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THE MOM & CAREGIVER™



OCTOBER 2019
VOLUME 21 ISSUE 10

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ON THE COVER

Holden and Asher were so sweet at our Wayne's World photo shoot. Holden was cool as a cucumber, with a super chill, relaxed vibe. Asher was a man on the go, and was not overly interested in keeping his glasses and wig on. Both were loads of fun. Party on! Excellent!

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WITH GRATITUDE 🙏

I've never quite known how to best sign off an email. Should it say From or Love or Sincerely? Should I sign Thank-you or Thanks or Cheers? Then I thought about how grateful I am for the special people in my life – my personal friends and family, and also those I am honoured to do business with. So I jumped on the emoji bandwagon, and found this gem, 🙏 and I am now pleased to sign many emails "With Gratitude, Sabina".

October is a month which reminds us to be grateful and thankful for all we have. We gather round a table with family or friends to enjoy turkey and pie (or lasagna and ice cream – whatever your tradition may be!) And as the air turns crisp and cool, and the pumpkins plump on the vine, we take a moment to act with gratitude. Whether you choose to do this through prayer, meditation, writing down a gratitude list or taking the time to sincerely thank someone for something they've done, it's important to show your thanksgiving.

This month, here at The Mom & Caregiver, we celebrate and are thankful for:

*Pregnant mamas – This second article in a series exploring the first 20 weeks of pregnancy is from my favourite family physician, and yours, Dr. Bhayana. Pregnant mamas can find out "Is it safe to eat that?" on page 6.

*Loving daddies – Even just one generation ago, it was not the norm for fathers to show their affection for their children publicly. But we say go ahead Dads – smother your little one with sloppy wet kisses and cuddle them on the couch! You'll hear Frank's story on page 12.

*Furry family members – We always want the very best for our pets, especially when they're injured or ill. Let's give a big thanks to the veterinary technicians who take your pets' X-rays, polish teeth, draw blood, and administer medications, all while keeping them calm and comfortable with belly rubs. We celebrate Vet Tech month on page 20.

*All kinds of families – Each family is a celebration of the people who have come together to make it, regardless of who has come together or how they've come together. If your family unit is wonderfully unique, you'll love the information provided by the friendly staff at Jim Dean Law on page 17.

*Healthy children – We are so honoured when readers share their stories with us, especially when it's a story that can help other families. You'll find just that on page 15 when the mom of our October cover kids advocates Cranial Helmet Therapy. We also welcome a new regular writer to our team, Custom Orthotics of London, who helped this family on their journey. You can read their introductory article on page 16.

Our magazine family wishes you and yours an October full of thankful thoughts (and spooky good times). We are ever appreciative to our wonderful readers who inspire us – The Mom & Caregiver is because of you and for you! 🙏

With gratitude, Sabina

"There is a child in every one of us who is still a trick-or-treater looking for a brightly-lit front porch."

-Robert Brault

OCT 10/2019 EVENTS

1ST

Western Farmers Market,
Western University
www.westernconnect.ca/site/Calendar

5TH

Western Mustangs Football
vs. Waterloo, TD Stadium
www.westernmustangs.ca

11TH

The Wiggles Party Time Tour,
Centennial Hall
www.centennialhall.london.ca

14TH

*Happy
Thanksgiving!*

19TH

Tragically Hip Tribute,
Norma Jeans
www.normajeans.ca

30TH

Rock the Rink starring
Tessa Virtue and Scott Moir,
Budweiser Gardens
www.budweisergardens.com

31ST

*Happy
Halloween!*

3RD

Pumpkin Festival,
Clovermead Adventure Park
[www.clovermead.com/
pumpkin-festival](http://www.clovermead.com/pumpkin-festival)

6TH

London Comic Con,
London Convention Centre
www.londoncomiccon.ca

12TH

Thanksgiving Dinner,
Fanshawe Pioneer Village
www.fanshawepioneervillage.ca

17TH

World of Dance Live Tour,
Budweiser Gardens
www.budweisergardens.com

26TH

Woodland Cemetary Tour,
Woodland Cemetery
www.eldonhouse.ca

31ST

Halloween Costume Party,
Central London
Public Children's Library
www.londonpubliclibrary.ca



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IS IT SAFE TO EAT THAT?

