

**Mistletoe Kisses &  
Holiday Wishes!**

A Free Magazine for Parents and Caregivers

# THE MOM & CAREGIVER

DECEMBER 2019  
VOLUME 21 ISSUE 12

**A PET'S  
HOLIDAY  
WISHLIST**

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MAGIC** FOR  
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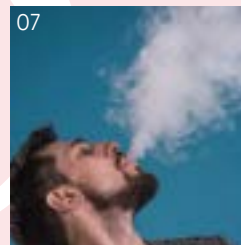
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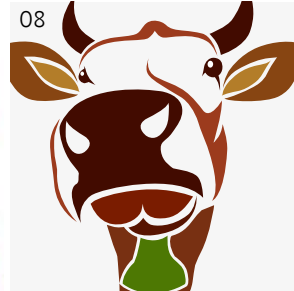
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## ON THE COVER

We always love having a whole family on our cover, and were so happy that **Asher, Emmett, Mom** and **Dad** were willing to don toques (the boys' handmade by mom) on a warm end-of-summer day. The boys loved being up high, and the big question seemed to be, "Who gets to hold the mistletoe?"

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## OH BY GOLLY, LET'S BE JOLLY!

**T***is the season to be jolly, Fa la la la la la la la!*  
*Spending time with great aunt Holly, Fa la la la la la la la!*  
*I'll think of my border collie, Fa la la la la la la la!*  
*While I eat cookies AND cauli (flower), Fa la la la la la la la!*

Well, I don't think I should give up my work as a parenting magazine editor-in-chief to pursue a career in song writing. But I have put together this clever little ditty in celebration of our holiday-filled December issue. You know you want to sing along! Now, here's what it all means:

***Tis the season to be jolly*** – Of course, we all know that Christmas and Hanukkah are a time of joy and celebration, but sometimes we lose that in the bustle of the holidays. We're shopping and baking and cleaning the house and hosting parties. But Frank Emanuele reminds us of the magic and enchantment of the holiday season. Find out what he's doing to slow down and enjoy by prancing on over to page 12.

***Spending time with great aunt Holly*** – Sometimes the wisest life lessons come from our youngest of citizens. 13-year-olds Mikael and Ella share their ideas for giving back this holiday season, and they ensure that you'll feel good and benefit from doing it. They both suggest helping out the elderly or less-privileged in your family or in your community, and they're leading by example. Here about the light they're shining this season on page 11.

***I'll think of my border collie*** – "In many homes around the holidays, the stockings hung by the chimney aren't just for those of us with two legs. When we enjoy our favourite traditions with the ones we love, it only makes sense to include our furry family members in our celebrations too." Our friends at Neighbourhood Pet Clinic know that the best gifts you can give your pets this season are safety, time and routine. Find out how to rejoice in your pet on page 19.

***While I eat cookies AND cauli (flower)*** – Cookies and wine and latkes, oh my! Tables are overflowing with goodies at holiday time, but don't fret. Our favourite Registered Dietician, Jenn, is not here to tell you to skip all the yummy stuff. In fact, the words "Enjoy dessert" leave her mouth on page 20. But she reminds us to be mindful while eating, and to fill our plates half full of veggies (like cauliflower!)

So fa la la your way through a holiday full of joy by delighting in your children, family, pets and traditions. Slow down. Start a new tradition by giving back. Eat healthy, but fully enjoy a few treats. And tell us how your family celebrates – we'd love to hear from you on Facebook and Instagram this month! No matter what and how your family celebrates, a very happy holidays from our jolly home to yours. 🍷

**“Luxury to me is not owning a lot of stuff.  
 Luxury to me is feeling unrushed.”**

- Tim Ferriss

# DEC 12/2019 EVENTS

1<sup>ST</sup>

40<sup>TH</sup> London Christmas Craft Festival, Western Fair District,  
[www.londoncraftshows.com](http://www.londoncraftshows.com)

6<sup>TH</sup>

A Charlie Brown Christmas, Aeolian Hall,  
[www.aeolianhall.ca](http://www.aeolianhall.ca)

8<sup>TH</sup>

Paw Patrol Live, Budweiser Gardens,  
[www.budweisergardens.com](http://www.budweisergardens.com)

15<sup>TH</sup>

London Symphonia: Merry and Bright, Metropolitan United Church,  
[www.londonsymphonia.ca](http://www.londonsymphonia.ca)

22<sup>ND</sup>

*Happy Hanukkah!*  
Hanukkah Party, Jewish Community Centre,  
[www.jewishlondon.ca](http://www.jewishlondon.ca)

27<sup>TH</sup>

London Lightning vs. Kitchener Waterloo Titans, Budweiser Gardens,  
[www.lightningbasketball.ca](http://www.lightningbasketball.ca)

