

THE MOM & CAREGIVER™

MAY 2019
VOLUME 21 ISSUE 5

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Enveloped
in Love

TRIBUTE to
DOG MOMS
& CAT MOMS

MY MOM'S
THE BOMB!
(Almost Always)

OUR OWN LITTLE
COCOON of
FAMILY
WEIRDNESS

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

A Free Magazine for Parents and Caregivers



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5:45 pm – Dinner & Awards

FOR MORE INFORMATION VISIT WWW.LEXUSOFLONDONGOLFCLASSIC.COM

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#Hairgoals

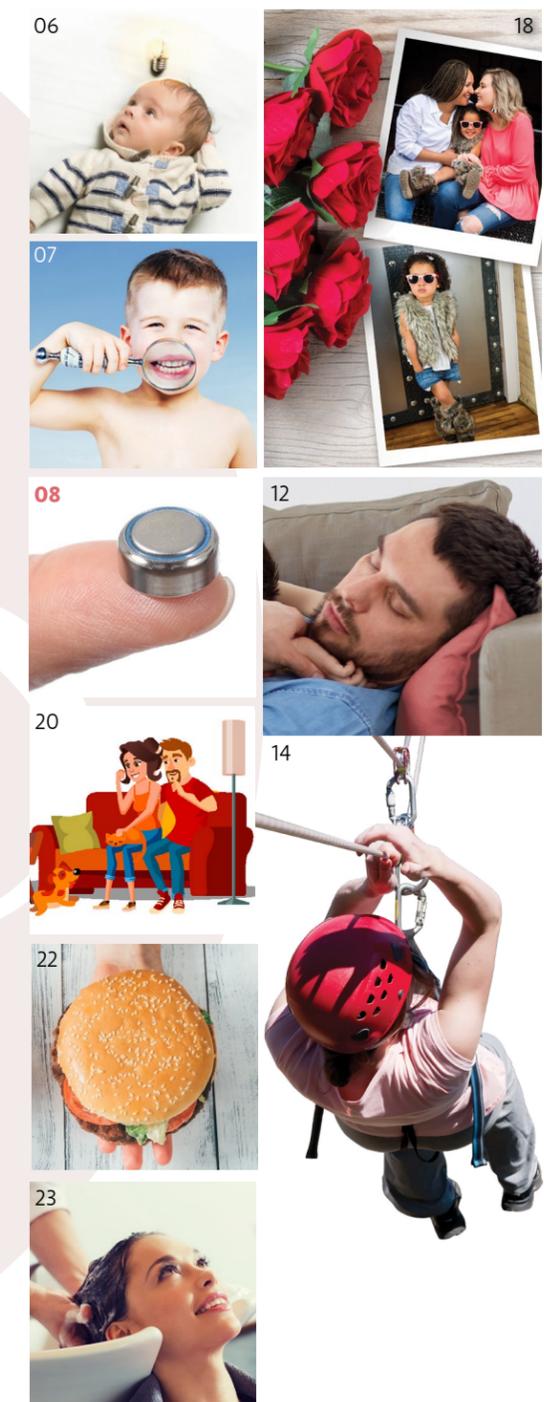


ON THE COVER

Lenny is enveloped in love from moms *Celina* and *Jordan* and we were so glad to be a part of it! *Lenny* is an amazing girl who is easy going, loves energy balls, and is full of talent (she can cross her legs, hold her vest and put one arm up and one arm down all at the same time!)

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

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A DAUGHTER'S WISH

Dear Mommy,

As I sit to write this letter to you, I am overcome with so many emotions. I have so much to say.

I want to tell you that I wish we had a better relationship, I wish we could be closer, I wish I could tell you secrets as I see so many mothers and daughters share. I wish we could go out together and do fun things, and I wish our culture and family circumstances didn't make this so difficult. I wish I could hear you tell me you love me. I wish I could sit and have you brush my hair, I wish I could feel you embrace me and tell me everything will be okay. I wish you could cook my favorite meal. I wish I could tell you how proud I am of our son who has grown to be such a sweet,

honorable young man. There are so many things I wish for, but most of all I wish you were here for me to tell you all of this.

Mommy - I love you, and I know that no matter where you are, you are watching over me. Even though you couldn't ever tell me, I know that deep in your heart you would be proud of who I am and what I have become.