I think we are all familiar with things that are consumed in the non-pregnant state that are definitely not safe for pregnancy. Alcohol, cigarettes and medications are obvious things to avoid in pregnancy. What, however, is lurking in seemingly innocuous and healthy foods that should be avoided in pregnancy?

Some of the common rules of food safety need to be observed in pregnancy even more cautiously. Hand washing while preparing food, using different cutting boards for raw meat and other ingredients to avoid cross contamination, and being careful to refrigerate and appropriately reheat foods become even more important in pregnancy. Immune system changes in pregnancy make the risk of a serious food borne illness called Listeria 20 times more likely for expecting moms. Listeria can be found in the following:

- Raw or undercooked meat, poultry, seafood (including sushi and oysters), deli meats and meat spreads
- Sprouts
- Undercooked eggs and foods containing undercooked eggs
- Soft, semi-soft and blue-veined cheeses
- Unpasteurized dairy, fruit juices, cider, etc.

Mercury is a product of industrial activity and is consumed in water by fish. Mercury that is consumed in this way has a detrimental effect on fetal neuro-development. Avoiding fish that is likely to have greater mercury content is key. Fish does offer omega-3 fatty acids that are of benefit to a developing baby's brain. Health Canada has the following two recommendations to balance the benefit of fish vs. the risk of mercury consumption:

- 1 Health Canada's recommendation for pregnant women is to limit canned albacore or white tuna to 300g or four food group servings per week.
- 2 Health Canada's recommendation for pregnant women is to limit fish that eat other fish such as shark, swordfish and marlin to 150g or two food guide servings per month.

Phthalates are chemicals found in a number of household items and chemicals. Their use is now limited but they are still found in many products. The following guide by Health Canada is useful in limiting exposure.

www.canada.ca/en/health-canada/services/chemicals-product-safety/phthalates.html#a5

BPA is a chemical that is found in plastics. For the most part it is not being used and many products are labelled BPA free. Heating and storing food in older plastic containers with BPA may have negative effects on baby's development.

Pregnancy can be a time of great fear, but following a few simple rules to avoid hazardous exposures can take the stress out of worrying! 🍷

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!



THE SCREEN TIME DILEMMA



In June 2019, the Canadian Pediatric Society (CPS) updated its guidelines for screen time use in school-aged children and youth, noting that three-quarters of Canadians are concerned about their children's media useⁱ. While the CPS continues to recommend limiting screen time for children under the age of fiveⁱⁱ, its updated guidelines for older children present a shift from looking strictly at the amount, to a more qualitative, individual approach to setting limits. This is an important shift, as technology, screens and media use become more and more ingrained into our daily way of life.

One of the reasons this shift is important is because not all screen time is created equal. I really came to understand this when my son's teacher recommended using additional technology at home to enhance his learning. Some good, educational apps and websites were recommended, as well as exploring my son's areas of interest via quality programming and (supervised) internet searches. I watched technology serve as a tool to expand on his love of learning and offer additional exposure to literacy and numeracy concepts. This learning "tool" became even more positive when we could learn and enjoy together.

Rather than trying to just limit volume, parents who are concerned about their children's screen time may be better served to look at how screens are being used in their home: What of value have screens replaced, and how have screens impacted family time, daily routines, sleep, and physical activity? In other words, turning on the TV or tablet to be able to make dinner, have a much needed break, or watch a favourite show is not only a reality in today's society, it can be a very positive thing. However, when screen time begins to consistently replace quality family time, face-to-face time with peers, and activities like free play and time outside, which are integral to children's development, screen time use becomes more problematic.

