OH NO NOT THE TALK!

April Showers bring May Flowers

MY LIFE with a THREENAGER

MY LOVE HATE WITH SOCIAL MEDIA

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

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EDITORIAL 04
Embrace the Change

EVENTS CALENDAR 05
April

AS THEY GROW 06
Negotiating World Peace

THE NEXT STAGE 07
Screen Time and the Early Years

DIGEST THIS 08
IBS Gets Mistaken for IBD

NEW! 11
KID ZONE
Oh No, Not the Talk

FRANKLY FATHERHOOD 12
My Willful THREEnager

LIFESTYLE 14
Keto and Maintenance

BRACING LIFE 15
Gold or Silver?

BIZ SHOWCASE 16
Montessori Academy of London

SPECIAL FEATURE 18
Spring Clean that Neglected Kitchen

LET’S BE HONEST 19
My Love Hate Relationship with Social Media Foodies

PET FRIENDLY 20
“Seasonal” Parasites: Not Just a Spring Thing

FOOD FOR THOUGHT 22
Tips to Help You Save $$ at the Grocery Store

BEAUTY AND WELLNESS 23
Dare to go Bare

ON THE COVER
Not even a scrape from daycare can stop this super model! Kingsley arrived happy and raring to go, and we nailed this cover shot so quickly! A little movie magic went into this shot, as a sunny day in Port Stanley was changed into a rainy window with the use of a garden hose.

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


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Spring is a season of change, and that is no joke! We start this month off with a bang - I can’t ever forget that April 1st is April Fools’ Day as my 12 year old prankster reminds us with a well-thought out gag for mom and dad. The change continues through the month as we see flowers beginning to pop through the soil, hear birds starting to chirp in the early mornings, and feel the air switch from nose-numbing to lung-cleansing. We a with the old adage “April showers bring May flowers”. I think that’s just Mother Nature’s way of saying “stop complaining about the rain people, I’m working on gorgeous things to come!” What a time to embrace change, reflect and take time to smell the crocuses! I know I’ll be making a conscious decision to get out to the garden and connect with our earth on April 22nd – Earth Day.

Change can be difficult for some people though. It’s the young ones that have an especially hard time with transitions. Dr. Bhooma Bhayana and Frank Emanuele share the love and the pain of raising toddlers and preschoolers - read Toddler Tantrums (or Negotiating World Peace) and My Willful Threenager on pages 6 and 12. We can all relate to the cry of NOOOOOO that rings out when a three year old doesn’t get to do what they had planned (like wear a dinosaur shirt, right Frank?).

We’ve made a big ask of our KidZone authors this month. They’ve tackled the tough topic of perhaps the biggest change we experience in life – puberty. Struggling to “have the talk” with your growing kid? Find comfort and hear their side of the story on page 11 (they have some great tips for you, parents!).

Our April holidays also signify change and growth. Passover begins April 20th, and Easter is celebrated on April 21st. What a month for meaningful holidays! We know we fail to mention all holidays that are important to your family, which is why we’d love to hear from you! Please share your family’s celebrations and traditions with us anytime at facebook.com/themomandcaregiver.

Happy spring to you all – embrace the change! ⚪️

Sabina
APR 4/2019 EVENTS

4TH
ESL Conversation Circle: Getting to Know the Museum, Museum London, museumlondon.ca

5TH
PA Day Camp: Let’s Get Stitchy, Museum London, museumlondon.ca

6TH
Toddler Dance Party, Byron Library, londonpubliclibrary.ca

7TH
Jerry Seinfeld, Budweiser Gardens, budweisergardens.com

11TH
Clue – On Stage, Original Kids Theatre Company, originalkids.ca

13TH
Spring 2019 Nature Walk Series, Springbank Park, centreofmovement.ca/nature-walks

19TH
London Toy and Collectibles Show, Centennial Hall, centennialhall.london.ca

20TH
Easter Egg-stravaganza (Ages 5-12), Crouch Library, londonpubliclibrary.ca

21ST
Easter

22ND
Mamma Mia!, Grand Theatre, grandtheatre.com

23RD
Earth Day

27TH
Spring Merry Makers Fair, Covent Garden Market, coventmarket.com/event/merry-makers-fair-a-local-handmade-event/

For More Details and Events Visit www.themomandcaregiver.com

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Your Online Parenting Resource
You play the mind numbing song “Baby Shark” for the billionth time and you decline the request from your two year old to play it again. What follows would have dictators and oligarchs envious of the power wielded by your two year old. The toddler tantrum is a very difficult entity for parents to negotiate.

