that?

Mikaeel:

My family is not super religious but we still fast during Ramadan and we pray on Eid.

Ella:

Yes, our family is Anglican and Mennonite and we believe in God and Jesus. I was baptized when I was a baby and welcomed into our church.

What is the biggest religious holiday of the year in your family? Tell us about it.

Mikaeel:

The biggest religious holiday in my family is Eid Al-Fitr. It is the

day we celebrate after the holy month of Ramadan, which is a month of fasting.

Ella:

The biggest religious holiday in our family is probably Christmas. We get together with all of our grandparents, aunts, uncles, and cousins and spend time together. We also go to church on Christmas Eve Night.

How does being spiritual or religious affect your day to day life?

Mikaeel:

It affects my day to day life because I'm a Muslim so don't eat pork.

Ella:

We say grace every day and thank God for our food.

How do you think we should better work together to accept everyone's different beliefs?

Mikaeel:

We could start by not judging people and work to together to accept everyone.

Ella:

We shouldn't judge people because of their beliefs. We should be friends and work with people even if their beliefs are different than ours. 🌍



## TOILET TRAINING TRIALS

“Daddy, I’m going to pee on the chair.”

Before I could register exactly what my almost-3-year-old was saying, a gushing Niagara-style stream poured from his pants, onto the brand-new, white dining room chair, and trickling down to the floor. All I could do was grab my child and run to the bathroom... now creating a lovely trail of aromatic urine from the kitchen to the bathroom.

Oh, the joys of toilet training!

If you’ve had an easy time training your child, please refrain from ever speaking to me again. And if you have golden training advice for me, you can flush it down your toilet. There is absolutely nothing enjoyable about this stage of parenting and I’m not looking for you to make it better. This dad just needs to rant.

My son was almost completely toilet trained a few months ago. With the hustle and bustle of our move to a new home, an extended stay at grandma’s, and starting a new daycare, I fully expected some regression. In fact, we were so caught up in all the changes that we heaved the old pull-ups back on for a while. Once life was a bit more settled, we’ll give it another go. And that was our big mistake!

At this point, my son already knew how to hold his pee but realized it was much easier to just let it rip and have someone else take care of the mess. His sadistic little smirk speaks volumes as I’m changing his pants and Paw-Patrol undies for the 9th time today. “Daddy, can I get my pull-ups back?” This is now becoming a game of control and endurance... how long was this tired and battered father going to go on before caving and relishing in another pee-free evening with a pull-up? Ooooh no, not this time fella – daddy is sticking to this!

We pulled all the stops: bribes, candy, stickers, “fun-derwear”, consequences for when it was obviously not an accident, consistency between daycare and home, we even made him clean up his own messes!

And then, one magical day, he asked me to take him to the bathroom... then he asked again the same day... and then AGAIN. By that evening my husband and I were waiting in watchful anticipation for this strong-willed child to rain down on our pee-parade... but he didn’t. Several days – and a few minor accidents later – and I’m beginning to let my guard down. We might be through the worst part of it. Is that the smell of victory that is so close? No, wait... that’s something else I smell! 🤔

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

# SIMPLE APPLIANCES TO TREAT BAD ORAL HABITS

Last issue we looked at oral habits and their effect on facial growth and development. This month, we'll discuss some common methods of correction for these habits. Keeping in mind the adage "Form Follows Function", it will come as no surprise that simple appliances can correct functional problems, thereby changing the form of the face and mouth.

The first, and most common, habit to correct is thumb and finger sucking. This can be a very distressing habit to try to self-correct at home. Commercially available bad tasting liquids and bandages are commonly tried but usually with little to no success. The same with mittens, tape, or boxing gloves (believe it or not!). The reason most of these home remedies don't work is they are more punishment than treatment. This sets up a negative dynamic and nobody wins. Orthodontists commonly use a painless appliance called a Crib. The Crib is basically a custom made fence that hangs down behind the front teeth. It prevents the thumb or finger from going to its habitual spot. It is passive, painless and usually immediately effective. Expect a sour mood for a few days, effectively withdrawal, but if you weather that storm, it's all positive from there as normal function begins to restore normal form.

Cribs are also used for tongue thrusting. A reciprocal crib guides the tongue to the roof of the mouth when swallowing. By not allowing the tongue to protrude forward, the lips must play in the game developing a proper lip seal swallow. Changing function again changes form. The earlier this habit is corrected the better because the tongue is a tough customer to correct if left too late.

