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MARCH 2019
VOLUME 21 ISSUE 3

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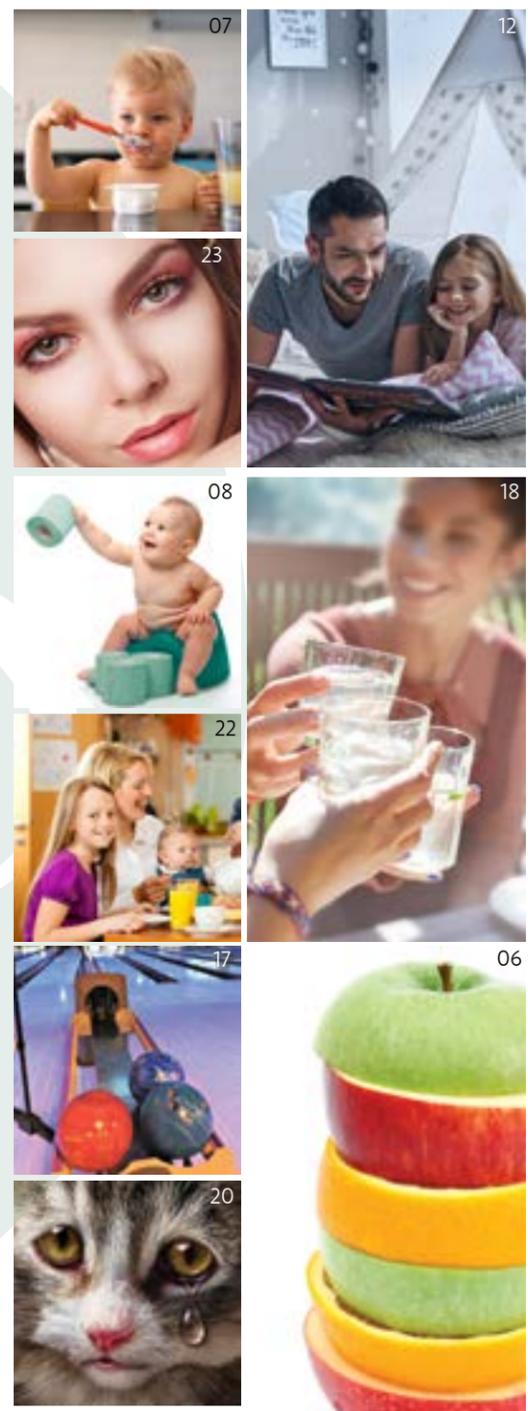
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CORRECTION NOTICE: Please note that in the January issue, Becky Biqi Chen wrote Preventing Iron Deficiency and Dr. Bhayana wrote Probiotics Cutting through the Hype. We incorrectly posted the wrong authors for the articles.



ON THE COVER

One month old *Arizona* arrived belly-full and sleeping to our photo shoot. Our magical photographer, Cynthia, kept her dozing peacefully, even through a clothing change. We hope this lucky shamrock grants you a lifetime of good luck, Arizona!

Photographer: One-12 Photography
Photostylists: Sabina Manji, Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

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DREAMING UP MARCH MAYHEM

"These are a few of my favourite things." I'm humming along to this famous tune from The Sound of Music because I was elated to see our March issue featuring three of my all-time favourite March Break activities. You may laugh here, but here they are: travelling, reading and bowling. The first two might have been easy to guess, but I have a secret love of bowling on March Breaks. It just feels like the ultimate fun, unique, throw-all-cares-to-the-wind activity to keep the kids busy while schools out. (Or before school even starts for your toddler - I love those pushers and gutter bumpers the littlest set can use at the bowling alley) Start planning your next bowling outing on page 17.

Whether you're travelling or not this March Break, you can still catch the vacation bug from KidZone authors Ella and Mikaeel. They're dreaming up their ultimate vacations and they couldn't be more different. Find out who's imagining a trip to the Cook Islands with family, and who's fancying a

cross-Canada journey with friends on page 11. Ella and Mikaeel do share one belief about travelling - you don't have to actually go on the trip to enjoy the benefits - part of the fun is in the planning and dreaming!

Frank Emanuele brought back fond memories for me as I read A Love of Reading on page 12. "One of my most cherished evening routines is reading in bed with my sons - especially after a long day." I'm jealous Frank - it seems my pre-teen boy no longer loves storybooks or cuddling with mom! But all that time I spent reading with him in his younger days has paid off. It has instilled a love of reading in him that I hope will keep him busy this March Break, and will hopefully last a lifetime. Frank recommends the great Magic Tree House series for reading with your youngest school agers. Mikaeel and I always loved the Who Is and Who Was series.

