

THE MOM & CAREGIVER™

FEBRUARY 2021
VOLUME 23 ISSUE 2

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**A WHOLE
LOTTA
LOVE**



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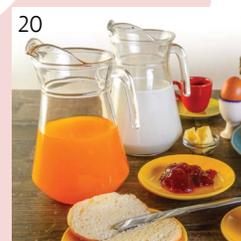
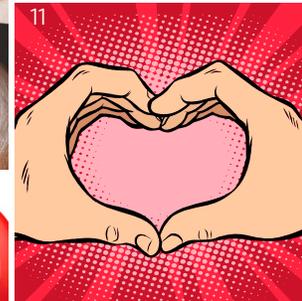
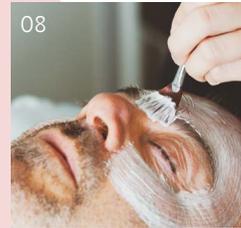
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ON THE COVER

Well, this family made it too easy on us! **Koleeo**, Mom and Dad showed us what a loving, calm and happy family looks like. Koleeo loved the buttons on photographer, Cynthia's camera. Maybe a budding photographer?

Photographer One-12 Photography
Photostylists Sabina Manji
Melissa Warkentin

Publisher/Chief Editor **Sabina Manji**
Assistant & Copy Editor **Melissa Warkentin**

If you have any comments or suggestions, please contact us at 519.495.7316 or at editor@themomandcaregiver.com. For sales contact sales@themomandcaregiver.com

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FEEL THE LOVE

Winnie the Pooh and Piglet are walking through the Hundred Acre Woods when Piglet asks “How do you spell love?” Pooh ponders the questions briefly and answers “You don’t spell it, you feel it.” (AA Milne, Winnie the Pooh, 1926) Sometimes our biggest life lessons are learned in the simplest of ways – from a children’s book about a silly old bear.

February is the month that brings love to the forefront, but it really should be something we think about every day of the year. Here at The Mom & Caregiver, we are big proponents of loving yourself first, without feeling any guilt at all. Yes, we are talking to you mamas! “When we achieve this miraculous state of being, arguments, fear, and distrust fall away. People light up when we enter a room. Pleasant surprises and synchronicities become our new normal.” says Medium and Flow Coach Angie Aristone. Does this sound like something you’d like to experience? Find out more on page 9.

Need more convincing that now is the time to show yourself some love? Read our newest author’s “A Recipe for Creating Yourself”. Rebecca Hamilton is a business owner who is living the life of her dreams. She’ll show you how to take “full control of your life and craft your reality the way you’ve envisioned it to be” on page 22.

No one tells it like it is better than a grade five boy, right? We’ve got two of the best in our Kid Zone column. My heart was warmed when Charlie and Harrison described love in their own words. And my funny bone was tickled when they described how gross they find kissing in public to be!

February also brings Family Day, a holiday we usually look forward to as a day off of work and school to spend time together at home. Well, everyday has been Family Day for months now as families have all been squashed inside their houses, spending 24-7 in each other’s company! We hope you can find a unique way to relax and appreciate one another this February 15TH.

Our Mom & Caregiver family wishes you a month and a year filled with love of all kinds. Start with self-love, then add on all other sources and kinds that you can. May family love, romantic love, brotherly and sisterly love, friendship and kindness fill your hearts!



*How wonderful is it that we laugh
because our bodies cannot contain the joy*

- UNKNOWN

*Editorial photography
by Flavia Zaidan
Make-up by Sanah Zebian*



February

Will the groundhog see his shadow?

www.innerchildfun.com/2015/02/groundhog-day-craft.html

02ND

Need an easy way to show your love this month?

www.themomandcaregiver.com/angel-lush-food-cake/

07TH

It's the most festive time in the Chinese community.

www.themomandcaregiver.com/celebrating-chinese-new-year/

11TH

Have a sweet Valentine's Day!

14TH

Keep the love going this month with a cute dinner idea.

www.themomandcaregiver.com/ravioli-pesto-hearts/

19TH

See love through children's eyes - the purest way to see it!

www.themomandcaregiver.com/all-you-need-is-love/

24TH

Go bird watching (chick-a-dee-dee-dee!)

www.ontarioparks.com/park/pinery/activities

27TH

Feeling the winter blues?

www.themomandcaregiver.com/new-beginnings-the-winter-blues-solutions-for-sadness/

04TH

Cookies for your sweetheart (or kids or neighbours or friends)!

www.themomandcaregiver.com/nans-chocolate-chip-cookies/

09TH

Gung Hay Fat Choy! (Happy Chinese New Year)

12TH

Happy Family Day!

15TH

Plus don't forget dessert!

www.themomandcaregiver.com/be-mine-crepe-cake/

20TH

Take the kids on a winter hike.

www.thamesriver.on.ca/parks-recreation-natural-areas/london-esas/westminster-pondspond-mills-conservation-area/

26TH



FASHION FORWARD
THINKING
FOR
TODAY'S WOMAN



The way you finish off your outfit can make or break your look. A simple rolling of your sleeves and a sloppy tuck of your shirt can step up your fashion game. Here's a simple sleeve rolling guide to help up your game:

- STEP 1:** Start with sleeves unrolled and unbuttoned.
- STEP 2:** Roll sleeves up to about two widths of the cuff.
- STEP 3:** Roll again to the bottom of the cuff.
- STEP 4:** Roll once more leaving the top of the cuff exposed.



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SAFETY TIPS *for* BABIES and YOUNG CHILDREN

All parents are concerned about the safety of their children. Fortunately, there is a great deal of good information available about how to keep your growing child safe.