The most powerful, often overlooked learning tool for parents is modelling, or "leading by example". "Unplugging" at meal times, putting down the phone when having a conversation and prioritizing quality family time every day can be extremely influential in setting the tone for positive media use in the home. Even spending 10 minutes a day (or more!) in a child-led activity can have huge benefits for your relationship and overall well-beingⁱⁱⁱ.

By showing your children that screen time can be used in moderation and at appropriate times, you will be demonstrating that technology is fun and useful, but never more important than the relationships with the people around them. 🍷

*Gillian Hubick, MSW, RSWChild & Family Therapist,
Early Years Team Vanier Children's Services
for the Middlesex-London Community*

- i Screen time and digital media: Advice for parents of school-aged children and teens. Retrieved from www.caringforkids.cps.ca/handouts/screen-time-and-digital-media
- ii Canadian Pediatric Society. (2019). Screen time and young children. Retrieved from www.caringforkids.cps.ca/handouts/screen-time-and-young-children
- iii ReachOut Australia. (2019). Parents as positive role models. Retrieved from www.parents.au.reachout.com/skills-to-build/connecting-and-communicating/things-to-try-supportive-parenting/being-a-good-role-model-for-your-teenager

Further Resources:

<https://www.healthunit.com/screen-time>

CONSTIPATION and SOILING

Is your child having problems pooping? Constipation means having reduced frequency of bowel movements or painful passing of stools. Most children over one year of age have poops one to two times per day, every one to two days. Left untreated, constipation can lead to fecal soiling, also known as encopresis. This is when children pass stool in their clothing due to overflow stool. Overtime, the rectum in chronic constipation can get stretched out and lose its tone. Stool builds up in the rectum, gets hard and blocks other poops from exiting. The looser poops from higher up in the bowel will then seep around the large hard piece of poop and comes out as what seems like diarrhea.

Encopresis could be voluntary or involuntary, and affect a child at any age. Voluntary encopresis occurs when a child passes normal stools in clothing and can be related to psychological problems. Involuntary encopresis involves passing loose, liquid stools. This is a more common problem and can be associated with stool withholding. Children affected by constipation and fecal soiling, are usually not aware that they are about to have an accident. They should not be punished for soiling episodes.

Soiling is a real challenge for caregivers and children. Children can feel embarrassed and become anxious, withdrawn or sad from being teased. Protect your child's psychological health by shielding them from any blaming, shaming or name calling. Always respect a child's dignity and need for privacy and guidance.

Both constipation and fecal soiling are curable. Get guidance from your doctor to help your child. Your doctor may decide to do

tests if necessary. In general, treatment involves two phases. The first is clearing out the bowel of impacted stool. The second phase involves keeping your child on a regular treatment regimen to ensure daily soft stools. Part of the therapy also includes getting your child to sit on the toilet on a daily basis, at least one to two times per day after meals. Having patience is important. This process may take several months to years to get better.

In part two of this article next month, we will delve further into the management of constipation and encopresis. 

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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FEAR FACTOR



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

What are you afraid of?

(These can be silly little fears, or real big life fears.)

Ella: A few things that I'm scared of are deep ocean, being trapped with no way out, sometimes heights and having nightmares.

Mikael: I'm afraid of getting lost or getting into a car accident.

How do you handle it when you're afraid, anxious or worried?

Ella: I usually just take a deep breath, splash some water on my face and find some way to distract myself, such as reading a book or going outside.

Mikael: I take deep breaths and try not to worry.

Who do you count on to support you at these times?

Ella: My family and friends. When I was younger, I used to get scared when my parents would go out for dinner or a movie and my sister and I stayed home alone, especially when it got dark. One time I started to cry and my sister went around the entire

house and turned on every single light. Then she sat with me until I stopped crying and made sure I wasn't scared anymore. Thanks Lily!

Mikael: My parents.

Do you think adults experience the same fears as children?

Ella: I think that every single person has their own fears, although adults and kids could have the same fear.