So whether your spring break has you travelling, being active, tucking up with a good read or doing one of your favourite things, from all of us here at The Mom & Caregiver, we hope it's a great one. We surely have our fingers crossed for some mild and sunny spring weather to go along with it! ☺

Sabina

"Almost everything will work again if you unplug it for a few minutes...including you."

- Anne Lamott

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MAR 3/2019 EVENTS

2ND

Maple Festival, Kinsmen Fanshawe Sugar Bush, Thames Centre, kinsmenfanshawesugarbush@primus.ca

7TH

Free Family Fun Night, London Children's Museum, londonchildrensmuseum.ca

12TH

Madagascar A Musical Adventure, Original Kids Theatre Company, originalkids.ca

15TH

March Break Guided One Hour Hikes, Ska-Nah-Doht Village and Museum, ltvca.ca

16TH

Indian Beats, A.B. Lucas Secondary School, indianculture.ca

24TH

Anne-Lune: Mon Baluchon (French Show for Kids), Aeolian Hall Musical Arts Association, aeolianhall.ca

5TH

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

9TH

Public Stargazing Night, Hume Cronyn Memorial Observatory, cronyn.uwo.ca

14TH

C.L.A.P with Claire, London Children's Museum, londonchildrensmuseum.ca

16TH

Maple Harvest Festival, The Museum of Ontario Archaeology, archaeologymuseum.ca

23RD

Envirocon Sustainability Fair, University Community Centre, uwo.ca/enviro/envirocon

31ST

London Lightning vs Windsor Express, Budweiser Gardens, lightningbasketball.ca



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NUTRITION IN CHILD CARE SETTINGS

Childhood nutrition has a significant impact on health. Providing nutritious food in a positive way in child care settings is important as children may eat over half of their food at child care. Food choices in the early years are strongly associated with dietary patterns later in life.

Registered Dietitians who are members of the Ontario Dietitians in Public Health (ODPH) collaborated with child care professionals, to develop nutrition recommendations called Practical Guide on Menu Planning and Supportive Nutrition Environments. These recommendations outline the “gold standard” for nutrition in Ontario child care settings and go beyond what is required under Child Care and Early Years Act 2014 (CCEYA). When the Practical Guide recommendations are used in menu planning, child care centres can be confident that their menus will meet the requirements of the CCEYA.

WHAT DO THE RECOMMENDATIONS INCLUDE?

- Focus on minimally processed foods and vegetables and fruit
- Tools for menu planning and sample menus
- Tips on reading food labels
- Suggestions for foods and drinks to be served most often, sometimes and what should not be served
- Guides for portion sizes for different age groups
- Tools to create a supportive nutrition environment

WHAT CAN I DO AS A PARENT?

Talk to your child’s care centre to find out if they are familiar with these guidelines and supporting resources. As a parent, you can support your centre in implementing the nutrition recommendations. Expect they may be introducing new foods to their menu.

It may take multiple tries before a child accepts a new food. Trying and liking new foods is a learning process. Support your child in this learning; teach them to be polite about saying “no thank you” when offered a food they do not like.

Learn more about what their meal and snack times look like. Encourage your child’s centre to adopt a family-style meal service. This allows children to decide how much food they would like and supports social skills as children learn to pass bowls and plates. Learn more about how new foods are introduced. It is important that new foods are introduced in a positive way. Children should be allowed to choose what foods to eat and how much to eat.

If your child’s care centre has questions or needs help using the guide, encourage them to contact the Middlesex-London Health Unit and ask to speak to Ginette Blake, Registered Dietitian or email at ginette.blake@mlhu.on.ca

To access the recommendations and other resources, visit www.odph.ca/child-care-resources
By Ginette Blake B.A.Sc RD, Public Health Dietitian
Middlesex London Health Unit,
for the Middlesex-London Community Early Years Partnership

FEEDING SKILLS FOR TODDLERS AND PRE-SCHOOLERS



Healthy child development includes progressive mastery of feeding skills. At 6 to 12 months, infants may start grasping food with hands and use lips to eat food from a spoon. By 16 to 17 months, toddlers should be able to transfer their food from a bowl to the mouth. By 2 years, your toddler should be consuming close to an adult diet with the exception of foods that have a potential for choking, such as small, round or hard foods. Make sure you are supervising your toddler during the eating process.