On this Mother's Day, if your mother is still with you, tell her all the things you want to say. Don't wait until it's too late.

Love Sabina

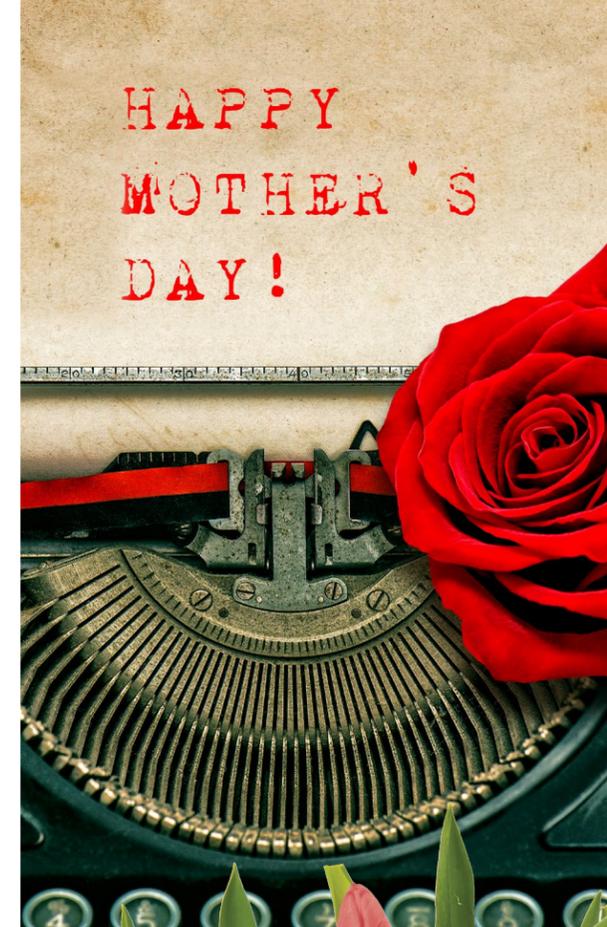
Our May issue is a love-fest to moms of all kinds. You'll hear Jordan's beautiful story of her "cocoon of family weirdness" on page 18 and Danielle's warm tribute to cat and dog moms on page 22. You'll also hear from my teenage son, and his partner-in-crime, Ella (the newly teenage daughter of our assistant editor, Melissa) with what they have to say about their moms (it's mostly great, we hope!) Here's wishing you all an extremely meaningful and wonderful Mother's Day! 🌸

Successful mothers are not the ones that have never struggled. They are the ones that never give up, despite the struggle.

- Sharon Jaynes

MAY 5/2019 EVENTS

- 3RD** 68TH Season Opener, Delaware Speedway, delawarespeedway.com
- 4TH** Kiwanis Indoor Piping and Drumming Competition, Saunders Secondary School, westernbranchppbso.org
- 5TH** The Seussification of a Midsummer Night's Dream, Original Kids Theatre Company, originalkids.ca
- 10TH** London Majors vs. Hamilton Cardinals, Labatt Park, londonmajors.com
- 11TH** Mother's Day Lunch, Fanshawe Pioneer Village, fanshawepioneervillage.ca
- 12TH** Mother's Day
- 17TH** Sharon, Bram and Friends Farewell Tour, Centennial Hall, centennialhall.london.ca
- 20TH** Victoria Day
- 18TH** Saturday Morning Walks, Reservoir Park, tvta.ca
- 21ST** Noon Meditation for Adults, Central Library 2ND floor Training Room, londonpubliclibrary.ca
- 25TH** Got Game Street Basketball Tournament, Victoria Park, gotgamesports.ca
- 31ST** Story & Gym, Stoney Creek Library and Stoney Creek YMCA, londonpubliclibrary.ca



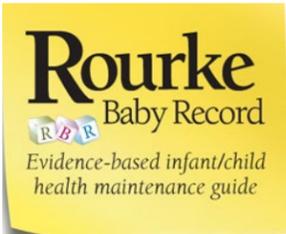
For More Details and Events

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THE ROURKE RECORD

What's New at your Doctor's Office?