Mikael: I think some adults may experience some of the same fears as children.

Tell us a spooky Halloween joke!

Ella: What room does a ghost not need?

A living room!

Mikael: What treat do eye doctors give out on Halloween? Candy corneas! 🧐

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P.D.A. with D.A.D.

My boys and I are very affectionate. From cuddles on the couch, to sloppy wet kisses, we are very comfortable showing affection – not only at home but also in public. It's not uncommon that my five-year-old will negotiate getting a box of Fruit Loops in exchange for a cheek full of smooches in the grocery store aisle (and I caved every time). Or my three-year-old will interrupt his playtime at the park for a squeeze hug and a quick exchange of "I love yous" before running back to the swings.

Not all fathers are comfortable with PDAs (public displays of affection) and prefer to keep their "pucker-up parties" at home. Dads may also choose different ways to show affection in public. We relish in rough physical play and tickling, or we're a bit more distant and offer encouragement, involvement, and showing our caring sides verbally.

However we show it, most people see affectionate fathers in a very positive light and a sign of an emotionally involved parent. But some dads experience harsh criticism or ridiculous assumptions for their PDAs. For example, my friend Henry was comforting his son Ben on an airplane. Ben was sleeping with his head on his dad's shoulder, and Henry's hand was on Ben's lap.

A flight attendant, assuming a sexual nature to this exchange, reported what she saw. Upon their landing, armed airport security whisked away this loving family for questioning. Absurd, isn't it? But you can see how fathers might hold back and worry about public perception.

When you think about it, many fathers today are learning as we go since many of us were brought up in an era where our own dads didn't show much warmth. Perhaps displays of intimacy were once seen as making kids too "soft", a threat to their own masculinity, or maybe they simply didn't think we needed it.

And to be clear, kids DO need affection – and lots of it! Studies have shown that children of affectionate parents tend to have higher self-esteem, improved academic performance, better parent-child communication, and fewer psychological and behavioural problems. It's important to hold our kids and show them how much we love them.

And if this doesn't come naturally to us, perhaps it's time for us to learn.

For me, it's all about connection. I feel connected to my boys and I want them to feel loved, secure, and that it's OK to show tenderness. During one particularly intense hug fest, I mentioned to my oldest son that one day he won't want to hug his daddy this much. His reply was simply, "Daddy, that's silly! I will always want to hug you". I definitely need to get this in writing! 📝

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

MAPLE ROAST PUMPKIN SEEDS

(makes 2 cups – 4 servings)

Ingredients

- 2 Cups Pumpkin Seeds (also known as pepitas)
- 1 Tbsp olive oil
- 2 Tbsp maple syrup

Preparation

- 1 Preheat oven to 350 degrees.
- 2 Combine the pumpkin seeds, olive oil and maple syrup in a bowl and stir to coat.
- 3 Spread the seeds out on a baking sheet and cook for 10 minutes.
- 4 Stir the seeds and cook another 10-15 minutes or until golden and crispy (make sure to keep an eye on them in the last few minutes of cooking so they don't burn).
- 5 Cool and serve.

Source: [Weelicious](#)



It's Pumpkin Time!



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ZOMBIES *and* BUSHPLANES *in* SAULT ST MARIE, ONTARIO



What do you do with that pocketful of rocks, pine-cones and shells your little one's collected? If you're in Sault St. Marie, Ontario, take them to the Canadian Bushplane Museum. Not only are dozens of historic planes on display, but Sudbury's Science North set up a Northern Nature Trading Post inside the children's centre where kids can trade 'found' items for points and learn something. The caveat: no eggs, dead animals or living plants... nothing nature still needs.

Furthermore, if you're nurturing a budding pilot, visiting the Canadian Bushplane Museum might fuel the dream. Thanks to determined volunteers maintaining these planes that once fought forest fires and transported supplies (and people) to remote locations, visitors can walk among and even board restored heritage aircraft, noting the diversity in size, style and even technology.