You may notice that the growth rate and appetite of your child decrease after the 1st year. Toddlers may eat varying quantities of food from meal to meal. Normal feeding behaviours include playing with foods and resistance to trying new foods. They may choose to eat from a small group of accepted favourite foods. You may need to offer a new food several times before conclusion of rejection. Other skills to acquire during the second year include drinking from a cup. You should try to wean your baby off the bottle around 12 to 15 months. By 15 months, your child should be able to hold and drink from a cup, with complete transition by 2 years.

Between the ages of 3 to 4 years, your preschoolers should be able to use utensils and sit at the table with you for meals. They are aware of their feeding environment and follow cues that will affect their feeding preferences and eating behaviours. While their attention span may occasionally affect their ability to sit at the dinner table, you should still encourage your child to sit for a limited period of time, like 15 to 20 minutes. This will allow them to see caregivers model healthy eating behaviours. Avoid distractions at the dinner table, including television and toys.

Beware that these are only guidelines and each child will progress through the stages at different rates. Patience will encourage positive development. If you have concerns or questions about your child’s eating patterns or behaviours contact your doctor.

Becky Biqi Chen was a resident in general pediatrics for three years at the Children’s Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children’s Hospital.

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COLD TURKEY POTTY TRAINING



There are many approaches to toilet training. At one end of the spectrum is the belief that "it will happen when it happens." This camp believes that children are rarely not trained when they are in grade one. The peer pressure in kindergarten may be the final Waterloo. At the other end of the spectrum is the "cold turkey" toilet training approach. This school of thought goes straight from diapers to regular underwear, bypassing the disposable training pants such as pull-ups altogether.

The cold turkey method aims to minimize confusion for toddlers. Training pants are used only for sleep or naps so that there is more awareness of the discomfort of a wet or dirty event and more motivation to use the potty. This method is messy and "accidents" are expected.

A recent article in the Toronto Star also cited another motivation for the cold turkey method. There is substantial cost saving, up to 100 dollars a month in pull-ups!

https://www.thestar.com/life/parent/2009/07/29/coldturkey_potty_training_a_budget_boon.html

The time it takes to achieve training success is variable but the average is 2 to 4 weeks.

One particular site "theunemployedmom.com" suggests the following tips:

- **Commit to staying home** during the training process.
- **Be a parrot** Your toddler has a million things on his or her mind and most likely, using the potty isn't one of them. Constantly ask "do you have to go potty". You will feel like a broken record, but trust me they need the reminder.
- **Use a process and stay consistent**
- **Use a potty that your child is comfortable with**
- **Stay strong!**
- **Be patient and have a sense of humor.** Remember, this too shall pass.
- **Keep it fun and positive!** Go crazy and celebrate when your child has success.

Cold Turkey Potty training is indeed a labour of love and laundry! 🍷

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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Life as a Child Sees It



MY ULTIMATE VACATION

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

If time and money were not an obstacle, where would you go on your dream vacation?

Mikael:
My dream vacation would be to travel across Canada and go to multiple cities in each province or territory.

Ella:
I love going to tropical, warm places, so I would go to Aitutaki in the Cook Islands. I would stay in a hut that is built right in the water on stilts.

Do you think vacations are more about sitting and relaxing, being active and adventurous, or learning about the place and its people?

Mikael:
I think that vacations are about doing things that you can't do in your hometown like, learning about the place, visiting and exploring cool places in the area.

Ella:
I like to do a bit of all of it; I love relaxing in a hammock by the beach, exploring and swimming and going into a nearby town to learn about the culture.

Who would you take with you?

Mikael:
I would take a few of my close friends.

Ella:
I would take my family with me.

How much do you think it's reasonable to spend on a week-long vacation?

Mikael:
I think that for one person it's reasonable to pay about \$1000-\$1500 for one week.

Ella:
I don't really know because I've never spent my money on a vacation! If I had to guess I'd say around \$5000 for my family of four to go. 🌍

What activities would you like to try while you're there?

Mikael:
I would go see different attractions exclusive to the area, walk around the main part of the city and try some of the local restaurants.

Ella:
I would swim, snorkel, and explore the tropical forests.



Explore & Discover!

MARCH BREAK FAMILY FUN!

Mad Science (Located near Things Engraved) 
March 13, 1:00 - 1:45 pm ~ Science Show
March 14, 1:00 - 2:00 pm ~ Bubbles & Illusions FUNstation
March 15, 1:00 - 1:45 pm ~ Science Show
March 16, 1:00 - 2:00 pm ~ Bubbles & Illusions FUNstation

Fossil Guy (Located at centre court beside Bell)
March 13, 12:00 - 4:00 pm ~ Exhibit
March 14, 5:00 - 9:00 pm ~ Exhibit
March 15, 5:00 - 9:00 pm ~ Exhibit
March 16, 12:00 - 4:00 pm ~ Exhibit

*Each child will receive a fossilized shark's tooth, while supplies last.