The psychologist, Eric Erickson, laid out eight stages of man’s psychosocial development. Each stage has a task to accomplish. Toddlers from 18 months to three years old have the task of achieving autonomy over shame. He stated that the basic virtue to achieve this is sheer will. The challenge for parents then is to allow their children to gain autonomy without harming their sense of self, but also to ensure that the tantrum behaviour is not condoned.

The first step to managing tantrums is to understand that they are not always simply bad behaviour. They often represent underlying distress about a thing such as a toy or a response to a change of routine. Although frequent and aggressive tantrums may warrant medical attention to look at developmental issues or a psychological diagnosis, most tantrums are a normal rite of passage for children.

The common wisdom teaches that negative attention is still attention, so that ignoring a tantrum is the correct response. In addition, common wisdom suggests that parents should encourage children to verbalize rather than emote; “use your words” is the mantra.

Dr. Helen Egger, a psychiatrist specializing in early childhood development suggests that parents be a “container” to keep children safe and weather the storm. The tantrum can be deconstructed and discussed afterwards. “Things are unglued,” Dr. Egger said. “What do children need to become reglued? They need that feeling that there’s a competent grown-up who is there to contain them.”

So unleash your inner Kissinger. Negotiate world peace and manage your toddler’s tantrums.
As a parent do you know that there are screen time recommendations for your child?

The Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years) recommends that children should limit their time in front of screens. Too much screen time can keep kids from being active, playing inside and outside, and spending time with their friends and family. Children need to move and play.

The term “screen time” today is any time spent with any screen. Some examples include televisions, computers, hand held devices (e.g. tablets, phones) and wearable technology.

THE CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR THE EARLY YEARS (0-4 YEARS) RECOMMENDS:

<table>
<thead>
<tr>
<th>AGE</th>
<th>SCREEN TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants and Toddlers under 2 years</td>
<td>No screen time recommended</td>
</tr>
<tr>
<td>Children 2 - 4 years</td>
<td>No more than 1 hour per day, less is better</td>
</tr>
</tbody>
</table>

WHAT CAN YOU DO TO SUPPORT YOUR FAMILY TO MOVE MORE AND REDUCE SCREEN TIME?

- Set screen free times (i.e. meal times, family time, book sharing and bedtime routines).
- Quality family time provides opportunity to develop life skills such as language, self-regulation and creative thinking.
- Turn off screens when not in use.
- Encourage active free play both indoors and outdoors. Children need to move and play.
- Make activities fun, provide support and encouragement. If children are enjoying themselves, they will be more active.
- Maintain screen free zones. For example, no screens in the bedrooms. They can interfere with sleep.
- Be a role model and be aware of your own screen time use when you are around children. Children learn by watching how we behave.

Screen time should be avoided or very limited in the early years. If there is screen time it should be educational, age appropriate and if possible watched together so there can be some discussion and interactions about what they see and hear. Managing screen time can be a challenge but being mindful about the use of screen time can provide opportunities for conversation, play, and healthy active routines. Let’s start healthy habits early!