Thanks to the Children's Centre, this isn't a look-but-don't-touch experience. Arcade-style gaming consoles keep little hands busy. Kids can sit in real airplane cockpits, turn dials and even experience flight simulation through three different Northern Ontario journeys.

Sault Ste. Marie, a six-hour drive from London through Michigan, is near the beautiful Group of Seven inspiring landscape along Lake Superior's shores. Fall colours were invented here. If you happen to be in the area for Halloween, check out the Canadian Bushplane Museum's 10th annual Soo Zombie Walk event October 19, 2019 – fun during the day but scary after 7 PM. 🧟

www.bushplane.com



Sherri Telenko is a freelance travel writer living in Southern Ontario. Please follow her adventures at www.dogtrotting.net

CRANIAL HELMET THERAPY



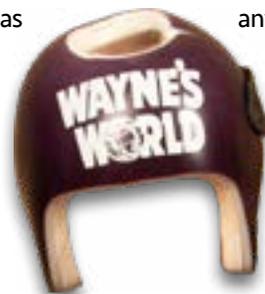
We started to notice significant flattening on one side of Holden's head when he was about eight weeks old. I can still remember the moment I noticed it – it was like it had happened overnight. Holden was the calmer of the twins and was very content wherever he was so admittedly he did spend a lot of time on his back. We immediately brought it up to our pediatrician and he commended us for noticing it so early and gave us a referral for physiotherapy. While this helped with his stiff neck, it didn't significantly improve the head shape. As time went on, I became increasingly aware that we may end up with a cranial helmet but maintained that I would do anything I could to avoid it. Between us being proactive and keeping him off his back as much as we could, and physiotherapy and chiropractor adjustments, we did see a noticeable improvement in his head shape. By five months I was optimistic we may avoid it all together but that was not to be.

After dragging our heels for long enough we decided to take Holden to see Dawn Turner at Custom Orthotics of London for an assessment when he was six months old. Holden was diagnosed with both moderate plagiocephaly and severe brachycephaly with an asymmetry of 13mm and so we made the decision to begin helmet therapy.

Britt Dombroski is the mother of our two cover boys, and an advocate for Cranial Helmet Therapy.

The thought of beginning helmet therapy was stressful. I spent the days leading up to his initial fitting worrying at how it would affect him – will he regress in his sleep (the biggest fear of any new mom)? Further, would he be too hot? Will it hurt? What will other people say? Turns out, all my worrying was for nothing as it didn't phase him in the least. For the next 18 weeks he wore his helmet for 23 hours a day, and we returned to Custom Orthotics of London for measurements and helmet adjustments every two weeks. His results were unbelievable. At "graduation" Holden had improved 144% and his asymmetry was 0mm – perfect!

Through this experience I have become a huge advocate for Cranial Helmet Therapy. Through social media connections I have made on my Instagram page (@brittdarling), multiple moms and dads have let me know that because of Holden's story they too had their babies assessed. Do the helmets look a bit funny? Sure. Is it inconvenient to have so many appointments? Definitely. But in the end the numbers speak for themselves and I strongly encourage anyone who is worried about their babies' head shape to have them assessed. I am forever grateful to Dawn and her team for taking such great care of Holden and now he has the perfect head to prove it! 🍷



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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.

As a child, Dawn MacArthur Turner observed her quadriplegic grandfather experience significant obstacles. It fostered a desire to help physically challenged individuals. In 1987, following this passion, Custom Orthotics of London Inc (COOL) was founded. It is a private orthotic facility that provides custom orthopaedic devices and solutions for children and adults in London and Southwestern Ontario. Thirty-five years later, they have expanded and still love working with children and adults, providing opportunities to help clients return to their highest potential. "Keeping you ahead, one step at a time." They feel fortunate to be able to positively affect a person's life by offering a wide range of services including lower, upper extremity and spinal orthotic care. Custom Orthotics of London also specializes in cranial remodelling; helmets for cranial asymmetry, specifically plagiocephaly or "flat head syndrome".