VOCPRI Charity Book Sale (Next to Northern Reflections)
March 14 - 17, Open daily until 5:00 pm

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A LOVE OF READING

One of my most cherished evening routines is reading in bed with my sons – especially after a long day. I crave the cuddling, share the excitement of a treasured tale, and I almost ALWAYS give in to “Can we read one more book, pleeese?”

I was never an avid reader as a child nor did I have a passion for books. I grew up watching way too much TV and reading wasn't something my parents fostered much. So when we were preparing to be parents, I spent a lot of time – and money – filling shelves with worlds of wonders. Classics, favourites, popular authors, feel-good stories, and every type of diverse-family books I could get my hands on.

From birth, we read to our kids every night. At first, they learned how to turn pages and point to animals and characters. They quickly had beloved

books that were re-read (what felt like) hundreds of times. And then that magical moment came when they could recite these books from cover to cover.

Studies have shown that the best predictor for reading success in school is how much your kids read at home with you. Cultivating a love for reading is time well spent with your kids and the bonding that happens around books is enchanting.

As a teacher, I often tell parents to read together and talk about what they're reading. Ask kids to make predictions, infer on how the characters might be feeling and why, make connections to other stories or people in their lives, change the ending, add an extra chapter, or discuss the lessons and deeper meaning behind the words. Interacting with stories enhances the experience and helps kids develop a richer understanding of what they read. Help foster that love for literature at home, at the library, the bookstore, or even the App store on your tablet.

Right now at home we're reading the Magic Tree House. It's one of the first chapter book series that we're reading together and it's become a big hit –

even for the adults! My five-year-old snuggles in and scans the pages for words he recognizes so we can read sections together. I get a kick from how he puts his hands against his mouth in anticipation during a suspenseful moment... or how he can't help to let out a big sigh of relief when the characters make it through a tough spot.

And when those cliffhanger chapters end, and we really should be going to bed, I have a really hard time saying no to those puppy-dog eyes, craving for just one more chapter. 🐾

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



DON'T LET THE SCALE DEFINE SUCCESS



Last month we talked about exercise and the ketogenic diet.

Pairing the two together is a great way to live a healthy lifestyle. This month I wanted to touch on the topic of self-love.

Being overweight was difficult for me. I found myself saying negative things when I looked in the mirror. Picking apart my body for all the ways it was failing me. Instead of being grateful for all the things my body allowed me to do on a daily basis, I just didn't appreciate it.

Something I discovered very quickly was that loving my body was the only way that I would find the ability to nourish it and care for it properly. I started finding things I really loved about my body. I reminded myself that I liked how my calves would slope down into my ankles and the shape of my shoulders. I even apologized to my body for how unkind I had been to it for so many years. Did you know you can give yourself a hug?

After weighing myself daily for almost two years I quickly realized that I was allowing the number on the scale to dictate my mood for the day. I was going through all the motions of eating well and moving my body, in all accounts a success. But I became obsessed with the number. Losing weight is hard and it is made harder by putting all of your attention on what the scale says.

I quickly learned that trying to lose weight is less about the number on the scale and more about finding a way to treat your body with kindness and respect.

It is possible to start a weight loss journey and disregard the scale altogether. That number is not defining your self-worth nor is it a valid representation of your effort. If you start to live a healthy life, you will become healthy.

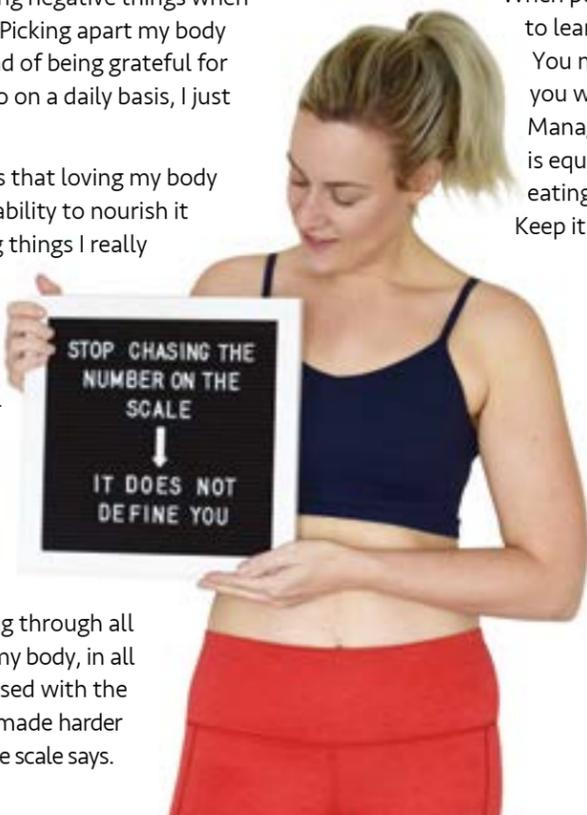
Be kind to yourself.