31<sup>ST</sup>

New Year's Eve Hoopla, Storybook Gardens,  
[www.storybook.london.ca](http://www.storybook.london.ca)

5<sup>TH</sup>

Sultans of String: Christmas Caravan, Wolf Performance Hall,  
[www.londonpubliclibrary.ca/wolfperformancehall](http://www.londonpubliclibrary.ca/wolfperformancehall)

7<sup>TH</sup>

Christmas in the Village, Wortley Village,  
[www.facebook.com/ChristmasInTheVillageOldSouthLondon/](http://www.facebook.com/ChristmasInTheVillageOldSouthLondon/)

14<sup>TH</sup>

Nature Walks and Talks: Christmas Bird Count,  
[www.naturelondon.com](http://www.naturelondon.com)

21<sup>ST</sup>

The Wizard of Oz, Palace Theatre,  
[www.palacetheatre.ca](http://www.palacetheatre.ca)

25<sup>TH</sup>

*Merry Christmas!*

29<sup>TH</sup>

Or Shalom Hanukkah Sing Along and Dinner, Or Shalom Congregation  
[www.jewishlondon.ca](http://www.jewishlondon.ca)



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# THE VALUE OF PLAY

It's been said that play is the work of childhood. (The quote is so prolific, it's hard to even trace its origins online - Was it Jean Piaget? Maria Montessori? Fred Rogers?) Children throughout time and across cultures engage in play. Play is the primary way that children learn, engage with those around them and come to understand their world.

Play is an enjoyable activity that offers countless ways for children to learn and grow. Through play, children explore the relationship between objects, test hypotheses and foster a sense of curiosity. Play enhances communication skills and language development, from talking about imaginary worlds, labelling and describing objects, practicing back-and-forth conversations and listening to others. Play fosters imagination and encourages abstract thinking. Play encourages physical activity, and time outdoors. Play helps children learn how to navigate social interactions and develop social skills, like turn-taking, negotiating and coping with big feelings that happen when interacting with others, with their own thoughts, feelings and ways of doing things.

Play is also a wonderful way to relieve stress. Children often "play out" new concepts, as well as scary, confusing or upsetting things. Through exploring, repetition and re-enactment, children not only gain a better understanding, and come to feel a greater sense of control and mastery, but also feel a sense of security and overall well-being.

Play is one of the fundamental ways that we connect with one another and

measure quality of life (yes, adults play too!). As a Therapist working with young families, I often recommend setting aside 10 minutes a day for child-led play. I can tell when families are playing together regularly, because I see a reduction in power struggles, frustration and stress, and an increase in connection and enjoyment. Yes, play is that beneficial!

While structured, scheduled activities like sports, music lessons and tutoring can provide children with wonderful, enriching and enjoyable experiences, it is important that children continue to have time to "just be kids" and play. "Play is both serious and necessary for children... Our role is to encourage their creative play and show them that we value their ideas, thoughts and feelings". (<https://pbskids.org/learn/lifes-little-lessons/pretend-play/>)

## TO SUPPORT PLAY IN YOUR HOME:

- Establish "screen-free time" every day. Lead by example!
- Have a variety of "open-ended" play materials, such as animal and people figurines, blocks and other building materials, craft supplies and modelling clay, dress-up clothes and/or puppets.
- Think of play itself as valuable.
- Offer to join your child in play, or just be an avid onlooker. Follow their lead. Make eye contact. Ask open-ended questions. Describe what you see. Practice genuine curiosity. Embrace the child in you and have fun! 🧸

## SOURCES/ADDITIONAL RESOURCES:

[www.parentingforbrain.com/benefits-play-learning-activities-early-childhood/](http://www.parentingforbrain.com/benefits-play-learning-activities-early-childhood/)

[www.naeyc.org/our-work/families/10-things-every-parent-playpbskids.org/learn/lifes-little-lessons/pretend-play/](http://www.naeyc.org/our-work/families/10-things-every-parent-playpbskids.org/learn/lifes-little-lessons/pretend-play/)

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

# VAPING

## WHAT PARENTS SHOULD KNOW

Vaping is a relatively new phenomenon. Adolescents and teenagers have been aware of vaping long before their parents. As with many things, there are myths and misconceptions that adolescents have had around vaping. The number one myth is that vaping is safe. There have recently been a number of reports of vaping associated lung disease and death. The following are some important facts to know about vaping that will arm caregivers with the right information to engage in a dialogue with teens:

- Vaping was initially developed as a way for adults to stop smoking. It was a way of delivering nicotine without the other noxious substances in cigarettes. It was intended as “harm reduction.”
- Vaping is not harmless. It can lead to nicotine addiction and also can lead to failure of the electronic delivery systems with fires and explosions.
- There are a number of cartridges on the black market and these may contain a fatty substance in the delivery system. These fatty particles can deposit in the lungs and cause life threatening lung disease.
- There may be other substances in the vaping “e-cigarette” including cannabis. The use of cannabis, though legal, is worrisome for developing brains and not recommended under the age of 25.
- It is estimated that up to 23% of teens have tried vaping. This is a very high rate and worrisome given what we know now about vaping.