The Rourke record is a template that Canadian physicians use to help in making sure that they are providing good preventive care for the children they care for. Developed in Canada by family physicians, James and Leslie Rourke, this template looks at the most relevant evidence and provides a guide for the optimal care of young children. The Rourke record received its most recent update in 2017. Reviewing the changes to the Rourke can be a "what's what" in looking at changes to child development thinking and care of young children. The following are the most significant recent changes to the Rourke record:



The changes to the Rourke record are coming to a primary care practitioner near you! Be ready to ask questions for the health of your child.

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!



- 1. NUTRITION** - There was a strong recommendation in this update against the use of homemade infant formulas. It was also recommended that all breast fed children use vitamin D supplementation. Most importantly there was a recommendation to introduce allergenic foods early. We have traditionally delayed the introduction of fish, eggs and nuts until a year of age but current evidence indicates that early introduction lessens the risk of allergies.
- 2. SLEEP** - The new guidelines stressed the importance of having consistent hours of sleep. It was recommended that screen time be avoided for 60 minutes before sleep.
- 3. ORAL HEALTH** - There was an emphasis on the teaching of oral health. The recommendations can be found on the website www.smilesforlifeoralhealth.org
- 4. VACCINES** - All pregnant women should receive Tdap- a tetanus, diphtheria and pertussis in pregnancy. The primary reason for this recommendation is to prevent whooping cough (pertussis) in babies in the first two years of life.

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Most of us are aware of how to take care of our own teeth, but do we know how to care for our baby's or toddler's? Is it the same or are there any differences? Many parents are not aware that it is recommended by Health Canada, the Canadian Dental Association and the Canadian Pediatric Society that a child establish a dental home by the age of one. This means that a child should have their first visit to a dentist by their first birthday. At this appointment, a dentist can assess whether there are any cavities that are developing, discuss the cause of cavities and how to prevent them, touch upon what a healthy diet should be, and discuss how to clean your child's mouth at home.

Cavities develop when bacteria left behind on teeth use sugar from food to create acid. It is this acid that degrades the tooth's enamel and can cause a hole or a cavity. In the early stages, cavities appear as white spots on the teeth. If detected early, cavities can be prevented, which is why early detection is key. What can parents do to prevent cavities at home? Providing children with foods that are healthy, low in sugar and do not stick to baby's teeth, like cheese, soft cooked vegetables, fresh fruit and yogurt, helps prevent cavities from forming. Although

fruit juices may seem like a healthy drink option, keep in mind that some juices are very high in sugar. Water and milk are the best drink options for your little one.

Finally, how can parents clean their baby/toddler's teeth at home? It is important to clean your baby's teeth as soon as their teeth come in. You do not need to use toothpaste on your baby's teeth as they are too young and will most likely swallow it. A small, soft wet toothbrush with small circles on the teeth or a wet baby's washcloth wrapped around your finger used twice a day is sufficient to keep their teeth clean. It might be easier to do this with the baby/toddler lying down on your lap facing the same direction as you. The adult should use both hands; one hand moves the toothbrush and the other helps to keep the baby's mouth open. Don't forget to brush the tongue to remove any germs and leftover food. Children three years of age or older who are able to spit out can use a pea-sized amount of fluoridated toothpaste but should still be helped. Happy brushing!

Cindy Holden
Registered Dental Hygienist
Middlesex-London Health Unit

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KEEP BUTTON BATTERIES AWAY FROM YOUR KIDS!



Button batteries are very common in household items like remote controls, toys, calculators, thermometers, cameras and other small electronic devices. They are small, shiny objects that may attract curious children to put in their mouths. Button batteries may seem harmless but they are life threatening if swallowed.

Prevention and awareness are key. Keep loose and spare batteries out of reach of children. Ensure that all the battery compartments of electronic devices are taped securely. Even a "dead" battery can still cause harm if swallowed. Most importantly, watch your children closely.

If a button battery is swallowed by a person of any age, serious injuries, even death may result.

If a young child swallows a button battery, you may not know because the child might not show obvious symptoms. Some clues to look for are refusal to eat, trouble swallowing, drooling or breathing difficulties. A button battery lodged in the food pipe (the esophagus) could result in serious tissue injury, even within the course of two hours! If you suspect that your child ingested a button battery, immediately call 911. Your child needs to be taken to the emergency room for assessment immediately. An ingested button battery can be diagnosed on X-rays. The battery will need to be removed urgently if it is stuck in the esophagus.