Here are a few key situations where you can prevent injury to your child:

CAR SEATS

- Always secure children in a properly installed car seat that is correctly adjusted to fit them.
- Read (and keep) the manufacturer's instructions that come with the seat. You may also need to consult your vehicle's owner's manual.ⁱ

SAFE SLEEP

- Put your baby to sleep on their back in a crib/ cradle/bassinet that meets Health Canada Safety Standards. Their first six months should be in your room.
- A baby should sleep on a firm surface without blankets, pillows, toys, bumper pads or "positioners". All these items can potentially suffocate a baby and have been associated with Sudden Infant Death Syndrome (SIDS).
- Car seats, swings, strollers and playpens are not safe places for your baby to sleep unsupervised.

- Never tie anything around your baby's neck (teething necklaces, pacifiers) or dress them in clothes with drawstrings. Keep blind cords (or any other cords/ropes or strings) far out of reach. Take steps to prevent strangulation which can occur quickly and quietly.ⁱⁱ

PREVENT FALLS AND DROWNING

- Never leave your baby unattended on any surface or in the bath.
- Always keep one hand on them if you must glance away.
- Let the phone or doorbell ring or take your baby with you.
- Baby walkers are banned in Canada. Use a stationary activity centre when your baby is developmentally ready.ⁱⁱⁱ

PREVENT CHOKING

- Always hold your baby to bottle-feed them.
- Pacifiers/soothers should be of one-piece construction.
- Keep small objects out of reach and out of sight. Babies are faster and more mobile than you think!
- Know when your baby is ready to start solid foods (around six months) and which foods to avoid until they are older.^{iv}

NEVER SHAKE A BABY!

The message is out there! Sadly, it still happens. Being a new parent can be exhausting. If you feel your frustration rising, ask for help. If you are alone, put your baby in a safe place and take a break. It is difficult to hear your baby cry, but it is important you take care of yourself too!^v

Supervision is key to keeping your baby or young child safe! If you have any questions, see www.healthunit.com/safety or call the Health Unit to speak to a Public Health Nurse – 519-663-5317. 

i Middlesex-London Health Unit. (2019). *Child car seat safety*. Retrieved from www.healthunit.com/car-seat-safety

ii Middlesex-London Health Unit. (2019). *Safe sleep*. Retrieved from www.healthunit.com/safe-sleep

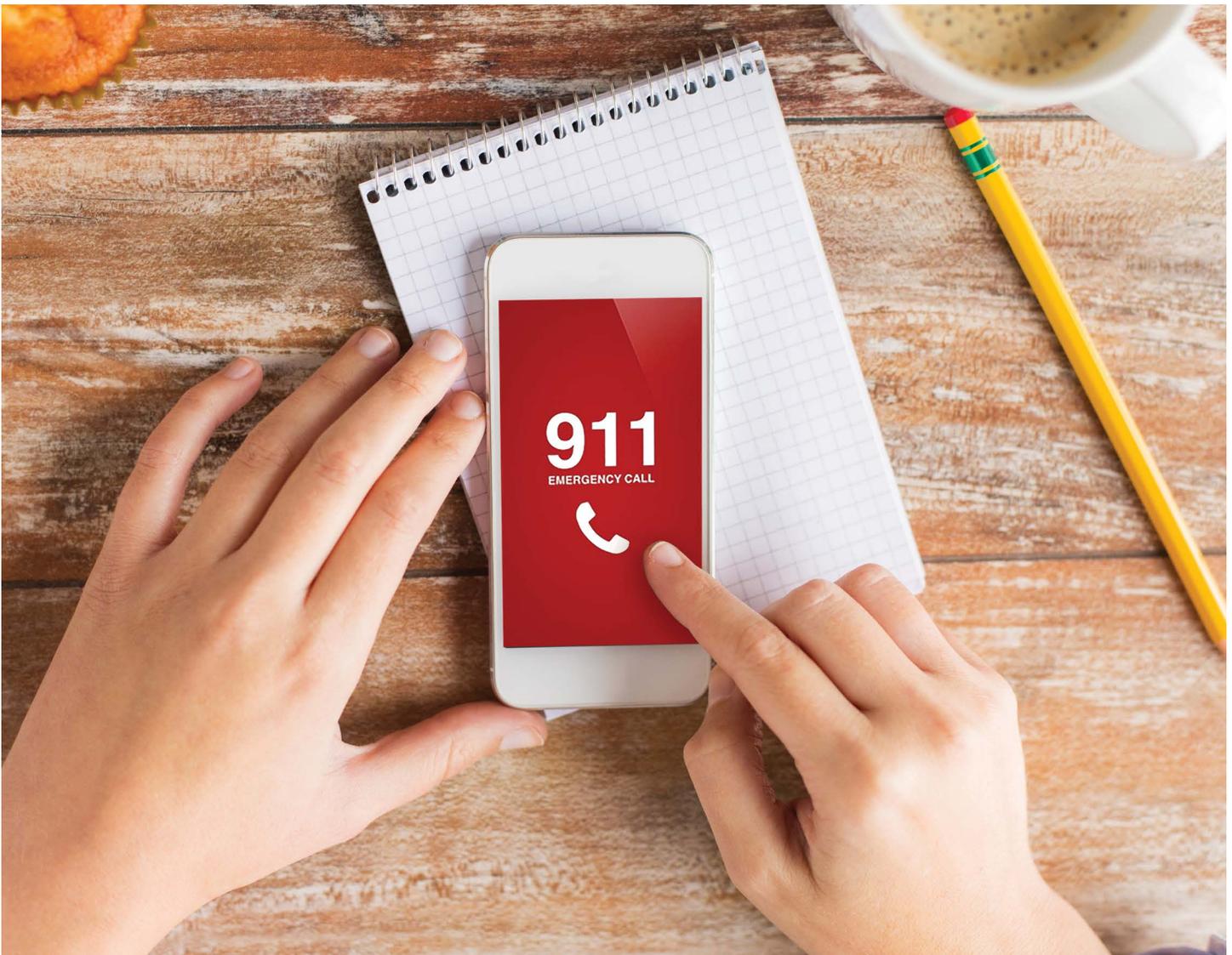
iii Best Start. (2020). *How to keep your baby safe*. In *Your guide to postpartum*. (pp. 17-23). Retrieved from www.resources.beststart.org/wp-content/uploads/2020/09/E51-E-Your-Guide-to-Postpartum-20200915-AODA-Final-optimized.pdf

iv Middlesex-London Health Unit. (2016). *Choking safety*. Retrieved from www.healthunit.com/choking-safety

v Middlesex-London Health Unit. (2017). *Crying*. Retrieved from www.healthunit.com/crying