Open up the dialogue with your teen. Be non-judgmental but present this as scientific evidence to preserve their health. Be armed with the right information. Health Canada has an excellent resource that can be found at the following URL.

<http://bit.ly/33JbyNP>

The best tool to combat this is information and dialogue! 🗣️

*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!*

# COW'S MILK

## PROTEIN ALLERGY

Cow's milk protein allergy (CMPA) is a medical condition, occurring in 2-3 percent of infants under one year of age, and less commonly in older children. It happens when the body's immune system sees cow's milk protein as foreign or harmful and attacks it. This immune reaction can damage the gastrointestinal system including the intestine. A higher risk of developing CMPA exists for those with a family background of allergic diseases like asthma, eczema or environmental allergies.

An allergic reaction to milk can be immediate or delayed. Immediate reactions usually start within two hours after being exposed to cow's milk.

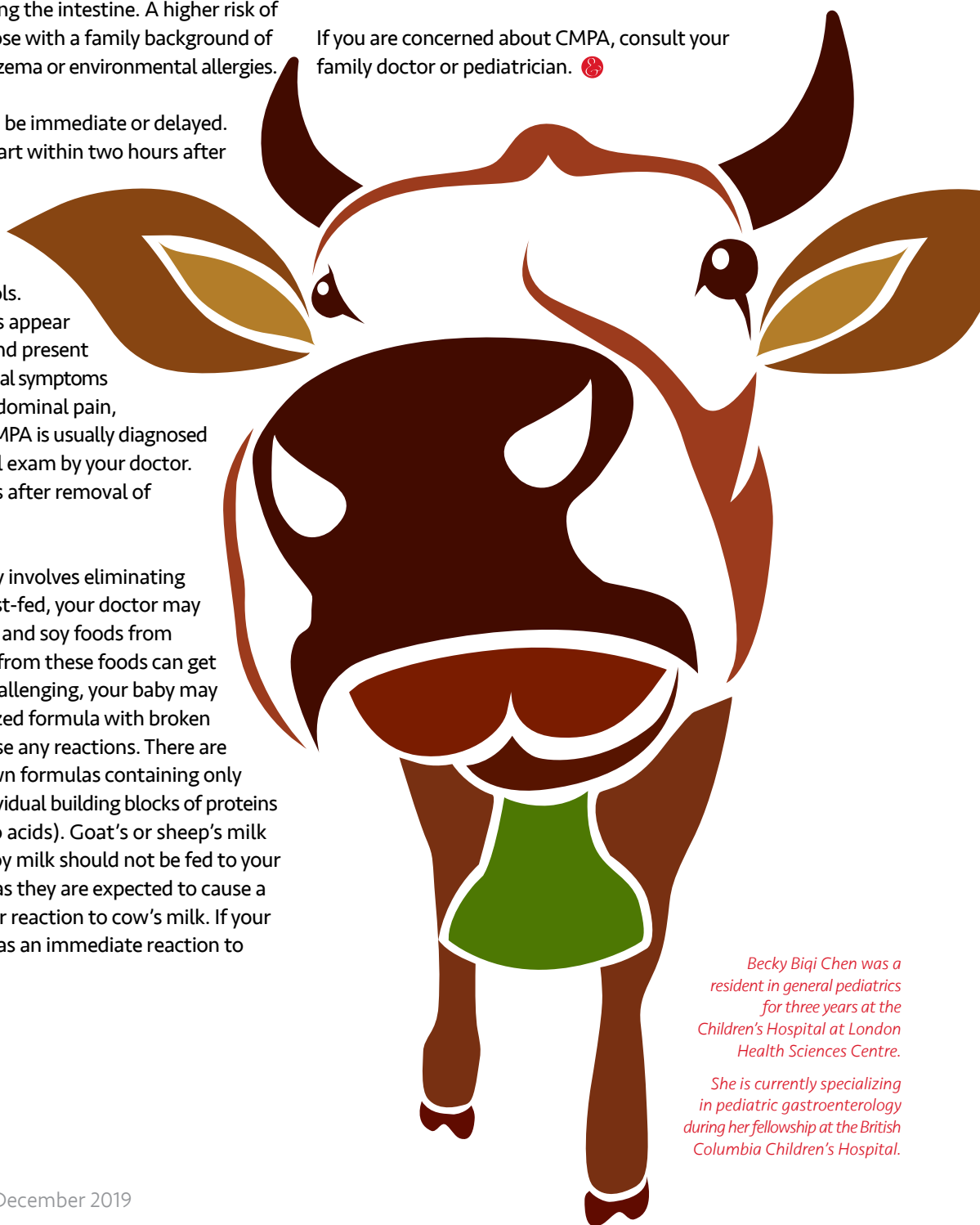
Symptoms can include skin rashes, breathing troubles, vomiting, diarrhea, stomach pain, mucous and blood in stools.