For more information on the guidelines: www.healthunit.com/physical-activity-early-years

REFERENCES

Berthe Streef, RN, BScN, CCHN(C)
Middlesex-London Health Unit
For the Middlesex-London Community Early Years Partnership

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7
Irritable bowel syndrome (IBS) gets mistaken for inflammatory bowel disease (IBD). Despite how similar these two conditions sound, they are quite different from each other. IBD is much more serious. Crohn’s disease and ulcerative colitis are the two main forms of IBD. This condition involves an autoimmune process whereby the body’s infection-fighting cells mistakenly attack the body’s intestinal lining, resulting in inflammation. The precise cause of IBD is unknown but scientists believe that the interaction between an individual’s genes and the environment may activate the cells of the immune system. Approximately 15-30% of people with IBD have a relative with either CD or UC. CD is more common than UC among children. UC involves only the inner lining of the large intestine (colon). On the other hand, CD can affect any part of our gastrointestinal tract, from mouth down to the bum. Kids that have IBD may have any of these symptoms including: diarrhea (with or without blood and mucus), stomach aches, delayed growth, weight loss or poor appetite.

What about IBS? Unlike IBD where inflammation is a hallmark, IBS involves sensitive gut nerves. These nerves overreact to mild triggers (like certain foods) or emotional stress, resulting in increased firing, causing cramping pain signals to the brain. IBS symptoms include crampy pain in the lower abdomen, bloating, gas, fatigue, alternating diarrhea and constipation or nausea. Some kids who have IBS may also happen to have depression or anxiety. As you can appreciate, the symptoms of IBS and IBD can overlap.

These two conditions are diagnosed on history with one or more of these investigations: blood or stool test, imaging and endoscopy of the gastrointestinal tract. Your child may need to see a gastroenterologist. If you are worried about either condition, speak to your child’s doctor. The treatments for these conditions are different. Therefore, knowing the distinction is important.

Depending on the type of IBD, your child may need either dietary therapy or anti-inflammatory medications. On the other hand, management of IBS may include diet changes or certain medications that relief gut spasms, diarrhea or constipation. Mental health care is an integral part of treatment for both IBS and IBD, as emotional stress can aggravate symptoms in either condition.

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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EASTER EVENTS

Saturday, April 20  |  1:00 - 3:00 pm

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The Easter Bunny will be roaming the mall taking photos with kids, so don’t forget your camera!

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We know it’s not the easiest to talk about sex and puberty with your parents or teachers. So help our young readers and parents by sharing a bit with us! How would you define puberty?

Ella:
Puberty is just changing, like everything else in your life changes. If people feel uncomfortable about it, just know that everyone has, will or is going through the same thing.

Mikael:
Puberty is a process that an adolescent goes through that changes and matures your body.

Who is the worst and best person to talk to about changes during puberty?

Ella:
I like to talk to my parents because I know they can help me, and close friends because I know they are experiencing the same thing. I don’t like to talk to people that aren’t close with me about it.

Mikael:
An anonymous tip line like Kids Help Phone (1-800-668-6868) is the best place to talk about puberty and the worst is a random stranger.

Our government has been making changes to the school health class curriculum. Do you think they are doing a good job?

Ella:
I don’t really think they are. I don’t understand why we are taking important topics out of the curriculum. For some kids school was the only way they could learn about those things. I feel that just as this generation was beginning to learn about and accept different people, it was taken out of school, and I don’t feel that’s right.

Mikael:
I think that Doug Ford and his team are doing a great job with his campaign and I’m glad he won the election to be premier of Ontario, but I think he is kind of doing a good job with the sex ed curriculum because some of the things were better before, but some things are better now. I also don’t think he is doing a good job with the snitch line. I think the sex ed snitch line was kind of a dumb idea.

What can parents do better when they are talking to their children about body changes, puberty and sex?

Ella:
Don’t be so awkward about it! Speak with confidence and be clear that it’s not a bad thing.

Mikael:
Parents should listen and answer the questions and give their child a safe place to talk about it, and not judge their child.

How do you encourage your friends (and yourself) to think positively about their body image and self confidence?

Ella:
I always support their decisions. It’s no one else’s choice to dictate how someone chooses to look, and I will always stand by them if someone makes fun of how they dress or how they choose to wear their hair because it’s their choice.

Mikael:
Give compliments and always be positive and be a good listener.
No daddy, I don’t want to wear that. I want to wear my dinosaur shirt.”

“Nico, the dinosaur shirt is in the laundry. Let’s wear the doggie shirt.”

