

# THE MOM & CAREGIVER™

JULY 2019  
VOLUME 21 ISSUE 7

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## HOLY CRAP!

A GUIDE TO  
HEALTHY  
POOPING

CANNABIS  
AND YOUNG  
CHILDREN:  
LOCK IT UP!  
PUT IT UP!

20 WAYS  
to GET moving  
THIS SUMMER

OH NO!  
*Sand in my Toes!*

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

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## ON THE COVER

**Khloe** was only seven months old when her cover shot was taken, and it was her first time ever in the sand! She played the part of a true beach diva in her turban and sunglasses, and brother and grandma did their best to keep her content.

Photographer One-12 Photography  
Photostylists Sabina Manji  
Melissa Warkentin

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## THREE CHEERS FOR CANADA!

For the fourth year in a row, Canada has been ranked the top country to live in based on quality of life. The 2019 Best Countries Report says our winning score is based on health care, public education, safety and a solid job market. So let's send up three cheers for our fantastic country on this, it's 152<sup>ND</sup> birthday!

We may agree with these great bits about Canada, but I believe there are so many more great reasons to be Canadian! I love our changing seasons and beautiful landscapes, I love the diversity of people and places across our large nation, I love that we encourage and support our youth to be whatever they'd like to be regardless of gender, race, identity or belief. I love maple syrup on my pancakes, a tea from Tim Hortons, and sharing a nibble of poutine with friends.

Eh! Our July issue is full of great ways to enjoy Canada right in your own backyard. If you're already hearing the chant of "what should I do?" from your school-agers, head to our Events listing on page 5. We're so proud of this popular page (or view it online at [www.themomandcaregiver.com/events](http://www.themomandcaregiver.com/events)) which features family-friendly events throughout our area, many of which are free!

We also get 20 local places of interest from two local kids who were born and raised in the London area (KidZone, page 11). They'll share their favourite hangouts for a summer day like Labatt Park and Thames Valley Golf Course.

You certainly won't want to miss this month's 15<sup>TH</sup> annual Captured Moments photo contest! It runs July 1<sup>ST</sup>-31<sup>ST</sup> so get snapping great shots of your little one, and find details on how to enter at [www.themomandcaregiver.com](http://www.themomandcaregiver.com).

I experienced my own captured moment recently with this, my new editor's note photo. It's always hard to be in front of a camera, but our photographer, Cynthia, has a way of making me comfy, relaxed and happy. This is the way I sit on my couch at home when I'm reviewing the latest issue of our magazine, and I love that! I want this image to be wide-open arms that welcome you, our readers, into my home, into my heart and into The Mom & Caregiver family.

So get out there and love this country - show Canada it's appreciated by swimming its lakes, savouring its food and loving its people. Happy Canada Day and happy summer from all of us here! ☺

*"Family is a life jacket in the stormy sea of life."*

-JK Rowling

# JULY 7/2019 EVENTS

1<sup>ST</sup> Happy Birthday Canada!

1<sup>ST</sup> Canada Day Carnival, Eldon House, [www.eldonhouse.ca](http://www.eldonhouse.ca)

2<sup>ND</sup> Twilight Tuesdays, Ska-Nah-Doht Village and Museum, [www.lowerthames-conservation.on.ca/conservation-lands/ska-nah-doht-longwoods/](http://www.lowerthames-conservation.on.ca/conservation-lands/ska-nah-doht-longwoods/)

5<sup>TH</sup> Wanna Bee Day, Clovermead Adventure Farm, [www.clovermead.com](http://www.clovermead.com)

6<sup>TH</sup> TD Sunfest '19, Victoria Park, [www.sunfest.on.ca](http://www.sunfest.on.ca)

10<sup>TH</sup> Salthaven Wildlife Ambassadors, London Public Libraries Landon Branch, [www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)

12<sup>TH</sup> A Day Out with Thomas, St Thomas-Elgin Memorial Centre, [www.ecrm5700.org/day-out-with-thomas-the-steam-team-tour-2019/](http://www.ecrm5700.org/day-out-with-thomas-the-steam-team-tour-2019/)

13<sup>TH</sup> Farmer/Chef Ellen Laing, Covent Garden Market, [www.coventmarket.com/event/farmer-chef-ellen-laing/](http://www.coventmarket.com/event/farmer-chef-ellen-laing/)