Symptoms of delayed reactions appear within 24 hours to one week, and present mainly with skin or gastrointestinal symptoms such as vomiting, fussiness, abdominal pain, blood and/or mucus in stool. CMPA is usually diagnosed only with a history and physical exam by your doctor. Seeing how your child responds after removal of cow's milk will also help.

The treatment of CMPA usually involves eliminating cow's milk. If your baby is breast-fed, your doctor may recommend excluding all dairy and soy foods from your diet because the proteins from these foods can get into the breastmilk. If this is challenging, your baby may alternatively feed on a hydrolyzed formula with broken down proteins that do not cause any reactions. There are broken-down formulas containing only the individual building blocks of proteins (amino acids). Goat's or sheep's milk and soy milk should not be fed to your child as they are expected to cause a similar reaction to cow's milk. If your child has an immediate reaction to

CMPA like anaphylaxis (a severe allergic reaction causing hives, breathing difficulties) and low blood pressure, your doctor may prescribe an Epi pen for treatment. Fortunately, many babies will outgrow their milk allergy and will be able to tolerate milk containing foods by one to two years of age.

If you are concerned about CMPA, consult your family doctor or pediatrician. 🍌



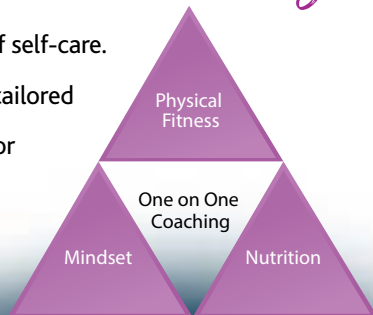
*Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre.*

*She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.*

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# THE GIFT OF GIVING BACK

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

**Here at The Mom & Caregiver, we value giving back to our community. How do you give back to your community? Through volunteering? Donations? Other ways?**

**Ella:** I give back to my community by volunteering at the nursing home (reading books and going on walks), helping the younger kids at my school, participating in fundraisers like the Terry Fox Run and the Heart and Stroke Foundation, and donating to local food drives.

**Mikaeel:** I give back to my community by volunteering at the food bank and donating money to different causes.

**Some adults believe that children don't have the power to make changes in our community. What can young people do to help?**

**Ella:** I think that is a wrong statement. A 12 year old has aided the blind by inventing a navigation system, a 16 year old has invented a flashlight that converts body heat into light, and even the braille system that we know today was invented by a 15 year old. Never judge what someone can do just because of their age. Even if you're not inventing things that the world knows about, you can still do so much to help. Volunteer at a place that you are passionate about, donate, find some way to help your community.

**Mikaeel:** Children can volunteer with someone who is elderly and needs some help, or they can have a lemonade stand and all the money will go to a charity.

**How do you feel after you've given back/helped out? Do you benefit from these experiences?**

**Ella:** I feel really good after I've helped out. I think I definitely benefit from these experiences.

**Mikaeel:** It makes you feel good that you have helped someone who can't help themselves, and it makes you think differently.

**How can one generous person teach others to share their time, money, expertise?**

**Ella:** Show how happy it makes you. Show that you don't do it because you have to, but because you like to. Show how much it helps the person on the other end.

**Mikaeel:** They can volunteer at places to teach the new volunteers how it works, and have a non-profit company that teaches and recruits volunteers.

**What is your goal for the upcoming year? Who would you like to help and how?**

**Ella:** I would like to help out in as many ways as I can. I want to continue to lend a hand to the nursing home, as well as help the local day camp.

**Mikaeel:** My goal is to consistently volunteer somewhere. 🙌

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***There are days I find it challenging to find joy in our daily rat-race routines. I get hung up on getting everyone out the door on time, caught up on bargaining for extra screen time, stuck refereeing the latest sibling squabble, or trapped into another argument over finishing a meal. Over time, I start questioning myself...how did I turn into this disgruntled dad? It's far too easy to get engrossed in the grouchy grind, so I need to make a conscious effort to take pause and find joy. And what better time to make this effort than over the holidays?***

The juxtaposition of joy and holidays is not lost on me. Christmas tends to be one of the most stressful times for us parents. We worry so much about travel, meals, and playing Santa that we easily forget about the magic of the season. Yes, you heard it right, this crusty crab DOES believe in magic. And this holiday season, I urge you to join me and truly see the wonder and enchantment of the holidays – just like we did when we were kids.