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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Life as a Child Sees It



MY MOM'S THE BOMB! (ALMOST ALWAYS)

Join 13-year-olds **Mikaeel** and **Ella** every month as they share perspectives on life as a child sees it.

Let's revisit those primary grade days, and fill in the blanks about mom!
 Don't be afraid to elaborate – we know grade sevens have much more to say!

The best thing about having my mom as a mother is ...

Ella:
 That she can always brighten my mood! She finds fun things that we can do together and always makes me smile.

Mikaeel:
 Everything.

My mom embarrasses me when...

Ella:
 She starts talking to random people, like cab drivers when we're on vacation. A lot of the time though, this embarrasses my sister more than me.

Mikaeel:
 She makes Instagram videos of me.

My mom is good at _____ but not so good at _____.

Ella:
 My mom is good at making me laugh, but not so good at keeping a straight face.

Mikaeel:
 My mom is good at being social and making everyone around her feel good, but not so good at technology.

The wisest words my mom says are...

Ella:
 My mom has taught me to look on the bright side. Every day when I leave for school she doesn't just say "bye." She always, even on bad days, says, "Have fun!" and somehow I always do.

Mikaeel:
 "Always tell the truth no matter what."

The craziest thing about my mom is...

Ella:
 She is a really good swimmer even though she didn't really learn how to until she was a teenager.

Mikaeel:
 How nice she is. 🍷

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 **Option only available for weeks that coincide with a statutory holiday.

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COOKING SCHOOL

DOZING DADDY

"Daddy... Daddy... DADDY!!"

I am suddenly ripped out of a deep sleep. I wake up on the living room floor in a small puddle of my own drool. I hear the credits song of a Paw Patrol episode in the background and see that my kids are reverting back to some restless chimpanzee-like state. What time is it? How long was I out? Is that a sticker on my forehead?

Turns out, I was only asleep for a few minutes but lately that's all it takes for me to dive into the deep of my "new-normal" state of exhaustion. I'm instantly brought

back to childhood memories of my own dad snoring away on the couch while we played around him or watched TV. When did I become my father?

I know I'm preaching to the choir when I say that balancing work and home with little ones really takes its toll on the ol' dad bod. I try to be the present and involved parent. I volunteer at my kid's school, we hike and bike ride together, and I'm with them during karate, soccer, and music lessons. I try to make time for myself, my partner, and squeeze in quality time with family and friends. But sometimes trying to balance it all just adds to the fatigue.

I find myself drinking more coffee than ever, I'm easily irritable, I'm mixing my words and blurting out statements that make no sense. Ever just "rest your eyes" for a second half way through bedtime stories – only to be elbowed by your kid and jolted back into consciousness?

Of course the solution is to get more sleep and sometimes I'll bury myself under the blankets right after putting the boys to bed. But more often than not, those magical hours after the kids are asleep is when I get a second wind. The thought of having some uninterrupted time to myself is all I need to perk

up. I'll pour myself a glass of wine, grab an over-salted snack and jump into an anticipated TV show episode, or crank up the PS4 to play an old favourite.

I tell myself (as you should too) that it's OK to be tired and it's OK to indulge in time for yourself – even if the baggy eyes are telling you otherwise. Being a dad is hard work, I am not alone, and I know it will pay off. 🍷

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



Scenic Caves in COLLINGWOOD ONTARIO

Maybe soaring like a bird along a half-mile long zip line above the beautiful Blue Mountain landscape at Scenic Caves in Collingwood, Ontario isn't for everyone – especially those under 18. But, if you love to zip line, this is the one not to miss. It's Ontario's longest and can reach speeds up to 70 km per hour. (It's highly controlled). First, though, you have to climb a 15 metre spiral staircase to get to the Thunderbird Nest.

Or keep your family on the ground and walk the self-guided well-marked trails through caves and cavernous rocks along the Niagara Escarpment's highest point. Trails offer majestic views of Georgian Bay below. This is ski country, after all, so a walk through the foliage involves tackling some elevation.

Speaking of elevation, most visitors take an easy stroll along Southern Ontario's longest suspension footbridge. Lined with a wire fence and handrail, this 128-metre walk provides a safe view 25-metres above the valley below. If you skip the zip lining, you can't miss the bridge.