18<sup>TH</sup> Annual Pride Art Show and Sale Opening Night, TAP Centre for Creativity, [www.pridelondon.ca/events/2019art](http://www.pridelondon.ca/events/2019art)

20<sup>TH</sup> Monster Truck Throwdown, Delaware Speedway, [www.delawarespeedway.com](http://www.delawarespeedway.com)

21<sup>ST</sup> Home County Music and Art Festival, Victoria Park, [www.homecounty.ca](http://www.homecounty.ca)

26<sup>TH</sup> The Grunch, Original Kids Theatre Company, [www.originalkids.ca](http://www.originalkids.ca)

29<sup>TH</sup> Michael Buble, Budweiser Gardens, [www.budweisergardens.com](http://www.budweisergardens.com)

For More Details and Events

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In Canada, we are sun deprived. Health Canada recommends that we all use vitamin D from Thanksgiving to Easter- that is just how sun deprived we are. It is natural for us to want to get out and bask in the glory of the sun's rays when summer comes.

Of course, we now recognize that exposure to the sun is not without its perils. The harmful ultraviolet rays of the sun are a large risk factor for the development of many forms of skin cancer, including the most sinister, a melanoma.

Sun protection needs to be considered at any age. Sunscreens may not be used in infants younger than six months but a UV protected stroller cover and UV protected clothing afford some protection. Avoidance of peak sun hours can also be protective.

After the age of six months, sunscreens may be used. Children's sunscreens use physical barriers like titanium dioxide and zinc oxide that do not absorb into the body as opposed to chemicals. It is important that they be applied half an hour before an

anticipated outing. They also need to be reapplied periodically especially if the outing involves water play. Sunscreens should be applied to all areas of the body including the back of the neck, behind ears and on parts in the hair.

A lip balm with an SPF of 30 or more is also important to use. Sunscreens that are marked for children particularly must have ingredients that are safe for children. Spray-on sunscreens are often flammable so using during barbecue and fire pit season is a disaster waiting to happen.

The best protection is really avoidance. Avoiding peak hours and finding shade while enjoying the outdoors is key.

Have a great summer but stay sun safe!! ☀️

*Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!*



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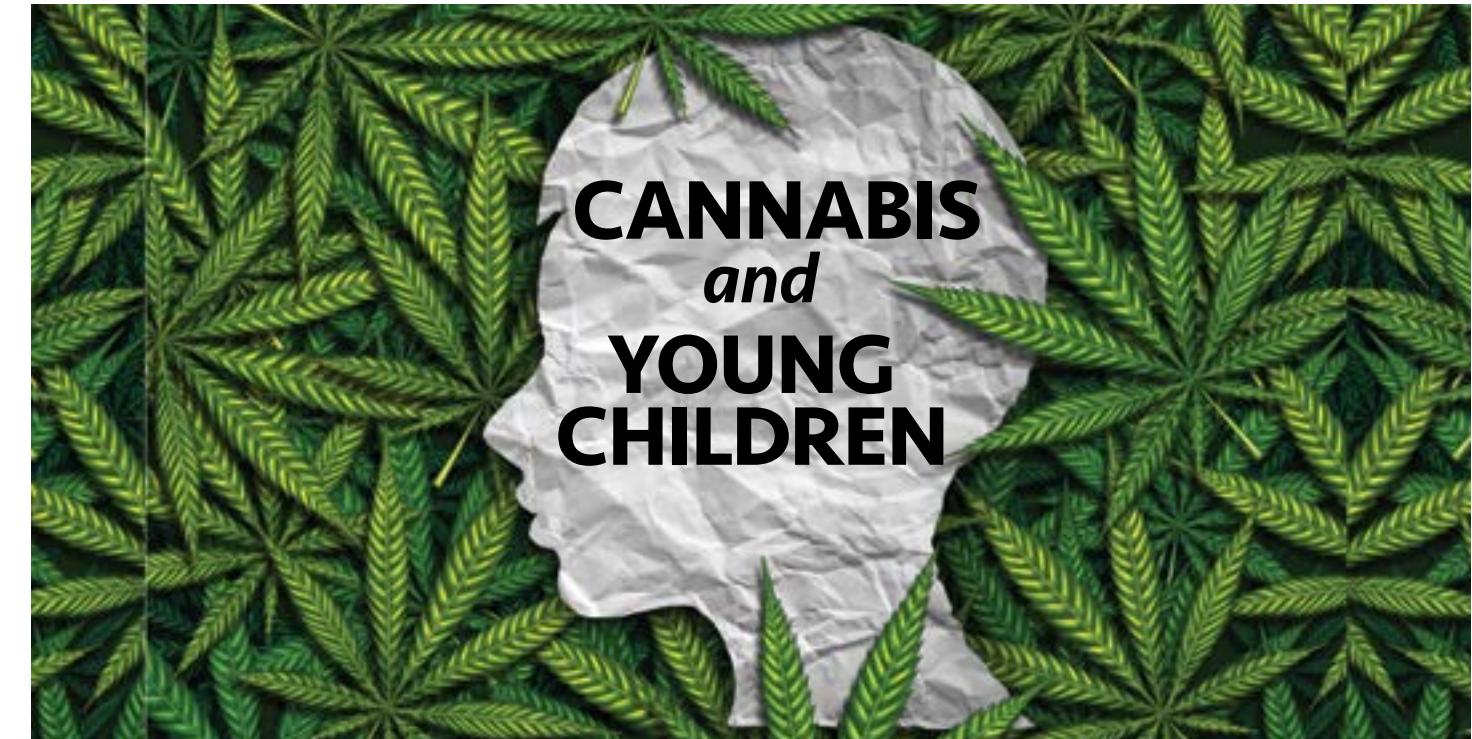
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## HOW TO KEEP THEM SAFE