I remember Christmases in our little house in Toronto. We didn't have a fireplace and I was so worried Santa couldn't get into our home. My mom assured me that Santa would always find a way...and he did. Every Christmas Eve the front doorbell would ring and my mom would urge my younger siblings and me to see who it was. Upon opening the door, our wide eyes met with piles of presents from Santa. I distinctly remember one year I leaped over the presents at the door, ran down the front steps, and looked up in the sky, determined to catch Santa and his sleigh as he left our rooftop. My mom managed to keep the magic alive for a long time this way and looking back, I'm very grateful.

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

Now as parents, we get the chance to recreate the magic of our childhood holidays – both for our kids and for ourselves. I am looking forward to soaking in some joy as we decorate our tree together, write letters to Santa, or carefully set milk and cookies by the fireplace. And nothing compares to the purest form of absolute joy and uncontainable excitement that is Christmas morning. These moments of magic won't be around for many more years so NOW is the time for us to invest in and enjoy them.

The happiness that fills their little faces – and warms my soul – is the true reason for the season. I hope that these are the moments my boys will always remember (and maybe write about) when they have their own families or are seeking moments of joy. So as the holidays creep up on us, let's be mindful, let's be present, and let's enjoy the magic of holidays like a kid, with our kids.

Wishing you all a most magical of holidays! 🧡

# HOLIDAY

# Y MAGIC

# NEW WATERFRONT CHILDREN'S *museum* *in* BUFFALO, NEW YORK



**L**ook up. Way up. See a giant tricycle on the roof? You're in the right place: The Ralph C. Wilson Jr. Children's Museum along the waterfront in Buffalo, New York. Cultural diversity is the theme in December – a special exhibit of seasonal traditions found across Buffalo decks out the bottom floor 'Neighbourhood' level, one of four. Buffalo's new 43,000 square foot children's museum gives little ones hands-on learning experiences in seven unique play areas.

It's easy to spend hours here, especially once your child finds their niche.

First, the floor to ceiling water feature allows kids to manipulate water through the Erie Canal. Second, the sports section, a tribute to the city's teams, allows active running and ball throwing competitions. Third, the innovation section lets people see the energy they generate by cycling. Building trades, architecture, crafts room, a replica hospital and even food production on the Farm to Fork floor round out all interests.

To find the museum, head to the city's recently updated waterfront across from the Sabre's home. Enjoy ice cream along the board walk in the summer or skating on the Erie Canal in the winter. Outside the museum, a photo with Shark Girl – a colourful statue of a girl with a shark's head – is mandatory. So mandatory, it had to be removed months after installation for repainting thanks to so many posing with her. Creepy, but kids love it.

Explore & More Children's Museum is open during the school year Monday, Wednesday, Friday, Saturday and Sunday. Entrance is \$12 per person (adults too) and kids under one are free. 🐾



*Sherri Telenko is a freelance writer living in Southern Ontario. Check out her dog-friendly travels on [www.dogtrotting.net](http://www.dogtrotting.net)*

# DO THE SHOES I WEAR REALLY MATTER?

## FINDING PROPER FOOTWEAR

**S**eventy-five percent of Canadians will experience foot pain at some point in their lives. Your feet are the foundational building blocks of the human body. Improper footwear can lead to malalignment of the foot and ankle complex in addition to the rest of the body. Poor alignment leads to added stress and strain on muscles and ligaments which will lead to aches and pains. What can we do to prevent these issues and protect ourselves from future issues to come?

### *Here are some helpful tips when buying new shoes:*

- Make sure the shoe is wide enough and you are not forcing your foot into a shoe that is smaller. Ensure the ball of the foot fits into the widest part of the shoe and the heel fits snugly without slipping. Avoid pointed shoes that force your toes into an unnatural position.
- Make sure you buy a shoe that is long enough (width of thumb between end of toes and end of shoe). During normal walking, your foot spreads out and lengthens about 1 cm in each direction.