The final habit, breathing habits, is less straightforward to resolve. In these cases, after consultation with our medical colleagues to rule out other factors, an Expansion Appliance can be used to widen the upper jaw. These palatal expanders can in some cases have a profound positive effect on breathing as well as tooth alignment. Better breathing function equals better form.

These problems often overlap and therefore appliances may be combined to correct multiple issues. However, keeping the "Form Follows Function!" rule in mind, positive change can be achieved early which leads to fewer problems in the future. 🌱

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# 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.



Photo by One12 Photography



Photo by Rachel Lincoln

Meet Joseph. He is now 12 years old, but was only 6 months in the calendar shoot.

A word from Joseph and his mom, Rhea:

What are his current interests?

Joseph enjoys football, sports, and dancing

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

Joseph says he was happy and excited to see his photo in the calendar. It made him feel special that he was selected for the calendar.

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

Joseph says it made him feel special that he was selected for the calendar and that he was called back now!!

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

Sabina was so fantastic to work with back then!

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

I love the magazine, articles, giveaways, and seeing all the cuties on the front cover!

Anything else you'd like to add as we celebrate our 20<sup>th</sup>?

Congratulations and best wishes for the next 20 years! 🎉

## TESTIMONIAL

*"The Children's Aid Society of London and Middlesex has shared our inspirational stories of fostering and adoption with the Mom & Caregiver Magazine since 2015. We choose this magazine because it is a respected and integral fixture in the London parenting community. Even with the magazine's growth, Sabina has maintained that personal connection and understanding of our unique needs. We know our stories are in good hands with The Mom & Caregiver magazine. Many thanks & congratulation on 20 years!"*

*- Paula Szabo, Children's Aid Society of London and Middlesex*

# FLEETWAY

**FLEETWAY**  
720 Proudfoot Lane - London

*Fun For The Whole Family*

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...

If you grew up in London, you most likely celebrated a birthday at Fleetway. Since Fleetway's inception in 1959, the goal of Fleetway has always been to provide entertainment to the London community. Throughout the years, Fleetway has evolved to become more family friendly, even becoming the first smoke-free bowling centre in London. This year alone Fleetway has seen major changes with renovations to Fleetplay, Glow-Golf, and a new events room.

Almost 60 years after Sam Katz, a Holocaust survivor, opened Fleetway's doors it continues to be a major landmark as a thriving entertainment centre in London. Fleetway boasts five and ten-pin bowling, billiards, arcade games, glow-golf and one of Canada's tallest kids soft play centres, known as FleetPlay. Fleetway is also a host to Dairy Queen and Pizza Projekt - offering award-winning gourmet pizzas, salads and appetizers.

Fleetway continues to thrive as the third generation help to reinvigorate the business by adding some millennial flair. In the past few years, Sam Katz' grandchildren have been active in building Fleetway's community. "We recognize that parents in London are looking for a fun place to bring their children to release their energy regardless of weather conditions," says Sam's granddaughter Michelle Sigulim. Whether it is raining or a snowstorm, Fleetway provides the ideal atmosphere for children and parents, who can relax on the comfortable couches as they enjoy food from one of the onsite restaurants while kids play.

FleetPlay has been such a booming success that additional seating and stroller parking has recently been added. In addition to those renovations, Glow-Golf has experienced a makeover, becoming Ontario's first ever 3D Glow-Golf! The new space encompasses an eye-popping experience created from free-hand brush techniques and pyrotechnics that will impress all family members! Fleetway is also excited to offer a new Pinterest perfect event space that can be used to host birthday parties, baby showers, family gatherings, corporate events, and even weddings.

After 60 years of operations, the focus of Fleetway has always been - and will always be - to serve the London community, provide excellent family entertainment and deliver outstanding customer experiences.



# DISTILLERY DISTRICT CHRISTMAS SPIRITS

**T**oronto Christmas Market in the Distillery Historic District mid-November to December 23 and if you go before Friday at 5 pm, and you don't need a ticket. You do need good walking shoes and a warm coat because this festive event is modeled after outdoor Germany Christmas markets that have vendors selling artisan crafts, ornaments, specialty food and other European-style stuff in wooden huts.

There is a \$5 admission, however, to the Family Entertainment Zone which includes a Ferris Wheel, Carousel, and Santa's House. The big guy's there of course from about 2:00 to 7:30 pm and you can have your photo taken by the pros standing by or use your own device. (For the record, pet photos are Tuesdays 2:00 to 7:30 pm).