Cannabis (marijuana, pot, weed) use for non-medical purposes is now legal in Ontario for those 19 years of age and older. By October 2019, cannabis edibles will also be available to purchase.

Research has shown that the use of cannabis by individuals under 25 years of age while their brain is still developing can put them at increased risk of mental health concerns, poor school performance and problematic substance use later in life.<sup>i</sup>

### What about young children?

Healthcare Providers across Canada have voiced concerns about an increase in Emergency Room visits due to accidental poisoning of children who have ingested cannabis products. It is predicted this rate will increase with the legalization of cannabis edibles.<sup>ii</sup>

Children's small body size and different metabolism means they are at higher risk for poisoning. A cannabis product manufactured for adults can cause life-threatening symptoms in children such as respiratory distress, coma, seizures, disorientation and other symptoms of intoxication.<sup>iii</sup>

Cannabis edibles such as cookies, squares (brownies), snack mixes, ice cream, beverages and candy are much more dangerous for children because:

- They can be packaged to look like regular food or drinks, especially treats that may be more attractive to kids.
- They often have a stronger and longer effect which can put children at a greater risk due to their smaller size and weight.<sup>iv</sup>

Heather Bywaters RN PHN  
Middlesex-London Health Unit  
For the Middlesex-London Community Early Years Partnership

### How can we prevent accidental poisonings?

Just like other dangerous items such as poisons and prescriptions:

#### • Lock them up! Put them up!

Young children can be fantastic climbers. Storing cannabis products in a high cupboard is not enough. Use a locked box, such as a fishing tackle or tool box and put that box up high!

#### • Out of sight, out of mind

Make sure your children do not know where you store your locked-up items. Curious children love a tempting challenge.

#### • Do not rely on "child-proof" containers!

There is no such thing as a "child-proof" container. Child-resistant containers are only designed to slow down a child.

#### • Talk with babysitters, caregivers, playdate parents

Make sure that wherever your child is cared for, your concerns about safety are respected.

#### • Have a plan for emergencies

If you think your child ate any form of cannabis, even if they have no symptoms, *get medical help right away!*

*Call 911 immediately.* ☀️

#### For more information:

[www.healthunit.com/cannabis](http://www.healthunit.com/cannabis)

[www.canada.ca/en/services/health/health/campaigns/cannabis.html](http://www.canada.ca/en/services/health/health/campaigns/cannabis.html)

<sup>i</sup> Canadian Pediatric Society. (2016). Marijuana: What parents need to know. Retrieved from <https://www.caringforkids.cps.ca/handouts/marijuana-what-parents-need-to-know>