Their care begins with compassion. They take into account the goals of the family, in addition to the goals of the referring physician and certified orthotist. Their focus is serving clients in ways that go above and beyond expectations, achieving the best possible outcomes, and focusing on family centered care. Staying up to date on the latest casting, 3-D scanning and manufacturing techniques ensures the best patient care is given to every individual who walks through their door.

Custom Orthotics of London understands how difficult and scary overcoming challenges may be for a family, so they have designed their facility to be an inviting and warm environment for families. Their large, accessible client rooms make it easy for wheelchairs, strollers and large families to fit in the rooms, so all can be included throughout the assessment. At their office, they allow the children to take part in the process, whether it is playing with toys, or with child-friendly shows for siblings to be entertained. They encourage each child's individuality, allowing them to choose the transfer pattern and/or color for their brace. This encourages ownership, and makes children want to wear and accept their braces. The experience is more exciting and fun for all!

The opportunity to be entrusted with their client's life and personal challenges is truly an honour for Custom Orthotics of London.



BEYOND *the* NUCLEAR FAMILY

One man, one woman, and 1.5 children. Does this describe your family unit? If not, you're in good company, and this month we provide you with some of the most important Will-drafting considerations for family units of the 21st century.

THE COMMON-LAW COUPLE

Unmarried spouses take heed. Unlike married couples, common-law partners have no automatic right to inherit any portion of their deceased partner's assets or property. In the absence of a Will, your common-law partner will not be provided for upon your death in the way you may have otherwise wished. Make sure to get proper advice on how to include your common-law spouse in your estate plan by speaking with an Estate lawyer.

THE BLENDED FAMILY

Second and subsequent marriages are on the rise, and your estate plan should fit the needs of your situation. Blended families often consist of children from prior marriages or relationships. This type of family unit brings with it some important questions about how you will transfer your wealth post-death. Should you and your partner create separate estate plans for your respective children? Or should your estate plans contemplate the transfer of wealth to your combined family? These are tough decisions,

which involve difficult conversations. Have these conversations with an Estate lawyer, and arrive at your decisions with the benefit of careful Will-drafting advice.

REPRODUCTIVE TECHNOLOGY AND ESTATE LAW

Advances in assisted reproduction and reproductive technology, including surrogacy and in vitro fertilization, pose new challenges for Estate planning, and here's why. The law in Ontario continues to privilege genetic connection and legal adoption in defining the relationship of 'parent and child,' although the pendulum is beginning to swing. Until then, parents of children born with the assistance of reproductive technology will want to be sure they have carefully drafted Wills that specifically include their children in their plans of distribution and guardianship. Law reform can take time, but you can use your Will to capture your own parent-child relationship today.

Contact our Estate lawyers today for assistance with drafting your Wills and Powers of Attorney, at **(519) 438-3131**.

www.jimdeanlaw.com

Jamie Froats is an associate lawyer with Jim Dean Law who specializes in the firm's Wills and Estate business.



THE IMPORTANCE OF A WILL & POA

Give yourself the peace of mind you deserve. Be the decision maker on those important topics such as guardianship of your children and distribution of your assets. *Protect those you leave behind.*

Contact Jamie to start the process today. Will and Power of Attorney Packages – **\$275 + HST [single], \$350 + HST [couples]**



Contact Jamie at 519.438.3131 or jamie@jimdeanlaw.com
399 Hamilton Rd at Rectory

HELPING FAMILIES SINCE 2011

ENTANGLED IN A MESS



I have never known where I fit into a group. Ever.

My elementary school years were a gong show. I spent my youngest years in desperate torment trying to find friends to play with, watching from the outskirts and wondering how the other girls seemed to have it so easy. Once, in grade six, the coolest girl in our class slipped me a handwritten note. I was thrilled; my hands were shaking so hard from excitement that I could barely open it. Inside, she had written (in tiny, perfect block letters) a full page of reasons why I was weird, and why the other kids did not like me. She ended the note by reminding me that the note itself was more of a PSA to me, and not a "friend thing". She even used quotations over "friend thing", just to drive it home that we were not friends.