When push comes to shove, you have to learn to be your own cheerleader.

You must speak to yourself the way you would encourage a friend.

Managing your own self-talk is equally as important as eating well and exercising.

Keep it positive friends! 🌱



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](#)

MISSING ADULT TEETH

You've just taken your child to the dentist and have been informed that he/she has a missing adult tooth. They know this by taking a panoramic x-ray which is one of the reasons why this x-ray is a good screening tool at around 7 years of age.



When all the baby teeth are in place, there is usually no way of knowing if there are any missing adult teeth, extra teeth or teeth developing in the wrong position. Everything looks normal with the baby teeth and they start to loosen up and all seems fine. A few years will pass and you may notice that one of the upper baby incisors (front tooth) is still there on one side but the adult incisor is in place on the other side. Most likely, the upper adult incisor is missing as this is the tooth most commonly missing next to a wisdom tooth which nobody wants anyway! Now it's not the end of the world and there is not really much that can be done about it at an early age ie. 7-11 years beyond providing information regarding how the missing tooth can be managed in the future. Let's go over a few of the scenarios.

Typically, if there is good spacing in your child's arch, that is, if there is not any crowding, there may be the need for a short course of braces once all the adult teeth erupt ie. after 13 years of age. This treatment would be necessary to prepare the space at the missing tooth site for an eventual tooth replacement and for our purposes here, let's just say that would be a dental implant.

If there is crowding, then the orthodontic correction becomes more involved as space would need to be gained for the missing tooth by making the arches larger. Sometimes the crowding is severe, in which case the solution may involve closing the space to avoid having to replace the missing tooth in the future. Your orthodontist would discuss all the options with you and provide the preferred treatment choice in your child's situation.

Besides the missing upper incisor, other commonly missing teeth are the lower adult front teeth and the upper and lower second premolars. These are located just before the big molars at the back. Again, x-rays are the best way to confirm missing teeth. Another clue would be if a baby tooth does not fall out when it's supposed to and it fails to loosen up. In fact, a baby tooth that does not fall out on time could also mean that the adult tooth is there but not growing in straight or blocked by an extra tooth.

Managing the eruption of your child's teeth is extremely important and it is always better to identify the potential problems early to intercept any irregularities in tooth eruption. Timely management can ensure that your child's teeth grow in as best as they can. 🌱

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Each month we introduce you to a business that offers families in London and the surrounding area, services or products you won't want to miss.

"I can still remember sitting on a bench at Masonville Mall with my young kids, staring at the spa. My dream was to one day open a beautiful spa like that, and I knew if I believed it and manifested it, it would come true. If I really want something, it doesn't matter if I'm lacking sleep or working my fingers to the bone, I will make it happen."

Sukh Grewal moved to Canada from India in 2001 with a Masters in Political Science and Economics, but she was looking for a passion. She began doing spa treatments for friends as a hobby from home- they would sit in one of her dining room chairs. Even when she had her babies, she was back at it with a four day old at her side.

Fast forward to present day, where Sukh has been the proud owner of the beautiful Spa Asiana for 12 years! Their quest is to give you rejuvenation, relaxation, and spiritual renewal while providing top quality skin care and esthetic services. They use 100% natural botanicals and herbal products - health, beauty, and happiness shouldn't come from a laboratory! They're especially proud to offer Venus Velocity laser hair removal, Venus Versa for body contouring and acne treatment, and 3D iBrow Microblading (people call Sukh the "brow queen").

At Spa Asiana, they take their time with each client. "I'm a perfectionist who won't stop until I'm satisfied, even if it means going overtime. I'm also a straight-shooter who won't give you the run-around about your skin. I will go to all lengths to find what's right for each individual. My motto? If I'm not happy, how will I make others feel happy about themselves?" says Sukh.

So if you're looking for a top-ranked spa experience (Spa Asiana was ranked as a top day spa in London by yocale.com) from a passionate woman who makes you feel like you're spending time with a sister or friend, this is the place for you! Call Sukh and staff today for an appointment. Plus check their website often for special deals and offers - www.spaasiana.com.