And as the words slipped out of my mouth, I already knew I was in trouble. My three year old throws himself to the ground, limbs flailing, tears instantly coming down his cheeks, his breath heaving, and when he finally catches enough air, he turns to me, mouth open in complete agony, and then his shrill cry of NOOOOOOOO echoes throughout our otherwise peaceful town.

Welcome to my life with a Threenager.

Don’t talk to me about the mythical Terrible Twos. They pale in comparison to dealing with the Thrilling Threes. The willful wailing of my wee one pierces my ears and tests my patience in ways I didn’t know were possible.

And it’s not just about what clothes he’s going to wear... oh no! The Earth will come to a complete halt if I flush the toilet for him, turn the light off, over-toast his bread, push the button on the remote, or alter his bedtime routine in the most minuscule way. And heaven forbid I ask him to get ready to go to daycare, clean up his mess, or tell him that he can’t have a snack right before dinner.
A Dad’s Point of View

THREENAGER

The often elusive, rational part of my brain gets it. The world around him is finally at reach and he is beginning to express his own ideas, explore his limitations, practice his independence, and make us understand that he is his own person. His emotions are big and he’s still figuring things out.

But the tired and defeated part of me doesn’t always do the right thing or remember that I’m the adult in this battle. I raise my voice, put him in time-outs, and bribe him more often than I should. I need to remember to rely on others when the heat is on. Even a big brother can help diffuse a standoff. Keeping routines consistent and helping my son ease into transitions (with lots of warnings) sometimes does the trick. I also need to consider that he’s learning from watching the adults around him so losing my cool could be backfiring on me.

I know we’ll get through this. In the meantime a good piece of advice I got was to really relish and enjoy the tender, happier moments. Nico’s big expressive emotions are also what makes him a sweet, cuddly, and affectionate little boy. He will often squeeze-hug me around the neck, lean into my ear and whisper “I love you so much”. Those soul-feeding moments are what I need to channel the next time his favourite dinosaur shirt is in the laundry.

Frank Emanuele is a proud father of two sons, a special education teacher, and a director of Dad Club London.
Last month we talked about being kind to yourself. Making the daily choice to fuel your body with food that nurtures it, and moving your body to maintain strength and flexibility is a way to practise self-love. Some people believe that going on a diet is the furthest thing from self-love. I completely disagree because sometimes people need healthy boundaries around food. When you hear the word diet you may assume that it’s a restrictive way of eating, only used in the short term. However the word is also interchangeable for the food that we consume on a daily basis. We all have a diet. When you follow a diet consistently for six months to a year, it becomes a lifestyle. Over time, you learn and grow. What used to be a struggle to understand becomes second nature and easy.

Keto can be followed for a few months or the rest of your life. I recently had a friend ask me what she should do now that she had hit her goal weight by following keto. She didn’t want to lose any additional weight and was hoping to add back in food that she had missed. My advice to her was simple. If you are looking to maintain your weight with no additional weight loss, you can continue following a ketogenic diet with an increased number of calories. There is also the option to switch things up and try something completely different. Note that when switching off a ketogenic diet you will notice a fairly immediate water weight gain due to the increased consumption of carbohydrates. Keto can be used as a tool to lower your weight and does not have to be followed long term.

I personally enjoyed the food that I was eating on the ketogenic diet so I have continued to follow it even though I am no longer trying to lose weight. While I do not have high carbohydrate “cheat meals” (I’m sorry, I hate to call them cheat meals like they are bad), there is the option for me to start following a cyclical keto approach which involves following the ketogenic diet most days, allowing a day or meal higher in carbohydrates.

Please feel free to connect with me 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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There have been many advancements in orthodontics over the years, but none so game changing as the advent of clear or "invisible" aligners. There are now many players and providers in this type of orthodontic treatment with many claims and promotions, not just from orthodontists and dentists, but also from companies marketing directly to the public. What we’d like to do is help you understand the pros and cons of this type of orthodontic treatment.