Save some film (just kidding) for photos near the Massive Christmas Tree donated by Forests Ontario and Ontario Wood. Victorian-inspired carolers complete with fluffy white muffs stroll along the cobblestone walkways and stop for photos. All this under a canopy of magical lighting and seasonal décor. If that isn't captivating enough, families can participate in (or just watch) the daily Santa's Elves Sing-Along performance at 5 pm weekdays and 10:30 am and 2:00 pm weekends. 🎵



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





## TRACKING YOUR WEIGHT LOSS

Last month we discussed supplements to take while on the keto diet to make sure you feel on top of your game. Something equally important to focus on is tracking your weight loss results.

Before you start out on any weight loss journey, it is key to take note of where you are beginning. Pick yourself up a scale and record your weight. It doesn't matter when you "weigh in" but you want to make sure that your clothing (or lack of) and the time of day that you weigh is the same every time. You can weigh in daily, weekly, or monthly. Note that weight loss will never be linear and fluctuations are going to occur, regardless of your effort and commitment. It can be helpful to set weight loss goals by future dates, for example, weigh 210 lbs by Christmas and 199 lbs by Valentine's day. Setting a date makes your goals more achievable.

Purchase a measuring tape and measure a few spots like your chest, waist, and hips monthly or quarterly. You can also add in

additional body measurements like your neck, bicep, thigh, or calf. Make sure to clearly write the measurements down and store them in a safe place for future reference. You can even snap a photo with your phone of the measurements, in case you misplace the paper. Measurements are key especially when your weight stays at the same number for a little while. Also, note your beginning clothing sizes as it can be motivating as you move from a size 16 to a 14.

You will never regret having photos of yourself at the beginning of your weight loss journey. Being able to visually compare changes in your body and clothing is priceless. It can also be extremely motivating to see how much your body is changing over time. Once you lose the excess weight, you can also refer back to your beginning pictures and remember where you started. Seeing where you were can be motivation enough to maintain your weight loss results and keep you motivated to stay on track. 🌱

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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# WE BELONG TO EACH OTHER

Let me tell you a neat fact about me: I teach self-compassion. Simply put, self-compassion is basically about gearing down on the self-loathing voice that often runs at full-tilt through our mind. I've been studying and practicing this for years, and I'm mostly decent at quieting my inner bully.

So, imagine my surprise when a few weeks ago, after getting ready for a fancy, dress-up event, I stood in front of my full-length mirror bawling my eyes out at my reflection. There I was, hair done, nails done, everything done, sobbing. I had spent hours getting ready and I hated the reflection looking back at me. The inner critic was in full force and she was relentless.

Pretty nice start to a gala, now wasn't it?

After pep talks from loving friends, dismantling the hair and makeup and starting again, I got myself together and headed out. Despite my earlier category 6 meltdown, I had a good night (I have since learned that I just really like looking like me, and not having contouring or fancy hair).

During the evening, something magical happened to me. A woman- a stranger- tapped me on the shoulder and complimented me on my "Gala: Take Two" look. I asked her name (Hilary) and shared with her how my inner bully had almost taken me right out of the enjoyment of the evening. She listened,

empathized and connected with me. I felt like she had somehow known I was suffering before the event and had come over to help me quiet the inner bully.

I haven't stopped thinking of her since, because it reminded me of this: we belong to each other. We really, really do. My sisters, we belong to each other in every way. We belong to each other when we are suffering and someone comes along to walk you through the pain. We belong to each other when we toast to accomplishments, to love, to the memories of those not here. We even belong to each other at the grocery store, at the gym, at the mall doing Christmas shopping.

It's the holidays, and that can be wonderful, awful or a bit of both. Family dynamics can be hard, money can be tight, threatening calls to Santa can be plentiful. So, remember to look for the tiny, magical moments of human connection. Remember to initiate those magical moments of connection- to yourself, to your loved ones, and to strangers who you suspect might have been crying in their Spanx earlier. Be the bridge this year. We need each other. We belong to each other. Happy holidays.

May you be happy,

Jordan 🍷

*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.*

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## PANCREATITIS: WHY PETS & TABLE SCRAPS DON'T MIX!

The holidays are a time for celebrating, and these celebrations usually include sharing food with our loved ones. When our furry family members look longingly at our festive meals with those big, beautiful eyes (and possibly with some drool), we naturally want to allow them to have a treat with us.

However, even small bites can have serious consequences, especially with seasonal fatty foods such as turkey, gravy, and roasts. These snacks can cause "pancreatitis", which is an inflammation of the pancreas that can result in illness or even death.