Submitted by
Heather Bywaters RN PHN
on behalf of the Middlesex-London
Community Early Years Partnership





TEACH YOUR CHILD ABOUT 9-1-1

One of the things all parents should do is to take a first aid course. Handling common emergencies is not only useful if a situation arises but can empower us as caregivers and lessen the anxiety of a negative outcome. Occasionally we read the opposite situation in the news. A young child saves a parent or grandparent from a dire outcome by calling 911.

How do we teach our children to know what to do in an emergency?

It is important that children know when to make the call. Be very specific about scenarios which warrant a call to emergency services. A fire, a break-in, seeing someone who is unconscious, not able to breathe or choking are all appropriate situations where emergency

services may be needed. Caregivers may worry about scaring children, but it is less frightening to children to be able to have a plan of action than to imagine situations and not have a definitive plan.

Ensure that your child knows that emergency services are busy and that a call should only be placed if necessary and never as a joke.

There is some information that children should know when they make the call. Knowing their address, including an apartment number, and some basic language to describe what is happening is very helpful. As more people do without land lines, knowing a security code to get into the caregiver's cell phone may also be helpful.

When children are old enough, having them take a basic first aid course and having a first aid kit in the home in a place that they can access is also key in dealing with emergencies. Just as parents feel empowered by knowing what to do in an emergency, children can also feel empowered by having this basic information. The stories we read of those heroic children are awesome but what is not always mentioned is that a caregiver with foresight helped to make this happen! 🧑‍⚕️

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

ARE you **CLEANING** your FACE PROPERLY?

As we know, the skin is the largest organ in our body, which plays the role of first defense to our body, and helps our systems function the best.

So how can we protect our skin, especially on our face, to give it an even tone with a healthy glow?

Cleaned skin is essential and vital. Some people might ask “can I wash my face while taking a shower with the same bar of soap.” The answer is NO. First, we need to wash our face twice a day, morning and night before bedtime. Secondly, bar soap contains ingredients with alkalinity that can cause dryness of the skin. The squeaky clean feeling after washing doesn’t mean your skin is clean. Instead, the surface oil has been removed only, and impurities are still staying inside the pores. Bar soap can cause irritations for dry and sensitive skin. Choosing the right facial cleanser is crucial! You can spend big bucks on a famous brand, but if it’s not suitable

for your skin type, it is the same as flushing money down the drain, while adding more stress to your skin.

COMMON FACIAL CLEANSING MISTAKES PEOPLE MAKE ARE:

- 1 Makeup removal wipes: Makeup removal wipes don’t remove makeup. They smudge everything together on your face. Picture using one damp rag to clean a dirty glass table. Pretty gross, right?
- 2 Expecting just a facial cleanser to clean everything off your skin.
- 3 Using water only to clean the skin (also called “skin fasting”).
- 4 Following an “influencer” blindly.

The best way to remove makeup is a cleansing oil, which dissolves makeup before using the right type of cleanser to double cleanse the skin. Gently massage for 30 to 60 seconds to increase blood circulation and help active ingredients break down impurities inside

pores (this process includes eye makeup). Facial skin has a turnover cycle. It’s about 28 days when we are young, but gets longer as we age. Skin fasting can cause many issues, such as keratosis, especially to oily and acne-prone skin types.

See a skin care professional. I highly recommend people visit once per month, allowing licensed/certified estheticians to help you look after your skin needs and give you professional skincare advice. At the same time, you’re giving yourself two hours to let someone else pamper you instead!

Remember...Relax, Regenerate, Revitalize. 🧖‍♀️



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LOVE YOURSELF FIRST!

Learning to embody and radiate unconditional love is probably the single most powerful change I coach my clients through. When we achieve this miraculous state of being, arguments, fear, and distrust fall away, and the world transforms around us. People light up when we enter a room. Friends, family, and strangers alike suddenly communicate openly with us. Pleasant surprises and synchronicities become our new normal. It may be cliché, but nothing is more powerful than the power of love.

The paradox we tend to struggle with, especially as moms, is that to be radiantly loving we first need to be selfish. We know our children need sleep, exercise, play, nutritious food, fresh air, challenges, and novelty, but are we getting these essentials ourselves? If not, it's time to ask "Why don't we feel like we deserve to feel good everyday too?" It's time to realize that when we deprioritize ourselves, we end up so drained, so impatient, or so snarky that we

drag everyone in our orbit down with us. To solve the love paradox, we need to start listening to our inner flight attendant when she says "put your oxygen mask on first, then you can help everyone else." To love others, we need to love ourselves first by prioritizing our needs while gently tending to the quality of our thoughts, emotions, and our bodily experiences. Prioritizing ourselves doesn't mean putting others last, or always putting ourselves first. Prioritizing ourselves is an art; the art of being wisely selfish and tapping our inner wisdom to find creative solutions that benefit everybody.