For the last 50 years or more, braces, or fixed orthodontic treatment, have been the gold standard for straightening teeth. (There even were gold braces at one point but that’s another story altogether!) Braces provided a controlled, sophisticated, highly engineered and accurate way to correct crooked teeth. The problem was esthetics. “Train-Tracks”, “Brace-Face” and “Tin-Grin” were common derogatory nicknames for kids with braces. Headgear, Monoblocs and other adjunctive appliances did little to help with the stigma of orthodontic treatment, so the industry began to look for more esthetically acceptable versions while providing the same quality of care. This led to the development of clear braces.

Today orthodontists can provide the same high level of treatment with clear braces as with metal, but in a much more esthetic way. Also, braces have become generally more acceptable to kids, and even something desired by many.

Now however, there is an even more ideal esthetic alternative. Clear aligners. Clear aligners are a series of plastic trays that fit over the teeth, much like a mouth-guard does. A series of aligners are made, each with a little bit of tooth straightening in them. A patient wears each aligner for one to two weeks before moving to the next in the series. Over time the teeth are straightened similarly to braces.

Like any new product there is a development curve where it evolves as more study is done and experience gained. This is where we currently are with clear aligner treatment. It can do many of the same things as braces - but not all. Nor should it. Braces have been studied, developed, analyzed and tweaked for over half a century. Clear aligners have been with us for over 10 years. It is the role and expertise of the orthodontist to determine which type of treatment is suitable for your child, and to provide the treatment with proper monitoring and follow-up to get you to the “finish-line” and beyond into retention of the result. At this time, braces are still the “gold standard” while aligners are improving all the time and could be considered the “silver standard”. That’s not bad, just different.

Doctors Hill and Gross have the experience to help craft beautiful smiles for all manner of patients, both children and adults.
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Dr. Maria Montessori (1870-1952) understood that children not only absorb information and learn from a very early age, but that children actively seek new information and learning opportunities. In the right environment, this natural curiosity drives children to guide their own learning. Everything Montessori educators do strives to support self-guided learning, self-confidence, and a compassionate worldview.

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If you are interested in learning more about Montessori education or our school, we invite you to join us for an Information Session & Tour! Register by contacting reception@montessori.on.ca or 519-433-9121.

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Mom & Caregiver
Spring is coming, and so is patio weather. This is the time to get all of your closets, storage areas, kitchen and bathrooms purged and organized so you can head to the patio in the nice weather.

Often at this time of the year we talk about going through your closets, but this year I am going to talk about the kitchen. I find it is one room that gets neglected, but is normally the most used. Do you live in fear of something falling on your head when you open your cupboards? Do you find yourself having to take out half of the shelf’s ingredients, then stuffing everything back in each time you need something? When was the last time you pulled everything out of your kitchen cupboards to see what you really have? YES, I said EVERYTHING!

1. **Pull out all of your dry goods.** Those that are expired, throw out; those you will never use; take to the food bank. Spices have different shelf lives; if the spice is pale in colour or has a poor aroma, it’s most likely old and should be discarded.

2. **Pull out all of your cooking utensils** (graters, knives, etc). Group them according to use (wooden spoons together, spatulas together). For items that you don’t use, or don’t like to use, move them on to someone that will.

3. **Small appliances that are broken or never used** can be gotten rid of or donated. If you have some that are seldom used, but you still enjoy using, store them in a cupboard that is more difficult to reach. The rest need to all go together in the same accessible cupboard for easy access. FYI: counter tops are for preparing food, not storing items!

4. **Cookware:** it baffles me as to why someone would need six or seven frying pans, but I always get a good story as to why they need them. I have one small and one large. I also have only one set of pots, not two or three.

5. **Use small storage bins,** drawer organizers, grip liners for drawers, and glass or Tupperware to store dry goods to your advantage - all are great things to help you organize your kitchen.

6. **When there is wasted space up above** what you’re storing in a cupboard, add another shelf.

Pauline Hoffman is a Certified Professional Organizer, Cleaning Specialist and Speaker with Just in Time Solutions. Happy spring cleaning, and happy days on the patio!

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If there’s one thing I love, it’s social media. I can’t imagine life without the daily richness that my newsfeed brings to me, and I have structured it in a way that I am able to receive positive, uplifting nuggets of wisdom like goat videos and quizzes on what kind of potato I am.