GOOD FIT  
will cover your  
foot outline

BAD FIT  
will not cover  
your foot outline

- Do not wear shoes with a heel height greater than 2 ¼ inch. Any amount of heel that is higher than this will increase the pressure on the ankles and balls of the feet which will cause injuries, calluses and bunions over time.
- Try on shoes towards the end of the day when your feet are tired and swollen.
- Try on both shoes when purchasing footwear since one foot is usually larger than the other.
- When measuring your foot, stand up. Our feet and arches splay when we are putting our body weight through our feet.
- Stand and walk around in the shoes before buying them to be sure they are comfortable.
- Don't rely on shoe sizes. Each brand makes their shoes on different lasts. Always try your shoes on.
- Have each foot measured regularly, since feet tend to get larger with age.
- Purchase shoes that are comfortable when you first try them on. Do not expect shoes to stretch or "break-in."

[www.ontariochiropodist.com/Public/foot-facts.html](http://www.ontariochiropodist.com/Public/foot-facts.html)

[www.my.clevelandclinic.org/health/treatments/17391-proper-footwear](http://www.my.clevelandclinic.org/health/treatments/17391-proper-footwear)

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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. 📌*

Did you know that one in ten children will have difficulty with the development of speech sounds, language skills, literacy skills or social skills? Early speech and language intervention can reduce difficulties with behavior, and can promote the development of academic skills, including the skills required for reading and writing. Fostering good communication from an early age can support the social skills required for making and keeping friends.

As a small private practice, Fern Speech and Language services offers timely and flexible services based on each individual family's needs. At Fern Speech and Language services, you will experience a positive and fun learning environment. Your child's speech-language pathologist will become a valuable partner in ensuring your child's speech, language, literacy, and social skills develop to his/her potential. Each aspect of the assessment and therapy will be explained and discussed with you so that learning can be fostered at home, at school, and in the community.

Elizabeth Skirving, Owner and Speech-Language Pathologist, and Andrea Jennings, Speech-Language Pathologist have extensive experience in the areas of speech and language development, fluency, motor speech, literacy skills, academic skills, social skills, and concussion and brain injury rehabilitation. Clients of Fern Speech and Language Services have access to evidence-based assessments, intervention, and resources.

Following an assessment, Elizabeth and Andrea will provide a report that may be shared with your child's pediatrician, and they will work with other professionals in the community to help ensure your child's success. At every session, Elizabeth and Andrea are available to answer questions, and to offer supportive suggestions and advice.

Intervention services include one-to-one sessions with your child for the development of speech sounds, vocabulary and language, literacy skills, social skills and self-regulation skills. Additionally group intervention programs are offered, including: caregiver and baby play groups, caregiver communication training sessions, baby and toddler book clubs, and early literacy reading programs. Social communication groups are offered in collaboration with our partners at Learning to Connect.

Children's communication skills form the foundation for their future social, emotional, and academic growth. Do you have questions about your child's speech and language development? Contact Fern Speech and Language services for a complimentary consultation.





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**CscProvidence.ca/registration**

# YOU'RE DEAD, NOW WHAT?

*For our final contribution to the Mom & Caregiver, we provide a primer on the basic action plan for dealing with the Estate of your loved one.*

## 1 **Locate and Examine** the Last Will and Testament:

Make this a priority. A review of your loved one's most current Will can yield important and time-sensitive information. Many Testators indicate their preference for burial or cremation within their Wills, and some may specify a preferred cemetery. It will also identify who has been appointed to administer the Estate. If you are the named Estate Trustee, it's time to take charge.

## 2 **Ensure** the funeral, memorial, burial or cremation services are handled: Any related "end of life" costs will be paid out of the Estate.

## 3 **Obtain** Death Certificates: Be sure to obtain as many death certificates as your funeral home will allow. These certificates will be required by government bodies, banks and financial institutions to begin to settle your loved one's affairs.

## 4 **Maintain** insurance coverages: Don't let home and vehicle insurance lapse; maintain coverage until final disposition.



## 5 **Safeguard** Estate assets: Take important personal documents into your custody. Gather the Will, Codicils, memorandums or notes, banking and tax papers and keep them safe.

Secure all physical assets and property of value early on, including the home, household contents and vehicles along with any cash, jewellery or other valuables.

## 6 **Prepare** an inventory of the assets: Record-keeping and transparency are the hallmarks of the Estate Trustee's role. Make an inventory of all physical assets and gather banking and financial statements that detail your loved one's savings and investments on or about the date of death. The Courts could require the Trustee to provide detailed accounting of the Estate assets.

## 7 **Meet** with an Estate Lawyer: Arrange to sit down with an Estate lawyer early to review what you've done so far and to determine next steps and what items may require Probate through the Court. This will provide essential guidance on how to properly administer your loved one's Estate and will protect the Trustee.