You probably know exactly what you need to be your most vibrant self. If you're not sure where to start, start with the basics we offer our children. With proper sleep and nutrition, we have the patience to deal with life's challenges. When we move our bodies and pursue our passions we come back to life. When we combine all of these factors, we become clear, present, radiant and available for loving better than ever. When we take care of ourselves it feeds our self-esteem and self love, and we naturally radiate love. &



Angie Aristone is a Medium, Flow coach, and Author. angiearistone.com



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COULD THE FAMILY COURT FORCE A PARENT TO VACCINATE THEIR CHILD?

In an intact family, parents may decide together not to vaccinate their child. But when parents are separated and cannot reach a decision, the solution is not so simple.

The word “custody” in family law refers to a bundle of rights and obligations relating to a child, referred to as “incidents of custody”. A decision regarding healthcare is one “incident of custody”. Custody may be vested in one parent, or both parents jointly. The court must determine the case based on what is in the best interests of the child. Decision-making authority over health is consistently and overwhelmingly bestowed upon the parent who is best able to make an informed decision, based on sound medical advice.

When it comes to vaccines, courts can take “judicial notice” of widespread information available regarding vaccines, including that they are safe and beneficial, and serious side



effects are rare. When a parent decides not to follow routine medical advice that is universally given for most children, that parent must explain his or her decision-making, and present reliable evidence that the child may be at risk of harm. Evidence may be given by the child’s health care provider, or an expert in a relevant field, such as an infectious disease expert.

In almost all the vaccine cases, the parent opposing vaccination relied on internet evidence from questionable sources or opinion evidence from someone with questionable qualifications. Decision-making authority has therefore almost always been vested in the “pro-vaccine” parent.

Although there is currently no COVID-19 vaccine approved for children in Canada, this is something our courts will no doubt grapple with eventually. Interestingly, there has already been one Ontario decision (*Tarkowski v. Lemieux*, 2020 ONCJ 280) wherein the court vested decision-making power over whether to vaccinate the child against COVID-19 to the father, based on the mother’s past hesitancy to vaccinate the child.

Time will tell how the family court handles this upcoming issue. Based on existing caselaw, if a vaccine is eventually recommended for children, a parent hoping to avoid the vaccine will likely need to come to court armed with medical evidence that the vaccine poses some special increased risk to the child. 🧐

*Nadine Russell
Family Law Lawyer,
Siskinds*



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YOU CAN ALWAYS GAIN *by* GIVING LOVE

What does the word love mean to you?

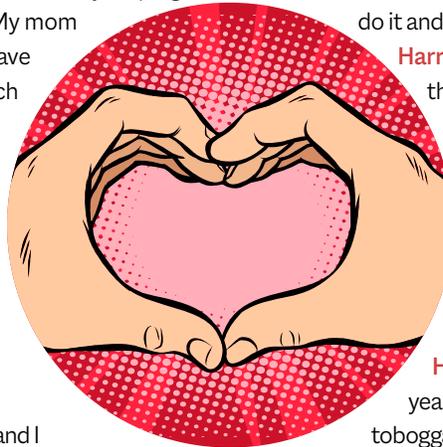
Charlie: The word love means to be charming, and show that you care for someone. I like to show people how much I love them by helping them when they need it. I like to hug my friends. My mom gives me the best hugs and I love them. I like to leave my parents little notes to let them know how much I love them too!

Harrison: The word love means that no matter what I do, my parents will always be there for me. To me, it's a happy and warm feeling.

Do you send Valentines to friends or family in grade five?

Charlie: Of course, because it doesn't matter how old you are - it's always good to let people know you care about them. I like giving Valentines to my class and I especially love reading the messages I get from my friends.

Harrison: Yes I will! I love my friends and I like sending them notes reminding them about fun things we did together.



What do you think about public displays of affection (when people kiss, hug, hold hands in public)?

Charlie: It's weird and I don't feel comfortable. My mom and dad do it and it's kinda gross!

Harrison: Is it really necessary? In public? The only thing I don't mind is when people hug. Hugging is good. I like when I can feel a hug in my heart.

What do you do to celebrate Family Day?

Charlie: We usually go for a big hike, and have a big meal. Last year we spent Family Day at Blue Mountain with my cousins! Whatever we do, it's always fun!

Harrison: I really want to go winter camping this year for family day! We usually go skiing, hiking, tobogganing and then watch movies and play board games. Who knows what we will be allowed to do this year? 🤔

Meet 10 year-old twins, Charlie and Harrison, our new Kid Zone writers! Each month, they'll be sharing perspectives on life as a child sees it.

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PINK IS FOR BOYS

As parents of two young boys, we've been very conscientious not to fall into the gender-stereotype trap. We try to encourage and give our kids opportunities to access all types of toys, books, and clothes that are traditionally assigned to girls and boys. But despite our best efforts, the inevitability of schoolyard conditioning will take hold of these young minds. I knew I had work to do when I heard my five-year-old boldly exclaim that dreaded, trigger-worthy statement "... **but pink is for girls**".

I don't entirely blame my fellow parents for such gender misappropriation.

All you need to do is walk into a kids' clothing store or a toy aisle and you're slapped in the face by a sea of bright pinks and purples versus dulled blues and greys. I vividly recall last year when I had a difficult time finding shirts for the boys to celebrate love and kindness. Most of the Valentine's Day themed clothes for boys were about loving pizza, video games, and dinosaurs. What kind of message are we sending our kids? Are boys less capable of tenderness toward other people? Are we instead encouraging emotional attachment to food and games?

There is a very purposeful need for parents to untangle this mindset and explain to our kids how ridiculous it is to assign gender to a colour (or a toy or a book). One of our family-favourite books is "Pink is for Boys" by Robb Pearlman. It's a beautifully illustrated book that goes through a rainbow of colours and how every colour is to be enjoyed by all children. I also routinely hunt for pink shirts for myself and the boys (mostly online now) and I applaud school efforts such as pink shirt day for anti-bullying awareness.