Enter high school. This time, I was prepared and ready for change. The summer before grade nine began, I got my eyebrows waxed (so long, unibrow!). I got my braces off. I religiously studied Teen, Seventeen and Teen Vogue. When I got to school, I quickly looked for who the popular girls were and tried to inch in on them. The problem there was as it had been earlier - I didn't fit in. I wasn't quite good enough there, either. I was always trying ten times as hard to get one tenth of the results.

In grade 10, when everyone was going to the coolest girl's cottage for the May long weekend, I waited for my invitation. When it didn't come, I asked for it and got told that there wasn't enough room for me. One day in science class, I was hanging around her desk, trying my hardest to impress her. She gave me a steel-like smile, and in front of the other girls said, "You could pop that zit on your face, you know. It's disgusting." I acted just as disgusted at my own face and its audacity to have a pimple in my teenage years and tried harder to not ever gross her out like that again. I yearned for the acceptance of that crowd, I was starving for it. It was a toxic cycle. It brought out the utter asshole in me (not too hard to find, given my spiritual enlightenment at the time), and it fed into the

bullying dynamic of the group overall. I joined in with the meanness, laughing and sneering. At times, I led it. Gossip, cruelty and conflict seemed to bond my group together. I hated it, but I didn't know how to exist any other way.

Eventually, I grew up, moved on and made new circles of friends that talked about things like the patriarchy, world travel, what Meat Loaf wouldn't do for love, and spoke about each other behind our backs only out of genuine concern. This was a whole new world for me and one I wanted to be a part of forever more. Do you know what? It took time to get the gossip girl out of my blood. Do you know what else? I have to work diligently, sometimes daily, at maintaining a practice of integrity to myself that I will not, under any circumstance, let myself become entangled in that mess again.

A year or so ago, I realized that I was in a circle that was compromising my values and calling for my inner asshole to come out and play. I had to exit myself, with forever love, because I don't want to ever go down that path again and nothing - nothing - is worth compromising who I say I am with who I act like I am. My sisters, we have been pit against each other for so long, with the patriarchy so deeply embedded in our veins, that we have to remind ourselves and each other that true friendship is what happens when our sister gets up from the table to leave. We might not all belong in the same groups, but we do belong to each other. 🌸

May you be happy,
Jordan

Jordan Thomas is a registered social worker and the owner of Nourish Counselling Services. Jordan works with women on improving their mental health and self-compassion. Follow along on IG @nourishcounselling.



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Say a Big **THANK YOU** to your **VETERINARY TECHNICIAN!**



It's a little-known fact that in the veterinary community, October is "Veterinary Technician Month", during which we recognize the individuals in this often overlooked position. Another best-kept secret is what exactly these healthcare professionals do!

This month, we'd like to recognize the impact they make in our patients' lives.

Veterinary technicians use their medical knowledge and clinical expertise to provide a very wide range of nursing care to their patients under the advice of a veterinarian. In Ontario, those who complete their studies at an accredited college, pass a licensing exam, and do ongoing annual certifications are considered to be Registered Veterinary Technicians (or RVTs).

But what does this all mean for your furry family member?

It means that at your pet's exam, a friendly face can take their history and vitals for the veterinarian, disguising their actions as belly rubs and pets. Strangers can be scary for our furry friends, but since veterinary technicians have such broad knowledge, the same trusted person can take their X-rays, polish their teeth, draw their blood, administer their medications, monitor their anaesthesia, and more.

If a job requires getting dirty, it usually means calling for a vet tech. They'll bravely comb through a patient's vomit, express

an anal gland, or prepare a fecal sample with a smile on their faces. Since animals are extremely receptive to the energy we project, they will appreciate the calm manner in which these sensitive tasks are handled.