<sup>ii</sup> CBC News. (2018). With legal marijuana, children's hospital braces for accidental poisonings. Retrieved from <https://www.cbc.ca/news/canada/nova-scotia/cannabis-edibles-children-doctors-halifax-1.4876268>

<sup>iii</sup> Health Nexus. (2019). Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting. Retrieved from <https://resources.beststart.org/wp-content/uploads/2019/01/A30-F.pdf>

<sup>iv</sup> American Academy of Pediatrics. (2017). Edible Marijuana Dangers: How Parents Can Prevent Pot Poisoning. Retrieved from <https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>

<sup>v</sup> Ontario Poison Centre. (2019). Poison prevention. Retrieved from [http://www.ontario\(poisoncentre.ca/for-families/poison-prevention/poison-prevention.aspx](http://www.ontario(poisoncentre.ca/for-families/poison-prevention/poison-prevention.aspx)

# HEALTHY POOPING



**K**nowing what is normal stooling is key to keeping your child regular. Pooping patterns vary depending on the age and diet of a child. In the first three months, poops are soft or liquid.

A breastfed baby may poop at each feed or as infrequent as once every seven days. Formula-fed babies have about two poops per day but this may differ depending on the type of formula. By two years, a child usually has less than two per day. After four years, the number of stools per day goes down to about 1 per day. Poops should be solid and soft.

Constipation occurs when a child has any of these symptoms: infrequent bowel movements, hard or dry poops, unusually large poops that may block the toilet, difficulty or pain with passing poops. If constipation goes untreated, you may notice small amounts of poop leaking onto underwear if your child is toilet trained. Causes of constipation include insufficient fibre in their diet, fear of using toilet because of painful pooping, certain medications and inactivity. Constipation can occur around infancy during transition to solids, during toilet training time, and at school entry.

Prevention is key. Providing a balanced diet with nutritious foods like whole grains, fruits and vegetables will help. Drinking enough water is also important. Engaging in physical activity keeps bowels regular. Get your child to have a regular toilet routine by getting them to sit on the toilet after meals at least twice daily. Designing a reward system may help to encourage your child.

When constipation develops, your child may need a laxative. PEG is a commonly used stool softener that is safe and does not result in lazy bowels. It is available over the counter and comes in different brands such as "Lax-a-day" or "Restorlax". Other medications are also available. It is best to seek advice from your child's doctor if your child is having trouble with constipation. Having regular poops is an important part of your child's health. ☺

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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## MY TOP 10 LOCAL LIKES

Summer is here, and we'd love to know your top ten favourite places to spend a summer day in London and beyond. Tell us the name of the place, why it's awesome and what there is to do there.

**ELLA:**

**1 THE LIBRARY** - I love to read and the library is a perfect place to relax and catch up on some of my favourites. However if reading is not your thing, they also have computers and many programs to participate in – and don't forget the air conditioning!

**2 THE PINERY** - This provincial park is a great spot for hiking, canoeing/kayaking, swimming, biking and enjoying the outdoors.

**3 THE BEACHES AT GRAND BEND AND PORT STANLEY** - No matter how old you are the beach is the perfect way to cool down and have fun. I love to swim, body surf, dig holes, build with the sand and bury my sister.

**4 LABATT PARK** - Me, my cousins and family love to see the London Majors play here. It's just such a fun, traditional ball game type of place

**5 TENNIS COURTS** - What better way to spend the day than out at the tennis courts? I'm lucky enough to have tennis courts right here in my hometown of Parkhill. I love to play and it's a great source of exercise. By the end, I'm exhausted!

**6 CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE** - I do triathlons here and it's such a great place. I love their pool, which has big shallow and deep ends, as well as lanes

**7 BIKING ON TERRY FOX PARKWAY/MAURICE CHAPMAN WALKWAY** - I love to bike by the river and see all the ducks that are along one part of the trail. The paths are really well maintained and it is beautiful to see in all the seasons.

**8 LICKETY SPLIT** - This ice cream parlor is in Parkhill, where I live, and my friends, family and I absolutely love to go here for a cool treat in the summer.

**9 THE WORKS** - This burger place in downtown London has every kind of burger imaginable! They also open up the front, which is a garage door, in the summer so that everyone can enjoy the gorgeous weather.