I take comfort in knowing that my oldest son - who's heard my ramblings a few extra times - can proudly wear pink and unabashedly play with dolls and stuffies. He can also be heard stepping in to correct his little brother saying "Pink is for boys AND girls. Now let's build a Lego tower and smash it with our dinosaurs!"



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





HOT TOPIC ALERT! DIASTASIS RECTI

Diastrasis Recti Abdonminus (DRA) affects 1 in 3 pregnant women.

Diastasis Recti (often referred to as 'mummy tummy' or separated abdominals from pregnancy) is a common condition that can happen when the pressure of a growing baby causes excess stretching of the pregnant mom's abdominal wall. The postpartum result can mean a significantly weakened core, pelvic floor dysfunction and back pain, coupled with a pouch of loose skin and a gap between the abdominal muscles.

So the two biggest questions we receive are "How do I prevent this from happening to me?" and "How do I fix this?" The answer to both of these questions is that you need to see a Pelvic Health Physiotherapist who can give you specific strategies for your individual situation.

We are fortunate to have the opportunity to collaborate with Dr. Sinéad Dufour, who is a Researcher (PhD) of all things Pelvic Health.

She is also a Pelvic Health Physiotherapist in Milton and Oakville, a Professor and lecturer at McMaster University, and on the teaching faculty of Bia Formation and Reframe Rehab and Pelvic Health Solutions.

Dr. Sinéad has shared her most recent research on DRA with us, which is on our website. Here is a summary in layman's terms:

SUMMARY 1: Don't get too obsessed about how many fingers you can fit inside the "gap". The tension of your abdominal wall is what matters more!

SUMMARY 2: Your pelvic floor and abdominal muscles work together. You need to ensure you know how to properly engage your pelvic floor muscles to activate your core.

SUMMARY 3: Diastasis Recti is caused by excessive pressure pushing out on the abdominal wall (think growing baby, poor posture or breathing mechanics, even a man with a beer belly can get diastasis recti). It's not as simple as just calling the condition "separated abs".

SUMMARY 4: To reduce unnecessary strain on the pelvic floor and abdominal wall, research shows that women should be allowed to be mobile during labour and not confined to a bed. They should also avoid intense valsalva bearing down style pushing, and ideally wait until they feel the urge to push themselves.

SUMMARY 5: Don't be afraid to move! Movement is medicine. Find yourself a specialized pelvic physiotherapist to help you if you're experiencing pelvic pain!

Thank you so much for sharing your expertise with us Dr. Sinéad! Grateful to collaborate with you! 



Nia O'Sullivan
Compass Rose Wellness Inc.

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- Parenting Resources
- Paediatric Dietitian
- Workshops and Groups

A GEMSTONE CREATED FROM TEARS

Amethyst, the birthstone for February, is a vivid purple gemstone. It was named after a mythological maiden who was turned to stone by the God Dionysus.

The legend of the origin of amethyst comes from Greek myths. Dionysus, the god of intoxication, was angered one day by an insult from a mere mortal, and swore revenge on the next mortal that crossed his path. He created fierce tigers to carry out his wish. Along came unsuspecting Amethyst, a beautiful young maiden on her way to pay tribute to the goddess Diana. Diana turned Amethyst into a statue of pure crystalline quartz to protect her from the brutal claws of the fierce tigers.

Dionysus wept tears of wine in remorse for his action at the sight of the beautiful statue. The god's tears stained the quartz purple, creating the gem we know today.



The Greek word "amethystos" basically can be translated as "not drunken." Amethyst was considered to be a strong antidote against drunkenness, which is why wine goblets were often carved from it! The gemstone still symbolizes sobriety today.

Discover vivid purple Amethyst at Nash Jewellers, a family tradition since 1918. 🍷

*Colin Nash,
Certified Gemologist Appraiser,
Nash Jewellers*



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GAMING. OH, GAMING.

Why is gaming addictive? Gaming is addictive because the gaming companies have created games to be that way. The games make you want to buy more figures or tools so players can kill something and feel a type of euphoria. The high is what they want you to feel, winning is what makes gamers addicted, and throughout this process, gaming companies become rich. Gamers feel they are in an alternate reality to escape real life.

What are the emotional and physical signs of an addicted gamer?

EMOTIONAL SIGNS:

- Feelings of restlessness and/or irritability when unable to play
- Preoccupation with thoughts of previous online activity or anticipation of the next online session
- Lying to friends or family members regarding the amount of time spent playing
- Isolation from others in order to spend more time gaming

PHYSICAL SIGNS:

- Migraines or headaches due to intense concentration or eye strain
- Carpal tunnel syndrome, hand cramping, thumb issues caused by the overuse of a controller or computer mouse
- Poor personal hygiene
- Fatigue, eye issues, and neck pain

STATISTICS ON GAMING ADDICTION:

- 66% of tweens aged eight to 12 play video games for an average of two hours per day
- 56% of teens ages 13 to 17 play video games for an average of 2.5 hours per day
- Boys typically play video games more often than girls
- Young children aged two to four play for 21 minutes per day, and those aged five to eight play for 42 minutes per day
- Children are often gaming until 3:00 am, drinking caffeinated drinks to stay awake and alert. Once the rush is over, they crash, and tend to grab sugary snacks.

www.cmch.tv/parents/video-games/

TIPS TO HELP PARENTS PREVENT GAMING ADDICTION:

- Set routines about when and where they can play. Routines provide children with confidence and boundaries.
 - Play with your children outside and inside - enjoy them.
 - If they wish the privilege to play, they must prove their maturity to you by following the rules of your house.
 - Children can't game for eight hours a day - install controls on consoles.
 - Sleep determines brain function and mood. Set alarms 1.5 hours before bed for play to stop, their brain to calm down, and their heart rate to decrease.
 - Talk to teachers about how your child is doing. Ask if they are tired or moody at school, or their grades are falling behind.
- www.webmd.com/children/features/good-sound-sleep-for-children#1

Don't let gaming turn into an addiction. It is damaging children's emotional and social skills and in some cases physical health. The pandemic has perpetuated the addiction in children. Please take the time to decrease the hours of gaming or phone use. 🎮



Larissa Mills, B.A., M.Ed. is the founder of Iparentgen.com. She is a mother of three, a Parent Coach and a 4KIDS Sports & Educational Consultant.