THE Perfect Game IN BURLINGTON, ONTARIO

Bumpers are the great equalizer - at least when you're bowling. At Splitsville in Burlington, Ontario, family members select a ball of appropriate weight, line up at a lane and program the system to raise and lower the bumpers - guards that keep the ball from guttering - based on whose turn it is. Up for the young kids; down for the older ones.

Everyone's a kid at Splitsville.

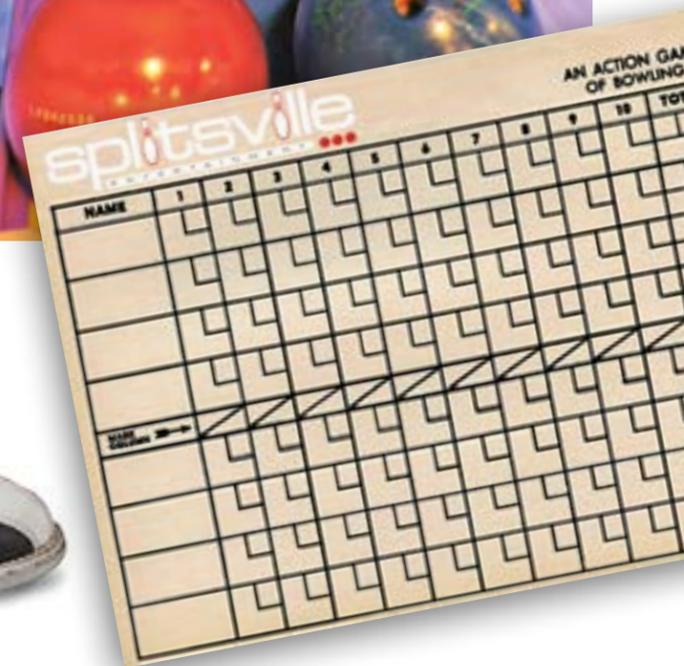
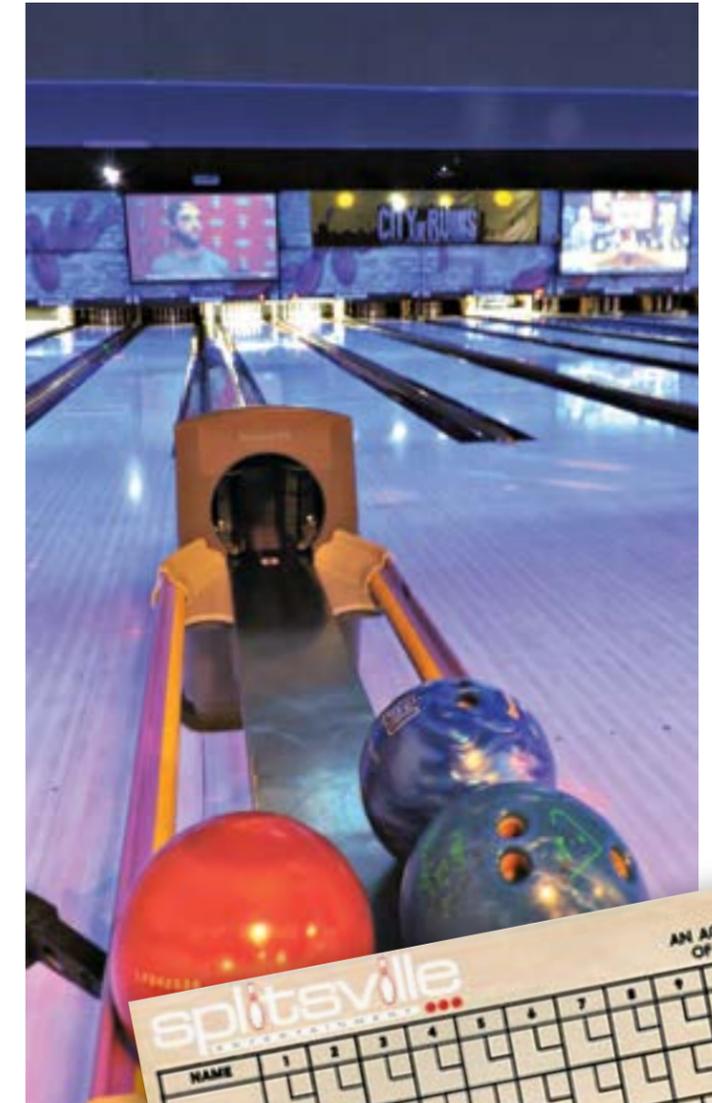
Tucked off Harvester Road in a commercial area of Burlington, Splitsville Family Entertainment Centre focuses on bowling (and a cosmic glow-in-the-dark version on the weekends) but also has a mini Playdium, laser tag, and food such as chicken nuggets, wings, and pizza - bowling food.