**10 SPRINGBANK PARK PLAYGROUND** - I loved this playground when I was younger! It's super cool and fun for kids.

**MIKAEEL:**

**1 THAMES VALLEY G.C.** - Thames Valley golf course is a great way to spend the summer golfing with friends. That is where I will be spending most of my summer.

**2 BOB MARTIN'S DRIVING RANGE** - Bob Martin's is a great state of the art driving range in London. It is a great place to go practice your golf swing and the staff are amazing!

**3 BEACH** - Who doesn't like the beach?

**4 PARK** - The park has playground equipment and is a fun place to hang out with people.

**5 POOL** - The pool is great because it can help you cool down during those hot summer weeks. It is one of my favourite places to spend the summer.

**6 CARS & COFFEE** - Cars and Coffee is a get together every Sunday in the summer for car enthusiasts.

**7 TENNIS COURTS** - I enjoy playing tennis in the summer with my cousins and my friends.

**8 EAST PARK** - East Park is a great location for summer fun. East Park has water slides, go-karts, golf and much more.

**9 SKY ZONE** - Sky Zone is a great trampoline park in London that lots of kids go to during the summer.

**10** The rest of my summer I enjoy doing other things with my friends.

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

# EXCUSE THE MESS

We love to host family and friends! I enjoy getting caught up in the scheduling, meal planning and organizing. I look forward to evenings sitting around the table, eating and drinking, while the kids run around and enjoy our company.

And then I look around the house and a wave of panic sets in. Long intricate strings of superheroes and cars pop up from several corners of the house. Our dining room table has been covered in Lego for the last two weeks. Several half-played board games are strewn across the rug. No matter how many bins I get, books, crayons, markers, drawings and stickers find their way under tables and chairs. The "I'll get to it later" piles of papers on my desk keep growing as quickly as the number of greasy fingerprints along the windows and walls. Crumbs from

yesterday's breakfast are begging me to grab a broom, and is that a hint of must I smell from the laundry pile?

Welcome to the mess that is our life. And you know what? I'm going to stop saying that all-too-common phrase that's become part of our communal parenting lexicon: "Excuse the mess." I'm taking a stand – who's with me?

I will NOT excuse the mess anymore.

In the world of Pinterest moms and picture-perfect Facebook posts, there is this underlying judgement of how we should be living our clutter-free lives – or worse yet, how we should be parenting our kids. Whether consciously or not, we're setting standards

for each other that are unrealistically high and it really doesn't need to be that way.

My messy house is lived in and full of memories. Now that I take a second to look around, I'm seeing things through a different lens. That clump of superheroes is all that remains of a fierce battle between good and evil.

The dining room table is an intricate metropolis of futuristic skyscrapers, adventure-worthy spaceships, and vehicles that have yet to be invented. The board games are to-be-continued lessons in turn taking, how to

lose gracefully, and how not to gloat when you win. The creative juices flow better in the space under that table which is now a literacy centre and renowned art studio. The piles on my desk and laundry baskets are visual reminders that I've chosen to spend that time with my family or for myself. And now that panic I felt a while ago is slowly being replaced with contentment.

So I'm going back to being excited about our upcoming company and instead of apologizing, I'll be adjusting that trivial phrase to simply "Welcome to our home". ☺

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



# Raptors Rule at

## MOUNTSBERG CONSERVATION AREA, HALTON, ONTARIO



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

**G**ot Raptor Fever? Not basketball, though that caused a stir. This is about birds, real ones.

Mountsberg Conservation Area in Campbellville, Ontario, about 90-minutes east of London is home to a Raptor Centre dedicated to teaching visitors about Ontario native birds of prey. All animals here are unable to live in the wild due to injury or imprinting.

Some, like a barn owl kept as a pet, were surrendered to the facility when the family discovered that wasn't a good idea. Others, like Ayasha the Golden Eagle, were confiscated from an illegal situation. Cornelius the Bald Eagle flew into powerlines when young, damaging his wing. As a small zoo, the raptor's centre allows close-up views of these amazing creatures – demonstrations run at noon and 2pm daily during the summer months.

It's maybe not the biggest conservation area in the Halton region, but it is diverse. After admiring the birds, spend the day on the hiking and mountain bike trails through marshes, forest and sugar bush maples (the Maple Town festival is big in March), fish in the adjacent fish-filled reservoir, or frolic in the kids' barn play zone leaping into hay piles.