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- Lead to enhanced athletic performance and recovery
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- Relieve pregnancy-related back ache and 'new mom' back aches and body pains
- Correct gait and foot problems



Dr. Michelle Campbell
is a Chiropractor and the Owner
of Campbell Chiropractic Centre

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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. 📌

"I always knew I wanted to be in the health field and I was narrowing down which health profession was the best fit for me. In university, I saw a Chiropractor speaking about health and healing and I realized this is what I was meant to do. I became a patient of his and experienced amazing results, from helping with chronic low back pain, to having better energy, better focus and sleep, and generally feeling healthier with the addition of Chiropractic to my life." This is how Dr. Michelle Campbell found her passion and began an amazing career.

Dr. Michelle Campbell is a Doctor of Chiropractic and the Owner of Campbell Chiropractic Centre—a health care clinic in London, Ontario that provides Chiropractic care to help patients achieve optimal health and wellness. It emphasizes a holistic, full body approach to healing. Her motto "Aligning Full Potential" says it all. She utilizes a combination of chiropractic techniques and patient education to help her clients improve movement, flexibility and posture, prevent and/or heal injuries, reduce and relieve pain (including pregnancy related back pain), support growth and development in children, enhance athletic performance, and more. In 2014, Dr. Campbell undertook an additional 200+ hours in the special field of pediatrics and pregnancy. Dr. Campbell has been nominated for and won numerous awards including the Consumer Choice Award for Best Chiropractor (2017), The Best of London Chiropractor Award (2013-2016), the Top 3 Rated Chiropractors London, ON (2017-2020) and the Top 20 under 40 London Award (2017).

"At Campbell Chiropractic Centre, we set our bar much higher than the competition, not only in terms of the level of patient care provided but also in terms of what we expect from ourselves as Chiropractors. The goal of every Chiropractor who works at Campbell Chiropractic Centre is the same: to ensure each patient receives the best possible care plan for their individual needs." says Dr. Campbell.

Dr. Michelle Campbell, who is a mother to two busy twins, simply wants to be a positive influence in people's lives. "Hearing my patients tell me that they feel better than they have in years, they have their life back and that they are healing from all types of conditions... that is what inspires me."



Dr. Michelle D. Campbell
Owner • Doctor of Chiropractic

533 Queens Ave.
London, ON N6B 1Y3
519-642-2273
admin@campbellcc.com

www.campbellcc.com





NEW TECHNOLOGY ENSURES HEALTHY STAFF AND CLIENTS

With the ever present pandemic this winter combined with the cold and flu season, it is that much more important to be following the recommended Public Health protocols in order to keep our families as healthy as possible.

We all know the basics by now - wash your hands often, use hand sanitizer, wear a mask, avoid crowds and keep a safe distance from others. This of course is not an exhaustive list - any additional precautions will only help to keep potential illnesses at bay. On top of these personal protocols, health professionals and essential workers have an even bigger responsibility to ensure their workspaces are kept hygienic and safe.

For example, clinics in the orthotic and prosthetic industry have implemented the Bluewave Rapid Deodorization Device. This is a system that utilizes ozone filtration

technology within a contained vacuum to deodorize and kill any existing bacteria and viruses. Ozone filtration is commonly used in a variety of commercial and industrial applications including swimming pools, spas and sporting equipment.

The Bluewave Device is used to clean hard-to-wash items in a convenient and timely manner, making it especially effective for cleaning orthotic devices (cranial helmets, foot orthotics, etc). In a clinic setting, an orthotic device is placed inside a sealed treatment chamber. Air inside the chamber is infused with ozone, a powerful oxidant known to destroy odours, bacteria and viruses. This air is pumped in and out repeatedly in cycles to penetrate the pores of the device. It has recently been approved by the FDA as an effective killer of Sars-CoV-2 (the virus that causes COVID-19) and methicillin-resistant Staphylococcus aureus (MRSA).



FUN FACT: Custom Orthotics is the first Canadian clinic to use a Bluewave Device!

Clinical hygiene is extremely important to us - just as important as personal hygiene in preventing the spread of illness. That is why the Bluewave system was first implemented in our clinic in February of 2018. With the use of this technology combined with all of the current up-to-date Public Health protocols in our clinic, we can continue to provide our clients with safe and stress-free care, even in the face of these trying times. 🧼

Maddison Turner MSc MPO, Orthotic Resident (519) 850-4721 office@customorthoticsoflondon.com | @cool_bracing



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THE GREAT CANADIAN WINTER ESCAPE

As a parent, snow days are somewhat of a nuisance. Your daily routine is disrupted. You are suddenly balancing parenting and work, or searching for a last minute sitter for the day. Not to mention digging out your drive and walkways in the bitter cold. Suddenly your organized home is turned upside down.

Snow days were the pinnacle of my childhood winter excitement growing up. There was nothing better than listening to the radio to hear that your school was closed or the buses weren't running because of the weather. They were days filled with pajamas, TV, snowsuits and hot chocolate. Snow days were always a welcome reprieve from the daily grind of school.