Conversely, if there’s one thing I am completely over, it’s social media. I can definitely imagine my life without the shocking nonsense that clutters my newsfeed despite my best efforts, and the general hysteria that social media brings about in terms of fear-mongering. I’ve known about the Dark Side of social media for all of its existence, however, none of this became more apparent to me than when I became a mother.

‘In pregnancy, social media was all funny pregnancy memes and people cheering me on from their computers while I contentedly ate tub after tub of Ben & Jerry’s chocolate peanut butter ice cream. But, like any mother knows, the minute that kid is out, it’s game on on the Information Superhighway. And oddly, there is a real obsession about what we feed our kids. First, there were the old standbys, the breastfeeding militia, who are there to remind us to breastfeed or die trying. I really thought once I graduated onto solids, no one would give a care what the hell I fed my kid. WRONG. SO WRONG. There are others, lurking in the shadows of Instagram, waiting to scare us. In trying to follow the best advice for our health and vitality, I began trying to follow some friendly mom food people, and this is what happened:

I stopped trusting in Cheerios. Apparently, they are poison pellets (sorry, little bean, I didn’t know and God speed).

I couldn’t figure out if I have a gluten intolerance, if my kid has a dairy allergy, or if the sugar in fruit is slowing killing us all. I realized that I needed to overhaul my house’s water filtration systems so that we didn’t absorb the radioactive “water” from the City of London. What began as an innocent quest for nutrition information led me to realizing that, unbeknownst to me, I have been destroying my daughter’s chance at life by having toothpaste with fluoride in it. Or wait, is fluoride OK? Are vitamins OK? What the hell are nightshades? How the hell are any of us past 30 even alive? My mom smoked with the windows up in a station wagon for God’s sake.

I was exhausted. After two weeks of this, I was anxious and suddenly mistrustful of food. So, I called time out. Time out on scaring moms about everything they do and feed their kids. Time out on rigid and terrifying diets and time out on scaring the ever-loving daylight out of parents who are just trying to do the right thing, or the easy thing, which is often the right thing. I’m serious. It’s time to lighten up.

Look, I am not telling you to start eating pizza and cold noodles every night (unless you are my toddler, in which case: you do you, boo). I am not telling you to fill sippy cups with Coke or to throw caution to the wind and throw the deuces to vegetables. I am asking you to unplug/unfollow and undo the damage that can be found in the profiles of social media pseudo-professionals. I see you, parents. Now stop churning your homemade almond milk and go do something good for your soul.

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.
Winter in Southern Ontario is always unpredictable, but as spring approaches, we’ll be glad to retire from this particularly wacky winter! While most of us grumbled through November to April, some devious members of our community flourished in the up-and-down weather: parasites.

Although there are many types of common parasites that affect our furry family members, the three that are highlighted this time of year are fleas, ticks, and heartworm.

Fleas cause extreme discomfort (and eventually blood loss and anaemia) by infesting and biting the host, and can also carry intestinal parasites such as tapeworm. Ticks come in many varieties which each transmit different diseases by burrowing in their host to feed, but they are best known for transmitting Lyme disease. Heartworm is a long roundworm transmitted by mosquitoes. It lives in and around the heart, causing heart failure and damage to other organs.

These three have long been labelled as “seasonal” pests. However, fleas, ticks, and mosquitoes don’t go away on winter holiday, they lay dormant in the cold awaiting mild weather. This means that during winters (such as our last) when temperatures fluctuate above freezing, they can be out transmitting deadly and dangerous diseases when pet parents are least expecting.

Additionally, these pests are incredibly adaptive. In fact, your pet doesn’t even have to go outdoors to be at risk, as parasites can thrive undetected in homes, baseboards, and entire apartment buildings year-round.

Most pet parents visit their veterinarians in the spring for an exam and six months of parasite prevention. With these consistently inconsistent winters, we recommend asking your veterinarian if year-round prevention may be right for you.