Rural living is a theme at Mountsberg Conservation Area – educating about 19<sup>TH</sup> century farm life is a goal. On-site farm animals include goats, sheep and a team of Percheron horses that pull wagons. Yes, wagon rides are available. If you've never seen bison close-up, you can here. A herd grazes contentedly in a paddock near the Discovery Centre. Admission is \$7.75 for adults, \$5.50 for kids (under 4 free). Open 10 am to 4 pm daily. ☺

[www.conservationhalton.ca](http://www.conservationhalton.ca)



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\*Full week kids' Cooking Camp classes are not offered for registration individually. All payments for classes are non-refundable unless a refund is requested 7 days prior to the first date of the class. To register, and for complete terms, conditions and program details, please visit [pccookingschool.ca](http://pccookingschool.ca)

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

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\*Two programs include both online and in-class part-time courses.

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- Risk Management Essentials\*

\*While these courses are mostly online, they do include some in-class part-time courses.

"The majority of these part-time Business Essentials programs are available fully online, providing you with the flexibility to study when it's convenient for you", says Minette Klazinga, academic services consultant for Fanshawe's Lawrence Kinlin School of Business.

Looking to continue on in your education? All of these courses are completely transferable! This means you can start with what meets your needs now knowing you can upgrade the micro-credential that you've earned to a diploma, graduate certificate or degree in the future.

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preparing these extremely important legal documents for a reasonable price to make them accessible to everyone. We continue to practice with this mindset.

JDL now consists of Jim, Katie, and three junior lawyers named Andrew Tang, Megan Stuckey, and Jamie Froats. We work as a team to offer the best client services possible in both the Criminal and Will and Estates areas of practice.

## WHAT COMES NEXT?

We will be writing articles in the coming months for The Mom and Caregiver to help educate people on the importance of Will and Power of Attorney documents as well as to answer any questions that you, the readers, may have. We will write on a different subject each month.

## WHERE CAN YOU FIND US?

You can find us on Facebook as well as on the internet.  
[www.jimdeanlaw.com](http://www.jimdeanlaw.com)

Please email us with any questions you have or to book an appointment – [jamie@jimdeanlaw.com](mailto:jamie@jimdeanlaw.com) or [katie@jimdeanlaw.com](mailto:katie@jimdeanlaw.com) ☺

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# IT'S TIME WE ALL EMBRACE THE "F" WORD

**C**aptain's log: 2019. It's an interesting time, historically speaking. We can call each other, by accident, from our purses and pants pockets. Cars can park themselves. Coconut oil is life, you can grocery shop online, and I regularly pay for things by waving my phone (MY PHONE!) at the debit thingie until it beeps. As a society, we are moving boldly forward.

Except when we are not. You'd have to be living under a rock (or even in a van down by the river), not to be noticing that our neighbours to the south are deep in the heart of women's rights. And by that, I mean taking those rights away. I used to think that the (seeming) revival of racism and sexism was Trump's doing. A conservative and rich old white man leading the US seemed to be the problem; he was radical and authoritarian and people were drinking the Kool-Aid. Three years later, I understand things much differently.

The idea that white men are at the top of the food chain isn't Trump's fault, nor his doing. He has simply paved the way for the many, many people in Canada and in the US to reclaim their voice in this way. The misogyny runs deep. In 2019 we still have men who are making laws about women's bodies and choices. And even more depressing, we have women that are completely OK with this.

I cannot tell you how many times over the past few years I have seen men and women visibly get uncomfortable when I tell them that I am a feminist. I have heard women over and over again

say, "I mean, don't get me wrong, I'm not a feminist or anything, I just wish I was able to get ahead in my job like the men seem to be able to". I don't know what happened to give Feminism such a bad rap. There is this ugly notion that if you are a feminist, you must hate all men, not wear a bra and eschew the idea of ever having children (although, aside from hating all men, who cares if a woman doesn't want to wear a bra or have kids?).

Here is what I think feminism means and why all of us - men and women - need to claim this world view. Feminism is the belief that everyone, regardless of gender, deserves the same economical, social and political opportunities. Feminism means that our daughters will have the same opportunities in this world that our sons will have. It means that all voices, regardless of gender, have the same weight and consideration that men's voices do. Pro-women is not anti-man. Some of the brightest and vocal feminists that I know are men. A world where everyone is able to contribute equally and fairly is what feminism stands for.