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

[www.jimdeanlaw.com](http://www.jimdeanlaw.com)

## 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.  
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**HELPING FAMILIES SINCE 2011**

# A PET'S HOLIDAY WISHLIST

*In many homes around the holidays, the stockings hung by the chimney aren't just for those of us with two legs. When we enjoy our favourite traditions with the ones we love, it only makes sense to include our furry family members in our celebrations too. Here are some things to keep in mind as you prepare festivities for the whole family this year.*

## SAFETY:

When searching for stocking stuffers, remember that not all toys and treats are created equal. Some, such as brittle rawhides and low-quality toys, are at risk of breaking into small pieces that can do serious harm if ingested. Conversely, many gifts are just too hard for pets' teeth, such as nylon chew toys, which can cause dental damage. As a general rule, if it hurts to hit your knee with the toy or treat, it is too rigid for a pet's mouth.

## ENRICHMENT:

Food is the language of love, but the extra calories add up quickly and can put your pet at risk of pancreatitis. Instead of being generous with table scraps and treats this year, ask your veterinarian what delicious - but calorie conscious - treat they recommend to pair with a food puzzle or toy. Enrichment games are fun, can make tasty treats last longer, plus they provide your pet with mental and physical stimulation.

*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.*

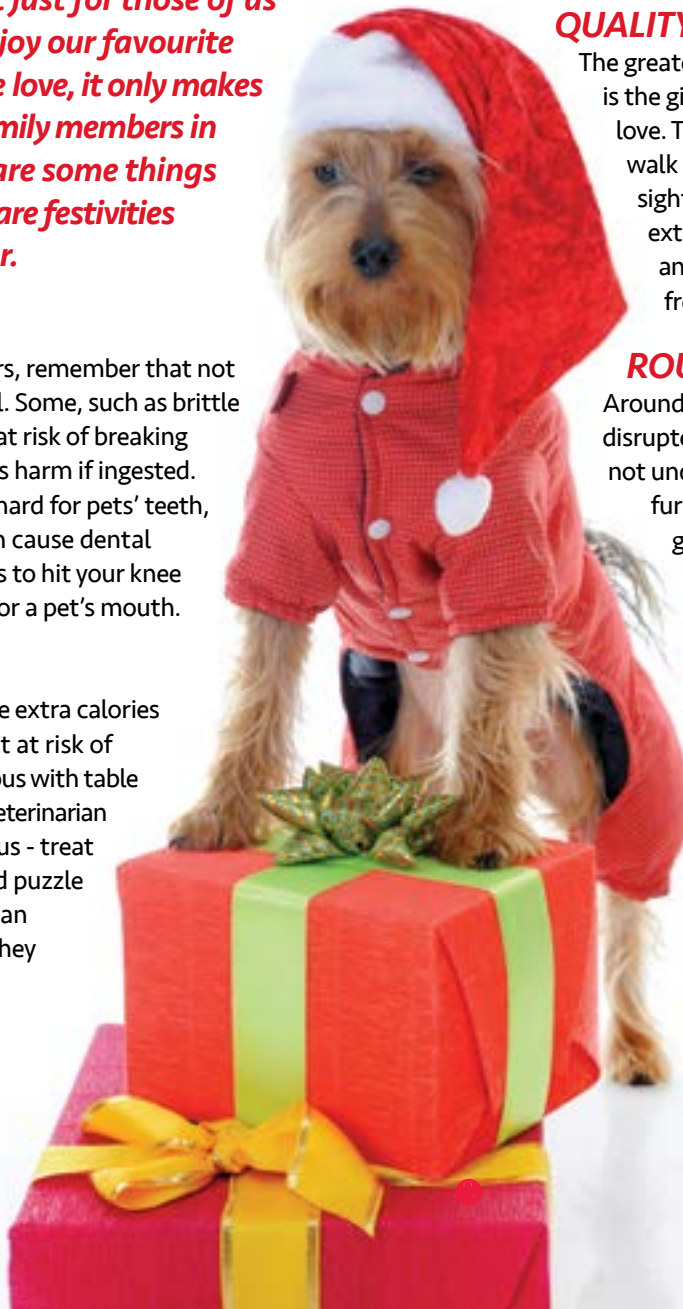
## QUALITY TIME:

The greatest gift that any pet can receive is the gift of time with the people they love. Try taking the whole family on their walk (maybe a new place with different sights and smells), squeezing in some extra snuggles, learning a new trick, and giving your pet some distraction free appreciation.

## ROUTINE:

Around the holidays, routine tends to be disrupted, causing stress for pets who do not understand the change. Make your furry family member feel at ease by giving them a safe space to which they can retreat during family gatherings, keeping meals and walks at consistent times, and encouraging lots of exercise to burn pent up energy.