Having a veterinary technician means that if your pet is hospitalized and refusing to eat, someone will sit cross-legged on the floor with them, warm up their food (or maybe even whatever the veterinary technician brought for their own lunch that day), and lovingly hand-feed them while expertly monitoring their care.

It also means that when your pet is approaching the rainbow bridge, they'll have a trusted friend to help them across, and to support their favourite person when they're gone. This friend will help keep them calm in their last moments, and will treat them with respect, even when their soul is no longer in the building.

Although these actions are done quietly in the background of your pet's care, they make all the difference. This October, and all through the year, that's something to celebrate. 🐾

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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EASY & DELICIOUS EGG WHITE BITES

Want to know the secret to delicious, healthy and incredibly quick breakfasts on the go? Look no further! These (so) easy, and (so) yummy egg white bites will make weekday mornings a breeze. I promise. I have been obsessed with these over the last few months! The best part is that you can make a big batch of these on the weekend, so they are ready to grab-and-go in the morning on your way out the door. Bonus is that they also make a great snack!

INGREDIENTS

2 cups egg whites

1 tbsp plain Greek yogurt

Salt and pepper, to taste

Roasted garlic and red pepper seasoning, to taste

(I pretty much add this to everything. It's my version of Franks, haha)

OTHER INGREDIENTS – you can add whatever veggies you like!

¼ cup grated cheese of your liking

¼ cup chopped green onions

¼ cup diced bell pepper

¼ cup chopped broccoli (because I love broccoli!)

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.

Here's the great thing about this recipe – you can add whatever you like! I have tried enough versions of them now that I feel like I have created the perfect bite to curb my hunger, at home or on the go.

You'll need six ramekins for this recipe, so if you don't have any, you can buy a three-pack of them at Dollarama for \$1.25.

DIRECTIONS

Preheat oven to 300°F. Place greased ramekins into a deep baking pan. Whisk together the egg whites, yogurt and seasonings in a bowl or large measuring cup (with spout), until combined. Pour about 1/3 of the egg whites into each ramekin. Sprinkle each ramekin with cheese and veggies of your choice. You can mix all ingredients together or leave the ingredients on the top (which I like to do). Pour boiling water into the baking pan, surrounding the ramekins and reaching approximately halfway up the sides. Bake in the oven for 30 minutes.

Cool before removing from ramekins.

Enjoy alone or with toast in the morning, as a breakfast sandwich, on the go, in your car, on the bus, on the train...I could go on and on and on.

I love these! Your kids will too! 🍳

Enjoy!



GYM BAG BEAUTY ESSENTIALS

Love your morning workout but always feel rushed to get ready for work? Here are some of my favourite beauty essentials to keep in your gym bag for quick glam on-the-go



CLEAN UP – No time for a quick rinse? Cleansing wipes are a must-have for removing sweat and impurities from the face and body. Look for brands that contain moisturizing ingredients to soothe while cleansing as skin tends to be more sensitive after working out. These are great to use from head-to-toe!

FRESHEN UP – Dry shampoo is amazing for soaking up excess oils and neutralizing odour. Most formulas add texture to the hair as well, giving instant volume where you need it most. Available in both powder and spray formulas, simply apply or mist into hair, focusing on the root area, and brush through.

MAKEUP – For glam on the go, I always recommend sticking to the staples - a lightweight foundation, mascara, bronzer or blush, and lip gloss. For the face, look for formulas that are easy to apply

and blend into skin. I love tinted creams or mineral powders for effortless coverage. An all-in-one blush and bronzer are great to add just the right amount of colour. An ultra-lush mascara is perfect to play up eyes without the extras. And a bright or neutral lip gloss to finish the look.

DRESS UP – Keep your outfit on the lighter side to allow your body temperature to cool down naturally. Overdressing after a vigorous workout can cause the body to heat up, and can irritate skin as your pores need to breathe. For a pretty yet professional look, opt for a one-piece or a lightweight dress that you can easily layer.

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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