What I will say is this: these times call for bravery and courage to speak out about the injustices and discrimination. Western women are still fighting for equality and women who are racialized have it even worse. If we are going to make it out of this oppression, we are going to need to grab onto each other and move forward, loudly, together. ☀️

*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.*

# BEING PRESENT *with your PET*



Pet parents know that their homes wouldn't be the same without their furry family members. Our pets are such a big part of our lives, but in the hustle and bustle of everyday, we often forget that for them, we are their whole lives.

We diligently meet our pets' physical needs every day, but they crave more than that. After all, domestic dogs and cats were bred specifically for their usefulness and companionship; we owe it to them to meet these needs too. Giving them enriched, meaningful lives starts with one thing: simply being present with them.

#### **BE ACTIVE TOGETHER**

When was the last time you walked the dog without checking your phone? Many canine friends want nothing more than to share the highlight of their day with their favourite person, and they don't care how many "likes" we get. By putting down our phones, we have safer walks, become more patient with our pups, and allow them to show us all the smells and sights that bring them so much joy.

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](mailto:danielle@NeighbourhoodPetClinic.com). Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your various questions.

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# 20 WAYS TO GET MOVING THIS SUMMER

You've probably noticed that I like to talk about food. I like to talk about it, prepare it, serve it and I love to eat it! My other love is exercise. As much as I love exercise, I've found myself struggling as I get older with finding and prioritizing the time to do it. Can you relate?

I get the struggles, the barriers and the responsibilities we have that can get in the way of making the time to exercise. But I can also show you 100+ ideas to overcome them and get active. I'll save you some time and share 20 of them...

Being active is an important part of healthy living at every age. The benefits include lower risk of disease and better overall health, to name just two!

Happy, healthy and active living! ☺

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.



- 1 Walk instead of drive when you can.
- 2 Prettify your yard gardening.
- 3 Play in the park with your furry friend. Don't have one? Borrow one!
- 4 Rainy day? Walk the mall!
- 5 Take the kids for a bike ride.
- 6 Go for a run.
- 7 Swim with the family in the lake or at your local pool.
- 8 Get on the water – my fave is paddle boarding.
- 9 Climb a wall! Try out a local rock-climbing facility.
- 10 Go for a hike.
- 11 Pick veggies and fruit at a local farm.
- 12 Dance to your favorite tunes at a music festival.
- 13 Join a league! Soccer, soft ball, volleyball...the options are endless.
- 14 Pack a picnic and enjoy the scenery.
- 15 Mini golf with the family.
- 16 Fly a kite (I mean literally!)
- 17 Mow the lawn. (It's fun, I swear!)
- 18 Have a water balloon fight with the kids.
- 19 Another rainy day? Try laser tag!
- 20 Take the family to a waterpark.



Our feet are exposed all sunny season long but weekly pedicures are just not realistic. Here are some simple tips to preserve your pedi and help you put your best foot forward – literally!

### FOOT THERAPY

The best way to keep your feet smooth and hydrated is by lathering them in a rich body balm every night and covering them up with cotton socks. This is not only a great nightly ritual but a great way to lock in moisture and treat dryness.

### BUFF OFF

A simple secret to soft heals is to buff away dryness with a foot paddle. These skin-savers are inexpensive and simple to use, leaving feet soft and smooth. Keep one in your shower for convenience and use as needed.

### CUTICLE CARE

A quick way to treat dry cuticles and fake a fresh pedi is with cuticle oil. Add a small amount to each toenail and rub all over the nail and surrounding area. This quick trick not only masks dryness, but it also helps to soften cuticles and add instant shine to your polish.



### FRESH COAT

Grown out nail polish looks terrible and instantly makes feet look neglected. A great way to freshen up toes is by adding a new coat of polish. Use the same colour, or one as close to your salon-colour as possible, and give your toes a quick makeover.

### NAKED NAILS

Don't have time to treat your feet but need to look fresh in a flash? A go-to nude nail polish is always a win and the perfect choice for any occasion. The best part about barely-there tones? Not only are chips and smudges less obvious, but they also work with every outfit!

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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