Don't fret. Wee ones, even in strollers (admission is free for kids under 2), entertain themselves for hours at the children's adventure playground, riding Rocky the mini electric train or gemstone mining at the man-made tower. Here, water flows through a wooden sluiceway and 'miners' pan for treasures after receiving a screen tray and a bag of sand guaranteed to include at least one arrowhead.

Finish the day with a picnic at the trout-stocked fishpond or a game of mini-golf. Summer activities start early May and end mid-November, 9 am to 8 pm. Park admission includes access to the grounds, but gem mining, mini golf and zip lining are extra. No pets allowed. Running or hiking shoes are mandatory.

www.sceniccaves.com



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

The MYSTERY of ORTHODONTIC RETAINERS

How many times have you heard about someone who had braces years ago, and now their teeth are right back where they started. The story usually includes something about not wearing a retainer for very long for various reasons ... lost it, dog ate it or I was told that I didn't need to wear it anymore. In this article, I will attempt to set the story straight on retainer wear, why it's important and how long you need to wear your retainers.

First of all, allow me to briefly describe what happens when teeth move from point A to point B. Essentially, teeth have roots that are surrounded by bone, but there is a little space between the roots and surrounding bone that has little elastic-type fibres. That's why you can wiggle any tooth in your mouth and it moves a little bit. When pressure is applied to a tooth, some fibres get stretched and others compressed, the root pushes against the bone and there is remodelling of the fibres and bone. This remodelling is how a tooth moves. Once a tooth is in its new position, it generally takes many months for the bone to completely remodel around a tooth, and for that tooth to be stable. The further a tooth moves, the longer it takes for it to stabilize.

There are other factors at play that tend to pull teeth back from whence they came! These include other fibres surrounding teeth that are attached to the gums. Don't forget about the lips, cheeks and tongue that push on teeth and, oh yes, biting forces that are

constantly in play that can influence the position of the newly positioned teeth. It's because of all these variables that retainer wear is crucial whenever teeth are repositioned. In order for a tooth to stabilize, it needs to be held in its new position and not allowed to settle or shift. If someone just had their braces removed or just completed clear aligner wear (ie. Invisalign), and only wears their retainers a few nights a week, they will notice that some teeth may move a little and then the retainer pushes them back into position over night. In this example, that tooth is constantly moving back and forth almost daily. You can imagine that this poor tooth will never stabilize.

So the secret with retention is to wear your retainers enough so that you never notice any teeth moving, and when you place your retainer back in after it's been out for a period of time, it is not tight. Another way to say it is that as long as your retainer goes in fully and without much pressure on your teeth, you will be fine. How much and how long do I have to wear my retainers? Well ... I'm sorry to say there is no good answer to that question because everyone is different. Your orthodontist will follow up with periodic retainer checks to offer guidance to your retainer wear and offer recommendations to improve stability if needed. If you generally follow these instructions, your new smile will last a lifetime.

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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.

Cooking healthy meals that your family will love with your busy life style can be a daunting task.

Jodie and Blake Marshall, owners of Marshall's Pasta and Bakery, and working parents of four girls, know this first hand. Over the past 24 years, Marshall's specializes in making assorted pasta and sauce dishes all with their store-made pasta and authentic sauce recipes. These are all preservative free, with no sugar added! Their store-made Meat or Vegetable Lasagna trays are much in demand for customer's family gatherings.

Marshall's pasta is also a popular caterer for many sports teams in London, and for many out of town teams. Blake played professional football eight years with the Edmonton Eskimos. He knows what it takes to feed an athlete. Their signature entree is the "Family Dinner for Four", which comes with your choice of any fresh pasta and sauce, and accompanied with garlic cheese bread or store-made Portuguese buns. This meal comes cooked or ready to be prepared at home at your convenience. Add meatballs and salad to complete the meal.

Looking for lunch? Drop in their store and pick up an individual entree. Try their signature "Marshall's Italian Sandwich" or meatball sub. Seating is also available for you to sit down and enjoy a generous bowl of fresh made spaghetti with meat sauce, or cheese ravioli with blush sauce.

Marshall's pasta is so pleased to be able to provide quality reasonably priced food that people have been enjoying for many years now.