Until recently, my daughter was unable to experience these exceptional holidays. I admit, I was the mother I swore I would never be when I grew up. I was the mother that drove my daughter to school when the buses weren't running. Now that we live in the country, snow days are a reality. I had forgotten the excitement and pure bliss as a child when you wake up to see snow.

As a parent what I love about snow days is the ability to send your child out to play for hours and still be able to track what they did the entire time. It reminds me of the Family Circus comics growing up. A mangled path of snow can be followed to discover their day of snow angels, toboggans and snowmen. Watching neighbourhood kids come together to build massive snow forts, with secret tunnels, all while declaring snowball war against each other. These are the memories I still carry with me today.

Whatever your children may do to occupy themselves on a snow day - celebrate it. Remind them of how snow days are unique to being a Canadian. Take time out of your day to build that snowman, after you plow the driveway. And warm up with a round of hot chocolate and marshmallows, to celebrate one of the most under-appreciated Canadian holidays - snow days! 🍷



Janet Smith is a proud single-mom of one daughter and a marketing professional who is grateful for her rural roots in the London area. She is a big believer in connecting with people through laughter and honesty.

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TAKING *the* STRESS *out of* NAIL TRIMS

As a toddler, I would make a fuss whenever my mother cut my nails. I hated the pressure, the sound, and how exposed my fingertips felt afterward.

Now that I find myself on the other end of the clippers, I understand why many furry family members squirm, scream, and fight the process just as I did as a child. It doesn't have to be a traumatic experience, though. With some training and patience, we can take the stress out of nail trims.

Start by touching and massaging your cat or dog's feet daily until they no longer pull away. Also, take the nail trimmer out of its drawer. Hold it during treat time and leave it in plain sight around the house, until it is no longer a trigger to your pet.

When you cut the nails, clip each one on an angle that aligns with the nail's natural curve, so that it comes to a point in the front. Your clippers should be sharp and properly sized. To ensure you avoid the quick (the sensitive core of the nail which will bleed if cut too

short), have someone hold your pet still. Only cut a little off at a time, stopping if you see the consistency of the nail change.

Don't forget to use a special, high-value reward while you're training! Putting a favourite sticky snack, such as canned food or processed cheese spread, on a mat on the floor will also keep your pet distracted while you clip.

Sometimes, though, despite our best efforts, our pets will still resist. If they growl or hiss, don't punish them. These warning signs are how they communicate that they're feeling defensive, and help to keep everyone safe. Just do as many nails as they'll allow and try again later. To help them relax, consider using pheromone sprays or pressure therapy. Cats especially do well when swaddled like a baby, untucking one paw at a time.

For extra anxious friends, you may wish to talk to your vet about options for light sedation.

With practice and the right techniques, we can break the cycle of stress. My childhood self would balk that I now actually long for the luxury of a manicure, but just like us, our furry friends can overcome their fears...and even learn to enjoy their nail trims. 🐾



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.



LIFE *with* **BABY SERIES:** **BREAKFAST BATCHES**

Last month I shared with you how I planned to spend my last few weeks “nesting” and preparing dinner meals to have for when baby is here, knowing that cooking will be the last thing on our minds for the first couple months! Well, baby is here (yay!) and freezer meals have been a blessing since we would much rather be staring at babes all day...and sleeping, than slaving in the kitchen.

Don't have a new baby at home? These tips and recipes could apply to those prepping for life after surgery, or even if you have a busy time coming up and want to have meals prepared in advance.

Breakfast is probably my favorite meal of the day. Most days, I wake up hungry, and it can be challenging to get a healthy breakfast in while also prioritizing the needs of a newborn baby.

BREAKFASTS YOU CAN BATCH COOK AND FREEZE

Here are my **three go-to recipes** to batch cook and have available in the freezer for quick and easy meals in the morning.

Mini egg muffins (www.dieteticdirections.com/mini-egg-muffins-2/) - Pop these in the micro, drop a slice of whole grain bread in the toaster, and add a piece of fruit or berries.

Breakfast burritos (www.gimmesomeoven.com/freezer-breakfast-burritos/) - Ummm hello! Yes, please! These are the bomb! Probably one of my faves on a cold, snowy morning.

Oatmeal breakfast cups (www.shelikesfood.com/healthy-baked-oatmeal-breakfast-cups-6-ways/) - So easy and versatile, these oatmeal breakfast cups are sure to please Mom, Dad and the kids.

OTHER QUICK AND EASY BREAKFAST IDEAS

Overnight oats - These are easy to prepare ahead and can be so versatile. You can buy mini mason jars at Walmart to store them in. My favorite combination is old-fashioned oats, plain Greek yogurt, milk, a spoonful of pumpkin, pumpkin spice, honey and pumpkin seeds.

Steel cut oats - Super easy to prepare on the weekend in a big batch for the week ahead. I like to add frozen blueberries before microwaving in the morning, and then I add milk, honey and cinnamon. Yum!

Boiled eggs on whole grain toast - We go through so many eggs in this house! We boil at least a dozen to have in the fridge for easy breakfasts, snacks, and lunches during the week.

Next month I'll share with you what I plan on preparing in advance for quick and easy snacks! 🍳



Jenn Giurgevich is the founder of Spark Nutrition & Health, a virtual nutrition consulting business. Visit www.sparknutritionandhealth.ca for more information



MYOFUNCTIONAL THERAPY AND ORAL HABITS

We have all turned the page on 2020 and thankfully so. There isn't one person who has not been affected by the pandemic in one way or another. Hopefully, our lives will slowly return to normal over 2021 with the kids returning to school and sports leagues, retailers being able to operate without restrictions and businesses bringing back their employees. Let's hope for less Zoom meetings and more face to face encounters! Thank you to all those workers who have been and still are front and centre in helping patients return to health.