As members of the family, our pets will be present for every favourite tradition. With a little consideration this year, we can show our thanks to our beloved companions by making sure that every member of the family has a safe and happy holiday season. 🐾





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# ENJOY YOUR OVEREATING

*It's the most...wonderful time, of the year.*

Ahhhh, yes. My favorite time of year! December can bring lots of joy and excitement. It can also bring many celebrations, gatherings..., and food! Here are my top nine tips to enjoying yourself without overeating this holiday season.

## **1 GIVE VEGGIES THE LEADING ROLE!**

As a Registered Dietitian, veggies are my jam, so I plug them whenever I can! If you're hosting, offer a couple of veggie side dishes for your guests, or start off with veggies and dip as an appetizer. My favorite go-to sides are roasted Brussel sprouts and lemon garlic green beans.

## **2 FILL HALF YOUR PLATE WITH VEGGIES & EAT THEM FIRST!**

This doesn't mean you can't enjoy the glazed ham and savoury stuffing, or the roasted turkey and gravy. This just ensures that you don't fill up on the other more calorie-dense foods before eating your veggies. Veggies tend to be high in nutrients and fibre, which is a winning combination for overall health.

## **3 BE MINDFUL**

Being mindful can help you make healthier choices more often. But, what does it mean to be mindful you ask? Take your time and savor each bite. Ask yourself throughout the meal if you're still enjoying the food you're eating. If the answer is no, leave the rest and then reevaluate the need for more later.

## **4 DON'T SKIP MEALS!**

Skipping breakfast and lunch to "save" all of your calories for dinner typically leads to overeating. Instead, enjoy a satisfying breakfast and lunch the day of the event.

## **5 EAT THE FOODS YOU LOVE**

Try to be picky at a holiday event and only choose the foods you love, and skip the foods that you can do without. If you're like me and eggnog doesn't excite you, then skip it! (I'd rather have red wine any day - haha)

# YOURSELF without ENJOYING this SEASON

## 6 ALTERNATE BETWEEN WATER AND ALCOHOL

Speaking of red wine...if you do plan on drinking, try to alternate your beverage with a glass of water. Another tip to reduce your empty calories is to use soda water as a mixer for hard alcohol instead of calorie-laden pop and juices. My vice, if you haven't already figured it out, is red wine. I try to limit myself to two glasses and savour each sip.

## 7 GET ACTIVE!

Consider incorporating physical activities into your holiday festivities. Sledding, ice-skating, snowshoeing, skiing are all ways to enjoy the outdoors and get active. Even shoveling snow (I know...I'm sorry. I said the word) can be a great way to get your heart pumpin' and muscles movin'. Don't like the (cold) outdoors? I'm with you! I tend to stick to the gym for my physical activity in the colder months and I always prioritize a workout on the days I have a holiday event.

## 8 HAVE YOUR CAKE...AND EAT IT TOO!

Enjoy dessert. Whatever you fancy. Cake, cookies, pie...the list goes on! There will likely be an endless assortment of them at your holiday events I'm sure. Have some. Be mindful while you're eating (tip #3) and enjoy every bite.

## 9 LOSE THE GUILT

You heard me. I know that healthy holiday eating can make people anxious. This should be a time of celebration and relaxation. If you do happen to eat more than you planned this holiday season, don't beat yourself up about it. More importantly, don't let it lead you down the path of unhealthy choices. Get back to your healthy eating habits and get a good sweat as soon as you can to release all the happy feel-good endorphins.

Happy holidays to you and yours! 🍷

*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.*





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# HOLIDAY GLAM



*The holiday season is a time for mingling, eating, and celebrating the night away, so having your glam essentials on hand is a must! Here are some simple beauty tips to keep your holiday glam on point from dusk till dawn.*

## BRONZE UP

Feeling a little pale but your cocktail dress requires some skin? Splurge on a spray tan to get you bronzed and beautiful from head-to-toe! Spray tans are a great way to instantly add flawless colour to your skin and get you ready to rock your favourite party outfits.

## GLAM PALETTES

Makeup palettes are perfect for convenient touch-ups to take your look from day to night. Opt for palettes that include eye and cheek colours as these shades can be intermixed for endless looks.

## LIPS THAT LAST

Don't leave your lips on your champagne glass. To help keep your lip colour from budging, line and fill in lips with the same lip liner as your desired lipstick. This will create a strong base and act as

lip stain. Top with your favourite long-wear shade, focusing just inside the lip line to avoid smudging.

## FRESHEN UP

Visit your favourite perfume counter and ask for samples of fragrances you love. This is a great way to freshen up on-the-go without taking up room in your evening bag.

## MINDFUL EATING

Skip the puff pastries and beat the bloat by limiting your intake of high fat foods, including alcohol. Fuel up on water throughout the evening and stick to more nutritious food options to keep you energized and glamorously glowing! 🍷

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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