Jodie Marshall says the nicest compliment she ever got was when a customer told her that "feeding Marshall's pasta to my kids makes me feel like a good mother".

She says, "It is nice to have a successful business, but helping people is what is most important."



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OUR OWN LITTLE COCOON OF FAMILY WEIRDNESS

Every month, I get to write about topics that mean something to me, and hopefully to you as well. Sometimes I am a bit stumped, but then inevitably, I have a conversation or observe something regarding being human, and I think, "whomp, there it is".

This month is different.

This month is personal and I feel vulnerable and really "out", which is surprising to me. This month, my wonderful editor has asked me to write something about Mother's Day, and specifically about my family's experience of Mother's Day. Because, in my family, there are two of us moms, that is. I have been thinking about what to write for a month now, and each time, I just feel like a fraud. I don't have the classic story of coming out. I didn't identify as gay as a child or adolescent, I didn't hide my true self for years, and when I fell in love with a woman, most people in my life were just happy that I was in love.

Writing about Mother's Day and what it means as a same-sex, female couple feels like it should be something reserved for all of the women who have gone before me, in order to get to a point where my experience of "coming out" was essentially painless. That said, this is my column and I agreed to write about Mother's Day in my family, so let me tell you what it means for us...

Likely, the same exact thing it means for you.

Mother's Day means we get a sweet, yet odd craft that was made at daycare. It's beautiful and impractical and we both struggle with how to store this year's paper-popsicle flower for a lifetime. Mother's Day is scrambling at the last minute to get cards from our three year old, and booking an overpriced brunch where we are given a single carnation (we just ask for two carnations). Mother's Day is spent trying to live our best life and not worry about that Sunday laundry pile in the corner.

It's about looking at our stunning and hilarious little girl and being grateful that we all found each other in this lifetime. If I had my way, Mother's Day would also include some sort of family dance routine, but both my partner and my daughter are too cool for that.

I guess that's the thing: my family and other same-sex couple families are really more "normal" than you'd think, and by "normal", I mean functionally dysfunctional because a therapist knows these things. We get into fights, we squabble over who the hell loaded the dishwasher like this, we worry about each other, we love each other, and together we have created our own little cocoon of family weirdness - which feels like the best kind of home.

So, to my fellow mothers: whether your home has one matriarch or more, happy Mother's Day. May we continue to walk with each other in this beautiful sisterhood, arm in arm, because as tired as we all are, this really is the best gig in the world. 🌸

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.



TRIBUTE to DOG MOMS & CAT MOMS



Between school, extracurriculars, appointments, and playdates, parents have a lot to juggle. However, for many households, the definition of being a mother or father often is not limited to nurturing children, but also includes their dear pets. This month, we at Neighbourhood Pet Clinic want to say thank you on behalf of your furry family members!

We know that as a parent, you want to make sure that your children live healthy lives. You read ingredient lists and try to help them develop healthy habits towards food and exercise. As a pet parent, you have the added responsibilities of trying to decipher the best diets for your furry family member's needs as well as ensuring they receive adequate play and walks.

We also recognize that being a "mom" or "dad" to a pet also means double the clean-up, vaccine appointments, emergency visits, hair cuts, and for many, even trips to daycare. You understand your pets' physical and social needs, so you spend hours diligently investigating pet insurance and carefully reading reviews to choose a groomer, veterinarian, or pet sitter to trust with a furry piece of your heart. For those who choose Neighbourhood Pet Clinic for these services, we know how big of a decision this is and are honoured to provide you

with this care. Additionally, we are thankful for those who not only dedicate so much of their lives caring for their pets, but also include them in their estate planning. We have seen how much it helps a family to set aside a guardian and financial plan for their pets, so there is no question as to how they will be cared for after you are gone.

Just like children, our cats and dogs may not recognize just how much work goes into giving them the best lives possible, but they do know one thing: their love for you!

These furry family members can't make a Mother's Day card to show their appreciation, but they reward us in so many other ways. In addition to the companionship, love, entertainment, and health benefits, caring for a pet truly makes a family stronger through shared lessons of empathy and responsibility.