But you don't really come here to eat - it's about the active time together, up to five people per lane.

Or it's about making birthday wishes come true, and leaving the mess for someone else. Kid's parties are a big part of the special events packages Splitsville offers (corporate holiday parties another). Birthday parties start at \$99 for five people, including two hours of unlimited bowling, shoe rental, a pitcher of pop, large pizza and an event coordinator to clean it all up.

Balls for kids are six pounds and more food can be ordered along with extras like glow-in-the-dark novelties. VIP room rentals start at \$50 per hour, allowing you a place to cut the cake (that you bring) and store presents.

If you love zombie themes and experiencing Toronto in a post-apocalyptic state, strap on a backpack and play a game of 20-minute laser tag (\$4 per person with the party package). Splitsville's an ideal option on a slushy winter weekend too, no special event required. (830 Laurentian Drive, Burlington, www.splitsville.ca)



WHY I AM NOT LAUGHING ABOUT "MOMMY JUICE" ANYMORE

The first time I tasted alcohol was when I was 13, at a friend's house. It was, as you might imagine, a complete gong show. We each drank one (Vodka and OJ), dyed our hair purple and threw up. One of us, while walking home, was stopped by the police and chauffeured to her parents (but I am not telling you who that was). Thus began my love/hate affair with alcohol.

While I wish I could say that after that night I learned the hard lessons of life and vowed to never hear, "I'm so disappointed in you" from my mom again, I cannot. Instead, I can say that I spent my high school years dipping in and out of clubs with a fake ID and partying with my friends. This carried on through my university years as well.

Once I was in grad school, a new drinking culture appeared to me: the sophistication of drinking wine, alone. I'll never forget showing up at a friend's apartment in Sydney, where I was living at the time. There she sat, with her sculpted eyebrows and Mac book, elegantly perusing her business textbook with a glass of red wine on the table beside her. I was mesmerized. A glass of wine- alone? This had to be the most grown-up thing I'd ever seen a non-grown up do.

I (mercifully) couldn't get behind the wine-alone thing. I guess I was probably too immature or not sophisticated enough, but probably both. I kept my drinking to parties, festivals, and special occasions. Once I woke up with a hangover on a Tuesday and gave myself a booze timeout, which lasted for over a year. Alcohol from that point lost its allure- the feeling of waking up each morning with a clear head was too good to deny.

And then, I had a baby. Now, I don't know about you, but I had never before experienced anything like the sheer terror of looking at a small human that I made in my body and knowing that I would be 100% responsible for taking care of said human and keeping it alive (and hopefully happy). I was woefully unprepared for the part of motherhood when your spouse goes back to work and everyone stops dropping by casseroles and your baby wakes up and realizes life is weird and chaotic and cries about it. Each day, my one and only shining point was that glass of wine I would have when I got my baby down to sleep for between 45 and 95 minutes. The other thing I noticed? ALL of my "mommy friends" were doing it too. All of us. We were stranded in our homes, trying to meal plan through anxiety and isolation, and all just wanting a goddamn glass of chardonnay at night.

I am not going to go into the stats and figures, because word count and Google, but I will tell you this: the rate of alcohol addiction and dependence in women is increasing, and the negative health outcomes for women who over consume alcohol are grim. What is going on that for many of us, relaxation and stress relief is best located in crushed up and fermented grapes? Quite some time ago, I decided that my body deserved to spend most of its time not soaked in an oaky cabernet. The result? I was forced to manage my stress in other ways by doing boring but wonderful things like sleeping enough and eating vegetables. I also began to force myself to get out and have tea dates and dinners with loved ones.

I still enjoy a glass or two of wine, but only with other people and not very often. This is my life, and I want to see it with sober eyes, not a numbed-out version of it. If things aren't working, a clear head forces me to change it, not run away from it. So, what about you? Where do you fall on the spectrum? Where do you need more help, more connection? Where can you replace your booze with acts of self-love? As we roll into March (AKA the month of St. Patrick, our old pal from Ireland), it's worth asking. 🍷

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.



CATS & HIDDEN PAIN

It's not easy to recognize when a cat is in pain. These amazing creatures have developed a strong survival instinct to purposefully hide their discomfort and as a result, we can't trust them to tell us when something's wrong. This means that by the time "Smokey" lets his parents know that he needs help, his pain is likely already quite severe.