In this article, I wanted to return to the topic of oral habits. We have touched on this in the past. The most common oral habits include thumb or finger sucking, mouth breathing and tongue thrusting. The reason why these habits are detrimental is because they can significantly affect the development of the jaws and the position of the teeth if they persist past the toddler stage.

Any parent who has had a child with a thumb sucking habit knows the frustration of using home remedies to eliminate the habit. It is stressful to say the least, for both the child and the parent. If the habit can be reduced from day and night time sucking to just night time, then everyone is happy and the problem is solved, correct? Unfortunately, anything short of total elimination of the habit is needed to allow the jaws to develop normally and the teeth to settle into an improved position.

The orthodontic solution to eliminating a thumb habit is to use an appliance called a "crib". This appliance is bonded into place on the upper molars and is positioned behind the upper front teeth and acts as a physical barrier to the thumb. There are issues with speech as the appliance does get in the way of normal tongue positioning. The success rate is generally good with the habit being eliminated within a few months at which time the appliance can be removed. Alternatively,

an approach that is less known but also quite successful, involves myofunctional therapy.

Myofunctional therapy is a general term that refers to therapy that helps to eliminate harmful oral habits. There are specific strategies geared towards each habit provided by a Certified Therapist that does not involve any type of appliance or retainer. With thumb sucking, the therapist uses positive reinforcement strategies to eliminate the habit. The therapist works closely with the child and teaches the child to become aware and take responsibility for the habit. The child is accountable to the therapist and learns to take control of the behaviour and to make changes in a positive way. The parent has no involvement in the process. Therefore, there are no potential parent/child confrontations regarding the thumb sucking progress. Elimination of the habit can occur just as fast or faster compared to appliance therapy. 

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A RECIPE FOR *CREATING* YOURSELF

You may have seen me around town with my bright blue hair, Starbucks coffee in hand, driving my teal Jeep, but for those who don't know me yet, I'm Rebecca Hamilton, owner of Chick Boss Cake! You'll get to know me very well over the next year as I've recently partnered with The Mom & Caregiver magazine to write my own articles. My articles will

consist of my best life and business tips on how I've created the life of my dreams and how you can too! I don't believe in 'finding yourself', I believe in 'creating yourself' and by creating yourself, it allows you to take full control of your life and craft your reality the way you've envisioned it to be. It's a powerful approach to developing yourself with intention so that you can live life on your own terms and reach your fullest potential.

London, St Thomas and Woodstock, Ontario. I am 33 years old and am completely self-taught both in business and in cake decorating. I actually dropped out of high school at the age of 16 to move out with my (then) boyfriend and while I totally do not recommend anyone do this, the lessons were invaluable. It taught me all the life skills I'd ever need in order to push through difficult challenges both in life and business. It built my resilience, confidence and gave me all the grit required to succeed and create a truly fulfilled life.

I'm passionate about helping people achieve greatness and love connecting with new people! 🍷

INSTAGRAM: [@rebeccaatchickbosscake](https://www.instagram.com/rebeccaatchickbosscake)

E-MAIL: rebecca@chickbosscake.com

WEBSITE & BLOG: www.chickbosscake.com

PODCAST: [Scrap The Sweet Talk](#)

I started my business Chick Boss Cake 10 years ago when I was 23 years old as a hobby cake decorator. As my passion grew, so did my business, and it came time to make that gut wrenching decision...either quit my job at the local women's shelter and take this business seriously...or not. Spoiler alert - I quit the job! Here are some fun facts about me:

I currently have three Chick Boss Cake store locations. You can find them in

*Rebecca Hamilton,
Owner, Chick Boss Cake*



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THE FAMILY HOME

WHAT TO DO WHEN YOU SEPARATE

When a couple decides to split, often their largest asset is their home. If you are married, no matter whose name is on title, you both have an equal right to half the equity in the home. If you are living common-law, you don't have the same rights. Always seek legal advice from a family law lawyer, particularly if you have cohabited for many years and have children together.

Your first step is to decide whether one person buys out the other or you sell. Either way, you will need a local realtor to establish market value, as well as a real estate lawyer, either to transfer title or to help with the sale and eventual new purchase(s).

If you decide to sell, you split the proceeds, after paying realtor and legal fees. Home staging, decluttering and marketing are key factors to getting the most money as possible. There may be substantial prepayment penalties for

breaking your current mortgage so be sure to call your lender to find out how much you owe.

If you decide not to sell, the person staying buys the other person's share of the equity in the home. A mortgage expert understands that divorce is a special circumstance where you are eligible to borrow a higher percentage of your home's value, provided you qualify.

You will need a Separation Agreement whether you refinance your home or apply for a new mortgage, especially if support is being paid. Mediation is the quickest, most cost-effective ways to come to an agreement. Always obtain independent legal advice from a family law lawyer so you understand your rights.

Divorce can be tough on your children. Including them in your plan to sell the house, as well as letting them know what the next steps will be, can make them feel more comfortable about



their future. If both of you offer similar answers to your kids, you won't confuse or upset them by providing contradictory information.

My background led me to help people going through separation, along with my network of experienced professionals. It may be a difficult time, but you are not alone. 

Debbie Braun, Realtor at Keller Williams



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Canadian winters are notorious for harsh conditions that subject residents to extreme cold, heavy snowfall, and flash freezes. When winter hits, there are precautions that drivers should take, no matter how many blizzards they've driven through or how reliable their vehicle might be.

Keep yourself and others on the road safe this winter by following these tips:



Practicing safe winter driving habits will better protect you and those around you on the roads, whether it be other vehicles, pedestrians, or wildlife.

The personal injury team at Siskinds wishes you a safe winter and holiday season. However, if you are injured in a motor vehicle incident, our team of lawyers is here to help you.