This Mother's Day, enjoy the puppy kisses, purrs, and wagging tails, and know that you are deeply loved! 🐾

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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MINDFUL EATING 101

What is mindful eating? Why is it important? How do you do it? These are three questions I hope to answer for you this month, along with encouraging you to give it a try! If you have been keeping up with all the Food Guide craze over the last couple months, you will know that the new guide encourages us to not only focus on what we eat, but to think about how we eat too. This includes things like cooking more often, eating meals with others, enjoying what we eat, and being mindful of our eating habits...which I'm going to focus on this month.

MINDFUL EATING

Mindful eating uses the Buddhist concept of mindfulness to reach a state of full attention to your experiences, cravings and physical cues when eating. It involves things like:

- Appreciating your food.
- Eating slowly and without distraction.
- Eating to maintain your health and well-being.
- Learning to cope with guilt and anxiety about food.
- Noticing the effects food has on your feelings.
- Listening to physical hunger cues and eating only until you're full.
- Distinguishing between actual hunger and non-hunger triggers for eating.
- Engaging your senses by noticing colors, smells, sounds, textures and tastes.

WHY IS MINDFUL EATING IMPORTANT?

When we're more mindful about the what, why, when, where and how of our eating habits, we're more likely to make healthier choices more often. Ever find yourself elbow deep in a bag of half empty chips, or look down and realize that you have ONE mini egg left in the (big) bag of Cadbury eggs?? (*slowly raises her hand*). Which brings me to ask - any emotional eaters out there??

(*slowly raises her hand, again*). I'm with you, I understand. That's where mindful eating has helped me personally over the years make positive changes to some of those unhealthy eating habits, like emotional eating, binge eating or even just feeling guilty and anxious about food. Being mindful can help you reconnect to your experience with food by bringing awareness to your feelings, thoughts, emotions, and behaviours.

TIPS ON HOW TO BE MINDFUL OF YOUR EATING HABITS

There are many simple ways to get started, some of which can have powerful benefits on their own:

- 1 Eliminate all distractions (no phone or TV)
- 2 Eat slowly and don't rush your meals.
- 3 Chew your food, thoroughly.
- 4 Focus on how the food makes you feel.
- 5 Stop when you're full.
- 6 **Ask yourself these questions:** HOW – did you eat slowly? Were you distracted? Did you eat with others? WHY – Were you hungry? Emotional? Tired? Bored? Was it offered to you? WHAT – What food and drink did you have? WHEN – what time was it? How long was it since the last time you ate? WHERE – were you in a space meant for eating? HOW MUCH food?

Being able to remember and describe answers to these questions means you were likely being mindful of your eating habits. Pick one meal per day to focus on these points to start. Once you've got the hang of it, being mindful when you eat will become more natural.

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.



If there's one thing that comes to mind when we think about spring, it's newness. And what better way to feel refreshed and renewed than with a little hair restoration.

HAIR DETOX

OUR BODIES AREN'T THE ONLY THING THAT NEED TO BE CLEANSED. Our hair acts like a sponge to environmental impurities and product build-up, causing it to look weighed down and dull. A deep cleansing hair exfoliant is the perfect remedy to bring tresses back to life and clarify the hair and scalp. Visit your favourite salon and indulge in a detox treatment.

HAIR RENOVATION

HAIR CHANGES DON'T ALWAYS HAVE TO BE DRAMATIC. Sometimes a little renovation to your current cut and colour will do the trick. It could be a subtle change using tone-on-tone shades, or an all-over colour a hue darker or lighter. Or perhaps it's time to try a blunt cut or changing up your part. By modifying your tresses, you'll immediately feel refreshed and renewed.

PERFECTLY IMPERFECT WAVES

CAN LAST FOR DAYS, LEAVING HAIR LOOKING EFFORTLESSLY GORGEOUS. Bronze, gold and Invest in a professional curling iron and practice creating the desired look that you want. Start by creating more defined waves and soften the shape by running a large tooth-comb through strands. The more organic looking, the better!

WANT TO SAVOUR THAT "FRESH OUT OF THE SALON" FINISH?

Stock up on these essentials to get the most out of your hair: A medium hold hairspray is perfect for locking in the shape and style while keeping hair touchable. A shine serum keeps hair polished, frizz-free, and smooth. And a dry shampoo soaks up excess oils, adds instant volume and keeps tresses smelling fresh.

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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