The pancreas is a small organ located close to the stomach that does double duty: it creates both insulin and digestive enzymes. In a healthy pancreas, the digestive enzymes are sent to the small intestine where they are then activated and begin digestion. With pancreatitis, the enzymes are activated before they are deployed, which then begin digestion of the pancreas itself.

The inflammation associated with pancreatitis allows the digestive enzymes to spill into the abdominal cavity, which may affect other organs as well. In cats particularly, the liver and intestines are at risk.

A pet with pancreatitis may experience nausea, vomiting, fever, lethargy, abdominal pain, diarrhea, and/or decreased appetite. The challenge is that these symptoms can be signs of other ill-

nesses, so it's recommended to seek veterinary help immediately to begin diagnostics and rule out other possible causes, such as bowel obstructions (which are also common around the holidays).

Treatment of pancreatitis usually involves supportive care so that the body can heal itself. Often this translates to several days of hospitalization, pain and nausea management, intravenous fluids, and a low-fat, highly digestible diet during recovery.

Food seems to be the universal language between species, so we often use it to show our love to our pets. However, even if pancreatitis does not occur, scraps of food (especially if the pet is not used to that particular food) are known to cause gastrointestinal upset.

This holiday season, stick to pet-friendly treats instead, whether kibble or even baby carrots! Also, don't forget to keep food garbage, such as chicken carcasses, out of reach from curious noses and to warn children or guests who may innocently try to share a bite of their meals with their furry friends.

After all, an emergency vet visit is certainly not on anyone's holiday wish list! 🐾

*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.*

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## HEALTHY HOLIDAY EATING AS A FAMILY

**F**ood, food and more food. Did I say food?! The holidays – the season of gatherings with friends, family ...and FOOD! It's a busy time for families – running from school concerts to the mall, shopping for gifts, to gatherings with friends and family.

Healthy eating often tends to fall to the bottom of the list. But not this year! Use these 5 tips for healthy eating as a family this month:

### 1. Plan ahead

Plan your meals to make eating healthy the easy choice on days filled with holiday festivities. Make a list of fast and easy meal ideas that you and your family like to eat. Get the family involved and delegate tasks as needed.

### 2. Cook ahead

Cook meals ahead of time and keep them in your freezer for easy meals on the go. That means more time to enjoy with friends and family!

### 3. Snack healthy

Keep healthy snacks on hand, like pre-cut veggies and fruit. They will come in handy when rushing from one holiday gathering to the next.

### 4. Create healthy holiday food traditions

This time of year is great for bonding as a family. Healthy food traditions will stick with your kids for life. Pick a new vegetable recipe to cook together or have a healthy holiday cookie bake-off (my favorite thing to do over the holidays!).

### 5. Keep dessert light & fruity

Start off dessert with fruit. I love clementines this time of year! When it comes to dessert, split a piece or stop after a couple bites.

***“Pick a new vegetable recipe to cook together or have a healthy holiday cookie bake off!”***

All the best to you and yours this holiday! Stay safe, stay warm and stay healthy!

Yours in health,  
Jenn 🍷

*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.*



## HOLIDAY GLAM

'Tis the season for glitter, shimmer and all things festive! This holiday season, let yourself shine from head to toe with these simple, tinselled trends.

### Festive Lips

Vivaciously vibrant carmine-red lips are the perfect accessory this holiday season and can be worn both day and night. For a chic, classic look, line your lips first then fill them in with your desired shade. For a perfect pout, exfoliate your lips to slough away dryness and nourish daily with a rich balm.

### Luscious Lashes

The perfect way to take your look from coffee to cocktails is with a luscious lash. With a variety of styles available, have fun with different lengths and fullness to enhance eyes and add instant glamour. For a tinselled touch, apply white shimmery shadow in the corners of eyes and gently smudge.

### Mane-Attraction

Healthy hair is beautiful hair and this season calls for rich colours, deep treatments, and minimalist styles. To keep your

tresses in tip-top shape, splurge on a colour glossing treatment to nourish hair, enhance colour, and create unbelievable shine! Finish with a voluminous blow-style.

### Get Your Shine On

The hottest trend for nails right now is all about shine! Think shimmery, glittery, and metallic finishes in an assortment of winter wonderful shades. Glam tip: Keep your mani/pedi looking fresh by applying cuticle oil regularly to enhance shine and hydrate tips and toes.

### Glistening Skin

Protect your skin from the extreme temperatures by drenching yourself daily in moisturizer from head to toe. For a festive touch, add a splash of highlighter or liquid bronzer into your favourite lotion and lather up for a luminous glow.

Happy Holidays!

Lisa xo 🍷

*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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