Fortunately, we can use our special bond with our pets to help us tune into their unique body language that may indicate when our furry family member isn't feeling like their normal self. Some of these warning signs may include:

- Change in behaviour
- Change in appetite
- Decreased activity and mobility
- Retreating to secluded or hidden places
- Less desire to be petted or handled
- Neglected grooming or incessant licking of one body part
- Lowered head, hunched up posture
- Change in litter box habits

Cats are very unlikely to call out in pain, as in the wild, this could attract a predator while they are sick and vulnerable. In order for a cat to cry out, its condition would likely have to be quite

intense. Even a cat that limps or favours a paw is identifying itself as weak, so is therefore likely experiencing substantial discomfort. The most common pain identifiers are much more subtle and easy to overlook, which is partly how cats survived for so long throughout history!

Consider that full-grown cats age approximately four years for every human year, and young cats age even faster. During this time, a lot can change with your furry family member's health! Don't hesitate to head to the veterinarian for a check-up right away if you suspect your pet is not feeling one hundred percent.

Identifying cats' hidden clues allows for early diagnostics and treatment, which not only decreases stress for our furry friends, but is also the simplest and most cost-effective solution, letting them quickly return to the activities they love.

As a pet parent, you understandably want your cat to be healthy and happy. By learning how to recognize when our furry family members are in pain, we can also help to greatly improve our beloved companions' quality of life. 🐾

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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CANADA'S FOOD GUIDE IS HERE!

NEW!



It is nutrition month – my favorite month of the year! It does help that it's also my birthday month (yes, it's a whole month), but food and nutrition are also reasons to celebrate! We have a new food guide!!

On January 22, Canada's Minister of Health, The Honourable Ginette Petitpas Taylor, unveiled the new food guide. The guide has a lot of great information and tips to help you eat healthy and live well. It was also designed as digital-first, so you can access it at your fingertips pretty much anywhere you are.

The food guide encourages us all to make it a habit to eat a variety of healthy foods each day by:

- Eating plenty of vegetables and fruits, whole grain foods and protein foods.
- Choosing protein foods that come from plants more often.
- Choosing foods with healthy fats instead of saturated fat.
- Limiting highly processed foods – (if you choose these foods, eat them less often and in small amounts).
- Preparing meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat.
- Choosing healthier menu options when eating out.
- Making water your drink of choice.
- Replacing sugary drinks with water.
- Reading food labels.
- Being aware that food marketing can influence your choices.

- And it doesn't stop there. The guide also gives great tips on how to eat to live well, by:
- Being mindful of your eating habits.
 - Taking the time to eat.
 - Noticing when you are hungry and when you are full.
 - Cooking more often.
 - Planning what you eat.
 - Involving others in planning and preparing meals.
 - Enjoying your food - culture and food tradition can be a part of healthy eating.
 - Eating a meal with others.

You can expect to hear a lot from me over the next year on how you can use the new food guide recommendations to make healthy eating easy and fun for you and your family. Along with actionable advice, you can find a ton of great recipes and videos to help apply eating healthy to your daily lives starting today! You can learn more here: <https://food-guide.canada.ca>

Jenn Giurgevich is a Registered Dietitian and former contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.



SPRING BREAK

As the season transitions from grey skies to butterflies, it's time to spring forward into fun and colourful palettes. This season's makeup trends are all about taking a break from smokey eyes and heavy layers, to fresh-faced skin and blossoming colours.

DARE TO GO BARE

Say goodbye to layers of foundation, baking powders, and dramatic contours. This season is all about embracing your natural beauty and focusing on making skincare an essential part of your beauty routine. Not ready to bare it all? Opt for a barely-there BB cream or a sheer blush for a touch of colour.

SUNKISSED VIBES

Spend a sunny afternoon on a patio with your girlfriends – or at least look like you did! Glowing skin can be achieved with a liquid or cream luminizer for a more natural sheen, or a soft bronzing powder swept over forehead, cheeks, and nose

PRETTY IN PINK

Monochromatic looks using petal pinks or touches of rose were an eye-stopper on the runways. Achieve this soft and sophisticated look by using the same shade on lips, cheeks, and eyes. Choose a matte palette for a more natural look or glossy textures for a dewy finish.

CRAZY FOR CORAL

Nothing says spring like bright and bold palettes of coral. Beautiful tones of salmon, peach, and scarlet, ranging from cool to warm, are Spring must-haves for statement lips and tips.

COLOURFUL SHADOWS

From pretty pastels to jewel-toned wings, make a statement with playful eye makeup. For more daring looks, cover the entire eyelid with your favourite candy-coloured shade, or add just a splash with a bright eyeliner.

Stay beYOUtiful, Lisa

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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