Every furry family member is unique, though, and preventative isn’t one-size-fits-all. There’s a lot to consider, such as geography, weight, and if there are other pets in the household. With a broad spectrum of parasites and very convincing knock-off brands on the market, it can be difficult to choose a safe and effective option. Your veterinarian is always the best resource to help you find the ideal products for your pet’s protection.

With a personalized parasite prevention plan, you can relax and enjoy all your favourite activities together, knowing your pet is protected - no matter what the weather may be!

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at danielle@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.
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TIPS TO SAVE $$ AT THE GROCERY STORE

Who says healthy eating is expensive?! I’m here to bust that myth and prove to you that healthy eating doesn’t have to cost you more. With these trusty tips in your back pocket, eating on a budget will be easy.

USE (AND STICK TO) A GROCERY LIST Commit to your list (and don’t go to the grocery store hungry!!). This will help prevent impulse buys.

SHOP ALONE (IF POSSIBLE!) OR PUT THEM TO WORK #1 is so much easier to follow (and can be more peaceful) if you don’t have a wee one or more begging for the newest and coolest cereal. I understand that may not be possible for everyone or every time. If that’s the case, get your kids involved in picking out foods from your list. This could also be a great teaching moment.

COMPARE PRICES AND PRICE MATCH Use the product label to compare the unit price and buy the product that is less expensive. Buy generic brands over brand name if there is a difference in price. Take the time to price-match at the check-out if it's offered.

LOOK FOR SALES AND REDUCED PRICES There are many ways to save if you take some time to do your research. I use the rebee and Flip mobile apps to find sales. You can also check out flyers and use coupons for deals on foods that are on your list. Another great way to save is to purchase foods offered at a lower price or on discount because they are close to their best before or expiry date or are slightly bruised. These products can be just as healthy.

BUY IN BULK WHEN APPROPRIATE Don’t shop at Costco? That’s OK. Some stores offer foods in bulk quantities. If it’s a food you eat often, buy the full size or family size version and divide it up yourself and store or freeze for another time.

STOCK YOUR SHELVES Stock up on canned and dried goods when they are on sale. Another great trick is to extend the shelf life of foods you’ve bought on sale. Try freezing foods like:
- fish, lean meats or poultry
- fruit and vegetables
- whole grain bread

Frozen and canned vegetables can also be healthy options and can be less expensive than fresh foods when they are out of season.

If you’re looking for even more great tips and some great recipes to help inspire your meal plans and grocery lists, check out the new food guide website – Canada.ca/FoodGuide. Get your kids to help pick out a new recipe for this week. Better yet, get their help in writing the grocery list and preparing the recipe!

Happy, healthy eating!

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.
One of spring’s biggest beauty trends is all about rocking the “no-makeup makeup” look. Think dewy, almost glossy skin paired with sheer, minimal makeup done in neutral and nude tones. Here are a few tips on how to bring this trend from the runway to your everyday style.

BLANK CANVAS – The best way to achieve natural, soft makeup is by using a muted colour palette. Matte textures work great to achieve monochromatic looks, and tend to stay put longer. Always choose neutral shades in nude-based tones for easy blending and a barely-there finish.

FRESH-FACED – Another way to achieve a natural look but with a touch more colour is by adding a flush of cream blush. You can use this all over the face by applying a sheer wash of pink colour on the eyes, lips and cheeks to give skin a dewy, fresh-faced glow.

BRONZED AND BEAUTIFUL – Bronze, gold and glitter, oh my! Shimmering lids, sun-kissed cheeks, and metallic lips are putting a rebellious spin on the neutral versus natural look. Working with soft gold and bronze tones in shimmery, glittery textures are a beautiful way to dress up eyes, warm up cheeks and create statement lips.

LIPS AND LASHES – While keeping skin fresh and flawless, you don’t have to necessarily “bare all”. One simple way to dress things up is with two coats of black mascara to pump up lashes. This will help to frame the eyes while keeping makeup minimalistic. The other is to create a lip stain effect by applying lipstick in a rosy red or berry shade, and blotting well to achieve a worn-in pout.

Stay beYOUtiful,

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